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THURSDAY, APRIL 7, 2022

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Fiddling fun

RECORD PHOTO BY BRETT MITCHELL

Morgan Grace Ginter and her dad Keith Ginter rocked the Winnipeg Jets game last weekend giving the crowd a taste of local fiddle music before the game and during intermissions. WASAC games continue to feature traditions like these from various Indigenous and Métis cultures.

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Gaffer's hosting dinner events in support of Ukraine

By Katelyn Boulanger

After hearing about all of the devastation which has occurred in Ukraine after the country was invaded by Russia in February, in addition to loosening COVID-19 restrictions, Gaffer's Restaurant & Lounge owner David Truthwaite decided to do what they do best to support the Ukrainian people and will host two dinner fundraising events.

"We were just wanting to do whatever we could to help, to do what we could and what we do best is we do food and events so it just seemed like that's how we can best help. The public has been very supportive as we've talked to people," said Truthwaite.

The dinners will take place on April 23 and 30 at 6 p.m. The first evening is more of a family orientated event for residents in our community. They will have the option to purchase a table seating eight for \$360. The April 30 event will be aimed at the corporate community where businesses can again purchase tables of eight for \$600.

"We're still kind of trying to be COVID conscious, because of what's going on in particular with the BA.2 variant so we want people to buy tables and to enjoy sitting with people

from within their own groups," said Truthwaite.

The April 23 event will play host to a tsymbaly player as well as Ukrainian dance groups. The April 30 event will also have a Ukrainian flare to the entertainment with a Ukrainian band and again Ukrainian dancers planned.

Many events and fundraisers have taken place in our communities lately in support of the people of Ukraine, but also to support the large number of people with Ukrainian heritage in the area. This one is no exception with Truthwaite himself having a grandmother who came from the country.

"It hits close to home for anybody in the community that has Ukrainian roots," he said.

Of course, it wouldn't be a dinner if there wasn't food and both events will be celebrating Ukrainian cuisine. The menu for the April 23 event will include borscht, cabbage rolls and garlic sausage while the menu for the April 30 event will, of course, also include borscht but will be a bit different with chicken kiev planned.

These events will support the Canada-Ukraine Foundation which has been supporting aid in areas of Ukraine as well as helping refugees

who have left the country due to the fighting.

"The event on the 23rd. Those tables are \$360 [will have a] minimum of \$200 go to the charity. We're not exactly sure what our actual costs are going to be yet but we've determined a minimum of \$200. The corporate tables are \$600 and we're guessing that a minimum of \$400 per table will be able to go to the [Canada-Ukraine Foundation]," said Truth-

waite.

To book a table residents and business owners can call Gaffer's at 204-757-2350 or stop by the restaurant to make the reservation. The tables will be sold on a first come first serve basis until they are sold out.

Because this is a charitable event Truthwaite says that tax receipts will also be able to be issued.



RECORD PHOTO BY KATELYN BOULANGER

Gaffer's Restaurant & Lounge owner David Truthwaite with a Ukrainian flag featuring the Ukrainian coat of arms. Gaffer's will be hosting two dinner events in support of Ukraine this month.



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Big DOLLAR

Artists create mural to honour people of Ukraine

Charlie Johnston's latest creation with the Interlake Art Board

By Katelyn Boulanger

Since the invasion of Ukraine by Russia on Feb. 24 people in our region have been seeking ways to show their support for the Ukrainian people affected by the conflict. Perhaps the largest of these projects in Selkirk is the recent addition of a mural to 400 Main St. created by Charlie Johnston and Brad Lent.

"I had the idea of doing this piece because I wanted to do something to show support for Ukraine, like so many of my peers, other street artists, and visual artists all over the world," said Johnston.

The mural depicts the world painted as a Ukrainian pysanka or easter egg and is 8 ft. tall and 16 ft. wide.

When deciding what he would do for this project, Johnston thought about what he could use as a symbol of Ukraine and after doing some research into the history of the pysanka, decided that he wanted to share that story with our community.

"I found out that it's a symbol of rebirth, and the coming of spring, and the celebration of life. Actually, as a practice, it goes back to ancient times

in Ukraine as a form of sun worship with the bird being the animal that goes closest to the sun. So, the egg had a sacred meaning of vitality, life rebirth," he said.

This project actually came together very quickly with Johnston pitching the idea to the Interlake Art Board, them giving him the ok, and the mural being completed all in the month of March.

Johnston is planning for this piece to be the first in a series of five murals that he creates and his goal is to auction at least one of them off in support of the people of Ukraine.

This new pysanka mural is part of the community spirit mentor program put on by the Interlake Art Board. This mural, like the others in the program, honours inclusiveness and celebrates diversity in order to strengthen our community.

The owner of 400 Main Street, Rosanna Sternat was happy to provide the final location for this mural and feels the final piece came out beautifully.

"I think it's an important issue going on right now and my heritage is Ukrainian. I grew up making pysan-



RECORD PHOTOS BY KATELYN BOULANGER

Above: Charlie Johnston, Sierrah Anderson, and Ashley Christiansen put up the new pysanka mural. Below: The mural after it had been put up.

ka and I danced with Rusalka [Dance Ensemble] for a number of years as well. So, to me, it just it speaks to my heart," said Sternat.

Johnston hopes that having this mural in our community helps to inspire people to stand with the people of Ukraine. "I hope [resi-

dents] take away the significance of showing solidarity to the Ukrainians in Ukraine and that showing any form of support is welcomed. I also hope everyone makes pysanka eggs this spring. If everyone in the world made pysanka maybe the power of creativity would overwhelm the power of destruction," he said.

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Selkirk mayor Larry Johannson (right) welcomes the new Selkirk Motor Hotel owners Andy Koprajda Sr. (centre) and Andy Jr. (not pictured) to Selkirk. Stonewall mayor Clive Hinds (left) bids farewell to the family who owned the Rockwood Motor Inn in Stonewall. The Koprajda family has owned numerous successful hotels across the country and is dedicated to continuing Roki's legacy of excellent food and service.



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Red River North Tourism continues to up its online game

RRNT AGM gives residents a sneak peek at what's to come for 2022/23

By Katelyn Boulanger

Red River North Tourism's AGM was jam-packed this year with the reveal of their new website and logo as well as teasers of what's to come this upcoming year and successes from 2021.

The meeting began with Lois Wales president of RRNT opening the event and giving the president's report.

"Needless to say, I don't believe that in 2020, we never anticipated that we would be into our second zoom virtual meeting. But here we are. After two challenging years, we are looking forward to a new phase of the organization's development," said Wales.

She then went to discuss the work the organization has been doing during the past year which includes their updated website which has a new e-commerce section that is currently offering membership options for the RRNT but will expand in the future.

RRNT have also been seeing success in their social media with analytics showing their Facebook page reach was up by 60 per cent and their Instagram page reach increased by 2600 per cent with profile visits up 512 per cent.

She next spoke about what's to come for 2022.

"Of course, everything depends on the pandemic and the possibility of future [restrictions]. We will be putting greater emphasis on digital media, social media, driftscape app and our website. We [also] want to increase our local partnerships in promotions," said Wales.

Even though they are preparing should future pandemic closures occur, they are also planning should the recent lifting of restrictions continue, with tourism materials like brochures planned to be distributed to over 40 locations around our community as well as being present at the 55+ Games and donating items.

They also plan to support the Marine Museum of Manitoba's 50th anniversary

as well as their other events with social media and in-person Garden & Art Tour plans are already underway for 2022.

As for Kennedy House, after the announcement that funds would be coming from the provincial government for its restoration, they have been contacting conservation in hopes of hearing back about dates and to discuss their business plan and transfer of the facility to the RM of St. Andrews.

They are also starting meetings to discuss this year's Red River Paddle Challenge and plan to host their wine rally again this year during Holiday Alley but have not yet chosen an organization to support.

Next, there was a tour of the new Red River North website which is currently up and available at redrivernorthtourism.com which is the same website URL as before.

"We can do lots of things with the website. We have a lot of information centralized on it without being too heavy, which is great," said Meredith Boerchers RRNT's Tourism Coordinator.

Because the new logo was on the website it also had its grand unveiling at the AGM.

Feedback about the website and logo was very positive with St. Clements mayor Debbie Fiebelkorn saying, "It's very clean, very bright, very easy to navigate from what we've seen this evening. To everyone who worked on it, thank you very much. It's great and I love the new logo. I think it will go a long way to bringing people to our region, whether it be St. Andrews, St. Clements or Selkirk."

Next Merilee Mollard, RRNT's Treasurer went over where the organization is with their finances which are looking good despite the challenges of the pandemic before turning viewer's attention to a sneak peek of last year's Garden and Art tour video which will be released in its entirety

at a future date.

The meeting ended with a presentation by Shirley Muir about Holiday Alley in 2021. Overall she relayed that it was a challenging year but that the 5th anniversary of the event which took place both in-person and online was a great success.

Overall Wales feels the meeting was a success.

"We did a lot of things that we didn't have time to do before. And I think I was very pleased with it. I think we all were with the AGM," she said.



PHOTO SUBMITTED

Red River North Tourism's new logo.

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WINNIPEG

Local history buff shares what inspired collection

Selkirk's history reveals a community that has continued to band together

By Katelyn Boulanger

Selkirk resident and former Fire Chief Ted Wozny has collected information about our community from the time of its founding until now. Though most of it has to do with the Selkirk Fire Department, there are also photos and information about how people in this region lived before the community became what it is today.

"The data I collected because I really was interested in forever and then when people found out I was interested, they gave me [more]," said Wozny.

His information includes handwritten notes, newspaper clippings from newspapers that aren't even in print anymore, meeting records and, of course, photos.

It all began when Wozny joined the fire department in 1959.

"[When] I got on the fire department. My dad's store was on Main Street and the Fire Hall was where Keystone is. When the bell went, I ran out naturally. Then, I just about ran behind the truck and got in the way. [The fire chief at the time] said 'You know, you've been chasing this truck for months now. You better join the department.' So that's when I joined," said Wozny.

He started collecting information about the fire department right away wanting to preserve unique information.

"I don't want to lose it because there's too much here and I'm almost certain that it's not going to be replaceable. Some of the documents that I've got from over 100 years ago," he said.

Once people knew that he was a collector, Wozny started to get historical documents and items from not only his time in the department but also from others in the community as he pieced different parts of the historical puzzle together.

"The word got out. I would say, 'You know, you guys, putting a couple of things together in a book. Has anybody got any pictures?' And I'd get a few and then, Richard

Hooker had three big books. He had retired and obviously was getting older and he said, 'Ted, I know that you're really interested in this. So you better take it,' that's how some of that developed," said Wozny.

Some of the oldest documents that Wozny has date back to the time that Selkirk's fire department was just a bucket brigade put together by people in the community in response to some devastating fires that happened in the late 1800s.

He has found out about many happy, sad, and interesting parts of Selkirk's history including that before there were phones to call all the firefighters to the station, there was a siren that hung on the water tower that you could hear from across town that summoned them to the station.

"One of the classics was [a fire fighter] driving out [of the station] and hitting his own truck and telling his brother that'll teach him to park there," said Wozny.

Another event was the time that there was a terrible electrical situation where two firefighters got thrown off a ladder from an electrical charge.

And, of course, there are the silly stories from Wozny's time as fire chief like when a couple of rookie firefighters saw Wozny through a burnt out window and somehow the hose ended up pointing in his direction and he was soaked by the time he got out of the building.

"We had fun. It was a heck of a thing to belong to. It was a tight knit group," said Wozny.

