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# The Selkirk Record

THURSDAY, APRIL 16, 2020

VOLUME 11 EDITION 15

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Deb Zinnick and Bev Hykawy started making cloth face masks two weeks ago. They are donating the masks to cancer patients throughout the St. Andrews and Selkirk area.

RECORD PHOTO BY BRETT MITCHELL

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# Protecting the sick

Due to the lack of protective gear, local duo decides to make, donate cloth face masks

By Ligia Braidotti

Two local ladies are filling up their time by making cloth masks for chemotherapy patients.

Deb Zinnick from St. Andrews and Bev Hykawy from Selkirk have always believed that wearing a facemask was great for protection against COVID-19. Knowing that people were having a hard time finding and purchasing these protective gear they found that the best solution was to dust off their sewing machines and research a way to make the best homemade face masks they could.

"You need something efficient enough to remove particles, but still have the ability to breathe, similar to hospital-grade masks. You need high-quality material and high thread count cotton, which tests in the range of 70 to 79 per cent filtration. With a double filter it brings the filtration up to about 93 per cent, according to my research," explained Zinnick.

At first, she started making masks for her family and friends, but after giving it to a friend with cancer and seeing her overwhelming reaction, Zinnick started to think of all the other cancer patients that were having a hard time finding face masks to protect themselves and felt compelled to reach out to as many patients as she could. Cancer patients are among those in high

risk of getting sick with COVID-19 and the risk is even higher for those currently undergoing chemotherapy, radiation therapy, or surgery because active treatment can weaken patients' immune system, according to the Canadian Cancer Society.

"Being a cancer survivor myself, I know too well the side effects of treatment and the weakened immune system that puts your body at high risk for viral and bacterial infections," Zinnick said. "If I can give a person one less thing to worry about and free up some stress, I will. Their stories are heartbreaking and stories no one wants to ever hear."

Hykawy and Zinnick have been friends for more than 30 years and when she heard what Zinnick was doing, she jumped right in.

"I want to help as many people as I can to stay safe during this trying time," Hykawy said. "It's great teamwork and we are well organized to maximize effort. It gives me a sense of accomplishment that we can do something to help the immune-compromised people in our community. Being the prime caregiver to my mom, I know how important it is to keep our most vulnerable citizens as safe as we can."

Zinnick's dining room is now filled with threads and cloths and is large



RECORD PHOTOS SUBMITTED

Samples of finished product before sanitized and bagged: child and adult size shown.

enough for the duo to continue to practice social distancing. After they are done sewing masks, they sanitize each one with steam and seal it in a clear bag. In two weeks, the duo has donated approximately 180 facemasks to children with leukaemia, people with brain cancer, lung cancer, lymphoma, multiple myeloma and many other severe life-threatening lung conditions.

With the support of their families, they have filled requests from Oakbank, Beausejour, Gimli, Selkirk, Stonewall and Winnipeg.

"When folks receive the masks they are overwhelmed with joy and gratitude and are very gracious. That's what makes our day," Zinnick added. "For me, the secret to happiness is helping others, especially in their lowest of moments. I have time on

my hands and can give some of this time to help others. My heart aches when I hear their stories but also radiates with joy and gratification when I see how much these masks mean to them."

Selkirk Walmart has been a great support and resources for supplies, but the duo continues to welcome donations of high quality and high thread count cotton and quilting 18-inches by 21-inches pre-cut fabric. They said that if people would like to donate, they can purchase a square or two the next time they are at Selkirk Walmart and leave them at customer service for them to pick up.

"With these donations, we hope to extend these offerings to folks that are on dialysis and those who have life-threatening respiratory diseases," Zinnick said.



Deb Zinnick and Bev Hykawy working on the face masks. The duo have made and donated approximately 180 facemasks in two weeks.

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# Manitobans helping Manitobans in times of need

Online tool was created in five days in partnership with Winnipeg's non-profit North Forge Technology Exchange

By Ligia Braidotti

Several organizations throughout the province have stepped up to help their communities during this current crisis we are facing.

The Province of Manitoba has also come up with initiatives to help the citizens and has recently partnered with Winnipeg's non-profit and team-led organization North Forge Technology Exchange to make available a list of pre-vetted volunteer organizations.

Help Next Door MB is a platform connecting Manitoba residents who are unable to leave their homes with volunteers that can perform tasks such as grocery shopping, picking up medication, emergency snow clearing, and more.

"We lead the country in charitable donations and volunteers, and now, above all, this is Manitobans time to shine," said Premier Brian Pallister.

"(This tool) is going to encourage Manitobans to help each other out in this time of need. Manitobans helping

Manitobans is what we are all about."

On March 24, 24 hours after the province launched the program, 2,300 users signed up and in over 100 communities in Manitoba, and dozens of people had already been matched with volunteers.

"These are lifelines in times of stress," Pallister added. "We know many people are struggling right now, for many reasons. Manitobans are worried about getting sick."

The tool matches volunteers with individuals who have requested assistance through the website [www.helpnextdoormb.ca](http://www.helpnextdoormb.ca). Once volunteers see the requests, they select the ones they can help and receive the other parties' contact information to set up a time to complete what's been requested.

North Forge collaborated with others in the community, resulting in the development of the app – the first online service of its kind in Canada – within five days.



RECORD PHOTO SUBMITTED

Help Next Door MB is an online tool that connects Manitobans with volunteers.

"There are a lot of amazing people out there creating volunteer platforms, but we wanted to ensure that security and safety are embedded to protect our citizens", Joelle Foster, CEO, North Forge Technology Exchange. "As such, we turned to our community of innovators and we are so pleased that software development partners like Permission Click and ID Fusion Software stepped up to collaborate with us and have built this tool in record time."

There is a wide variety of services available except for child care, cleaning, banking, donation requests such as food, money, and clothing, and shelter.

The help is completely free.

Although connecting with members of the community is at one's own risk, Help Next Door volunteers are advised to comply with Health Canada's measures to prevent from spreading COVID-19.

# Selkirk's first quarter utility bills being deferred

City extends utility bill payments to July due to COVID-19

By Ligia Braidotti

The City of Selkirk is saying that residents should be worrying about protecting themselves, and not about their utility bills during this time.

The City has decided to defer the issue of first-quarter utility bills for another month. They were originally scheduled for payment in on April 15, but are now scheduled for May 15. Also, residents will have two months to pay their bills since the city brought the deadline forward to July 15.

Selkirk Council came to this decision after a special meeting called to

address the pending water billing period.

"Some families and businesses might have a limited income during this time. Reducing the stress of how they're going to pay their water bill is something we are able to do to help," said Mayor Larry Johannson.

"We want to reduce the stress some people are experiencing. We also don't want to encourage people to leave their homes to pay their water bill. This makes it easier for some to make that decision to stay home"

Although the Civic Centre is closed,

Duane Nicol, the chief administrative officer, is advising residents to pay their water bills through online banking services.

"The process is quite simple. It takes about two minutes for someone to set up and pay their first bill. It is quite convenient and at this time really helps people to stay home and observe physical distancing," he said.

The city has also posted an instructional video at [www.myselkirk.ca/billpayment](http://www.myselkirk.ca/billpayment) to show residents how to set up their online utility bill payments. Residents can also contact the CitizenSupport representatives or their financial institution to set up.

Also, 2020 property taxes payments for the City of Selkirk are still sched-



RECORD FILE PHOTO

Selkirk Mayor Larry Johannson.

uled for July 1, but Nicol said they are considering a proposal to defer payments.

"Right now, we're getting some clarity from the Provincial Government about education taxes and their recent direction on waiving penalty charges and looking at the financial impact these changes and a potential deferral will have on the city. That's all critical information Council will need to have to give this a proper review. But it's certainly something Council is thinking about and will be considering."

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# Need for blood donation still a reality

## Blood donation clinics are still running despite COVID-19

By Katelyn Boulanger

Blood donation clinics are still running out of the Selkirk Recreation Complex with increased safety measures amid restrictions aimed at increasing social distancing due to COVID-19.

