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VOLUME 13 EDITION 16 *Slava Ukraini!*

THURSDAY, APRIL 21, 2022

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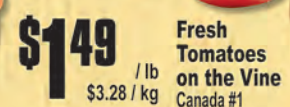


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RCMP chat with St. Clements community at RM info session

Residents learn more about what is being done to keep community safe

By Katelyn Boulanger

The RM of St. Clements hosted a hybrid info session on April 6 to let residents know about what is being done to make their community a safer place to live. Most attendees joined the session by video call but because of loosened COVID-19 restrictions, a few also chose to attend the meeting in person at the RM's municipal office.

Mayor Debbie Fiebelkorn started the meeting by giving an overview of past events as this is the third meeting of its kind that the RM has hosted. The first meeting before the pandemic was an in-person event and the second meeting was a virtual one. They also, depending on interest, may host to another meeting in the future once the cottagers, who come to the area in the summer, have time to get back to the area.

Insp. Darryl Dawkins, who has been with the Selkirk area RCMP since the last town hall, then jumped in to talk about what the local RCMP have been up to in St. Clements over the past few months.

"There are a few things that I just wanted to share with everybody tonight as far as the first quarter of 2022. In this first quarter, January up until the end of March, responded to 347 calls for service," said Insp. Darryl Dawkins.

He said that this was actually down from this time in 2021 when they responded to 554 calls.

During this time calls included 26 false alarms, which is higher than last year, 13 calls for mischief, two calls for harassing communications, and 16 calls for suspicious activities which should help residents to understand some of what the RCMP are dealing

with in St. Clements.

Dawkins relayed that staffing wise, in the area, they are at the same level as they were before having 45 regular members currently and 13 support staff. They are in the process of hiring 2 more support staff.

Dawkins's biggest announcement of the night however is about the re-opening of an area detachment.

"We're happy to announce this year that we will be reopening the Grand Marais detachment for the summer months. We've acquired office staff and do have a regular member who will be transferred," said Dawkins.

The RCMP still cover the area around Grand Marais despite the detachment not currently being staffed.

RCMP Sgt. Chris Lambert and Sgt. Kent McEachern then also joined the conversation to help Dawkins answer some questions put to them by residents.

The first question that came their way was about their plans for traffic enforcement. The resident discussed the issues that they had been having with people racing or driving vehicles with very bad mufflers. The resident also said that they didn't see visible RCMP patrols coming through the community to act as deterrents to the situation.

The officers responded that the Selkirk detachment and traffic enforcement are different departments, however, the traffic enforcement strategy in the St. Clements area involves check stops and other methods of deterring this behaviour. The officers also mentioned that the local Selkirk detachment does supplement traffic enforcement. They concluded by saying that they will make note of the concern and said that residents

should bring issues like these to their attention because if no one informs the RCMP they may not know of a problem as soon as residents will.

Another question that was asked was about RCMP stats in the weekly paper. The resident said this was something that had previously been in the paper and they were wondering if this would ever return.

The RCMP officers responded that they do collect a lot of information about their encounters in the community and that they would typically share this with mayor and council. St. Clements' CAO Deepak Joshi then added to their response saying that the stats are put on to council's agenda but that they would look at ways of potentially making the information more widely available to the public.

A resident then asked about the re-opening of the Grand Marais detachment. Specifically, they asked how long the detachment would be open.

The officers responded currently they are anticipating that it will only be open during the summer months as far as regular members being stationed there. There is a possibility that the office staff member may be around longer. They specifically haven't provided any dates at this point because they would like to hire new members to be able to staff the detachment all year

round but they aren't able to with their current staff levels.

Another resident then asked whether 45 staff members was their maximum staffing level and what their response time was like.

The officers responded that 45 members is within the level of where they would like to be but they also have to take into account members being on maternity and paternity leaves as well as members being off due to injuries. The 45 members are divided into four shifts and staffing levels vary depending on when there is increased need. They don't, however, share a lot of this information with the public because they don't want certain people to know their staff levels at any given time. As for their response time, the officers said it does vary depending

Continued on page 6

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BIG DOLLAR

Sharpen your pencils for Selkirk's annual writing contest

Looking for submissions from wordsmith wizzes and student scribblers

By Katelyn Boulanger

Whether you prefer to write fiction, non-fiction, poetry or something unique to you, the Adult Learning Program wants your submission to this year's Community Writing Contest.

"We want to encourage local writers [to enter as] it just feels like writing is something that may not get recognized, especially when you're an adult," said Adele Plett Bartel, coordinator/instructor at the Selkirk Adult Learning Program.

This will be the third year that the Community Writing Contest will take place in our community. It is open to all short writing submissions — under 1200 words or 5 double spaced, clearly written pages of text written — by adults in Selkirk and area.

"From previous year's entries, it's really amazing the gifted writers in the community. We're thankful that we can [give them the opportunity] to share what they've written and showcase it and so they have some recog-

nition for their gift," said Plett Bartel.

The writing contest, being put on by the Selkirk Adult Learning Program, does have a specific category for students participating in their programs, however, they also have a general program where members of the public are also able to submit their entries for consideration.

Part of the reason they host the Community Writing Contest is, of course, to promote the services that the SALP provides in our community.

"It seems like people aren't often aware that if you haven't completed your high school diploma, you can still go back to school as an adult and there's an opportunity [with us], or if you want to just improve skills, if you're looking for employment, and you need computer skills, those are the kinds of things that are available," she said.

Their programs can be a less intimidating way of learning for some students than the GED options that are more well known.



RECORD FILE PHOTO BY MICHELLE BALHARRY

Shane Anderson 2021 writing contest winner and Troy Mercer, a long time member of the SALP Literacy Working Group.

Writing contest entries, like in previous years, will be judged by a panel of reviewers and the winner will be selected for their content, originality and style. Only previously unpublished works will be accepted and anything that is plagiarized will not be accepted.

Last year's contest winner was Shane Anderson who submitted his fictional short story Tribute. The story was written in honour of a father figure that wasn't perfect but did try to be there for for his child despite life's

challenges. His submission is still available on the SALP website.

Plett Bartel hopes that residents check it out saying, "It was so inspired. It was such a good story that he wrote, and, and I hope people take the opportunity to go and read it."

In previous years of the contest, she admits that the contest judges have had to make difficult decisions.

"Last year and the year before too. It feels like a privilege to be able to read

Continued on page 6

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Building support for CancerCare in our community

Local Selkirk Home Hardware is hoping residents will again champion initiative for cancer patients

By Katelyn Boulanger

Selkirk Home Hardware is bringing back their fighting cancers of all colours campaign for its second year in the community. Last year's campaign, despite the pandemic, was a great success and they hope to have a repeat of that support this year.

"It's just a great way for the community to rally together to help a great cause. Everybody's been touched [by cancer] at some point and this is a

way for them to help out and donate where they can," said event coordinator Krystal Laferriere.

Last year Home Hardware raised \$5000 for CancerCare through this same fundraiser. Because of the pandemic, they set a very conservative goal of \$500 for the fundraiser which was blown away quickly because of the generous support of the community.

This year their aim is to match last

year's success and raise another \$5000 for Manitoba CancerCare.

The name for the campaign comes from all of the different ribbons that people use to show support for people with different types of cancer. Because so many people in our community have been touched by so many different types of cancer, the employees at Home Hardware didn't want to support just one type and so they are contributing to Manitoba CancerCare because they support patients who have been touched by all types of cancer.

The event took place for the first time during a time of COVID-19 gathering restrictions. Employees at the local

business realized that many local cancer support fundraisers wouldn't be able to happen, however, an in-store fundraiser didn't require people to gather.

"A lot of the events had been cancelled and it really directly affects the cancer patients and future cancer patients. And so, I said, 'Well, let's do this.' and [Selkirk Home Hardware management] were 100 per cent on board. It became such a nice, fun thing to do for the store that we decided to do it annually, and we're going to do it every single year now," said Laferriere.

Every bit of support, no matter how

Continued on page 6



RECORD PHOTO BY BRETT MITCHELL

Left to Right: (front row) Lisa, Wendy, Krystal, Victoria, (back row) Dan, Sierra, Brittany, Melissa and Bill are all employees from Selkirk Home Hardware who are ready to support the store's latest CancerCare fundraising campaign. This campaign starts April 22 and goes until May 7.

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> RCMP OPEN HOUSE, FROM PG. 3

on if a patrol car is in the area and where the area they need to get to is.

Another resident asked about how the officers work within a large area and what the best numbers to call for non-emergency situations.

The response was that the Selkirk office at 1019 Manitoba Ave. is always

staffed and that there are some satellite offices that are staffed some of the time. They suggested that for non-emergency calls residents could call the Selkirk detachment. The Selkirk detachment's number is 204-482-1222. If it is an emergent situation residents should feel free to call 911 and if they

> WRITING CONTEST, FROM PG. 4

these writings and it can be a hard thing to make a choice," she said.

Though the contest prizes aren't finalized currently, they will likely be much like last year's where Anderson walked away with a \$150 Biz Bucks gift card.

Plett Bartel encourages people

from the community who are writers to enter their short writing submissions.

"It can be scary, but at the same time, it [gives you an opportunity] to be recognized for your writing and just to get outside your comfort zone a little bit," she said.

> SUPPORTING CANCERCARE, FROM PG. 5

big or small, is significant for Manitoba CancerCare.

"All the money stays in the province so it directly affects anybody who lives here. Let's face it, cancer is pretty widespread, and everybody's going to know somebody or be directly involved in some way [with cancer] in their lives, so, if we can help out by donating money towards that [it's] amazing. The money that is raised goes towards so many great things —

research, new equipment, even just the care and extra support staff for the chemo patients. It really goes a long way," said Laferriere.

This year's event will start April 22 and goes until May 7 and residents will have a few different ways to show their support.

"They can buy [a ribbon or butterfly] for \$1 in either memory or in honour of somebody who passed away or somebody that they know who was

are in a situation where they are unsure if it's an emergency or not they should call 911.

There were a few more questions that the RCMP took on topics like by-law enforcement which is generally handled by the RM, and issues with off-road vehicles which they do investigate.

"The intent here is to continue to

have an open dialogue. The RCMP has given us a great opportunity to be able [speak] with our citizens even on a blustery day like this. And so, please let us know what you think, as well if this is a good method to communicate with you. The RM is always looking at ways to communicate with our residents," said Joshi.

To enter the SALP Community Writing contest, residents need to complete an entry form available on the SALP's website and then submit it with their entry before the May 16 deadline to the SALP. This can be done in person at 425 Eveline St. in Selkirk (they are located on the lower level of the Selkirk Friendship Centre), by email at aplettbartel@lssd.ca,

or by mail by sending submissions to the Selkirk Adult Learning Program, 425 Eveline Street, Selkirk, MB, R1A 1A9.

To learn more about the SALP and see the learning options that they have on offer visit their website at <https://selkirkadultlearning.wixsite.com/salp>.

affected by cancer in some way. They can put their name up on the wall or [residents] can also enter, for every [donation made] at the store, they get their name entered into a draw. We are giving away a gift basket that's been donated by The Flower Child," said Laferriere.

In addition to donating residents will also be able to gather on May 7 to purchase lunch from Blue Haze BBQ who are donating \$1 from every meal purchased from their food truck at the

Selkirk Home Hardware that day.