As to the future of Wozny's collection, he'd like to share some of it with readers of the Selkirk Record via an article now and again and eventually he hopes to give the information to a

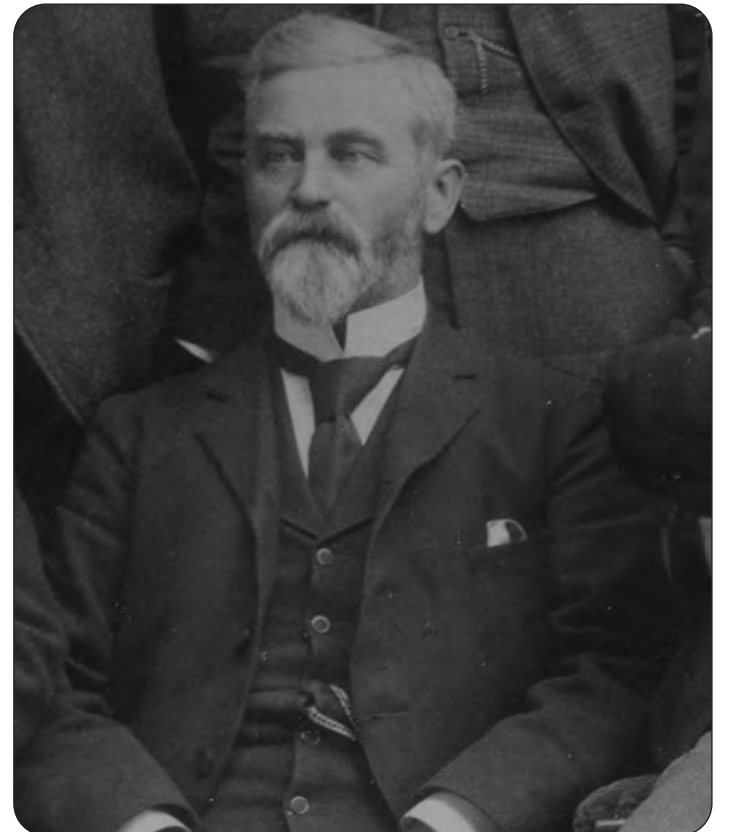


RECORD PHOTOS BY KATELYN BOULANGER/SUBMITTED BY TED WOZNY
Ted Wozny with some of his collection of fire department items.

local museum so that it can be preserved.

He hopes that in the future residents find this information as fascinating as he has.

"People are going to look at some of this stuff that's 120 years old and it's going to be nice. We've got to preserve it. That's the bottom line because the more shuffling around, the more you lose," said Wozny.



Selkirk's first Fire Chief F.W. Colcleugh



The inside of Selkirk's first fire hall.

Ed Teplyski

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get informed

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Cross-border restrictions ease for vaccinated

By Ashleigh Viveiros

Planning a road trip down south? The Canada Border Services Agency (CBSA) is reminding travellers that while some COVID-19 restrictions have eased, there are many still in play.

The federal government removed the pre-entry test requirement for fully vaccinated travellers on Friday, April 1.

That means fully vaccinated people coming into Canada by land, air, or water no longer need to be tested for COVID-19 before they arrive at the border, though some people may be randomly selected to take a mandatory test when they arrive. If you get selected for a random test, you are not required to quarantine while awaiting the results.

If you're partially vaccinated or unvaccinated, nothing has changed for you—unless you're otherwise exempt, you still need proof of a negative pre-entry COVID-19 test upon returning to Canada.

Accepted tests include a negative antigen test taken no more than one day before arrival at the border, a negative molecular test taken no more than 72 hours before, or a previous positive molecular test taken at least 10 calendar days and no more than 180 calendar days before arrival at the border.

And, unless otherwise exempt, all unvaccinated returning Canadians will still be tested with COVID-19 molecular tests on arrival and on day eight while they quarantine for 14 days.

Tim Johns, CBSA director for southern Manitoba, said last week that they are anticipating seeing a jump in the number of travellers at the border now that the pre-entry testing requirement for vaccinated individuals is gone.

"We're definitely expecting increased volume as the travel restrictions ease," he said, noting they'll be shifting staff around as needed to meet growing demand at popular crossings.

Vaccinated or not, Canadians need to be aware that all travellers still need to provide several pieces of required information via the ArriveCAN app or website *before* arriving at the border.

"I want to iterate that even though the testing requirement is changing as of the 1st, there is no change to the ArriveCAN requirement, which needs to be submitted within 72 hours before arriving in Canada," stressed Johns.

ArriveCAN requires travellers—no matter how long they were outside the country—to upload their vaccina-

tion information, quarantine plans in case of a positive test result, and other related details before attempting to cross into Canada.

"Even if you are fully vaccinated, if you don't use ArriveCAN then a traveller may not be exempt from quarantine or testing requirements, so it's very important to do so," Johns said, emphasizing that even a fully vaccinated individual could find themselves in a mandatory 14-day quarantine if they fail to use the app.

"Travellers should print or take a screenshot of their ArriveCAN receipt and bring it with them," he advised. "And make sure that they're using the most up to date app if they've downloaded it from the Google Play store or the [Apple] App Store."

Coming back into Canada is one thing, Johns noted, but it's also important to check the current COVID-19 related requirements for entry into the foreign country you're travelling to.

The United States, for example, requires non-Americans to provide proof of full vaccination for entry. Those entering the U.S. via air also need a negative test or proof of recent recovery from COVID-19 before boarding their flight.

Province warns of flood watch for Red River Valley

Submitted by government of Manitoba

Manitoba Transportation and Infrastructure's Hydrologic Forecast Centre has issued a flood watch for the Red River from Emerson to the Red River Floodway inlet, just south of the city of Winnipeg. The river is forecast to spill over its banks at some locations with peak flows within the Red River Valley expected to occur between April 8 and 15.

A precipitation system is forecast to bring up to 30 millimetres (mm) of precipitation in most parts of southern Manitoba including the United States portions of the Red River ba-

sin and tributaries. This forecast precipitation, together with the gradual snowmelt occurring in the Manitoba portion of the basins, could raise levels above their bank-full capacities at some locations within the Red River Valley.

Water levels are expected to peak between Emerson and the Red River Floodway inlet between April 8 and 15. With the potential operation of the floodway, the level of the Red River in Winnipeg at James Avenue is expected to peak between 17.3 and 18.3 feet (ft.) between April 11 and 16. James Avenue is currently at 15 ft.

The forecast peak flow of Red River at the floodway inlet, with forecast precipitation, is estimated to be between 45,000 and 57,000 cubic feet per second.

Standard operating procedures for the Red River Floodway gates requires river ice to be broken up and cleared upstream of the floodway inlet. River ice observations indicate the ice is likely to clear by the end of the week and could create favorable conditions to operate the floodway if needed. In addition, provincial crews

Continued on page 9

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Triple S Fair & Rodeo to return in 2022

Volunteers and sponsors needed to get event back after pandemic break

By Katelyn Boulanger

After two years without the Triple S Fair & Rodeo riding into town, the event is set to make its grand return this summer.

"We'd have had it back two years ago if we could have but with the COVID concerns lessening, that's probably one of the main reasons why we looked at it coming back this year," said Triple S Fair & Rodeo president Rea Pennington.

The fair and rodeo is scheduled for July 15 to 17 this year and according to Pennington will likely be a bit of a scaled-back version compared to fairs of years past.

"We are backing off a little bit on a couple of things. Not very much. Mainly for financial reasons. It looks like our quad mud bogging will probably not take place this year. We will still have the demo derby and the truck mud bog. We sort of looked at what attracted people and the demo derby has been a big hit ever since we put it in place and the rodeo will still be going," said Pennington.

He is cautiously optimistic about the event, however, he is also understanding that people at that point may still not be completely comfortable going to a large event like the fair and rodeo normally is.

He is also realistic in understanding that some businesses have done well through the pandemic and some haven't so sponsorship for the event this year carries with it a bit of uncertainty.

"I would not be surprised if some of our sponsorship is either lessened or were dropped. I mean, I hope I'm wrong as we very much count on sponsorship to allow us to run the event. The event does not run a huge money-making proposition. In order to try to keep prices as low for entry, and so we can keep our free entry to our kids. We do need that," said Pennington.

The event also requires volunteers

from the community to keep going and he is hoping that even with the time off groups from our community will continue to step up and come out.

In the past church groups, scouts, and a rodeo group have all stepped up to make the event successful.

"We have guys [who] have committed so heavily that they'll take two weeks vacation— one week before and one week after—not a ton of those but enough to get by. I think, number-wise, we probably have at least 30 or 40 volunteers spread through the whole thing between the rodeo and children's events and everything else that happens down there," said Pennington.

The one thing that will not have changed about this season's event is the reason that it's been a success for all of these years—the community.

"It started as ploughing competitions, and so on, or maybe showcasing your homewares, your jams, your cakes, your pies. It turned into much more and became what we know as a fair," said Pennington.

Now the fair might be a bit different than it was originally but it's still bringing the community and even people from outside the community together.

"I'm there every year and I see people that I'm sure only see each other at the beer garden when they come in, and there's always the greetings and hugs. And you can tell people haven't seen each other for some time," said Pennington.

If you would like to be part of the sponsorship or to volunteer at the event give the Triple S Fair & Rodeo phone line a call at 204-485-4854 or check out their website at <http://www.selkirkfairandrodeo.com/>.



RECORD FILE PHOTO BY ROBERT E. WILSON

A rider competes during the Triple S Fair and Rodeo in Selkirk Park in 2018.

letter to the editor

I am trying to reach as many members of the Gordon Howard Centre in Selkirk, St. Andrews, and St. Clements as possible and also those seniors who may not be members but who make use of the Centre's facilities.

This is with respect to proposed massive changes to the Centre's building and to the centre itself.

In the March issue of the Gordon Howard's Gazette, you will find an article briefly outlining some of these changes. The main thrust of the article is the demolition of our sturdy iron and concrete building and replacing it with a new structure.

I use the pronoun our because I am a lifetime member of the Centre and a former president of the Board.

According to the article, the Centre would be on the main level with underground parking underneath and three or four floors above the Centre for older adult living.

I was told that this entails some 30 residential units and they are not necessarily unit for seniors. An 'older adult' need not be a senior.

The underground is where parking is proposed and is what is currently our basement—our banquet room where we hold many of our activities and which houses, amongst other things, a large commercial kitchen. We are not told how the banquet hall and kitchen would be restored to us on the main floor.

I imagine that rooms with sliding walls mentioned in the article will

replace our banquet hall but what will we lose to accommodate our kitchen?

It seems like the developer is gaining from this project while the seniors are losing and this does not bode well for a city that proclaims it is age friendly.

My understanding is that we will only control the main floor with the developer controlling the basement and upper levels. We will only in a sense own the main level whereas we now have complete ownership of our entire building.

There are still many questions to be answered and I have some concerns about the entire project.

I am not trying to win over anyone to my way of thinking; I'm just trying to inform members and others of these proposed changes.

The article in the Gazette states, "A detailed business plan will be shown and discussed with our membership at a special board meeting and signed off by our lawyer before a decision is made to proceed or not."

Keep in touch with the Record and the Gazette for notice of when the special meeting will take place and try your best to be there.

In the meantime, please renew your membership. It is important, whether you are for or against the project because there will be a member's vote.

Submitted by
Ken Pawluk

> FLOOD WATCH, FROM PG. 8

are deployed in a number of communities in the Red River Valley to regularly monitor basin conditions and assess potential dike closures.

Water levels along the Assiniboine, Souris and Pembina rivers are rela-

tively low with no significant flooding issues. The Portage Diversion could be operated to reduce downstream ice-jam impacts. The risk of lakes flooding remains low in most major Manitoba lakes.

Province closing all COVID-19 testing sites next week

By Patricia Barrett

The provincial government will be shutting down remaining COVID-19 PCR testing sites across all health regions, according to a provincial COVID bulletin.

"All provincial testing locations will be permanently closed on April 15," states COVID-19 Bulletin #576 of March 31.