"Blood is still needed throughout this pandemic for cancer patients, people with blood disorders, accident victims and the various other reasons and those things are still happening in society so we need to ensure that we are still continuing to provide those blood products to the people that encounter those medical situations. That's why blood donor clinics are important to continue having in this time frame. We're committed as we always have to ensure that those products are available to those patients when they need them," said Jennifer Dareichuk, associate director donor relations for Manitoba and Saskatchewan, for Canadian Blood Services.

Blood products are only viable for a certain length of time after they are collected—platelets are viable for seven days and red blood cells for 42

days—which makes it necessary to continue to collect at regular intervals which ensures there is enough for people in need.

"When you look at some of the bans on public gatherings blood donor centres don't fall into that category. We're not social gatherings or recreational gathering, we are collecting a product that is life-saving and needed in healthcare so we're classified differently in that regard. Blood is needed constantly," said Dareichuk.

Even though the blood donation collection is not affected by restrictions in place due to COVID-19, Selkirk and other blood donor centres are stepping up measures to keep people safer.

"We've implemented wellness checkpoints at the front of the donor centres where we ask a series of questions to highlight any recent travel or health questions that might be of concern," said Dareichuk.

Canadian Blood Services has also enhanced cleaning procedures, making sure that beds and chairs are now 2 meters apart, and has been monitor-



RECORD PHOTO BY KATELYN BOULANGER

Clare Moster celebrating his 150th Blood Donation at the Selkirk Community Blood Donor Clinic Nov. 5, 2019.

ing and talking to healthcare partners to make the changes that they suggest.

"We have an appointment system and we have for a long time. In normal circumstances, if we have the ability, we will accept walk-ins and we usually have the ability to accommodate some, it depends on the event and how many people come in, but in the last week we have moved to appointments only and we cannot accommodate walk-ins. We do need people to book in advance. That's really to help us manage [because] we're participating in physical distancing within our donor centres as well," said Dareichuk.

She also noted that current information indicates that blood recipients do not have to worry about the transmission of COVID-19 through blood products.

"The evidence that we have to date indicates that COVID-19 is not trans-

missible through blood so that's an important thing that we want the public to know as well is that there is nothing to indicated that there is a risk in that regard," said Dareichuk.

The next two clinics with available appointments in Selkirk are on June 9 and July 7 and residents can sign up to donate by phone at 1-888-2-DO-NATE, online at blood.ca, or through the Give Blood App which can be installed on smartphones.

"The health and safety of our donors, our staff, our volunteers, and the patients that we're providing blood to is top of mind for us. It always has been and continues to be in the pandemic. The need for blood continues in this uncertain time, so if people are feeling healthy that need is going to continue so we would love to see people to continue to help us," said Dareichuk.

## Sparky gets new suit



RECORD PHOTO SUBMITTED

The Selkirk Rotary club has donated \$6,500 towards a new suit for the Selkirk Fire Hall's mascot Sparky.

Pictured from left to right: Fire Chief Dan Thorsteinsson, Selkirk Rotary Club President Sharon Moolchan, Rotarian Michele Polinuk and Fire Lieutenant Rick Wur.

### The Selkirk Record

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# LSRCSS students care for their watershed

## Akita McRae and Kayla Whiteside make top ten in Caring for our Watersheds contest

By Katelyn Boulanger

Two students in the Grade 12 advanced biology class at Lord Selkirk Regional Comprehensive Secondary School made it to the top ten finalists in Manitoba's 2020 Caring for our Watersheds contest allowing them to fully fund their projects and making our community more water-friendly.

"What they do is they investigate their environment and they look for ways that they can improve their local watershed," said Angela Bajt, the teacher of the advanced biology class at LSRCSS.

One of the top ten project winners was Kayla Whiteside who created an educational project for elementary school kids. This program helps students understand the importance of reducing pesticides and herbicides in their natural gardens and to make their gardens healthier for pollinators.

The other project was created by Akita McRae who proposed upgrading the cafeteria's utensils from plastic cutlery to stainless steel to reduce waste while also upgrading the school's garbage cans with strong magnets, which will stop the reusable cutlery from accidentally being thrown out.

"They have to come up with things that they can actually do themselves. This is something that is very student-driven something that they can complete by the end of the school year so there's a lot of emphasis on having students invest on how they can actually help their watershed," said Bajt.

Both students took a great deal from the project, which they will take into their future learning.

"It was a really nice way to research the watershed and what we can do to improve it. Next year I'm going into biology so this was like a nice introduction to our ecosystem and how we can improve them and our effect on it and sustainability," said Whiteside.

"Since middle school, I've always cut back on plastic usage and I've been really conscious about recycling and our school uses so much plastic and

I never realized how much until I researched how much plastic we go through in a week," said McRae.

Because of schools being temporarily suspended this school year, students were informed of the win digitally.

"I got an email from my teacher one morning. It was the first week that the school was suspended so she couldn't tell us in person but she emailed us first thing in the morning saying congratulations," said Whiteside.

"My aunty sent me a tweet from the comp twitter that said that me and Kayla had won," said McRae.

"I was really excited. I didn't know because most of the time when you're entering a competition you think it's a shot in the dark because there are a lot of smart kids in Manitoba so I never really expected [to be in the top ten]," said McRae.

This year's competition saw 336 proposals from 571 students vying for the top ten spots. Both McRae and Whiteside will come home with the funds necessary to put their projects into action as well as a \$600 cash prize each and LSRCSS will receive a matching prize, which will go to their environmental club.

Because of classes being temporarily suspended Whiteside will not be able to implement her environmental education program to the grade 4 class at Happy Thought School as she intended, however, she hopes that in the future when schools are reopened she will be able to present to the students.

"Now that this whole suspension is going on we'll just have to see. I'm thinking that it might have to wait until next year," said Whiteside.



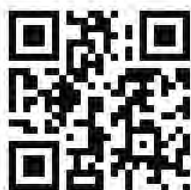
**RECORD PHOTO SUBMITTED**

Kayla Whiteside who was one of two students from LSRCSS who was in the top ten students in the 2020 Caring for our Watersheds contest.

Bajt is encouraged by the fact that her students did so well this year.

"I always like that [the students] come up with these unique ideas on how to help their watershed and I've run this many years and every year they come up with new ideas. You'd think that you'd get the same idea over and over but they are so good at coming up with unique ideas and they really do research and look for new and innovative ways that they can help their watershed," said Bajt.

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# City of Selkirk changes road standards

Standards are being upgraded to align with Winnipeg's

By Katelyn Boulanger

New research from the City of Winnipeg and the University of Manitoba has prompted changes to the City of Selkirk's road standards. This change aims to improve the lifespan of roads in the community.

"We were looking for a better solution on how to lengthen the life of our roads. We've been evolving and trying over the years to get the best product and the best standards and the best results for the city so we recently reached out to the [University of Manitoba] and had some longer discussions with them and we adopted the [City of Winnipeg's] standard when it changed," said Dan McDermid, Director of Operations for the City of Selkirk.

He says that this process of improving the way roads are constructed is an ongoing process that evolves when new road research comes to light.

"The City of Winnipeg had numerous standards for what goes into the

ground and above ground and we generally use their standards for everything that we do because they have a lot more horsepower to be able to produce these standards and specs. So, when we found out that the City of Winnipeg was updating their standards we were like, 'yeah let's take a look and yep it makes sense,' so we updated," said McDermid.

Among the research used to upgrade both city's standards was information provided by the University of Manitoba's Dr. Ahmed Shalaby who is a professor of Civil Engineering and a professional engineer specializing in pavement design and highway materials.

"The research started about eight years ago, initially with Manitoba Infrastructure and also the City of Winnipeg, and the objective of the research was to update information about granular materials. Those are the materials, the aggregate or stone, that we bring on-site to build

the foundation of roads. The existing specifications had been in use for many years receiving updates over time but it needed a major overhaul. So, through extensive laboratory testing and field science we came up with [new] foundations and those foundations were tested," said Shalaby.

