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PRICES IN EFFECT: THURSDAY, MAY 6 - WEDNESDAY, MAY 12, 2021

A poetic first-place finish for Selkirk teen

By Tyler Searle

A Selkirk high school student received substantial praise from critics and poets alike for her performance in a national poetry competition.

Thierney Dignadice, 16, took first place in the Poetry In Voice recitation competition, making herself—and her school—a few thousand dollars richer.

"She had this really beautiful restraint, where she didn't yell, she didn't overplay it, she really just let the poem come through," said judge Damian Rogers.

Rogers is a fellow poet and the founding creative director behind Poetry In Voice. This year, she was one of three judges critiquing the English competitors.

Dignadice was confident, and her delivery seemed effortless, Rogers said.

In a recitation competition, students select a poem and perform it for a panel of judges. They earn points for their articulation, physical presence, and overall performance.

For the final round, Dignadice recited "Conversion" by Megan Fernandes—a free-verse poem addressing themes of race and sexuality.

"The poems that I choose, they all cover topics that I care about," Dignadice said.

Rogers has seen many recitations and said each one is unique. The students almost always select poems that are significant to them, and their delivery changes based on which words they choose to accentuate, she said.

"She (Dignadice) really brought her own understanding of what an experience like that might feel like and really communicated that to the audience."

Poetry In Voice is traditionally held in-person, but this year the competition pivoted to a digital format. The students pre-recorded their recitations, and the award ceremony was live-streamed.

"None of the finalists knew the results before anyone else," Dignadice said.

Dignadice earned \$3,250 for herself and a \$1,000 contribution to the Lord Selkirk Regional Comprehensive Secondary School (LSRCSS).

"She did an amazing job, and everyone at the (school) is really proud of her," said LSRCSS teacher Noah Cain.

Dignadice and Cain are now curating a list of poetry books to buy for the school.

As for her prize money, Dignadice plans to save it and put it towards her education.

Dignadice hopes to continue performing poetry in the future, and she is working on an original piece which she intends to submit to the Poetry In Voice student journal.

The deadline is coming up soon, but I have something ready, she said.

The poem is titled "Leaves of Envy," and Dignadice wrote it during a poetry workshop on the day of the competition.

"It was heavily influenced by the other students in the workshop," she said.

Working with her peers and fellow poets was an inspiring and constructive experience for Dignadice, and she credits Poetry In Voice for making it possible.

The last time she had an opportunity to work on poetry with a group of like-minded people was during a poetry class in the ninth grade, she said.

"It doesn't happen often, but it's nice when it does."

Fostering those connections is what Poetry In Voice is about, and Rogers hopes the students will publish their own work.

"There are so many great young poets writing about what it is to be alive



RECORD PHOTO SUBMITTED

Thierney Dignadice's combined passion for poetry and activism earned her \$3,250 and a first place finish in this years Poetry In Voice recitation competition.

today, and I just think the more those connections can be amplified, the richer these students' lives get," she said.

Dignadice's advice for anybody interested in poetry is to go for it. Poetry In Voice hosts their recitation

Poetry In Voice hosts their recitation

competition annually. All Canadian students between Grades 9-12 are eligible to compete.

More information can be found online at: https://www.poetryinvoice. com



Selkirk hosts financial plan hearing

Following the money shows infrastructure projects a priority for municipality

By Katelyn Boulanger

A little over a year after the CO-VID-19 pandemic threw a wrench in many of our personal plans, the city of Selkirk held a public hearing regarding the 2021 financial plan on April 27.

"I'm really proud of the work that's gone into this year's financial plan, both by administration and by council. We've seen the improvements to the city, especially infrastructure, but not only in pipes in the ground we've also seen it in building, we've seen improvements to the water treatment plant, and, of course, our brand new beautiful wastewater treatment plant, which is going to be a real boon for this whole area," said Mayor Larry Johannson.

Of course, the first thing that the city had to take into consideration when completing this plan was the impact of the pandemic on the community and how they could balance the increased spending that it will cause with the need to keep to their budget.

With that in mind the municipal mill rate, which was previously at 21.843, has now increased by 1.5 per cent to 22.171. School taxes, which had a rate of 14.884 in 2020, are now standing at 14.645 which is a decrease of 1.61 per cent. Combined this means that the impact to residential property owners is an increase of 0.24 per cent.

"Which is really, really good. I mean, if your property [is valued at] \$235,370 in 2021 [owners will] be paying [a little over] nine dollars more in taxes than they did last year but that's before the provincial rebate which is all good news," said Johannson.

With the addition of the new provincial education property tax rebate property taxes will see a decrease of

9.73 per cent compared to 2020.

In addition to telling people how much they will be paying this year the financial plan goes into detail about what the city will be spending that money on. Some expenses such as building maintenance and repair, and keeping up the park, recreation and cultural facilities in the community must be accounted for every year, however, there are some new projects on the books for 2021 many of which have to do with improving infrastructure.

"The largest capital project that the city's undergone, will be completed this year, which is the new wastewater treatment plant. Most of the increase in the water supply expenses [will] cover the cost to provide those services," said Johannson.

This year will also be the final year of rate increases for the new wastewater treatment plant, which has been increasing gradually since 2019.

In addition to the wastewater plant, the city will be undertaking the installation of utility services for phase two of the business park as well as the restoration of the water tower.

Another big project for the city is spending \$436,585 to upgrade the lift station at Selkirk Park.

"To meet provincial regulations and potential future development, we made this investment. Otherwise, we would be forced to close the campground, the pool and all the washrooms. This investment into our park is going to bring us into the 21st century on infrastructure down there," said Johannson.

As part of the presentation, there was also a long-term debt analysis slide, which shows an increase from 28.9



RECORD PHOTO SUBMITTED Mayor Larry Johannson talks Selkirk's 2021 financial plan.

per cent of the municipal borrowing limit which comes out to \$11,245,238 to 70.2 per cent or \$27,272,297. This is a bit more complicated than the addition of that much debt to the book as it includes both debt that is being added to the city's long-term debt and debt that may be added subject to project approvals and project completion. The two biggest items listed as part of this are the remaining borrowing of the new waste water treatment plant at \$5,094,070, which was the largest project in the city's 139-year history

and the Eveline Street Reconstruction project at \$6,000,000 which is the largest single city street construction project the city has undertaken in decades and does not include grants that the city has applied for from the federal and provincial government.

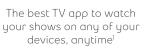
To see this and previous years financial plans for the City of Selkirk visit https://www.myselkirk.ca/city-government/city-administration/financial-plan-audited-statements/.





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Social enterprise offers solution to customers wishing for a better way to shop

By Tyler Searle

The pandemic is presenting obstacles and opportunities for Wishme, and the staff behind the social enterprise are rising to the challenge by connecting with customers virtually.

"COVID has been a struggle, but it's also allowed us to grow as a business, and it's allowed us to connect with our community in a different way," said Maria Freeman, the executive director of Inclusion Selkirk.

Wishme is a subsidiary of Inclusion Selkirk—a non-profit organization that supports people with intellectual disabilities. The specialty boutique retails a variety of handmade goods from makers in the Interlake and beyond.

When pandemic restrictions clamped down this past December, Freeman partnered with Merilee Mollard, the fund developer for Inclusion Selkirk, to address the challenge.

"Over Christmas time, we really started moving online in the way of doing Zoom calls, FaceTime shopping, and using Instagram and Facebook as a mechanism to connect with people," Freeman said.

They understood people were uncomfortable or unable to shop in person, so they decided to offer a video call-in service, she said.

The pair inadvertently tapped into a lucrative and expansive market—one that extends far beyond the Interlake. Soon, people were calling in from across the province to shop for their loved ones.

One woman even called from Australia to buy gifts for her family in the area.

"We did all of her online shopping over FaceTime calls," Freeman said.

Freeman and Mollard helped their Australian patron pick the perfect gifts and then wrapped them before the shopper's friend picked them up.

The virtual shopping strategy proved to be a success, so Wishme continued to offer the service as restrictions eased.

"For Valentine's day, we were set up and ready. You could order your gift and pick it up ready to go—husbands really liked that," Freeman said.

"So did wives," Mollard added.

Often, people calling the store are unsure of what to buy their partners or friends, so Mollard and Freeman will talk it through with them and offer advice, Freeman said.

"We can use your knowledge of your partner to help develop a gift basket," Mollard said.



Seven communities across Manitoba will receive a contemporary, accessible, and public-facing work of art thanks to MURAL 150, presented by CWB National Leasing and in partnership with Wall-to-Wall Rural Mural Tour.

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Each piece will tell the story of the community, and will inspire art, storytelling, and pride of place. Stay tuned for the mural reveals over the summer! Visit MANITOBA150.COM for more information.





RECORD PHOTO SUBMITTED

Mother's Day is just around the corner and the Mighty Kiwi Juice Bar & Eatery have teamed up with @wishmeselkirk to bring amazing DIY Cheezeboard gift sets!

Taking the time to interact with people virtually is attracting a new demographic of customers and makers.

People who may not have known about the business, or would typically do their shopping in Winnipeg, are now choosing to spend their money locally, Freeman said.

"When you shop in our store, you're giving back to a non-profit organization within our community, and most of the time, you're giving back to a maker within our community."

For Mother's Day, Wishme is offering customized baskets and gift boxes along with a free flower for every purchase on May 7 or 8 in celebration of Mother's Day. Customers can shop virtually or in-person for soaps, candles, crocheted goods, specialty teas, and more. All of the goods are Canadian-made, and many are locally sourced, Freeman said.

Along with being a merchant for local goods, Wishme employs community members with intellectual disabilities. Unfortunately, the pandemic has sidelined their work experience program, but money spent in-store still supports intellectually disabled people.

There is currently no website for Wishme, but a post on the business's Facebook page said it plans to launch one sometime soon.

People interested in supporting Wishme can find them on Facebook and Instagram or call them at 204-785-2984.



East St. Paul holds financial plan meeting

Residents learn where their tax dollars will be spent

By Katelyn Boulanger

East St. Paul presented their financial plan for the fiscal year of 2021 at a public hearing in council chambers with the option to attend virtually through online video streaming on April 28.

"This is our second financial plan that we've had during the COVID pandemic and I don't think a year ago when we did our first public hearing this way, I don't think any of us envision that we'd be here today as we are a year later," said Mayor Shelley Hart after opening the public hearing.

The RM did give residents the opportunity to attend in person with distancing and other COVID-19 restrictions enforced but all residents in attendance chose to attend via video streaming as well as councillors Carla Devlin and Charles Posthumus.

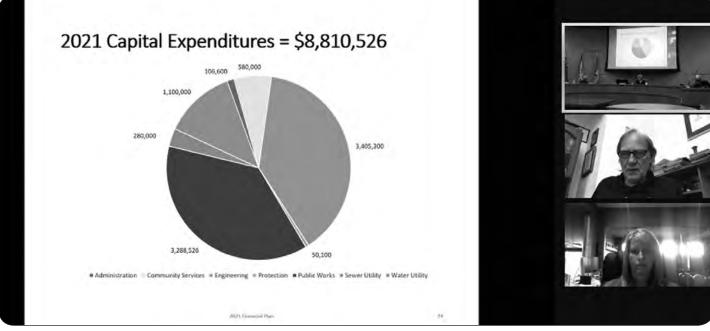
Hart gave a general overview of what services municipal tax dollars pay for to bring everyone up to speed. The list is quite long but includes items like fire protection, snow removal, road maintenance, outdoor skating rinks, recycling and garbage pick-up, floodrisk management, and the Red River Planning District.

She then discussed school tax information in the RM.

"The education support levy, the 2021 education support levy tax requirement, which does not apply to residential properties is increasing by 3.1 per cent. The River East Transcona School Division tax requirement will increase by 1.8 per cent and the education property tax credit no longer applies to property taxes. It hasn't for years but we included in here because we frequently get questions in that regard," said Hart.

The municipal mill rate for 2021 is 8.470 which is up from 8.323 in 2020 by 1.8 per cent.

"River East Transcona School Division['s rate] is 12.712 for a total of 21.182, and so that mill rate has increased by 0.4 per cent from 2020. The business mill rate is slightly different because it includes the education



RECORD PHOTO BY KATELYN BOULANGER

The 2021 East St. Paul financial plan meeting was held both in person and virtually again this year due to the COVID-19 pandemic.

support levy, and that is an additional school levy for businesses as determined by the province, again, this has nothing to do with municipal decisions, the money is provided directly back to the school division. And so, that total is 29.9 and a total business mill rate increase of 0.2 per cent over last year," said Hart.

This would mean that for a property valued at \$500,000 there will be an overall tax increase of \$18.67 in 2021 as compared to 2020 for properties assessed at higher or lower values, this number would have the be adjusted accordingly.

In total, the RM will be looking at capital expenditures of \$8.8 million this year.

Some of the items that are on the books are a water and line looping and sewer lining project for \$1,700,000, road improvements at \$1,650,000, water treatment plant distribution line twinning at \$450,000, and the old public works building demolition at \$50,000.

"We have some general small computer equipment upgrades and right here in council chambers, we're adding an emergency exit ramp for accessibility. [At] the administrative building, we're doing some LED lighting improvements, and we are installing a new LED sign out front of the building. In [the] community services [section], I just spoke about the arena lobby upgrade project, this includes the flooring, washrooms, especially more washrooms as well as accessible washrooms and gender-neutral washrooms, and those upgrades are \$450,000. Also at the arena, an air makeup unit replacement, a play structure in by the park and a curling club capital allocation of \$35,000 that we have made annually to them for several years. In the engineering department, we have drainage projects,

the main one is project.

the Texaco/Eagle Creek That one is getting close to being completed,"

said Hart. The presentation then ended by discussing the continuing goals of the RM such developing as long term funding strategies for upcoming projects, promoting growth and development in the commercial/ business sector, and promoting sustainable, efficient and controlled growth in the residential sector with an emphasis on housing for our senior demographic. This year's tax due date will be Sept. 30.

Any questions about East St. Paul's financial plan can be directed to the RM's CAO at cao@eaststpaul.com or 204-668-8112. A copy of the financial plan is available at the RM's website at http://www.eaststpaul.com/ main.asp?fxoid=FXMenu,8&cat ID=1&sub_ID=14&sub2_ID=22.

PUBLIC NOTICE

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Manitoba Conservation and Climate is introducing the 2021 Pesticide Control Program.

- The program is needed to:
- control invasive plants and noxious weeds in Wildlife Management Areas (WMAs) and provincial parks
- control vegetation encroachment on WMA and park infrastructure

• rejuvenate native prairie in Beaudry Provincial Park Scheduled application dates are from June 15, 2021 to October 31, 2021.

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Setheditorial > VIEWPOINTS > LETTERS Manitobans encouraged to stay home

Brett Mitchell

By Ashleigh Viveiros Manitoba's third-wave COVID-19 numbers continue on their upward trend.

On Monday, health officials announced 251 new cases of the virus and one new death.

That brings the province's total cases to 39,524 and the active number of cases to 2,593.

The bulk of new cases (184) were in Winnipeg, while the Interlake-Eastern health region added 20, the Northern health region 15, Prairie Mountain 14, and Southern Health-Santé Sud 18 new cases.

Monday's update noted a total of 35,952 Manitobans have recovered from COVID-19 since last spring. The death toll is at 979.

Hospitalizations jumped in recent days to 178 (up from 167 the day before), as did the number of COVID-19 patients in ICU (from 40 on Sunday to 45 Monday).

The current five-day COVID-19 test positivity rate is eight per cent provincially and 8.7 per cent in Winnipeg.

These rising numbers are alarming, said Dr. Brent Roussin, Manitoba's chief public health officer.

"There have been more than 800 cases reported over the weekend and including today," he said at a briefing in Winnipeg on Monday." If we look at March compared to April there's 110 per cent increase in cases."

