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Nursing shortage and Omicron affecting ability to service area

By Katelyn Boulanger

The Interlake Regional Health Authority held a meeting on Dec. 21 to update leaders in our communities about the strain that the COVID-19 pandemic has put on our regional healthcare system, which doesn't have enough nurses to keep up.

David Matear CEO of the IERHA hosted the meeting and began by discussing the situation in Ontario, which at that point hasn't yet been mirrored in Manitoba.

"Research by public health Ontario, which was published last on Friday of last week indicates the number of CO-VID-19 samples which were screening positive for the omicron variant increased from less than one per cent in November to 53 per cent for specimens collected on Dec. 13," he said.

He indicated that high transmissibility doesn't necessarily mean greater severity of illness but that at this time we can't state whether or not omicron makes people more or less ill but that its impact is in the number of people that will become infected.

Matear was correct about that as the number of confirmed cases on COVID-19 over the holiday season smashed through daily records multiple times.

"Because we know a percentage of those people will become ill, and percentage of them will become seriously ill and then require medical assistance, the greater the number of infections, essentially the more people that will require hospital care," said Matear.

He says that they have seen a significant increase in the number of people seeking vaccination appointments including booster shots, which has prompted the provincial government to increase the number of appointments available.

"Regionally, we're increasing the number of hours we are open at our supersite in Selkirk. We're also offering pop up clinics and we have held after-hours clinics at some of the schools in order to provide vaccinations for some of the students. Across the system, resources are being shifted to support vaccination. Public health officials will no longer be notifying close contacts of confirmed CO-VID-19 cases. People who test positive are therefore being asked to notify their contacts. Healthcare resources are limited. Throughout the pandemic, our response to COVID-19 has required us to shift resources to where

they will have the greatest impact in reducing the impact of illness on the health system. Right now that means getting more vaccines into people's arms," said Matear.

He then turned the conversation to the nursing shortage that had already reduced the number of beds open in our region's hospitals.

Nursing shortages such as those in our region can be dealt with shortterm, however, for parts of the system with shortages above the ten per cent threshold compensated by having nurses work extra shifts isn't sustainable.

"We further suspended an additional 11 beds where vacancies currently exceed 20 per cent. Staffing shortages have seen us temporarily remove 32 beds from our base of 225 hospital beds across the region. And that's to maintain safe care, preserve staff resilience, and try to keep our emergency departments open," said Matear.

He also said that the nursing shortage is not related to the vaccine mandate for staff.

In regards to Powerview-Pine Falls vacancies, as of the meeting were at 36 per cent and would climb to 57 per cent in January if more nurses cannot be recruited.

"In Stonewall, we have successfully recruited agency nursing to address Nursing shortages and bed status

Communi	ty Hospital	Nurse vacancies Nov.	Bed suspensions Nov.	Nurse vacancies Dec.	Bed suspensions Dec.
Stonewall	45 10 beds	31.7%	5 suspended	17%	
Beausejour	30 20 beds	31.5%	10 suspended	28%	
Gimli	26 15 beds	28.5%	6 suspended	28%	5 suspended
Powerview- Pine Falls	23 17 beds			36%	6 suspended

RECORD SCREENSHOT

Slide from IERHA CEO David Matear's Dec. 21 presentation showing the reduced number of hospital beds in the region.

some of the vacancies but they're still experiencing a 17 per cent vacancy rate in nursing staff. We're electing at this point to keep the beds suspended until we can further fill those vacancies," he said.

In Ashern, due to a combination of nursing shortages and the holiday season emergency room services were suspended from Dec. 23 to 24 and services were moved to Eriksdale for that time.

"Recognizing our bed base is reduced as a result of nursing vacancies, it's even more important to ensure that the people in our hospital beds require the level of care we deliver in a hospital. We can continue to consider all inpatients as potential candidates for transfer to sites offering more appropriately if that care does not exist within a region," said Mataer.

As of Dec. 20, 29 patients were transferred to healthcare teams elsewhere in the system.

He noted that that shouldn't stop people from seeking medical attention when needed as it's been noted by emergency physicians that as case counts rise more people end up in the emergency room from things that could have been prevented if treated earlier.

Continued on page 5



4 The Selkirk Record Thursday, January 6, 2022 New LIDAR information helps plan for climate future

Red River Basin Commission talks the need for climate adaptation planning

By Katelyn Boulanger

In their Dec. 13 virtual presentation, the Red River Basin Commission discussed climate change, how it will affect our region, and what we can do to build resilience to climate change in our area specifically.

Steve Strang, Manitoba Director of the RRBC, started the meeting off with some background information. He said that they started collecting LI-DAR data after the flood of 1997 and they are hoping this data is used to better create future climate adaption plans which can be used to improve the region's emergency response plans.

LIDAR is high-resolution topographic information that is acquired from the air.

He highlighted our recent drought, the flooding in B.C. and the possibility of future tornados in our region as reasons that climate plans should be considered alongside emergency response plans.

"I don't think that you can be prepared for everything but I think that you can step back and take a look at what climate change will bring us and how do we get better at getting ready for that," said Strang. Henry David Venema, CEO and Senior Engineer at Strategic Systems Engineering Inc. who has been working with the RRBC then took the floor to discuss what can be done to mitigate climate risk.

The presentation was focused on adapting to the impacts of climate change in, not reducing greenhouse gas emissions, which Venema said was an important issue, but not the topic of the day's discussion.