The main challenges for roads in our region is the 60 degrees [Celsius] temperature swing throughout the year as well as the regular rain the region receives which in some years does not give roads a lot of time to dry.

"[The research indicated the best option was] significant changes that require the material to be crushed differently with more larger stones than before and fewer materials than before so it's a change in design really," said Shalaby.

Dr. Shalaby said that these changes are designed to facilitate drainage in the roads making it so that the roads will have more time to dry between rain events.

"We got to meet the Dr., we'd been corresponding over email and over the phone but we'd got to meet him at his lab and he showed us the ma-

chinery that they used to test asphalt and then probably even better we sat down for 30-40 minutes and just talked to him. There was four of us from Selkirk and we just talked about where we see our program at now and where they can assist us. Creating that kind of network and partnership with them, the scientists behind it all, and the Dr. in the industry he's a big name," said McDermid.

From this meeting, the City was also able to obtain a great deal of detailed data, which they used to confirm that this was the right decision for the city.

"How much better data can you get. It's local data local information and local changes. We're not Florida so it's hugely beneficial," said McDermid.

McDermid hopes that these new standards will achieve longer road life cycles with less maintenance and less cost to Selkirk.

"Everything always needs improving right. You can always do something better than the day before. It's just using bigger science and better science to make the roads better," said McDermid.

# Student helping other students succeed

Grade 11 student Megan Duff offers video call for homework help

By Katelyn Boulanger

Megan Duff is offering to help students who are now doing their schoolwork from home with questions that they may have.

Duff is a student at Lord Selkirk Regional Comprehensive Secondary School and is offering help with elementary and junior high math and science as well as grade 10 math and science as well as French immersion subjects.

"I'm in the French immersion program and I enjoy math and science so [right now] I'm taking grade 12 enriched pre-calculus, grade 12 biology, grade 11 chemistry and grade 11 physics this semester so it's very math and science-heavy," said Duff.

Last semester she took grade 11 enriched pre-calculus and grade 11 applied math along with running track and playing on the school's curling team, water polo team, and would have been playing on the school's rugby team if schools had not been suspended due to COVID-19.

Being a student herself, she understands how learning has changed for students who are now being instructed outside of the classroom setting.

"It's definitely been tougher especially with the pre-cal just not being in class with my teacher because we get the notes but it's not as in-depth of explanations across the board because, we can still contact our teachers, but I find that when I'm in class I think of questions quicker so that I can figure things out," said Duff.

She feels that the different perspective that she lends to explanations might appeal to some students in ways that other resources might not click as well.

"Sometimes [students] will listen a little bit better because I'm closer to their age and I also learnt it more recently and I'm still learning some of the skills," said Duff.

The idea to help other students came from a need in her own family for another avenue to ask questions.

"My mom's cousin, his girls are

younger than me, and my mom was talking to their mom and she said that they were struggling with math and my mom told her that maybe I could help them out and I thought that there was probably more than just them who don't really need tutoring but just need someone to ask a question to or get some clarification and I thought I'm strong in those subjects and I could help people out if they needed it especially because it's tough in school if you struggle with math or science," said Duff.

Duff says that most of the questions that she's received have mostly centered around math help so far.

"Depending on what each student needs. If they need to meet once a week or more than that or every two-weeks for tutoring, I'll do that or if it's just one lesson or one unit that they're struggling with I'll do that," said Duff.

She also decided to offer help over video call services to help students who are more visual learners as well as auditory learners while also making it easier for them to ask questions because they can see the person that they are talking to.

Her study tips for students differ depending on the subject that they are

studying.

"If it's something like biology flashcards and quizlets or just re-writing things I find helps a lot but if it's something like physics or chemistry or math doing practice questions if they have a textbook doing extra ones in there. Doing similar questions on the internet and doing more and more especially if they don't understand," said Duff.

Duff isn't placing a price on her tutoring services and will discuss with parents individually what they can afford if their child does end up needing regular tutoring throughout this time.

To contact Duff about tutoring email her at duffem@gmail.com

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# RCMP officers taking action against COVID-19

Selkirk's RCMP detachment will be using PPE to keep themselves and residents safe

By Katelyn Boulanger

As first responders, local RCMP officers continue to support the community responding to calls and ensuring public safety despite some changes to ensure both officers and residents' safety amid COVID-19.

"I think it's had an effect on every person's daily life and organizations like the RCMP, how we carry out our work and conduct our daily life, so a lot of things have changed. Right now for D division, which is Manitoba, there is a COVID-19 committee within the RCMP and they continue to provide daily information to frontline officers, all employees, and also the public so we remain aware," said Cpl. Julie Courchaine, RCMP Media Relations.

The RCMP has also procured additional protective equipment for officers to use as they continue to do their work.

"We do have protective gear. We call it PPE, personal protective equipment,

everything from safety glasses to face masks. We do have access to all that stuff. We've also limited our interaction with people in terms of our office being closed but our mandate stands we still respond to priority calls," said Const. David Wong, a Community Policing Officer with Selkirk RCMP.

Frontline RCMP officers in the community will continue their work as normal, however, officers that can do their work from home such as office staff are being asked to do so throughout the province.

"We're still patrolling. We're still answering calls. We're still investigating but we're just trying to be a bit safer and smarter with what we do so if someone could call us, maybe they do have a crime to report but maybe we could take it over the phone or we can meet up somewhere where we can get a statement. [We're] just trying to work smarter where we can," said Courchaine.

She also said that 911 services are

now asking more questions about COVID-19 to determine how officers can best respond to emergent calls and what safety equipment might be necessary.

"Everything is still evolving. We're trying to implement all the policies that are being put into place especially from Manitoba public health officials and doing things that way. So, I think it depends on what information we have, what we know and how we can respond to ensure everyone's safety," said Courchaine.

On a more local note, Wong is asking that residents follow guidelines to keep everyone healthy and make officers' jobs easier at this time.

"Stay home, stay safe and stay healthy essentially. Follow directions of the health professionals, stay home, and we are following the direction of their guidelines," said Wong.

Courchaine adds, "If it's not an urgent matter don't go to a detachment. If you don't need to leave your house and can do it over the phone do that and if there is an urgent matter and you're speaking over the phone with 911 if you could answer to the best of your knowledge that could help to



RECORD PHOTO BY  
BRETT MITCHELL

Const. Josh Knelsen-Thiessen ready to help others against COVID-19

prepare your officers that would be great."

Fingerprint, background checks and all other in-person detachment services that are not urgent have been put on hold throughout the province at this time.

"I think like all Canadians we want to help, we want to flatten the curve and we want to do our part and I think the public is behind all of this as well," said Courchaine.

# Cultural activities while social distancing

There are many opportunities to enjoy museums and concerts through technology

By Ligia Braidotti

Social distancing has kept many people home 24-7, which sometimes can be a bit boring.

Also because of social distancing, many museums and parks are now closed indefinitely. However, there's still a way for citizens to enjoy their exhibits, thanks to technology.

The Association of Manitoba Museums' 150 for 150 Exhibit is an online display of 150 artifacts that help tell Manitoba's stories as part of Canada and before.

"Museums large and small, rural

and urban have contributed to our 150 for 150 online exhibit and it's something you can explore by yourself or with friends and family," said Monique Brandt, executive director of Association of Manitoba Museums. "You can find pictures of artifacts and then ask each other to guess what it is, where it came from, how it was used, etc. During this time, we're proud that many museums in Manitoba are offering more online experiences like this to keep people engaged and distracted during self-isolation."