Manitoba is now seeing case numbers higher than we did in October shortly before the entire province went into lockdown.

"Just comparing April, we saw 4,800 cases ... compared to 4,100 cases in October of 2020," Roussin said." This is why we put stronger public health orders in last week and this is why we're asking Manitobans to stay home."

The latest public health orders prohibit indoor and outdoor private gatherings entirely and limit gatherings on outdoor public property to 10 people.

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"We certainly recognize that people are tired of this pandemic, tired of these public health orders, tired of hearing about the fundamentals," Roussin said. "But if we look to February and March of this year we can see that these measures work. We brought our case numbers down, we reduced the strain on our health-care system. But once again we're seeing these numbers climbing, and these numbers only climb because we're increasing the amount of contacts we have, we're increasing interactions.

"We need to reduce the number of contacts we have, and the best way to do that is to stay home as much as possible."

Meanwhile, vaccine eligibility has been expanded.

In addition to Manitobans age 50 years or older, as of Monday any Indigenous person aged 18 and older can book an appointment at a vaccination super site.

Also eligible are people who are pregnant, clients of Community Living disABILITY Services, work in any health care setting (including outpatient settings), frontline police officers or firefighters, and adults living or working in certain high-risk communities (which at press time included several Winnipeg neighbourhoods and northern Manitoba).

Eligibility for the AstraZeneca/Covishield vaccine has been expanded to include people aged 30-39 with certain health conditions. This vaccine is also open to anyone age 40 and over.

The detailed list of eligibility criteria—which has been changing pretty quickly of late-can be found online at manitoba.ca/covid19/vaccine/eligibility-criteria.html.

Eligible individuals can book their appointment at a super site online at protectmb.ca or by calling (toll-free) 1-844-626-8222. Appointments for the AstraZeneca/Covishield vaccine can be made at your local pharmacy or medical clinic.

As of Monday, 495,482 doses of vaccine had been administered, representing 38.7 per cent of Manitobans age 18+

State of Emergency extended

The Manitoba government also extended the provincewide state of emergency to continue its efforts in reducing the spread of COVID-19 and its variants, Infrastructure Minister Ron Schuler, minister responsible for the Manitoba Emergency Measures Organization, announced last week.

The extension is in effect from April 30 at 4 p.m. for a period of 30 days.

Our area, by the numbers

Interlake-Eastern RHA started the work week with 118 active cases of COVID-19, 2,578 recoveries, and 38 deaths. There were eight total hospitalizations due to the virus, including three in ICU.

In the Interlake-Eastern region, the Unknown district was leading the way in active cases with 18, followed by Gimli at 17, Eriksdale/Ashern 16, Winnipeg Beach/ St. Andrews 12, Powerview/Pine Falls 10, Fisher River/Peguis nine, Springfield eight, Stonewall/Teulon eight, Selkirk seven, St. Clements six, Beausejour five, and Northern Remote and Whiteshell, each with one. Meanwhile, Arborg/Riverton, Pinawa/LacduBonnet and St. Laurent all recorded zero.

EDITORIAL Katelyn Boulanger 204-485-3337

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PUB hearing hears input on wastewater pricing in St. Andrews

By Katelyn Boulanger

The RM of St. Andrews South St. Andrews wastewater project hit a new milestone last week with the Public Utilities Board hosting a hearing into the rate application of the South St. Andrews Wastewater Utility.

The hearing was held virtually with only the PUB and RM in attendance in person due to COVID-19 precautions.

Water and or wastewater utilities in Manitoba, with the exception of the city of Winnipeg, are subject to the public utility board's approval in setting rates. Utilities are required to apply to the Public Utilities Board for approval to establish rates, revise rates, or to incur and recover utility deficit.

In the meeting, which took place on April 26, the RM by way of CAO DJ Sigmundson gave a summary of its application for initial interest rates and questions from the PUB members, this was followed by presentations from five residents and ended with questions from residents in attendance.

Sigmudson started his presentation with a summary of the project, which went back to 2009 when the RM received an \$8 million grant from the Building Canada Fund.

"So the challenge with this application has certainly been interesting. First of all, the connections are going to occur at a measured pace, meaning lower volumes and startup years. I've been involved in other utilities during their startup stages, and it's been a much more accelerated hookup connection. East Selkirk was one that I was involved with a few years back, and we required everyone to hook up within a couple of years. The St. Andrews approach is certainly more an evolutionary versus a revolutionary approach, so, the hookups are going to be slow. We did do some surveys, and we figure about 500 people are going to be hooking up in the first few years," said Sigmundson.

He said that regardless of the number of customers the operating costs for the collection of waste are likely to be about the same with two lift stations in the community having to be serviced daily which was a challenge.

Sigmundson also acknowledged that a previous application to the PUB was withdrawn due to public concerns over the rates in the first year.

rates, we did a lot of engagement. And then we had the new study come forth in December," he said.

The new rate in this latest application was adjusted and is now \$4.23 as opposed to the original \$5.91.

"Lastly, where we're at today, and I think, that's relevant. The construction is pretty much complete, there's a little bit of restoration activity [to go]. We are still working on the service agreements with the city [of Winnipeg], I did receive a service agreement from the city this morning, which was very, very similar to a service agreement I received from them back in March," said Sigmundson.

He said that once the final details have been finalized with Winnipeg they would begin talks to create an agreement with West St. Paul.

He also said that as of the meeting they had turned the system on and were providing services for 18 homes in need because of failing septic fields. This gave the RM a chance to test the system but because of the lack of agreements in place with Winnipeg and West St. Paul the lift station was being pumped out and hauled away every few days.

Next Dale Lyle, a consultant representing the RM of St. Andrews, spoke about the utility rate study and explained what has happened since that information was published.

The utility rate study was completed in December of 2020 and since then the final costs have been tabulated and the debt interest rate locked in.

"The interest rate used in the rate study was 4.5 per cent for a 20-year debt and the actual rate that has subsequently been locked in for the local improvement debt that will be issued is 3.375 per cent. This reduces the annual interest expense as it impacts the utility rates. Capital costs and the rate study were estimated [to come in at] \$35,622,000 and the final cost came in at \$34,254,000. The reduction in capital costs produces a net amortization expense and has the impact of reducing the rate. Taken together these adjustments reduce the wastewater rate from \$4.23 per cubic meter. That was detailed in the utility rate study down to \$3.57 per cubic meter, the customer service charge isn't impacted by these adjustments," said Lyle.

This is a cost that combines the cost of the wastewater treatment by the City of Winnipeg and the RM St. Andrews utility for administration and for wastewater conveyance. The proposed rates are for



RECORD FILE PHOTO BY KATELYN BOULANGER The RM of St. Andrews submitted a rate application to the PUB for the South St. Andrews wastewater project.

the initial operation of the utility, and they're based on 2020 to forecast revenues and expenses.

Five residents then gave presentations sharing their concerns with regards to the rates. There were recommendations that the numbers be looked over and the information be clarified so that how the RM came to the rates is clear. Concerns were raised that the RM look at the initial assumptions that were made to make sure that they are sound so that the rates can be calculated accurately. It was recommended that rates be forecasted over a five year period to avoid initial users potentially dealing with higher rates. Concerns about the lack of service sharing agreements with the City of Winnipeg and the RM of West St. Paul came up. Worries that the PUB is being asked to make a decision before all necessary information has come in were voiced. Finally, concerns that information in the RM's presentation had been updated on April 24 which none of the presenters were able to see beforehand were made known.

Now that the meeting has adjourned the PUB can no longer hear anything about the matter, however, CAO Sigmundson said that he is willing to answer questions from residents should they want to give him a call.

"Throughout most of 2020, we initially read the

Health Canada puts Johnson & Johnson COVID vaccine on hold

By Patricia Barrett

Health Canada announced last Friday it's not yet distributing the 300,000 doses of the one-shot Johnson & Johnson (Janssen) COVID-19 vaccine that arrived in Canada on April 28, citing concerns over unsanitary conditions and other violations at an American plant that made the vaccine.

Canada's top health agency, which approves the use of drugs and medical devices in Canada, said it has to check the quality, safety and efficacy of the vaccine before Canadians are offered it.

The Emergent BioSolutions plant in

Baltimore, Md., makes both the Johnson & Johnson (also called the Janssen vaccine) and the AstraZeneca COVID vaccines.

The plant was cited by the U.S. Food and Drug Administration for "multiple failures" that included unsanitary conditions, unidentified residue and peeling paint on walls and the possible cross-contamination of vaccine substances. Emergent had been forced to dump 15 million doses of the Johnson & Johnson vaccine.

Health Canada released a statement April 25 after the FDA reported the violations at the plant, then released an update on April 30, saying one of the substances in the vaccine had been made at the plant.

"Since issuing our statement, Health Canada has learned that a drug substance produced at the Emergent site was used in the manufacturing of the initial Janssen vaccines received on April 28 and intended for use in Canada," said the statement. "The drug substance is the active ingredient that undergoes further processing before becoming the final product (i.e., the vaccine). The final Janssen vaccines were manufactured at a different site located outside of the U.S." The agency said it's working with Janssen and the FDA to obtain the information it needs to complete an assessment before it can release the vaccine for distribution.

"Health Canada has rigorous processes in place to continually monitor the quality of vaccines that are administered to Canadians," the statement said. "We will continue to ensure that products coming from the Emergent facility, or any other facility, will only be imported and distributed in Canada if they are of high quality and safe for use."

10 The Selkirk Record Thursday, May 6, 2021 Interlake Eastern to become regional hub for mental health education

CMHA introduces new online resource addresses mental health in the Interlake

By Tyler Searle

This year marks Canada's 70th annual Mental Health Week, and the Canadian Mental Health Association (CMHA) is celebrating the milestone by introducing a new online resource to the Interlake.

The CMHA is a non-profit organization that aims to improve the national dialogue on mental health. Tristan Dreilich is a mental health resource developer with the CMHA's Interlake Eastern branch. He and his colleagues have developed an online learning hub to help promote mental wellness, he said.

The CHMA Interlake Eastern Online Learning Hub will provide information relating to mental health and various educational classes specific to the Interlake region, Dreilich said.

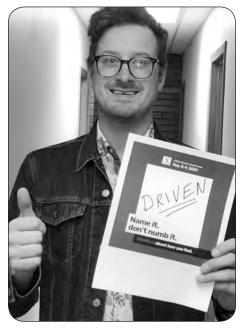
The learning hub's launch coincided with the start of Mental Health Week on May 3, and the new online tool is the first of its kind in the Interlake.

The first course offered on the hub is an educational seminar featuring a conversation between Dreilich and Wyatt Lincez.

Lincez is a land-based therapist with Southeast Child and Family Services. His work involves teaching Indigenous youth skills like fishing and fire keeping.

The seminar looks at how traditional Indigenous knowledge contributes to mental health.

Lincez believes that combining clinical therapy with getting out on the land is crucial for maintaining mental



Tristan Dreilich is a mental health resource developer with the CHMA. He helped create the new Interlake Eastern Online Learning Hub which will provide online mental health courses.

wellness, he said.

Most of the course offerings will be from agencies that serve the Interlake, but visitors can also tap into the extensive list of classes in the CMHA network, Dreilich said.

"We're seeing increases in people who are maybe struggling with their mental health or need tools and resources that they haven't always been able to access," Dreilich said.

COVID-19 is placing increased strain on the public's mental health. A recent survey from the CMHA found 40 per cent of Canadians report their mental health has declined during the pandemic.

"We've created a resource for the community where people can access all of these resources in an organized way. We want it to not only accessible but meaningful for people too."



RECORD PHOTO COURTESY OF OAKD MEDIA

Wyatt Lincez, left, sat down with Tristan Dreilich to discuss how Indigenous knowledge can contribute to mental health. Lincez is a land-based therapist who teaches youth how practicing traditional Indigenous skills like fire-keeping can improve their mental wellness.

Dreilich credits the Selkirk District and Community Foundation, Selkirk Community Renewal Corporation, and Interlake-Eastern Suicide Prevention Committee for their help in creating the learning hub.

The organizations have been collaborating for nearly a year to get the project running, he said.

Dreilich looks forward to seeing the community engage with the new online resource, and he hopes it will encourage more people to speak about their mental health.

"If we're able to name our emotions and reflect on those, we have better outcomes for our mental health," he said.

Mental Health Week ends on May 9, but the CMHA encourages people never to stop talking about their mental health.

The learning hub can be accessed at https://interlakeeastern.cmha.ca/ learning-hub/

Additional mental health resources can be found online at https://cmha. ca

Province to name Wildlife Management areas after prominent Manitobans

Submitted by Manitoba government

The Manitoba government will be naming eight Wildlife Management Areas (WMAs) after prominent Manitobans who have been instrumental to enhancing Manitoba's wildlife resources, Agriculture and Resource Development Minister Blaine Pedersen announced recently.

"Wildlife Management Areas exist for the better management, conservation and enhancement of the wildlife resource of the province," said Pedersen. "I am honoured to be naming these areas after individuals who have provided life-long dedication to the improvement of Manitoba's wildlife and wildlife habitat."

WMAs play an important role in biodiversity conservation and provide for a variety of wildlife-related forms of recreation including birding and wildlife watching.

The following six WMAs will be renamed and two subunits of WMAs will be upgraded to full WMA status and named:

• a portion of the Deerwood WMA will become the Don W. Orchard WMA;

• the Lake Francis WMA will be renamed the Dr. Frank Baldwin WMA;

• a portion of the Little Saskatchewan WMA will become the Roy Greer

WMA;

• the Parkland WMA's Horod Unit will become the Kenneth H. Wark WMA;

• the Frank W. Boyd Unit of Pierson WMA will become its own WMA;

• the Thalberg Bush WMA will be renamed the John T. Williams WMA;

• the Edward A. Poyser Unit of Whitemud WMA will become its own WMA; and

• the Washow Bay WMA will be renamed the David G. Tomasson WMA.

The first WMA, named after Watson P. Davidson, was established in southeast Manitoba in 1961. Since then, the system has grown to encompass almost 2 million hectares of valuable wildlife habitat throughout the province.

As part of Budget 2021, the province is directing \$225,000 towards wildlife management priorities including increases to support the Wildlife Management Area Program to pursue habitat management and planning, increased public access and viewing opportunities, and the repair and maintenance of critical infrastructure.

For more information on Wildlife Management Areas in Manitoba, visit https://www.gov.mb.ca/fish-wildlife/ wildlife/wma/index.html.

The Selkirk Record Thursday, May 6, 2021 11 Knowledge and safety are key when riding an ORV

Staff

Getting outside and enjoying Manitoba's beautiful outdoors is longawaited and eagerly anticipated. There are so many ways to spend your time outside, and one of those is riding Off-Road Vehicles (ORVs). While great fun, and a great way to explore Manitoba, it is important for riders to know the laws governing ORV use for everyone's safety as well as everyone's outdoor enjoyment.

Most of the laws around ORVs fall under the Off Road Vehicles Act. For details, please refer to the Act, but here are some general rules to keep in mind when riding an ORV:

· Anyone under the age of 14 must have direct supervision of a parent or legal guardian who is a minimum of 18 years of age. Youth over the age of 14 can ride without parental supervision, but cannot cross a roadway until they obtain a valid driver's licence.

ORVs are not to be operated on roadways, shoulders, medians of divided roadways, or sidewalks

· ORVs are permitted to be in the

ditch, provided travel is in the same direction as vehicle traffic, the ORV is to the right of the roadway and the shoulder, and the ORV is being operated in an area where ORV use is permitted. Always remember to be on the lookout for hazards in the ditch, such as culverts, driveway approaches, and road signs

No riding: On privately owned or leased land without permission; Within 30 metres of a dwelling that is not yours between midnight and 7:00 am; Within 30 metres of a playground or area set aside for recreation that is not fully fenced; In a careless manner; Without reasonable consideration for other persons and property.

