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Keeping up with the Fishermoms

RECORD PHOTO BY KATELYN BOULANGER

Having kids in hockey means you're likely to spend a lot of time at the rink. The moms of Selkirk Fishermen hockey players used that time to create a great group of friends. Learn more about their friendship on page 7.

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What's going up and what's coming down in Selkirk

Infrastructure open house outlines plans for city's upgrades

By Katelyn Boulanger
This year is going to be a big year for infrastructure in Selkirk with possibly their biggest project on the books ever planned to start and a few other improvements in the works for the community in 2022.

Dan McDermid the city's Director of Operations who gave the presentation started by explaining how the city maintains its \$407 million worth of infrastructure. "[The] Capital Asset Management Program, what we call CAMP is the guide for basically all of our decisions that we make on all of our capital improvements or maintenance items. Every single piece of infrastructure that the city owns, we use capital asset management in our program to guide the decisions that we make for that asset and that piece of infrastructure so that it can deliver on the services that we provide to citizens," he said.

McDermid explained that all of the city's assets are prioritized for repair based on their condition as well as the importance of the asset to citizens. For example, if a road and a pipe bringing water to citizens' homes were both in need of repair, the water pipe would generally take priority because having clean drinking water is essential.

year's priority repairs that will affect residents include the Eveline St. reconstruction project which will cost \$7.2 million, the Selkirk Park multi-use pathway for \$140,000, Woodlands pond upgrade for \$70,000, and a Mercy St. bike lane for \$200,000.

McDermid reminded residents that during these construction projects there will likely be vibrations and noise from heavy equipment which will start as early as 7 a.m. including weekends at times, some driveways and approaches may be affected but will be fully restored, on-street parking will not be available and inclement weather could cause delays.

The first project to get started will be the Eveline Street reconstruction in April. Slide ten in the presentation shows a before and after representation of the street. Driving lanes will be reduced to 3.5m and parking will be down to 2.6m, however, a furnishing and street tree section will be added to either side as well as a buffer zone. The east sidewalk will also see a change with the sidewalk being turned into a multi-use path where cyclists will be able to travel.

"This is a very large project

Continued on page 5

By using this system, this

Projected Work Schedule

Eveline Street Reconstruction Project: April - October

Selkirk Park Multi-Use Pathway: June-July

Woodlands Pond Upgrades: July-September

Mercy Bike Lane: July - August

(subject to change)

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A timeline of Selkirk's major infrastructure projects in 2022.

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BIG DOLLAR

Joy Sul attends United Nations women's conference

Learning more about women's equality and how women in our communities can create inclusivity

By Katelyn Boulanger

Many residents in our community may know Joy Sul as the mayor of St. Andrews, however, last week she attended the Commission on the Status of Women, a virtual event, through her role as the vice president of Business and Professional Women Selkirk.

This eleven-day event gave attendees the chance to sit in on over 800

meetings as well as participate in dialogue with people from all over the world about this year's theme, achieving gender equality and the empowerment of all women and girls in the context of climate change, environmental and disaster risk reduction policies and programs.

This was the sixty-sixth session of the Commission on the Status of

Women hosted by UN Women, the United Nations entity dedicated to gender equality and the empowerment of women.

"The consensus through the whole thing was how women and girls are impacted by climate change and must be included in discussions of climate change, but women are often not allowed the opportunity to exercise their full potential," said Sul.

Sul was chosen as one of only 20 women in Canada who were able to attend the event and was able to sit in on 12 meetings.

She learned more about climate change impacts all over the world in places like Afghanistan where women's actions and freedoms are tightly regulated, to places like the Scandinavian countries where women's freedom is a priority and many women are able to take up leadership roles in the community. Sul was even able to hear from people right here in Canada who spoke about how

the lack of clean drinking water in some Indigenous communities, which has gone on for decades, affects the populations there.

One speaker Sul mentioned, in particular, was Hon. Natalie Jameson the Minister of Education and Lifelong Learning, as well as the Minister responsible for the Status of Women in PEI. Jameson spoke about how women have had to step up during the COVID-19 pandemic, that women typically take on more roles involving unpaid work than men and the work the PEI government is doing updating opportunities for women as well as updating their harassment policies.

Sul says that her favourite part of the event was when they were able to break off into conversation circles. She was paired up with a woman from Switzerland and one from India.

"[In Switzerland] they are trying out a new standard for their area for climate change, where if you have two working adults, one has to stay home [and] will provide childcare. It will reduce gas emissions by half if only one [parent is] driving and that will reduce greenhouse gases and reduce childcare costs, with one parent at home. That she said it's very new," said Sul.

Sul says the big takeaway for her is that women's groups need to put

Continued on page 5





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> SELKIRK INFRASTRUCTURE FROM PG. 3

ect, the largest road construction project that Selkirk has ever potentially ever taken on. It's going to run between Eaton Avenue and Queen Avenue so seven blocks of full reconstruction," said McDermid.

The biggest change to the street will be Selkirk's first roundabout which will control traffic at the Eveline St. and Queen St. intersection which is the entrance to Selkirk Park.

He then discussed the bike path on

Mercy St. Construction on this project will begin in July and will go from Pittsburgh Ave. to Greenwood Ave. This project also includes an extension on Greenwood Ave. turning on Sophia St. towards Young Ave.

"Our active transportation strategy drove this project and also the climate change in adaptation strategy. It's identified that we should be exploring ways to encourage people to stop or reduce the amount of vehicle trips

that they're taking. And so, this section on Mercy was selected because it runs the entire length of the core city area," said McDermid.

He then discussed the Selkirk Park multi-use pathway.

"Right now, if you go there [from Eveline St.] pedestrians and cyclists are sharing that roadway with vehicular traffic. We noticed that that is a little bit of a risk and we obviously want to have the pedestrians and cyclists a little bit further away from the vehicles. So, that's what this project is it's installing a multi-use path that runs from Eveline [St. into Selkirk Park]," said McDermid.

This new pathway is set for June construction.

The final major project discussed was the Woodlands pond upgrades. The pond will see the addition of

two fountains and several aerators in order to upgrade the water quality. These will be installed starting in July.

Residents then had time to ask questions about these and other infrastructure issues that they may be having in the community.

Residents were advised that if they want to stay up to date with infrastructure information they can sign up for email updates at <https://www.myselkirk.ca/city-services/public-works/infrastructure-projects/>. This site also has the presentation slides that were part of last week's meeting for anyone wanting to look over them.

There is also a dedicated webpage on the city's website for the Eveline St. reconstruction project at <https://www.myselkirk.ca/eveline/>.

> UN WOMEN'S CONFERENCE, FROM PG. 4

more effort into coming together in our communities to make sure that in all issues there is an equal voice for all people at the table.

"We need more of the women's groups banding together, as there's power in numbers," she said.

If you or someone you know would like to join a women's group in our community, Business and Professional Women Selkirk is open at any time to women business owners or professional women in the area who

would like to advocate for women in our communities. They support the local women's shelter, women going to school in our community through bursaries, literacy programs, and recognize women in our community with their Woman of the Year award.

You can learn more about BPW by visiting their website at <https://bpwmanitoba.ca/>. Anyone interested in joining can contact Sul at 204-785-8725.



RECORD FILE PHOTO BY KATELYN BOULANGER

Joy Sul at a previous event. Sul recently attended the 66th session of the Commission on the Status of Women.

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Roxi's new owners bring years of experience

By Katelyn Boulanger

Since the Koprajda family's takeover of the Selkirk Motor Hotel, Roxi's by the Red Uptown Café, On the Rocks and the Red Barn residents probably haven't noticed a large change in the Manitoba Ave. businesses, however, the family has enjoyed their first few months as business owners in town.

"The restaurant is quite busy. The bar is quite busy, the vendor, so it's quite a bit of a process for the transition," said Andy Koprajda Jr. one of the business's new owners.

The new owners of the business decided to approach the previous Roxi's owners in offering to purchase the business after their previous business the Rockwood Motor Inn in Stonewall was sold.

"My dad's been in the business for over 40 years," said Andy Koprajda Jr. Andy Koprajda Sr. got started in the business when he had a friend who encouraged him to transition over from his previous line of work.

"I had my own electrical and plumbing company years ago and then a friend of mine who owned a motel, he sold it. He said, 'Well, why don't we buy a motel and from motel [we transitioned to] a hotel and I switched over to operational manager. It gets in your blood,'" said Andy Koprajda Sr.

The family actually chose to come to Selkirk because Andy Koprajda Sr. already has a daughter who works in Selkirk and felt a connection to the community.

So far they haven't made any large changes to the various businesses which they credit to the hard work of the previous owners.

"We're just doing the small upgrades and a few things that we can do to streamline the process in the kitchen,

but we'll try to keep it fairly simple," said Andy Koprajda Jr.

As for the future of the business, they say their intention is to continue the tradition of good quality food, good service, and they hope that business continues to pick up.

They encourage anyone who would like to, to stop by and have some food.

"If you're in town, Roxi's quality food is well known around the communities," said Andy Koprajda Sr.



PHOTO SUBMITTED

Selkirk mayor Larry Johannson, Andy Koprajda Sr. and Stonewall Mayor Clive Hinds.

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Hockey moms create bonds throughout region

Fishermen friendships extend past the ice and into the stands

By Katelyn Boulanger

You might know that the Selkirk Fishermen recently took home the CRJHL championship. What you might not know is that some of these hockey players have been playing together so long that friendships formed, not just between them on the ice, but bonds have also formed between the moms who are cheering them on.

"We were very excited for them [when they won the championship] but we knew they could do it. The team is super strong from all the boys and they did great," said hockey mom Dayna Andrushko.

Some of the moms met when their boys played Timbits hockey when they were four years old and then as kids from Selkirk, East Selkirk and St. Andrews combined to form teams, more moms met. Now the group is 12 moms who get together for hockey mom parties and hope to one day do an Australian vacation together.

"We just get along really good and it's a good click that we have," said Andrushko.

"A couple of the boys quit playing a few years back but their moms still kept in contact. We even kept a girlfriend [of a hockey dad]," said Stacey Brooks who is also one of the hockey moms.

They say that if it wasn't for the Fishermen a few of them might have known each other from going to school together but they wouldn't have the community that they have.

"They're all my friends but I didn't grow up here. They all were born and raised here. And I came from Brandon," said Charla Donald.

The moms, like their hockey players, ended up spending a lot of time with each other over the years because of how much practise time hockey requires as a sport. The families often would have three practises a week and then tournaments on weekends during the winter months which meant that there was lots of time for the hockey parents to hang out.

"It's an extended family for sure because we spend so much time together," said Myrna Hefferman.

As their kids get older and start moving out and discovering what the future looks like for them the hockey



RECORD PHOTO BY KATELYN BOULANGER

The hockey moms and their hockey playing sons. Back row left to right: Myrna Hefferman, Kelly Zirk, Charla Donald, Dayna Andrushko, and Stacey Brooks. Front row left to right: Raymond Hefferman, Austin Zirk, Jordan Donald, Kasen Andrushko, and Matthew Brooks.

moms still think that their group will continue to get together.

"These are my best friends," said Andrushko.

"You can always count on someone

to pipe in and be there for you to help you out," said Brooks.

The hockey moms are thankful to have such a strong group of friends throughout our communities.

"We'll have a couple more years at the junior Bs hopefully and then after that, maybe we'll cheer on the beer league," said Brooks.

Watching the water rise



RECORD PHOTO BY BILL NEWZMAN SMYTH

Municipal and provincial governments are paying close attention to water levels this year as high amounts of winter precipitation put everyone on alert to the possibility of flooding. The Selkirk Lift Bridge and Selkirk Park were closed last week because of high waters. Pictured: High waters at the Selkirk Lift Bridge.

The Selkirk Record



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get informed

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Covid-19 transmission on the rise, but severe outcomes decreasing: Roussin

By Ashleigh Viveiros

Manitoba's top doc says COVID-19 transmission in the province is on the rise once again.

"Manitoba is currently experiencing an increase in COVID-19 transmission. Our data showing wastewater signals have been trending upwards," Dr. Brent Roussin, chief provincial public health officer, announced at a press conference April 7.

The Omicron BA.2 subvariant has become most common strain of COVID-19 circulating in Manitoba, Roussin said, noting it makes up about 60 per cent of all transmissions right now. This variant is more contagious than the Omicron variant, but not necessarily more severe.

"We're seeing that the test positivity rates have been increasing over time. We're seeing an increase in hospitalization admissions," Roussin said, going on to explain that most of those admissions are among individuals age 80 and older. "Over that same time frame, though, we are seeing a decrease in more severe outcomes such as ICU and deaths."

The province says it appears peak hospitalizations may have passed in recent weeks.

"We've seen those increases in cases, transmission, wastewater, we've heard of the increases in hospitalizations, but our modelling continues to show a relative plateau in admissions," Roussin said.

The province no longer updates its COVID-19 data on a daily basis, instead sending out an epidemiology report every Thursday with data for the week before.

For the week ending April 2, 141 people were admitted to hospital with COVID-19, which was up from 111 the week before. Of those, 11 were ICU admissions (down from 16 the week before). Six deaths were reported for the week (down two from the week before).

While there have been calls for more

information more often so Manitobans can have a clearer picture of current COVID-19 conditions, Roussin continued to defend the province's change in its reporting of the virus.

"The data right now, I think it's appropriate for where we are in the pandemic," he said. "I think we are in that transition phase ...

"We do have to understand that we're going to not deal with this virus the same way as we have for the last two years forever, and at some point we have to transition away from that intense data reporting to less frequently updating."