The exhibit, which coincides with the 150th anniversary of Manitoba becoming a province this year, can be viewed at [www.museumsmanitoba.com/150/](http://www.museumsmanitoba.com/150/)

The Manitoba Museum also recently launched Manitoba Museum@Home, with

online experiences at <https://manitobamuseum.ca/main/visit/manitobamuseumhome/>

The Winnipeg Art Gallery (WAG) is finding new ways to keep the community connected and inspired by launching WAG@Home, which shares art-related content that people can admire from afar, such as My Daily Art, a new series that will share artwork from the WAG collection every day at <https://wag.ca/art/stories/category/waghome>. Their website also has do-it-yourself videos, hands-on activities, and learning opportunities for children and adults.

Other online cultural offerings include:

- The Manitoba Agricultural Museum helps immerse visitors in rural Manitoba's past, providing context to the present and future of agriculture. The Austin-based museum has an online artifact collection at <http://mbag-museum.ca/collections-exhibits/artifacts-display-filtering>.

- One of the online highlights of the Royal Aviation Museum of Western Canada is the 360-degree cockpit tours that allow the visitor to 'sit' in the cockpit or cargo hold of many of the museum's aircraft from the comfort of home at [www.royalaviationmuseum.com/virtualcockpits/mobile/index.html](http://www.royalaviationmuseum.com/virtualcockpits/mobile/index.html).

com/virtualcockpits/mobile/index.html.

- The Canadian Museum for Human Rights (CMHR) has created a new guided virtual tour and made several children's activities and other content available at 'Explore the Museum from Home' at <https://humanrights.ca/visit/explore-the-museum-from-home> along with another new feature called 'Share Your Story' at <https://humanrights.ca/stories/share-your-story#/>

In addition to visiting museums, many singers are hosting live concerts from their homes on YouTube and Instagram.

Venues and bars have closed down throughout the world, and many concerts that were scheduled for the next few months have been cancelled.

On Sat., April 18, Pepsi and Global Citizen will be hosting One World: Together at Home, a global broadcast and digital special to support frontline healthcare workers and the World Health Organization. Appearances will include Billie Eilish, Elton John, Keith Urban, Paul McCartney, J Balvin, and many more.

For more information, go to <https://www.globalcitizen.org/en/connect/togetherathome/>

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## 6 Easy Spring Cleaning Projects

Warmer days are here and what better way to spend them than cleaning? Although enjoying the great outdoors is probably high on many a to-do list come spring, by the end of winter, homes can probably do with a much-needed overhaul. Owners and renters can rely on temperate days to throw open the windows and engage in some easy spring-cleaning projects. The earlier one begins spring cleaning, the more quickly he or she will be able to head outside and bask in the warm spring sun.

Spring cleaning tasks can be stretched out across several days to make the jobs more manageable. While certain spring cleaning tasks can be time-consuming, many projects can be started and completed in 30 minutes or less.

### 1. Look up

Start by looking up at ceilings, molding and ceiling fans. Chances are strong that some cobwebs and dust have formed in these areas. Always begin cleaning by working from the top downward so you don't have to clean any tables, countertops or floors twice. Static-charged dusting cloths work well to catch and contain dust. Use a pillowcase on ceiling fan blades to clear the dust and keep it from cascading to the floor.

### 2. Blinds and curtains

Heavy window treatments can be removed and replaced with more gauzy fabrics. This lets in more light and warmth from the sun. Many curtains can be freshened up right in the laundry, but blinds may require a bit more effort. If

the blinds can be snapped out of the brackets, place them in a tub full of vinegar, dish soap and water. Allow them to soak and then rinse with the shower nozzle. Stationary blinds can be cleaned with using an old sock over your hand dipped in a vinegar-and-water solution.

### 3. Change linens

Remove and launder bed linens. While the linens are in the wash, thoroughly dust all furniture and vacuum the carpets. Move furniture so you can reach areas where dust gathers, such as under the bed or dresser.

### 4. Grout cleaner

Grade school science lessons can be put to use as you look to remove stubborn dirt. Combining baking soda and vinegar produces a reaction that causes the formation of gassy bubbles. These bubbles can help to break up dirt that clings to crevices, such as grout between tiles. Some light scrubbing and then subsequent rinsing can rid surfaces of hard-to-remove dirt.

### 5. Vacuum vent intakes

Many houses are heated by forced-air systems. The air intake vents can become clogged with dust and other debris. Vacuum these vents so that air flow is not impeded. Let the heat run for a few minutes to catch any small particles that become dislodged, and then change the furnace filter.

### 6. Clean out the refrigerator

Now is a great time to remove any of those mystery containers growing fuzzy experiments



in the back of the refrigerator. Take the food out of the refrigerator and use a food-safe cleaner to scour the shelves and inside of crisper drawers.

Spring cleaning is a necessary task, but it doesn't have to be a headache. Break up the work into manageable chunks of time, and projects won't feel like such a hassle.



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## Create Kid-Friendly Spaces At Home

Maintaining a home that is welcoming and kid-friendly can be challenging. Kids are full of energy and oftentimes put fun ahead of tidiness. But no matter how energetic their youngsters are, parents can still employ several strategies to ensure their homes are both sophisticated and child-friendly.

- Consider an open floor plan. Rooms that flow into one another make it easier to keep tabs on children. Such rooms also allow residents and guests to mingle in separate rooms but not be too far away from one another.
- Choose washable fabrics. Upholstery will need to stand up to the abuse kids can dish out. Sofas and chairs with slip-

covers can be advantageous because many slipcovers can be easily removed and laundered. Patterned fabrics will hide some stains, while treated fabrics may resist liquid spills for easier cleanup.

- Create a catch-all spot. Special bins or other organizational tools in the entryway can help to cull clutter when children come in the house from school or play. Be sure the keep cubbies, containers and coat hooks at a child-friendly height.
- Look for high-traffic rugs. Rugs designed for high-traffic areas will be more forgiving when children march across them several times per day. There are no rules that say you can't bring an outdoor rug inside, and these rugs tend to be easier to clean.

• Ensure there is plenty of seating. Sectionals give children ample room to spread out. And ample seating ensures there is enough room for kids to invite their friends over to hang out.

• Think outside pink and blue. For children's rooms, make sure they're colorful, but consider other hues to give the rooms some personality. Focus on a hobby or activity and borrow the color scheme from the accessories used for decorating.

• Hang whimsical artwork. Employ framing and lighting to make kids' artwork look like professional pieces. Routinely change the pictures when a new look is desired.

• Designate a place for play. Devote an entire room or a nook in a house for imaginative play. Store toys here so these items will not create clutter in individual bedrooms.

Creating child-friendly spaces while ensuring a home maintains a sophisticated feel is easier than parents might think.

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# Your Local Community Home Real Estate Section

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## 5 simple ways to go green at home and save money

Thinking green throughout the year can offer some significant benefits. Here are some easy ways you can go green in your own home and lower your energy bills:

Invest in a programmable thermostat. It will automatically adjust the temperature in your house, saving you energy while you're out for the day, away on vacation or sleeping.

Switch all of your lightbulbs to CFLs (compact fluorescent light) or LED bulbs. They last longer and use up to 75 percent less energy than standard incandescent bulbs, saving you money on your electric bills.

Insulate well. Use insulation with a high R-value, such as Roxul Comfortbatt, to top up insulation in your attic. Aim for an R-value of 50 or a depth of 16 inches. For whole home efficiency, ensure other areas of your home are well insulated, such as crawl spaces, basement headers, walls and ceilings. It will keep your house cool in the warm weather and take the stress off your air conditioning unit.

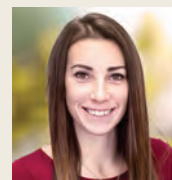
Stop air leaks around your home by sealing existing gaps and cracks. Use caulking or weather stripping around doors and windows. Installing a door sweep is also a good idea.

Replace old appliances with energy-efficient models. Only do laundry or run the dishwasher when you have full loads.

Remember that many little improvements can add up - providing valuable monthly savings for you, while protecting our environment for the future.