· Stay away from environmentally sensitive areas and wetlands, and areas easily damaged by churning wheels

· When conditions are dry, use caution as sparks from an ORV can ignite grass and branches, starting a fire

· Be aware of local bylaws in the area you are riding



RCMP are reminding motorists to follow the rules when riding Off-Road Vehicles.

motorized vehicles. Only operate an ORV when sober and alert

The laws are in place to keep everyone safe. When not followed, people can get seriously injured. In 2020, RCMP in Manitoba responded to seven fatal collisions involving ORVs and 46 collisions where serious injury oc-· Impaired driving laws apply to ALL curred. Contributing factors in these

collisions included speed, no helmet, impaired driving, and driver inexperience.

Knowledge and safety are key, so make sure you are aware of the rules in place in the area where you are riding. Be respectful and courteous of others using the outdoors, and enjoy the ride!

Construction continues for Viterra's newest terminal

By Jennifer McFee

Work is underway for Viterra's new high throughput grain terminal in Rosser.

Communications manager Peter Flengeris said they continue to make progress with the project. They completed pouring the concrete last week, marking a milestone moment for the construction of the modern grain elevator.

"Viterra's new high throughput grain terminal at Rosser will be a state-of-the-art facility, with a storage capacity of 34,000 metric tonnes and the ability to load up to 134 railcars through a loop track," he said. "It will have the capability of unloading 10 Super B trucks per hour."

The company is Canada's grain industry leader, supported by the expertise of its people, a superior network of assets and unrivalled connections to world markets, he added.

"Headquartered in Regina, Sask., our commitment to agriculture goes back over 100 years, partnering with farmers to market and move their crops to areas of need around the world. Our continued focus on operational excellence throughout North America allows us to efficiently handle, process, distribute and transport grains and oilseeds," Flengeris said.

"We provide further value to our partners through a wide variety of contracting and risk management tools to help them realize the full potential of their crops."

Viterra also has a long history in this part of Manitoba, he noted.

"We're pleased to be renewing our commitment to farm customers in the Rosser and surrounding area through this significant investment," Flengeris said.

"Through our commitment to operational excellence, we continuously evaluate our asset network to ensure we're aligned with our business environment. By revitalizing our presence in this area through a modern stateof-the-art facility, we will provide customers with convenient access to the superior service, marketing opportunities and advice that makes us an industry leader."

The facility will also bring employment opportunities to the area.

"Although we haven't finalized the



RECORD SUBMITTED PHOTO

What Viterra's new high throughput grain terminal will look like when completed.



exact number there will be jobs cre-

ated as a result of this new facility,"

the facility operational the end of this

"We're looking forward to having

Flengeris said.

vear."

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Narol teen nabs first place in national science fair

Grade 9 student uses mealworms to recycle Styrofoam

By Tyler Searle

Marissa Magsino, 14, represented Manitoba in the nation's largest science competition last week, winning \$1000 and a first-place certificate to bolster her scientific resume.

Sanofi Biogenius Canada (SBC) hosts the annual science fair, and students compete on national and regional levels. Magsino won first place for the Manitoba region.

Magsino is a grade nine student at St. Mary's academy in Winnipeg. She lives in Narol, and her love for the rural community inspired the experiment that secured her first-place win, she said.

"I see the beauty of nature from a different perspective every single day, but I know that sadly, the disastrous effects of climate change will continue to incur unless we find creative solutions."

Magsino believes biodegradation



using microorganisms may be one possible solution. It sounds complicated, but it's actually quite simple, she said.

"In doing some simple research, I had discovered that mealworms can actually consume Styrofoam because of the microbes in their stomach," Magsino said.

In layman's terms — Magsino fed Styrofoam to mealworms.

Énvironmentalists consider Styrofoam to be a significant contributor to global pollution.

The petroleum-based plastic is nonbiodegradable. While it can technically be recycled, a report from the Canadian Chamber of Commerce estimated as much as 80 per cent of Styrofoam ends up in the country's landfills.

Magsino gathered hundreds of mealworms in plastic containers and fed them 45-gram Styrofoam blocks. Over two weeks, she measured how variations in temperature, light, and humidity affect the mealworm's ability to digest Styrofoam.

Her goal was to determine the optimal environmental conditions for mealworm recycling, she said.

When the experiment was complete, Magsino compiled her data and prepared a presentation.

This year, the SBC competition culminated in a two-day, virtual event where students showcased their research and results.

"We really had to reinvent ourselves this year to redesign and transform this competition into something virtual," said SBC media rep. Andrew Ross.

It was a shame the students couldn't meet in person, but Ross said there were advantages to moving things online.

SBC pairs every student who registers in the competition with a professional mentor. There were no physical limitations this year because everything was online, so the organization could match students with mentors located anywhere in the country, Ross said.

"It became a much more national experience."

The opportunity to work with a professional scientist was part of what compelled Magsino to compete in the first place, she said.

"I just got really excited when I heard about Sanofi Biogenius because there's a mentor, and I've never worked with a mentor before," she said.

Magsino's mentor was Saba Miri, a PhD candidate from York University in Toronto.



RECORD PHOTOS SUBMITTED

During her research, Marissa Magsino discovered that 3,000 mealworms can eat an entire microwave sized container of Styrofoam in two weeks.



When mealworms consume Styrofoam, half is converted into CO2 and the rest becomes castings—otherwise known as mealworm manure. The dry, odorless remains are a safe alternative to fertilizer. Marissa Magsino found high humidity was key factor to facilitate mealworm recycling.

The pair communicated through video calls and emails, and Miri coached Magsino through the entire scientific process, Magsino said.

"She (Miri) really helped to develop my skills of creating grafts, charts, and how a scientist would speak."

Connecting with people who share her passion for science is the best part, she said.

Ross agrees with Magsino.

Science competitions like SBC exist to facilitate those connections, he said. I am constantly in awe of the level of scientific expertise these kids bring forward. These are the scientists of tomorrow and the next generation of Canadian researchers, and it's so amazing to get them together and see what they are capable of, he said.

Magsino is no stranger to scientific competition.

In the past, she has participated in the Manitoba School Science Symposium and the Canada-Wide Science Fair, and she will continue to compete in the future, she said.

After high school, Magsino plans to pursue a PhD in environmental science.

The SBC science fair takes place annually. Registration for the next event begins in October, and all students from grades nine to 12 are eligible to compete.

The Selkirk Record Thursday, May 6, 2021 **13** Federal government in negotiations with third party to implement vaccine injury support program

Program will cover both COVID-19 vaccine injury as well as other vaccines

By Patricia Barrett

The federal government is currently in negotiations with a third party to implement a national vaccine injury support program (VISP), which could be similar to the program offered by Quebec.

The federal Liberals announced in December 2020 they would create a program to provide support to Canadians who suffer an injury after receiving a vaccine, including vaccines for COVID-19.

In February the government launched an open solicitation process to seek a third party to implement the program.

"The Public Health Agency of Canada is presently negotiating a funding arrangement with a third party to implement the program," said André Gagnon, media relations advisor for Health Canada and the Public Health Agency of Canada, last week by email. "It is anticipated that information on when the third party will begin to accept applications for support will be available later this spring."

The name of the third party wasn't provided.

Gagnon said the program will be modelled to some extent on the vaccine injury program Quebec has had in place for 34 years. The Quebec government's Vaccine Injury Compensation Program was created in 1987 (claims accepted in 1988) after the Supreme Court of Canada awarded compensation to a child who developed viral encephalitis (inflammation of the brain) a few days after receiving an inoculation for measles in 1985.

Quebec is the only Canadian jurisdiction to provide such a program.

Any victim of bodily injury caused by a voluntary or compulsory vaccination that was administered in Quebec will be compensated by Quebec's Health and Social Services ministry. There are currently 32 diseases/infections listed on the government's webpage, from anthrax, chickenpox and coronaviruses to Lyme disease, rabies and shingles.

Between 1988 and April 1, 2020, 284 claims were submitted to Quebec's support program. Of the total claims, 53 were accepted. The total amount of compensation paid out was over \$6.5 million.

A 54-year-old Quebec woman died last month after developing a blood clot days after she received the Astra-Zeneca vaccine. Two other Quebecers also developed blood clots as did a man in Alberta. All were linked to the vaccine.

Presumably, all vaccines authorized by Health Canada will be covered under the national VISP. But Gagnon did not say whether those approved under interim orders – of which the CO-VID vaccines are – will be included under that coverage.

"The VISP will cover all Health Canada-authorized vaccines administered in Canada," he said. "It will ensure that all people in Canada who experience a serious and permanent injury after receiving a Health Canada-authorized vaccine have access to financial support."

Canadians who receive vaccines outside of Canada may not be eligible, according to that response.

Manitoba Premier Brian Pallister struck a deal with North Dakota last month to vaccinate Canadian truckers and also said last week that school teachers can drive across the border to get a COVID vaccine, although North Dakota said there was no deal for that in place.

As the federal government's VISP is not yet accepting claim applications, it's unknown how many Canadians may have claims against COVID-19 vaccines, particularly the AstraZeneca vaccine.

Gagnon did not say what the eligibility criteria for the program will be or what kind of support will be offered.

"As the Public Health Agency of Canada is presently negotiating a funding arrangement with a third party to implement the program, no further details are available at this time."

StatCan urges Canadians to fill our 2021 census online

Enumerators will only be sent doorto-door if absolutely

neccesary

By Ashleigh Viveiros

If you haven't received it already, chances are you'll be getting a reminder in the mail for the 2021 Canadian Census this week.

Statistic Canada's Sri Kanagarajah says every household in the nation will receive a letter with a link and an access code to fill out the census online, as well as information on alternative ways to complete it. The survey went live on Monday.

They expect most people will do it online—over 68 per cent of Canadians opted for that route in 2016.

"That was much higher than the previous census," Kanagarajah observed, "and this time around we're hoping for an 80 per cent response rate online."

Given the pandemic, StatCan hopes not to have to send many enumerators door-to-door to remind people to complete the census.

"If we do go door-to-door, we will ensure social distancing as required," Kanagarajah said, explaining staff will wear masks and will not enter households. "We'll knock on the door and step back and talk to respondents, if we need to."

But they'd much rather not have to send them at all, he stressed, urging Canadians to get the surveys back in as soon as possible. Households who fail to do so will first get a phone call and then, if absolutely necessary, a visit from an enumerator sometime in late May or June.

Filling out the census is mandatory under the Statistics Act. Not doing it could land you a fine of up to \$500.

Fines aside, though, it looks like most Canadians are well aware of how important it is to do their civic duty, the majority doing so without much in the way of prodding.

"[In 2016] we had nine out of 10 households complete the questionnaire without any help from an enumerator," Kanagarajah said. The 2016 census had an overall response rate of 98.3 per cent.

The census—which includes the 2021 Census of Population and the 2021 Census of Agriculture—helps paint a portrait of our nation as it stands today, Kanagarajah said.

The population data is used by governments of all levels to determine things like transfer payments for health and social programs and support for infrastructure projects like roads and new schools.

"In order to have evidence-based decision making you need to have data," said Kanagarajah.

For example, in recent months that information has allowed governments to better assess COVID-19 vaccine rollout programs across the country, including figuring out where vaccine shipments are needed most based on population data.

population data. The census also collects information on the demographic, social, and economic situations of Canadians and how that may have changed since previous census years.

The majority of Canadians—75 per cent—will receive a short-form questionnaire to fill out. It collects basic information on your age, martial status, and language.

A quarter of

households will get the long-form census, which goes deeper into your social and economic situation.

"This is a wealth of information ... there's no other data source that can give you all these details," Kanagarajah said, noting the data is used not just by governments but also community groups, urban planners, and businesses for decisions that can have a real impact on people's lives.

You can learn more about the 2021 Census online at census.gc.ca.

PUBLIC NOTICE

Notice of dust control program

Homeowners along gravel provincial roads and main market roads in unorganized territories may apply to have dust control applied in front of their homesites at a cost of \$200 for a single application.

The formal application is available from your local Manitoba Infrastructure office. The deadline for these applications will be **no later than May 28, 2021.**

For more information, please contact one of the following Infrastructure offices:

Stoinbach	204-346-6266	Dauphin	204-622-2061
		•	
Swan River	204-734-3413	Portage la Prairie	204-239-3292
Brandon	204-726-6800	Thompson	204-677-6540
Boissevain	204-534-2030	The Pas	204-627-8272
			_



Celiac association hosts gluten-free food drive

By Jennifer McFee

The Manitoba chapter of the Canadian Celiac Association is celebrating a milestone 40 years with a challenge to provide gluten-free foods for Harvest Manitoba.

Celiac disease is an autoimmune disorder that causes damage to the absorptive surface of the small intestine when gluten is ingested.

"Gluten is found in proteins present in wheat, rye and barley and their crossbred grains," explained Joy Plohman, vice-president and Gluten-Free 101 co-ordinator for the Manitoba chapter.

"The damage to the intestine can lead to a wide variety of symptoms and impair the body's ability to absorb nutrients such as protein, fat, carbohydrates, vitamins and minerals, which are necessary for good health. The wide variety of symptoms also make celiac disease difficult to diagnose."

Worldwide, about one in 100 people is estimated to have celiac disease, she added.

"They struggle with diagnosis, diet and healing, social interaction, and related disorders. Celiac disease is also more common among first- and second-degree relatives (1 in 22 and 1 in 39 respectively)," said Plohman, who lives in Stony Mountain.

"There is no cure for celiac disease and the only treatment is strict adherence to a gluten-free diet. This is often more difficult than one could ever imagine."

Plohman speaks from experience, since she was diagnosed with celiac disease in 1997 when she was in her early 40s after suffering with various health issues for many years.

"I joined the Manitoba Chapter of the Canadian Celiac Association as recommended by my doctor and be-



Alzheimer Society Dementia Care & Brain Health gan to learn the ins and outs of the gluten free diet. I soon became involved with the Board as Treasurer and a couple years later became President of the Manitoba Chapter. I have attended many National Celiac Conferences over the years, and cochaired the 2001 National Conference held in Winnipeg," she said.

"Due to my involvement with the Celiac Association, I know many people with celiac disease. Research actually shows that belonging to a support group contributes greatly to being able to adhere to the strict gluten-free diet. This is certainly my experience."

In an effort to help others who need to follow gluten-free diets, the organization decided to partner with Harvest Manitoba, which serves 80,000 clients each month.

"They are overwhelmed and have lost the ability to offer gluten-free food products for the 120 persons in Manitoba with celiac disease who rely every month on food banks," Plohman said.

"For people with celiac disease, gluten-free food, which is very expensive, is not just nice to have. Gluten-free food is required for their short- and long-term health and ultimately the ability to regain employment and be able to support themselves and their families."

For children, the effect of continuing gluten exposure impacts their development and ability to learn and thrive, she noted.

"Unfortunately, if gluten-free food is not available in their food bank hamper, people who need gluten-free are forced to eat gluten-containing foods, thus beginning a downward spiral," she said.

For those who would like to help support the initiative to provide gluten-free foods through Harvest Manitoba, there are a few ways to get involved.

"The cost of one very basic glutenfree supplement kit is \$30 to 35 per month for one individual," Plohman said.

"Kits for people in rural areas cost an additional \$5 to \$10 for shelf-stable bread."

One way to help is by purchase non-perishable gluten-free food and clearly marking it as "Gluten Free." If you buy a few items, you can put them in a bag labelled "Save Me for Gluten Free" and drop off at food bank bins in your grocery store or at Harvest Manitoba at 1095 Winnipeg Ave. in Winnipeg.

You can also donate money to the gluten-free food drive online through the Manitoba Chapter of the Canadian Celiac Association official website at www.manitobaceliac.com or send a cheque to Manitoba Chapter of the Canadian Celiac Association, 204-825 Sherbrook St., Winnipeg, MB, R3A 1M5.