There are five testing sites in the Winnipeg Regional Health Authority, one in Interlake-Eastern RHA, two in Prairie Mountain RHA, two in Southern RHA and three in Northern RHA, according to the government's COVID website (viewed April 1).

The bulletin says pre-operative patients who need a COVID test can call a provincial call centre, the Dakota Medical Centre in Winnipeg or the Minor Illness & Injury Clinic in Winnipeg.

The province began restricting access to PCR [polymerase chain reaction] tests in January after it experienced a massive backlog of 6,800 tests as reported on Jan. 5. The province had allowed gatherings in households over the Christmas break, concomitant with a rise in the omicron variant. Premier Heather Stefanson told Manitobans a week later that it was up to them to "look after themselves." There was a record high of 744 people in hospital with COVID on Feb. 2.

The government also chose not to track most results from rapid antigen tests, which were made available at select stores and libraries. It stopped contact tracing and stopped notifying people by phone about their COVID test results. The COVID dashboard on the province's website is no longer operational. The total number of patients in hospital on any given day is no longer being made available to Manitobans. Members of the public used hospitalization data, along with daily new infections, as a means to gauge personal risk.

The government is issuing a "Respiratory Surveillance Report," a weekly report providing laboratory, hospitalization and mortality data on COVID. The March 20-26 report says there were 979 new COVID infections, 111 hospital admissions, of which 16 were ICU admissions, and eight deaths.

"As of March 15, 2022, the definition of a COVID-19-associated death has been changed," states the surveillance report, without explaining how it had changed.

The Manitoba government's insistence – in line with the same message being delivered by other jurisdictional governments – that we "learn

to live" with COVID hasn't stopped the virus from continuing to infect, kill and debilitate (i.e., long COVID) massive numbers of people around the world, nor has it stopped the virus from mutating.

In the U.K. last week, the seven-day average of new infections was over 107,000, driven by a surge in BA.2, an omicron subvariant that is said to be more contagious than omicron, and hospitalizations are climbing. England stopped offering free COVID testing; if people want a test, they'll have to start paying for it. China instituted rotating lockdowns in the city of Shanghai last week to deal with roughly 5,000 new cases a day. Ontario is entering its sixth wave; the government reported 804 hospitalizations last Friday and 18 more deaths. It said it has no plans to make masks mandatory.

With the Manitoba government shuttering its test sites, it's unclear what the weekly surveillance reports will look like after April 15.

The Manitoba NDP's health critic Uzoma Asagwara said the pandemic is continuing, and the government's closure of COVID test sites could result in barriers to accessing COVID antiviral treatment, which is most effective if delivered within a certain number of days of infection.

"This is another last minute and haphazard PC [Progressive Conservative] decision that cuts health care for high-risk Manitobans and leaves doctors and health care workers scrambling to pick up the pieces. Cutting back access to testing will make it harder for high-risk Manitobans to access anti-viral treatment – a treatment that we know can save lives," they said in a statement. "As we enter the next stage of the pandemic, we need to provide Manitobans with more access to health care and testing, not less."

The COVID pandemic, according to the World Health Organization, has not ended and has not become "endemic" despite what many governments suggest.

Pandemic refers to a disease that is "international," in scope, that has spread across an extensive geographical area. Endemic refers to a disease that is limited to a particular region or country and is predictable in its spread and rate. Malaria, for example, is caused by a parasite and is considered an endemic disease in certain countries.

The WHO has also raised concerns about countries stopping COVID testing. That will make difficult to determine how the virus is evolving and



RECORD FILE PHOTO BY PATRICIA BARRETT

Cars line up at a provincial COVID testing site on Main Street in Winnipeg in October 2020. The Manitoba government has been restricting the number of COVID tests carried out since January of this year, resulting in a skewed picture of the true extent of COVID.

where it's spreading.

"Although reported cases and deaths are declining globally and several countries have lifted restrictions, the pandemic is far from over and it will not be over anywhere until it's over everywhere. Many countries in Asia and the Pacific are facing surges of cases and deaths. The virus continues to evolve, and we continue to face major obstacles in distributing vaccines, tests and treatments everywhere they are needed," said WHO director-general Dr. Tedros Adhanom Ghebreyesus in a March 9 press briefing.

"WHO is concerned that several countries are drastically reducing testing. This inhibits our ability to see where the virus is, how it's spreading and how it's evolving. Testing remains a vital tool in our fight against the pandemic, as part of a comprehensive strategy."

The WHO's COVID-19 technical lead and infectious disease epidemiologist, Dr. Maria Van Kerkhove, said testing is critical for getting a "good handle on this virus" to understand how it's mutating and what those implications could entail. Worryingly, as well, is the virus's ability to infect animals "with the possibility of infecting humans again."

"It's about making sure that we have good testing, intelligent testing, strategic testing, not only to monitor the variants and virus evolution, but to ensure that people know where the virus is and to get that appropriate care that they need, for health workers to be able to get patients into that clinical care pathway as quickly as possible so that we can save as many lives as possible," said Van Kerkhove during the briefing. "Again, the pandemic is far from over and not only do we need to focus on saving people's lives and reducing severe disease and death, we also have to focus on reducing the spread. We cannot allow this virus to spread at such an intense level."

The WHO reported at the beginning of March that there were "still more than ten million reported cases at a global level," and that number is an "underestimate" because of countries scaling back or stopping testing.

Worldwide, the WHO said there have been over 486 million confirmed cases of COVID and more than 6.1 million people have died from the virus so far (as of April 1).

Ongoing nursing vacancies, bed closures in IERHA; Eriksdale to replace physicians

By Patricia Barrett

The Interlake-Eastern Regional Health Authority continues to grapple with significant nursing shortages throughout the region, which has led to bed closures in hospitals, and managers and directors having to fill shifts at one hospital.

"Just this past weekend, nurses and managers and directors from the health region went to Pine Falls to work some day shifts and night shifts over the weekend to ensure the facility was able to provide care," said interim chief executive officer Marion Ellis during a virtual March 31 update with municipal officials.

Pine Falls hospital has a nursing vacancy of 57 per cent, said Ellis. Gimli hospital, which is a 26-bed facility that has had seven beds suspended, has a nursing vacancy of 28 per cent. Stonewall hospital was able to reinstate the beds the health authority had earlier suspended.

Gimli Mayor Lynn Greenberg, who was among the 30 or so municipal officials on the call, asked Ellis when the IERHA anticipates seeing the suspended beds back in operation.

Ellis said it depends on when nurses can be found and whether there are upcoming maternity or sick leaves. For Pine Falls, in particular, where management had to step in, the IERHA has a contract with "a couple of agencies," which supply nurses.

"What we've decided to do ... in these areas is keep the emergency departments open," said Ellis. "We look at how we can be more judicious in the current use of these beds. If we

have a limited pool of nurses, we would rather keep our emergency departments open. That's our priority."

There are also nurse and health care aide vacancies in personal care homes and in home care services throughout the region, said Ellis. In Ashern, for example, nursing vacancies are at 79 per cent while health care aide vacancies are at 36 per cent. Fisher Branch has a nursing vacancy of 57 per cent. Arborg's nursing vacancy is 52 per cent.

"Our commitment is to keep services going as best we can, knowing that the vacancies are significant," said Ellis. "There has been an uncertified health care aide course launched in the province, which was done to keep services going during the pandemic and we've got 13 new hires for Interlake."

Nursing students in their third and fourth years of university have been made eligible by the province for placements in different hospital units such as surgery, medicine and psychiatric acute care, said Ellis. Four students are working in Selkirk's surgery unit.

Other IERHA news:

Municipality of West Interlake Reeve Arnthor Jonasson, who took part in the meeting, said in addition to nursing shortages occurring in the health region's northwest, Eriksdale hospital will be losing a couple of physicians who cover the area.

"One of the doctors is leaving in Au-

Continued on page 19

What a catch!



PHOTO SUBMITTED

Nick Zibroski reeled in the end of the season with a really big sturgeon. The fish measured 49 inches in length. He said that he was pretty excited that after a 15 or so minute fight with the fish he was able to catch the big one to end the season. After catching the fish Zibroski released the fish back into the river but took a quick picture to remember it by which he will be submitting into Red River North Tourism's Winter Warriors Photo Contest.

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International Day Against Bullying

April 13th

Standing together
TO STOP BULLYING



PHOTO BY METRO CREATIVE

Wear a pink shirt and celebrate International Day of Pink on April 13.

Celebrating International Day of Pink

Saying we will not stand for bullying

By Staff

The International Day of Pink will take place on April 13 this year. This is a day when the world stands against bullying, discrimination, homophobia, transphobia, and trans-misogyny.

It's important to stand up against bullying and discrimination not just at a global level but right here at home as well.

To be a part International Day of Pink everyone is welcome to wear pink on April 13 and represent equality, diversity, inclusivity, solidarity, kindness, courage, acceptance and

much more.

Something very special about this day is that it was started right here in Canada. In 2007, two high school students in Nova Scotia witnessed a gay student wearing a pink shirt being bullied. The high schoolers came to the aid of their fellow student but wanted to do more to prevent homophobic and transphobic bullying. They decided to purchase pink shirts and convinced their peers to all arrive at school wearing pink.

The result of their actions was all students standing together in solidarity which in turn brought

enough awareness that everyone started working together to prevent this type of bullying.

This initiative has continued to grow over the years and is now an international campaign that seeks to end all bullying in schools, workplaces and communities.

In addition to wearing pink, residents can also show their support on social media with stickers and GIFs, video call backgrounds, social posts, and social media headers available

at the International Day of Pink website.

Let's all take the time on April 13 to wear pink, spark conversations about inclusivity and find ways to make our communities more accepting places for everyone who lives here.

To learn more about this initiative go to <https://www.dayofpink.org/>.

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Your FARM



April showers may curb crop pests including grasshoppers

By Nicole Brownlee

Grasshopper populations are up in the air as farmers wait for spring, but heavy rains in April and May could make this growing season more manageable than in 2021.

Weather, precipitation and predator populations are three crucial indicators of grasshopper populations.

"There are a few things at play, and sometimes it's really hard to know for sure which one of them is driving the population increases," said John Gavloski, the entomologist who compiles the annual provincial grasshopper forecasts.

In hot, dry years, grasshopper populations increase, feasting on crops struggling to mature. After spending months munching on crops, grasshoppers lay eggs in late summer, leaving their children to hatch in early spring.

"If you get some timely rains after they've hatched out, sometimes that will kill the very young (grasshoppers)," said Gavloski.

"How well can the crops compensate and tolerate grasshopper feeding is also important. A year when you've got good growing conditions, the



Figure 5. Clearwinged grasshopper adult

The two dominate grasshopper species in the Interlake are the twostriped grasshoppers who feed on crop and non-crop plants and the clearwinged grasshoppers who prefer grasses and cereal crops.

plants can handle more grasshoppers than they can in a dry year."

Grasshopper populations soar after a few years of dry weather. Manitoba's grasshopper populations have steadily grown since 2019. The Interlake and Central Manitoba are usually targets of rising grasshopper populations.

Low soil moisture in the fall of 2020 with less than 40 per cent of normal snow accumulation made 2021 an especially dry growing season. By late

June, many areas were at least 200 mm short of water for the growing season.

The temperature of the Eastern and the Interlake regions was also two Celsius degrees warmer than average.

Researchers surveyed 97 locations in Manitoba in August 2021 and found 45 of the surveyed areas had a light risk of grasshopper infestation. Six of the surveyed areas are in severe risk areas, one being the Municipality of Bifrost-Riverton.

"We may not be hitting all the really high-density spots in our survey. We're doing this randomly," said Gavloski.

Researchers tend to survey spots near where they live or work, which can cause clusters of surveys in different parts of the province instead of an even distribution across Manitoba.

"I wouldn't let my guard down regarding grasshoppers if I was a farmer or agronomist," said Gavloski.