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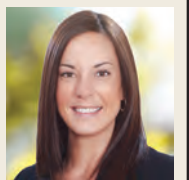


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DAERWOOD VILLAGE - 107 Lee Crescent - \$409,900 - AD

**LAST CHANCE!** - 528 Robinson Avenue - \$224,900 - GH/KH

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**NEW PRICE!** - 125 Sophia Street \$274,900 - GH/KH

612 Selkirk Avenue - Spacious 4 BR home \$239,000 GH/KH/JS

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River Creek Estates #2503

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595 CIL Road - East Selkirk \$89,900 - GH/KH

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- St Clements - \$129,900-\$139,900 - GH/KH

2 Wesley Drive - St. Clements \$129,000 - AD

86027 86N Road - Brokenhead - 1.14 Acres - \$34,900 - GH/KH

655 Fort Garry Road - St Andrews - 8.17 Acres - \$99,900 - GH/KH

3 Houghton Bay Road - Petersfield - .92 Acres - \$29,000 - AD

239 Donohoe Crescent - Petersfield - \$44,900 - AD

508 Corrine Avenue - Petersfield - .34 Acres - \$40,000 - GH/KH

10 Sunset Boulevard - Gimli - Lakefront - \$94,900 - GH/KH

205 Saskatoon Drive - Oak Island Resort - \$60,000 - GH/KH

120 Chokecherry Crescent - Oak Island Resort - \$75,000 - GH/KH

146 Chokecherry Crescent - Oak Island Resort - \$90,000 - GH/KH

145 Chokecherry Crescent - Oak Island Resort - \$75,000 - GH/KH

##### COMMERCIAL

255 Main Street - Selkirk - \$549,000 - GH/KH

4 Unit Building - 209 Manitoba Avenue - Selkirk - \$189,900 - GH/KH

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613 Manitoba Avenue - Selkirk - \$1,100,000 - GH/KH/AD

10 Dubas Drive - Lockport - \$550,000 - AD

23 Main Street - Stony Mountain - \$164,000 - GH/KH

C-201 Melrose Avenue E - Winnipeg - \$99,900 - GH/KH

**\*Due to the Covid-19 Pandemic there will be no open houses. We are still offering private viewings with safety protocols in place. If you have any questions, concerns, or need advice and support regarding buying or selling your home, property, or business at this time, please give us a call.**

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# Record on the Red: The 2020 flood



Bayview Crescent, Petersfield.



**RECORD PHOTOS BY MICHELLE BALHARRY AND RITA KOHINKSI**

The Selkirk Record has been documenting the effects and changes in our communities since the Red River started showing signs of flooding and ice jamming. The photos are taken on a daily basis. Check our Facebook and Instagram pages for daily updates. Pictured above: Water levels have stabilized along the creeks around Petersfield and were receding on Breezy Point Road, Clandeboye Road and Medicine Creek Road as of April 13. Water levels are now rising on Wavey Creek Road and road closed signs will be posted. RM staff are continuing to work throughout the night checking pumps, monitoring water levels and answering phones.



Irene Mytz and her husband John (not pictured) love to watch the river break up in the spring. While her husband John has been ill in the hospital the past few weeks, Irene has been taking several daily walks to give him updates on the river.



An ice jam that was located south of the Selkirk Lift Bridge, as water from the floodway and the United States makes its way north.



Ice chunks remain on McIvor Lane S, in St. Andrews, after the last ice jam passed through on April 12.



Members of the RCMP, RM of St. Andrews Emergency Coordinator Kevin Gamble, and City of Selkirk staff set up a drone to survey the ice jam that was located south of the Selkirk Lift Bridge on April 11.



Ice jam on the Red River.



# Federal health officials reverse course on homemade cloth masks

By Patricia Barrett

As COVID-19 spread across the country, Canadian health officials told the public face masks were ineffective against the highly contagious virus and that they might give wearers a false sense of security.

But at the beginning of April when the virus had infected over 9,500 Canadians and more than 922,000 worldwide, Canada's top doctor and federal health minister told Canadians to use homemade masks if they so wish when they have to go out in public.

"The effectiveness of the use of non-medical masks hasn't really been well demonstrated, but I think that there may not be any harm in wearing [one], as the minister [federal health minister Patty Hajdu] said, if one uses it properly," said Canada's chief public health officer Theresa Tam during a briefing on April 1.

There's no ironclad guarantee that a homemade cloth mask will prevent someone from catching the virus, but there is enough evidence to suggest they can help reduce the risk of spreading it.

Hajdu said the public should not wear medical masks as they are critical for health-care workers caring for COVID-infected patients.

Wearing a homemade mask may prevent people from habitually touching their nose and mouth, said Tam. The mask must fit snugly without gaping and not require any adjustment when out in public. And people cannot let their hygienic guard down when wearing a mask. In other words, the same don't-touch-your-face rule applies to masks: don't touch your mask. Wash your hands.

And physical distancing – staying at least two metres (just over six feet) or more away from other people in public – is still a must even when wearing a mask. Droplets loaded with the virus can travel from others' coughs and sneezes.

"I would say absolutely no matter what you do with that kind of covering of your nose and mouth,

you have to practise what we know works, which is physical distancing and hand-washing and not touching your face," said Tam.

Wearing a mask is going to require some effort. People must wash their hands before putting on a clean cloth mask. And before removing it, they must wash their hands, then peel the mask away from their face (rather than pulling it down over the mouth and chin). They must then wash their hands again and also wash the mask right away with soap and water or toss it in the washing machine.

Tams said the change in advice comes after reviewing the science on the use of masks.

As of late Sunday evening, the virus had infected 1,850,220 million people worldwide and killed 114,215. Canada's tally stands at 24,380 infected with 717 dead (Johns Hopkins University data). Manitoba had 242 cases of which 17 are in the Interlake-Eastern health region, according to the province's website.

"The CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies) ... and to slow the spread of virus and help people who may have the virus and do not know it from transmitting it to others," it states on its website.

The World Health Organization is neither recommending nor deterring the use of cloth masks until such time evidence is available on which to make a recommendation.

"The use of masks made of other materials (e.g., cotton fabric), also known as nonmedical masks, in the community setting has not been well evaluated," the WHO said in an April 6 interim guidance report. "There is no current evidence to make a recommendation for or against their use in this setting."

In a notice on the wearing of masks and gloves in public, the Interlake-Eastern Regional Health



RECORD PHOTO SUBMITTED

Masks may help reduce the spread of COVID-19.

Authority says [homemade] masks have not been proven to protect the wearer, but there is evidence that shows they "can protect others around you."

Like Tam, the IERHA says those who wear a mask must wash their hands before putting it on and wash their hands before and after removing it as contamination can occur during the improper use of and/or removal of masks.

The best way to avoid being exposed to COVID-19 is to stay home, says the IERHA.

Guidelines on how to make homemade masks abound on the web, on YouTube and on the CDC's website. A double layer of cotton (so that the mask is breathable) is recommended with elastics secured behind the ears. Those who don't have a sewing machine or don't know how to stitch by hand can use a bandana or scarf wrapped around the mouth and nose and tied at the back of the head or secured with elastics behind the ears.

# Uplifting message for Interlakers

RECORD PHOTO SUBMITTED

Interlake Recreation Practitioners Association members meet once a month to share ideas. Last week they wanted to show that they are still connected and really care about the well being of our communities. Clockwise from top left, Tyne Mills (East St Paul), Brenna Philip (Gimil), Sonny Albert (Fisher River Cree Nation), Damara Geddes (West St Paul), Breanna Rae (Coldwell), Shelly Leonard (City of Selkirk), Kelly Kimball (Rosser Woodlands), Paul Emmer (Stonewall Youth for Christ), Laine Wilson (Town of Stonewall/RM of Rockwood), Allan Sulyma (Winnipeg Beach).





# Gimli Film Festival launches Manitoba Home Movie Archive project

By Patricia Barrett

The Gimli Film Festival has launched an initiative to turn home movies shot in Manitoba into a publicly accessible digital archive to celebrate its 20th Anniversary and Manitoba's 150th birthday this year.