All donations over \$20 will receive a tax receipt

It's an ideal time to help since May 16 is Celiac Awareness Day and May is Celiac Awareness Month.

"Celiac awareness events are a way to help educate, bring awareness and show support. Celiac Awareness Day and Month helps to create positivity and empowerment for those living with celiac disease," Plohman said.

"The Manitoba chapter was involved in the establishment of the national organization in 1981 and has been a driving force in Manitoba for increased recognition and support for the difficulties faced by those with this challenging and, as yet, incurable disease.

On May 16, the "Winnipeg" sign at The Forks will be green for celiac awareness, and the golden boy will be lit green the same evening. A driveby socially distanced gluten-free food drive will take place at The Forks from 7 to 9 p.m. for anyone who would like to donate to the cause.

In addition, the chapter has compiled a 40th anniversary recipe book in PDF format, which will be distributed online to anyone who makes a donation to the food drive.

"Our 40th anniversary is a significant milestone when chapters across the country have been folding due to lack of volunteers,"Plohman said."We are a totally volunteer-run charitable

organization."

The Manitoba chapter has two p r o f e s s i o n a l health advisors: Dr. Donald Duerksen, a worldrenowned expert in celiac disease, and Dayna Weiten, registered dietician.

"Both of these



RECORD PHOTO SUBMITTED Marilyn Hogg and Susan Finlay at the Stonewall Family Foods gluten free evening before the COVID-19 pandemic.

awesome people regularly attend chapter meetings and give presentations to keep members up to date on latest developments in celiac disease research and knowledge," Plohman said.

"The Manitoba chapter holds four general meetings and one AGM per year, which are open to all our supporters as well as the general public. Our meetings feature a guest speaker who may be a medical professional, or any person working in an area which involves those affected by gluten such as a teacher, nutritionist or retailer of gluten-free products."

While many support groups have not been able to continue support to members since the pandemic, the Manitoba chapter started virtual meetings last fall and has helped many people stay connected.

The Manitoba chapter regularly hosts a Gluten Free 101 session, free of charge, to introduce newly diagnosed individuals, as well as family or friends who are interested, to the gluten-free lifestyle," Plohman said.

"This learning process can be overwhelming and individuals can experience a grieving process as they adjust to the new diet as well as the social implications to their lives."

The next session will be hosted virtually on May 18 from 6:30 to 8 p.m. Anyone who is interested is asked to register by emailing office@manitobaceliac.com or calling 204-772-6979.

The organization also publishes the Manitoba Celi-Yak newsletter for times a year. "Through the newsletter, we keep our supporters updated on upcoming events, the latest celiac and gluten-free research, as well as supply recipes, restaurant reviews, current and new product info, and gluten-free travel information," Plohman said.

For more information, visit the website for the Manitoba chapter at www. manitobaceliac.com.



How does your garden grow?

By Katelyn Boulanger

With the frost almost a thing of the past, Prairie Naturals Gardening Group is encouraging anyone who wants to get a green thumb in 2021 to give it a try. This year, they will be continuing to host their monthly gardening meetings digitally, which gives members info about growing native plants.

"Prairie Natural Garden Group is focused on using native plants, for gardening for beauty. Most people want their garden to be beautiful [and to have that] aesthetic, that kind of that texture and that inner garden that brings in all the design aspects and [we] also [want elements of] nature conservation. It's not new information that we're situated in grass prairie. I think what a lot of people don't realize is that tallgrass prairie is more endangered than a rain forest. So one of the reasons why we garden with natives is to create a restored habitat," said Michelle Taylor the founder of Prairie Natural Garden Group.

The group was established in 2019 and now has more than 105 members living from southern Ontario all the way to Alberta and everywhere in between.

Prairie Naturals is focusing on encouraging the growth of native plants in our gardens for two reasons. The

Feel alone and need care?

Services

first is that the plants have evolved over thousands of years to our environments and the animals in Manitoba have evolved beside them so by planting these plants you give native animals what they need as well. The second reason is that again because they are adapted to our conditions they require less input in terms of fertilizers or watering than plants from elsewhere that are adapted for growing here and so use fewer resources to upkeep.

In the next few months, they will be hosting virtual classes about plants that grow in the Brokenhead Wetland, with a focus on wild orchids. There will be a visual tour of the 49 acre Ozhaawashkwaa Animikii-Bineshi Aki Onji Kinimaagae'Inun or Aki Centre, part of the Seven Oaks School Division, and a tour of the Brokenhead Wetland north of Winnipeg.

One way that they are getting out of the classroom is through the 1400 square foot demonstration garden that is in front of the West St. Paul municipal office. In this space, their members will be able to learn how a garden goes from being planted in the first year to establishing itself in subsequent years.

For beginners who want to start incorporating native plants into their gardens, Taylor suggests starting

slowly.



RECORD FILE PHOTO SUBMITTED

Prairie Naturals Gardening Group members planting the native plant garden outside the West St. Paul municipal building last year.

'Get to know your style, and light conditions match your plan to that. That seems like a pretty simple thing but when you're planting non-native perennials or even annuals, they're easy to replace and they're sometimes more able to be moved around. So [my advice is to start small and] plant once and that's based on [my own] experience having put the plants in areas that they just did not thrive," said Taylor.

She also wanted to highlight Prairie Flora and Prairie Originals as two businesses in our region that provide plants and information for residents looking to start this type of sustainable gardening.

Taylor, of course, also encourages anyone interested to join Prairie Naturals Gardening Group to be part of a community of people that really love native plant gardening.

"We're a growing group, we bring in great speakers and we have we've got a good exchange at our meetings. Whether you've never planted native plants, or whether you're super experienced it's a welcoming community," said Taylor. Learn more about Prairie Naturals Gardening Group and sign up to become a member at https:// sites.google.com/view/prairienaturalsgardening/about.





Valuable support offered to businesses, communities and non-profit organizations

Submitted by Manitoba government

The Manitoba government will provide more than \$25 million that will support more than 8,000 youth employment opportunities this summer through the new Manitoba Youth Jobs Program and existing Green Team grants, Premier Brian Pallister and Municipal Relations Minister Derek Johnson announced Wednesday.

"Our government is working to protect Manitoba's youth from the health and economic impacts of the pandemic, as they have been hit particularly hard and face unemployment rates of nearly double the rest of the population," said Pallister. "Our new wage subsidy program will directly contribute to our government's growth and jobs agenda outlined in Budget 2021 by supporting our businesses and organizations that will be the drivers of

A Division of

Manitoba's economic recovery."

The new \$15-million Manitoba Youth Jobs Program will provide employers a 50 per cent subsidy on wages paid to eligible employees during the program period of May to September 2021, with a maximum of up to \$25,000 per employer. The premier said he anticipates the program will support more than 2,000 Manitoba employers recover from the pandemic and create sustainable long-term, seasonal and short-term employment opportunities for more than 6,000 Manitoba youth.

The Manitoba Youth Jobs Program builds upon and streamlines the Manitoba Summer Student Recovery Jobs and Back to Work This Summer programs, which helped create and sustain more than 6,000 jobs for young Manitobans in 2020. The new program:

• gets money to businesses faster, as employers will be eligible to apply for an advance payment of up to \$750 per eligible employee, up to \$7,500;

• broadens eligibility criteria to include all Manitoba youth under the age of 30;

• allows employers to claim employees hired as early as April 1, 2021;

• aligns the program's eligible wage

LiftMaster

subsidy period to the employer's own pay schedule to cover full pay periods between May 1 and Sept. 5; and

• provides a 50 per cent wage subsidy on all regular, overtime and statutory wages earned during the 18-week period as opposed to a flat per-hour wage subsidy.

The province is also investing more than \$10 million in Green Team grant programs to help an estimated 2,000 young Manitobans find summer employment and gain valuable work experience. This includes nearly \$9 million for the Urban and Hometown Green Team Program and more than \$1 million for the Manitoba Parks Green Team.

"These have been challenging times and now more than ever, we need to support local projects and give our youth the work experience they need to take advantage of future career opportunities," said Johnson. "We also recognize the critical role of Manitoba's community-based organizations as they help shape sustainable and thriving neighbourhoods and communities."

Urban and Hometown Green Team grants allow communities to hire youth aged 15 to 29 to work on community projects between May 1 and Sept. 30. Non-profit organizations in Winnipeg and rural Manitoba are eligible to receive 100 per cent of wage costs and \$250 per position for support costs, while eligible municipal governments in rural Manitoba receive 50 per cent of wage costs and \$125 per position for support costs, on a cost-shared basis.

Johnson noted priorities for the 2021 summer season are focused on community-based organizations and municipal governments that can offer full-time employment opportunities for youth, and projects that support COVID-19 response and recovery efforts.

The province is maintaining its 2020 funding level for Green Teams, which had doubled from 2019 to stimulate youth job creation during the pandemic, to meet significant program demand. At the Feb. 15 application intake deadline for the Urban and Hometown Green Team Program, the province had received record funding requests. The province has completed its review of project applications and will begin to notify applicants of funding decisions today.

More information is available online for the Green Team program at www. manitobago.ca and Manitoba Youth Jobs Program at https://manitoba.ca/ covid19/programs/youth-jobs.html.



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Glassmaker's artwork making waves across international borders

By Tyler Searle

Hundreds of vibrant glass leaves cast in Teulon have become a piece of functional art in the U.S.

Heather Dawson, the artist behind Glass by Heather, is known locally for her handmade glass creations. Her work includes jewelry, décor, and dinnerware—and now, an elaborate art installation.

Karla Rikansrud commissioned Dawson to create 200 glass aspen leaves to feature in a donor appreciation wall at the Frasier Retirement Community in Boulder, Colo.

Rikansrud, the VP for philanthropy and social responsibility at Frasier, wanted to pay tribute to the many donors who supported the community. She found Dawson's work online and reached out.

"I have some cast glass leaves that I had created from commercial manufactured moulds, and she (Rikansrud) liked the design and the concepts, but the size wasn't exactly what she was looking for," Dawson said.

Rikansrud asked for a smaller design that more closely resembled the retirement community's logo. The altered specs required Dawson to create a custom ceramic mould, she said.

Dawson did not have experience with ceramics, so she turned to Alan Lacovetsky for help.

"He (Lacovetsky) had been talking to me over the last couple years about making custom moulds, so I knew who to ask," Dawson said.

Lacovetsky is a fellow Interlake artist who uses clay and a wood-burning kiln to make pottery. He was eager to share his knowledge with Dawson, he said.

After some trial and error, the pair designed a suitable clay mould for the installation, and Dawson set to work casting hundreds of leaves.

The art piece is now finished and suspended on a wall at the retirement community using stand-off posts—specialty mounts that create the impression the leaves are floating away from the wall.

Pandemic restrictions made it impossible for Dawson to be on-site for the installation, but she has seen photos of the completed piece.

"I thought it looked great," she said.

The next phase of her work may involve more wallmounted art pieces, but right now, Dawson is fundraising for the Canadian

Continued on page 21



RECORD PHOTOS SUBMITTED

Heather Dawson uses glass frits, tiny grains of glass, to create her multicoloured leaves.

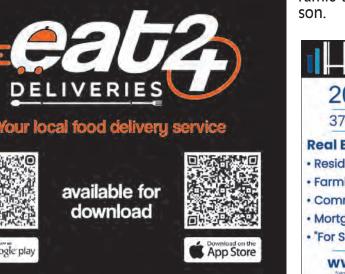


Alan Lacovetsky stokes the fire in his wood burning kiln. Each firing takes approximately 30 hours with wood needing to be fed to the stove every five to 10 minutes the entire



LOCALLY GROWN PLANTS

time. Lacovetsky created the ce-



- Google play

ramic aspen leaf mould for Daw-





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Gimli's new bookstore, Lucky Stone Books, sure to please avid readers

By Patricia Barrett

If there's one thing that hasn't fared too badly over the course of the pandemic, it's book sales.

People in lockdown looking for a diversion from daily infection counts have increasingly turned to books, driving up sales in Canada.

And that's one of the reasons Kristine Dubois wasn't nervous about taking over the former Up a Stump Used Books and ManCave Hobbies store in Gimli and launching her own venture called Lucky Stone Books.

"I read that book sales nationwide [in Canada] are up about 36 per cent," said Dubois by phone last week."People are definitely reading."

Book sales fell during the first half of 2020 because of public health-mandated lockdowns and store closures, according to BookNet, which tracks the majority of print book sales on the Canadian market. But sales rebounded, with consumers preferring a print book over an e-book or audio book. A similar scenario played out in the U.K. where fiction books alone were reported to have racked up sales of 100 million pounds during 2020's lockdowns.

Dubois said she'll be making a few changes at the bookstore, tailoring the

collection to the biggest consumers of books. The bookstall she runs at the Arnes Farmers' Market has helped her get to know readers' tastes and preferences.

"I'm still going to have tons of books, but I'm changing some things because I know who my market is for reading – and that's women aged 25 to 75," she said. "I've been selling books at the [Arnes] market for the past couple of years, and it's not that men don't read – there are very dedicated male readers, dedicated to their authors – but I've been selling mostly to women."

Dubois is no stranger to the importance of literacy as she has been teaching English, art and media at Gimli High School since 2013. She said she'll be retiring early from teaching, at the end of June, to focus on her new business.

Lucky Stone will offer pre-owned books in good condition. With over 25,000 titles, the collection runs the gamut of genres, including fiction and literary works, mystery, suspense, westerns, science fiction, romance, natural history, travel and art. Dubois will also be stocking best-sellers so that avid readers won't miss out and she'll endeavour to order titles upon request.



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RECORD PHOTO COURTESY OF KRISTINE DUBOIS

Kristine Dubois will be opening a new bookstore in Gimli called Lucky Stone Books. The store will also serve as a UPS package delivery and pick-up location.

In addition to tweaking the collection, Dubois said she'll be selling items such as art supplies, paint-bynumber pictures which are "popular again," puzzles, handmade crib boards, greeting cards made by local artists, loose tea from a Winnipegbased company and Hartmont Candles.

"I'm trying to stick with made-in-Manitoba products," she said. "I'm hoping more businesses would like to use my store for their products because I'll be offering curbside pickup."

Dubois is also dedicating part of the business to parcel delivery, becoming a United Parcel Service (UPS) access point for package delivery and pickup. Customers can have incoming parcels sent to Lucky Stone rather than their homes, if they prefer, and pick them up later in the day.

"I'm pretty excited about the UPS service," said Dubois. "I think people need an alternative for their packages."

Lucky Stone Books is located at 33 Centre Street. It's set to open on Saturday, May 15. Dubois said the hours from that date until June 30, when school ends, will be Wednesday to Friday afternoon and Saturdays and Sundays. She'll post new hours at a later date.

For more information, email Kristine Dubois at luckystonebooks@gmail. com



Raquel Dancho Member of Parliament Kildonan - St. Paul

204-984-6322 raqueldancho.com raquel.dancho@parl.gc.ca

> GLASSMAKING, FROM PG. 18

Cancer Society.

For the second April in a row, she's released a daffodil-themed collection and intends to donate a portion of the proceeds in honour of her mother, she said.

Dawson and Lacovetsky are members of the WAVE Interlake Artists Studio Tour, a collective of artists who invite the public to tour their studios every June and September. Attendees watch creators at work, ask questions, and purchase art.

The WAVE tour is an integral part of the Interlake community because it encourages artists to share ideas and provides the public with an opportunity to experience art, Lacovetsky said.

"It's become an important cultural event over the last 20 years."

Last year, the pandemic forced artists to cancel the tour.

Despite pandemic interference, the WAVE added two new creatives to its roster: Shannon Lebel, an acrylic painter, and potter Dawn Mills.

The next tour is scheduled for June 12 and 13.

"We have artists who are saying they are prepared to open their locations out-of-doors," said WAVE Jury Chair Helma Rogge Rehders.