Gavloski encourages farmers and agronomists to monitor grasshopper populations along roadsides, field edges and other areas grasshoppers tend to gather.

The Central region and Interlake

"I WOULDN'T LET MY GUARD DOWN REGARDING GRASSHOPPERS IF I WAS A FARMER OR AGRONOMIST."

Continued on page 15

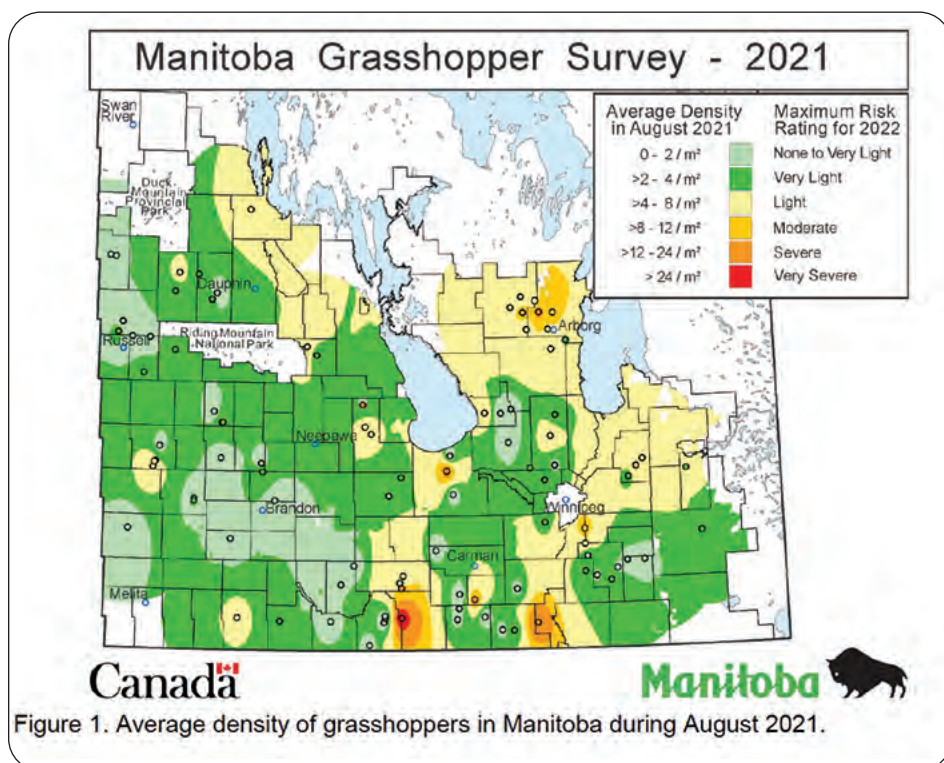


Figure 1. Average density of grasshoppers in Manitoba during August 2021.

PHOTOS BY JOHN GAVLOSKI.

The province has released their grasshopper forecast for 2022 revealing high densities of grasshoppers in the Interlake and Central region of Manitoba.

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Your FARM



Calves dust their noses with miracle product

By Nicole Brownlee

Studies herald a mineral compound that can improve animal coats, health and production, but farmers across Canada say they've believed in and used the product for almost 30 years.

Charlene Kaartinen was first recommended diatomaceous earth (DE) by a holistic veterinarian in Virden to boost her calves' immune system.

"Every year on farms there's always trouble with scours, but with us, it was coccidiosis," said Kaartinen, who has been a cow and calf producer for 35 years with her husband Craig Kaartinen at their farm in Eriksdale.

The couple used to rely on a \$75 box of Calf Span tablets, an antibiotic in tablet form, to treat coccidiosis.

"We had to catch these calves, pop these black pills into them for three days in a row, and we're dealing with calves that are already 200 pounds plus," she said.

Kaartinen incorporated DE into her herd's feed and soon realized the DE improved her calves' health because they were eating less dirt.

Researchers theorize calves eat dirt because they don't consume enough minerals, like phosphorus or salt, crave a salty taste or are curious about their surroundings.

Regardless of calves' reasoning, consuming dirt, manure or muddy water can make calves sick because there are parasites living in their snack of choice. Calves can then develop scours, coccidiosis or ulcers, leading to a costly vet bill and an uncomfortable regimen of antibiotics for the calf.

"Just like with us, you get an upset stomach you're looking for something more alkaline to counteract that acid. Soil is supposed to be more naturally alkaline, so the calves go to that to try and self-medicate."

Kaartinen believes the alkaline pH level in DE attracts calves.



RECORD PHOTOS BY CHARLENE KAARTINEN

Charlene and Craig Kaartinen run a third-generation farm in Eriksdale and distribute their "godsend" product, diatomaceous earth.

"It soothes their belly."

Adding food-grade diatomaceous earth, marketed as an anti-caking agent for livestock feed, to the Kaartinen's food program has reduced illnesses in their calves, saving Star Lake Beef money and inspiring a new revenue stream.

Like how soil quality varies on the field, the minerals and quality of DE differs based on the location its mined from.

Star Lake DE is produced and imported from a mine in Nevada and doesn't contain any clay contaminants or additives which gives the product a distinctive white colour and smooth texture. Star Lake DE also has a unique mineral composition, said Kaartinen.

The Kaartinen's became the sole supplier of their enriched food-grade DE sold in Canada in 2002, six years after they started selling the product.

"It sounds too good to be true to have a product you can put out there, and the calves will eat it, and it'll reduce your trouble," she said.

"I'm only selling the product because I know it works."

On average, only two to four calves per year at the Kaartinen farm require additional intervention for loose stool since incorporating Star Lake DE into their feed. If calves need more care, the Kaartinen's mix Star Lake DE with water for the ailing few.

In the late 90s, there were very few scientific studies researching how and why DE impacted animals, but like Kaartinen, many farmers trusted the product because their calves were healthier.

There are few substitutions to DE that detract calves from consuming dirt, but some producers have noted that adding salt or additional mineral blocks can distract calves.

In the past decade, several studies have discovered DE benefits animals like sheep, chickens and rabbits.

DE comes from skeletal remains of algae-like plants called diatoms which have existed since prehistoric times. The diatoms are ground to a powder that looks and feels like talcum powder.

Calves that graze on feed mixed



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Your FARM



> DUST THEIR NOSES, FROM PG. 14

with DE emerge with characteristic white dusty noses like their snouts were dipped in powdered sugar.

Star Lake DE also contains minerals like silica, iron and calcium and prevents pests.

Powdered DE contains microscopic sharp edges that cut through insects' protective covering, killing them through dehydration. Farms have incorporated DE into grain bins to utilize the product's pest control abilities.

However, several studies and Kaartinen warn that DE is best introduced in the calving season to newborns. DE is less effective at promoting the animal's health if it has already consumed parasites.

"Producers need to think of it as a preventative measure."

Kaartinen recommends three to four bags of DE for calves in a herd of 100, which would cost around \$1.70 per calf.

Daryl Hoeppner, owner of Arborg Livestock Supplies, has sold Star Lake DE since the early 2000s and notes that customers have picked up the product for a variety of uses.

"The part we like is that it's all-natural," said Hoeppner.

"The ladies in town love it for their gardens because it works on cutworms and potato bugs."

Customers who pick up Star Lake DE for their calves return to the supply store every season, he added.

Allan Szklaruk from Gypsumville said Star Lake DE is a godsend product compared to expensive antibiotics.

One producer shared with Kaartinen that he couldn't understand why one half of his calving herd struggled with scours while the other didn't. He realized that the cows without scours ate from a trough with leftover DE from the previous year.

"He was sold," said Kaartinen.

For more information about Star Lake DE, contact Charlene Kaartinen at ckaartinen@outlook.com or phone 204-739-5251.



Calves jostle to eat DE and are detracted from eating dirt.

> GRASSHOPPERS, FROM PG. 13

generally had the highest counts of grasshoppers while surveying in 2021. The highest count of grasshoppers was in the RM of Pembina, where there was an average of 40 grasshoppers per square metre.

Four grasshopper species cause the most damage in Manitoba.

In the Interlake, the two-striped species was dominant, with a few locations also containing the clearwinged grasshopper as the dominant species.

Two-striped grasshoppers feed on crops and non-crop plants, but the clearwinged grasshopper primarily feeds on grass.

Insects like bee flies, blister beetles and field crickets feed on grasshopper eggs, which could also stem population growth.

"We were seeing a lot of the adult stage (of the blister beetles) in the fields in the summer," said Gavloski.

Only young blister beetles feed on grasshopper eggs, but an increased presence of adult blister beetles shows an increase in grasshopper predators. The researchers rely on observational reports of grasshopper predator populations.



Grazing Workshop Series

Start Your Grazing Plan (Workshop 1) Choice of 3 locations

MBFI Brookdale Farm Learning Centre

- Tuesday, April 12, 2022 (12:00-6:00 pm)

North of Brandon, Corner of PR 353 and Hwy #10

Eriksdale Community Centre - Wednesday, April 13, 2022

(9:30--3:00 pm) 22 Railway Ave - Eriksdale

Grandview Kinsmen Community Centre - Thursday, April 14, 2022

(9:30-3:00 pm) 435 Burrows Ave - Grandview

Agenda

- **Building Pasture Productivity using Pasture Planning**
Steve Kenyon - Greener Pastures Ranching Ltd
- **Using Agri-Maps as a tool to develop grazing system plan**
Shawn Cabak - Ag Adaption Specialist - Livestock, MB Ag
- **Developing applications for grazing project funding**
- Laura Grzenda, Andrea Bertholet & Jewel Mazur
Agri-Ecosystems Spec. - Livestock Stewardship, MB Ag
- Local cost sharing programming
- **Hands-on supplementary training (optional)**
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Fence and Water Solutions (Workshop 2) - MBFI Brookdale Farm Site - June 1, 2022

Electric Fencing Theory & Hands-on Demonstration, Solar Power for Remote Water Systems, Pasture Pipeline Installation

Health Check Your Pasture and Soil (Workshop 3) - MBFI First Street Pasture, July 6, 2022

Hands-on Demonstration of Pasture and Soil Health Assessments

Diversify Your Grazing (Workshop 4) - MBFI Brookdale Farm Site - August 3, 2022

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Your Health I found a discarded needle. What should I do?

Submitted by the Manitoba Harm Reduction Network

Spring is the time of year when tossed cigarette butts, food wrappers and containers, beverage bottles, dog poop, and sharps tossed into the snow months ago, re-appear and beg to be dealt with. When found, most people pick these items up and throw them in the garbage like it's no big deal. But what do you do when you find a discarded needle?

Like most items, discarded needles can easily be disposed of. You can safely dispose of a needle yourself by:

1. Find a rigid plastic container with a secure lid. This could be a liquid laundry bottle or bleach jug, a sports drink bottle, a designated sharps container, or something else that's similar. Glass jars, thin plastic bottles, and aluminum pop cans may break or be pierced and are not recommended.
2. Remove the lid, place the container on the ground beside the needle; do not hold it in your hand. Do not break or re-cap the needle.
3. Pick up the needle by the center of the syringe barrel with care. If available, wear a pair of gloves, use a pair of tongs, pliers, and/or tweezers to pick up the needle. When these items are not available, some folks have used a tissue, a piece of paper, candy wrapper, or a leaf. Point the sharp end of the needle down and away from you.
4. Put the needle in the container, sharp-end first, and secure the lid. If possible, tape the lid for extra security and label the plastic container with "sharps" and "do not recycle" on it.
5. Remove gloves and wash hands thoroughly with soap and water (or hand sanitizer).
6. Drop off the sealed container

at a local health unit, pharmacy or community drop box. If dropping off at these locations is not possible, put the container in the garbage - not into recycling.

What should I do if I am accidentally poked with a needle?