The festival is inviting Manitobans to send in their dusty old film reels, outdated 1980s video cassettes and forgotten 8mm film reels, all which will be transferred to digital files free of charge and become part of the public archive.

Anyone with historically relevant "people or places" footage can participate. They'll receive a free copy of the digital file in return.

"In these incredible and challenging times, GFF is excited to be able to offer this free service to Manitobans," said festival director Aaron Zeghers in a media release. "We hope the Manitoba Home Movie Archive will inspire families and friends in isolation together to look through their old home movie archives and find some materials to send to us to transfer to digital and preserve for future generations."

People who wish to participate in the project "must agree" to add their material to the public domain, "mak-

ing them copyright free and publicly accessible online via Archive.org and the Gimli Film Festival website," states the release. "There are a number of other rules and restrictions as outlined on the GFF website."

In addition to the home movie project, the festival has commissioned 11 new films by Manitoba filmmakers with financial support from Manitoba 150, the Canada Council for the Arts, the Thomas Sill Foundation, the Winnipeg Foundation and the Manitoba Arts Council.

The GFF's community partners, the Winnipeg Film Group, Video Pool Media Arts Centre, ACTRA Manitoba and IATSE 856, are providing additional support.

"The Winnipeg Foundation is happy to support Gimli Film Festival," says CEO Rick Frost in the release. "The Manitoba Home Movie Project not only allows people to convert their old home movies to digital files, but also to contribute to our province's shared history. It's an intriguing activity to celebrate Gimli Film Fest's 20th Anniversary and Manitoba 150."

Visit [gimlifilm.com](http://gimlifilm.com) for home movie guidelines, registration form and copyright release form.



PHOTO SUBMITTED GIMLI FILM FESTIVAL

The Gimli Film Festival (GFF) is launching a Manitoba Home Movie Archive, a special project in celebration of the Gimli Film Festival's 20th anniversary and Manitoba 150.

## Mining company proposes to barge frack sand across Lake Winnipeg to Dunnottar

By Patricia Barrett

An Alberta-based sand fracking company is proposing to ship silica sand across Lake Winnipeg by barge from its mine near Hollow Water First Nation, on the east side of the lake, to a pier and processing facility it wants to build in the Dunnottar-St. Andrews area.

Canadian Premium Sand (CPS) obtained a licence from the provincial government in 2019 to remove silica sand from its Wanipigow open-pit mine near the first nation.

The company released an updated preliminary feasibility study March 20, proposing to barge the sand, dry it and transport it to the railway line owned by Lake Line Railroad, which currently serves the Diageo distillery in Gimli.

Don Sullivan, former executive director of the Boreal Forest Network and member of an east side citizen group that mounted strong opposition to the mine a few years ago, said CPS had announced a few months ago that it had decided to re-jig its operation to save costs, and the updated feasibility study represents its new plan.

The company, which has a three-year licence, will be harvesting over a million tonnes of frack sand a year from the Wanipigow mine, he said. But rather than have 200 trucks barrelling down highways 304 and 59 on the east side of the lake as originally proposed, the company wants to barge it about 92 kilometres across the lake on two barges, each about 263 feet long by 80 feet wide, that will be supplied by a company from Burlington, Ont.

Two barges a day over the course of a 190-day pe-

riod (or until freeze-up) will deliver sand to the proposed facility near Dunnottar, he said. And CPS will have to build a dock to receive the barges.

"It will be a shorter distance to truck the sand [from the lake to the railway line], but it still means traffic in cottage communities," said Sullivan. "I don't even want to venture what property values are going to be once people start clicking in."

Because the frack sand will be stockpiled at the drying facility, Sullivan said there's a potential for it to get blown around.

"You can cover these mounds with tarps, but if you're using a bulldozer to load it on a hopper then you'll have sand blowing around," he said. "Frack sand can cause silicosis among other respiratory illnesses."

In its feasibility study, the company states there's a 60-acre site "near" the RM of St. Andrews where the new facility could be built, and also included a very low-resolution map showing an area that looks to be between the town of Winnipeg Beach and Pownamah.

"It should be noted that the desired parcel of land near the Rural Municipality of St. Andrews is in preliminary stages of being secured (leased/purchased) and that a definitive agreement has not been completed," states the study. "If an agreement is not secured on this parcel, there are several additional options in the area with similar logistics."

Town of Dunnottar Mayor Rick Gamble said he has no idea exactly what land the company is scoping out for the proposed facility, but he doesn't want it in the neighbourhood.

"There's no way we want it in this area," he said, "and I can't imagine anybody else wanting it."

Gamble said more fossil fuel is "yesterday's technology," and the province could invest in clean energy such as hydrogen. He also has concerns about trucks hauling sand in cottage country.

"We don't know where the province is on this because the report just came out," said Gamble. "The government says they care about the lake, but if they allow these types of things to go on ...."

Lake Winnipeg commercial fisher Bill Buckels also doesn't want the company to barge sand across the lake as there's a potential to interfere with nets.

"There are too many commercial nets in the way, and this is also a risky exercise in navigation," said Buckels. "Historically, when this same sand was barged to Pine Falls, then transported by train, the barge could flip over and lose all its cargo. Back then if the barge got blown around, it would make a hell of a mess of commercial nets."

The safer alternative would be to ship the sand from Pine Falls by Cando rail, he said.

"The guy who runs Cando told me they quit going to Pine Falls when the paper mill closed and now go only as far as Selkirk. But the tracks are still there," he said.

If the company were to barge to the Dunnottar area, he said they'd have to dredge the area where they build a pier as the bottom is too shallow.

"It's a stupid idea. The cottagers will oppose it," said Buckels. "The best option is rail transport from Pine Falls - that's the way it was always done when men were smarter."



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Pawluk commits to Minot State University hockey program

From the Dauphin Kings' website

The Dauphin Kings announced that defenceman Brayden Pawluk has committed to the Minot State Beavers (ACHA DIV I) hockey club for the 2020-21 season.

The Teulon product was one of the leaders for the Kings in the 2019-20 season both on and off the ice.

In his 20-year-old season with Dauphin, Pawluk scored six goals and had 31 assists in 54 contests. He was second on the team in defenceman scoring.

Pawluk, who spent a handful of seasons in the MJHL with Virden and then Dauphin, joins former Kings' blueliner Wayne Johannesson. Johannesson, an Arnes product, was added to Minot's lineup last year.

"It feels great to finally have made a decision and to have definitive plans

for this fall," said Pawluk. "The decision process was a long one over the past four months with many institutions trying to recruit me."

The final decision to choose Minot State came down to a few things, but to sum it up would be to say that it was the best fit. "Minot has a wide variety of courses. Their campus is amazing and just around four hours from home so my family could still watch me play," said Pawluk. "The hockey program is very successful in a lot of aspects so I hope to contribute to that and look to defend their national title next season. The head coach and I had several phone calls before my final decision and he and I are on the same page. He believes that I can bring a lot to the organization and knowing that he has high expectations for me motivates me to work harder than ever this

off-season."

The 6-foot-1, 200-pounder will always cherish his time spent in the Sunshine City.

"I will definitely miss the city of Dauphin and the community support for the team," Pawluk said. "I'm going to miss the guys in the locker room and the road trips together. I'm thankful for all the friendships I made there. I'm going to miss the mentorship from the coaches as well. Coach Hedley and coach Topinka believed in me from day one and were really important in my development in the past season and a half as a King."

"The Kings' organization as a whole is world class and has to be one of the best places to play junior hockey. Playing in Dauphin brings more than just on-ice development, it teaches character in all aspects."



Brayden Pawluk

"I will always be grateful for the opportunities I had as a Dauphin King," he added.

## MJHL to hold Bantam draft April 26

Staff

The Manitoba Junior Hockey League and its 11 member clubs have announced that the 2020 Bantam draft will be held April 26 at 9 a.m.