Public health officials continue to urge Manitobans to be fully vaccinated against COVID-19, including getting the booster shots.

"Vaccines are still the best way to protect ourselves and the people around us," Roussin stressed.

As of last week, about 80 per cent of eligible Manitoba youth age 12-17 had received two doses of vaccine. Among adults, about 88 per cent of eligible Manitobans are fully vaccinated.

"We know in the five to 11 year age range, that's where we could use some work. We're seeing about 41 per cent of 5-11-year-olds have received two doses," Roussin said, urging parents to strongly consider getting their kids vaccinated against COVID-19.

When it comes to booster shots, more than half of Manitoban adults have received a third dose of the vaccine. That number jumps to 70 per cent in the 50+ age range.

The unvaccinated continue to be at highest risk for severe outcomes with COVID-19, Roussin noted, citing data gathered over the past several weeks in Manitoba.

"After adjusting for the age differences, those who are not fully vaccinated are seven and a half times at greater risk of hospitalization, almost 10 times greater risk for ICU admission, and 32 times greater risk of

death" compared to a fully vaccinated individual, Roussin said, noting people with three doses of vaccine increase their chances of positive outcomes by an even greater margin.

"So we know vaccines work. It's made the biggest difference. It's our biggest weapon against this virus and so we continue to strongly recommend to Manitobans: get whichever dose of vaccine you're currently eligible for as soon as you become eligible."

Fourth doses

The province last week announced it is offering a second booster dose of the COVID-19 vaccine to certain Manitobans.

Based on recommendations from the National Advisory Committee on Immunization (NACI), the following groups are now eligible for another booster:

- residents of personal care homes and elderly persons housing congregate living sites (such as supportive housing and assisted living) with no age limit;
- individuals aged 70 or older who live in the community; and
- First Nations, Inuit and Metis people aged 50 or older, regardless of where they live.

The second booster should be Pfizer or Moderna and given at least six months after a person's last booster dose, the province has said.

For most people, the second booster dose will be their fourth dose of vaccine. For some immunocompromised people, however, this will be their fifth dose. In these cases it should also only be given six months after their last shot.

A NACI report released last week noted the greatest benefit of a second booster shot is expected in adults age 80 and older and strongly recommended provinces begin prioritizing this age group, followed then by offering a fourth dose to adults age 70-79.



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Former St. Andrews resident releases second book

Tom Stewart releases his second book a fictional survival story

By Katelyn Boulanger

Immortal North is the most recent novel by former St. Andrews resident Tom Stewart and is available to read now having been published on March 7.

Stewart describes his latest novel as being for those who want to read something with themes of wilderness and suspense.

"It's set in the isolated north, where a father raises his boy to live within the wilderness. Where nature at once harsh and beautiful, does not stop at the border of the skin until one fateful day, the land life is violently broken," said Stewart.

He said that the inspiration for the story came from wanting to write something set in the north because of Stewart's previous experiences working there.

"I've worked so much up there as a bush plane pilot and a fishing and hunting guide and oil rig roughneck

so my memory bank is full. It's easier to write the scenes when you can visualize so much," he said.

The book would be enjoyed by an older teen or adult audience who like fictional stories and want to make an escape to the Canadian north.

"I think if you're interested in the north in the wilderness and literary fiction with some suspense and philosophizing. I think that this could be a book for anybody," said Stewart.

Though Stewart says that he was always a reader, he didn't start his writing journey until he started on his first book a few years ago.

"I thought I always wanted to try it but I never did until four years ago. Then, I had all those stories and I'd met some unique characters, so, I just put them in a collection to see what that looked like. That was the first book *Under Big-Hearted Skies*," said Stewart.

That first non-fiction book which

was a collection of stories included tales of growing up in St. Andrews and his time at the Comp.

He had such a positive reception to his first book that he continued on his writing journey but wanted to try something different and chose fiction because he didn't have to be constrained by the truth.

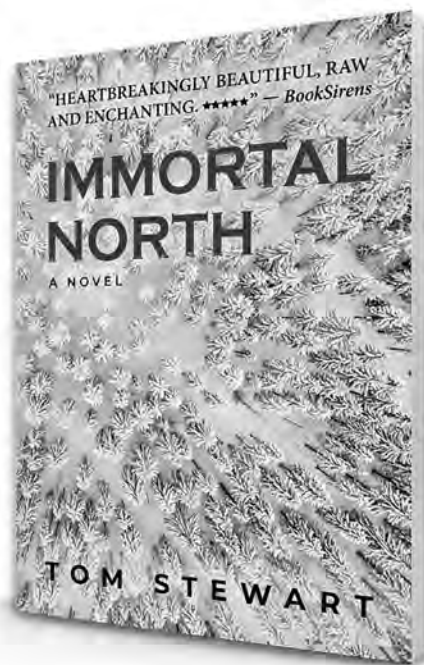
Stewart says that he hopes that readers of his latest novel are moved by the end of the book.

"I want to show those big things about life — joy and suffering, love, and love lost. I want to show those things because I think literature is redeeming. We can see that other people see and feel the world the same way we do," he said.

For those that pick up this book and can't put it down, don't fret as Stewart is already plugging away at another book with the same characters after unexpected events occur.

To purchase a copy of *Immortal North* you can find it on Amazon at <https://www.amazon.ca/Immortal-North-Tom-Stewart/dp/1777221129>. There readers will find that it's not just available in eBook and paperback for-

mats but that there is also an audio-book version of the story which was narrated by Stewart himself.



Immortal North.



PHOTOS SUBMITTED

Tom Stewart has published his second book *Immortal North*.

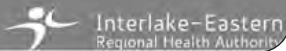
Correction

Increasing staff vacancies

Data as of March 31, 2022 – inclusive of full-time and term positions

Personal Care Homes	Nursing vacancy (Health care aide)
Ashern	79 % (36 %)
Lundar	67 %
Fisher Branch	57 %
Arborg	52 %
Whitemouth	52 % (31 %)
Oakbank	32 %

Home Care	Nursing vacancy (Health care aide)
Ashern	50 % (33 %)
Whitemouth	(40 %)
Fisher Branch	(29 %)
Oakbank	20 % (13 %)



COURTESY OF IERHA

The graph shows nursing vacancies and [certified] health care aide vacancies (shown in parentheses) in personal care homes and home care services across the IERHA. The health authority just recently hired 60 uncertified health care aides to help support staffing.

IERHA hires 60 uncertified health care aides to help support nursing and HCA staff

By Staff

In the story "Ongoing nursing vacancies, bed closures in IERHA; Ericksdale to replace physicians" in the April 7 edition of the *Selkirk Record*, we wrote that the Interlake-Eastern Regional Health Authority had hired

13 uncertified health care aides (UHCAs) when it had, in fact, hired 30 uncertified health care aides. The *Record* apologizes for the error.

A spokesperson for the IERHA added that in addition to the 30 UHCAs that had been announced during the March 31 briefing with municipal officials, the health authority has "just added another 30 from the most recent graduating class."

Building bridges at the Lock and Dam



RECORD PHOTOS BY BRETT MITCHELL
Work continues on the St. Andrews Lock and Dam Bridge. After a tough winter workers are looking forward to warmer days ahead.

Red River Co-op food stores eliminate plastic grocery bags

By Staff

In an effort to further reduce its impact on the environment, Red River Co-op food stores will no longer offer single-use plastic grocery bags at checkout stands at their nine food stores starting on Earth Day on April 22.

"Last year, we sold over 2.2 million bags," said Sara Fournier, Vice-President of Food and Pharmacy Operations. "We believe that this Earth Day is a great opportunity to move away from single-use plastic bags at our checkouts and offer reusable options to our customers."

Red River Co-op began encouraging reuse over single use plastics in 2018 when they started charging for plastic grocery bags. In the first year, three million plastic bags were diverted from landfill, a reduction of 54 percent over the previous year. To further the impact on the local environment, Red River Co-op pledged to do-

nate the profit from each sale to local green living non-profit, Green Action Centre to support their food waste reduction and composting educational programming. From there, a partnership formed and the co-operative and the non-profit continue to support the work each does for the environment.

"Our current and growing reliance on plastics is not sustainable, as very little of the disposable plastic products used are recycled, despite years of recycling efforts and programs," said Colleen Ans, Living Green Living Well Coordinator with Green Action Centre. "We fully support the elimination of single-use plastic bags and a switch to reusables. The focus must remain on reduction, not simply 'better disposables' like paper that is recyclable but may also have a large carbon footprint."

Red River Co-op members and customers are encouraged to bring reusable bags to shop at their food stores.



RECORD PHOTO BY BRETT MITCHELL

Selkirk's Red River Co-op store manager Darryl, produce manager Nicole, bakery manager Dalton, meat manager Kim and grocery manager Bridget show off the reusable options available for purchase. Starting Earth Day April 22, single use plastic bags will no longer be available at checkout stands at the store.

They have reusable totes and bag options for sale in-store, including a reusable cloth bag for 25 cents per bag

available at the tills in case customers forget their reusable bags from home.

SDCF donates high priority equipment

By Interlake Eastern Health Foundation

Selkirk and District Community Foundation's (SDCF) Selkirk General Hospital fund recently granted \$34,996 to the Interlake Eastern Health Foundation (IEHF) for the purchase of high priority equipment for the Selkirk Regional Health Centre (SRHC).

The new equipment includes an embosser printer to help with admissions, a medication grade fridge for the pharmacy, a telemetry pack for the emergency department, and handheld oximeters for the Family Birthing Unit.

Katie Hibbs, Interim Director Health

Services – Acute Care at the Selkirk Regional Health Centre says this generous grant will enhance patient care.

"It is because of the hard work and generosity of organizations such as the Selkirk & District Community Foundation, that we are able to obtain important equipment necessary to providing quality patient care. We are truly grateful and fortunate for their dedication, kindness and support," said Hibbs.

Interlake Eastern Health Foundation executive director, Pamela McCallum, acknowledged the continued support from the SDCF.

"We are so lucky to have the Selkirk

& District Community Foundation as a friend of the foundation. We are forever grateful to them for their grants that help us enhance patient care and make life for our staff easier. We look forward to working with Bev and the Board of Directors on future health-related projects for the community," said McCallum.

SDCF executive director Beverley Clegg says they are deeply grateful to everyone that supports the Selkirk General Hospital Fund.

"Every year SDCF is honoured to work with Interlake Eastern Health Foundation to provide funding for high priority health equipment at the

Selkirk Regional Health Centre. These grants are made possible due to the insight and community-minded approach of donors, of today and the past, who give so thoughtfully to the Selkirk General Hospital Fund. For this, we are so deeply grateful," said Clegg.

Our mission is to raise funds that support health care in the Interlake-Eastern health region. For more information visit www.iehf.ca or contact Pamela McCallum, executive director of the Interlake Eastern Health Foundation at (204) 785-7044.

Manitoba announces award for innovation in mental health and addictions care

Submitted by Manitoba government

The provincial government is calling on Manitobans to nominate individuals and organizations for an opportunity to win a \$5,000 Council of the Federation (COF), Mental Health and Community Wellness Minister Sarah Guillemard announced Friday.

"I look forward to recognizing a deserving individual or organization this summer with this award to highlight the ways they make positive differences in people's lives every day," said Guillemard. "Mental health and addictions are complex issues affecting many Manitobans and every per-

son's experience is unique. The COVID-19 pandemic has brought these issues into greater focus and the COF Award is one opportunity to recognize the incredible work happening here in Manitoba."

The COF Award for Innovation in Mental Health and Addictions Care is a one-time grant to be given in the summer of 2022. The award recognizes innovation and collaboration in the non-governmental, private and academic sectors. Thirteen awards will be presented, one per province and territory valued at \$5,000, to support the initiative and further innovation.

All provinces and territories are implementing their own selection processes and will choose their own recipients. In Manitoba, a nomination review committee has been established with representatives from the Department of Mental Health and Community Wellness and from Shared Health, the minister noted. The award winners

will be announced at the COF summer meeting in July.

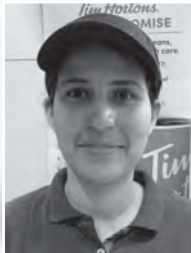
Continued on page 17

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Federal government tables \$52.8B deficit budget

By Lorne Stelmach

The Liberal government sees the federal budget released last week as offering smart, necessary investments with a focus especially on growing our economy.

The Conservative Opposition however sees it differently, and Portage-Lisgar MP and interim Tory leader Candice Bergen particularly sees the influence of the NDP, who have agreed to support the minority government in return for concessions.

"It's not good news for Canadians," Bergen said last week.

"It's an NDP budget. It's a tax and spend and tax and spend big NDP budget, and the Liberals are really going further to the left," she said. "It's dangerous for the country ... when things are good, this government spends, and then when things are not great and we need to have had a responsible government in terms of fiscal policy, it's not there."

The budget offered more than \$85 billion in new spending room that the government cited as coming from a stronger than anticipated economic rebound.

Money is being targeted at speeding the flow of goods through the supply chains, boosting housing supply and boosting business investment among other priorities.

Overall, there is \$452.3 billion in new spending on projected revenue of \$408.4 billion, leaving a deficit of \$52.8 billion.

Among the highlights cited by the federal government:

- \$4 billion over five years to launch a new fund to help cities and municipalities create more affordable housing and \$1.5 billion over two years to create 6,000 new affordable housing units with at least one-quarter of the funding for women-focused projects.
- \$625 million over four years for child care to help the provinces and territories build new facilities and make new investments.
- \$1 billion over five years to create an independent federal innovation and investment agency designed to spur economic growth and address the fact that Canada is ranked last in

the G7 in spending on research and development by business.