If the province clamps down on out-

door gatherings, it may force WAVE to cancel once again.

The cooperative is doing their best to adapt to the constantly changing restrictions, and they've dedicated time and resources to bolster their online presence, Rehders said.

More information about the WAVE artists and tour can be found online at: https://www.watchthewave.ca

Dawson's daffodil fundraiser ends on May 10. Her art can be found at: https://glassbyheather.com



Although the ceramic moulds Dawson uses are identical, no two leaves turn out exactly the same.





RECORD	ΡΗΟΤΟ	BY HE	EATHER	DAWSON
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AT PARTICIPATING RETAILERS

Karla Rikansrud fastens the glass aspen leaves to a decorative metal wall. Stand-off posts separate the leaves from the wall to create the impression they are floating.

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Infrastructure projects scheduled in Selkirk

Improving the ground beneath our feet

Submitted by the City of Selkirk

Selkirk's infrastructure projects for 2021 tick a lot of boxes in the city's strategic plan, including addressing the need for substantial capital investments by building safe and sustainable infrastructure, providing the best possible recreation opportunities for residents and being good environmental stewards.

More than \$5 million will be invested into infrastructure improvements this year, and Mayor Larry Johannson said while construction season often elicits groans from motorists, this year, as we look forward to less COVID and more progress, it has a different feel.

"As the uncertainty of COVID remains, we are thankful to still be looking ahead in terms of construction occurring, our infrastructure getting better and stronger and hopefully life taking a step towards a return to normal sooner rather than later," Johannson said.

"We're investing in our active transportation network this year and that will provide citizens more opportunities to get outside and experience our city on foot or on bikes and I'm really proud of that. We're reducing our Greenhouse Gas emissions and providing more recreational opportunities and those are both good things."

Wintec Building Services Inc., was the successful bidder for the roads,

www.gaffers.net

sidewalk, and paved pathway projects with a price of \$1,060,314 which was \$354,097 under the city's budgeted amount.

Director of Operations Dan McDermid said the city finalizes its budget in December, several months ahead of the majority of Manitoba municipalities, and is able to put jobs out to tender earlier than others as a result.

"Because we're one of the first out of the gate, we're at an advantage and can end up having bids come in at really competitive prices," McDermid said.

"In this case, of the five companies that bid on the city's 2021 infrastructure work, four of them were substantially under the budgeted amount."

This year's infrastructure projects have been identified through the city's Capital Asset Management Program (CAMP) as well as the Manitoba Avenue Redevelopment Plan.

The Manitoba Avenue pathway, which currently runs from just east of Hwy. 9 to Easton Drive, will be extended from Easton to Main Street, providing 2.78 km of safe, walkable space for people to enjoy. The \$185,734 project will connect the pathway with the Manitoba Avenue East Revitalization project through downtown and onto the waterfront.

A sidewalk will also be installed on the south side of Manitoba Avenue be-

Sunday

204-757-2350

tween Easton and Agnes Street at a cost of \$99,707.

A tie-in to the pond on Purvis Avenue done during the West trunkline End and forcemain project in 2020 left a trench that needed to be restored. Rather than put in topsoil and grass seed, the city will install a gravel, naturalized path-



Sophia street sidewalk reconstruction.

way at a cost of \$20,000

Under CAMP, curbing and boulevard repairs in the 500 block of Robinson Avenue, at a cost of \$102,135, will expand the boulevard area by three metres and reduce the road surface, which was wider than it needed to be. Grass and trees will be planted as part of the city's Climate Change Strategy that identifies numerous benefits to an enhanced urban forest.

Agnes Street between Manitoba and Christie has been identified through the city's Asset Life Cycle Management Policy evaluation criteria of needing replacement.

Construction is already underway and the street will get a sewer replacement, water liner, sidewalk install on the west side and street reconstruction at a total project cost of \$661,793.

The Eveline Street reconstruction, which will include improvements to accessibility, lighting and public safety and take into consideration public input secured through Citizen-



Voice and community-wide surveys and two virtual meetings with Eveline property owners, will take place in two phases. Underground work, including the moving of hydro lines from above the street to below and a new land drainage system, will take place this summer. The street reconstruction and other improvements will occur in 2022. The two-phase approach was chosen to manage the risk of increased costs due to delays created by the Manitoba Hydro strike and potential labour shortages due to COVID-19.

Other projects include \$303,464 to complete work on the west end lift station, a \$3.8 million project that began in 2019; \$328,023 to complete the Selkirk Park lift station which began in 2020 and has a total cost of \$790,000; \$2,978,539 invested into the Business Park utility phase 2; construction of a bio-solids pad at \$200,000 and \$400,000 for Sophia Street combined sewer separation.

A virtual open house will be held May 13, at 6:00pm via Zoom. To register to attend, please visit www.MySelkirk.ca/infrastructure

Anyone without access to online services is asked to call CitizenSupport at 204-785-4900 where arrangements can be made on a case-by-case basis.



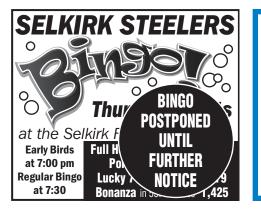




Prep time: 10 minutes Total time: 45 minutes Servings: 4 1 box Mrs. T's Pierogies 4 Cheese Medley 3 tablespoons olive oil, divided 2 boneless, skinless chicken breasts, pounded to even thickness kosher salt, to taste ground black pepper, to taste 4 cloves garlic, minced 1 bag (5 ounces) fresh baby spinach 2 cups diced tomatoes 1 teaspoon dried Italian seasoning 1/4 cup chicken broth 1/2 cup heavy cream 3/4 cup freshly grated Parmesan cheese, plus additional, for garnish 1 tablespoon cold water 1/2 tablespoon cornstarch fresh basil, for garnish crushed red pepper flakes, for garnish Boil pierogies according to package directions. Drain then toss pierogies with



Servings: 9 Nonstick cooking spray flour, for rolling pastry 1 frozen puff pastry, thawed



Tuscan Chicken Pierogy Skillet

1 tablespoon olive oil to keep from sticking.

In 12-inch skillet over medium-high heat, heat 1 tablespoon oil. Season chicken with salt and pepper, to taste, and cook 8-10 minutes per side, until golden brown and cooked through. Transfer to plate, cover and allow to rest 5-8 minutes. Slice thin.

While chicken rests, lower heat to medium-low and add remaining oil to same skillet. Add garlic, spinach and tomatoes; saute 1-2 minutes until garlic is fragrant. Season with Italian seasoning and salt and pepper, to taste.

Stir in chicken broth, heavy cream and 3/4 cup Parmesan. In small bowl, whisk cold water and cornstarch then stir into pan. Simmer 4-5 minutes until thickened and creamy.

Return chicken and pierogies to skillet and toss to combine. If desired, top with additional seasonings, to taste. Garnish with fresh basil, Parmesan and red pepper flakes, if desired.

Caramel Sticky Rolls

caramel sauce, divided

1/2 cup walnuts, chopped powdered sugar

Heat oven to 400 F.

Spray muffin tin with nonstick cooking spray.

Sprinkle flour on work surface. Flatten pastry sheet and roll into rectangle.

Drizzle caramel sauce over pastry and spread within 1/2 inch of edges.

Sprinkle chopped walnuts over caramel sauce.

Starting on short end, evenly roll pastry with filling to other end.

Cut pastry into nine pieces. Place pastries cut side up into muffin cups.

Bake 22 minutes, or until golden brown. Immediately remove from pan to wire rack. Let cool 10 minutes. Drizzle with additional caramel sauce and dust with powdered sugar.

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Christine Ibbotson

Dear Money Lady,

We've recently become grandparents (at last!). Concerned that our son does not have insurance of any kind and none on his mortgage. We are retired – do we need it too? Could you talk about insurance in one of your next columns. Thanks, Jeanie Yes, I can Jeanie – thank you for asking!

Most people know that they must have insurance to pay for the initial one-time costs such as a funeral, taxes and their debt, (mortgages and loans). Others will go a step further and plan for the ongoing expenses that will continue after their death to provide for their spouse and children.

If you are retired, I am not saying you should run out and get insurance. Insurance is something that most would have purchased when they were young, and the premiums were at their lowest. Many retirees use insurance for tax planning to pay for capital gains tax that their estate will owe upon their death, and this is something that should be discussed with your advisor to see if it is worth the cost. Others may get insurance to provide a personal legacy of remembrance when they die, leaving money to a special charity, a hospital, or even an educational or religious organization.

But to answer Jeanie's request for her son; insurance is definitely something you need during your working years when you have consumer debt and a young family. There are many types of insurance. The basics are for income protection, mortgage insurance and survivor benefits. Most people have life and disability insurance with their employer which is a very inexpensive way to acquire coverage. It is easy to setup an automatic withdrawal from your pay that can provide additional insurance often times for your spouse and children as well.

Mortgage insurance is also something you should have; however, it may not be something you want from your financial institution. You see, this is a major source of revenue for the banks who will always provide mortgage and loan insurance to their customers. The bank insurance is very easy to acquire for the average person but remember the bank



is the beneficiary not you. The insurance is to pay off your outstanding mortgage amount at the time of your death. So, if you took out a mortgage for \$400,000 and the premiums were based on this amount, but you died when the mortgage balance was \$150,000, the insurance will only pay off the \$150,000 outstanding balance.

It has always been the practice of good advisors to talk to their clients about insurance. It would be much better for clients to acquire Term insurance, usually at a much lower premium than the bank mortgage/ loan insurance and for a fixed guaranteed amount. With Term insurance your coverage never decreases, your premium is fixed, and you can select who the beneficiary should be. So, if you get a \$400,000 Term policy to cover your debt, but you die when your debt is at \$150,000, like in the example above, your family receives the full \$400,000. They can then pay off the outstanding mortgage and use the balance for something else.

Term insurance is less expensive than permanent life insurance, so it is easy to afford additional coverage for a set period of time during your prime working years. Payments are always locked in and will not change during the term you have chosen. It is a good idea to choose a 20-year term to lock in a lower premium for a longer time frame. You can cancel it at any time, or you can convert your policy to permanent life insurance, usually without having to re-qualify.

Planning for the future should always include the planning for possible unexpected events. Avoid the temptation to put your plans on autopilot. It is important for you to have a well thought out strategy that provides for the loss of income and protection against the unexpected. This means you must have a Will, a Power of Attorney, and Insurance. Don't make foolish decisions to not protect your family and your assets to save a couple dollars. It is not worth it. Smart financial planning means you should never leave yourself unprotected. Really, this is the only way you can ensure the stability of your family should you die unexpectedly. It is your responsibility to have your say in your Will, to ensure your requests are known and acted on in your Power of Attorney, and to ensure your family is not destitute by having life insurance.

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

24 The Selkirk Record Thursday, May 6, 2021



Anxious for fishing season

RECORD PHOTO BY BRETT MITCHELL

Even the pelicans in Lockport can't wait for fishing season to start this year. You can start putting lines in the water on May 9 this year.



Gimli RCMP investigate break and enter

Police asking for help identifying two suspects who damaged ATM and stole cash

By the Manitoba RCMP

On April 26, 2021, at approximately 1:45 am, RCMP responded to a break and enter in progress at a business on Main Street, in Winnipeg Beach.

Two suspects broke into the business, damaged the ATM, stole cash and fled in a dark colored, four door car. They were last seen heading south on Highway 9.

RCMP obtained surveillance video of the suspects. First suspect is wearing a black hoody, black ballcap, dark pants and white shoes.

Second suspect is wearing a red bandana over his face, dark grey ballcap, blue/purple hoody with white writing/graphics and blue jeans.

If you recognize these suspects or have information on this incident please call Gimli RCMP at 204-642-5104, Crime Stoppers anonymously at 1-800-222-8477, or secure tip online at www.manitobacrimestoppers.com.



Police are looking for help identifying these two suspects.

A new technology is making partial dentures way better

By Brock Vandor DENTURIST

There is something new and very exciting when it comes to partial dentures! I am so excited about it because it is one of those things that is undoubtedly superior to the way we used to do it. They are fitting better than I have ever seen, and of course, patients are having more comfort than they have ever had in the past.

Since the beginning of metal working time, to make things like partials, we had to first make a mould of a certain shape (like a partial denture), then pour liquid metal into the mould and let it cool and harden. This method works great, but there is always a problem...when the metal cools, it shrinks! This means that no matter how perfect we make the mould of your denture, when we pour the metal in, it will change shape and never have a perfect fit; re-quiring very careful adjustments to the denture. But now, I am very excited to say, we can totally get rid of that process where the metal distorts and partials don't fit as good as they should!

Today, we can design your partial denture on a computer, then use a computer controlled milling machine to actually make the exact shape of your partial out of hardened Titanium metal. This means no more distortion, and wow, the results are truly amazing! My brother, who is also a Denturist out in Medicine Hat, is also doing Titanium partials too and every time we get on the phone, we can't help but talk about how this new technology is just the best thing that has ever happened to partial dentures. We can

finally get the fit that we always wanted, and patients are absolutely loving them for 3 main reasons:

1.Titanium partials fit beautifully around the teeth, which results in much less food underneath.

2.Titanium is both thinner and smaller, making the partial more comfortable.

3.Titanium can clip more gently around the teeth than the usual metal and it just feels more "normal".

If you have had problems with your partials before, then there is a good chance that this is the answer. The process of making them is by far superior to the old way. Give us a call today to reserve your free consultation and we would be happy to see how we can help.

Thanks for reading! Brock Vandor, the Denturist.



RECORD PHOTOS SUBMITTED

Recent patient Gary says, "Brock is awesome. My new teeth have a great fit, excellent work and the staff are very professional."

> VANDOR • DENTURE • CENTRE AWARD-WINNING DENTURES AND IMPLANTS



Vaccinated care home staff now able to work at other sites

By Staff

Personal care home staff who have been vaccinated against COVID-19 are now able to work once again at multiple locations.

Staff in long-term care facilities have been required to work at a single care home, with limited exceptions, since last May in a bid to slow the spread of COVID-19.

Now, with the new public health order that went into effect last week, vaccinated workers are allowed to work at more than one facility once again two weeks after their first dose. A second dose is required within 16 weeks.

"Personal care home staff on the front line provide an absolutely invaluable service to our Manitoba seniors and personal care home residents who have been hardest hit by COVID-19," said Health and Seniors Care Minister Heather Stefanson in announcing the change. "Our government has fast tracked vaccinating both personal care home residents and staff, and this new public health order recognizes that work and improves staffing flexibility for personal

care homes and to allow care providers to schedule additional shifts."

Non-vaccinated staff are still required to work at only one facility.

"Across Canada, a significant proportion of reported COVID-19 deaths have affected residents of long-term care facilities," said Stefanson. "We are continuing this order to protect our most at-risk Manitobans and ensure employees working in personal care homes can provide care safely."

COVID-19 vaccines have been shown to reduce the risk of contracting and spreading COVID-19, as well as to reduce severe illness. As the majority of personal care home residents have also received the vaccine, having vaccinated staff move between sites will have less risk for residents, said Stefanson.

The new order will be in effect until lifted by the chief provincial public health officer, a decision that will be based on a number of different factors including case numbers, test positivity rates, and the ongoing risk of CO-VID-19, the province has said.

Setheditorial > VIEWPOINTS > LETTERS

GUEST COMMENTARY



It is hard to imagine a better description of our current situation in Manitoba public education than that provided by Tom Green (1984 – a coincidence?) in The Formation of Conscience in an Age of Technology."... our institutions must also be sufficiently resistant to change so that those whose conscience is

merely technical and limited to

By John R. Wiens

skills of managing the political apparatus, but who are rootless in their souls, may not do irreparable harm." In short, people focussed on carrying out the how to miss the why and the what.

Simply put, Bill 64 leaves public schools in the hands of people who have no knowledge about, or investment in, why we created them in the first place. People who are more adept at sponsoring the mechanisms of this government than at upholding an educational agenda. They do not seem to understand or care about the havoc they are creating and enabling.