The draft will be held online utilizing RinkNet Live Draft Centre technology provided by HockeyTech.

Traditionally, the MJHL draft has been held the first week of June.

"With the abruptness of season's end and the subsequent cancellation of all hockey activities for the foreseeable future across the province and nation, we felt it was important to pro-

vide some much-needed excitement and positivity during what has been a disappointing and difficult time for everyone," said MJHL commissioner Kim Davis.

The Neepawa Natives will hold the first overall selection in the 2020 MJHL draft followed by the OCN Blizzard and Selkirk Steelers rounding out the top three picks.

Barring a trade, the Steelers have one first-round pick, two in the second, one in each of the third and fourth rounds, and two more in the fifth.

Selkirk does not have a pick in the

sixth round of the draft.

Prior to the MJHL draft, teams will submit up to two Auto-Protect selections from the designated home zone.

New to this year's draft procedures, teams will have the option to decline an Auto-Protect selection and defer that pick to rounds seven or eight of the draft.

Full details of procedure updates along with Auto-Protect selections will be released on April 20.

"The MJHL draft is a very important event for the league and its member teams," said Kevin Saurette, MJHL

Director of Operations. "We are very excited about the talent level across the province in what should be a very thrilling month for the 2005 draft class with both the WHL and MJHL Drafts taking place in April."

All selections will be available online to the public in real-time for the benefit of all teams, players, and fans to engage with this live event.

Keep posted to @mjhlhockey and #MJHLDraft20 on social media for round-by-round draft summaries or follow live at [www.mjhlhockey.ca/draft](http://www.mjhlhockey.ca/draft).

## Curling Canada cancels remaining national championships for the season

Staff

Curling Canada announced last Thursday that the remaining national curling championships on its 2019-20 schedule have been cancelled due to the ongoing COVID-19 pandemic.

The announcement affects this year's national mixed doubles, seniors, under-18 and wheelchair championships.

The national mixed doubles and seniors curling championships were

scheduled for March in Portage la Prairie while the national wheelchair championship in Boucherville, Que., and under-18 event in Sudbury, Ont., were scheduled to take place in April.

All four events were postponed indefinitely last month.

Curling Canada's announcement comes on the same day the World Curling Federation confirmed that the cancelled 2020 women's, men's, senior's and mixed doubles cham-

pionships will not be rescheduled at any point this year.

The world women's championship - which would have featured Kerri Einarson's Manitoba rink - had been scheduled to start March 14 in Prince George, B.C.

"We didn't make this decision lightly, but keeping our athletes, volunteers and staff safe was the primary motivation," said Katherine Henderson, chief executive officer of Curling

Canada, in a statement. "We know this has been difficult on athletes who were pursuing their athletic dreams this season. We also know they share our concerns that everyone stays safe in this time of uncertainty, and we thank them for their understanding and dedication to our sport and curling fans across Canada."



# get inspired



Servings: 2  
4 ounces salmon  
2 tablespoons paprika, divided  
salt, to taste  
pepper, to taste  
15 ounces chickpeas  
2 tablespoons olive oil  
2 ounces Fresh Express Sweet Butter Lettuce  
1 cup red quinoa, cooked  
6 ounces NatureSweet Cherubs Tomatoes

## Salmon and Grains Salad Bowl

2 tablespoons Litehouse Homestyle Ranch Dressing  
Heat oven to 350 F. Sprinkle salmon with 1 teaspoon paprika; season with salt and pepper, to taste. Bake on lined baking sheet 15 minutes, or until it reaches desired doneness.  
In bowl, toss chickpeas in olive oil and remaining paprika; add salt and pepper, to taste. Add chickpeas to lined baking sheet. Bake at 400 F 30-40 minutes.  
Add lettuce to plate or bowl. Top with quinoa, chickpeas, salmon and tomatoes. Drizzle with ranch dressing.



Recipe courtesy of Aramark  
Servings: 6  
8 ounces farro or brown rice  
6 cups spinach, stems removed  
1 1/2 cups diced seedless cucumbers  
1 1/2 cups diced tomatoes  
6 thin slices red onion  
3 cups cauliflower florets  
3/4 cup balsamic vinaigrette

## Mediterranean Chicken and Grain Bowl

3 cups cooked skinless chicken breast, visible fat discarded  
6 tablespoons fat-free or low-fat crumbled feta cheese  
3 tablespoons kalamata olives  
Cook farro according to package instructions.  
On serving plate, place 1/2 cup farro. Around farro, arrange 1 cup spinach; 1/4 cup cucumber; 1/4 cup tomatoes; 1 slice red onion, separated into rings; and 1/2 cup cauliflower.  
Drizzle balsamic vinaigrette over salad. Top with 1/2 cup chicken and garnish with 1 tablespoon feta cheese and 1 1/2 teaspoons olives. Repeat with additional servings.



## Curry-Spiced Tofu with Asian Vegetables

Recipe courtesy of the American Heart Association  
Servings: 4  
12 ounces light, extra-firm tofu, drained and patted dry, cut into four slices  
1 tablespoon, plus 1 1/2 teaspoons, curry powder, divided  
12 ounces packaged fresh stir-fry vegetables  
1 tablespoon water  
2 teaspoons canola oil  
1 teaspoon toasted sesame oil  
1 large onion, cut into 3/4-inch wedges  
4 large garlic cloves, minced  
1/4 cup light coconut milk  
1/4-1/2 teaspoon chili garlic sauce  
Put tofu on large plate. Sprinkle tofu

on both sides with 1 tablespoon curry powder.  
In large microwaveable bowl, microwave vegetables and water on high 2-3 minutes, or until vegetables are almost tender-crisp. Pour off remaining water.  
In large nonstick skillet, heat canola oil over medium-high heat, swirling to coat bottom. Cook tofu in single layer 3-4 minutes on each side, or until browned. Transfer to separate large plate. Cover loosely to keep warm.  
In same skillet, heat sesame oil over medium-high heat, swirling to coat bottom. Cook onion 1 minute, stirring frequently.  
Stir in vegetables and garlic. Cook 1-2 minutes, or until vegetables are tender-crisp, stirring constantly.  
Stir in coconut milk, chili garlic sauce and remaining curry powder. Bring to boil over medium-high heat. Spoon vegetable mixture over tofu.



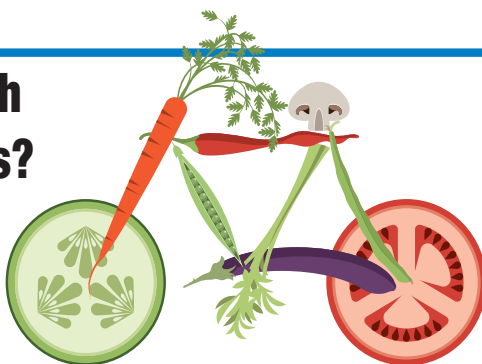
Servings: 2  
10 ounces Cherubs Tomatoes  
2 tablespoons olive oil, divided  
2 ounces Fresh Baby Spinach  
1 egg  
2 bacon strips, halved  
1 cup quinoa, cooked  
1/2 avocado, sliced  
2 tablespoons Jalapeno Ranch Dressing

## Breakfast Salad Bowl

Heat oven to 400 F. Toss tomatoes in 1 tablespoon olive oil. Bake tomatoes on lined baking sheet 40 minutes.  
In skillet, add remaining olive oil and cook baby spinach until wilted, stirring as necessary.  
Cook egg as desired. Remove egg from skillet and set aside. Add bacon to skillet and cook until crispy, turning halfway through.  
In bowl, layer quinoa, bacon, avocado, egg, spinach and tomatoes. Drizzle with jalapeno ranch dressing.

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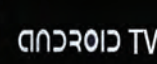
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## ANNOUNCEMENT

### BIRTHDAY



Happy birthday  
Joanne Thomas on April 16th  
and  
Matteo Thomas on April 28th  
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## 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](mailto:stonewoodelkranch@mymts.net)

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## OBITUARY

### Jason Orvis

It is with heavy hearts we announce the sudden passing of our dear husband, son, brother, uncle and friend, Jason (Jay) Orvis, on Tuesday, April 7, 2020, at the age of 47 years.