Going to information recently released by the federal government, Manitoba and the other Prairie Provinces are looking at the strongest warming to date across southern Canada. This includes a longer growing season but also increasingly severe heatwaves, more droughts, and increased wildfire risks.

"This is just one picture of climate impacts for our region. We're seeing, by the 2050-2060s, we're expecting well over 40-45 days over 35 Celsius temperatures," said Venema.

This increase in heat means that the region is going to have thirstier crops, soils and atmosphere, even if precipitation models say that we will get about the same amount of water throughout the coming years.





What is Natural Infrastructure?

"existing, restored, or enhanced combinations of vegetation and associated biology, land and water, and naturally occurring ecological processes that generate infrastructure outcomes such as preventing and mitigating floods, erosion, and landslides; mitigating effects of extreme heat; and purifying groundwater... can be existing natural features or human-made and constructed." (ICF, 2018)."

 Key point: Natural Infrastructure stacks multiple benefits, typically has high ROI



Screenshot from the RRBC's climate presentation in December.

Venema says that he believes that a main adaptation priority will be multi-functional storage.

This means prioritizing natural features or human-made infrastructure that keeps areas for water to go when there's too much and holds on to water so it's available during times when there's not enough. Examples include natural marshes and man-made water retention projects.

"LIDAR [is important because] it accelerates natural infrastructure systems design," said Venema.

An example of how this can work, which was brought up in the presentation, is a computer graphic that was developed of the Shoal Lake and Netley/Grassmere area which shows what they believe is a water connection between the two areas. By knowing this, new water resource management possibilities are open to us.

"These are the modern water resource management opportunities that lie before us," said Venema. Strang followed up by connecting this to our municipality's needs and encouraging councils to take this information under consideration in their plans.

"We really want to say to you, that you as a community should really be communicating with one another and not only talking amongst yourself but to your neighbours, because a lot of these issues can be addressed not only as one community but as a collection of communities coming together and creating partnerships and as [Venema's] presentation showed there's going to be a greater need [for this in the future]," said Strang.

He encourages municipalities, now that the LIDAR information is collected, to use this information going forward.

More information can be found at the Red River Basin Commission's website at redriverbasincommission. org.

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St. Andrews teminates race track at airport lease

Residents concerns heard and acted upon

By Katelyn Boulanger

It's been a long time since council held its Sept. of 2020 meeting to discuss resident's concerns about the decision by the St. Andrews Airport Board to permit a race track on an abandoned runway, however, their decision was still welcome news for those that did not want this project close to their homes.

In a unanimous decision by those present at their Dec. 14 council meeting, St. Andrews council voted to instruct the St. Andrews airport board to terminate their lease with the race track company. They were able to make this decision because the RM owns the airport and appoints the board, the Federal Government having transferred ownership of the airport to the RM in 1999.

In a memo issued in Sept. of 2020 by the RM specific concerns with regards to the race track operations were outlined which included whether the Airport Board has the jurisdiction to permit activities that contravene municipal zoning by-laws, whether council members on the airport board have a duty to report new activities, such as this, to remaining members of council— there being a non-disclosure agreement signed by these members that potentially prevents this type of communication, the lack of public consultation, and options that council has moving forward.

At that time St. Andrews CAO Sigmundson suggested that a letter of understanding be drawn up between the airport board and the RM which would smooth out some of the issues that came up which meant that council and the community didn't learn about this project until after the contracts were signed.

Sigmundson also suggested during this 2020 meeting that the organizational by-law for the RM be amended to define what role council members play when appointed to an outside agency, board or committee in order to both respect the need for confidentiality but also keep council up to date on issues that may affect residents.

Discussion of this subject was held almost completely in-camera however a recording of the Dec. 14 council meeting with the unanimous vote can be viewed at https://www.youtube. com/watch?v=zyI39cmxfy0.



RECORD FILE PHOTO BY KATELYN BOULANGER RM of St. Andrews municipal office.



> IERHA BRIEFING FROM PG. 3

"It's essential that people seek care from their primary care providers in a timely manner, and that they don't postpone routine medical care at this time," said Mataer.

He highlighted to our leaders that they should remind their constituents to follow public health guidelines, which are designed to protect from the transmission of the illness particularly those regarding private indoor gathering limits, which are:

• Households are limited to five additional people plus the household when any unvaccinated person

(who is eligible to be vaccinated, excluding youth under 12) is present on the property (even if the unvaccinated person lives at that location).

• Households are limited to 10 additional people plus the household, when all who are present are fully vaccinated (youth aged under 12 and under are exempt from needing to be fully vaccinated).

More information including information about pop-up sites and emergency departments schedules can be found on the IERHA's web at https://www.ierha.ca/home.aspx.

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Submitted by Manitoba government

The Manitoba government is following the advice of public health officials and making changes to the selfisolation public health order to adapt to the prevalence of rapid antigen tests and to help address the surge in COVID-19 cases caused by the omicron variant, Health and Seniors Care Minister Audrey Gordon announced last Friday.

"We need to ensure we take steps to protect our health-care system and other critical services during this surge of COVID-19 cases, many linked to the omicron variant," said Gordon. "These changes will help ensure everyone who should self-isolate does, regardless of how they tested, and will reduce the strain on the healthsystem workforce as well as other key sectors as more workers report they have contracted COVID-19."