Donations are also being accepted online at <http://support.cancer-carefdn.mb.ca/goto/selkirchomehardware>.

Laferriere encourages residents in the community to give if they are able.

"Everybody, if they only gave a little bit of what they could, [should know] the results are huge at the end of the day," she said.



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RECORD PHOTO BY BRETT MITCHELL

Ken Budge moving the neighborhood's snow with his quad in Selkirk. The whole region received another coating of snow last week which shut down many businesses early and prompted highway closures throughout the region.

Vaccinations mean more than just the COVID shot

Local pharmacist shares important information on lesser known vaccinations

Submitted by Carolyn Capell, Shoppers Drug Mart pharmacist/owner

Over the past two years, there's been a lot of discussion about vaccines and the critical role they play in keeping you, your loved ones, and the community safe from vaccine-preventable illnesses. Concerningly, new research shows that during the pandemic, many older adults have missed one or more of their standard adult vaccines or are unaware of which ones they need. It can be challenging to keep track of vaccines or even get vaccinated, but we need to prioritize vaccines because they're an important part of disease prevention.

Many Canadians are familiar with the importance of flu and COVID-19 vaccines, but there are other important vaccines older adults should have on their radar, including the Pneumococcal and Shingles vaccines. Only 28 per cent of adults over the age of 55 have received the shingles vaccines and only 38 per cent have received the pneumococcal vaccine (offered free of charge to Manitobans 65 years of age

or older).

These numbers are concerning, as many Canadians don't know that pneumonia is one of the leading causes of death and hospitalizations in older adults and adults living with chronic conditions. When it comes to shingles, about 10 to 18 per cent of people who get shingles develop severe pain in areas where the shingles occurred that can extend for weeks or months. In some cases, it can even be permanent.

As an injection-certified pharmacist, I've put together some information to help you put your health first.

Try the vaccine assessment tool: Shoppers Drug Mart has a new online assessment tool that can help you determine which vaccines you might need. After answering a few simple questions, the CANImmunize assessment tool will indicate which vaccines you should chat with your healthcare provider about. Visit <https://shoppersdrugmartvaccine-screening.canimmunize.ca/> to access

the tool.

Understand the facts: A common myth I hear is that you don't need other vaccines once you have your COVID-19 vaccines. Vaccines target different illnesses. However, even if you have your COVID-19 vaccine, this does not mean you're protected from other illnesses – you are still at risk for flu, shingles, pneumococcal and more. A qualified healthcare professional, like a pharmacist or doctor, can help answer any questions you may have about vaccines.

Get vaccinated: Vaccinations help you build immunity against illnesses, which protects you from get-

ting sick and can help prevent against serious complications. Some vaccines protect you for several years and some protect you for the rest of your life. It is essential to stay up to date on vaccines. It's important to get caught up on your vaccines and check in with your family and friends to ensure they are doing the same. Together, we can keep each other safe.

Getting vaccinated and keeping on top of your vaccination schedule is important in protecting yourself and those around you. For more information about vaccines, speak with your local pharmacist.



PHOTO BY METRO CREATIVE

Knowing how important vaccines are for maintaining our and other's health in our communities, consider checking to see whether you are up to date on all of your shots.

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get informed

NEWS > VIEWS > SELKIRK > ST. CLEMENTS > ST. ANDREWS > SURROUNDING AREAS

Short-lived protection against omicron infection with fourth dose

By Patricia Barrett

An Israeli study on the effectiveness of a fourth dose of Pfizer-BioNTech's COVID vaccine shows short-lived protection against infection with the omicron variant.

The study titled "Protection by a Fourth Dose of BNT162b2 against Omicron in Israel" was published online April 5 in the New England Journal of Medicine.

Researchers found protection against infection quickly waning about four weeks after the fourth dose was given. Protection against severe illness, however, appeared to last longer.

"The results presented here indicate that as compared with three vaccine doses given at least 4 months earlier, a fourth dose provides added short-term protection against confirmed infections and severe illness caused by the omicron variant," the researchers wrote. "The incidence rate for confirmed infection was lower by a factor of 2 and the rate of severe disease lower by a factor of 3 among persons in the fourth week after receiving the fourth dose than among eligible persons who did not receive the fourth dose."

Israel opened up eligibility for fourth

doses in January of this year to adults 60 years of age and older.

With the emergence of omicron in December 2021 in Israel, infections began to rise. And it had been over four months since most adults had had their third dose of the Pfizer vaccine.

Omicron and its subvariants are highly contagious and able to evade vaccine-induced and natural immunity. Omicron can also re-infect people multiple times.

To stem the growing wave of infections, Israel approved fourth doses of the vaccine in January to people 60 years of age and older, health care workers and high-risk populations if four months had passed after receipt of their third dose even though the real-world effectiveness of a fourth dose was unclear.

The researchers looked at health data of 1,252,331 people from Jan. 10 to March 2 (a period of just over eight weeks) when the omicron variant (B.1.1529) was predominant. The study population was 60 years of age and older and had received only Pfizer's vaccine before the study period commenced. Researchers compared fourth dose recipients to those who

had received only three doses.

Although protection against infection was found to wane at the four-week mark after the fourth dose, protection against severe illness didn't wane over the course of the study period. But further research is needed to determine the precise longevity of that protection.

"In contrast, protection against severe illness did not appear to decrease by the sixth week after receipt of the fourth dose," the researchers wrote. "More follow-up is needed in order to evaluate the protection of a fourth dose against severe illness over longer periods."

Pfizer's vaccine was tailored to the ancestral strain of COVID, not the omicron variant, which is "genetically divergent," they wrote.

It's possible the study's findings could have been confounded by behavioural differences between those who had received a fourth dose of vaccine and those who hadn't, the researchers wrote, as well as co-existing health conditions affecting severe illness outcomes.

After many provinces across Canada

Continued on page 15

letter to the editor

Earth Day - April 22

For most of history, man has had to fight nature to survive: In this century he is beginning to realize that, in order to survive, he must protect it!

-Jacques-Yves Cousteau

It is easier to deal with a catastrophic act of nature, then the harmful actions that are perpetrated by humans. As our planet faces the impacts of global warming, food and water shortages, air and water pollution, concerns for the environment, and a continuing acceleration of health problems, we are witness that many, if not all of those

challenges are the direct result of human input and human endeavours.

Repeatedly, we have been warned, that as humans, we are on a dangerous path. We subordinate ecological concerns to the demand of economy, political and personal ambition. The planet can no longer sustain this relationship and needs to heal.

We can see that life is a cycling phenomenon which forms within a single system. Nothing stands alone; No individual species or community; for in a cycle each thing and each event in one way or another is connected with everything else. We, all of us are but strands in the web of life and what

we do to the web, we ultimately do to ourselves.

Once we accept this simple understanding and dedicate a commitment to improve our ways; there is always the hope that mankind will survive. Otherwise, if we choose to continue on our present collision path with nature, we will perish in the holocaust that we, as humans, have created. Nature will survive without humans. Humans cannot survive without Nature.

And yet, even though Nature is as integral to life as breathing, politicians and corporations insist on viewing it as an object to be exploited, instead of a being, to be respected.

Submitted by John Fefchak,
Virden



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

TROUBLE WITH PAPER DELIVERY?

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

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Finance Minister Friesen introduces new budget

Province prioritizes tax cuts, health spending: Friesen

By Lorne Stelmach

The Manitoba government promised tax cuts and a boost in health care spending as key priorities in its 2022 budget.

It is a plan that moves Manitoba on the path to recovery with strategic investments in key priority areas that focus on the health and financial well-being of all Manitobans, suggested Finance Minister Cameron Friesen.

"We're strengthening care, investing in communities and we're building our economy," Friesen said last Tuesday after the release of Budget 2022: Recover Together.

"Two years of the pandemic have forced Manitobans apart, shaken our families and damaged peoples' livelihoods – now it is time to look ahead," said Friesen. "Budget 2022 implements our plan to recover together and is built to take action on the issues Manitobans care about ... and gives Manitobans hope and optimism for the future."

While the budget especially emphasized health care as the top priority, Friesen also cited the need to address the financial well being of Manitobans, as he cited a report that three in ten Manitobans feel they are in a worse place than a year ago.

"The last three months have taught us that Manitobans are really focussed on their finances, on affordability and on their household bills," he said. "We're taking action ... we've got a good record on tax reduction, but we'll go further in this budget."

The province is projecting a deficit of \$548 million for 2022-23, which is an improvement over the deficit forecast for 2021-22 of \$1.393 billion, and Friesen said they are on track to return Manitoba's books to balance in seven years.

"Our government recognizes that fiscal responsibility is critical to building up our communities and our economy," said Friesen. "From a pandemic deficit high of \$2.1 billion, our government has worked diligently to reduce the deficit and invest in the areas that matter most to Manitobans."

Friesen noted the budget makes strategic investments in five priority areas:

- Health care
- investing \$110 million to reduce the pandemic diagnostic and surgical



RECORD PHOTO SUBMITTED

Finance Minister Cameron Friesen outlining highlights of Budget 2022: Recover Together.

backlogs.

- \$17 million to implement year one of the five-year mental health and community wellness strategy.
- almost \$20 million to develop a new seniors strategy

- investing over \$11 million to increase nursing enrolment.
- \$812 million in continued capital commitment for rural and northern health care under the five-year clinical and preventative services plan.

- \$630 million for contingencies and COVID-19 response and recovery.
- Making life more affordable
- increasing the education property tax rebate to 50 per cent by 2023, saving the average homeowner \$1,355 over two years.

- providing \$12 million in new income support programs for people with severe and prolonged disabilities.
- Building the economy
- a new venture capital fund with an initial \$50 million investment.

- providing \$5 million to strengthen immigration programming.
- providing more than \$18 million for improving the wages of front-line workers in the community living disability, children's disability and family violence prevention sectors.

- Investing in communities
- investing \$326 million over two years to make child care more affordable and accessible.

- creating 716 spaces in new child-care centres and supporting 50 new home-based spaces.

- investing in new schools with a new goal to build 22 new schools by

2027.

- supporting the arts, culture and sports organizations with \$100 million over three years including \$34 million in 2022-23.
- investing an additional \$10.3 million to enhance the Building Sustainable Communities Program with a \$25 million total investment in 2022-23.

- investing \$578.5 million in capital projects for highways including projects funded under the Manitoba Restart Capital Program.
- Protecting the environment
- developing an energy policy framework and a new water management strategy.

- investing over \$6 million for 12 initiatives to advance the Made-in-Manitoba Climate and Green Plan including \$1.5 million for expanding the Conservation and Climate Fund.
- allocating over \$10 million for forestry programs and over \$14 million for provincial parks.

- developing a new multi-year parks capital strategy to modernize and enhance campgrounds, roads, trails and other key infrastructure.

- In a question and answer session with rural media, Friesen touched on the need to further tweak the Building Sustainable Communities initiative especially to benefit rural Manitoba.

- "It was way over subscribed," he noted. "We expanded it from about \$14 million to \$25 million. We brought a whole new fund for arts, culture and sport ... \$100 million over three years to make sure that those projects are not getting short shrift; they're not

getting overlooked in lieu of other municipal projects."

Friesen also touched on how the province is moving forward in terms of changing how it will be funding education.

"We have undertaken to form that new committee that is going to study education funding. We want to make sure that it looks equitable across the province of Manitoba," he said.