A needlestick injury is the penetration of the skin by a needle or other sharp object (ie. broken glass, razor blade), which has been in contact with blood, tissue or other body fluids before the exposure. When a needlestick injury occurs, you may be concerned about the possibility of transmitting blood-borne viruses like human immunodeficiency virus (HIV), hepatitis B virus (HBV), hepatitis C virus (HCV). The risk of getting these viruses, through discarded needle stick injury, is extremely low. If previously vaccinated for Hepatitis B, the risk of HBV transmission is virtually zero.

The risk of transmission of HIV, HBV and HCV via a needle stick injury acquired in a community setting is far less than in a healthcare setting because the injury does not occur immediately after needle use, the needle rarely contains fresh blood, any virus present has been exposed to drying and environmental temperatures, and injuries are usually superficial.

In the event of a needle stick injury, the following steps should be taken:

1. Allow the wound to bleed freely. Do not squeeze the wound as this may damage the tissues and increase risk of infection.
2. Wash the wound with soap and water. Do not apply bleach or alcohol to the wound.
3. Go to your local emergency department immediately for follow-up care. An assessment will be done to determine the need for post-exposure prophylaxis (e.g. PeP; medications and/or vaccinations to further

reduce the risk of transmission). Baseline blood tests for HBV, HCV and HIV will be done at this visit, with follow-up blood tests to be done over the next three months to make sure none of these viruses have been transmitted.

How to improve safe sharps disposal in your community

People use medical sharps (needles, lancets, auto-injectors, etc.) and sharp objects (nails, razor blades, knives, glass) for a variety of reasons. Some people use them to tend to needs and desires (health, wellness, well-being, recreation, fun), while others use them for employment. Sharps are used at every frequency level. No matter what the use, sharps are to be disposed of in a manner that reduces the risk of injury.

When sharps are discarded improperly (ie. left beside a garbage bin, on the ground, etc.), it is often a result of not having a place to properly dispose of them. People do not intend to harm others by discarding sharps, but rather need an easy way to dispose of them safely.

Evidence-based harm reduction strategies recommended taking the following actions to improve safer sharps disposal efforts in communities:

- Implement and facilitate a community/town/city-wide sharps disposal program
- Host community clean-ups throughout the year
- Offer community sharps disposal drop boxes that accept more than one sharp object at a time - kind of like a post box
- Offer and promote harm reduction resources, supplies, and programs in a variety of spaces in your community
- Offer and promote needle ex-

change programs in a variety of locations in your community

- Place community sharps disposal containers and/or drop boxes by garbage, recycling, and compost collection areas
- Place sharps disposal containers in housing complexes; bars, restaurants, and cafes; businesses and organizations; washrooms and change rooms; retail spaces; parks; public transit; recreation facilities and anywhere people go and/or gather
- Provide free and on-going harm reduction and overdose prevention, recognition, and response (naloxone) trainings
- Adopt safer sharps disposal efforts into your health, wellness, and safety endeavors
- Lobby for and facilitate safer consumption sites in your community
- Divest funds from policing and security to community building and wellness programs and services

Evidence shows that harm reduction supply distribution programs play a key role in safer needle disposal through distribution of sharps containers for personal use, accepting used needles back for disposal, and providing safer sharps disposal education to people who use sharps. With these programs in place, the number of observed needles discarded in public places declines after a needle distribution program opens in communities.

The Manitoba Harm Reduction Network and Interlake-Eastern Regional Health Authority offer free harm reduction supplies, resources, and education. Want more information? Please contact Rune Breckon (they/them/their) at rune@mhrn.ca. Rune is the DIBDIS Network Coordinator with Manitoba Harm Reduction Network (MHRN).

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Princess party sees kids having fun



RECORD PHOTOS BY KATELYN BOULANGER

Not only princesses had a great time at the Clandeboye Community Club's princess party. Families had a blast now that lessened COVID-19 restrictions mean that gatherings can take place again.

Top: Bev Lesnick and her granddaughter Makenna having a blast. Bottom: Anna and Olaf from Disney's Frozen stopped by to say hello.

get inspired

> MEAL IDEAS



Recipe adapted from homemadeinterest.com

Crust:

4 cups granola mixture
1/2 cup butter, softened
4 1/2 tablespoons honey
nonstick cooking spray

Filling:

2 1/4 cups vanilla Greek yogurt
8 ounces cream cheese, softened
1/2 cup granulated sugar
1 teaspoon vanilla extract
1 package gelatin

Toppings:

strawberries, sliced



Brunch Fruit Tart

blueberries
kiwis, sliced

To make crust: Preheat oven to 350 F.

In large bowl, combine granola, butter and honey. Grease 11-inch tart pan with nonstick cooking spray. Line bottom of tart pan with parchment paper.

Press granola mixture into tart pan. Place tart pan on baking sheet and bake 10 minutes. Cool completely.

To make filling: Using mixer, combine yogurt, cream cheese, sugar, vanilla extract and gelatin until whipped completely.

Pour yogurt mixture into tart crust. Refrigerate at least 1 hour.

Top with strawberries, blueberries and kiwis.



Servings: 12

Nonstick cooking spray
1 package (20 ounces) French bread, cubed, divided

1 can (20 ounces) apple pie filling
9 eggs
1 cup half-and-half
2 teaspoons ground cinnamon
1 cup powdered sugar, plus additional (optional)
2 tablespoons milk, plus additional (optional)

Spray 8-by-8-inch glass baking dish with nonstick cooking spray.

In baking dish, add 10 ounces cubed

Overnight Apple Cinnamon French Toast Casserole

French bread in bottom of dish. Pour apple filling over bread. Top with remaining cubed French bread. Set aside.

In medium bowl, whisk eggs, half-and-half and cinnamon. Pour evenly over bread.

Cover with aluminum foil and chill overnight.

Heat oven to 325 F.

Remove foil and bake 50-60 minutes.

Let cool 10-15 minutes.

In small bowl, whisk powdered sugar and milk. Add additional, if needed, until pourable glaze is reached. Drizzle over casserole before serving.

Spiced Grass-Fed Lamb Over Hummus

Hummus:

1 can (15 ounces) chickpeas
3 cloves garlic, chopped
1/4 cup tahini
3 tablespoons fresh lemon juice
1/2 teaspoon salt
1/2 teaspoon cumin
1/2 teaspoon paprika
3 tablespoons olive oil

For serving:

1 Persian cucumber, small diced
1 small tomato, diced
2 tablespoons roasted pine nuts (or 2 tablespoons pomegranate seeds)
parsley, chopped
lemon wedges
toasted flatbread or tortilla chips

To make lamb: Remove lamb from bone, dice meat into small cubes and



Prep time: 15 minutes

Cook time: 5 minutes

Servings: 4-6

Lamb:

4 Atkins Ranch grass-fed lamb loin chops
1 teaspoon cumin powder
1/4 teaspoon salt
1 tablespoon extra-virgin olive oil

3 Fatspiration Tips

By Fitness Expert Julie Germaine Coram

Every single person – even the most successful, self-driven individuals – suffer from lack of motivation at times. It's true, so don't feel hopeless or get down on yourself if you're slipping or have already fallen into a rut when it comes to your fitness routine.

Positive change doesn't happen overnight, but your life will 100% continue to improve if you apply these mental tricks to get motivated again.

1. Focus in on 1 main goal. Perhaps when 2022 hit, you took all the great advice and sat down to write out your goals. We are instructed to dream big and create a clear vision of all we want to achieve. Great, right? Except that your list may be overwhelming to you, and if you don't know where to start, you risk freezing completely and going nowhere! Instead, take your list and circle 3 top goals, then choose 1 to tackle right now. The list isn't going anywhere, and you have plenty of time to check off every item, but you're far more likely to do that if you take things one at a time.

2. Train your brain. Give yourself permission to surf for knowledge related to your goal to get excited about them again. This is a wonderful daily habit that will feed your mind with incredible information to help you level up, and will keep things fresh and interesting.

3. Build anticipation by setting start dates and benchmarks in advance. You'll create energy if you have time to prepare to attack your challenge and improve your focus by developing a timeline for progress.

Be sure your mini-goals are realistic and achievable so you can build on



Health and Wellness Fitness expert Julie Germaine Coram

small successes as you climb the ladder to success.

Accept setbacks and enjoy the ride. Life is a rollercoaster of highs and lows, and your fitness journey is much the same. Having a community to support you in achieving your fitness goals is a huge benefit! Talk about your fitness journey, listen to other people share their weight loss experiences, and never hesitate to reach out to me if you have questions – I love to help!

Would you like to lose 2" from your waistline in the next 30 Days? Join my VIP Fat Loss Challenge! Secure your spot asap – limited space available. Visit: www.calendly.com/juliegermaine or email info@juliegermaine.com

Coach Julie Germaine Coram is a Manitoba-born fit mom, 2x International Pro Fitness Champion, Miss Fitness Manitoba, Certified Nutrition & Renowned Fitness Expert. She has helped thousands of men and women improve their health since 2005.

transfer to medium bowl.

Add cumin powder and salt. Toss to coat. Marinate while preparing hummus.

To make hummus: Drain chickpeas, reserving 1 tablespoon liquid. Rinse chickpeas under running water then drain.

In bowl of food processor, pulse chickpeas, chickpea liquid and garlic until chickpeas and garlic are chopped.

Add tahini, lemon juice, salt, cumin, paprika and olive oil. Mix until smooth paste forms. Taste and adjust by adding more salt, lemon juice or olive oil, as desired.

Transfer hummus to large platter and spread it out.

In large skillet, heat extra-virgin olive oil over high heat until hot. Add lamb and cook 30 seconds without moving.

Turn lamb over and cook 30-60 seconds, repeating until all sides are browned.

Remove from pan and let rest 5 minutes.

To serve, place cucumbers and tomatoes in well of hummus then top with lamb, pine nuts and parsley.

Top with squeeze of lemon juice and serve with flatbread or tortilla chips.

SELKIRK STEELERS

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> IERHA UPDATE, FROM PG. 11

gust and one of the half-time doctors has maternity leave coming up," said Jonasson. "The community is very anxious about having only one doctor to cover all our sites."

Dr. Charles Penner, who took part in the meeting and who will be stepping into the role of interim chief medical officer for the IERHA, said the health authority will endeavour to fill both vacancies.

"We're aware that one of the physicians is leaving and we're going to appoint another physician to Eriksdale around the time the other physician is leaving," said Dr. Penner. "It's hard to get locum (temporarily takes on duties) coverage but we will try to get locum coverage for the maternity leave. We think we can provide continuous service there."

-Ellis said Manitoba's health care system is exiting a "pandemic phase" and entering recovery.

"We're in a transition period. Public Health's orders have been lifted and we're exiting what we're calling a pandemic phase and moving to system recovery," said Ellis. "The province is saying that from a pandemic perspective, we're at less risk in comparison to what we've had to do when we were in a state of global pandemic. It doesn't mean, though, that we're out of the woods yet."

The WHO says the world continues to be in a pandemic, which refers to a disease with an international or extensive geographical scope. China, the U.K., Australia and countries in Europe such as Germany and France are seeing significant increases in new COVID infections. Ontario has entered its sixth wave.

The Manitoba government stopped providing daily data on COVID at the end of March and is providing weekly surveillance reports with select data from a week previous. From March 20 to 26, there were 979 new COVID in-

fections (based on what PCR testing the province is currently offering), 111 new hospitalizations, with 16 of those patients admitted to ICU, and eight deaths.

-Ellis said the omicron subvariant BA.2 is increasing in Manitoba and other parts of Canada and "it's always smart to keep physically distanced from people." She expects cases will rise after the school spring break and after Easter.

-The province is closing all COVID PCR testing sites on April 15. Ellis said people have access to rapid testing kits at home.

"The people who are still using the [PCR] testing sites are those people who are going for surgeries, pre-operative testing 10 days before surgery," she said. "However, the province is now working on a system where there will be access to a PCR test ... through your primary care provider."