The changes include:

requiring all people who have tested positive for COVID-19 to isolate in-

cluding those who completed a rapid antigen test;

changing isolation requirements to five days from 10 days since the date of the test for fully-vaccinated people who are not showing symptoms;

changing isolation requirements to five days from 10 days since the date symptoms started appearing or the date of the test, whichever is later, for fully-vaccinated people as long as their symptoms are improving and they do not have a fever;

requiring individuals who have only isolated for five days due to the changes above to wear medical-grade mask while in a public setting for the five days immediately following their self-isolation; and

requiring isolation for people who have tested positive who are not fully vaccinated for 10 days after the date of their test as long as their symptoms are improving and they do not have a fever.

n- The public health orders will come ing and avoid any non-essential visits

claims are opened with Manitoba

MLA for Red River North

rrnorthca@mymts.net

into effect at 12:01 a.m. on Saturday, Jan. 1, 2022. Public health documents and online guidance for stakeholders and the public is being updated and will be finalized in the days ahead.

Public health officials also advise that people leaving isolation must avoid any non-essential visits to highrisk settings or non-essential contact with individuals at high risk for severe disease for an additional five days.

Consistent with previous orders, the order continues to include:

- requiring close contacts who are not exempt from self-isolation requirements to self-isolate for 10 days; and

- requiring people to provide information about locations where people have been in the previous 10 days for contact tracing purposes as required. Public health officials also ask all household close contacts who are exempt from self-isolation to be particu-

larly cautious while the case is isolat-

to high-risk settings or non-essential contact with individuals at high risk for severe disease.

"We have looked at data from Manitoba and other jurisdictions, and feel these changes will balance reducing the spread of COVID-19 while ensuring critical services can continue to operate," said Dr. Brent Roussin, chief provincial public health officer. "I ask all Manitobans to get immunized as soon as possible, including a third dose when eligible to reduce the number of close contacts they have, and to stay home as much as possible to reduce the risk of severe illness and reduce the spread of COVID-19."

Roussin also reminded Manitobans to follow the fundamentals, including wearing a well-fitting mask, washing their hands frequently and covering their cough.

For more information on COVID-19 in Manitoba, visit www.manitoba.ca/ covid19.

Prevent an auto fire: Check your extension and block-heater cords

Submitted by MPI

MLA for Selkirk

alanlagselkirkmla@mymts.net

On average, about 1,000 vehicle fire Public Insurance yearly. Of that total,

about 10 per cent of those fire claims are related to faulty extension or block-heater cords.

A cracked extension cord, or block heater cord with a corroded plug, can result in an electrical failure which can quickly spark a fire. The majority of these fires take place in winter as temperatures drop.

Safety tips for extension cords/block heater plugs:

• Don't drive over your extension cord. This can cause cracking/breaking during bitterly cold weather.

• Cover your block heater plug-in with its protective cover.

Unplug your block heater by using the hard, rubber end. Pulling on the electrical cord can cause breakage and potential electrical issues.

• Have your block heater cord inspected each fall by a qualified mechanic.

With personal safety in mind, people are advised not to plug in their vehicles within a garage or any other enclosed structure.



The Selkirk Record Thursday, January 6, 2022 7

Updated grooming room helps students feel included

New features allow for a safer school

By Katelyn Boulanger

Though, Happy Thought School has always had a grooming room, which is a room with advanced features in order to accommodate any student who needs it, but they received a major upgrade right before the holiday break with the opening of a new grooming room in the school.

"Earlier in the school year, our maintenance manager was doing a walkthrough and noticed that our grooming room needed some updates," said Happy Thought principal Trish Goosen.

She said that he then worked his magic and got the financing necessary for this upgrade which means that the two-story school now has a new grooming room on the second floor and the old grooming room on the main floor has been converted into a universal toileting room.

Some of the features that made the grooming room special are having a shower, a washer and a dryer. Both rooms have wheelchair lifts, change tables, heated ceiling tiles for increased comfort as well as each having its own emergency call button which signals directly into the office if there is an emergency and in which room the emergency is happening.

Goosen says that having these facilities in the school is important so that every student and staff member has facilities that they can use in the building and having two rooms makes access even better.

"For instance, all of our students who would require use of a grooming room are at this time, all upstairs and so they would have to go downstairs to the old grooming room, whereas this now is cutting down the time to use the elevator to go downstairs. So it's just making our building more accessible to everybody who's in our school community," she said.

Specifically for students with mobility issues, the room has some features that are not seen in other school bathrooms.

"It now has wheelchair-accessible doors. It has push buttons to open the doors and then the doors close and lock. It has multi-height sinks for different heights of people. It has wheelchair lifts which now span the entire length and width of the rooms," she said.

Goosen, however, does say that these rooms are not only for people with these exceptionalities as they are meant for anyone who needs them.



Another example of how the rooms are more accommodating than average bathrooms is that they have Braille and large font text, which create fewer barriers for those with visual impairments.

Happy Thought School is unique in having two rooms of this sort to better accommodate students but these rooms are becoming more common in all schools.

"It's just part of part of being an accessible building and part of what our division believes is universally designing our buildings, or retrofitting at least to be more accessible," said Goosen.

With the construction of the room being completed on Dec. 17 Goosen said that the rooms were used a great deal in the few days before students left to celebrate the holidays with their families.

The hope behind making these rooms available is that they foster a more inclusive environment for all students in the school.