"It's very important that we have a new formula. Our formula is broken. We will continue to invest in education, but we want the formula to be right."

He addressed funding for municipalities and maintained that "we have one of the most fair and equitable payment schedules to municipalities of any province."

"We'll continue that good level of support that we have been doing," he said. "We're very, very cognizant of the needs in southern Manitoba for wastewater investment. We know how important it is."

Finally, Friesen also highlighted the importance of the province's new immigration advisory council initiative.

"They are going to help us do a deep dive and do a complete top to bottom analysis of immigration ... to know what do we need to do to make it better," said Friesen. "We need to retool the program better so that it really understands the needs of employers; it understands the expertise in the community and it works fast to bring people to Manitoba."

COVID resurgence, no public health measures: boosters advised for adolescents

By Patricia Barrett

The Manitoba government announced last week that youth aged 12 to 17 can now get a COVID-19 vaccine booster, sometimes referred to as a third dose for those who already received a two-shot primary vaccine series.

In March the government lifted public health measures such as masking, capacity limits, social distancing and quarantine for infected individuals. Those measures helped prevent the spread of COVID among Manitobans. An omicron-driven wave of infections is now building across the province, prompting recommendations for COVID booster doses. Boosters also compensate for vaccines' waning effectiveness.

"Based on updated recommendations from the National Advisory Committee on Immunization, Manitoba Health is revising its guidance on booster doses of COVID-19 vaccine for young people age 12 to 17," said the government in an April 13 COVID-19 Bulletin.

The government is recommending that an mRNA vaccine be given to youth at least six months after their first two doses.

In addition to booster doses for adolescents, the government said all COVID testing sites across the province will close on April 15, with "several" having closed already – including Selkirk's – during the mid-week blizzard that started to roll in on April 12. PCR testing will become available only "through primary health-care providers for eligible individuals."

Canada's National Advisory Committee on Immunization (NACI) updated vaccine guidelines for adolescents last week, strongly recommending a booster dose for this age group to help reduce infections and severe disease.

It cited the lifting of public health measures across Canada that used to help protect the population, as well as

Week 14 (April 3 – April 9)

Data extracted up to 1:00 am on April 12, 2022
Next reporting date: April 21, 2022

About epidemiological week

COVID-19: Increasing Activity

In Week 14, there were 1,694 laboratory-confirmed COVID-19 cases reported in Manitoba, an increase from 1,359 in the previous week. The volume of lab tests increased to on average 1,166 people tested for COVID-19 per day compared to 1,081 in the previous week, and the positivity rate of lab tests was 20.7%, an increase from 18.6% in the previous week.

Severe outcomes resulting from COVID-19 infection increased compared to previous weeks. There were 182 total severe outcomes, with 177 hospital admissions and 5 deaths. Of the 177 hospital admissions, 19 were ICU admissions.

In all Manitoba residents, 82.8% of residents have been partially vaccinated and 79.2% have been fully vaccinated. By March 31st, 42.1% have received one additional dose.

Wastewater surveillance data for the city of Winnipeg by the end of March indicated ongoing activity of COVID-19, with a generalized upward trend in activity.

Cases

About cases

- Cases this week: **1,694**
- Total cases: **138,271**

More Analyses

- Epi curve
- Age and sex
- Incidence by age
- Health region
- Vaccination status
- Cases after infection
- Rate and risk of severe outcomes

MANITOBA GOVERNMENT

Hospitalizations and ICU admissions for Manitobans with COVID are currently increasing, according to the provincial government's weekly surveillance bulletin. There were 1,694 new cases between April 3 and 9. Wastewater surveillance data also show an upwards trend in infections.

the omicron variant's ability to partially evade vaccine-induced or natural immunity.

"With NACI's updated recommendations, a first booster dose may now be offered to everyone 12 years of age and over," said the Public Health Agency of Canada in an update titled "Updated guidance on a first booster dose of COVID-19 vaccines in Canada" published April 12. "Given the current resurgence in cases due to the increased transmissibility of the Omicron BA.2 sub-lineage and the lifting of public health measures, NACI's updated recommendations may help

VID surveillance data show there is a rise in infections across the country.

"The Omicron wave had been abating nationally in Canada, but there is now a rise in cases with an increasing proportion of infections being attributed to the Omicron sub-variant BA.2."

The variant and its even more infectious subvariant have the capability to repeatedly infect people.

The Manitoba government stopped releasing daily COVID infection numbers, hospitalizations and deaths. It instead releases a weekly Respiratory Surveillance Report containing data from a week previous.

The April 3-9 report, released last Thursday, shows a jump in hospitalizations and almost 1,700 new COVID infections. It's unclear how the government will report new infections with no public testing centres.

"In Week 14, there were 1,694 laboratory-confirmed COVID-19 cases reported in Manitoba, an increase from 1,359 in the previous week," states the report. "Severe outcomes resulting from COVID-19 infection increased compared to previous weeks. There were 182 total severe outcomes, with 177 hospital admissions and 5 deaths. Of the 177 hospital admissions, 19 were ICU admissions."

The report also says city of Winnipeg wastewater surveillance data show an upwards trend in the virus.

The virus is continuing to evolve. Subvariants of omicron, as well as subvariant combinations, are being tracked by the World Health Organization.

The pandemic remains an international public health emergency, says the WHO. But the ability to monitor COVID variant trends has been "compromised" by countries/jurisdictions having cancelled their COVID testing programs or having scaled them back.

"At present there are a number of omicron sub-lineages we're following closely, including BA.2, BA.4 and BA.5 and another recombinant detected, made up of BA.1 and BA.2," said WHO director-general Tedros Adhanom Ghebreyesus in an April 13 United Nations news report.

The evolution of a new variant or a recombinant could result in a virus being able to completely evade immunity. The WHO recommends that people wear masks indoors.

Worldwide, 6.1 million people have died from COVID, according to the WHO data as of April 14.

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Underinvestment in staffing; paramedic hiring promise in Manitoba budget criticized

By Patricia Barrett

The government's 2022 budget promise to hire 35 paramedics has disappointed critics who say it doesn't go far enough to provide the health care staff necessary to support Manitobans.

The "Recover Together" budget, released April 12, says the 35 hires will occur "across our province."

"An increase of \$7.6 million is being provided for Emergency Response Services including for the hiring of 35 additional primary care paramedics (PCPs) as part of the government's commitment to hire an additional 80 paramedics to achieve [a] customer service standard of 24-7 access to care within 30 minutes for 90 per cent of Manitobans, 90 per cent of the time by 2023," states the budget.

The Manitoba Association of Health Care Providers (MAHCP), which represents over 6,500 allied health professionals, including rural paramedics, said that without the government investing in staffing – which leads to unsustainable workloads and burn-out – it's difficult to attract people to a career in health care.

"The short-sighted dependence on overtime and vacancy management causes burnout which leads to increased sick time, stress leaves, early retirements and staff turnover. That results in higher costs for the whole health care system. A budget without significant, long-term investments in staffing makes no fiscal sense," said MAHCP president Bob Moroz in a statement last week. "Today, 35 new paramedic positions were announced, but where are the paramedics coming from? We are not anywhere close to training enough paramedics to fill the vacancies we currently have."

Before the COVID-19 pandemic, MAHCP had been pressing the government to hire more paramedics, saying allied health professionals are "just as critical" to the health-care system as nurses are.



RECORD FILE PHOTO BY PATRICIA BARRETT

A provincial Shared Health ambulance is shown attending a call. In its budget, the government promised to hire 35 paramedics.

Moroz told the *Record* last fall that the critical paramedic staffing shortage in the Interlake region endangers not only Interlake residents, but also paramedics who are forced to work "dangerous" and "crazy" amounts of overtime and spend excessive hours on the road to cover the large geographic area. Compounding that are regular and ongoing emergency room closures – because of a lack of physician coverage – at Interlake hospitals. Paramedics can drive hundreds of kilometres with a patient to find an open ER.

The Interlake-Eastern Regional Health Authority – just one health region – had between 50 and 60 paramedic vacancies and a government unwilling to hire more, said Moroz at that time. And that staffing crisis didn't arise as a result of the COVID-19 pandemic, but as a result of

government inaction extending back a decade or longer.

Manitoba NDP leader Wab Kinew said the Progressive Conservative government hasn't presented a plan to plug the paramedic gap in the Interlake or in other regions where they're badly needed.

"Families in the Interlake are looking for hope, but they won't find it in the PC's new budget. When it comes to health care, Manitobans don't trust the PCs to get the job done. Just like they refuse to set targets and timelines for the surgery backlog, there's no plan to put new paramedics to work in the Interlake," said Kinew. "The PCs have a track record of making announcements and never following through, and we're concerned that will be the case with rural paramedics."

To help with pressing recruitment and retainment issues, Kinew said a concrete step forward would be to offer Interlake paramedics pay that's

competitive with the pay received by paramedics working in the city.

Kinew called the budget the continuation of a Progressive Conservative legacy of underfunding health care, with families in places such as Gimli, Brandon and Dauphin having had a "de facto cut" to hospitals, emergency rooms and frontline health-care workers.

Gimli hospital has a 28 per cent nursing staff vacancy. Seven of the its 26 acute care beds have had to be shut down in order to maintain a safe level of patient care, according to an IERHA update provided to municipal leaders a few weeks ago. And vacancies in personal care homes were worse. Nursing vacancies hit a whopping 79 per cent at the Ashern PCH, while vacancies at the Lundar, Fisher Branch and Arborg PCHs are 67, 57 and 52 per cent respectively.

The government's budget promises over \$11 million to increase nursing enrollment in post-secondary institutions. It's also promising \$7.2 million for two pilot projects in home care and supportive housing, funding for the construction of 1,099 new and replacement personal care home beds, and \$110 million to address the surgical and diagnostic procedures backlog.

Doctors Manitoba, which is tracking the backlog for Manitobans on its dashboard, shows 167,887 procedures in the queue as of March 22.



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Your FARM



Green Gold program tells farmers the optimum alfalfa cutting date

By Becca Myskiw

Manitoba alfalfa growers have the opportunity to find out their optimum cutting date to get the best quality off the crop again this year.

The Manitoba Forage and Grassland Association is again offering their Green Gold program. It's been running for 27 years now.

The program encourages growers to be strategic with their alfalfa hay crop harvest, helping them make cutting decisions based on their feed and market needs. During May and June, producers cut 10-inch samples of their alfalfa crops twice a week for a three or four-week period. They then put the sample in a Ziploc bag, send it to The Manitoba Forage and Grassland Association, and send it off to be tested in Winnipeg.

The testing tells producers their optimum cutting date based on what they use their crop for. Next, it gives them the protein value and how many points it's dropping in relative feed value per day. Finally, it helps producers know if they need supplements in their herds.

Lawrence Knockaert from Bruxelles uses the program to ensure his dairy cattle get the best feed he can give them.