- Over \$8 billion pledged over five years for the defence budget to better equip the Canadian Armed Forces, reinforce cyber-security and support a culture of change. The budget contained no road map on whether this would be enough to boost Canada's defence spending to the NATO target of two per cent of GDP.

- Up to \$1 billion for the Ukrainian government through the International Monetary Fund to help keep its government operating.

- \$4 billion over six years to remove systemic barriers to First Nations children receiving services in health, education and social services.

- \$5.3 billion over five years and \$1.7 billion ongoing to Health Canada to provide dental care to Canadians as a result of the Liberal-NDP agreement. The plan will start with children under 12 in 2022 at an initial cost of \$300 million.

- \$1.7 billion over five years to help make zero-emission vehicles more affordable for people. The Canadian Infrastructure Bank will spend \$500 million over five years to build infrastructure to support 1,500 charging stations the government has promised to build throughout Canada.

- \$547 million over four years to help businesses upgrade their fleets to zero-emission vehicles.

Bergen said there were three key things they had wanted to see in the budget starting with tax relief for Canadians, who have been suffering with inflation and rising costs.

"We wanted to see some tax breaks ... we also were hoping that we could see just much, much controlled spending because spending is what adds to inflation.

"We wanted to see a big halt on all of the massive, permanent programs that they've been doing," she said, adding they had also hoped for more effective housing strategies and support.

"We were very frustrated but not surprised that we didn't see any of those three things, and the reason is we can see this now in the budget,"

Bergen said. "The Liberals have collected a windfall of revenue on the backs of Canadians paying through the nose for things like gas and groceries and essentials. And they're using that money to again spend on big permanent government programs instead of tax cuts or things that will grow the economy and produce long term productivity and investment."

In her foreword to the budget, Deputy Prime Minister and Finance Minister Chrystia Freeland highlighted what they feel a stronger country looks like:

"It means we need housing that is affordable for everyone, and a system where an entire generation is not priced out of owning a home.

"It means we need to do our part to fight climate change so that we can leave our children with clean air,

clean water and a livable planet.

"It means we need to continue to face up to the sins of our past, and ensure that Indigenous peoples in this country are able to live dignified and prosperous lives.

"It means we need a health care system that allows people to see a doctor or a dentist, and to receive mental health care too.

"It means we need to continue to build a society that is truly equal for everyone, because the colour of your skin, or who you love, or where you were born should not dictate whether you get to share in the opportunities that Canada provides.

"And it means we need an economy that allows businesses to grow and create good middle class jobs, and where everyone can earn a decent living for an honest day's work."

55+ games a go!



PHOTO SUBMITTED

The 55+ Games are back on track to hit Selkirk this June. The COVID-19 pandemic put a stop to the games which were set to take place in 2020, but loosened restrictions have brought them back with the event set to take place between June 7 and 9. The Manitoba 55+ Games are a celebration of healthy living and proof that Manitobans of all ages lead active, engaged and healthy lives. Stay tuned to discover the many ways you can volunteer, participate or be an enthusiastic spectator during these exciting Games. For a full list of sports and registration, please visit the Games page on AAIM's website www.activeagingmb.ca. Pictured: Deborah Vitt and Lori Gullivan demonstrate Floor Curling back in 2019 at the 2020 volunteer kick off event.

The Selkirk Record

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Workshop showcases natural benefits from herbal remedies

By Nicole Brownlee

An unkempt field contains hundreds of varieties of native plants some would consider weeds. However, an Eriksdale herbalist says these seemingly unwanted plants offer natural remedies.

Erica Lindell grew up in Eriksdale, learning about foraging, trapping and hunting from her parents.

"We've always been connected to the land," said Lindell.

Her interest in native plants grew in her 20s when Lindell visited a herbalist to discuss her health concerns.

"It opened up a whole other world of thinking of how to deal with herbs," said Lindell.

She was intrigued by herbs and nature's potential to improve her health while listening to medical doctors.

"We tend to balance out medical doctors and herbalism, so often, instead of running to the doctor for certain things (we reach) for something from nature," said Lindell.

"I like to think that I am a lot healthier now."

Lindell's open perspective about health has been passed to her children, who often ask for her advice on a salve, food or drink that could help with a headache, stomach pains or other minor issues.

"There's still a place for western medicine, but in conjunction, the land and our Creator do give us everything we need to heal ourselves on a basic level."

Lindell has participated in several certificate courses and is currently enrolled online at Dominion College to learn more about clinical herbalism.

"I am also trying to find out how to work with some Indigenous bodies for the Indigenous medicine side," said Lindell, who is Métis.

In the meantime, Lindell is selling crystals, jewelry and homemade products like creams and salves from her online store Mossy Birch Homestead. She is also offering her second workshop in Eriksdale on April 23 from 1 p.m. to 4 p.m. at the Eriksdale Memorial Community Centre.

"People consider a lot of the plants I talk about weeds, but these plants have such amazing uses that we have to almost rethink how we treat the plants," said Lindell.

"I think that's where a lot of people's excitement comes, from the disbelief that these things will actually fix skin or stomach issues."

Lindell will walk participants through creating an oxymel, a tangy mixture of apple cider vinegar, honey and herbs that can soothe sore throats while suggesting incorporating herbs and fruits into a diet.

"To balance out the bad stuff that we put in our bodies," she said.

The workshop will also teach participants how to make salves.

"It's important that people get to learn about nature and the connection to the land."

Participants can pre-register for the event online through the Mossy Birch Homestead website or purchase a ticket at the door for \$50.

To learn more about Erica Lindell and Mossy Birch Homestead, visit mossybirchhomestead.ca.



PHOTO SUBMITTED

Erica Lindell is hosting a herbalism workshop at the Eriksdale Memorial Community Centre on April 23 from 1 p.m. to 4 p.m.

Alan Lagimodiere
MLA for Selkirk
alanlagselkirkmla@mymts.net

Jeff Wharton
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CREDIT UNION

NACI recommends second booster of COVID vaccine although unauthorized by Health Canada

By Patricia Barrett

With troubling COVID-19 numbers sweeping across many provinces, as well as waning vaccine protection from first booster doses and the ability of variants to evade vaccines, Canada's National Advisory Committee on Immunization (NACI) recommended last week that a second booster be administered to vulnerable segments of the population.

The recommendation comes even though second doses are considered off-label use, which means a drug is used without regulatory approval from Health Canada.

"Second COVID-19 booster doses are currently not authorized by Health Canada and therefore constitute off-label use," said NACI in a vaccine update titled "Initial guidance on a second booster dose of COVID-19 vaccines in Canada" published April 5.

NACI is an advisory committee that provides medical, scientific and public health advice to the Public Health Agency of Canada.

The committee said there are "concerning trends" in the COVID pandemic and that jurisdictions should prepare for a "rapid deployment" of a second booster for people 70 year of age and older, those who live in con-

gregate settings such as personal care homes or assisted living facilities, as well as for Indigenous people under 70 years of age.

"Preparation for implementation and deployment of a second booster dose program for groups outlined above is recommended given the increasing circulation of the BA.2 VOC [variant of concern] and the possibility of waning protection against severe disease in those at highest risk," said NACI in its update.

Second boosters can be given six months after the first booster or sooner, said NACI, depending on the how BA.2, an omicron subvariant, is spreading in communities.

"In general, jurisdictions should aim to provide a second booster dose 6 months after receipt of the previous booster dose, but the 6-month interval may need to be balanced with local and current epidemiology," said the committee. "As a result, shorter intervals may be indicated for these older adult populations in these settings at this time."

The committee recommends an mRNA vaccine for a booster unless that type of vaccine cannot be tolerated.

Current scientific data suggest that COVID-19 vaccines offer reduced

protection against omicron infection and symptomatic disease, said NACI, and somewhat lower protection against hospitalization and severe disease compared to the protection they offered against the ancestral (or original) strain of the virus and previous variants of concern.

"This lower protection is also occurring in the context of decreasing protection over time since the previous dose," it said. "Vaccine effectiveness against infection/symptomatic disease for Omicron from a first booster of mRNA vaccine is approximately 60% and decreases over time since vaccination in most studies."

NACI said the evidence on the effectiveness of second boosters is "limited" and is compared to the first booster – given after the first two doses of a vaccine series – as a relative benefit.

"Preliminary data indicates that a second booster dose provides additional protection compared to a first booster, including against severe disease," NACI said. "However, the duration of protection is currently unknown, and the absolute benefit will depend on the residual protection from the first booster dose and on the level of circulating disease in the com-

munity."

Vaccine manufacturers are working on new COVID vaccines, including those that specifically target variants of concern but their "exact composition and timing of availability are not yet known," said the committee.

And further research is needed on "optimal timing" for future booster doses, evaluation of potential risks of providing booster doses earlier than necessary, and vigilant monitoring and reporting of adverse events.

The Manitoba government, which is not providing daily data on COVID infections and hospitalizations, recommended April 6 that personal care home residents, those living in congregate living facilities, individuals in the wider community aged 70 and older and Indigenous people aged 50 and older are now eligible for a fourth dose, according to the government's vaccine website.

The government is recommending an mRNA vaccine be given for the second booster. It recommends the Pfizer-BioNTech mRNA vaccine for people aged 12 to 29 (there is a greater risk of myocarditis or pericarditis with Moderna's vaccine in this age group), and either Pfizer or Moderna for people aged 30 and older.

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Manitoba Conservation officer service enforcement update

Submitted by Manitoba Conservation

Natural Resources and Northern Development advises that conservation officers are continuing enforcement to protect Manitoba's natural resources through a variety of enforcement activities across the province.

On Jan. 8, a conservation officer and a park patrol officer were at Lockport conducting fisheries checks on the Red River when officers observed a pop-up fishing tent. Officers entered the tent and observed a male and a female fishing. Officers determined that neither person had a valid fishing licence. The male was issued a \$298 ticket for angling without a licence while the female was given a warning. Officers later observed the same male, who was suspended from driving, drive a vehicle off the ice. They initiated a traffic stop and issued the male a \$672 ticket under the Highway Traffic Act for driving while disqualified and his truck was seized and impounded for 30 days.

On Jan. 25, Swan River conservation officers located a moose kill site along Provincial Trunk Highway (PTH)

77 west of Barrows. The moose was killed within a moose conservation closure area (in Game Hunting Area 13) along the north side of the Porcupine Mountain Provincial Forest. Evidence collected at the scene led investigators to a residence in Cross Lake. The Manitoba Conservation Officer Service and RCMP executed a search warrant and a 32-year-old male was issued a Fish and Wildlife Restitution Notice for \$6,000 and a notice to appear in Swan River provincial court in May.

The Manitoba Conservation Officer Service is investigating two other moose kills within the moose conservation closure area along the Porcupine Mountain Provincial Forest in January and February. Anyone with information about illegal moose hunting is encouraged to contact the Conservation Officer Service at 204-734-3429 or the TIP Line at 1-800-782-0076.

On Feb. 4, conservation officers from the Winnipeg District conducted an inspection of a Winnipeg restaurant to ensure its fish was acquired from legal sources. Officers entered the

restaurant and began inspecting coolers, locating 21 whole walleye and one package of fillets. The restaurant owner was unable to provide documentation proving that the fish were lawfully obtained. Further investigation revealed that some fish had been obtained from a licensed angler, who does not have the authority to sell, trade or barter fish caught under the authority of that licence. All the fish were seized and the restaurant owner received a \$577 ticket for exceeding the fish possession quota.

On Feb. 7, conservation officers from the Riverton area were conducting a commercial fishing compliance patrol on Lake Winnipeg near Hecla Village when a gang of unmarked nets was located. Officers inspected the nets, and one net was found to have a mesh size larger than allowable by the Fisheries Act. Through an investigation, a suspect who is a commercial fisher was identified. Charges for failure to comply with the terms and conditions of a licence under the Fisheries Act (Manitoba) as well as using an improperly marked gill net under Fishing Licensing Regulation are pending, totaling \$1,158 in fines. If convicted, the fisher will face a one-year suspension of his

commercial fishing licence.

On Feb. 14, conservation officers from the Riverton District and Fisheries Branch staff conducted a compliance patrol off Black Island and Hollow Water area. During the patrol, officers and staff observed three males pulling commercial fishing nets and observed a large amount of walleye and whitefish left on the ice around the recent basin holes that they fished. Officers conducted an inspection of the fish and nets and determined that approximately 80 per cent of the fish were decayed and unfit for human consumption and one illegal mesh net was larger than allowed under the Fisheries Act. Charges are pending, with fines totaling more than \$1,500. The total weight of decayed fish will be deducted from the fisher's annual quota and the fisher faces a possible fishing suspension upon conviction.

Anyone with information on illegal activity is asked to call their local Natural Resources and Northern Development office or the Turn in Poachers (TIP) line at 1-800-782-0076.

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Disease, drought, and war – a time of volatility

By Cam Dahl, General Manager of Manitoba Pork

Anyone who tells you that they know where commodity prices will be six months from now is either being misleading or fails to have a firm grip on reality. We are in a time where contradictory pressures on supply and demand are combined with political upheavals. As a result, farmers can expect an extended period of volatility in the prices they receive for the food they produce, and the cost of inputs needed to deliver that food to consumers' tables.

How did we get to this uncertain place? We can start with the COVID-19 pandemic. The pandemic has caused disruptions in international shipping. Labour shortages, which were appearing before the pandemic, have become acute. Government policies, like vaccine mandates for international truckers, have exacerbated labour gaps and logistics concerns. Our supply chain has become more brittle. What was an efficient international "just in time" logistics system has become "just in case", with each link in the value chain having to build in extra shipping time and holding increased inventory. Carrying costs have increased. Uncertainty has increased. This is not going to change anytime soon.