Jason was a loving husband, lifelong partner, high school sweetheart and soul mate to Shauna for 32 years. Also left to mourn are his parents, Judy and Earl; brother, Vince; mother-in-law Barb; sister-in-law Sandy and favorite "Bro" in-law Roger, niece, Janelle (Andrew); and numerous aunts, uncles, cousins and special friends.

Jay was born on May 29, 1972 and everyone who knew Jay was aware of his strong passion for hockey, curling and watching any type of sport on TV. From the age 8 to 20, Jay played ice hockey, enjoyed the great outdoors and loved playing guitar. He would never pass up the opportunity to play songs around the fire which

would usually go on for hours. However, he was happiest when he was with family and friends.

For many years, he travelled to many places around the world as a travel agent, and then settled in with Manitoba Hydro.

We will remember Jay as being gentle, patient and kind. He had the ability to bond with people, whether young or young at heart, and he made many friends throughout his life. He liked to tease and joke around, and loved to make people laugh. Although he struggled with numerous medical conditions, he managed to maintain his sense of humor.

The family wishes to extend sincere thanks to the staff at the Selkirk Hospital Emergency and medical wards for the care and comfort provided. As well to Randy, Andy and Randall, for their special "pop in" visits that touched Jay's heart.

In lieu of flowers, donations may be made to any animal rescue.

A celebration of life will be held once health conditions permit.

Peacefully sleeping, resting at last

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY

### Elizabeth Scott

Peacefully, on Monday, April 13, 2020, at the Tudor House Personal Care Home, Selkirk, MB, Liz Scott, aged 87 years, beloved wife of the late Orest, passed away.

She is predeceased by her very close brother Dr. W.E. Abbott (Bill) and leaves behind many grand and great-grandchildren, nieces and nephews, along with two sons, Bob (Louise) of Campbell River, B.C. and Bruce (Kathy) of Bird River, Manitoba.

Mom had spent her early years, as a child and young adult, at her parents' summer residence on an island (Arcadia), Lake of the Woods, Ontario. It was a special time back then. Later on, she and Dad obtained their own place at Wallace Lake, Manitoba. They both enjoyed fishing, remodeling the cabin and feeding wild pet squirrels while trying to figure out how to keep the bears from coming to the back door for a sniff.

After Dad passed away many years ago, Mom braved many consecutive illnesses but remained stoic and never complained about how tough life could be. Rest in Peace Mom, and hope you find your perfect place and new opportunities while exploring the infinite Cosmos.

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RURAL MUNICIPALITY OF ST. CLEMENTS

**PUBLIC HEARING NOTICE**

**REGARDING THE 2020 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 2020 at a Public Hearing in the Council Chambers of the R.M. of St. Clements on **Tuesday, May 5th, 2020 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 5th, 2020. Your written submissions can either be emailed to [info@rmofstclements.com](mailto:info@rmofstclements.com), dropped off at our office by using the mail slot at the south door of our building 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 2020 Financial Plan will be available for review after Wednesday, April 22, 2020. With our office being closed to the public please contact our office by phone at 204-482-3300 or email at [info@rmofstclements.com](mailto:info@rmofstclements.com) if you wish to receive a copy and we can then either email or mail you one. We will also have the 2020 Financial Plan posted on our website. Dated this 9th day of April, 2020.

Deepak Joshi  
Chief Administrative Officer



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RM OF WEST ST. PAUL

## PUBLIC NOTICE

**REGARDING THE 2020 FINANCIAL PLAN**

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of The Municipal Act that the Council of the RM of West St. Paul intends to present its financial plan for the fiscal year 2020 at a public hearing hosted over YouTube live video

(<https://youtube.com/channel/UCTtBoGC7cQ8TFs210IZTXkQ>) on **Thursday, May 7, 2020 at 6:00pm.**

Council will hear any interested person make a representation, ask questions or register an objection by telephone at 204-338-0306 ext. 6 or email at [info@weststpaul.com](mailto:info@weststpaul.com) following the presentation of the financial plan.

Copies of the financial plan are available for review and may be examined upon request by any person during regular office hours of the municipal office at 3550 Main Street, West St. Paul, Manitoba or on the municipal website at [www.weststpaul.com](http://www.weststpaul.com)

Dated this 16th day of April, 2020

Crystal Shuhyta, CPA, CGA, B.Comm(Hons)  
Director of Finance  
RM of West St. Paul

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# JOIN THE FIGHT TO DEFEAT COVID-19

PROTECT yourself, PROTECT your loved ones, PROTECT your community

COVID-19 IS HERE, MANITOBA. WE ALL NEED TO DO OUR PART TO HELP STOP THE SPREAD.

It only takes  
one person to  
infect many.

**DON'T BE THAT  
ONE PERSON**

To defeat COVID-19, we all need to take social (physical) distancing seriously, right now. Those who don't are not only risking their health, but the health of others as well.

## DO THIS:



### Stay home as much as possible

Things you can do at home like reading, watching TV, playing games, sitting on your deck, spring cleaning, yard work, and cooking are all good! Staying home whenever it is possible makes us all safer right now.



### Use technology to keep in touch with your friends and loved ones

We all need to keep in touch with our friends and loved ones, especially when keeping physical distance. Phone calls, texting, and video chats are all great options.



### Get outside

Take a walk, go for a run or bike ride or hike in open spaces away from crowds, on your own or with members of your household only.



### Keep at least 2 arms lengths away (2 metres or 6 feet)

For those times when you must be out in public, always use caution by keeping at least 2 metres or six feet distance from others as much as possible. Also remember to wash your hands well and often, avoid touching your face and cough and sneeze into the bend of your arm.



### Shop wisely

There are things we need like groceries, fuel, prescriptions and the like. Use caution when out by washing your hands well and often, avoid touching your face, and cough or sneeze into the bend of your arm. Whenever possible, try to use online shopping and home delivery. Please remember that panic buying is not needed.

## DON'T DO THIS:



### Play dates, sleepovers & in-person visits

We must not have non-essential visitors in our homes, be in a car, or spend time outside with anyone not from our household. It's important to keep in contact with those we care about in non-physical ways, like phone calls, texting or video chats.



### Crowds or groups

It doesn't matter if we know the people or not, things like birthdays, dinner parties, weddings, funerals, religious services and team sports must be avoided.



### Physical greetings

Handshakes and hugs are out. We need to get good at non-physical greetings like waving or nodding. Limiting unnecessary touching makes us all safer right now.



### Touching surfaces people touch often

Walking or exercising outside is great, but keep your distance from others, and avoid whenever possible things like hand rails, public play structures and public phones.



### Contact with people at higher risk of COVID-19 (older adults or those in poor health)

We all have a responsibility to protect those in our community who are most at risk from COVID-19. This includes members of our family. We can use non-physical ways to stay in touch, and where possible we can maybe even help these people with getting groceries and other essential errands.

## REMEMBER THIS:

- Wash your hands well and often, and avoid touching your face.
- Always cough or sneeze into the bend of your arm.
- Disinfect frequently used surfaces (like countertops and door handles).
- Be kind to one another. We're all trying our best to cope with these changes, and a little kindness will go a long way these days. We're in this together, Manitoba.



## YOU MUST:



**STAY HOME:** If you feel sick, or suspect you may be sick, you must self-isolate by staying at home for 14 days, even if your symptoms clear before then.

**SELF-ISOLATE:** For 14 days if you return from travel anywhere outside Manitoba.

Spread the word!  
[covid19manitoba.ca](https://covid19manitoba.ca)

**STAY SAFE, STAY STRONG.**  
WE'RE IN THIS TOGETHER, MANITOBA.

For health emergencies, always call 911. En cas d'urgence, composez toujours le 911.

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