"I hope it brings just that sense of equity and accessibility for all of our students, and staff as well, whether they require the use of the facilities for a long term basis, or a short term basis, just to end that unnecessary stigma that students or staff would have to use the grooming room because it's available to any community member who requires the use of it," said Goosen. **RECORD PHOTO SUBMITTED** Happy Thought School's new grooming room's grand opening on Dec. 17.



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EDITORIAL Katelyn Boulanger 204-485-3337 news@selkirkrecord.ca

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Brett Mitchell

Provincial dashboard shows nearly 5,400 new cases over the weekend, Monday **By Ashleigh Viveiros**

SALES Michelle Balharry



Patricia Barrett



OFFICE MANAGER/ADS Lucy Kowalchuk

deaths due to the virus, bringing the total to 1,398. Manitoba's test positivity rate has hit 37.9 per cent.

seeing 1,721.

With the more contagious omicron variant of the virus taking hold in Manitoba, officials took a number of steps last week to try and stem the tide and protect the health care system.

Manitoba saw thousands of new

COVID-19 cases reported over the

weekend, bringing the number of ac-

tive cases to 15,318—way up from the

Public health officials were expected

to release an official post-holiday re-

9,924 reported on Friday.

(up two over the weekend).

The province's public health orders were updated Dec. 28 to further reduce gathering sizes and limit the potential for community transmission.

While the previous orders had already put capacity limits on gatherings that included unvaccinated individuals, the new updates further limit gatherings of fully immunized individuals and those under the age of 12 to 50 per cent of a space's usual capacity or 250 people, whichever

is less. This also applies for outdoor gatherings in public spaces.

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Restaurants, fitness centres, museums and galleries, sporting and performing arts events, movie theatres, and religious gatherings are also all limited to the 50 per cent capacity/250 person limit.

Liquor sales have also been curtailed to end at

The revised orders are in effect until Jan. 11.

The province last week also made some changes to the self-isolation rules for those with CO-

The changes include:

• requiring all people who have tested positive for COVID-19 to isolate, including those who completed a rapid antigen test;

• changing isolation requirements to five days from 10 days since the date of the test for fully-vaccinated people who are not showing symptoms;

• changing isolation requirements to five days from 10 days since the date symptoms started appearing or the date of

the test, whichever is later, for fullyvaccinated people as long as their symptoms are improving and they do not have a fever;

• requiring individuals who have

Send your letters to the editor or acts of kindness to news@selkirkrecord.ca. Please include your name, address, and

Omicron continues to drive C-19 up only isolated for five days due to the changes above to wear medical-grade mask while in a public setting for the five days immediately following their self-isolation; and

• requiring isolation for people who have tested positive who are not fully vaccinated for 10 days after the date of their test as long as their symptoms are improving and they do not have a fever.

Public health officials also advise

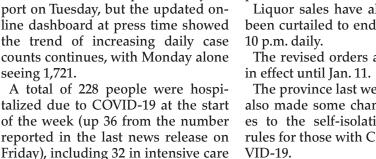
"WE NEED TO ENSURE WE TAKE STEPS TO PROTECT OUR **HEALTH-CARE** SYSTEM AND **OTHER CRITICAL SERVICES DURING THIS** SURGE OF COVID-19 CASES, MANY LINKED TO THE OMICRON VARIANT."

that people leaving isolation must avoid any non-essential visits to high-risk settings or non-essential contact with individuals at high risk for severe disease for an additional five days.

Close contacts who are not exempt from selfisolation requirements still need to self-isolate for 10 days.

"We need to ensure we take steps to protect our health-care system and other critical services during this surge of COVID-19 cases, many linked to the omicron variant," said Health Minister Audrey Gordon in a statement on Friday. "These changes will help ensure everyone who should selfisolate does, regardless of how they tested, and will reduce the strain on

the health-system workforce as well as other key sectors as more workers report they have contracted CO-VID-19."



A total of 228 people were hospitalized due to COVID-19 at the start of the week (up 36 from the number reported in the last news release on

VID-19.

Friday), including 32 in intensive care The weekend also saw six more

The Selkirk Record Thursday, January 6, 2022 **9** Interlake-Eastern RHA's New Year's baby has arrived

Submitted by IERHA

Interlake-Eastern RHA's New Year's baby arrived at 9:59 a.m. on New Year's Day at Selkirk Regional Health Centre.

Selah Praise weighed 7 lbs., 12 oz. and she is the third child of Iris and Titus Hofer of Interlake Colony near Teulon. She will be going home to meet her big sister Gracie Joy, 3, and big brother Blake, 1.

Dr. Margaret Speer attended the birth.

"She was so calm. The staff here are

amazing even with COVID and the protocols that need to be followed," said Titus.

It's become a tradition for the Selkirk Ladies Hospital Auxiliary, that runs the hospital's gift shop, to present a gift basket to the health centre's first born child of the year. It's a gift that the Hofers were "flabbergasted" to receive.

"It's extremely appreciated," said Titus.

According to Betty Milkowski, chair of the auxiliary, the basket is a collec-

tion of items that will be helpful to the family.

"We're always sure to include a playpen and a bunch of other goodies that a new family will need," said Milkowski.

"We want to contribute to their enjoyment of their baby and we send them our best wishes for the coming years."

The family birthing unit team at Selkirk Regional Health Centre feels

honoured to play a role in welcoming babies into the world, and getting families off to a good start.

The unit is composed of eight beds and all rooms are private with a comfortable space for partners or other family members to rest. This unit is filled with bright natural light and it's equipped with everything needed for low-risk deliveries.