On the positive side, Canadian agricultural value chains have proven to be resilient throughout the pandemic.

Production and processing capacity has been bent but has not broken. We continue to deliver on our promise of safe, high-quality food for Canadians and consumers around the world. This is a competitive advantage.

COVID-19 is only one disease influencing international supply and demand. African Swine Fever (ASF) has devastated pork production in Asia, particularly in China and the Philippines, two countries that are leading destinations for Canadian pork. This has helped support pork prices in Canada. But how long is this going to last? What is the status of Chinese pork production today? Europe has also been hit by ASF outbreaks. What impact will this have on their production and export volumes? How far will ASF spread? These questions are difficult if not impossible to answer. ASF has caused, and will continue to cause, significant market uncertainty and volatility.

There was widespread drought throughout the Great Plains of North America in 2021. For livestock producers, this has meant feed has been hard to find. Many operations that have traditionally been self-sufficient have faced the decision of either buying feed or exiting the industry. Producers' margins have been squeezed by ballooning feed costs. Prior to the fall of 2021, most people would have laughed at the suggestion that feed wheat would be over \$10 per bushel,

but here we are. Will North American crop production levels recover in 2022? How will reduced supply from the Black Sea impact feed prices? Again, we are uncertain.

Which brings us to the third major contributor to market uncertainty — war. Over the past 20 years, the Black-Sea region has become a key contributor to international agricultural markets. For example, before the Russian invasion, Ukraine accounted for 16 percent of world corn exports and 12 percent of world wheat exports. Curtailment of these supplies has already sent the soaring price of feed grains higher. What happens if supplies from the Black Sea stop all together? What impact will the war in Ukraine have on major European pork producers, like the Netherlands and Spain, that rely on the region for feed?

Further, the region is also a critical supplier of fertilizer. Ongoing disruptions in key crop inputs will have an impact on world crop production. The degree to which changes in input supply will impact crop producers, and how long this impact will be felt, is unknown. Also unknown is the impact on world supplies of, and cost of, soybean meal, corn, and feed wheat.

How should agriculture respond

to uncertainty and volatility? Risk management tools become far more important when market uncertainty drives increased volatility. Manitoba's hog farmers run modern business operations. They use risk management tools such as forward contracting for their pigs and hedging feed. However, we can do more to mitigate the growing risks that are beyond the control of producers. First, governments need to reform the current suite of business risk management programs so that they meet the risks farmers are facing today. The pork industry is not alone in calling for changes to AgriStability or access to affordable livestock insurance programs. Second, industry and governments should be looking for ways to improve market and price transparency to allow for better risk assessments. This can, and should, be a collaborative effort that includes all parts of the value-chain.

Manitoba Pork has just held our 57th Annual General Meeting. With all the uncertainty facing producers one might have expected pessimism

Continued on page 18



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

Why You Should Write a Letter to the Editor

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

Readers also include members of local government, who we may want to reach. Frequent letters about a certain topic will convey that a sizable group of people care about it.

A letter to the editor is a very short piece of writing, meaning that you don't need to invest an inordinate amount of time in it. Shoot for less than 300 words.

Tips for Writing a Letter to the Editor

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

Structure your letter in three parts: refute or promote a certain claim made previously, provide reasons for your stance, and then suggest what needs to happen now.

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

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

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

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

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

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

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

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

> MENTAL HEALTH CARE, FROM PG. 11

Manitoba's mental health and addictions professional community is diverse, Guillemard noted, adding it is hoped nominations will reflect the province's principles of diversity and inclusiveness. Nominations will be evaluated on their innovation as well as on the anticipated success and benefit of the initiative to Manitobans.

The Council of the Federation consists of all 13 provincial and territorial premiers. It enables premiers to work collaboratively, form closer ties, foster constructive relationships among

governments and show leadership on important issues that matter to Canadians.

Nominations are now open and will be accepted until May 1. Applicants are encouraged to submit nominations via an online form.

For more information on the award criteria and nomination process, visit www.gov.mb.ca/mh/mh/cof_award.html.



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IN-PERSON MEETING
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VICTORIA INN
1808 Wellington Avenue | South Centennial Room

MEMBERS ARE ENCOURAGED TO ATTEND
refreshments provided | prize draws

Burton's Bunch holding walk in Sandy Hook to raise awareness of workplace tragedies

By Patricia Barrett

To raise awareness of workplace tragedies and the importance of staying safe on the job, a Sandy Hook resident is organizing an annual fundraising walk that will take place in a few weeks.

Lynda Kolly, who is part of the Burton's Bunch Steps for Life Winnipeg team, is organizing a walk in Sandy Hook to raise money for Threads of Life, a national charity that supports families who've experienced a workplace fatality, a life-altering injury or an occupational disease while on the job.

Kolly's 17-year-old son, Burton Reimer, was working as a commercial fisher's helper on Lake Winnipeg in 1999 when the boat he was in sank. He didn't have a lifejacket and he died.

"Burton was a Grade 12 high school student. He only went out fishing that one time. This is something that shouldn't have happened because it was preventable," said Kolly. "If the

proper precautions would have been taken, if he would have had a lifejacket, he might have lived."

Kolly said Burton's Bunch used to hold their fundraising walks in Winnipeg's Kildonan Park because hundreds of people would take part. When COVID arrived, they held the walk in Sandy Hook. They decided to hold it in Sandy Hook again this year.

Threads of Life walks are held across Canada in memory of loved ones who died on the job and to advocate for safe workplaces.

"We want to raise funds for two reasons. Threads of Life supports families across Canada who've suffered a workplace tragedy," said Kolly, who is trained to speak about workplace safety and has provided sessions at various businesses. "The second reason is to make people aware that this organization is available to them if they need support."

The Steps for Life walk comes after Workers' Day of Mourning on April 28, a day on which Canadians remember those who died on the job, and before Occupational Health and Safety Week, which runs May 1-7.

In 2019, 925 Canadians died from work-relat-



RECORD PHOTO COURTESY OF LYNDA KOLLY

The Burton's Bunch Steps for Life team walked in Sandy Hook last year to raise money for Threads of Life, a national charity that supports families who've experienced a workplace tragedy.

ed disease or injury, according to a University of Regina report released last year on workplace fatalities and injuries. In 2018, 1,027 Canadians died, according to the Association of Workers' Compensation Boards of Canada.

The Steps for Life walk takes place on Sunday, May 1 at 1 p.m. Walkers will start off from Palmer Place near the Sandy Hook golf course. There are three prizes for people who register for the walk or who make a donation of \$20 or more.

"I'm going to have donuts and coffee at the walk and I'll say a few words," said Kolly. "Then we'll walk around the block."

Visit "Burton's Bunch Steps for Life Winnipeg" on Facebook for more information or to register, or visit www.stepsforlife.ca

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> VOLATILITY FOR FARMERS, FROM PG. 16

to be the predominant emotion at the event, but that was not the case. Farmers are optimistic that our pork will continue to see rising demand in global markets. Most are looking for ways in which to grow the sector here in Manitoba, both in production and processing. This attitude goes a long way in explaining the resiliency that the value chain has shown through the COVID-19 pandemic, and it is a predictor of how we will face uncertain days ahead.

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Province boosts support for Manitoba 4-H

By Nicole Brownlee

After plummeting participation during the COVID-19 pandemic, the Manitoba 4-H Council is optimistic members will return.

To help spur interest in the Manitoba-originated organization, the province has committed to a \$900,000 investment in the Manitoba 4-H Council over three years. This builds on the province's \$1 million donation to 4-H Manitoba to provide post-secondary scholarships to current and former 4-H members.

"Leaders invest their time in helping to shape the youth in 4-H," said Derek Johnson, minister of agriculture.

"There are so many assets that 4-H teaches."

Started in 1913 in Roland, Man., 4-H develops leadership skills, communication and self-confidence through projects and activities. In Manitoba, 4-H offers over 90 hands-on projects focusing on topics like beef, photography and machines.

"We're able to use (the investment) for our project materials, project development, the printing of project manuals," said Shannon Carvey, Manitoba 4-H's executive director.

A portion of the investment will also be set aside for each of the 10 area councils in Manitoba to use for events and projects.

"Those area councils are able to use that funding for activities within their area, like camps and clinics," said Carvey.

Area councils can also distribute the money to clubs in their area.

"The funding goes directly to the area council and is directed on to the grassroots level."

Clubs across the province experienced a decline in memberships because the public health restrictions during the COVID-19 pandemic interrupted in-person meetings, but Carvey said the numbers are slowly improving.

Jennifer Harmon, leader of Gimli's Minerva 4-H Club, said before the COVID-19 pandemic, the club would attract around 30 to 50 members between six to 21 years old.

"This year, we're at six kids," said Harmon.

"We're just trying to rebuild."

The province also kicked in \$5,000 to help Manitoba 4-H reach their \$40,000 goal to purchase Clover, a life-sized cow that simulates birthing a calf.

The 1.36-metre-tall model has an inflatable calf airbed support system, clear vinyl uterine bag and functional udder with a milk tank. The Hereford Model Dystocia Simulator made by



The province donated \$5,000 to the Manitoba 4-H Council to help cover Clover's \$40,000 cost. Agriculture Minister Derek Johnson got to see the cow's complexities inside and out at the Royal Manitoba Winter Fair.

Veterinary Simulator Industries gives trainers a realistic view and process of a cow in labour.

"We have had that purchase of the Dystocia Model in the back of our mind for a while now," said Carvey.

Clover will live at the Manitoba Beef and Forage Initiative Learning Centre as an educational tool.

"We'll be able to host workshops and teach our members under the direction of a veterinarian about calving techniques."

Johnson demonstrated Clover's abilities on March 30 at the Royal Manitoba Winter Fair in Brandon, delivering a calf he has dubbed Leaf.

"There's everything that you would feel when you would reach inside a cow to pull a calf," said Johnson.



RECORD PHOTOS SUBMITTED

A life-sized model and simulator of a cow in labour attracted crowds at the Royal Manitoba Winter Fair on March 30.

"You can place the calf in different scenarios, like if the calf is breached."

Johnson said Clover fits Manitoba 4-H's "Learn to Do by Doing" motto perfectly.

"Clover is a very hands-on, powerful teaching tool."

To learn more about Manitoba 4-H clubs, visit 4h.mb.ca.

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Thousands of hearing loss, tinnitus cases reported after COVID-19 vaccination

By Patricia Barrett

Emerging data on some of the adverse effects that may be associated with various COVID-19 vaccines now includes tinnitus and hearing loss.

In January of this year, the World Health Organization (WHO) published a report on hearing disorders dating back to February 2021 (and prior to that) in people who received one of the COVID vaccines, but says further monitoring is required to determine direct association.

In a report titled "Covid-19 vaccines and hearing loss and tinnitus" in the WHO's Pharmaceuticals Newsletter No. 1, 2022, researchers found 531 cases of hearing loss and tinnitus in people who received different COVID vaccines.

The WHO's newsletter provides safety information on medicinal products and legal actions taken by regulatory authorities around the world.

The hearing loss and tinnitus case reports had been entered into Vigibase, the WHO's global database of individual case safety reports (ICSRs). The hearing disorder cases date from vaccinations administered from the time the first COVID vaccines were made available until late February 2021.

"Up to 22 February 2021, there were 164 unique individual case safety reports (ICSRs) which reported hearing losses ... and 367 ICSRs which reported tinnitus ... with COVID19 vaccine in the WHO global database of ICSRs, Vigibase," states the report.

Health Canada approved Pfizer-BioNTech's COVID vaccine with an interim order on Dec. 9, 2020. The U.S. Food and Drug Administration gave the vaccine emergency use approval on Dec. 11, 2020. Moderna was the second COVID vaccine Health Canada authorized on Dec. 23, 2020. The FDA gave Moderna emergency use authorization on Dec. 18, 2020.

Tinnitus is defined as the perception of sound, often described as ringing in the ears, that doesn't have an external stimulus. It can be intermittent or continuous, occur in one or both ears and be acute or chronic. Hearing loss refers to the partially or completely diminished ability to hear in one or both ears. It can result from damage to the inner ear, the cochlear nerve or the brain. It can also occur after viral infections or be caused by hypertension or certain medications.

The 164 hearing loss cases in Vigibase had been reported from 10 countries. The time to onset ranged from

the same day of vaccination to 19 days afterwards, with an average of one day. It affected people aged 19 to 93, with an average age of 49.

Fifty-one people were noted as recovering or had recovered. Fifty had not recovered. There was no outcome information for the remaining 63 cases.

"The most reported COVID-19 vaccines in these [hearing loss] cases were Pfizer/BioNTech (142 cases), followed by Moderna (15 cases) and AstraZeneca (7 cases)," the report states. And most cases of hearing loss were in "young healthy adults with no comorbidities."

The 367 tinnitus cases in Vigibase came from 27 countries. The time to onset ranged from several minutes to 30 days after vaccination, with an average of one day. The subjects' ages ranged from 19 to 91 years old, with an average age of 48.

Of the 367 reports, 90 were noted as not having recovered, 164 as having recovered and 112 were unknown.

"The vaccines received were Pfizer/BioNTech (293, 80%), Moderna (39, 11%) AstraZeneca (31, 8.4%), and Sinovac (1, 0.3%)," states the report.

The WHO's report includes an update carried out in November 2021 on hearing disorders entered into Vigibase. It notes that hearing disorders "have been reported for most of the COVID-19 vaccines."