Politicians, both rural and urban, are abandoning their constituencies. Their civil servants, selected on the basis of their management skills (technical conscience) and not their knowledge of education, keep check on their partisan politician bosses to ensure that they do not deviate from the prevailing script predetermined by the Premier and the Minister. And they are only willing to work with those who endorse their strategies. Together, they are on the verge of doing irreparable damage to the very roots that provide them with their current legitimacy and which they took an oath to defend and uphold.

It is an undisputed fact that extreme provincial controls undermine local institutions and local rights. In schools, this means closing "inefficient" schools – schools with enriched staffing to meet local needs which provide some semblance of equal educational opportunity. It means longer bus rides even for very young children, itself an equality issue. Bill 64 eliminates the moratorium on school closures and the mandate to keep one-way bus rides under an hour.

Bill 64 inevitably ends up with fewer teachers in rural communities, where they are often so much more than teachers, providing a host of other leadership functions. It means fewer people such as those in schools and board offices having gainful local employment.

Control from urban centres means that rural values, solutions, and resource allocations lose their sway in public policies – removing locally elected trustees means that the rural roots just dry up faster.

By sheer numbers and efficiencies of scale, urban frameworks and prescriptions hold out no promise for local responses and initiatives. But singular, simple answers to multi-layered, complex problems also do not work in urban areas.

Winnipeg is a cosmopolitan city with very diverse neighbourhoods, a fact that most of us are very proud of. Our city council, to their credit, have not given up on making our city an inviting, affirming

community for its original inhabitants and newcomers. However, making it all one jurisdiction for educational purposes is bound to make its efforts more challenging.

As Maggie MacIntosh, Winnipeg Free Press education reporter, has repeatedly revealed, each school division has tailored very unique services to the needs of their diverse populations. It is hard to imagine that level of sophistication and responsiveness in a solitary system under the management of one director whose first responsibility is to the provincial government.

Decisions that have a great impact on the everyday lives of citizens ought to be made as close to these citizens as possible. Furthermore, these citizens ought to have relatively easy access to the decision makers and the processes of decision making that affect them so directly. I fear the alienation and senses of apathy, resentment and resignation that so often accompany shifts of power to higher and higher levels of a system of governance.

As power and authority shift to the upper levels of a system, those who occupy the lower levels often feel much less of a stake in the enterprise. This loss of ownership breeds a disinterest in the affairs of governing and, quite often, an unwillingness to take responsibility for the consequences of decision making.

Green concludes with "... Rootedness and vision ultimately [are] what [provide] both the only salvation there is of those institutions and the only fixed point for the guidance of persons engaged in public policy."

Bill 64 tears away at the moral, social, economic and political Rootedness that defines Manitoba, and our present government, in its soulless and rootless agenda, is threatening the souls of all of us! John R. Wiens is dean emeritus at the faculty of education, University of Manitoba. A lifelong educator, he has served as a teacher, counsellor, work education co-ordinator, principal, school superintendent and university professor.

What's Your story?

We want to hear from you.

The Selkirk Record connects people through stories to build stronger communities. Do you know someone who has a unique hobby? Will be

recognized by a local organization for volunteer service? A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday? A young entrepreneur starting out?

Please share your story ideas at news@selkirkrecord.ca Phone 204-485-3337



MMF increases financial supports for housing repair program

Overwhelming demand leads to program's expansion

"I WOULDN'T

HAVE EVEN

KNOWN MY

HAD IT NOT

PROGRAM."

FURNACE WAS

BEEN FOR THE

- BRETT HARVIE

ON ITS WAY OUT

By Staff

When a friend told Brett Harvie the Manitoba Metis Federation (MMF) had a program to help with housing repair, he was taken by surprised.

Harvie, a Stonewall resident, had been looking to get his shingles, electrical panel, and heat recovery ventilator (HRV) system done, but Harvie said when the contractor came

to do the HRV system, they noticed a crack in his furnace's heat exchange.

"Instead of doing the electrical panel we switched it up and did the furnace, HRV, and shingles. I wouldn't have even known my furnace was on its way out had it not been for the program," said Harvie, noting it was this time last year when he utilized Manitoba's only housing repair program, called the Enhancement Home Loan Program (HELP). "It wasn't so much

about cosmetic or aesthetic stuff, but if something was a bit dire, the offer was there. I thought, 'What a good little program.' I was one of the first people to actually use it," he said.

Even a year ago, Harvie said the program was easy to navigate. He gave a list of the projects he had in mind, the MMF encouraged him to get quotes on pricing, and eventually approved his list.

On April 7, the MMF upped the limit from the program, which was \$15,000

at the time Harvie used it, to its current limit of \$18,000 per household.

"If there are some programs people can use to their advantage, especially now with so many people out of work and not making money, they should. If the program exists, use it," said Harvie.

"It's fortunate they have this, I felt fortunate. It should go without saying," he said.

MMF President David Chartrand and Manitoba's Minister of Housing Will Goodon made the announcement.

"The costs of lumber and other construction materials have risen substantially in the last while," said Minister Goodon.

"The HELP program has received a lot of interest since we announced it almost a year ago, but we are finding that some houses need that little bit more," he said.

Since the Government of Manitoba cancelled all its repair

programs a couple of years back, Chartrand said there has been nothing available to assist with housing repairs for Métis families.

The MMF is expanding the program based on the overwhelming demand uncovered since the launch of HELP. To date, over 190 homes have been repaired or are being repaired, with forgivable loan amounts totalling over \$2.4-million.



RECORD PHOTO SUBMITTED

Brett Harvie replaced the furnace at his home with the financial help of MMF's Home Enhancement Loan Program.

"We are very proud to expand on successful programs like HELP," said President Chartrand.

"They allow us to continue improving our support and make life even better for Métis families across Manitoba," he said. do apply to applications still being processed in the system.

Métis families interested in the program should call MMF's housing department for more information by calling 204-586-8474 or visiting the website at www.mmf.mb.ca.

The increases are not retroactive to existing loans, MMF stated, but they

RCMP advise vigilance in protecting home from break and enters

Submitted by RCMP

With warmer weather on the way, it is common for more break and enters to be reported to police. The RCMP wants to remind the public there are precautions that can help prevent such an occurrence.

Here are a few tips that can help



keep your home safe:

• Close and lock doors and windows of your home and any vehicles on the property

• Do not keep valuables in your vehicle

• Secure belongings if you need to keep them outside, such as bicycles, scooters, lawn mowers, and ATVs

• Keep trees and brush cut back to make your home visible from the street

• If you are away, create the illusion of occupancy by making sure your mail is picked up, the yard is maintained, and lights are on timers • Keep outdoor lights on, and consider installing motion lights around your home

• Do not hide spare keys outside your home

 Do not post any plans to be away from your home on social media
 Consider in investing in a monitored alarm system

Public safety is everyone's responsibility. If you see something, say something! Report any criminal or suspicious activity to the police. Protect yourself, protect your community.

Province invests in local green team grants

Providing valuable work experience for young Manitobans

By Manitoba PC Caucus

Alan Lagimodiere, MLA for Selkirk, is pleased to highlight a recent provincial announcement of over \$10 million in Green Team grant programs to help young Manitobans find summer employment and gain work experience while supporting COVID-19 response and recovery efforts.

"Our PC government recognizes the value of supporting communitybased organizations and providing youth with critical work experience and income during these challenging times," said Lagimodiere. "These grants are a strong investment in our youth by helping them get involved in our communities and parks while kick-starting their career prospects."

Selected recipients in the constituency of Selkirk include: • Gaynor Family Library receiving \$4570.00

• City of Selkirk Community Beautification receiving \$5993.00

• Clandeboye Community Club receiving \$6812.00

• Lord Selkirk School Division receiving \$6688.00

• Selkirk Marine Museum receiving \$13623.00

• St. Andrews Community Club receiving \$9400.00

• City of Selkirk Graffiti Removal receiving \$2384.00

• Selkirk Friendship Centre receiving \$9266.00

• City of Selkirk Recreation receiving \$9740.00

• Selkirk Community Renewal Corporation receiving \$7901.00

Urban and Hometown Green Team grants allow communities to hire youth aged 15 to 29 to work on community projects between May 1 and Sept. 30. Non-profit organizations in Winnipeg and rural Manitoba are eligible to receive 100 per cent of wage costs and \$250 per position for support costs, while municipal governments receive 50 per cent of wage costs and \$125 per position for support costs, on a cost-shared basis. The province is maintaining its 2020 funding level for Green Teams, which had doubled from 2019 to stimulate youth job creation during the pandemic. Priorities for the 2021 summer season are focused on community-based organizations and municipal governments that can offer full-time employment opportunities for youth, and projects that support COVID-19 response and recovery efforts.



RECORD FILE PHOTO SUBMITTED Alan Lagimodiere highlights recent provincial grants.

Hydro to make upgrades in Winnipeg Beach

Project to improve reliability of electricity

By Manitoba Hydro

Manitoba Hydro starts this month on a six-month project to upgrade the electricity system in Winnipeg Beach and Sandy Hook. Work is expected to end in the fall of 2021.

The improvement project will increase voltage from eight kilovolts to 25 kilovolts and upgrade older electrical equipment, including replacing older wood poles installed in the 1950s, in an area from Kernstead Road north to Husavik Road. A similar project took place in the Gimli area four years ago.

By increasing the voltage of power lines and substations, Manitoba Hydro can distribute more power to a greater number of customers and meet future growth. The Lake Winnipeg community has seen a steady three per cent growth in recent years — similar to the Steinbach area, one of the fastest growing communities in Canada.

The voltage conversion project also allows Manitoba Hydro to replace older equipment that is at or nearing end of serviceable life.

The project includes trimming hazard trees too close to power lines to allow crews to access work sites safely. Tree contact is also one of the leading causes of outages. Trimming will improve reliability and reduce the risk to the public of a downed line.

During the project, short power outages will be required to allow work to continue safely. Motorists may also see temporary traffic delays and detours.

For more information about the project and a map of the affected area, please see www.hydro.mb.ca/ wpgbeach.



Trees will have to be removed if they are too close to hydro work.

RECORD PHOTOS SUBMITTED

30 The Selkirk Record Thursday, May 6, 2021 **MB RCMP to release monthly police-reported crime statistics**

By the Manitoba RCMP

Beginning this month, the Manitoba RCMP will publish a monthly policereported crime statistics snapshot on its website.

This snapshot includes year-to-date

"Our goal is to ensure Manitobans have a better sense of the types of crime occurring where they live and if there are any emerging crime trends in their area," said Chief Superintendent Rob Hill, Criminal Operations Officer for the Manitoba RCMP. "It's important for us as an organization to be as transparent and accountable as possible when it comes to RCMP activities within the province."

In addition, a traffic statistics web page will be published on a monthly basis, outlining the number of fatal and serious collisions by month, along with provincial traffic enforcement numbers.

The crime statistics will be published

monthly and will be accompanied by a news release with background information on any trends being observed by RCMP analysts.

MB RCMP Monthly Police-Reported Crime Statistics – March 2021

For the month of March 2021, there was an overall increase of 20.5% (14,382 to 17,326) in the number of calls for service as compared to March 2020. The most significant increases were in East District (28.4%) and West District (32.1%) while North District remained fairly stable with a slight increase in calls (5.6%).

While there was an overall increase in calls for service as compared to March 2020, this may be attributed to strict COVID-19 restrictions and public health orders enacted last March that required Manitobans to stay home. The March 2021 calls for service are reflective of a more average call volume for that time period, i.e. comparable to 2018 and 2019.

For a listing of the communities served by each District, please visit: https://www.rcmp-grc.gc.ca/mb/ stats/districts-eng.htm

The complete statistics can be found here: https://www.rcmp-grc.gc.ca/ mb/stats/index-eng.htm

Manitoba East District

During March 2021, Manitoba East District reported an overall increase in the three violation groups as compared to March 2020. The following increases and decreases are being highlighted:

Common Police Activities

There was an overall increase of 2% (1,063 to 1,086) in occurrences captured under Common Police Activities violation group, which was mainly driven by a 37% increase (113 to 155) in Breach of Peace occurrences and a 31% increase (76 to 100) in Wellbeing Check occurrences. Crimes Against the Person

There was an overall increase of 1% (455 to 460) in occurrences captured under Crimes Against the Person violation group. Of note, Assaults rose by 5% (256 to 270).

Crimes Against Property

There was an overall increase of 3% (787 to 814) in the Crimes Against Property violation group. This was mainly attributed to a 39% increase in Mischief occurrences (301 to 417) in the District.

Many of the other major categories saw a substantial reduction; Possession of Stolen Goods decreased by 52% (29 to 14), Theft Over \$5000 decreased by 28% (81 to 58) and Break and Enters decreased by 21% (117 to 92).

Any questions on the statistics can be directed to the Manitoba RCMP Media Relations Unit.



Cyr retires from Canada's Women's Volleyball Program

From Volleyball Canada

St. Andrews' Megan Cyr has announced her retirement from the women's national volleyball team.

"I knew it was special to represent Canada while I was doing it, but I believe it's become much more meaningful now that I am done," Cyr said. "I recognize the gift it was to have a body that was able to practice, travel, and compete at a high level. I see how blessed I was to be able to represent our country summer after summer with some of my best friends.

"I feel extremely grateful for the parents, coaches, and constant support that I had from the beginning to the end. It's been an absolute privilege and an experience that I will never forget."

Cyr, a former star player with the Selkirk Royals, was on the youth and junior teams, and joined the senior women's national team in 2011, playing in 86 international competitions in that time. That was the fifth-most among active players.

In her time with Canada, she helped the team to a gold medal at the 2019 Challenger Cup and bronze medals at the 2018 Pan-American Cup and the 2019 NORCECA Champions Cup.

For Cyr, the highlight of her career is that third-place finish in the Champions Cup, where she was named the tournament's best server, on top of the overall experience of being at the top of volleyball in Canada with her teams.

"As awesome and important the big wins and painful losses were, the moments that stick out the most were the bus rides, the hotel room hang-outs, and the time spent with teammates outside the court," Cyr said. "If I had to pick the most memorable moment it would have to be my final game representing Team Canada. We were playing Puerto Rico for third place in the 2019 NORCECA Champions Cup in Colorado Springs and my parents drove down to watch.

"We ended up winning the bronze and it was one of the most joy-filled games I had ever played. I looked in the stands to see my mom, my dad, and my former teammates from the University of Colorado. This is the most memorable moment for me as I lost my dad to a heart attack on Jan. 3, 2021. Knowing that he got to see my very last game representing Canada will forever be a memory I treasure."

While with the national team, Cyr spent time overseas playing volleyball professionally in Austria, Germany, Greece, Italy and Switzerland. She won a championship in the 2019-20 Swiss League with Sm'Aesch Pfeffingen and helped her teams to secondplace finishes in the 2013-14 Austrian League, 2018-19 Greek Cup, and 2019-20 Swiss Supercup. Looking toward playing retirement, the 31-year-old is currently enrolled at Ambrose University where she's completing her education degree and is part of the coaching staff for the women's volleyball team.

"I would like to thank my parents," Cyr said. "Obviously, there are so many coaches, teammates, mentors, and people who made my career possible but the two people who sacrificed the most were definitely my mom and dad. I know they wouldn't consider it a sacrifice, but I recognize what a blessing it was to have two parents who supported me in pursuing my dreams until the very end.

"Their support never wavered and there is not a chance I would have accomplished what I did without them."



RECORD PHOTO SUBMITTED St. Andrews' Megan Cyr recently announced her retirement from Canada's National Women's Volleyball program.

Tomko 'Chase Dreams' T-shirts raising money for Canadian Mental Health

By Brian Bowman

As a professional boxer, Devin Tomko is used to fighting in the ring. Now, he's fighting for a cause.