RECORD PHOTO SUBMITTED Titus and Iris Hofer of Interlake Colony welcomed their daughter Selah Praise on New Year's Day. Selah was the first baby born in 2022 at Selkirk Regional Health Centre.

Manitoba Advises of Public Consultation on Regulated Health Professions Act

Counselling therapists in the province have requested self-regulation under The Regulated Health Professions Act (RHPA), and Manitoba Health and Seniors Care would like to advise Manitobans they have an opportunity to provide feedback on this application.

The application for self-regulation was submitted by the Federation of Associations of Counselling Therapists in Manitoba earlier this year. Individuals can provide written submissions to the Health Professions Advisory Council no later than Monday, Jan. 31, 2022.

The Health Professions Advisory Council is responsible for advising the Minister of Health and Seniors Care on matters relating to the Act, including the regulation of health professions. To do this, the council seeks information from and consults with members of the public, health organizations and regulatory colleges and conducts research to determine if it is in the public interest to regulate a health profession.

For further information on the consultation process and to participate, please visit https://www.gov.mb.ca/ health/rhpa/hpac.html.

Alternatively, if you do not have access to a computer or internet service, you may mail your request to participate in the consultation to:

Health Professions Advisory Council c/o Legislative Unit, Manitoba Health and Seniors Care 300 Carton Street Winnipeg, Manitoba R3B 3M9



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10 The Selkirk Record Thursday, January 6, 2022 Dave Milner named Selkirk Fire Department's new Fire Chief

Former Deputy Chief says he's got some big shoes to fill

Submitted by the City of Selkirk

The City of Selkirk has named longtime firefighter and Deputy Chief Dave Milner as the Selkirk Fire Department's new Fire Chief. Milner assumed the role on Jan. 1 and took over for long-time Chief Dan Thorsteinson.

"Dave was the successful candidate from a very competitive application process, and I'm thrilled to be working so closely him as we continue to build on the departments legacy of successful service", said the city's Director of Protective Services, Kristy Hill.

"The relationship between the city and the SFD is strong and that's thanks to great leadership past and present".

Milner says they have a good department.

"The history of our fire chiefs is impressive and I've got big shoes to fill," he said.

"I've got an amazing group of guys to lead. We have a new retro-fitted fire hall and I'm just looking forward to the challenge of being involved in the community in a different way."

Milner has been a member of the Department for 21 years and has served as Deputy Fire Chief for seven. He became an officer and a Lieutenant in 2007 - in charge of fire prevention and education.

In 2008 he became Chair of the South Interlake Mutual Aid District, Public Education Committee, where he taught other firefighters and members of the public. He held that position until a year ago.

Milner said he had a lot of support from his peers, who felt he has the experience and the education to take on the role of chief.

Milner becomes the ninth Chief in the department's history.

He thanked Thorsteinson, who came out of retirement to run the department for the past couple of years, and who was invaluable to Milner in preparing for his new role.

"I've been working behind the scenes with Danny over the last couple of years and that's helped prepare me," Milner said.

Thorsteinson said Milner is an excellent choice to take on the role of Fire Chief.

"I endorse Dave fully," Thorsteinson said.

"He's got the training, he's got the expertise, he's got the experience and he's got the personality too. I know that Dave will do a great job."

Milner said he wouldn't be able to commit his time to the department without the backing of his family.

"I have great support from my family and that's important," he said.

Milner said his first task as Fire Chief will be member recruitment.

Potential applicants have to live in Selkirk and Milner said it's preferable to work in Selkirk as well, but if they don't it's not a deal breaker. They'll have to be able to get a Class 4 licence and pass a Class 4 medical to be successful.

The city has National Fire Protection (NFP) certified instructors on the department, so training will be in house, with exams and test taking place in Brandon.

"That's first on the agenda for the new year," Milner said.

He said anyone considering applying needs to know that it is a consider-



RECORD FILE PHOTO BY KATELYN BOULANGER

Dave Milner at a skate with Selkirk Firefighters and RCMP officers event hosted by the Selkirk Onashiwin Aboriginal Head Start Program prior to the COVID-19 pandemic.

able time commitment, especially in the first few years, when you need to complete your training. The support of your family is crucial to success, he said.

"They will need strong family support to get through this. The family has to understand that they have to go to school, answer fire calls too, so it can be very busy," he said.

"We talk to them right away and tell them, you need your family support. It's huge."

He said they'll also be ramping up education in the schools and in senior

homes when it is safe to do so. COVID had reduced their presence in recent years.

"Those are the people in our communities that are most at risk," he said.

"We do hall tours with students and we talk to them and teachers about what we expect of them when there is a fire or a drill. And that's the same as senior's homes, we want to tell them what to expect, what we expect of them."

Milner has been appointed to the role for a four-year term.

Manitoba to delay return to school to Jan. 10, 2022

Submitted by Manitoba government

Manitoba will delay the return to school for students following the winter break to Jan. 10, 2022, to give public health officials additional time to assess the risk of the omicron variant in Manitoba and what changes might be needed on the return to school

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in early January, Education Minister Cliff Cullen announced last month.

> "As we begin the holiday break across Manitoba schools, the Manitoba government would like to thank students, teachers, school

staff, school leaders, school divisions, parents and caregivers for ensuring schools have been safe and open for in-class learning since September," said Cullen. "But right now, things are changing rapidly and public health has recommended a slight delay to the return to school. This will give them more time to better assess the risk and look at options for the new year."