"On 18 November 2021 there were 37, 529 deduplicated cases ... from 86 countries: 21 countries reported more than 100 cases; another 22 countries reported 10-99 cases; 15 countries reported 5-9 cases and 28 countries reported 1-4 cases," states the report.

Despite the number of growing cases, the WHO says data are "limited" to make a definitive link to the vaccines and further monitoring is required.

In addition to the WHO's report, researchers from Pakistan and Qatar found over 12,000 case reports of people developing tinnitus after receiving a COVID vaccine, either an mRNA vaccine or a vector vaccine.

Their study titled "SARS-CoV-2 vaccine-associated-tinnitus: A review," was published online on Jan. 25, 2022 in the journal *Annals of Medicine and Surgery*.

By September 2021, there were 12,247 cases of tinnitus registered in the Vaccine Adverse Event Reporting System, which is a U.S. early warning system co-managed by the Centers for Disease Control and Prevention and the Food and Drug Administration, they wrote.

The researchers said cases of tinnitus arose after people received one of the

viral vector vaccines such as AstraZeneca, Sputnik and Janssen, or one of the two mRNA vaccines, Pfizer and Moderna.

In addition to tinnitus, they said other adverse events have arisen following vaccination for COVID, including hearing loss, sensorineural hearing loss, otalgia, anaphylaxis, myocarditis and pericarditis, and vaccine-induced immune thrombotic thrombocytopenia.

The precise mechanism behind the development of tinnitus after vaccination has yet to be determined, they wrote, but a "hypersensitivity reaction" or inflammation induced by a COVID vaccine may be responsible. A pre-existing autoimmune condition, such as Hashimoto thyroiditis and gastritis, could also play a role. As well, the "possibility of one or more vaccine components exerting ototoxic effects cannot be written off" and requires further investigation.

"Anti-spike antibodies may potentially react with antigens anywhere along the auditory pathway and initiate an inflammatory reaction involving the tympanic membrane, ossicular chain, cochlea, cochlear vessels, organ of Corti, etc.," they wrote.

Developing tinnitus is "rare" after vaccination, they said, and the COVID vaccines' benefits outweigh adverse effects.

"Although the incidence of COVID19 vaccine-associated tinnitus is rare, there is an overwhelming need to discern the precise pathophysiology and clinical management as a better understanding of adverse events may help in encountering vaccine hesitancy and hence fostering the COVID-19 global vaccination program," the researchers wrote. "Despite the incidence of adverse events, the benefits of the SARSCoV-2 vaccine in reducing hospitalization and deaths continue to outweigh the rare ramifications."

"DEVELOPING TINNITUS IS 'RARE' AFTER VACCINATION, THEY SAID, AND THE COVID VACCINES' BENEFITS OUTWEIGH ADVERSE EFFECTS."

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Gas leak



RECORD PHOTO BY BRETT MITCHELL

The Selkirk One Stop on Manitoba Ave. has been closed for several days now. It has been reported that a gas leak occurred on the property and that a clean up effort is underway.

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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How to transition from natural teeth to dentures

BY ELISHA VANDOR
www.vandordenturecentre.com

Do you find yourself hiding your smile from unsightly and/or decaying natural teeth? If yes, then it might be time to replace one, some, or all of your teeth. So, where do you go from here? Well, let me answer that question for you!

Once you know or have received information that you'll be needing all or some of your teeth extracted; the first step is to contact us for a free consultation to talk with our Denturists Brock or Matthew about how we can help get your smile back.

Getting dentures put in the same day the teeth are pulled is possible! Actually, it really is a preference based on the individual. Some like to wait until the extraction site is healed before they get dentures and some like to have dentures right away. For the latter preference, having a denture on the same day has some great benefits:

1. You can smile!
2. You can eat!
3. The denture(s) act like a bandaid™ over the extraction site helping the gums heal.

When replacing your teeth immediately, you'll need a denture that's crafted a bit differently from a regular denture. The dentures are called immediate dentures. It's pretty simple to remember because they go in IMMEDIATELY after your teeth are extracted. Of course,

this means we have to make the denture(s) before your teeth are pulled, so we need to know as soon as possible.

Once the dentures are in, it's not the end! Immediate dentures are designed to fit over inflamed or swollen gums. As the gums start healing, the denture becomes loose. Maybe one day we will invent a way to have dentures self-mould every morning to the mouth, but until then, we want to see you more often to make sure that you're happy and loving them. So, there's a series of follow-up appointments that are necessary to keep the denture fitting, feeling, and functioning great. These appointments are included in the cost the denture(s)... thank God! At the beginning, we will see you more frequently because the gums are healing and changing. The majority of these appointments are scheduled within the first month and will extend for another 6-months to 2-years. I know what you may be thinking, 'Yikes, two years of seeing my Denturist?!' Not to worry, this time frame really depends on each individual and their gums ability to heal. It is all of these careful follow-ups that really make the difference for patients.

In a nutshell, replacing missing teeth can be a mystery and often daunting for most. There's a lot of options for replacing your teeth too, other than dentures. Immediate dentures are currently the most common and inexpensive way to replace missing teeth. If they're made right, they can work great and look very natural too! For any tooth replacement questions, call us anytime!



Recent Vandor Denture Centre patients reveal their before and after transformations. They went from decaying upper natural teeth to custom designed upper immediate dentures.

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Incredible Creatures: The wonders of wood frogs

By John Cavloski

Very soon we will be hearing a symphony of sounds as overwintering amphibians start emerging. There are eight species of frogs in Manitoba, and four species of toads, each with their own call. Some of these frogs also have some quite fascinating attributes to help them survive. This month's Incredible Creatures will explore the wonderful world of wood frogs.

Where to find a wood frog

The wood frog is appropriately named. It's a frog that is found mainly in wooded areas. But it can also live in meadows, or even urban areas. They can get to about 8 cm long, and females tend to be larger than males. Colour can vary, but they are usually a mottled brown (the same colour of dead leaves on the forest floor). Wood Frogs can change colour rapidly from very dark to very light. They will darken when cold to absorb more heat. They have a black marking across the eyes, that resembles a mask, and white jaw stripe. Some may have a white stripe down the back.

Built-In Antifreeze

Many frogs survive northern winters by hibernating deep under water, in ponds, lakes and streams. They are cold and dormant, but their body temperature never falls below freezing. Wood frogs have a different strategy. Wood frogs hibernate on land.

They can lie frozen under a log, leaf litter, or moss, partially insulated from a deep freeze by a layer of snow. Wood frog's cells concentrate glucose and urea before they hibernate, which act as antifreeze, lowering the freezing point of water. Crystals form in the fluid outside the cells, where they cause minimal damage. Its amazing adaptations to cold are why wood frogs can live at higher latitudes than other amphibians. It occurs throughout Canada, as far north as the tree line (the edge of the Arctic tundra). It is absent from the island of Newfoundland (but found in Labrador).

Oh give me a home, where the fish do not roam

Wood frogs prefer to breed in small, temporary ponds arising from the spring snow melt. Any pond that holds water until the end of June can be used for rearing their young. They will sometimes breed in larger bodies of water, including lakes and slow flowing streams, but prefer temporary ponds which do not have fish and other predators that would eat eggs and tadpoles.

The forest floor where they lie dormant for the winter warms quicker in the spring than do large ponds, marshes or lakes, allowing the wood frog to start its breeding cycle much earlier. The temporary ponds that the wood frog uses for breeding also warm faster and stay warmer than



PHOTO SUBMITTED

Wood Frog

larger water bodies, allowing for rapid growth of tadpoles in an environment largely free from aquatic predators.

Meet your Frog Choir

The earliest frogs calling in Manitoba are the boreal chorus frogs, which can often be heard by early-April. The call of boreal chorus frogs resembles the sound of drawing your finger down the teeth of a comb. By mid-April the wood frogs may be calling as well. Wood frogs have a call that sounds like short clacking or barking sounds, often compared to the quacking of a duck. From late-April until mid-May you may hear the call of the northern leopard frog. Their call sounds like a long snore followed by a few grunts.

Enjoy this spring's frog symphony, and when you hear a clacking of wood frogs, appreciate that not long ago they were frozen frogs on the forest floor.

**Congratulations to the
Selkirk Steelers for a great season!**

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get inspired

> MEAL IDEAS



Serves: 24
 16 ounces frozen spinach, thawed
 8 ounces cream cheese
 2 cloves garlic, minced
 1/2 cup mayonnaise
 1/2 teaspoon salt
 1/2 teaspoon onion powder
 1/4 teaspoon chili powder
 1/4 teaspoon pepper
 1 teaspoon Italian seasoning
 1 cup shredded Parmesan cheese
 1 1/2 cups shredded mozzarella cheese, divided
 2 crescent roll tubes (8 ounces each)
 Heat oven to 375 F.
 In skillet, over medium heat, cook spinach, cream cheese and garlic 3-4 minutes

RED RIVER CO-OP FOOD STORE

Easter Bunny Rolls with Spinach Dip

until cream cheese is melted. Stir in mayonnaise, salt, onion powder, chili powder, pepper and Italian seasoning. Stir in Parmesan cheese and 1/2 cup mozzarella cheese. Cook until cheese is melted. Keep skillet on burner over low heat.

Remove dough from tubes. Leaving dough intact, roll and stretch into 18-inch ropes. Cut each rope into 12 pieces for 24 total.

On baking sheet with parchment paper, form bunny head by placing one piece of dough in middle then surrounding it with six more pieces. Use 13 pieces to form round body. Use remaining pieces to form ears on top of head.

Scoop hot spinach dip into center. Spoon small portions on each ear. Sprinkle ears and belly with remaining mozzarella cheese. Bake 18 minutes, or until crescent dough is golden brown and thoroughly cooked.

Herb Crusted Bone-In Leg of Lamb

Prep time: 3 hours
 Cook time: about 3 hours (depending on size and doneness)
 Servings: 15
 1 Atkins Ranch bone-in leg of lamb (about 8 pounds)
 1/4 cup olive oil
 8 cloves garlic, finely minced
 2 tablespoons Dijon mustard
 2 tablespoons kosher salt
 1/4 cup white wine
 Herb Crust:
 2 large egg whites
 2 tablespoons minced rosemary leaves
 2 tablespoons minced thyme leaves
 2 tablespoons ground peppercorns

1 tablespoon kosher salt
 fresh mint sauce, for serving
 About 2 hours before preparing, remove leg of lamb from fridge to ensure even cooking. Remove gland to prevent gaminess during cooking.
 Preheat oven to 325 F on convection setting. Score skin of both sides of leg of lamb.

In bowl, whisk olive oil, garlic, Dijon mustard, salt and white wine. Brush onto both sides of lamb, pressing into scored crevices.

Place leg in roasting pan on roasting rack. Insert cooking probe into thickest part of meat, not touching bone. Cook about 1 hour and 20 minutes, or until internal temperature reaches 95 F.

Reduce oven temperature to 300 F and cook to desired doneness. For medium-rare doneness, remove lamb once probe reaches 125 F.

To make herb crust: In bowl, whisk egg whites until evenly foamy with tiny bubbles. Brush onto both sides of lamb.

In separate small bowl, mix rosemary, thyme, peppercorns and salt. Press herb crust mixture onto areas brushed with egg whites. Place back in pan and cook about 5-7 minutes until crust is formed and browned. Remove from oven and rest 30 minutes.

Carve lamb, arrange on platter and serve with fresh mint sauce.

Finding security in an insecure world



Times are not changing. They have already changed. And we are surviving. These have been challenging years with the pandemic and now war.

Feeling that we have no control is often at the core of anxiety. There are global and personal changes that can feel threatening. How can we feel secure?

We have learned that security does not come from a job. Jobs can be lost, phased out, bought out or otherwise eliminated, and we still go on.

Security does not come from relationships, because relationships can change or end, and people can leave us. Security does not come from money, because you can have lots of it, and still not be happy.

It can be challenging to believe, anymore, that we live in a secure world. Perhaps it has always been. When I was a child, we had air raid sirens and people were building bomb shelters in their back yards. It is scary to think that the world is not safe.

Throughout history, people have struggled to survive. Many lives have been lost in those struggles. Since WW11 we have been secure and have lived lives of relative luxury in that sense.

We are horrified by what we see in the world. At the same time, we see outstanding examples of the strength of the human spirit.

It seems that at the core of all conflict is the ego's need to get what it wants, regardless of the impact on others. It is like kids in a sandbox fighting over space or toys.

If what is happening in the world, with all the divisiveness and polarity, is a reflection of that ego impulse in all humans, then there is something over which we do have control. We

can choose to be aware of where we are not coming from a place of wisdom and compassion for others, and to be aware of our own need to be right. Whenever we attack another, directly, or in thought, we contribute to the negativity in the world. Russia attacks Ukraine and we are outraged. But on a smaller scale, a group of neighbors who gossip critically about another are doing the same thing.

Hating someone at work comes from the same place as Putin hating Ukrainians, or Nazis hating Jews. When will we truly understand this?

We all will be called upon in one way or another to shift from outer security to inner security. As we each gain inner strength, our strength as a species will grow. This is evolution of consciousness. It is growing up and becoming wise stewards of our world and having compassion for all living things.

We can redefine security. If enough humans strive, in every interaction, to be what they want to see in the world, the world will be different than it is now.

The more wisdom humans bring to the world, the more peace there will be.

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

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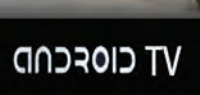
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Locals perform well at Portage Open Judo Tournament

Submitted by Brian Jones

Eighteen fighters from the Selkirk Judo Club competed at the Portage Open Judo Tournament held at the BDO Centre for the Community in Portage la Prairie on April 2. The tournament had over 100 entries from across Manitoba.