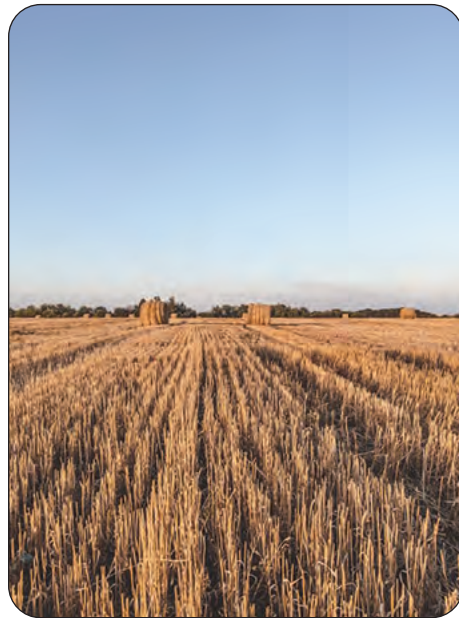
"It gives you real-time reporting so that you're not guessing by what the actual results are off your field, which is a bonus," he said.

He said finding out the protein status of his crop ultimately optimizes his milk production and saves him on protein supplements.

"If you have a row of really good bales you've taken off high in feed value, you can use lower feed value bales and get the optimum blend for dairy cattle," said Knockaert.

The Green Gold program currently has 13 fields in the province taking part. Terra Bergen, Communications Support & Green Gold Coordinator, said they'd prefer to have four or five fields in each region of the province at the bare minimum, but the more the better.

"It's important for knowing what the quality of your alfalfa feed is for



RECORD PHOTO SUBMITTED

Alfalfa growers can take part in the Manitoba Forage and Grassland Associations' Green Gold program to find out their optimum cutting date.

those who need it for their protein status in either dairy or beef fields," she said. "Last year's drought made for a tougher year for feed quality so we'd like to figure out what we can."



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Peaceful festival puts participants at ease

By Nicole Brownlee

A spiritual festival in Teulon gives visitors a chance to reconnect to nature, make new friends and relieve stress through guided activities, mindfulness presentations and music.

Tracy Thibodeau, Maurice Thibodeau and Keith Macpherson launched the I Am Festival in 2016 after the Thibodeaus started hosting concerts at the Teulon home.

The Thibodeaus moved to the Interlake from Regina in October 2011 and wanted to connect with the community and create relationships through music.

"One of our house concert guests was Keith Macpherson, and he was struck by the property," said Tracy.

"He challenged us and said, 'You need more people to have access to this type of environment.'"

Tracy felt the community could benefit from a mind, body and soul festival on their almost seven hectares of property.

"You can meet people wherever they're at," said Tracy.

"Whether or not they've ever done a yoga class or they've ever practiced mindfulness, but they're curious."

The I Am Festival is a space for people to relax, check in on themselves and recharge.

Participants can practice yoga by the pond, sit cross-legged in a forest clearing to listen to presentations or take time alone to explore the extensive trails.



RECORD PHOTO SUPPLIED BY THE I AM FESTIVAL

The I Am Festival in Teulon reconnects visitors with nature and peace through mindfulness exercises, guided activities and music.

"We have a variation of presenters from all over North America," said Tracy.

Over a dozen speakers will tackle topics like love, intimacy and emotional intelligence.

Participants can also visit a rejuvenation lounge that offers alternative healing like massage therapy, reiki and Ayurveda.

"It's a wide range of practitioners who serve in the rejuvenation lounge the entire weekend."

Musicians en-

ertain jiggling crowds before festival go-ers wind down the night around a communal fire, singing songs and reflecting on the past day.

Despite many campers coming alone, they quickly create relationships.

"We call it the I Am effect," said Tracy.

"It's a really safe and inviting environment. So many individuals just want to come out and explore by themselves and meet some new people."

The festival is limited to 200 tickets to keep the event intimate.

Crystal Supeene heard about the I

Am Festival in 2019 from a friend at work and was intrigued by the experience.

"I was striving to be the best version of myself, and I'd been working on this emotional and physical wellness," said Supeene.

"It sounded like the perfect fit."

Supeene was welcomed to the festival with open arms and was surprised by the sense of community.

"It was like nothing I've ever experienced,"

said Supeene.

"I felt like I had found my people. It was so heart-filling, and my soul was recharged."

Supeene started volunteering with the I Am Festival in 2021, directing traffic, and joined the organizers this year to co-ordinate volunteers.

"It's such a rejuvenating experience."

The schedule for the event will be released at the end of May.

For more information, visit iamfestival.net.

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Manitoba earns top grade in Canada from CFIB for reducing red tape

Submitted by the Manitoba government

The Manitoba government's efforts to reduce red tape have been recognized by the Canadian Federation of Independent Business (CFIB) with an 'A' rating from the small business organization, the top mark in its cross-country ranking of all provinces and territories, Justice Minister Kelvin Goertzen announced Monday following the release of the CFIB's annual Red Tape Report Card.

"This rating demonstrates the ongoing commitment from our government to reduce red tape and make it easier for small businesses to do business in Manitoba," said Goertzen. "Reducing red tape and regulatory hurdles faced by small business are especially important now as so many business recover from the uncertainty during the last two years."

The report card grades governments in two areas. The accountability section considers whether governments are measuring regulation and setting regulatory budgets. The burden section includes some broad indicators such as the number of regulatory restrictions in each province.

"Manitoba is an established leader in regulatory accountability and has the most comprehensive measure of the regulatory burden in North America," said Laura Jones, executive vice-president, CFIB. "As small businesses look to economic recovery, it is more important than ever that governments commit to reducing costly red tape, and we applaud the province for once again achieving an A grade."

Manitoba received a perfect score

with an 'A' on regulatory accountability and 'B+' on regulatory burden for a total score of 9.4 and 'A' grade, the highest of any province in Canada.

Provincial wine importation rules are a high-visibility indicator of the regulatory burden with numerous groups advocating for a fix over the past number of decades, noted CFIB. While this is a very specific indicator, whether direct-to-consumer sales of locally produced wine from Canadian wineries are allowed, it is symbolic of a broader commitment to reduce regulatory barriers between provinces.

Only three provinces, Manitoba, British Columbia (B.C.) and Nova Scotia, allow direct-to-consumer shipments. These provinces received the highest score in this area. Saskatchewan received a partial score as B.C.-produced wines can be shipped directly to residents. The rest of the provinces received a score of zero.

The CFIB has been ranking provincial efforts to reduce red tape since 2011. Since that time, Manitoba has consistently raised its rating to the current grade 'A' level of success.

The full results of the CFIB Red Tape Report Card can be found at www.cfib-fcei.ca/en/media/news-releases/red-tape-grades-are-governments-have-improved-accountability-have-long-way-go.

Cheers to that!



RECORD PHOTO BY MICHELLE BALHARRY

Glen Maxon (left) celebrates his last day at the Selkirk Liquor Mart after dedicating 50 years of service having started with MLCC in 1972. Terri Wagner (right) is also retiring after 14 years of service.

> FOURTH DOSE OF COVID VACCINE PROTECTION SHORT LIVED, FROM PG. 8

da dispensed with public health measures, including in schools, COVID infections began to spike. Hospitalizations in Ontario and Quebec are rising.

"Laboratory test positivity during the latest 7-day period (April 4-10, 2022) increased to 19% nationally," said Canada's chief public health officer Dr. Theresa Tam in an April 12 statement, "and community wastewater data continue to signal sharply rising trends in a number of localities across the country."

The BA.2 subvariant of omicron – which is even more contagious than omicron – accounts for 61 per cent of the virus strains tested in Canada. And cases of a recombinant variant, called XE (with genes from the BA.1 and BA.2 strains), have already been detected in the country.



Earth Day

April 22

Items to avoid when composting

Composting is an eco-friendly activity that can also save homeowners money on fertilizer and pesticides. Organic material that can be added to soil to help plants grow, compost reduces the amount of waste that would otherwise end up in landfills, reducing the amount of methane gas that such landfills produce. But the U.S. Environmental Protection Agency notes that not everything can be added to compost piles. The following are some items homeowners should not add to their compost piles or bins, courtesy of the EPA.

Black walnut tree leaves or twigs: Leaves or twigs from black walnut release substances that might prove harmful to plants.

- Coal or charcoal ash: Coal or ash from charcoal, such as the ash that builds up in the bottom of charcoal grills, may contain substances that are harmful to plants.
- Dairy products: When added to compost piles, dairy products, including butter, milk, sour cream, yogurt and eggs, can be malodorous and may attract pests, including rodents and flies.
- Diseased or insect-ridden plants: The diseases and insects that plague plants may survive being transferred to compost piles. When the compost is ultimately distributed, these diseases and insects might then plague other plants.
- Fats, grease, lard, or oils: Fats, grease, lard or oils also may attract rodents and flies, and that might be due to the unpleasant odors such substances can produce when added to compost piles.
- Meat or fish bones and scraps: Like fats, grease, lard or oils, scraps from meat and fish and fish bones can smell unpleasant, potentially attracting rodents and flies.
- Pet waste: Pet waste, including soiled cat litter, may contain parasites, bacteria, germs, pathogens, and viruses that can be harmful.
- Grass trimmings treated with chemical pesticides: Trimmings from grass that was treated with chemical pesticides can negate the effects of composting by killing beneficial organisms produced within compost piles or bins.



Houseplants can clean indoor air

Gardening is a rewarding hobby that can pay a host of dividends, both for the planet and the people doing the gardening. Healthy plant life can help clean the air by absorbing carbon dioxide and various air pollutants, while the act of gardening can help gardeners combat stress.

Published in 2011 in the Journal of Health Psychology, a study from researchers in the Netherlands found that gardening promotes relief from acute stress. In the study, two groups of participants were asked to complete a stressful task and then instructed to either read indoors or garden outdoors for 30 minutes. After 30 minutes, the latter group had lower levels of the stress hormone cortisol and even reported being in a better mood than the group instructed to read indoors.

But gardening does more than just provide gardeners with a reason to spend some time relaxing outdoors in an effort to relieve stress. Gardeners who raise certain plants may be able to bring those benefits with them when going inside as well. According to an article published in the journal Environmental Health Perspectives in October 2011, houseplants can work wonders when it comes to improving overall health, removing toxins from air, soil and water by metabolizing some toxic chemicals and releasing harmless byproducts while sequestering such toxins by incorporating them into plant tissues.

Clean indoor air is important for everyone, but especially so for those people who suffer from respiratory ailments like asthma. In fact, the American Academy of Allergy, Asthma and Immunology considers indoor air filtration an essential part of any strategy to improve respiratory health. But filtration systems and air purifiers are often not enough, and those who want the air in their homes to be as clean as possible may benefit from introducing certain houseplants into their homes. The following are a handful of plants that can help to improve indoor air quality.

- **Aloe vera:** Aloe vera might be most often associated with hand creams and hand soaps, but the aloe vera plant, a succulent that even novice gardeners should have no problem growing, can clear indoor air of formaldehyde and benzene, two common byproducts of chemical-based cleaners many people use in their homes.
- **Spider plant:** Spider plants are resilient, and that makes them great houseplants for busy men and women who tend to be forgetful when caring for their plants. In addition, spider plants are pet-friendly and can be used to combat benzene, carbon dioxide, formaldehyde and xylene.
- **English ivy:** NASA researchers exploring the possibilities of long-term space habitation found that certain houseplants were more effective at cleaning air inside energy-efficient, nonventilated buildings than others. One such plant was English ivy, which can effectively combat the formaldehyde found in certain household cleaning products.
- **Bamboo palm:** Bamboo palms also found their way onto NASA's list. Bamboo palm plants thrive indoors, where they are especially effective at filtering out the chemicals benzene and trichloroethylene.

Gardening has been proven to be a soothing hobby that can help gardeners reduce stress. But the health benefits of gardening can extend indoors as well.