-The province has dismantled its COVID incident command, said Ellis. It can be reinstated should the need arise in future.

-The IERHA will continue to transfer patients out of the region to other health regions.

"We are going to continue to transfer patients out of the region to access resources that are appropriate for their care," said Ellis. "We've always done that for tertiary care (i.e., specialist care) and that's why people have gone for certain surgeries ... to the city."

Doctors Manitoba, a physician-advocacy organization that's keeping track of COVID-related delayed surgical and diagnostic procedures, has put the backlog at 167,887 (as of March 22), an increase of over 6,300 procedures since February.

DJ Burnt Bannock



PHOTO SUBMITTED

Eagle Vision, the company who filmed Burden of Truth, was back in Selkirk and their latest series DJ Burnt Bannock will be premiering on APTN lumi on April 11. See if you can spot any local landmarks.

What's *Your* story?

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The Selkirk Record

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INSIDE > OUTSIDE > UPSIDE DOWN

Steelers trail Pistons in MJHL playoff series

By Brian Bowman

The Selkirk Steelers are in a must-win situation against the Steinbach Pistons in their MJHL best-of-seven playoff series.

Steinbach defeated Selkirk 6-5 on Sunday evening at the Recreation Complex to take a 3-1 series lead.

"It's not the spot that we had hoped to be in but, despite the results through four games, I thought we played a really good four games," said Steelers' head coach Hudson Friesen. "I think in the three losses, especially the last two, both were up for grabs. We still believe. We have a lot of belief in our dressing room right now. We have guys that can get the job done. We just have to take it one game at a time."

Steinbach took a 2-0 lead in Game 4 as Davis Fry and Cooper Rice scored just 15 seconds apart late in the opening period.

Selkirk's Sheldin Howard, on the

power play, scored the first of his three goals at 18:54 of the first period and then the Steelers' Tyson Smith tallied early in the second to tie the score at 2-2.

But the Pistons always had an answer for a Selkirk goal and never trailed in the game.

"Things really opened up the last game compared to the previous three games," Friesen said. "We gave up a little too much defensively. Going into Game 5, that's something that we definitely have to correct. We have to be a little tighter defensively."

Zach Power, with a pair, Braden Birnie, and Nate Goodbrandson scored Steinbach's other goals.

Andrew Andries scored Selkirk's other goal midway in the third period.

With the hat trick, Howard now has four goals and an assist in the series.

"Sheldin's been unbelievable for us, especially in the second half," Friesen



RECORD PHOTO BRETT MITCHELL

Steelers' forward Sheldin Howard scored three goals in Selkirk's 6-5 home loss to the Steinbach Pistons on Sunday evening. Steinbach leads the MJHL best-of-seven playoff series 3-1.

said. "He really turned his game on and he's been one of our best players."

On Friday, the Pistons blanked the Steelers 3-0 in Steinbach.

"We had our chances, we hit a post, and had a few scrambles in their crease but we weren't able to bury (our chances)," Friesen said. "It was 1-0 until about three-and-a-half minutes left in that game but we couldn't get one past their goalie."

After a scoreless first period, Quinton Pepper gave Steinbach a 1-0 lead

with a goal early in the second.

Rice made it 2-0 at 17:10 of the third and then Travis Hensrud sealed the win with an empty-net goal with Selkirk goaltender Hunter Tarves pulled for an extra attacker.

Game 5 of the series returns to Steinbach on Wednesday.

If necessary, Game 6 will be played in Selkirk on Friday and a series-deciding Game 7 is scheduled to be played in Steinbach Sunday.

The remaining games in the series will begin at 7:30 p.m.



Allen wins bronze at nationals

RECORD PHOTO BY BISON SPORTS

St. Andrews' Tristan Allen was a member of the University of Manitoba Bisons' men's 4x800-metre relay team that won bronze at the U SPORTS Track and Field Championships, hosted by the University of New Brunswick.

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**ROUND 1:
SELKIRK STEELERS VS
STEINBACH PISTONS**



- * GAME 5: Wednesday, April 6th - 7:30pm in STEINBACH
- * GAME 6: Fri., April 8th - 7:30pm in SELKIRK
- * GAME 7: Sunday, April 10th - 7:30pm in STEINBACH
- * Games 5 to 7 are all if necessary - check website for updates

U14 Selkirk Stingers win city, provincial championships

By Brian Bowman

Every team strives to peak at the end of their season.

And that's exactly what the Selkirk Stingers U14 ringette team did as they won the Winnipeg Ringette League City Championship and then the Ringette Manitoba provincial championship.

The Stingers claimed the provincial title after defeating a team from Bonivital 8-7 and 8-4 to sweep the best-of-three series. Selkirk beat another Bonivital team 5-4 in the city final.

"It was a great end to the season," said Stingers' coach Olivia Baldwin-Valainis. "We peaked at the right time, that's for sure. They played

really well as a team and our shooters scored goals when they needed to and our defence was pretty rock solid."

Selkirk had an up-and-down regular season, finishing with a record of about .500.

The Stingers' team of 18 girls lived in North Winnipeg and Interlake.

"Most of these girls had never played together before and it took a while for our team to gel," Baldwin-Valainis said. "We certainly got better towards the end. They were a really great group of girls. We had good coaching and managers and that made for a really excellent season."



RECORD PHOTO SUBMITTED

The U14 Selkirk Stingers ringette team won the Winnipeg Ringette League City Championship and Ringette Manitoba provincial championship. Pictured back row coach Janique Robson, Danelle Robson, Alexis Daniels, Samantha Tidsbury, Laura Johnson, coach Olivia Baldwin-Valainis, Annika Valainis, Milena Morgadinho, Avery Azaransky, Patent Bardwell, McKenna Bell, Ellie Tolpa, and coach Bryan Buchalter. Front row Ella Allison, Justice Berens, Kaitlin Vanwart, and Amy Buchalter.

Driver scores in Oil Capitals' win

Staff

Narol's Nathan Driver scored a first-period goal to lift the Virden Oil Capitals to a 4-3 home victory over the Waywayseecappo Wolverines in Game 4 of their best-of-seven first-round playoff series on Saturday.

Virden swept the series in four games and will now play the winner between the Dauphin Kings and Swan Valley Stampeders.

Driver had two goals and an assist in the series.

During the regular season, Driver had 29 goals and 55 points in 55 games. He started the season in the MJHL with the Winnipeg Freeze.

He has also played 55 games in the MJHL with Neepawa.



Nathan Driver

A successful event



RECORD PHOTOS SUBMITTED

The third-annual Cooper Nemeth Memorial Hockey Day, which was held March 26 at the Gateway Recreation Centre, raised \$17,760 for Hockey Winnipeg's Cooper Nemeth Memorial Player Assistance Fund.



Ian McArton, executive director for Hockey Winnipeg, drops the puck for the Eastman Selects' Asher Gingras, left, and the Lord Selkirk/Seven Oaks Rebels' Prabh Bhathal.

To see more photos of your favourite Interlake Athletes

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Prairie Blaze win MWJHL title

Submitted

The Prairie Blaze of the Manitoba Women's Junior Hockey League (MWJHL) captured their second provincial title in four years by winning the best-of-five final series with a 5-0 win in the fifth and deciding game on Sunday at the Bell MTS Iceplex.

The final series went back and forth with the Western Predators winning Games 1 and 3 both in overtime, and the Blaze winning Game 2 by a score of 1-0.

Going into the weekend, the Blaze were down two games to one but battled back with a 4-2 win on Saturday, before Sunday's shutout victory.

Shayna Moore went the distance in goal registering two shutouts in the series and a league leading 1.41 GAA.

The Prairie Blaze (head coached by Dale Bear) also won the league championship, finishing the regular season with a 21-2-2 record.

In the bronze-medal game, the Manitoba Grey Owls (coached by Selkirk's Kurtis and Korey Park) overcame a late two-goal deficit to tie the game and eventually win 5-4 in OT. This was the first medal for the Grey Owls since they joined the league a few years back.

The MWJHL is comprised of six teams, with players from 18-21 years of age (with an additional three over-agers allowed per team). Local Lord Selkirk Minor Hockey alumni who played in the league this year included Selkirk's Maggie Medock (Manitoba Blizzard), East Selkirk's Rayley Goetz and Jana King (Northern Stars), and St. Andrews Keira Dawson (SilverTips) and Haley Steciuk (Prairie Blaze).

This year was even more challenging for the MWJHL. Not only did the league have to deal with ever-changing Covid concerns and protocols,

Bell MTS IcePlex, the home location of the MWJHL, had two of their four ice surfaces unavailable for a few weeks in January due to equipment malfunctions. Kudos to the league executive for being nimble and managing to complete the revamped schedule by mid-March, followed by three rounds of playoffs.

For anyone interested in learning more about this highly-competitive league please visit www.themwjhl.ca for registration information regarding the 2022-23 season. Founded in 2004, the MWJHL will be starting its 18th year in the fall of 2022. It is truly a league with a difference, providing young women a place to continue to play competitive hockey after they age out of minor and high school hockey, while they pursue their post-secondary education or as they enter into the workforce.



St. Andrews' Haley Steciuk and the Prairie Blaze won the MWJHL title after defeating the Western Predators 5-0 in Game 5 of their best-of-five series on Sunday.

Raiders trail MMJHL semifinal series 3-1

Staff

The St. James Jr. Canucks are one win away from reaching the Manitoba Major Junior Hockey League final.

St. James took a 3-1 lead in its best-of-seven semifinal series with a 4-2 win over the Raiders Jr. Hockey Club on Sunday evening.

Alex Loschiavo and Brody Melsted scored for the Raiders.

Canucks' goals came from Rory Neill (two), Tyrone Willan and Ashton Romaniuk.

On Friday, the Canucks crushed the Raiders 15-1.

St. James led 2-1 after the first period

before scoring six goals in both the second and third periods.

Kurtis Luke led St. James with five goals while Cole Chicoine, Griffin Haight, Trent Halfdanson, and Romaniuk each scored twice.

Neill and Matthew Mason-Vandel also tallied for St. James.

Ryland Kuczek scored for the Raiders.

Game 5 of the series will be hosted by St. James on Wednesday. Game time is 7 p.m..

If necessary, Game 6 goes Friday (8 p.m.) and Game 7 is set for Sunday (8 p.m.).

Fishermen hand out season-ending awards

Staff

The Selkirk Jr. B Fishermen announced their season-ending award winners for the 2021-22 season.

Fishermen forward Reece Tessier was recognized as the team's top scorer and top playoff performer.

The most improved player award went to Jordan Donald.

Travis Spratt won the McMillan Family Scholastic Award while Cale Jonski earned the Wayne Fey Memorial Leadership, Ability and Sportsmanship Award.

Josh Poponick was honoured with the Carl Makara Memorial Top De-

fenceman Award.

Other award winners included Kyle Folhoffer (Mark Hendry Memorial Rookie of the Year), Josh Poponick and Travis Spratt (Fred Epps Memorial Manager's Award Team Dedication - On and Off Ice), Peyton Moneyas (Malis Family Coach's Award), Reece Tessier (Inspirational Leadership and Ability Hard Hat), and Braeden Hummel (Player of the Game Award Blood and Guts Award Trainers award).

Selkirk's graduating players included Josh Poponick, Reece Tessier, Travis Spratt, and Braeden Hummel.



RECORD PHOTO SUBMITTED

Selkirk Fishermen graduating players include Travis Spratt, Reece Tessier, Braeden Hummel, and Josh Poponick.

Prairie Scratch Tour to begin next month

By Brian Bowman

Kicking off in 2022 for its inaugural season, the Prairie Scratch Tour was formed with the purpose of providing additional competitive amateur golf opportunities within the prairies.

The 2022 season will host a handful of events throughout Manitoba, each comprising 60 of its top amateur players.