The Selkirk club returned with six gold, six silver and three bronze medals.

Winning gold were: Calla Kennedy in U12 over 55 kg, McKenna Stewart in U16 Women over 63 kg, Daniel Ekosky in U18 Men under 81 kg and U21 Men under 100 kg, Damien Ekosky in Senior Men under 73 kg and Bailey Malinowski in Senior men under 100 kg. Silver medals were awarded to Eva Everett in U12 under 55 kg, Colton Wright in U12 under 44 kg, Kaitlin Murray in U16 Women over 63 kg, McKenna Stewart in U21 Women under 70 kg Kaya Leveille in U16 Women under 52 kg and in U18 Women under 52 kg.

Bronze medals went to McKenna Masse in U12 over 55 kg, Brody Malinowski in U18 Men under 81 kg, Nikki Stopa in U12 under 40 kg.

"This was only our second provincial tournament since March 2020. It was nice to see our athletes have a chance to compete again. Everyone fought well," said Brian Jones, one of the club's coaches.

Three members of the club, Damien, Sarah and Daniel Ekosky, will compete with the provincial team on April 16-17 in Vancouver at the Pacific International tournament. Damien and



The Selkirk Judo Club's McKenna Masse, left, and Calla Kennedy with their medals at the Portage Judo Open Tournament.

Sarah will remain in Vancouver the following week for a training camp and will then join the Selkirk Club team travelling to the Edmonton International tournament held at the West Edmonton Mall on April 23-24. Ten members of the club will compete in that event.

Meanwhile, the Selkirk Judo Club recently raised money for Habitat for Humanity.

After a two-year pandemic pause, the Selkirk Judo Club held its 21st "Fighting for Charity" Fundraiser in support of Habitat for Humanity on March 22 at the Selkirk Community Church. Members of the club participating in this event raised money by collecting pledges and competing in a judo team competition. All proceeds are donated to Habitat for Humanity projects in Selkirk.

Thirty eight members of the club



RECORD PHOTO SUBMITTED

The Selkirk Judo Club raised \$4,672 for local Habitat projects.

competed, while a number of other club members volunteered as referees, technical officials and event organizers. Fighters were divided into 11 teams and the teams competed in a double-knockout, judo team competition. The team of Jake Friesen-Joss, Eva Everett and Parker Wilson won the tournament. Silver went to the team of Cairo LaPratt, Reah Lewin and Tennyson Barnes. Third place went to the team of Ole Nagy-Meyers, Lincoln Still, Carter Stopa and Calla Kennedy.

In a separate, individual division, Dalin Kymanick finished first, Kaitlin

Murray second and Amelia Macfarlane was third.

The Club raised an event record \$4,672 for local Habitat projects. Since 2000, this event has raised approximately \$54,000 for Habitat projects. The top individual fundraiser this year was Dylan Wiebe, who raised \$420.

"We are very pleased with the effort of all of our athletes and volunteers who assisted with this event and raised money for a very worthwhile cause," Jones said.

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The Selkirk Record

Canucks oust Raiders from MMJHL playoffs

Staff

The Raiders' Jr. Hockey Club's season came to an end after a 6-5 road loss to the St. James Jr. Canucks last Wednesday.

St. James won the best-of-seven MMJHL semi-final series in five games.

Kale Price scored the game winner at the five-minute mark of the third period.

Trent Halfdanson (two), Brady Whitely, Mack

Whitely, and Mathew Mason-Vandel also scored for the Canucks.

Riley Barroso (two), Hudson Chamberlin (two), and Kobe Campbell replied for the Raiders.

St. James scored a power-play goal and a shorthanded one in the game while the Raiders netted a pair of power-play goals.

Steelers eliminated from MJHL playoffs

By Brian Bowman

The Selkirk Steelers' season is now over.

Selkirk was defeated 4-3 by the Pistons in Manitoba Junior Hockey League playoff action in Steinbach last Wednesday.

Steinbach won the best-of-seven series in five games.

The Pistons' Braden Birnie scored his second power-play goal of the game at 19:05 of the third period for the game winner.

"There is no easy way to get eliminated but to go out in that fashion (is tough)," said Steelers' head coach Hudson Friesen. "With the game being so tight and being up 3-1 going into the third and I didn't love the call at the end of the game to put them on the power play and kind of sealed things up for them."

It was a brutal way to end the Steelers' season. But give Selkirk full credit for giving Steinbach everything they could handle in the series.

"I thought we deserved better," Friesen said. "I thought the way we played in the series, it definitely didn't feel like a five-game series. A couple of bounces here and there were the difference."



Quinton Hill is one of four Selkirk Steelers that have now aged out of junior hockey.

Birnie gave the Pistons a 1-0 first-period lead but Selkirk roared back with second-period goals from Lucas Brennan (power play), Mathieu Catellier, and Sheldin Howard.



RECORD PHOTOS BY BRETT MITCHELL

Lucas Brennan was named the Selkirk Steelers' most improved player this season.

The Steelers played very well in the second period.

"We started to gain some offensive confidence," Friesen said. "About five, seven minutes into the period, we started to get our cycle game going and we were winning battles in the offensive zone and after a few minutes of sustained pressure we got a power play and broke through with a goal there. The last 10 minutes of the period we completely controlled the play. We were all over them and the building was quiet."

Steinbach battled back, though, and tied the score at 3-3 by the 10-minute mark of the third with goals from Davis Fry and Zack Power.

Selkirk looks to be in good shape for next season as just four players - Howard, Connor Tyhy, Quinton Hill, and Dante Ballarin - have aged out of junior hockey.

"I have so much love for those four 20 year olds and what they did for this program and the team this year," Friesen said. "Sheldin and Connor I had for three years and they're just awesome people and great teammates. They came to the rink every day and set the tone and worked hard. We added Quinton Hill and Dante Ballarin this year and those two were just phenomenal for us, on and off the ice. Those four guys are great people and they are definitely going to be missed by, not only the coaching staff, but all of the players. It's always tough in this business seeing guys go and

move on but I know all of those guys are going to achieve great things with their careers whether it's on or off the ice. I'm excited to see what happens with those guys."

Friesen is also really excited about the Steelers' future with a large group of players eligible to return to the team next season.

"I'm extremely happy with this group," he said. "The moves that we made at the deadline, although they were tough ones to make, I thought they were very necessary for our team to move forward and build the culture that we want to build. The guys that stepped up in the second half, the leaders did a great job. We don't want to make a whole bunch of moves. We want to keep this group together and we love the group that we have. We not only have good players but we have good people. Our dressing room really came together and got close. We're looking to add a little bit if we can to put us over the top."

In off-ice news, the Steelers named their season-ending awards winner. The winners are as follows: Most Valuable Player - Jordan Hughesman, Top Defencemen - Connor Tyhy, Most Improved Player - Lucas Brennan, Rookie of the Year - Jordan Hughesman, Top Defensive Player: Alex Frank, Top Local Player - Cole Plowman, Most Inspirational Player - Quinton Hill, Hardest Working Player - Mathieu Catellier and Unsung Player of the Year - Sheldin Howard.

Graduating all stars



RECORD PHOTO SUBMITTED

Katelynn Visser, left, and Sarah Boitson have been selected to represent the Selkirk Royals at this Saturday's MHSAA AAAA Graduating Female All-Star Game.

Mandryk a MVP



RECORD PHOTO SUBMITTED

Lockport's Jack Mandryk, left, was named the University of Manitoba Bisons' men's volleyball team's most valuable player at the annual Brown and Gold Banquet last Saturday.

MJHL to host Prospect Camp

From the MJHL

The Manitoba Junior Hockey League is excited to host the fifth-annual MJHL Prospect Camp July 20-24 in Winnipeg.

The 2022 MJHL Prospect Camp will feature three divisions of players who will be invited to attend the event. Players born in 2004 and 2005 who are currently protected by MJHL teams will feature the Premier division of the camp. Meanwhile, the Draft Prospects division will feature 2006-born players who will have recently gone through the 2022 MJHL Draft (June) identification process by time the camp begins.

Last but not least, new to the camp will be the U16 Futures division with the top 2007-born players in the province also attending the MJHL Prospect Camp.

The main goal of the camp is to prepare these players on and off the ice for what it takes to be successful in the MJHL and what it takes to advance to NCAA, WHL, USports, and eventually to pro or the NHL. The camp activities will emphasize the elements these players need to focus on to transition successfully from elite

minor hockey up into junior hockey.

Successful camp events were held in 2020 and 2021 despite limitations and constraints due to the COVID-19 pandemic, however, plans are underway to host the first full-scale camp since 2019 providing added excitement and enthusiasm for MJHL organizers.

What's included for each Prospect:
three games (full games)
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Player Development Seminars/Presentations

Special guests generally include experienced individuals from NCAA, WHL, U Sports, AHL, NHL

Opportunity for prospects to showcase themselves to scouts from all levels in attendance

The 2022 MJHL Prospect Camp will be held at Seven Oaks Sportsplex in Winnipeg. Camp invitations will be distributed later this month followed by further announcements of camp rosters, schedules, and special guests.

For more news about this event and all MJHL updates follow @mjhlhockey on social media or keep posted at www.mjhlhockey.ca.

Local players had a ball in St. Louis

By Brian Bowman

There may be snow on the ground here, but a pair of local athletes were playing baseball in late March and early April.

East Selkirk's Jackson Gwynne and Lockport's Ethan Debiuk were part of the Home Run Sports Training Academy team that competed in six exhibition games and a tournament in St. Louis.

The local squad finished 5-1 in exhibition games and then played "about .500 ball" as the team was split into two for a tournament.

"I was really happy with our performance in the exhibition games," Debiuk said last week. "I felt like we were really clicking. It was really good."

The boys had a tremendous experience down south.

"It was a blast," said Gwynne. "I had so much fun."

Debiuk was very thankful for the experience.

"The pace was so high and the umpiring, I know this is bad, but the umpires were really, really good compared to the umpires here," he said.

The level of play was pretty high and the ball diamonds were impressive.

The pair train during the winter with Home Run Sports as they prepare for the upcoming season with the Red River Valley Pioneers.

"It's a fantastic program," Gwynne, a catcher and third baseman, said. "They teach you a lot of stuff. What I saw before I started the program and how I look like now with my skills, I notice a complete difference. It's a great program - fantastic."

Meanwhile, both players have been asked to join the HRSA's junior varsity team that will compete in Medicine Hat this weekend.

"I got home and an hour later, my mom (asked

me) if I wanted to go play baseball in Medicine Hat with the junior varsity and I was like, 'Uh, sure,'" said Debiuk, a shortstop. "I was really happy because I was in baseball mode and I wanted to keep playing and now I get that opportunity."



RECORD PHOTO SUBMITTED

Ethan Debiuk, left, and Jackson Gwynne were part of the Homerun Training Academy baseball team that recently played some games in St. Louis.

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of your favourite
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Former Steelers remember ANAVET Cup championship 15 years ago

By Brian Bowman

With the Selkirk Steelers and Selkirk Fishermen's seasons over, there is no junior hockey being played at the Selkirk Recreation Complex.

But 15 years ago this month, the rink was absolutely rocking.

After winning the 2007 MJHL championship, the Steelers went on to face the Humboldt Broncos of the Saskatchewan Junior Hockey League for the ANAVET Cup.

The thrilling best-of-seven series went the distance and resulted in a Game 7 4-3 quadruple overtime victory for the Steelers in Selkirk.

Evan Walsh was the hero, scoring the game winner on the power play. What a night for junior hockey in Selkirk.

"The atmosphere was crazy," Blair Hawes, a former Steelers' forward, remembered. "It was packed for warm-ups. It was hard not to be at the top of your game with that type of atmosphere, especially being from town here and my friends and family there to watch. It was something and I'll definitely never forget that."

Being behind the bench as a head coach was quite the experience for Keith Cassidy.

"I've been part of some pretty fun overtimes but that one certainly tops the list," he said.

Everyone on the Steelers has fond memories of that epic series.

"It doesn't just feel like yesterday but I have some great memories from it," said Russ Payne, who played five seasons of Junior "A" hockey with the Steelers. "The Rec Centre was as energetic as I could remember. Most of the fans were beating us to the rink. There were lineups out the door and those were the most memorable warm-up sessions I've ever had with the tunes rocking and the building being mostly full for the warmups. The games themselves were absolutely so much fun to play and some of the hardest hockey I've played, for sure, against those big Saskatchewan guys."

Payne, then in his third season with the Steelers, remembers celebrating on the ice with family and friends after that gruelling Game 7.

The support the Steelers received from the community, he said, was awesome.

"I want to mention the immense support we received from the Steelers' Booster Club throughout my time with the team," Payne said. "They were very active in making sure the players and staff always had everything we needed to be our best."

Payne had a large role in the Steel-

ers' success, playing on the second line with the talented Adam Sergerie and Walsh.

"I got a lot of good opportunities as a young guy," he recalled. "Watching all that go down with the Howarth brothers and (Jason) Frykas, they were just burying everything."

The Selkirk team was loaded up front with four players - Kyle Howarth, Brent Howarth, Sergerie and Frykas - each topping over 100 points during the regular season. Selkirk cruised to an outstanding 49-9-4-1 regular-season record.

"Ken Petrash and the scouting staff did a good job identifying players that we could key on and bring in," Cassidy said. "We put together a pretty powerful team, obviously led by the Howarth brothers and Adam Sergerie and Jason Frykas had a really good year that year. But there were a lot of guys that contributed all throughout the lineup. It was a well put-together team."