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How to choose between an apartment, condo or house

Do you want to move? Are you trying to decide between renting an apartment, purchasing a condo or buying a house? If so, here are some things you should know about each option.

Apartment

Renting an apartment is ideal for people on a tight budget. It's also great for individuals who don't have the time or energy to maintain a property. Tenant insurance is affordable, and the landlord will be responsible for all maintenance and repairs. Additionally, you can easily move out when you're ready to leave.

However, you'll never get the money you pay for your apartment back, and rental rates increase annually. Additionally, you may have to pay for a parking space or storage locker. Furthermore, your neighbours may be loud,

and the landlord might impose rules like a no pet policy. Plus, you may need to restore the apartment to its original condition before moving out. In some cases, you could be forced to leave if the landlord repossesses the apartment.

Condo

Condos are generally more affordable than houses, and many buildings have a pool, gym or other amenities you can use. If you own one, you'll be responsible for maintaining your unit. However, you'll also share responsibility for the upkeep of common areas like the roof with other condo owners. Consequently, you must pay monthly condo fees in addition to your mortgage. You'll also need home insurance, which can be expensive, and your mortgage rate could increase at the end of your term. Furthermore, much like an



apartment, you must adhere to any building rules.

House

The best part about purchasing a home is that its value will increase over time. Homes offer the most privacy and usually have a spacious yard and parking spot. You also don't have to pay for amenities you don't use, which is often the case with condos. Additionally, you'll have complete freedom over how you decorate your space.

However, you'll be responsible for all maintenance, which could require a lot of time, energy and money. Additionally, home insurance is more expensive than tenant insurance, and you'll have to pay municipal and school taxes as well. You're also susceptible to rising mortgage rates. Lastly, you don't get to choose your neighbours. Therefore, they could end up being just as bothersome as those in an apartment or condo building.

Regardless of which option you choose, make sure to hire a realtor. A professional agent can help you find the perfect home.

4755 Henderson Highway, St Clements \$599,900 - This beautiful 1400 SF, 3 bed, 2 bath St. Clements bungalow was built in 2000 and designed as a personal getaway. The backyard is perfect for entertaining guests w/the large deck & your own tiki bar area! The yard features raised gardens off of the patio & stamped concrete paths connecting the focal points thru-out. Enjoy 2 drwy approaches, a heated double attached garage AND an insulated detached shop for all of your toys!

7 Howard Place, Selkirk \$544,900 BEAUTIFUL WALKOUT BUNGALOW! 1,600 sq. ft. 3 bdrm, 2 baths, with 9 ft. ceilings throughout the main floor. Chefs kitchen with quartz countertops. Spacious great room with stone front fireplace. Primary Bdrm with 3 piece ensuite & wicc. AT/2.

665 Colville Rd & 685 Ferry Rd, East Selkirk \$199,900 DEVELOPMENT OPPORTUNITY CREEK FRONT PROPERTY! This 3.35 acre vacant lot, which is to be SOLD in correlation with adjacent 4.19 acre lot. Lots are partially treed, back onto creek that flows into the Red River. Purchased together there is a total of 7.54 acres.

7398 Henderson Highway, St Clements \$224,900 - TREED RIVERFRONT LOT! Amazing opportunity to own this treed riverfront lot situated on 1.5 acres with a gentle slope to the river bank. Approximately 5 minutes to Lockport, 15 minutes to Selkirk, and 20 minutes to the Perimeter Highway.

186 Bridgeview Dr, St. Clements \$899,900 - MODERN EXECUTIVE STYLE ESTATE! This premier estate was crafted in 2010 and is located in Bridgeview Estates. 3,715 sf, 4 Bdrms, 2 Baths. 4 car attached garage with infr heat, beautiful landscaped 1.38 acre lot!

Lots 1 & 2 PTH 44, Lockport \$139,900 VACANT LOT FOR SALE! Great opportunity MULTI-FAMILY zoned lots in Lockport, Manitoba. This high traffic location site, is a great location for your build. For Sale is Lot 1 a 0.54 acre site. (also for sale is Lot 2 a 0.52 acre lot. Can be purchased together or separate.)

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How to decide if you should buy a home in the city or suburbs

The location where you choose to live will impact your lifestyle and financial situation. Here are six things to consider before deciding if you should buy your new home in the city or suburbs.

1. Price

Homes are generally more affordable in the suburbs. However, you'll likely spend extra money on transportation. Make sure you do the math before making a decision.

2. Services

Libraries, restaurants, stores and hospitals are often within walking distance in the city. However, this typically isn't the case in the suburbs. Nevertheless, some municipalities have small shops.

3. Commute

If you live in the suburbs and work in the city, you may spend a lot of time driving back and

forth. If you live close to where you work, however, your commute will likely be shorter.

4. Space

Homes and yards are generally larger in the suburbs. This can be a major advantage if you have children. However, a big home requires considerable maintenance.

5. Pollution

Unless there's a large factory nearby, air quality tends to be better in the suburbs. There's also considerably less noise.

6. Lifestyle

If you like the hustle and bustle of the city and frequently go out, you may not be happy living in the suburbs.

Do you know where you want to live? If so, contact a real estate agent to help you find the perfect home.

Your Local Community Home Real Estate Section

HOUSES APARTMENTS CONDOS COTTAGES RETIREMENT FINANCING IMPROVEMENTS INSURANCE



10 signs you're ready to own a home

Do you often think about buying a home but aren't sure if you're ready to take the plunge? Here are 10 signs you may be ready for homeownership.

1. You have a good credit score and enough money for a down payment.
2. You're willing to make sacrifices and change your spending habits to pay off your mortgage and cover the costs of buying a home.
3. You're already looking at real estate ads, staying on top of market trends and talking about buying a home.
4. You have a stable job with a regular income and want to settle down in a particular area.
5. You're tired of being dependent on a landlord

to maintain your living space.

6. You can't stand hearing your neighbours and want more privacy.
7. You're resourceful and hard-working and don't dread the responsibilities of maintaining a home and yard.
8. You're expecting a child and want to have enough space for them to play.
9. You'd like to get a pet, and very few rental properties in your area allow animals.
10. You really want to own a home and can afford it.

If you agree with the above statements, it may be time to start shopping for a mortgage.



How to shop for a mortgage

If you're buying a home, you probably need to secure a loan. However, it's important to shop around for one with terms and conditions that meet your needs. Here's what you should do if you're looking for a mortgage.

Start looking early

It's a good idea to begin shopping for your mortgage three months before you visit any properties. This will give you time to evaluate your options. You should make sure that the amount you borrow is within your budget, and that you'll be able to pay it back even if the interest rate goes up.

Consider various lenders

In addition to banks, there are trust companies, credit unions and insurers that offer mortgages. The more loans you compare, the more likely it is you'll find one that meets all your requirements.

Analyze the loan terms

You can save money by negotiating the interest rate on your mortgage. Keep in mind that the contract terms, amortization period, payment schedule, interest type and amount you borrow will affect your home loan payments. Therefore, it's important to ask questions and ensure you fully understand the pros and cons of each

option.

Are you having trouble making sense of getting a mortgage? If so, talk to a mortgage broker for personalized advice.

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The Easter Bunny hopped on by



PHOTOS SUBMITTED

A little snow didn't stop the Easter Bunny or employees at Discovery Toys from getting their Easter Basket donations to Manitoban kids in need this year. A bit of hard work meant that 325 baskets and extra goodies went to 10 Women's Shelters in Manitoba including our local shelter Nova House, Ronald McDonald House Charities MB, Dignity House Inc., Beausejour Community Kitchen, and a family that just arrived from Ukraine last week. All baskets made it before the storm so that residents could enjoy the Easter long weekend with fun this year.

The Selkirk Record

217 Clandeboye Ave., Selkirk

Proof Deadline **Fridays at 4 p.m.**

Booking Deadline

Mondays at 4 p.m.

Office Hours: Monday-Friday 9:30-5:00



We want to hear from you

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

get inspired

> MEAL IDEAS



RED RIVER CO-OP FOOD STORE

Caramelized Onion, Mushroom and Bacon Pierogies

4 strips bacon, chopped
3 small onions, thinly sliced
1/3 cup baby bella mushrooms, thinly sliced
2 teaspoons fresh thyme
1 tablespoon balsamic vinegar
1 tablespoon sugar
1/2 teaspoon salt
2 tablespoons butter
1 box Mrs. T's Classic Cheddar Pierogies
In pan over medium-high heat, cook

bacon until tips begin to crisp.

With bacon and drippings still in pan, add onions, mushrooms, thyme, balsamic vinegar, sugar and salt. Cook 2-3 minutes until onions begin to brown. Reduce heat to medium-low and simmer, covered with lid, 10-15 minutes; stir occasionally. Set aside.

In clean skillet, melt butter and saute pierogies according to package directions.

Top pierogies with caramelized onion mixture before serving.

Sloppy Joe Mini Tacos

Recipe courtesy of Stephanie Banyas
Yield: 12-15 tacos

1 container (16 ounces) Fresh Cravings Restaurant Style Salsa (mild or medium)
3 tablespoons ketchup
2 tablespoons yellow, brown or Dijon mustard
2 teaspoons Worcestershire sauce
2 heaping tablespoons light brown sugar
2 tablespoons vegetable oil
8 ounces ground turkey or pork chorizo
8 ounces 90% lean ground chuck or turkey
salt, to taste
freshly ground black pepper, to taste
1/4 cup water
15 tortillas
1/4 cup finely chopped fresh cilantro leaves
1 cup crumbled cotija cheese
1 cup shredded Mexican blend cheese (optional)
1/2 red onion, thinly sliced, soaked in ice water 30 minutes and drained
Avocado Mash:
1 ripe Haas avocado, halved, pitted and removed from skin
2 tablespoons finely diced red onion
1/2 lime, juice only
salt, to taste

pepper, to taste

Preheat oven to 300 F.

In blender or food processor, process salsa until smooth. Remove 1/2 cup processed salsa and set aside for garnish.

In medium bowl, mix remaining salsa, ketchup, mustard, Worcestershire sauce and brown sugar until combined.

In large saute pan over high heat, heat oil until it begins to shimmer. Add chorizo and ground meat; season with salt and pepper, to taste. Cook, breaking up meat with wooden spoon, until golden brown and just cooked through, about 8 minutes.

Add salsa mixture and water; bring to boil, reduce heat to medium and cook, stirring occasionally, until mixture thickens, about 10 minutes. Taste for seasoning.

Wrap tortillas tightly in foil and heat in oven 10 minutes. Remove and keep wrapped tightly until ready to serve.

To make avocado mash: In medium bowl, coarsely smash avocado halves with fork. Add onion and lime juice then season with salt and pepper, to taste, and gently mix to combine.

Place tortillas on flat surface, top each with meat mixture and garnish as desired with reserved salsa, avocado mash, cotija, Mexican cheese and sliced red onion.



Christine Ibbotson

Dear Money Lady: When do I have to file my taxes this year and how can I pay less. I am retired now and every penny counts. Thanks, Janice.

Dear Janice, the due date is Monday, May 2 to file your tax return with the CRA.