"We're very excited," said Prairie Scratch Tour president Ben Bandura last week. "It's long overdue and much needed in the province of Manitoba."

The brainchild of this Tour was Bandura, vice president Jordy Lutz and Brett Multan, who is the director of player operations.

"The three of us were sitting down and I brought up the idea of starting this amateur tour," Bandura explained. "We incorporated ourselves and got our sponsors and we're ready to rock and roll for the 2022 season."

The season-long race for the Art Johnston Cup will be awarded to

the player who finishes the season with the most points (accumulated from both Prairie Scratch Tour and Golf Manitoba events) and have their name etched into Manitoba golf history.

The Tour's schedule includes stops at the Grand Pines Golf Course (May 22-23), the Elmhurst Invitational (June 25-26), the Selkirk Shootout (July 2-3), Links at the Lake (Aug. 27-28), and the Prairie Scratch Tour Championship (Sept. 10-11).

The Selkirk Shootout will include a shootout at night on July 2 after the first day of golf.

Two construction lights will be set up.

"We'll have as many people as we can get to come into this and all of the proceeds from this one shootout we are donating back to Manitoba Mental Health, which is really important to me, to help them out a little bit," Bandura said.

All of the events are going to be stroke play with the exception of the

Selkirk Shootout. The Selkirk Shootout will consist of a two-man, best-ball competition.

There's a lot of excitement swirling among the golf community in the province for this unique tour.

"I have never seen this much exposure for golf in the province since I came out here in (1994)," Bandura said. "Over the winter, everybody's been talking about it. The problem with Manitoba is that we're very low on the totem pole when it comes to a national scene for golf in the province. So, I decided we needed to get this Tour with the new amateur rules of people winning money at the events. We felt we needed more exposure, we needed more competition for a lot of the young guys in the province."

There are still some spots available for the Tour. Golfers can visit their website at prairiescratchtour.ca or contact Bandura by phone at 204-333-6748.



RECORD PHOTO SUBMITTED

Ben Bandura is the president of the Prairie Scratch Tour, which will begin its inaugural season next month. The tour will host a handful of events throughout Manitoba this summer, including one in Selkirk July 2-3.

Celebrating spring with fun and learning



RECORD PHOTOS BY BRETT MITCHELL

Frontier College and the Selkirk Friendship Centre had a spring celebration last week. Selkirk Friendship Centre Daycare students were treated to Metis guitar player Terry Danyleko reading the book *Taffy Time* by Jennifer Lloyd, talking about how he taps Manitoba Maple Trees and then singing songs with the kids. Three Pow Wow dancers, Iroc Levasseur, Aislyn Carlson and Sunshine Levasseur also told the story of how the Jingle Dance came to be as well as the meaning behind the Women's Fancy Dance and Traditional Dance. The students were able to each take home the books that they were read as well as a seed science activity kit.

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204-757-2517

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Email resume to:
Aw.lockport3276@gmail.com
Or drop off in person at
23022 Hwy 44, Lockport

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 2022.

- 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, 2022.

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 Sustainable Development
Environmental Approvals Branch
Pesticides Program
1007 Century Street
Winnipeg, MB R3H 0W4

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

METAL RECYCLING

Autos, farm scrap, brass, copper & batteries wanted. 47 Patterson Dr. Stone-wall Industrial Park. Interlake Salvage & Recycling Inc. 204-467-9344.

SCRAP METAL

Buyer for all farm-yard scrap, machinery and autos. NO ITEM TOO LARGE! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

BUYING SCRAP METAL, CARS, TRACTORS, COMBINES, FARM SCRAP, ANY METAL MATERIAL, ANY FARM MACHINERY. PH LONNIE AT 204-886-3407 LVE. MESSAGE OR CELL AT 204-861-2031.

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PROPERTY MANAGEMENT

Do you own rental property in Winnipeg? Are you tired of dealing with long term renters and the mess they can leave? We can provide you with a different option to earn a rental income. Pawluk Realty 204-890-8141.

APARTMENT FOR RENT

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

APARTMENT FOR RENT

424 Eveline Street, 2 beds & 1 bath. \$1,119 & \$1,067/month includes water, tenants pay their own hydro and parking. Elevator in building, front door intercom, in-suite laundry. No pets & no smoking. 1 year lease only. Call/text 204-290-3805. ruleapartments@gmail.com

HOUSE FOR RENT

694 River Rd, Lockport, available July 1. Perfect for downsizing mature couple. 950 sq. ft, 2 bedroom, 1 bath, all appliances. 3/4 finished basement w/shower room. Central air, single garage, flower beds, non-smoking, small pets only. \$1,550/month, hydro extra. Call 204-481-0694.

SUPPORT LOCAL BUSINESS

LAKESIDE FLIGHT SCHOOL

Want to learn how to fly? Lakeside Flight School is the most affordable in Canada. Recreational, private and commercial certificates. We offer flight training and ground school (air law, navigation, meteorology, aeronautics general knowledge). Call 204-642-4799.

HELP WANTED

WANTED: FARM HAND FOR GRAIN FARM in Brunkild. Class 5 license and own vehicle needed. Hands on labour, including operating tractors, trucks, farm equipment and yard maintenance. Call: 204-990-6115 or email jurgen.kohler84@gmail.com

SHOP LOCAL - SUPPORT LOCAL BUSINESS

HELP WANTED

ROCKY MOUNTAIN EQUIPMENT is NOW HIRING: Service Managers, AG Equipment Techs, Heavy Equipment Techs - Journeyman & Apprentices, Parts Techs. View open roles. Apply: www.rockymtn.com/careers. Relocation offered.

Put your pickup truck to work! \$2000 signing bonus! Hiring 1-ton owners to transport RV's throughout N. America. Pick up in Indiana, delivering to Western Canada. Paid per loaded mile, insurance and authorities are through us. Discounted fuel cards and subsidized health insurance. Driver must be at least age 21 and able to cross the border. For more information visit roadexservices.com or email recruiting@roadexservices.com

HELP WANTED

Galay Landscaping and Meadows Way Garden Center is currently looking for a few good people to join our team. We are a design/build company with a primary focus on quality residential construction projects. Terrific earning & learning potential for a summer job, as well as opportunity for year round work & education for those interested in the exciting career opportunities within this growing industry. No experience necessary as training will be provided for the right candidates. Positions include landscape labour, landscape foreman. We are also conducting interviews for landscape designer & estimator with experience & or education background in this field. We offer company group benefits & are a COR safety certified company. Wages & salaries dependent upon level of experience & desire to work & learn. Must have current class 5 license with your own reliable transportation to get to & from jobsites. Please send resume with cover letter Attention Gordon to: info@galaylandscaping.com or drop off in person. No phone calls please.

In Lac du Bonnet, room & board plus cash for minor housekeeping and errands and some company. Must have valid drivers license and be COVID vaccinated. Car supplied. Phone calls only to apply (no texts). Call 204-340-6987.

CHARISONS
TURKEY HATCHERY LTD.

EMPLOYMENT OPPORTUNITY
CHARISONS BREEDER FARMS

Charisons Breeder Farms is seeking reliable individuals for farm labour & egg collection positions on a turkey farm.

- Full time work available
- Available for various shifts, including weekends
- Group Insurance Benefits with dental & medical coverage

Applications can be emailed directly to cameron@charisons.ca or shaunne@charisons.ca

For further information please call 204-886-2922.

CHARISONS
TURKEY HATCHERY LTD.

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Driving Position

We have an opening for a long-haul driver.
No waiting for back-hauls.

Our customers are located in BC, Alberta, Saskatchewan, Manitoba, Iowa, South Dakota and Minnesota

Compensation is paid on an hourly basis.
We have a health package including dental, a deferred profit sharing plan, and paid meals while outside of the province

For further information call
Shaunne at 204-886- 2922 ext 205 or email resume to shaunne@charisons.ca

Amik Aviation

CAREER OPPORTUNITY
FRONT DESK AGENT

Must have the ability to multitask, work in a fast paced environment during peak hours of business. Computer skills including Excel, Word and Google Docs an asset. Located at St. Andrews Airport. Training provided.

Send resume to:
amikaviation@outlook.com

M&C Commodities Inc.

Come join the team!

General Labourer Needed

Requirements:
Must be able to work various shifts
Must have a reliable vehicle and driver's license
Must be mechanically inclined
Learns tasks quickly and have a strong work ethic
Maintains a safe and clean work area
Ability to work independently and in a team setting

Starting wage \$20.00 - \$24.00 based on experience.

We offer competitive wages and health benefits.
Please email your resume to hr@mccommodities.ca

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Contact us or submit your resume:
Phone: 204.571.0187
Email: recruiting@renaissancetrans.ca

Or submit an online application @ www.renaissancetrans.ca

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The Selkirk Record

HELP WANTED

LAUNCH your career! **BLAST-OFF** Fireworks is Canada's fastest-growing consumer fireworks company, servicing upwards of 4100 retail locations across Canada. We require FT warehouse personnel for summer positions. Duties include: product receiving, product put-away, order picking, order packing, assembly of kits, shipping, and other warehouse duties as assigned. Bonus points if you are interested in helping with casual retail sales. Competitive starting wage (\$14.50 to \$15.50 per hour), great team atmosphere, benefits, potential for permanent employment & advancement. Apply at 609 Greenwood Avenue, Selkirk; or e-mail your resume to hr@blastofffireworks.ca using subject "Warehouse".

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FINANCIAL

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

APRIL 30 & MAY 1, 2022, 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.

For sale: 1 Acorn Chair Lift, \$1,200 obo; 1 Savaria Chair Lift, \$600 obo; 1 woman's antique bike, Schwinn, turquoise and white, asking \$200 obo. Please call 204-482-7024.

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INVITATION TO TENDER
Emes Road Renewal - McPhillips Street to 200m West

The Rural Municipality of West St. Paul is seeking proposals from qualified bidders for the Emes Road Renewal - McPhillips Street to 200m West.

Specifications and Tender packages including submission documents are available online at <https://www.merx.com/mbgov/solicitations/open-bids/Emes-Road-Renewal-McPhillips-Street-To-200m-West/0000220392?origin=0>.



Tender 2022-05
2022 PAVEMENT REPAIRS PROJECT

The Rural Municipality of West St. Paul is seeking proposals from qualified bidders for the 2022 Pavement Repairs Project.

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

Sealed submissions clearly marked "Tender 2022-05 - 2022 Pavement Repairs Project" will be received by the undersigned at the address below until 12:00 noon on April 28, 2022. Late submissions will not be accepted.

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

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

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

CITY OF Selkirk

PUBLIC NOTICE

Regarding the 2022 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 26, 2022 at 7:00 pm

to present the 2022 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.

Following government guidelines surrounding COVID-19, protocols will be in place to protect both visitors and city representatives. We will be enforcing physical distancing measures and monitoring occupancy.

Anyone wishing to attend the hearing is asked to register ahead of time for contact tracing purposes at www.myselkirk.ca/financialplan2022. Those without access to online services are asked to call CitizenSupport at 204-785-4900.

Copy of Plan: The financial plan can be downloaded and printed online at: www.myselkirk.ca/financialplan2022.

Dated at the City of Selkirk this 4th day of April, 2022, and issued pursuant to Section 162(2) of The Municipal Act.

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



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 2022.

Questions? Call 204-338-0306

LARTERS at St. ANDREWS
GOLF & COUNTRY CLUB

PUBLIC NOTICE

Notice is hereby given that Larters at St. Andrews Golf and Country Club intends to conduct the following pesticide control program during 2022.

1. To control noxious weeds within the property of the golf course between May 1, 2022 and October 31, 2022. The herbicide used will be par III and Roundup.
2. To control fungal diseases within the property. The fungicides used will be Heritage Max, Instrata, Banner Max, Medallian, Civitas, Secure, Posterity.
3. To control insects within the property of the golf course between May 1, 2022 and October 31, 2022. The insecticide to be used is Delta Guard.