For every Team Tomko "Chase Dreams" T-shirt sold, \$5 will be donated to the Canadian Mental Health Association Interlake Eastern Region.

"I figured that with everything going on in the world and even with myself, I can't complain I'm in LA, but at the end of the day I'm kind of stuck out here," said Tomko, who now trains in Los Angeles, last week. "I figured I would respect the province's guidelines and restrictions so I wanted to come home for Easter and I wasn't able to with the quarantine act that they put in place. Everyone is having a rough year so mental health is playing a huge role in everybody's life and it's always been a huge role in my life. I figured I would do something while I can before I get into training camp and everything gets more serious."

Tomko, originally from East Selkirk, was training in Ottawa before moving west to California. He is now managed by Jason Scalzo, who is based in South Carolina, and is coached by John Pullman.

Tomko is really enjoying his time south of the border.

"I definitely can't complain, we have great weather and great people,"Tomko said."I'm definitely happy out here. I'm (working out) in a small personal gym but it's all world-class pros...they put me in a good gym and everybody is always in a good mood and we all



Devin Tomko

get along."

Tomko's next fight is June 12 in Louisville, KY. It's a huge fight as Tomko has lost his last two professional bouts after soaring to an impressive 7-0 start.

"As everybody last year had a rough year, I did as well,"Tomko admitted."I have a lot riding on this so I'm in the gym busting my ass making sure that I'm developing and learning everything that I can. It's not too far away and I'm feeling good. I'm getting good sparring and training in."

Tomko is very grateful for the support that he has received during his professional boxing career.

"I'd like to give a special thank you to Russel Wasnie of 389 MB for giv-



Devin Tomko, a pro boxer from East Selkirk, is donating \$5 for each Team Tomko T-shirt sold to the Canadian Mental Health Association Interlake Eastern Region. Tomko is currently training in Los Angeles and has an upcoming fight in Louisville, KY on June 12.

ing me an opportunity to chase my dreams and Joey Janssen of Joe Janssen construction, believing in me along with the city of Selkirk," he said. Anyone interested in purchasing Team Tomko merchandise can visit https://millions.co/devin-tomko-box-ing.

Canada snaps four-game losing streak at World Women's Curling Championship

Staff

Canada's Kerri Einarson snapped a four-game losing streak with an 8-4 victory over Korea's Kim EunJung in a Monday afternoon draw in Calgary.

Despite the much-needed win, Einarson faced an uphill battle to make the playoffs at the 2021 LGT World Women's Curling Championship, presented by BKT Tires.

Earlier Monday, Team Canada lost 6-2 to Germany's Daniela Jentsch.

With that loss, Einarson, viceskip Val Sweeting, second Shannon Birchard, lead Briane Meilleur, alternate Krysten Karwacki, team coach Heather Nedohin and national coaches Elaine Dagg-Jackson and Renee Sonnenberg, fell to 1-5 and in danger of missing the six-team playoffs in the 14-team field.

Countries finishing in the top six also will clinch berths in the 2022 Winter Olympics in women's curling. Einarson opened action last Friday with a tough 6-5 loss to Sweden, blowing a 5-3 lead after seven ends.

Canada rebounded to blast the Czech Republic 9-2 later that evening but then suffered consecutive losses to Switzerland (8-5), RCF (8-7), and the United States (7-6).

Meanwhile, the number of positive tests for the COVID-19 virus among broadcast staff rose from four to seven.

Games went off air and the morning draw was postponed Sunday because four television personnel were affected.

No games will be broadcast prior to the Wednesday afternoon draw, the WCF said. The television contingent isn't staying at the same hotel as the teams.

Action continued throughout this week, wrapping up Sunday with the bronze-medal and gold-medal games.



RECORD PHOTO THE CANADIAN PRESS/JEFF MCINTOSH

Canada's Kerri Einarson snapped a four-game losing streak with an 8-4 win over Korea on Monday at the World Women's Curling Championship in Calgary.

Jehle commits to Bisons' men's volleyball program

By Brian Bowman

Over the years, the University of Manitoba Bisons have recruited some very good volleyball players from our area.

Well, they recently got themselves another talented player.

Selkirk Royals' libero Josh Jehle recently committed to the Bisons' men's volleyball team.

"I'm pumped and I'm looking forward to getting started ever since I signed," said Jehle last Saturday afternoon. "I'm really excited."

Going to the University of Manitoba was an easy choice for Jehle.

"I wanted to stay local and I always wanted to stay close to home to go to university," Jehle said. "My brother's at U of M right now and he's really liking the education there. I'm going into Business and they have one of the best Business programs in the country. Their athletics are always very strong and the Bison team has been doing well for the longest time.

"It was an easy choice for me to go to the Bisons, for sure."

Jehle will be joining his fellow Royal teammate Spencer Grahame and former Royals' Jack Mandryk and Owen Schwartz.

It's pretty amazing to have four local players on the same university team.

"It's awesome and Spencer and I were joking around that we're the next Owen and Jack," Jehle said."All four of us are going to be on the team and I think that's pretty cool to have four Selkirk guys." That says a lot about the Royals' volleyball program.

"The Selkirk Royals' volleyball program has always been good," Jehle said. "Ever since Jim started it, they have had a super strong program all the way until I played. We were always super strong. We won provincials a couple of times. You could just tell the Royals' program in the Selkirk area develops the players well and it just goes to show that the kids that come out to the program really want to keep playing and strive for excellence."

Jehle really enjoyed his time playing sports for the Royals.

"Going back to some of the guys that have come out of Selkirk, like Owen Schwartz and Jack Mandryk, it's kind of cool to be coached by the same coaches as them and wear the same jerseys. Coming to the program, you're training with the same coaches and the same practices that made them the good players that they are."

The Bisons, meanwhile, will have a new coach this year as "Lupo" Ludwig takes over from longtime head coach Garth Pischke.

"I know Lupo because when I was playing Royals, he was always coaching the WinMan team and we always had good battles against his team at nationals (and) provincials," Jehle said. "I know his coaching pretty well but I have never actually played for him. I think it's one of the better times for him to step in with COVID going on. Reset the program, starting fresh, and building for the future. I think it's a good time, for sure."



RECORD PHOTO SUBMITTED

Selkirk Royals' libero Josh Jehle has committed to attend school and play volleyball for the University of Manitoba Bisons.



Langlais added to Baseball Manitoba staff

RECORD PHOTO SUBMITTED

Garson's Brittney Langlais has been hired as Baseball Manitoba's Sport Development Coordinator. She will be coordinating aspects of their Rally Cap program, Grand Slam program, 5-Tool Summer Camps and more this summer. Langlais began playing baseball at the age of eight and has played for multiple Baseball Manitoba teams during her athletic career, such as the St. Andrews A's, North Winnipeg Pirates, Interlake Blue Jays, and Manitoba's 21U/ Senior Women's Team.

In 2019, she was named Baseball Manitoba's Female Player of the Year, received one of the 50th Anniversary Scholarships for a Female Provincial Team Player, won the bronze medal at the 21U Women's Invitational Tournament, and was the first Manitoban in almost 20 years to make the Senior Women's National Team. She currently coaches for Manitoba's Girls Baseball Program and attends the University of Manitoba in the Faculty of Kinesiology.



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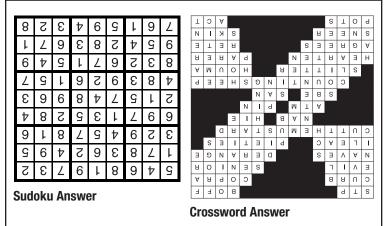






Here's How It Works:

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



CLUES ACROSS

- 1. Engine additive
- 4. A hearty laugh
- 8. Restrain
- **10. Dried coconut kernels**

13

16

18

38

40

- 11. Nefarious
- 12. Elderly
- 13. Central part of a church building
- 15. Throw into confusion
- 16. Intestinal
- 17. Qualities of being religious
- 18. Live up to a standard
- 21. Seize
- 22. Go guickly
- 23. Automated teller machine
- 24. Bowling necessity
- 25. One point east of due south
- 26. Japanese honorific
- 27. A way to induce sleep
- 34. Makes cash register
- rolls
- 35. A city in S Louisiana
- 36. Make more cheerful
- 37. Manicurist
- 38. Consents
- **39. Network of nerves**
- 40. Mocking smile
- 41. It covers the body
- 42. Partner to pans
- 43. Perform in a play
- **CLUES DOWN**
- 1. Beautiful

- 2. Polynesian island country
- 3. Shrub of the olive family
- 4. Self-governing
- **Netherlands territory**
- 5. Shared one's view
- 6. Tailless amphibians 7. Charge passengers must
- nav
- 9. Sound sheep make
- 10. Known for sure
- 12. Filled with unexpressed anger
- 14. Student (abbr.)
- 15. Criticize
- 17. Gathering place
- **19. Informal alliances**

20. One's mother (British)

39

41

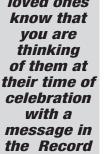
- 23. Landholder
 - 24. Peter's last name
 - 25. Parties
- 26. Title of respect
- 27. Red wine
- 28. Pearl Jam's debut 29. Shaft horsepower
 - (abbr.)
- 30. Frosts
- 31. Cry of joy
- 32. Induces vomiting
- 33. Mother or father
- 34. Dal : Musical
- navigation marker
- 36. Door fastener part

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business



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REQUEST FOR PROPOSALS 2021-01

Design/Build Construction Services Public Works Facility

The Rural Municipality of West St. Paul is seeking Design/Build proposals for the construction of an addition to the existing Public Works facility. Request for Proposal packages are available online at www.weststpaul. com.

Sealed submissions clearly marked Request for Proposals 2021-01 - Design/Build Construction Services Public Works Facility will be received by the undersigned at the address below until 12:00 noon on Thursday, May 20, 2021. Late submissions will not be accepted.

A preproposal meeting will be held on May 13, 2021 at 10:30am at the Public Works facility located at 1159 Kapelus Drive, West St. Paul, MB. The meeting is intended to clarify the proposal requirements and provide an opportunity for questions and answers.

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

All inquiries related to the Request for Proposal should be directed to Rick Friesen, Public Works Manager by email rfriesen@weststpaul.com or by phone at 204-334-0092.

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

WANTED

Overland Truck Outfitters, the leader in truck caps and truck accessories, is looking for a reliable motivated person to install truck accessories. Bring resume to Overland Truck Outfitters, 102 Aviation Blvd, St. Andrews 204-338-4292.

WANTED The Window Factory located at 605 Mercy St. Selkirk is now hiring installer assistant manufacturer and assembly personal.

Please apply in person to the office Monday - Friday. Valid driver's licence required for installer assistant.

Do vou have a NEWS TIP? Do you have an interesting **STORY IDEA?** call the Record 204-785-1618

Employment Opportunity

In cooperation with the Interlake-Eastern Regional Health Authority and the Manitoba Métis Federation, the following summer student positions are available:

- **Student Activity Assistants: Various Locations in the IERHA** Must be Metis, Non-Status or Inuit.
- Must be students between the ages of 16-29

Please see: http://selfservice.ierha.ca/ and search under: "Direct

Support" and scroll to find: Student Activity Assistant for the complete job postings.

Please apply on-line at http://selfservice.ierha.ca/ under the competition you are interested in with resume attached. Deadline for submissions is Thursday, May 20, 2021 at 11:59 pm.



Official Notice to Control Noxious Weeds SELKIRK WEED CONTROL DISTRICT

City of Selkirk, Town of Winnipeg Beach, R.M. of St. Andrews, R.M. of St. Clements

As indicated in the Noxious Weeds Act of Manitoba, (S.3(1)) a person must destroy or control Noxious Weeds that are on land that the person owns or occupies. All residential, commercial, agricultural and public lands are subject to this Act.

If weeds are not destroyed or controlled as per the laws and regulations of the Act particularly on SUBDIVIDED but not fully developed land (S.20(1)), and on certain vacant or unoccupied land (S.19(4)), the Weed Control District may enter upon the land and destroy or control Noxious Weeds without further notice. The cost of weed control will be charged to the property owner through the tax rolls (S.27(1)). The Weed Inspector will make systematic inspections and will enforce the provisions of the Act. Noxious Weeds discovered to be present on the forementioned lands after May 21, 2021 will be destroyed or controlled by mowing, cultivating, or application of herbicide.

The responsible Municipality reserves the right to levy a service fee on the weedy property's tax roll in addition to the cost of weed control

Reports of Noxious Weeds, information on weed identification, methods of control and the use of herbicides is available from the Selkirk Weed Control District Office:

630 Sophia Street, Selkirk, MB, R1A 2K1 Phone: 204-785-3638, E-mail: slkweed@gmail.com

WANTED

WANTED

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company seeking 2

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Seasonal Help Wanted Searle Greenhouses Ltd. located at 345 Old Henderson Hwy in East Selkirk is accepting applications for seasonal greenhouse worker positions starting October 2021. No experience required; training is Starting provided. wage \$11.90 per hour. Apply by email to: iwanttowork@sear legreenhouses.com or fax: 204-482-8968

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204 510-2855

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Attn: Kris.

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PUBLIC NOTICE

REGARDING THE ANNUAL INFRASTRUCTURE PROJECTS OPEN HOUSE

The 2021 Infrastructure Open House will take place on Thursday, May 13, at 6:00pm via Zoom.

Those wishing to participate must register in advance at www.MvSelkirk. ca/infrastructure and will then receive a link to the Zoom meeting.

Anyone without access to online services is asked to call CitizenSupport 204-785-4900 where alternate arrangements can be made on a caseby-case basis.



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We are currently seeking experienced, goal oriented individuals for employment in a number of areas: Class 1 drivers, Foremen, skilled laborers, sewer & water personnel, directional drill personnel, excavator, dozer, grader, rock truck, loader and packer operators. We offer competitive wages, comprehensive benefits plan, Safety training and a safe work environment.

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for more details.

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Public Services and Services publics et Procurement Canada Approvisionnement Canada

Quay wall closure at St. Andrews Lock and Dam Lockport, Manitoba

Public Services and Procurement Canada (PSPC) wishes to advise users of the closure of the west side quay wall at the St. Andrews Lock and Dam facility at Lockport. The quay wall is undergoing analysis and investigation for upcoming rehabilitation work on the area and will be closed to the public until further notice. The rehabilitation project is anticipated to begin in the fall of 2022.

Any vessels transiting the locks will continue to be able to do so, but they will not be able to tie off to the lower quay wall during this period.

PSPC encourages users to exercise caution when travelling through the St. Andrews Lock and Dam and thanks them for their patience.



MUNICIPALITY OF ALEXANDER REQUEST FOR PROPOSALS GRAVEL CRUSHING - 2021 be Municipality of Alexander is requesting proposals for the

Classified booking deadline is Monday 4 p.m.

prior to Thursday's publication. Call 204-785-1618

The Municipality of Alexander is requesting proposals for the crushing of 70,000 tonnes of 1" traffic gravel.

Crushing will take place in the Municipality of Alexander Gravel Pit, located in SW 2-17-7E, near Gull Lake, Manitoba. Please call for a site visit.

For detailed information visit our website:

www.rmalexander.com or contact Jason Green during regular office hours, at (204) 367-6186 or pw@rmalexander.com.

Sealed proposals must be received by 12:00 pm, on the 27th day of May, 2021.

All proposals shall be opened on the 27th day of May, 2021 at 1:00 p.m. in the Municipality of Alexander Council Chambers. Attendance will be dependent upon current health orders.

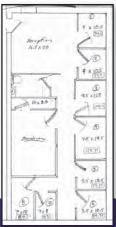
Lowest or any proposal may not necessarily be accepted.