Most students were scheduled to return to school on Jan. 6. The change means school staff will return on Jan. 6 for professional learning and to prepare for the continuation of learning, and students will return on Jan. 10. Many childcare centres will remain open for children under the age of 12 to ensure families can continue to access needed childcare services.

The minister noted the delayed return to school would also provide more time for the distribution of rapid tests to schools provincewide. In addition to vaccination, staying home when one is sick, using masks and reducing contacts, the minister noted rapid tests are another tool that can be used to help screen for cases and provide peace of mind to parents and caregivers.

me to staff, school leaders, scho ariant parents and caregivers

By Patricia Barrett

Initial results from an English study into the severity of disease posed by the COVID-19 omicron variant shows a decreased risk of hospitalization but no substantial evidence yet the variant is less virulent than other strains.

People infected with omicron sought out hospital care, according to the findings, suggesting the variant may not be milder for some people and will still exert pressure on health-care resources.

The study titled "Report 50: hospitalization risk for Omicron cases in England" was published online Dec. 22, 2021, and has yet to be peer-reviewed.

Researchers with Imperial College London's COVID-19 response team evaluated the virulence (how severe or harmful a disease is in its effects) of omicron in England by looking at the differences in hospitalization risk over a 14-day period among those who tested positive for omicron and those who tested positive for the delta variant.

They found a reduced risk of hospitalization and hospital stay for those with omicron.

"Overall, we find evidence of a reduction in the risk of hospitalization for Omicron relative to Delta infections, averaging over all cases in the study period," wrote the researchers. "The extent of reduction is sensitive to the inclusion criteria used for cases and hospitalization, being in the range 20-25% when using any attendance at hospital as the endpoint, and 40-45% when using hospitalization lasting 1 day or longer or hospitalizations with the ECDS [emergency care documentation system] discharge field recorded as 'admitted' as the endpoint"

Last month, a Chinese study found

omicron can multiply 70 times faster than delta in human bronchial tubes, allowing it to spread at lightning speed between people. In spite of its impressive ability to evade frontline antibodies and cause infection, omicron is thought to come up short against other immune defences – whether induced by vaccination or by a previous natural infection – which can provide a degree of protection from hospitalization and death.

The study's researchers said although vaccinated people are susceptible to infection or reinfection (defined in the study as 90 or more days apart) with omicron, their estimates "suggest that individuals who have received at least 2 vaccine doses remain substantially protected against hospitalization, even if protection against infection has been largely lost against the Omicron variant."

However, they warn that their findings should be "balanced against the much larger risk of infection with Omicron, due to reduction in protection acquired from both vaccination and natural infection. The findings don't show a reduction in the severity of disease.

The data (PCR test results) they analyzed from Dec. 1 to 14 show how fast omicron was able to overtake delta as the dominant strain in England and the concomitant inching up of hospitalizations for those infected with omicron.

The average age of omicron and delta cases attending a hospital were 31 and 38 years of age, respectively. Hospitalization was defined as "attendance" at hospital, including at accident and emergency departments, which occurred up to 14 days after a positive COVID PCR test and where

> SCHOOL PUSHED BACK, FROM PG. 10

"We appreciate your understanding and will share any additional information about the return to school as we learn more about the variant and what this means for schools," said Dr. Brent Roussin, Manitoba's chief provincial public health officer."We have recommended this delay to a return to school in addition to the restrictions under the public health orders and I want to remind Manitobans of the importance of keeping gathering sizes small to allow a safer return to school in the new year."

Roussin noted those eligible to receive a booster vaccine for COVID-19 are encouraged to make appointments or visit a walk-in clinic during the break to better protect themselves and others. "Again, we extend our thanks to everyone for their efforts over the last several months," said Cullen. "I encourage everyone to do their part to keep schools safe as students head back to class in January by getting vaccinated, minimizing contacts over the holiday break, monitoring for symptoms and, of course, getting tested and staying home when sick."

Manitobans showing signs and symptoms of COVID-19 should use the online COVID-19 screening tool at https://sharedhealthmb.ca/covid19/screening-tool/ and visit a provincial testing site.

For a list of provincial testing locations, visit:

www.gov.mb.ca/covid19/testing/locations.html#map. a length of stay was at least one day.

The researchers acknowledge there are limitations to their study and they "caution about over-interpreting these trends [i.e., a reduction in hospitalization risk]."

Limitations include a restricted sample size, no data on how omicron might affect older adults or children, a short follow-up period to see whether infected subjects did, in fact, have a lower burden of disease compared to delta and a statistical assumption that omicron follows a similar disease progression as delta.

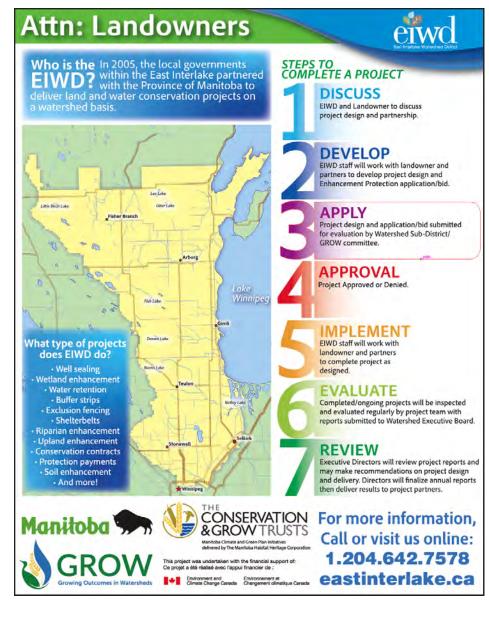
"There was limited power to examine more severe outcomes than hospital attendance," the researchers wrote, and that" this analysis will be updated to include a wider range of outcomes as data accumulate."