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

Manitoba Conservation
Pesticide Section
1007 Century St.
Winnipeg, MB R3H 0W4

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Selkirk Record

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204 PALLET AND PACKAGING



Like working with wood and working close to home?

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



DO YOU NEED HELP FINDING EMPLOYMENT?

A.I.M. for Work may be able to help!

A.I.M. is a Vocational Rehabilitation program for persons living with a physical disability or chronic illness. Contact one of our Vocational Rehabilitation Assistants at 204-482-2130 to get started on your journey to employment.

Serving Rural Manitoba for over 20 years

Funding provided by
The Government of Canada The Manitoba Government

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Contact this newspaper NOW or MCNA at 204.947.1691 or email classified@mcna.com

www.mcna.com

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.

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

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1-877-775-8271
www.batteryman.ca

WANTED

\$1,800 TO PURCHASE WALTER SKRYPNYK'S BLUE SCOOTER, SOLD IN DECEMBER 2021. PLEASE CALL 1-204-304-6121.

NOTICES

NEED STAFF??? BEAT THE RUSH FOR SPRING! Need Class 1 drivers? Seasonal staff? Having an AGM or on-line event and promotion? Advertise now in the 32 Weekly Manitoba Community Newspapers to get your messaging out! Selling something? Have an on-line store to shop at, doing curbside pickup/deliveries? Let people know in the Blanket Classifieds! Call us at 204-947-1691 for details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

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

NOTICES

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

HEALTH

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

ADVERTISE IN THE RECORD

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

NOTICE
ALL current active and inactive members of Clandeboye United Church and interested parties, a SPECIAL MEETING has been called for April 24, 2022 at the Church following the 9:30am Service.
The purpose of the SPECIAL MEETING is to discuss the future of this congregation and the continuation of the Church as we currently know it. **This is an important meeting so please plan to attend.**
Clandeboye United Church



PUBLIC NOTICE

Proposed BellMTS Telecommunications Facility

BellMTS is committed to providing Canadian communities high speed wireless voice and data services. To improve service, BellMTS is proposing to construct a 55-metre self-support tower with ancillary radio equipment, including a shelter at the base of the tower with a perimeter fence restricting public access. As part of the public consultation process as required by Innovation, Science & Economic Development Canada, BellMTS' regulator under the Radiocommunications Act, BellMTS is inviting the public to comment on the proposed tower location before **May 7, 2021** in compliance with the Client Procedures Circular, CPC-2-0-03. This tower is fully compliant with Innovation, Science & Economic Development Canada's guidelines, as found under the Client Procedures Circular (CPC-2-0-03).

TOWER LOCATION:
Southeast of the intersection of Mollard Road and Ritchie Street, Winnipeg, MB.

COORDINATES:
Latitude: 49.974615°
Longitude: -97.180762°

LEGAL:
Part of O.T.M. Lot 23, Parish of Kildonan

ANY PERSON MAY comment by close of business day on **May 7, 2022** with respect to this matter.



BellMTS CONTACT:
Evolve Surface Strategies Inc.
Attn. Anthony Novello
Unit A, 2151 Portage Avenue
Winnipeg, MB R3J 0L4
T: 888-912-2640
F: 204-728-2800
E: comments@evolvesurface.com

evolve
SURFACE STRATEGIES INC.
Agents for BellMTS, a division of Bell Canada



RURAL MUNICIPALITY OF ST. ANDREWS PUBLIC HEARING NOTICE 2022 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of *The Municipal Act* that the Council of the Rural Municipality of St. Andrews intends to present its financial plan for the fiscal year 2022 at a public hearing in the Council Chambers of the Rural Municipality of St. Andrews on **May 9, 2022 at 6:00 p.m.** The public hearing will also be available to view live through the RM 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 5, 2022. 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 204-738-2771.

A copy of the 2022 Financial Plan will be available for review on Monday, May 2nd, 2022 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, 2022

DJ Sigmundson
Chief Administrative Officer
R.M. of St. Andrews
www.rmofstandrews.com

EMPLOYMENT OPPORTUNITY

Camp Esnagi - Fishing Camp near White River, Ontario.
1 Maintenance Position (jack of all trades).
2 Dock hand/Labor Positions (able to skillfully clean fish).
4 months of work. Must be self motivated for lots of hours with great pay.
Alcohol consumption (beyond social) and substance abuse is not welcome at Camp Esnagi. 1-204-937-4007

EMPLOYMENT OPPORTUNITY

Bush Pilot required at Slims Cabins

-located along the Churchill River, near Sandy Bay, SK. Cessna 180.
-Maintenance skills an asset.
-Personal hunting perks available.
-To apply, call 204 937 4007.

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www.kaldecktrailers.com

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

take a break > GAMES

SUDOKU

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

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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APPLY TODAY
seymourpacific.ca/careers

NOTICE OF ANNUAL MEETING

MEMBERS OF SUNOVA CREDIT UNION LIMITED ANNUAL GENERAL MEETING

PLEASE TAKE NOTICE THAT the Annual General Meeting of Sunova Credit Union Limited will be hosted via Zoom webinar at 7:00 pm CST on April 28, 2022. Members must pre-register no later than 5:00 pm CST on Wednesday, April 27 at sunovacu.ca to receive the Zoom meeting link.

THE PURPOSE OF THE MEETING IS TO:

1. Receive and consider the annual report;
2. Receive and consider the financial statements and report of the auditors;
3. Appoint auditors;
4. Transact such other business, including Special Business, as may properly come before the meeting or an adjournment thereof.

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CREDIT UNION

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your friends and family.**


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

Sudoku Answer

ANNOUNCEMENT

BIRTHDAY



Happy 90th Birthday
Ella Chenkie
on April 3rd.

-Lots of love
from your family.

ANNOUNCEMENT

ENGAGEMENT



Ashley Kubic and TJ Oladele
Trevor and Tracy Kubic are very pleased to
announce the engagement of their daughter,
Ashley Kubic to TJ Oladele,
son of Babs and Yemi Oladele.
A September 2023 wedding is being planned

Evan Kreutzer.ca
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MEADOWS**
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OBITUARY



Kenton Lloyd Scramstad
December 24, 1960 – March 30, 2022

On Wednesday, March 30, 2022 at the Selkirk Regional Health Centre, Kenton Scramstad, aged 61 years, of Selkirk, MB passed away.

Kenton Scramstad was born and raised in Selkirk, Manitoba. Son to Harold and Eleanor Scramstad; youngest brother to Larry (Peggy), Les (Nadine) and Doug (Heather); loving father to Melissa, Amanda and Blaze; caring grandfather to grandkids and great-grandkids. Cared and loved by many with a heart of gold.

"Never a goodbye, but always a see you later"
In keeping with his wishes, cremation has taken place and a private family service will take place at a later date.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Maria Nina Betlej

Suddenly on Friday, April 1, 2022 at the Selkirk Regional Health Centre, Maria Betlej, aged 59 years of Lockport, MB, beloved wife of Jan, mother of Roxanna and Michelle, passed away.

A Celebration of Life will be held on Saturday, April 9, 2022 at 1:00 p.m. in the Gilbart Funeral Chapel, Selkirk, MB.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



ANNOUNCEMENT

CARD OF THANKS

Dave Dillabough - We would like to express our deepest heartfelt gratitude to all those who made phone calls, sent texts, cards, flowers, food and warm embraces in our loss of Dave. Your warmth and kind gestures will be remembered forever. We are also grateful with appreciation for the compassionate care from Melanie and staff at palliative care.

-Sincerely, Brenda and family

EXPRESS YOUR THANKS WITH AN ANNOUNCEMENT IN THE RECORD

ANNOUNCEMENT

IN MEMORIAM

Jeff Nazimek
1975 - 2013

You will always be in our thoughts, you gave me so many fond memories. The friendship will last forever!

"So long my friend, until we meet again"

-Friends Forever,
Darren and the Zembik family

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

ANNOUNCEMENT

IN MEMORIAM



**In Loving Memory of
Francis (Frank) L. Wesley**
who passed away on
Good Friday, March 31, 1972
50 years ago, at age 41

Your life cut short,
It was God's will,
But in our hearts,
You're with us still.

-Sadly missed by his wife Evelyn,
and children Randall (Wendy), Shayne (Larry),
Sherry (Gino), Jody (Yvette "in spirit")
and their families

Your memory will live forever engraved within our hearts

OBITUARY



Katherine Mikolash
(nee Kuchera)
December 10, 1925 -
March 30, 2022

It is with great sadness that the family announces the passing of our dear mother, grandmother and great-grandmother at the Selkirk Regional Health Centre at the age of 96 years.

Kay is survived by her devoted children Jim (Christine), Leonard (Valda), Jane (Gary), Cindy (Ray), Kathy (Gary), Tim (Jacqueline) and Kim (Dean).

She is also survived by her eight beloved grandchildren: Lisa, Robert, Lindsay, David, Robin, Jordan, Riley and Annika as well as her nine great-grandchildren: Alex, Colin, Belle, Lizzy, Emily, Rowan, Orin, Emma and Natalie.

Kay was predeceased by her husband Leon and son Douglas.

Mom was the youngest of 11 children born in Komarno, MB on the family homestead to her immigrant parents, John and Anna Kuchera. Although she was the youngest of her family, she throughout her life, always had the biggest heart. Mom was an incredibly strong and very hard-working dedicated individual who helped provide for her family to ensure we never went without.

Mom was a very devoted mother and her family was greatly devoted to her. Church was always a very big part of Mom's life and identity, her beliefs and values continue to shape the way we live today. At our family home in East Selkirk, on any weekend, you could drive by and find several cars in the driveway. There was always an extra plate at their table for family and friends who dropped in. She will be sadly missed by all.

In her later years, Mom lived at the Knights Center, where she enjoyed sharing coffee, puzzles and bingo with her many friends.

We would like to extend our gratitude to the healthcare workers who helped her to remain independently at home in her own apartment for many years, the nursing staff and rec workers at Betel Nursing Home who cared for Mom these past two years, and the ambulance, ER, and Medicine Unit staff at the Selkirk Regional Health Centre during Mom's last days.

"Into your hands Lord I commend my spirit" Psalm 31:5

VICHNAYA PAMYAT

Funeral Mass will be celebrated on Friday, April 8, 2022 at 11:00 a.m. in the St. Stanislaus Roman Catholic Church in East Selkirk with Father Joshua Gundrum officiating. A viewing held half hour prior to the Mass. Interment will follow in the East Selkirk cemetery.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Laurie James Sabiston
July 20, 1954 - March 26, 2022

It is with great sadness that we share news of Laurie passing away. He faced his battle with cancer with strength, courage and humour.

As a child, Laurie formed friendships that he kept for life. As a young man, he toured with his band and honed his craft as a gifted musician. Later on, Laurie built his own business, Sab's Carpentry. All along, Laurie displayed a quick and clever sense of humour, creativity, and curiosity toward life. All throughout, he was a loving father and grandfather. He took great joy in teaching his children and filling their lives with fun.

Laurie is survived by his siblings Janis, Leslie, Kim and Melanie; his children Leslie (Karrie-Noelle), Candace (Curtis), Brooke and Ryland; his granddaughters Louella and Lyra; and many special aunts, uncles, cousins, nieces, nephews and friends that meant the world to him

Laurie is predeceased by his mother Violet, step-father Allan, and his father Melvin.

Special thanks to the staff at SRHC and to Bernice and Pam for their support and care for Dad.

A celebration of his life took place in the Gilbart Funeral Chapel, Selkirk, MB, on Wednesday, March 30, 2022, at 2:00 p.m.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



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AVG SALE PRICE	HIGHEST SALE PRICE		AVG SALE PRICE	HIGHEST SALE PRICE		AVG SALE PRICE	HIGHEST SALE PRICE	
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