"We were pretty front loaded with a lot of top-end 20-year-old talent," Hawes added. "Even the guys we had lower in the lineup worked hard and seemed to be hard-nosed so we were a tough team to play against. We had skill and grit."

What's even more impressive is the fact that the Steelers had a multitude of local players on their roster that season.

"Back then in all four years that I played we had at least a half a dozen guys that were right from the area so that was good," Hawes said.

The Steelers represented their region at the Royal Bank Cup 2007 tournament in Prince George, B.C.. The Steelers battled hard and the scores were very close but they failed to get beyond the round robin.

"It was really disappointing to leave there without a win but it was really high-level hockey," Payne said.

Selkirk's first game of the tournament was against the nation's top-ranked team - the Aurora Tigers of the Ontario Provincial Junior "A" Hockey League. The Steelers played well but lost 4-2.

Their second game was against the nation's No. 2-ranked team, the Camrose Kodiaks of the Alberta Junior Hockey League. The Steelers were defeated 3-1.

Selkirk then took on the host Prince George Spruce Kings and held them scoreless through two periods but the Spruce Kings squeezed out a 2-1 win.

Their last game was against the Pembroke Lumber Kings of the Central Junior "A" Hockey League. Despite outshooting the Lumber Kings,



RECORD PHOTO SUBMITTED

It was 15 years ago this month that the Selkirk Steelers defeated the Humboldt Broncos 4-3 in quadruple overtime to win the ANAVET Cup on home ice. Evan Walsh, a Selkirk product, scored the game winner to send the Steelers to the Royal Bank Cup national tournament in Prince George, B.C.

Selkirk was beaten 4-2 by the Fred Page Cup champions.

"It was pretty awesome being on a national stage," Hawes said. "It was one of those things that you don't re-

alize how big of a deal it was at the time but you see it every year now on TSN. You think, 'Wow, I was actually part of that.'"

Chorney places third at weightlifting event

Staff

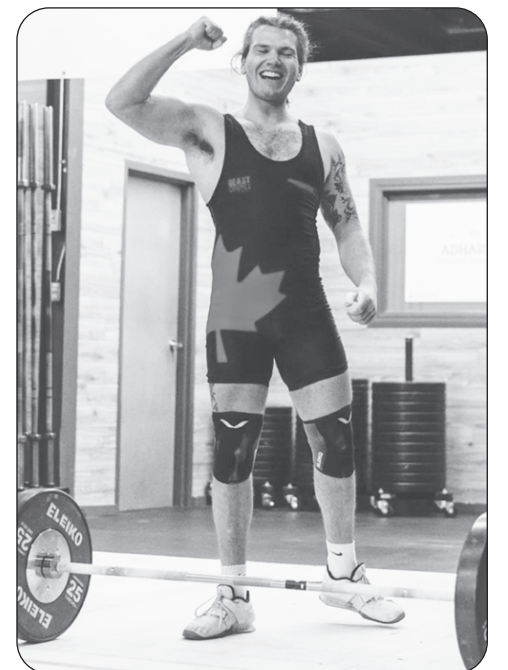
Cam Chorney placed third at a Manitoba Weightlifting Association competition at Norak Crossfit in Winnipeg last weekend.

It was Chorney's first competition.

"Cam is a local athlete who trains out of a local gym, Iron Image, and has been prepping for this competition for a few months," said coach Tom Pachal of Iron Image. "Cam looks to continue training and compete again this year."

Weightlifting, also known as Olympic Weightlifting, consists of the Snatch and Clean & Jerk. Each lifter gets three attempts to do their best lift at each movement and the lifter with the highest total wins.

Chorney finished the day with a best 90kg/198lbs Snatch and 100kg/220lbs Clean & Jerk, narrowly missing on 111kg/245lbs.



RECORD PHOTO SUBMITTED

Cam Chorney placed third at a Manitoba Weightlifting Association competition at Norak Crossfit in Winnipeg last weekend.

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Town of Winnipeg Beach

NOTICE OF PUBLIC HEARING

BY THE TOWN OF WINNIPEG BEACH
BY-LAW NO 04/2021

CLOSING AND SALE OF PUBLIC ROAD ALLOWANCE

Please take notice that The Town of Winnipeg Beach will hold a public hearing for the purpose of hearing any presentation in objection to or in support of the proposed By-law 04/2021 relating to the Closing and Sale of Public Lane, Block 6, Plan No. 729. The public hearing will take place on **Wednesday, April 27th at 6:30 p.m. at the Town of Winnipeg Beach Municipal Office, 29 Robinson Avenue, Winnipeg Beach, Manitoba.**

If you require any special Accommodations, please notify the Town Office 15 days in advance of the Public Hearing

In addition, the Council requests that any party who intends to submit as evidence at the hearing any written material or other documents, shall file one copy with the Municipality for public review, at least 10 working days prior to the hearing.

Kerry Swanson
Chief Administrative Officer
Town of Winnipeg Beach
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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

RURAL MUNICIPALITY OF ST. CLEMENTS

PUBLIC HEARING NOTICE

REGARDING THE 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. Clements intends to present its Financial Plan for the fiscal year 2022 at a Public Hearing in the Council Chambers of the R.M. of St. Clements on **Tuesday, May 3rd, 2022 at 7:00 p.m.**

Seating at the financial plan will be limited to accommodate social distancing. We ask that you contact our office to register your attendance so that we can ensure adequate physical distancing seating. Alternatively, we will be live streaming the public hearing with interactive chat. A link to the hearing will be made available on our website.

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 Tuesday, May 3rd, 2022. Your written submissions can either be emailed to info@rmofstclements.com, dropped off at our office or mailed to our office if time permits.

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

Copies of the 2022 Financial Plan will be available for review after April 26, 2022 at the Municipal Office located at 1043 Kittson Road, East Selkirk or on our website at www.rmofstclements.com

Dated this 8th day of April, 2022.

Deepak Joshi
Chief Administrative Officer



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Little Britain Community Club invites you to attend their ANNUAL GENERAL MEETING

**April 24, 2022
2:00 p.m.**

571 Little Britain Road, Lockport (West just off Hwy 230 McPhillips Road)

This facility is a small rental hall with community activities. Need input and interest in supporting its programs and maintenance. You may have attended a social or your children may have attended the summer camp program.

For further info contact tmhaut@escape.ca or show up for our meeting and meet the community. Followed by a meet and greet. All Welcome!

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

www.mcna.com



Request for Proposal 2022-01 - Public Works Building Expansion

The Rural Municipality of West St. Paul is requesting a RFP for engineering services for a traditional Design Bid Build tender proposal to the Municipality.

Specifications are available online at www.weststpaul.com.

Submissions clearly marked "RFP 2022-01 - Public Works Building Expansion" will be received by the undersigned at the address below until 12:00pm noon on April 21, 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 RFP should be directed to Rick Friesen, Public Works Manager by e-mail rfriesen@weststpaul.com or by phone 204-334-0092.

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

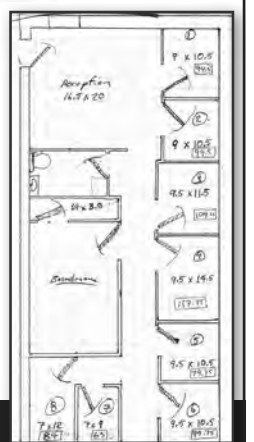
CLANDEBOYE AVE in Selkirk Executive Mall OFFICE SPACE FOR LEASE



Property Features

Total square Footage 1700, includes eight offices of various sizes, a board room and a front reception area. Current tenants include Sun Life Financial, a Massage Therapist, an Esthetician, Glow Fitness for Women and the Selkirk Record. The building was upgraded in 2012. Both the reception and board room are shared, there are currently two offices available for lease.

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



PUBLIC NOTICE

PUBLIC NOTICE is hereby given that the SELKIRK GOLF & COUNTRY CLUB intends to conduct the following pesticide control program during 2022.

1. To control noxious weeds within the property of the Selkirk Golf Course. The projected dates of application will be from May 15, 2022 to October 31, 2022. The herbicides to be used include Par 3, Mecoprop, and Banvil VM.
2. To control fungal diseases within the Selkirk Golf Course property. The projected dates of application will be from May 15, 2022 to October 31, 2022. The fungicides to be used include Daconil Ultrex, Primo Maxx, Instrata, Medallion, Posterity and Acelepryn.
3. To control insects within the property of Selkirk Golf Course. The projected dates of application will be from May 15, 2022 to October 31, 2022. The insecticides to be used are Methoxychlor and Merit.

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

Environmental Approval Branch
Manitoba Environment, Climate and Parks
1007 Century Street
Winnipeg, MB R3H 0W4



Request for Proposal 2022-02 HUMAN RESOURCES CONSULTANT

The Rural Municipality of West St. Paul is seeking proposals for a Human Resources Consultant.

Specifications and proposal documents are available at the Municipal Office, 3550 Main Street, West St. Paul, MB R4A 5A3 or online at www.weststpaul.com.

Sealed submissions clearly marked "RFP 2022-02 - Human Resources Consultant" will be received by the undersigned at the address below until 12:00pm noon on April 28, 2022. Late submissions will not be accepted.

Proposal pricing shall be in Canadian Dollars and exclusive of GST and PST, which shall be extra where applicable. Submission documents that have not met all requirements set out in the quotation package 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 quotation should be directed to Lainie Shaw, Municipal Legislative Officer by e-mail admin@weststpaul.com or by phone at 204-338-0306.

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

Classifieds

The Selkirk Record

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Canadian Nuclear Laboratories
Laboratoires Nucléaires Canadiens

Canadian Nuclear Laboratories Position #220310 - ADMINISTRATIVE ASSISTANT - SITE & NUCLEAR OPERATIONS

Job Summary (Please note: this position is a 12 month term)

The position supports the Whiteshell (WL) Site & Nuclear Operations (S&NO) Branch and reports to the Manager, Whiteshell Site & Nuclear Operations and provides administrative, clerical and office management support services to the branch manager and to the branch members at large.

The Administrative Assistant performs and manages a variety of sensitive and demanding administrative support duties to maintain an effective and efficient office operation by interfacing effectively on branch business with other company departments and outside agencies.

Qualifications - Secondary school graduation diploma, with post-secondary training and a minimum two (2) to four (4) years relevant experience.

For more information on how to apply to this position please visit our website at www.cnl.ca

WANTED

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

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

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.

UPCOMING EVENTS

Cluck & Quack Poultry Club Auction. Poultry & small animal auction on Saturday, May 7, 12 noon. Springfield Curling Club, Dugald, MB. For further vendor information contact Danica Mutcher, email danimonica@hotmail.com or phone 1-204-770-3857.

Rachel's Paint Nights: April 19, 2022 6:30 p.m. at Gaffer's Restaurant in Lockport. Cost \$30/person. Reserve by April 16, 8:00 p.m. by sending an e-transfer to 204paintnight@gmail.com. Seats are limited.

SHOP LOCAL

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.

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ANNOUNCEMENT
IN THE RECORD**

NOTICES

HIRING FOR SPRING? Need Class 1 drivers? Construction staff? Having an AGM or on-line event and need attendees? Advertise in the 32 Weekly Manitoba Community Newspapers to get your messaging out now! Selling something? Have an on-line store to shop at, doing curbside pickup/deliveries? Let people know in the Blanket Classifieds! Call 204-467-5836 or call MCNA at 204-947-1691 for details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

ADVERTISE IN THE RECORD

FINANCIAL

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RELIGION

Following the resurrection of the Lord Jesus Christ, the first day of the week became a weekly reminder of his risen presence. Whereas the 7th day speaks of God's work in creation, the 1st day reminds us of His love in redemption. Please visit our newly updated website for more information and resources. www.clda.ca



RURAL MUNICIPALITY OF ST. ANDREWS BY-LAW 4359 PUBLIC HEARING

Closing of an Undeveloped Road Allowance off Ostermann Road

The Rural Municipality of St. Andrews hereby give notice pursuant to Section 290 of The Municipal Act (Manitoba) regarding a Public Hearing to receive public representation on a proposed by-law to close a portion of a public road allowance.

**An in-person Public Hearing will be held at the Council Chambers,
500 Railway Avenue, Clandeboye, Manitoba
Tuesday, May 10, 2022 at 5:00 pm
On-line attendance will also be available via a zoom link**

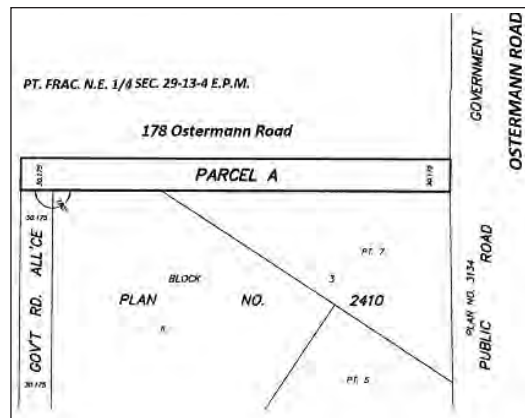
The intent of the proposed By-law is to close an undeveloped road allowance off Ostermann Road legally described as ALL THAT PORTION OF PUBLIC ROAD PLAN TO BE CLOSED SHOWN AS PARCEL A ON A PLAN ON FILE IN THE WLTO AS DEPOSIT NO. 395/2019 ACROSS THE FRAC. NE ¼ 29-13-4 EPM.