The update will include an examination of ICU admissions and death to estimate immune protection against severe omicron infections.

The preliminary findings, however, are useful for estimating potential health-care demands associated with the highly transmissible variant. As more and more people are infected with it, hospitalization rates will increase.

	All cases (pillars 1 and 2)					
Last PCR test specimen date (December 2021)	Delta cases	Omicron Cases	Delta hospital- isations	Omicron hospital- isations		
1	25098	164	586	≦5		
2	23212	226	493	≤5		
3	21111	252	449	7		
4	17235	303	372	≤5		
5	16164	434	337	20		
6	20745	977	397	14		
7	21058	1916	395	24		
8	20551	2956	353	25		
9	21639	4047	316	29		
10	21869	5214	255	33		
11	15581	4807	177	30		
12	13746	6550	123	40		
13	17489	11933	109	26		
14	13819	15804	52	36		

RECORD PHOTO SUBMITTED While there were fewer hospitalizations with omicron compared to delta, people infected with omicron were still admitted to hospital. There is no substantial evidence yet that omicron is a milder or less virulent COVID strain.



School's out for the winter





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RECORD PHOTOS SUBMITTED Walter Whyte School gave students a happy send off for the holiday break with outdoor hot chocolate in the last week of December. Students at that time didn't know that the increase in COVID-19 cases in the province would mean they won't be seeing their friends in class again until schools re-open on Jan. 10.



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- It is required that all guests and staff be fully immunized for at least two weeks prior to their scheduled departure.
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NOTE: While Travel Manitoba strongly recommends that all tourism businesses adhere to the operating protocols and capacity restrictions allowed by the Manitoba government, we cannot guarantee the compliance of any business featured in our content. While information is accurate at the time of writing, please contact businesses directly for operating hours and policies and availability of packages and tours. Throughout the province, please continue to practise safe physical distancing and adhere to all recommended guidelines.

14 The Selkirk Record Thursday, January 6, 2022 ICE TimeTM app keeps anglers safe from space

By Iris Dyck

Every time Trevor Kristjanson steps onto the ice, he knows it comes with a risk.

"The beginning of winter and end of winter certainly feel a little treacherous," the fifth-generation commercial fisherman said. "You always have to kind of keep your wits about you when you're on the ice."

Kristjanson's family has been fishing out of Gimli for the past 130 years. He has a good feel for the ice – he can tell when it's been cold enough for Lake Winnipeg to freeze over, and he knows what weak spots and cracks look like.

Still, it's impossible to know for sure if he's heading into danger.

"The main thing that freaks people out, and should, is going through the ice," he said.

On Nov. 1, NextGen Environmental Research Inc. (NGE) released their app Ice Time[™] to help decrease that risk. The app gives up-to-date ice conditions for lakes in Manitoba, Ontario, and Minnesota. Subscribers can see satellite maps marked to show ice thickness, condition, and hazards on their smartphone or computer.

It's a project NGE founder and president Dr. Paul Cooley has been working on for over a decade. An avid angler with a long career in environmental research, Cooley knew it was possible to track lake ice with satellite data. He just didn't know how to efficiently get the information to people who needed it.

"The science was there, but technology and making it available to people was not," he said.

Cooley sat on his idea for years before putting in a proposal to the Canadian Space Agency (CSA) in 2017. Cooley wanted to do a study to test the accuracy of radar satellite images of lake ice. "They came back and said,'We really like this.' And you know what? Within five months it was funded," he said.

Cooley and his colleagues at NGE spent two winters studying the ice in the south basin of Lake Winnipeg. They flew drones to survey the ice and compared the images to radar satellite data taken at the same time. They found they could get very accurate and detailed information about the ice from the satellites.

"What this tool allows us to do is see the bird's eye view, what's going on with the ice," said Cooley.

Radar satellites circle and map the earth regularly and can take images regardless of snow or cloud cover. The satellites send out a wave, much like how a sonar system in a boat sends out a "ping", and then maps the area based on how and when the wave returns.

"These are really reliable satellites that give you all-weather data for what we're doing, day or night, rain or shine," said Cooley.

Ice Time[™] uses data from Canadian and international satellites to update its maps as often as possible. Recently, Ice Time [™] got data from satellite to app in just 19 hours – a new record.

"We're really proud of what we've done in a really short time," he said.

Cooley felt there was a lack of information around how to travel safely on lake ice. He hopes the Ice Time [™] app fills that gap and can help people become more aware of ice safety.

"You can actually see open water in the offshore zone of the lake from the comfort of home without even having to go out and test it," he said, "and that's how I think Ice Time[™] will save the most lives."

Ice Time [™] hopes to expand their service to more lakes soon. The app's website has an option for users to vote on which area to serve next.



RECORD PHOTOS BY DR. PAUL COOLEY

NextGen Environmental Research Inc. studied lake ice on Lake Winnipeg for two years before developing the IceTime™ app.