You are not alone Janice. Many wonder how they can earn more and pay less tax to make ends meet every month. It is not your gross income that counts, it is your take-home income or after-tax income that is most important. Yes, it is wonderful for those to say they have an impressive six-figure income; however, how much of that income are you paying out in Canadian income tax, not to mention all the taxes we pay on our basic cost of living. I must admit that managing your taxes during your working years is relatively generic. You should maximize your RRSP contributions, purchase investments that attract the least tax possible on future investment income and if you can, you should buy real estate to increase your net worth. Some even invest in rental properties to build additional wealth and use the ongoing expenses as a tax write-off to lower their marginal tax rate.

When you transition into retirement Janice, your tax planning process will shift into withdrawing assets, and you should try to do so in the most tax-efficient manner. To succeed in achieving tax efficiency in retirement, Canadians may need to make a minor "mind shift" here. Most are preoccupied with minimizing current taxes each year; however, this cannot be at the expense of your long-term objective for maximizing after tax income for your entire retirement, (often estimated at 25-40 years). Retirees need to have a good understanding of how various income sources are taxed. Decisions need to be made on how to properly allocate investments with a keen awareness of tax brackets and thresholds for future tax credits. Rising life expectancies, market volatilities, progressive inflation and

AsktheMoneyLady.ca

of course, the unplanned expenses we never thought of; all pose serious threats on the ability of a retiree to manage their finances to last their lifetime. So, let's look at ways we can increase your after-tax income in retirement.

There are three main types of taxation to consider: interest income, dividend income, and capital gains. All are taxed differently, so this makes it easier to structure your portfolio more efficiently when you are creating your plan with your advisor. As a general rule, you want to place income that is going to be unfavorably taxed, (interest income) into tax sheltered products such as TFSAs or RRSPs. Investment income that generates returns that receive more favorable tax treatments, (dividends or capital gains) should be placed in non-registered accounts.

The next rule is to take advantage of government pensions and count them in first when estimating your annual withdrawals for your yearly income. We want to avoid clawbacks as much as possible, so it is imperative that you have a good understanding of your company pension, government allowances, and any anticipated investment income withdrawals you plan on each year. Other ways to initiate good tax planning opportunities would be to utilize CPP/QPP pension sharing with a spouse or common-law partner if possible. You can also split employer pension plans and registered plans with a lower-income spouse or common-law partner to reduce your marginal tax rates. Remember that with any registered plans; RRSP, LIRA or LIFs, you should try to hold them to their latest maturity, (example age 71). Once registered funds are converted into a RRIF or LRIF, the prescribed annual minimum withdrawal requirement will ensure that you have income to report every year.

Tax efficiency in retirement should not be overlooked and should be something you regularly discuss with your advisor. Simply put, paying less tax translates into keeping more money in your pocket, allowing you to enjoy a better quality of life with less overall investment and lifestyle risk.

Written by Christine Ibbotson, National Radio Host and Author of 3 finance books plus the Canadian Best-Selling Book "How to Retire Debt Free & Wealthy" www.askthemoneylady.ca or send a question to info@askthemoneylady.ca

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\$53,009+ POKER FLUSH In 19 Numbers

\$12,042 BONANZA In 52 Numbers

Winnipeg Beach organizing Challenge for Life in the Interlake event

By Patricia Barrett

Winnipeg Beach will be among dozens of communities taking part in the 2022 CancerCare Manitoba Foundation's Challenge for Life event that raises money for cancer prevention, research and patient services.

Winnipeg Beach is calling its event "Challenge for Life in the Interlake," and it's being planned for mid-June at the bandstand near Lake Winnipeg.

"I think it will be a fun day. We're going to have a walk, music, bands, activities and some games," said organizing committee chair Betty Loewen. "If people want to raise money for a good cause, they're welcome to join us that day."

Previously, the Winnipeg Beach organizing committee took part in the Canadian Cancer Society's annual Relay for Life. But the society won't be holding a relay event in Winnipeg Beach.

"Because we're unable to have the society's Relay for Life, we decided to support CancerCare Manitoba's Challenge for Life, therefore keeping all the fundraising local," said Loewen.

CancerCare Manitoba Foundation's Challenge for Life is an annual event that raises awareness of the various types of cancers that affect Manitobans and raises funds to support cancer prevention, early detection, treatment, patient services and research. In 2021, 70 communities took part in the challenge, raising \$1.065 million. A total of \$14.3 million has been raised to support CancerCare's work, according to the Challenge for Life website.

The challenge consists of participants completing 20 kilometres (12.4 miles) or 200 minutes of exercise and committing to raising a minimum of \$250. Any type of exercise – walking, running, kayaking, cycling, swimming, yoga – is eligible for the challenge, said Loewen. People can complete their personal challenge over the course of 12 days or all at once during the Winnipeg Beach event.

"My challenge will be riding my bike for 20 kilometres," said Loewen. "I'm going to start that before our event. Some people might want to start a few days beforehand and finish their challenge at the event."

The event will be modelled to a certain extent on past Relay for Life events, which Loewen chaired.

"Right now, we're still in the midst of planning and we don't have all the details ironed out, but we're going to do it much like the previous relay events," she said. "For example, we'll be celebrating cancer survivors with a lap around the course by the bandstand, and we'll be having themed



RECORD PHOTO BY CATHERINE SPROAT

Winnipeg Beach residents and other supporters are shown here taking part in a Canadian Cancer Society Relay for Life in 2019. The town is now taking part in Manitoba CancerCare's Challenge for Life.

laps such as a cowboy lap or a crazy hat lap. And later in the evening, we will light the luminaries, which we'll have lining the walking path to commemorate people we lost to cancer or those still fighting it."

The Gimli High School jazz band will be performing at the event as will the rock 'n roll dance band, the Biivers.

The organizing committee, which is made up of Loewen, Collette Banks, Carol Opperman, Darlene Shkawritko, Kathy Sigurdson, Leanne Stutsky, Allan Sulyma and Marnie Guzzi, is hoping volunteers will step up and help with the events.

The Challenge for Life in the Interlake is scheduled for Saturday, June 18 at the Winnipeg Beach bandstand. It costs \$25 per person to register. Participants will receive a T-shirt and other goodies.

For more information on the challenge or to volunteer, call Betty Loewen at (204) 641-4423 or visit the committee's Facebook page titled, "Challenge for Life Interlake."



FILE PHOTO BY PATRICIA BARRETT

Betty Loewen is the organizing committee chair of the Challenge for Life in the Interlake.

Look closely for verticillium stripe in 2022

Disease can be confused with blackleg and sclerotinia stem rot

By Clint Jurke

Verticillium stripe caused yield loss in some canola fields in 2020 and 2021, and probably will again in 2022. The disease can be confused with blackleg, sclerotinia stem rot and lodging, and – unlike these other common problems – verticillium stripe tends to be worse in dry conditions.

Verticillium stripe, caused by the pathogen *Verticillium longisporum*, was first detected in canola Manitoba in 2014, and surveys in 2015 found the pathogen's DNA all across the Prairies. It seems to be getting worse – likely because it is still establishing itself. The bottom line: It's here and we want people to know about it. That is why SaskCanola held a verticillium workshop in February. A video recording of the workshop is posted at www.youtube.com/canolacouncil.

Identification

Symptoms are easiest to see at harvest. Look for brittle stems with a peeling outer layer. Some stems may be lodged or broken. Tiny specks called microsclerotia form under the peeling skin.

Verticillium stripe, like blackleg, will cause discolouration inside the stem. Blackleg stem infection tends to be darker and moderate levels of infection cause distinct wedge shapes of black. (Severe blackleg will leave the stem completely black and dead.) Verticillium stripe tends to cause grey discolouration throughout the stem cross section, getting continually

darker as microsclerotia build up.

At the workshop, Yixiao Wang, a University of Alberta PhD student researching verticillium stripe, shared another way to distinguish blackleg from verticillium. Blackleg stem infection is concentrated in the crown – the point at ground level where root and stem meet. Verticillium darkening can extend well up the stem. Using a knife to split stems longitudinally, Wang discovered she could distinguish the two diseases based on how far the darkening extended up the stem.

Management

We don't have a fungicide option, so management comes down to genetics and rotation. Unfortunately we don't have confirmed recommendations for either of those options.

All four presenters at the workshop are researching genetics, and they have found clear differences. Some canola breeding lines are quite resistant. Some are very susceptible. But we don't know the level of resistance in commercial cultivars in Canada, and we don't have an official method to rate this resistance.

For rotation, anecdotal evidence suggests that longer breaks between canola crops may help to reduce disease severity. It certainly works for blackleg and clubroot. We need more research to tell us how long a break will provide an effective reduction in soil inoculum levels of the verticillium pathogen.



CANOLA COUNCIL OF CANADA PHOTO

Verticillium stripe, like blackleg, will cause discolouration inside the stem. Blackleg infection (centre) tends to be darker with distinct wedge shapes. Verticillium stripe tends to cause grey discolouration throughout the stem cross section (left)

The good news is that research continues in Alberta, Saskatchewan and Manitoba. These studies will help us learn more about the pathogen and the disease. The Canola Research Hub at canolaresearch.ca has updates for ongoing and completed projects. Enter "verticillium" in the keyword search.

In the meantime, keep an eye out for verticillium stripe in your canola in

2022. For more images, identification tips and a lifecycle graphic, please see the verticillium stripe chapter in the Diseases section at canolaencyclopedia.ca.

Clint Jurke is agronomy director for the Canola Council of Canada. Email jurkec@canolacouncil.org.

AUUC Winnipeg puzzle race fundraiser for medical relief in Ukraine

One hundred per cent of funds raised will be used to provide critical medical supplies

Submitted by Association of United Ukrainian Canadians Winnipeg Branch

On April 30, at 5 p.m., the Association of United Ukrainian Canadians Winnipeg, is hosting a perogy dinner and puzzle race to raise funds for Doctors Without Borders, in Lviv, Ukraine. One hundred per cent of funds raised will be used to provide critical medical supplies to war-torn

areas of Ukraine.

"We want to thank some of our younger AUUC members for standing up for peace in Ukraine, and for organizing this fun way for families and friends to support the important medical relief work of Doctors without Borders," says AUUC Winnipeg Vice President Emily Halldorson.

Teams of 3-4 will race against each

other to complete a 500 piece puzzle, donated by Ravensburger Puzzles Canada through Across the Board game cafe. Local North End businesses have supported the event by donating prizes for the silent auction. Other event sponsors include Ira's Deli and Glen Eden Funeral Home & Cemetery.

Robyn Smith, event organizer explains, "This is a true locally supported and run event, representing our communities deep ties with Ukraine and our desire to help in anyway possible."

In addition to event tickets (\$30 for adults, \$20 for 12 and under, 5 and under free), the organizers are also selling support tickets for \$10 for those who cannot attend but may wish to support the cause. Tickets are available on Eventbrite.

The event is being held at the newly renovated national historic site: Ukrainian Labour Temple at 591 Pritchard Avenue.

Association of United Ukrainian Canadians Winnipeg is requiring attendees at our events to wear masks and show proof of vaccination.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Wesmen's Warmington wins most improved player award

By Brian Bowman

Kely Warmington was a very good multi-sport athlete in high school with the Selkirk Royals.

She is continuing that sporting excellence at the university level.

Warmington was recently named the female winner of the University of Winnipeg Wesmen's Bill Wedlake Most Improved Player Award.

She had a great season with the Wesmen women's volleyball team and was fully deserving of the award.

"It feels good knowing that your hard work really paid off," said Warmington last Saturday. "(It takes a lot of your time). It takes a lot of time management."