A sketch identifying a portion of the PLAN OF GOVERNMENT ROAD ALLOWANCE TO BE CLOSED BETWEEN LOT 6 AND PART LOT 7, BLOCK 2, PLAN 2410 AND FRAC. N.E. ¼ SEC. 29-13-4 E.P.M., as shown is intended to be closed and consolidated with the adjoining property described as PT. FRAC. N.E. ¼ 29-13-4 E.P.M.

The purpose of the hearing is to allow any interested person to make a representation, ask questions or register an objection on the matter. **Submissions or requests to register can be sent to the contact below.**

Any information and documents concerning this matter and the procedures to be followed at the hearing are available for review during regular business hours Mon.-Fri. 9:00 am to 4:30 pm at the RM of St. Andrews Office, 500 Railway Avenue, Clandeboye, Manitoba, or by contacting:

Lisa McLean, Economic Development Officer
RM of St. Andrews, 204-738-2264 ext. 137
edo@rmofstandrews.com



RURAL MUNICIPALITY OF ST. ANDREWS BY-LAW 4370 PUBLIC HEARING

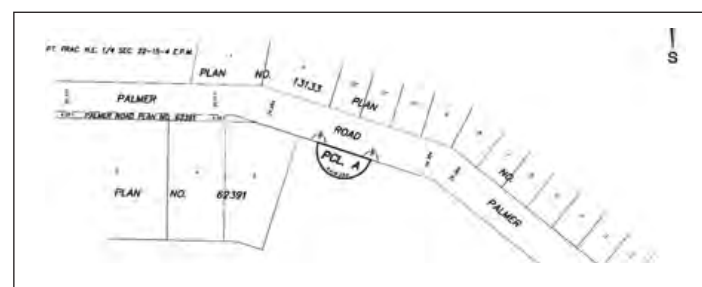
Closing of Undeveloped Part of Palmer Road

The Rural Municipality of St. Andrews hereby give notice pursuant to Section 290 of The Municipal Act (Manitoba) regarding a Public Hearing to receive public representation on a proposed by-law to close a portion of a public road.

**An in-person Public Hearing will be held at the Council Chambers,
500 Railway Avenue, Clandeboye, Manitoba
Tuesday, May 10, 2022 at 5:00 pm
On-line attendance will also be available via a zoom link**

The intent of the proposed By-law is to close a portion of an undeveloped cul de sac along Palmer Road legally described as ALL THAT PORTION OF PUBLIC ROAD PLAN TO BE CLOSED SHOWN AS PARCEL A ON A PLAN ON FILE IN THE WLTO AS DEPOSIT NO. 50/2022 ACROSS THE FRAC. NE ¼ 22-15-4 EPM.

A sketch identifying the Public Lane as shown below is intended to be consolidated with the adjoining property described as PT. FRAC. NE ¼ 22-15-4 EPM.



The purpose of the hearing is to allow any interested person to make a representation, ask questions or register an objection on the matter. Submissions or requests to register for in-person and online attendance can be sent to the contact below.

Any information and documents concerning this matter and the procedures to be followed at the hearing are available for review during regular business hours Mon.-Fri. 9:00 am to 4:30 pm at the RM of St. Andrews Office, 500 Railway Avenue, Clandeboye, Manitoba, or by contacting:

Lisa McLean, Economic Development Officer
RM of St. Andrews, 204-738-2264 ext. 137
edo@rmofstandrews.com

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The Selkirk Record

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

HEALTH

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

NOTICE TO CREDITORS

IN THE MATTER of the Estate of Lawrence Henry Gauthier, late of the City of Selkirk, in Manitoba, deceased. All claims against the above Estate, duly verified by Statutory Declaration, must be filed with the undersigned at: 374A Main Street, Selkirk, Manitoba R1A 1T8 within 30 days of the date of this publication. DATED at the City of Selkirk, in Manitoba this 5th day of April, 2022.

Hnatiuk Law
Attention:
Andrew Hnatiuk
Solicitor for the
Executor

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We are currently seeking crew members in Selkirk for a variety of roles for the construction of our multi-family residential site.

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R. M. OF ST. CLEMENTS
ZONING BY-LAW 5-2002
ZONING BY-LAW AMENDMENT 5-2022
PUBLIC HEARING

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

We are Listening.

Public Hearing
Tuesday,
May 24, 2022
6:00 PM
Council Chambers
1043 Kittson Rd.
East Selkirk, MB

Phone:
(204) 482-3717
1-800-876-5831
Fax: (204) 482-3799
E-Mail: info@rrpd.ca
Website:
www.redriverplanning.com

What is BL-5-2022 about?
To rezone the subject properties from "RA" Suburban Residential zone to "RS" Serviced Residential zone in order to accommodate a future multi-lot subdivision.



802 Ferry Road (Roll No (s) 439100 & 439250)

Seeking at the public hearing will be limited to accommodate social distancing. We ask that you contact the municipal office at 204-482-3300 or info@rmofstclements.com to register your attendance so that we can ensure adequate physical distancing seating. Alternatively, you can contact the R.M. of St. Clements to receive an invitation to public hearing remotely through Zoom, submit questions or concerns in writing or visit the municipality's website for the link to live streaming with interactive chat.

For more information please contact the Red River Planning District.
Red River Planning District Mon-Fri*
806A Manitoba Ave. Selkirk, MB. 8:30am-4:15pm
*excludes all statutory holidays
***NOTE: Property owners are responsible for notifying "Tenants"**

RED RIVER PLANNING DISTRICT

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Consignments Welcome!

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(204) 886-7027
www.mcsherryauction.com

SUDOKU

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

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!

Fun By The Numbers

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

take a break
> GAME

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

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

Sudoku Answer



www.interlake.mb.ca

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Like new! 4 season home at the Narrows, 3 bedrooms, sunroom, decks, open layout, double lot \$229,900
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204-461-1347

MIKE JUBA
204-588-796
St. Clements Beauty! 1532sf, 5 bd, 3 bath, Finished Basement, 1.3 Acres, Shop. Don't Let This One Get Away! 575k!

Selkirk Cutie, 2 Bedroom, Open Concept Design, Fully Upgraded, Nice Short Walk To River, Super Location ONLY \$189k!!

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LUDA KOZLOVA
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ELLEN WYKA
204-376-3400

KATHY MARKS
204-642-8501



Commercial building in Riverton. Living space with kitchen, Attached garage. Just \$54,900.
John Wishnowski
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All services available.
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153 Solvin Road Gimli
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2 bedroom condo at Gimli's Idavoll. Close to schools, shopping and the rec. centre. Worry free living, snow and grass taken care of!
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Laurence Humniski
204-642-8501



2 bedroom condo at Gimli's Idavoll. Close to schools, shopping and the rec. centre. Worry free living, snow and grass taken care of!
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Gorgeous 3 Bdrm, 842 Mountain Ave in Wpg. Great location. \$199,900

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General Labourer Needed

Requirements:
Must be able to work various shifts
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Announcements *Selkirk Record*

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ANNOUNCEMENT

BIRTHDAY



Olive Inman
Happy 75th Birthday
on April 22nd

-Love Ron

ANNOUNCEMENT

IN MEMORIAM



In memory of
Walter Michael Starodub
November 7, 1922 – April 14, 2005

Day and weeks have melted into years,
And memories of you bring smiles, not tears.
For we know you have gone on to brighter things,

To a beautiful garden and angel's wings.
As we dream of a reunion with you,
Our love remains steadfast and true.

-Lovingly remembered by your wife Adeline,
children, grandchildren
and extended family

ANNOUNCEMENT

BIRTHDAY ~ RETIREMENT



Purolator Pete
Happy 65th Birthday and Retirement!

After 42 years of dedicated service,
Peter Majorow will be retiring from
Purolator at the end of April.

If you see the greatest delivery guy
around town, be sure to wish him a
Happy 65th Birthday on April 15th
and best wishes for his retirement. Thank you
for your service Pete, you will be missed!

ANNOUNCEMENT

IN MEMORIAM

Kerry Setter
April 10, 1997

25 years is a long time
Since we had to let you go.
We hated to say our goodbyes,
But just wanted you to know -
Goodbyes are not forever.
Goodbyes are not the end.
They simply mean, we'll miss you, until we
meet again.

-Your friends Adriane M. &
Lorne Hokanson

Your memory will live forever
Engraved within our hearts

OBITUARY

Mark George Simko
March 26, 1965 – April 8, 2022

Surrounded by his family, it is with deep sadness that Mark George Simko, age 57 passed away on Friday, April 8, 2022 after a brief and courageous battle with cancer.

Mark is predeceased by his beloved parents, George and Bernadette; sister Marie Collins; father-in-law Gordon Anderson and mother-in-law Alberdina Anderson.

Mark leaves to mourn his loving wife Lynda; beloved children, Jordan and Janna and his best fur baby Sadie. Also left to cherish his memory are his brother Donald (Patti); sisters Patricia (Clayton), Rose (Jack), Linda (Glenn), Huguette (Larry); brothers-in-law Craig (Debbie), Randy, Laurie, sister-in-law Lisa (Perry), brother-in-law Bill (Kathy) and numerous nieces, nephews, great nephews, great nieces, friends and colleagues.

Mark was born in Selkirk, Manitoba on March 26, 1965. He attended school in Selkirk and started working at the Selkirk Mental Health Center. Mark later worked at AMSCO, and for the past 21 years worked at TC Industries.

Mark was such a special, outgoing man and would do anything for you. He had a great character that everyone loved. Mark would talk endlessly about the times he spent working at Lake Manitoba Narrows during the summers. Growing up Mark played hockey and enjoyed long day trips on his snowmobile. He started noticing that shortly after buying a skidoo, the amount of snow decreased each winter. So he sold the skidoo and bought a quad. Funny thing though – that next winter produced a lot of snow. Mark loved the outdoors and treasured the times he had with his family at Tall Timber Lodge. He liked going to Sundown to spend time with friends.

Mark enjoyed socializing with his many friends through the weekends. It was during this time that Mark found the love of his life Lynda.

Mark and Lynda married on June 5, 1999. In August 2001, his treasure Jordan Mark was born and later in August 2004 Daddy's little girl Janna Lynn arrived. Mark's love for his wife and children was immense and evident in everything he did. He loved watching Jordan excel in various sports and treasured going to see the many hockey games and tournaments. He was proud to watch his little Janna develop her many skills at school, sports and find her amazing love for dance. In 2017 Mark got another love of his life, his yellow lab Sadie, who will forever be called his "Girlfriend".

Mark was happiest when doing things with his family at home. He loved the yearly family trips to Hecla. He instilled his love for the outdoors with Lynda, Jordan and Janna by biking, hiking and watching the sunset in the backyard. In the winter months Mark and the family would build forts out of the snow and drink hot chocolate.

Mark's love for his family showed when in early 2022 he was diagnosed with a stroke and pancreatic cancer. Mark endured the pain so he could make more memories at home with Lynda, Jordan, Janna and extended family.

Mark you are the most courageous, amazing man and we love and miss you so much. We know God wanted you to be our Guardian Angel from Heaven above and you will always be our Hero. We love you always and forever.

A Celebration of Mark's Life will take place at 11:00 a.m., Wednesday, April 20, 2022 at Gilbert Funeral Home, 309 Eveline St., Selkirk with Rev. Anton Bouw officiating.

In lieu of flowers donations may be made in Memory of Mark Simko to CancerCare of Manitoba, 675 McDermot Avenue, Winnipeg MB, R3E 0V9.

Our family would like to thank the many doctors, nurses, specialists and hospital staff at HSC and Selkirk Hospital that helped Mark with his short battle with cancer.

Mark, you made our world a better place by your amazing character and love for others. You are loved by everyone and will be sadly missed forever.

Please don't cry, I am with you always surrounding you with my love

Watch for me

I will be right beside you when you are feeling sad and lonely
I will be the bald eagle flying above, the beautiful sunsets, shooting stars, the fox that walks about
and the sweet songs of the birds above
Look and you will find me
I will have no pain
But love and protect you from Heaven above
Yes, you will miss me always, but treasure our memories
until we meet again
I will greet you in Heaven at that time
To live with you there forever
-Written with love by Lynda

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

Gilbert Funeral Home, Selkirk in care of arrangements.



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OBITUARY

William James Smith

Peacefully passed on Saturday, April 2, 2022 at the London Ontario University Hospital. Born and raised in Selkirk, Jim is survived by his wife Doreen, daughter Stephanie (Steve) and grandson Sawyer. He is also survived by brothers George and Ken, sister Donna Grove and sister-in-law Sharon; nephews Dennis and Trevor; nieces Catherine, Maureen and Terri.

Jim was predeceased by his parents Walter and Verna Smith, brother Jack and nephews Randy and Murray.

A Celebration of Life will be held at a later date in Aylmer, Ontario

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

OBITUARY

Frank King

Peacefully, with his wife by his side, Frank King passed away on Tuesday, April 5, 2022.

He will be dearly missed and forever loved by his wife Verna; step-daughters, Bonnie (Sylvio), Wendy (Robert) and grandchildren, Riley and Makayla.

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

The family would like to express our thanks to the dedicated staff at East Gate Lodge for their compassion and care.

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



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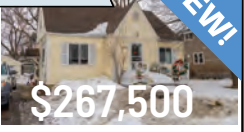
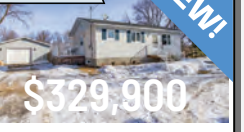
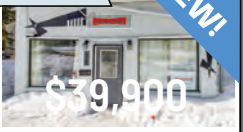
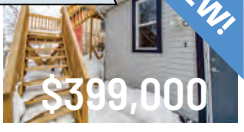








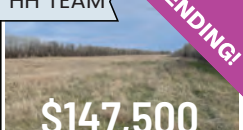



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