CLANDEBOYE AVE in Selkirk *Executive Mall* OFFICE SPACE FOR LEASE



Property Features

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



For information please contact: BIG Real Estate 204-485-0010 email

email bigandcolourful@mts.net



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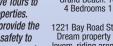
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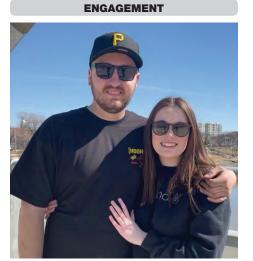
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SELKIRK

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ANNOUNCEMENT



Kimball and Brenda Lamb together with Doug and Cathy Cox are excited to announce the engagement of their children Tyler and Cassidy Congratulations! We Love You



ANNOUNCEMENT

Reinhardt A. Schinkel Happy 80th Birthday Wishing you health, Wealth and Happiness -All our love, Evelyn and Tony

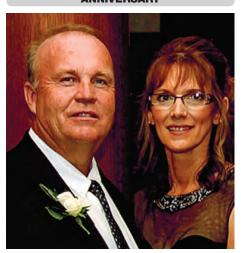
ANNOUNCEMENT

ANNIVERSARY

Ralph and Dean Riter Happy Anniversary on May 12th Enjoy your day Special friends forever

-Ron and Olive Inman

ANNOUNCEMENT ANNIVERSARY



Steve and Sandra Strang Happy 35th Anniversary on May 10th -With Love and Best Wishes from your family

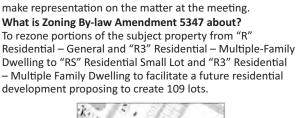
CITY OF SELKIRK ZONING BY-LAW 4968 ZONING BY-LAW AMENDMENT 5347 **PUBLIC HEARING** As per *The Planning Act*, any person can

We are Listening.

Public Hearing Tuesday, May 25, 2021 6:30 PM ONLINE ONLY

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

RED RIVER





Annie St. (Between Purvis Blvd. & Annie St.)

Adhering to current public health orders due to COVID-19, this Public Hearing will be held virtually. Any person who wishes to make a presentation, ask questions, witness or register an objection to Council during the Public Hearing must register online at: www.MySelkirk.ca/publichearingmay25 prior to 4:00 pm on May 21st, 2021.

All supporting documents must be submitted electronically during the registration process or to **citizensupport@cityofselkirk.com**. Those without access to online services are asked to call **Citizen**Support at 204-785-4900 where arrangements can be made on a case-by-case basis. Written statements can be submitted in advance of the hearing and sent by email to citizensupport@cityofselkirk.com, or by mail to:200 Eaton Ave., Selkirk. MB R1A

For more information please contact the Red River Planning District.Red River Planning DistrictMon-Fri*806A Manitoba Ave. Selkirk, MB.8:30-4:15

*excludes all statutory holidays *NOTE: Property owners are responsible for notifying "Tenants"

R. M. OF ST. CLEMENTS ZONING BY-LAW 5-2002 ZONING BY-LAW AMENDMENT 2-2021 PUBLIC HEARING

We are Listening. As per *The Planning Act*, any person can make representation on the matter at the meeting. **What is BL-2-2021 about?** To rezone the subject properties from "RR" Rural Residential

To rezone the subject properties from "RR" Rural Residential zone to "RS" Serviced Residential zone in order to accommodate a future multi-lot subdivision.

Public Hearing Tuesday, May 25, 2021 6:00 PM ONLINE ONLY

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

RED RIVER



4568, 4570 & 4600 Henderson Hwy. (Roll No (s) 31400, 31410, 31420, 31900, & 31950)

Attendance at the Council meeting will be restricted to virtual only due to Covid-19. Planning meetings will be available live through YouTube via link provided at <u>www.rmofstclements.com</u>. We ask that you contact the municipal office at <u>info@rmofstclements.com</u> by 2:00 p.m. the day of the meeting to register to speak via zoom or to provide written submission; or to register as for, against, or for information.

 For more information please contact the Red River Planning District.

 Red River Planning District
 Mon-Fri*

 806A Manitoba Ave. Selkirk, MB.
 8:30-4:15 pm

*excludes all statutory holidays

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

Announcements SelkinkRegord

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ANNOUNCEMENT



Rose Pawluk February 4, 1922 - May 7, 2016 Five years have come and gone, If we could visit heaven, Maybe our pain would go away. We'd put our arms around you And whisper words so true, That living life without you Is so very hard to do. We cannot bring the old days back When we were all together, But loving thoughts and memories Will stay with us forever. We miss you Mom.

> -Love from your children Barry, Linda, and Peggy (Dennis), grandchildren and great-grandchildren

Your memory will live forever Engraved within our hearts

ANNOUNCEMENT CARD OF THANKS

The Selkirk Communities in Bloom committee would like to thank all involved in making the Rain Barrel fundraiser held this past weekend a huge success. A special thank you to Wendy Lang, Brad Pennington, the lumber yard staff and all customer service staff at Selkirk Home Hardware for going above and beyond for this fundraiser. The Selkirk Communities in Bloom committee would like to thank their extraordinary volunteers Debbie Kuypers and Joen Hadfield for their hard work and sticking out the weather conditions. The committee would also like to thank The Flower Child and the Selkirk Record for their continued involvement. Funds raised will directly benefit The Water Tower Community garden in Selkirk. Thank You!

-The Selkirk Communities in Bloom Committee

ANNOUNCEMENT



Werner Meger May 4, 2007 The memory is kept deep in our hearts, Of one we loved and will never forget. Each of us in our own special way, Will always love and remember you. -Lovingly remembered and sadly missed, Doug, Tanis, Roger, Kim, Michele and family

ANNOUNCEMENT

IN MEMORIAM



Brandy LaVerne Lenton (Swain) October 15, 1974 - May 8, 2010 If tears could build a Stairway to Heaven, I'd climb up to the "Highest Star" That shines so bright, Cause that's where you are. I miss you Brandy More than anyone knows. Lovingly remembered and sadly missed. Lots of Love, Rest in peace "Hun"

Love Mom xoxoxo

ANNOUNCEMENT



Deborah Marcia Armstrong May 9, 1953 - May 13, 2005 Beautiful memories, silently kept, Of the one we loved and will never forget. -Loved Always by Brett, Megan, Karly, and Mom (Amy)

ANNOUNCEMENT



March 26, 1932 - April 30, 2020 It has been one year since God called you home and our hearts were broken. Our belief that your new life is one of joy and peace is a source of comfort.

In your memory with love and grateful hearts, an endowment fund has been established in your name with the Selkirk & District Community Foundation. Because of your keen interest in life long learning and had a library membership from an early age, funds generated from the endowment are designated for the needs of our community library in the years to come. God graced us with your life.

Loving you and remembering you always, your wife and family

ecord

ANNOUNCEMENT



Mike Smederovac May 27, 1940 - May 9, 2020 You may not be here in person, But you're always with me. -Love Maggie

and other family members

ANNOUNCEMENT





Dennis Walker "Big Joe" August 24, 1963 – May 4, 2019

Two years have passed since we were last with you. It broke our hearts when you left us.

We know the good Lord saw you were suffer-

ing and called you home. We know you suffer no more and are with our

Lord in your forever home. You will always be in our hearts and always loved and missed.

Matthew 11:28 "Come to me, all you who labor and are heavily burdened, and I will give your rest"

> -Until we meet again, love your brothers, sisters and family

Call 785-1618 or email lucy@ selkirkrecord.ca

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BIRTHDAYS • NOTICES • BIRTHS • OBITUARIES • IN MEMORIAMS
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OBITUARY Kenneth (Ken) Thomas

It is with heavy hearts we announce the heartbreaking passing of our beloved father on Sunday, May 2nd, 2021 at the age of 74 years

A pillar of strength in our family, we love you Dad, you will be missed.

Full obituary to follow. Celebration of Life to be held at a later date.

OBITUARY

Olga Horon (nee Sturzbecher) November 21, 1928 - April 24, 2021

Peacefully on April 24, 2021 Olga Horon, at the age of 92, passed away at Tudor House Personal Care Home in Selkirk, Manitoba. Olga is survived by her daughter Nancy (Milan) Lovenjak and grandsons Bryce and Luke, her daughter Irene (Rick) Horon and her sister Alma (Hans) Alder in Germany.

Olga was born to Rudolph and Lydia Sturzbecher in Ukraine and had four sisters and three brothers. They were a loving, faith-based family that had to endure the trauma of war and loss of their father and brother. Twice they were forced to flee their homes and despite the devastation of war, loss and hunger they made it to Germany in 1945. In 1957 Olga bravely endured a 16 day rocky ship voyage to Canada where she was sponsored by her sister Adeline Pipke

in Saskatchewan. In 1959 she moved to Selkirk where she met the love of her life, Steve, and they were married in 1960.

They moved to an acreage in East Selkirk in 1964 where they raised their daughters and had a massive garden. Olga was an amazing homemaker, cook, baker, knitter, gardener and hostess. She loved having visitors and enjoyed feeding them and giving them fresh garden vegetables and fruits, pickles or baked goods to take home. She was actively involved with the Blessed Virgin Mary Church and enjoyed volunteering. She was well known for always giving a helping hand to family, friends, and anyone in need. She dearly missed Steve when he passed in 2009.

Olga made the most of each day and cherished her family. She was always grateful and taught us to be humble and appreciative of everything we had. Most importantly, she taught us about the strength of the human spirit and the importance of family and faith. She was such a kind and loving soul and we were so blessed to have her in our lives for this long. In spite of many hardships, she was always so positive and happy. May her beautiful smile and twinkling blue eyes continue to light up the heavens as they did on earth.

We would like to thank the staff at Tudor House who took such compassionate care of her for the last seven years. A private family service will be held.

OBITUARY

Wir lieben dich Oma

Condolences may be left on her tribute wall at www.gilbartfuneralhome.com Gilbart Funeral Home, Selkirk in care of arrangements.



Margaret Kathleen Johnstone September 24, 1933 - April 26, 2021

It is with sadness that we announce Margaret's passing at Red River Place on April 26, 2021.

Margaret was born on September 24, 1933 in Selkirk, Manitoba and was raised and lived almost her entire life in the same house on Dufferin Ave.

She is survived by her sister Betty Gallaway. She will be missed by all her nieces and nephews, Guy Gallaway (Edith) and his children, Patti, Michelle, Matt and Alexa and their families; Gail Campbell (Colin) and son Michael; and Ron Gallaway (Debbie) and his children Justin and Stephanie as well as many cousins and friends. Margaret had a special relationship with her cousin Lorne Canvin and his children Malcolm (Becca, Mabel) and Iain who reside in England.

Margaret was predeceased by her parents Fanny (nee Canvin) and Richard (Dick) Johnstone; sister Elsie Johnstone; great nephew Andy Campbell and brothers-in-law Jim Gallaway and Ron Ainsle.

Margaret was employed for many years at the Manitoba Grain Exchange and later at Selkirk Redi-Mix in the accounting department. Margaret was a life-long member of Christ Church, then St. Clements Church, Mapleton. She also enjoyed several trips to Scotland and England and she was able to reside in Bridge of Allan as nanny to Malcolm and Iain for two years. She continued to have fond memories of this time. Margaret was famous for her baking as well as knitting and needlepoint each new member of the family was welcomed with a homemade gift. Margaret was an accomplished bowler and gardener and had won many accolades in these activities. She was a cat lover and enjoyed her glass of sherry each evening.

As per her wishes, she has been cremated and will be interred at a later date with her parent's in the St. Clement's cemetery.

In lieu of flowers, donations may be made to the Winnipeg Humane Society or a charity of your choice

Thank you to all those individuals who assisted Margaret in her home and when she was in the Selkirk Regional Health Centre and Red River Place.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Announcements

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Call 785-1618 or Email lucy@selkirkrecord.ca

Colleen Margaret Klann-Campbell May 22, 1965 - April 21, 2021

Peacefully on April 21, 2021, our beloved mother passed on. surrounded by her family.

Colleen was born in Winnipeg, MB. She leaves to mourn her three sons Tyler, Terry, and Dalton; as well as brothers and sisters Kenny (Jeannie), Carol (Brad), Bonnie, Joe (Debbie), Irene (Felix), Brian, and countless other friends and family.

She was predeceased by her parents Margaret and Glen Campbell and sisters Marge and Kim.

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

Gilbart Funeral Home, Selkirk in care of arrangements.

OBITUARY





John Henry Wiebe April 11, 1942 - April 29, 2021

With heavy sadness in our hearts, we announce the passing of our fun-loving Dad and Poppa/Grandpa, John Henry Wiebe. John passed away peacefully, at home with his wife Helen by his side, on April 29, 2021.

John was predeceased by his wife Eleanor; his parents, Heinrich J and Susanna (nee Voth) Wiebe of Neuhoffnung district; his sisters, Anne DeGroot (Wiebe), Katherine Braun (Wiebe), Mary Wiebe, Justina Wiebe, Verna Dueck (Wiebe) and his brother **Cornelius Wiebe**

John will be forever remembered by so many. He leaves behind his loving wife, Helen; his children Wesley (Sherry) Wiebe, Robert (Tammy) Wiebe, Ronald Wiebe, and Debby (John) Hertz; and his

precious grandchildren Heather (Chad), Ryan (Amelia), Hayley, Amy, Brayden, Michael, Colin, Matthew, Jadine and Blake; his brother Rudy (Mary) Wiebe and his family, along with countless other family and friends who were blessed to know him. John was born in Altona, Manitoba on April 11, 1942, the last of nine children.

John met Eleanor and they married on July 24, 1964. They moved to Winnipeg and in 1973, they purchased a plot of land at Victoria Beach where John designed and built a cabin to escape the city and have a 'picnic'. John missed the quiet country life and in 1976 he and Eleanor settled on an acreage near Lockport, Manitoba. There John designed and built a unique home for his family and created a wholesome life.

Ever the farmer at heart, John raised many different animals and cut and baled hay for them. He could repair anything, vehicles, tractors, small engines, and was knowledgeable in all trades, plumbing, electrical, wood finishing, welding...

His love for nature and fishing inspired him to craft his own canoe, plant a forest and dig a pond on his acreage and every year harvest a bounty of fresh food from the garden. Every visit the grandkids would look forward to a 'golf cart' ride through the forest, picking raspberries, strawberries, carrots, or peas from the garden, always climbing the incredible trees in the front yard, and of course the giggles because of Grandpa's silly sense of humor. It was an incredible nourishing life he created for his family, encouraging responsibility, and balancing hard work with play, by growing up in the country and spending summer weekends at the cabin.

John worked as a media technician at Red River Community College, he retired in 1997 when he decided to turn his beekeeping hobby into a full-time adventure, caring for over 100 hives.

He had many hobbies, interests, inspirations and could fix, build, or create anything, whatever problem or challenge came up, John found a way to make it happen or get it done. When something caught his interest, nothing could stop him.

Tragically Eleanor fell ill with ALS and John was by her side caring for her lovingly for years, until she sadly lost her battle.

He then turned his attention to raising birds, dewlap geese, ducks, guinea fowl to name a few. He was then blessed to have Helen enter his life. She instantly became his best friend and brought him so much joy and happiness. They had so much in common, the same friends, the same great sense of humor and would laugh and talk for hours. John married his 'sweet-heart' on September 22, 2020 and when John fell ill, Helen was right by his side, with help from his son Rob and grandsons Brayden and Michael, caring for him lovingly.

John lived a full and rich life filled with lots of fun and laughs and love. He touched many a life and will be fondly remembered for his fun and jokes, his wisdom, and stories of all his adventures over coffee, his love for cooking and emailing jokes or sharing pictures of his creations. A lot of smiles and laughs and being silly.

John, our husband, father, grandfather, brother, uncle, cousin, and dear friend, you may be released from this earth, but we know you will watch us, guide us, love us and always be by our side. You will be deeply missed but we will see you "on page two", as you always said instead of goodbye. May you Rest In Peace

Due to current restrictions, a family graveside service will be held.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



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