Warmington has really enjoyed her time with the Wesmen.

"I love it," she said, noting she is majoring in neuroscience and minoring in criminal justice. "It's not only like a sports program, it's a whole another set of family there."

Warmington has improved a lot as a middle blocker over the years at the University of Winnipeg.

"When I first came (here) I was just trying to learn how to pass properly, honestly," she said, noting she has two more years of university eligibility. "But it's now more tactical, like what to do in game situations."

Warmington said the game has

slowed down quite a bit for her.

"Before, everything was so fast," she noted. "Being at the net blocking, the balls were just going left and right and I wasn't able to read the setter or read where (the play) was going and see the outcome of the play."

The level of play at Canada West is really high. Teams have very few weak spots in their lineups.

"With the COVID Year 2, I feel that everyone has had more time to refine their skills," Warmington said. "It's definitely going to be interesting next year when we play teams out in B.C., Calgary, and stuff."

Team-wise, the Wesmen finished with a 6-10 record, which included three playoff losses.

"I would say the year was a really big learning year. Because of COVID, you (normally) would have your older girls play," Warmington said. "But a lot of older girls graduated but that was the same for every other team out there, too. So, everyone was starting with a young, fresh, new look. But there were a couple of teams that were able to have a lot of their (veterans) come back. "For us, we had just two people on our team that had started before. It was definitely a learning curve for everyone."

Warmington likes the look of the Wesmen heading into next season.



RECORD PHOTO DAVID LARKINS/WESMEN ATHLETICS

The University of Winnipeg Wesmen's Kely Warmington, a former Selkirk Royal, was named a winner of the Bill Wedlake Most Improved Player Award.

"I really think that everyone has something that they can bring to the floor and to the team," she said. "And that just makes everyone better, especially at practice."

Warmington really enjoyed her time at Lord Selkirk. Besides volleyball, she also played basketball (named a KPAC all-star) and competed in track and field (winning the KPAC long jump title in 2017).

Warmington also helped the varsity girls' volleyball team to three straight KPAC titles. The Royals reached the provincial final four in each of the last two years.

"The group of girls were just amazing and it really set a foundation for where I'm at today," said Warmington, a Graduating All-Star in volleyball.

Allen experiencing a Field of Dreams in Iowa

By Brian Bowman

Iowa is known as the home of the Field of Dreams baseball field.

So, it's only fitting that Liam Allen is fulfilling a baseball dream in that very state.

The St. Andrews product is having a successful season playing baseball for the Marshalltown Community College Tigers.

He's having a great time south of the border playing a ton of games and travelling to different states.

"It's been really nice getting back into baseball after being away for a year," said Allen on Easter Sunday. "(The level of play) is very high. It's a lot higher than the last school I was at. We faced Iowa Western and they didn't have a guy throwing under 90 (mph). It didn't matter if it was a left-handed or right-handed pitcher. They were chuckin' very well."

Allen has been throwing very well himself. The talented right-hander

shut down Southwestern Community College last Friday, limiting them to just four hits and an earned run in a 12-1 complete-game victory. Allen struck out six in seven innings of work.

"That was definitely my best outing of the year so far," Allen said.

Allen is also enjoying a lot of success at the plate.

"I'm personally pretty happy," said Allen, a 6-foot-4 first baseman. "I'm sitting a lot better than I thought I would now that I'm playing a lot more, the positional stuff as well as pitching. Hitting-wise, I have a habit of hitting a grand slam in the first inning. I have already done that twice and I'm up to three home runs right now. I think I'm tied for first with the team. It's super cool - it's nice to get all the runs off the bases and put the team up by more than one or two runs in one inning. It helps a lot with changing the game right away."

As a team, the Tigers have struggled with an 8-25 record heading into this week's six games. But Marshalltown did win two out of three games against Southwestern last weekend.

"It's been a combination of things," Allen said. "We have our good games where we are pitching and hitting well and then we have our bad games where pitching doesn't do well. I've had some bad pitch outings and we have games where hitting isn't as good. We can't seem to score runners. We get a lot of runners on base but can't always seem to score them."

Allen, 20, played three years of high school with the Selkirk Royals and his minor baseball with the North Winnipeg Pirates. He then moved on to play for the Manitoba Junior Baseball League's Interlake Blue Jays and the Winnipeg Senior Baseball League's Stonewall Blue Jays.

Allen really developed as a player while playing for the Pirates.

"I thought it was huge. I got to be coached by probably the three best coaches that have come out of the Pirates," he said. "I got to be coached by Dave Nychyk, who is obviously one of the biggest coaches out of North Winnipeg. I got coached by Donnie Smith in the years that I wasn't coached by Dave and then I was coached by my dad (Ken) who is still with the Pirates' organization and he's going on to his 18th year being with them and coaching with them. He coached my older brother, he coached me, he coached my younger brother. He's been huge in the system along with Dave, Donnie, (and) Roger Langlais. I was pretty lucky to have the coaches that I did when I was younger. That helped me a lot and made me who I am now, especially with work ethic. That was something that all of those coaches preached and that's something that we worked on every single day in practice."

Karish commits to University of Manitoba Bisons

By Brian Bowman

After a stellar football career with the Interlake Thunder, Keenan Karish will now be taking his talents to the next level.

The offensive lineman has committed to attend school and play football for the University of Manitoba Bisons.

"I'm stoked and super excited," said Karish on Sunday afternoon. "It's a great opportunity...and they were really excited to sign me."

Karish sent out a highlight tape to several universities across Canada and it generated a lot of interest amongst coaches.

At just 17 right now, Karish will be very young compared to his teammates, many of whom have plenty of experience playing junior football before joining the Bisons.

"They have a pretty good team and pretty good (offensive) line," said Karish, who lives in Fraserwood. "I'm happy to join a good group of guys."

Karish, who stands 6-foot-3 and weighs 280 pounds, is looking forward to the challenge of competing with and against men that are just as big as him. Some are even bigger.

"I've been getting into the weight room to try to get stronger," he said. "I'm going to be playing against guys between 18 and 25 years old so it is going to be a big jump. But I'll work hard and the hard work will pay off."

Thunder head coach Mitch Obach had plenty of great things to say about his former star lineman.

Obach feels Karish is a complete player that has a lot of talent. Karish will do well at the university level.

"He's a great football player," Obach

said. "He's one of those guys that when you see him on the field he has a big smile on his face and I think that's how he is in all of his life. He's always so happy to be there, so affable, such a positive energy with all of his teammates and coaches. He's super committed to football every day (and) he's always been one of our captains. If this was a hockey team, he would be the one wearing the 'C' on his jersey."

Karish really enjoyed his time playing for the Thunder.

"That's a great team and I loved every moment of it," he said. "It was such a great group of guys. The Thunder was a small team. We only had, I would say, 20 or 25 players. We were looking at folding because we didn't have enough players at the start of the year. Playing for the Thunder was a great experience. It was a lot of fun."

The Thunder ended their season with a dominating 55-0 victory over the Moosomin Generals in snowy conditions to win the Murray Black Cup.

"Winning that trophy at the very end capped off and summed up a great football career that I had playing for the Thunder," Karish said.

Karish wanted to thank all of the people that have supported him over the years.

"It's an honour to represent my community by playing the sport I love," he said. "I would like to say a big thanks to everyone, my family, my friends, coaches, teammates for all supporting me. Especially my Baba, for making me all my pre-game



RECORD PHOTO SUBMITTED

Bisons' head coach Brian Dobie, left, welcomes Fraserwood's Keenan Karish to the University of Manitoba football program.

meals, my pre-game perogies, and all of the other Babas for making me perogies."

Meanwhile, the Thunder will be hosting its minor and varsity registration May 4, May 5, and May 10 from 7

p.m. to 8:30 p.m. at the Stonewall Ice Palace (second floor).

Age divisions include Cruncher for players born (2013-14), Atom (2011-12), PeeWee (2009-10), and Varsity (2005-06).

Hockey champs



RECORD PHOTO SUBMITTED

The Garson Wild won the 2022 Hockey Manitoba Cup Division 5A Championship after a 4-2 win over the Sanford Sabres last Sunday. Garson finished the tournament with a 5-0 record after earlier wins over the Berens Puck n Good (7-6), Selkirk Rockets (4-3), Marquette Millionaires (7-5), and Arviat Eskimo Point (5-4).



Playoff success

RECORD PHOTO VIRDEN OIL CAPITALS

Nathan Driver scored a goal and had an assist to lead his Virden Oil Capitals to a 4-2 road victory over the Steinbach Pistons last Sunday evening. The Narol product now has three goals and five points in six playoff games this season.

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The Window Factory located at 605 Mercy St., Selkirk is now hiring installer assistants. Please apply in person to the office Monday - Friday. Valid driver's licence required for installer assistant.

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

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

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

If you wish to do one of the above, please submit in writing prior to 4:00 p.m. on Thursday, May 5, 2022. Your written submissions can either be emailed to info@rmofstandrews.com, dropped off at our office or mailed to our office if time permits.

Any person who has questions, needs clarification or requires further information, either prior to or following the hearing, is encouraged to contact the Chief Administrative Officer at 204-738-2771.

A copy of the 2022 Financial Plan will be available for review on Monday, May 2nd, 2022 and on the municipal website at www.rmofstandrews.com. Please contact us by phone at 204-738-2264 or email info@rmofstandrews.com if you wish to receive a copy and we will email or mail a copy to you.

Dated this 31st day of March, 2022

DJ Sigmundson
Chief Administrative Officer
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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 Mutchler, email danimonica@hotmail.com or phone 1-204-770-3857.

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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NOTICE

ALL current active and inactive members of Clandeboye United Church and interested parties, a SPECIAL MEETING has been called for April 24, 2022 at the Church following the 9:30am Service.

The purpose of the SPECIAL MEETING is to discuss the future of this congregation and the continuation of the Church as we currently know it. This is an important meeting so please plan to attend.
Clandeboye United Church

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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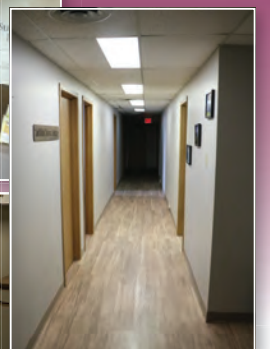
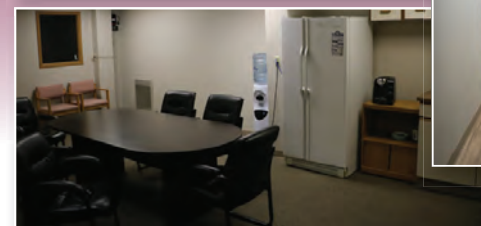
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Contact one of our Vocational Rehabilitation Assistants at **204-482-2130** to get started on your journey to employment.

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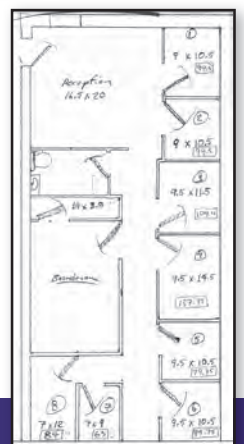
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Total square Footage 1700, includes eight offices of various sizes, a board room and a front reception area. Current tenants include Sun Life Financial, a Massage Therapist, an Esthetician, Glow Fitness for Women and the Selkirk Record. The building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



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ANNOUNCEMENT

BIRTHDAY

To the greatest grandson ever.
May you have the happiest
Happy 7th Birthday
on April 21, 2022

-All our love,
Grandma and Grandpa Loane
XOXO

ANNOUNCEMENT

IN MEMORIAM



Justin Morrisseau
September 20, 1974 - April 21, 2017

As years go by
We miss you more,
Death leaves a heartache
No one can heal,
Love leaves memories
That will always be there.

-In our hearts forever,
Nan and family

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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.

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.



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

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

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"



Announcements *The Selkirk Record*

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OBITUARY



Barb Langlois

Peacefully, on Saturday, April 16, 2022 at the St. Boniface Hospital, Barb Langlois, aged 72 years of Selkirk, MB, beloved wife of Ricky; mother to Shawn (Ashleigh); grandma to Harlan and Owen.

In keeping with her wishes, cremation has taken place and a graveside service will be held at a later date.

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



Gilbart Funeral Home, Selkirk in care of arrangements.

OBITUARY



Harold Edward Cook

September 7, 1940 - April 14, 2022

It is with heavy hearts that we announce the passing of Harold Edward Cook on April 14th, 2022 at the age of 81 years old. He passed away peacefully at home surrounded by his loving children.

Harold is survived by his children Shawn (Debbie), Tami Bain (D'Arcy), Joe (Carmelle) and Tara Cruickshank (Geordie); grandchildren, Ryan (Meaghan), Jade (Louis), Alyssa (Carson), Jazmin (Jesse), Shelby (Derrick), Jordyn, Jonah, Derik, Avery, Maggy, Sally, and Marcus; great-grandchildren, Olivia, Cohen, Scotti-Dawn, Andersyn, and Dawson; sister Audrey; special friend Faye; and many nieces and nephews. Harold was predeceased by his parents John and Millicent, infant brother Daniel, and sisters Trudy and Lynn Anne.

Harold was born in Palmer, Saskatchewan. He always reminisced about his early years in Palmer where he spent his time helping on the family farm as well as at the Cook's general store. At the age of 17, Harold moved to Regina to pursue a career in the flooring industry. His first 28 years in the flooring industry began with Western Dry Goods, which became Kennedy Flooring. During this time Harold met Beverley Anderson whom he married in 1961. Over the course of their marriage, Harold and Bev moved to Winnipeg, raised their four children, dedicating much of their time to sporting events, camping, and being a big part of the community. Harold particularly enjoyed playing fastball with his beloved Voyageur Hawks in the St. James Men's Fastball League. He played 14 years as a 1st baseman. Harold was a true leader on and off the diamond during those years. His love of baseball brought him to attend a Toronto Blue Jays "fantasy camp" in 1994. An experience Harold always spoke of with great fondness. Among many things, Harold also had a passion for horses. He spent much time training, riding, and rescuing horses. He built and maintained "Cookies Corral" in Petersfield where he developed a labour of love for country living. He was a real cowboy at heart. He worked tirelessly on his acreage in Petersfield grooming and maintaining a beautiful property, which many people came to enjoy frequently. Harold's door was always open to family, friends, neighbours and visitors.

Harold was also an active member in the Petersfield community and church, and had a strong devotion to his Catholic faith.

Harold made an early decision in his life to spoil his grandchildren with his time. Harold's time was the best gift ever! To say that Harold's grandchildren were the apple of his eye is an understatement. He travelled from Petersfield to every grandchild's sporting events, dances, school events, etc., no matter the time, distance, road conditions, and other commitments. His grandchildren appreciated and loved their grandfather immensely for his constant support. They all knew who their #1 fan was. Harold became an expert in almost every sport and activity.

Not far behind Harold's love of family, was his passion for his work. After spending 28 years in the flooring industry with Kennedy Flooring, Harold came to a crossroads in his career. In 1985 he took a chance on himself and started FISC (Flooring Installation Supply Center). From humble beginnings, with his infectious personality and an unparalleled work ethic, Harold managed to build FISC over the last 37 years, into a formidable company in the flooring industry. He was very proud of FISC, and more importantly the life long valued relationships it gave him with his many customers, whom he considered friends. Harold was very proud of his staff, who loved him immensely in return.

Harold took on the role as the president of Stick Curling Manitoba and the Canadian Stick Curling Association. His passion for stick curling helped him to win a Gold medal at a weekend bonspiel merely two weeks before his passing.

The family would like to give a special thank you to Dr. Brett Houston and the staff at CancerCare. Harold lovingly referred to them as "his angels". Thank you to Donna, the palliative care nurse who helped guide the family through the end of his journey. We would also like to thank Father Gerald of the Notre Dame Parish in Selkirk for all his support, comfort and blessings.

Prayers will be held at the Gilbart Funeral Chapel, 309 Eveline St., Selkirk MB. on Wednesday, April 20th at 7:00 p.m. The Funeral Mass will be celebrated at St. Paul the Apostle Roman Catholic Church, 2400 Portage Ave. Winnipeg, MB on Thursday, April 21st at 10:30 a.m. with reception to follow.

In lieu of flowers, donations in Harold's memory may be made to CancerCare Manitoba.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Vaclav (Bill) Jelinek

It is with heavy hearts that we announce the sudden passing of Bill Jelinek, beloved husband of Alexandra, of 52 years, aged 72 years of Selkirk, MB on April 9, 2022.

He leaves to cherish his memory his children, Sophia, Rod (Jade) and his foster son, Matthew; sister Evonna (Vaclav), their two sons, Karel (Hana), Martin (Lucie) and their families in Prague, Czech Republic, and many other relatives and friends.

He was predeceased by his parents, Vaclav and Ludmila.

Bill was born June 8, 1949 in Prague, the former Czechoslovakia. He left his family and all that was familiar to him at the age of 18 in order to follow his dream of living, in freedom, here in Canada. He arrived in Selkirk in the fall of 1968 where he met Mom and they married the following spring. Dad and Mom had two children, which they viewed as their million dollar set. Dad had a passion for sports and loved watching his children compete. Dad was a man who worked hard all his life. He was a stone mason by trade then later worked at Gerdau where he retired after 27 years.

Honourary pallbearers will be Alexander Bear, Kevin Eggie, Tim Wozney, Rick Czarnecki, Glenn Kozan. Active pallbearers will be Rod Jelinek, Kevin Leach, Rod Bear, Brian Krut, Randy Pescitelli and Rolland Fontaine.

A celebration of Dad's life will be held at the Selkirk Community Church, 6569 Provincial Trunk Hwy 9, St. Andrews, MB. on Sunday, April 24th at 2:00 p.m. with viewing 1 hour prior. Cremation to follow.

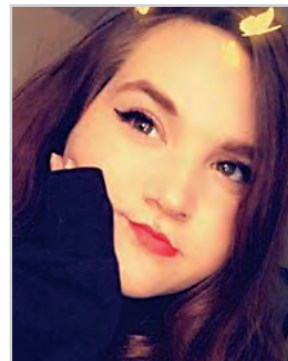
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OBITUARY



Hanna Marie Norwell

December 26, 2002 – April 8, 2022

With broken hearts, her family announces the sudden passing at HSC of Hanna Marie Norwell.

Born December 26, 2002 in Selkirk, she leaves behind her grandparents, George and Louise Munn and grandmother Beverley Holigrocki; parents Michelle and Rob; siblings, Alexis, Irene, Conar and Anne; aunts Nicole (Sean) and Rochelle (Brennan) and cousins Donovan (Bethany), Madison, Sarah, AbbyGayle, Ryleigh and Carter. Also, mourning her passing is her father Allan Foster and Carol in Scotland, and her great aunt Sharon Sadowy, cousins Kevin and Heather and uncle Gerald Peterkin. She also leaves behind many close friends including Marcus, Piper and Paige.

She was predeceased by her great-grandparents Lorraine and Alexander (Papa), Tom and Alice Munn, her grandfather Rudy and

her beloved cat Oscar.

Hanna spent most of her life on "Sesame Street" in Selkirk, playing Manhunt or just hanging out with Marcus. She spent her education at Daerwood Elementary, ESJH and The Comp and was working to finish her credits for graduation with her sister Alexis. She made an unforgettable impression on many people. She was someone that found her way into your heart and stayed there. She had her close "Army" of friends that she could always count on, but if there was one thing she was known for at home, was she would never allow someone other than her to pick on or talk bad about her siblings.

Hanna had a talent for art and a great love for animals and was always asking to bring one home.

We love you and miss you our Hanna Banana but we know you are free from pain and together again with Papa and Oscar.

Cremation has taken place and a Celebration of Life will be held at a later date.

Heartfelt thank you goes out to Selkirk Hospital and the MICU at HSC for her care. Also, to friends and teachers for the support to Alexis, Irene, Conar and Anne with loss of their sister.

In lieu of flowers, please consider a donation to CancerCare Manitoba in her memory.

Friends and family are invited to visit Hanna's memorial page @interlakecremation.ca, where memories and condolences may be shared.

As long as I'm living my baby you'll be. Love, Mom

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Thank you Selkirk & Interlake!



FEATURE OF THE WEEK!
113142 ROAD 13 E, FRASERWOOD

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FEATURED PROPERTIES

HH TEAM COMING SOON!  \$267,500 434 Manitoba Ave Selkirk	HH TEAM NEW!  \$39,900 204 Rosser Ave Selkirk	HH TEAM NEW!  \$389,900 128 Lipton St - BSNS! Wolseley, Wpg	HH TEAM BACK ON THE MARKET!  \$239,900 113142 Rd 13E Fraserwood	HH TEAM 4 BEDROOMS!  \$575,000 515 Toronto Ave, Selkirk
HH TEAM HUGE SHOP!  \$665,500 82101 St Peters Rd St Clements	ASHLEY 4 ACRES!  \$900/MO 25 McFee Place East Selkirk	ASHLEY LEASE FOR LESS!  \$529,900 101-250 Manitoba Ave 650 SQFT + Washrooms	HH TEAM PENDING!  \$329,900 24116 Ashfield Road St Clements	HH TEAM PENDING!  \$399,000 33107 Garson Dr Garson
HH TEAM PENDING!  \$110,000 128 Lipton St - DUPLEX! Wolseley, Wpg	HH TEAM PENDING!  \$474,900 508 Clandeboye Ave Selkirk	HH TEAM PENDING!  \$147,500 82052 St Peters Rd St Clements	HH TEAM PENDING!  \$299,900 82012 2 Mile Road St Clements	HH TEAM SOLD!  \$110,000 145 Thom Ave E Transcona, Wpg

Real Talk with Betty Green!

Let's talk about **Property Disclosure Statements**! If you have listed or bought a home before, you probably remember filling one out or reading one. The PDS is a form that the seller fills out to disclose any issues they've had at the house since ownership. Having items to disclose is NOT a bad thing! It's perfectly normal for homes to have issues, especially in our climate. As long as you remedy/repair the issues, there is typically no need for concern. If you do not repair an issue, at least the buyer knows what they will be taking on as the new owner. Hiding a previous issue from a buyer can lead to future headaches including legal action. It is always better to over-disclose than to under-disclose whether it be basement seepage, a leaky roof, squirrels in the attic, etc! As a homeowner, it's great habit to keep records of everything that happens or any repairs done. This gives you the ability to properly disclose any previous issues and give the new buyer all of the pertinent details.



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