Dr. Paul Cooley launches a drone to study the ice on Lake Winnipeg. Images from the drone were checked against satellite data to determine ice conditions.

More information about Ice Time[™] can be found at icetime.app.

What's *Your* story?

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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



MPI to issue third rebate in less than two years

Submitted by MPI

Manitoba Public Insurance customers can expect a rebate cheque in mid-February 2022.

This rebate of \$312 million will result in about \$328 rebated to an average private passenger policy. It's estimated about 578,000 cheques will be issued. Customers planning a change of address should notify MPI no later than January 12, 2022 to ensure they receive their rebate cheque. Rebate amounts of \$10 or less will be credited to the customer's account.

This is the third MPI COVID-19 rebate in less than two years. In total, MPI will have provided rebates of nearly \$500 million to its policy holders \$110 million in May 2020 and \$69 million in December 2020.

This latest rebate was made possible due to a combination of fewer claims during the CO-VID–19 period and continued strong financial results. The rebate is calculated on the Basic Autopac premiums paid between November 22, 2020 and December 9, 2021 and is expected to be about 27 per cent of the customer's annual Basic Autopac premium.

YouTube channel reaching Low German speakers around the world

By Ashleigh Viveiros

A Winkler man is becoming something of a celebrity as his Low German YouTube channel racks up views from around the world.

A couple of years ago, Abe Wall was puttering around the getaway he owns out in the Pembina hills south of Morden.

"One day I was sitting there bored, I needed something to do, so I thought I'd make a short little video,"he recalls. "I happened to put it on YouTube. And I got so much response for it."

So he made another video, and another, and just like that, Schtrucklaunt Manitoba was born.

The first few uploads saw the retired truck driver simply chatting in Low German, but then he decided to put the kitchen he had up at the cabin to good use.

"I started making cooking videos and telling stories from the past in Mexico, and people were so interested and there were all these comments," he says. "It kept me going. And it just went from one video to the next."

Today, Wall has dozens of videos up on his channel, which is closing in on 5,000 subscribers and has had over 1.2 million views.

"It's unbelievable. I had never dreamt of this going where it is now," Wall says."I've had people [commenting] from Siberia ... and actually China. There's apparently Low German speaking people in China too."

Wall, who grew up in Mexico before moving to Canada in the early '80s, sees his videos as a way of preserving a language that's close to his heart.

"There's so many Mennonites, though Low German is actually dying off because the younger generation, they don't speak it or they're not interested in it."

He's had viewers encourage him to start posting videos in Spanish or English, pointing out how much wider his audience could be, but he's not keen to stray too far from his mother tongue.

"I would get a lot more views, but for me it's not about making money," Wall says. "This is just basically entertainment and also to be a blessing, to show them new ideas."

Many of Wall's viewers are in Mexico or South America, tuning in from sheltered Mennonite communities.

"A lot of people, they don't get to town or they don't have a TV, so when they have something like this to watch, it's something different," he says, sharing with a chuckle that he's had more than a few thank-yous from viewers very grateful to add a new recipe to their family's repertoire.

"I have cousins down in Argentina



and they encourage me always to make more cooking videos because their wives, all they know is what they learned from their mothers. And if you can't read ... they can't really look up recipes and learn new stuff.

"A lot of times I get recommendations. Can you cook this or can you cook that? So I've done some French cooking, I've done some Italian, Mexican cooking. Everything and anything."

He's also an avid storyteller, sharing about life in Canada or retelling inspirational stories he's come across.

"There's so much sadness and seriousness in this world, so sometimes I tell a story where people get inspired or get out of their loneliness," Wall says.

And he's not above a goofy skit or two, including one recent one that had him donning a dress he found at the local thrift shop to play a clumsy female maid.

"People need humour. They need to laugh. Now with this pandemic and everything, you need to cheer people up," Wall says.

That trip to the thrift shop also demonstrated that it's not just people in other countries tuning in—Wall has a healthy fanbase right here in southern Manitoba.

"I go into MCC and I said, 'I'm doing some kind of drama show and I need a large women's dress, there's this maid that needs this dress' ... and this lady, she recognizes me, and she says, 'Are you going to be that maid?'"

People recognizing him on the street has become increasingly more commonplace, much to the amusement of his family.

"Sometimes I can't even go uptown without someone saying, 'I know you. Somehow I know you,'"Wall says.

But while the fame can be fun, the real joy comes in the feedback the videos get—people commenting how much they enjoy them or calling to share stories of family members in



SCREENSHOTS: SCHTRUCKLAUNT MANITOBA

Abe Wall has been posting videos to his YouTube channel, dubbed Schtrucklaunt Manitoba, for the past two years. He often shares new recipes with his viewers or tells stories—all in Low German.

care homes who tune in faithfully to see what Wall has cooked up for them. "They are just so entertained and just love it. I love hearing stories about

"I'm retired but somehow I find

that," Wall says.

myself being busier than before," he adds. "But I really, really enjoy doing it."

You can find Wall's channel by searching for "Schtrucklaunt Manitoba" at www.youtube.com.

Reminder: **NOVENTIS MEMBER FORUM January 11th, 7pm**

Noventis Credit Union will be holding a virtual member forum on January 11th at 7pm.

The member forum will provide information about the merger and will allow for questions and feedback from our membership.

Visit **cusuccess.ca** to register for this event.

MORE IMPORTANT DATES:

Member merger vote - January 25-27 Special Meeting of Members - January 27th, 6pm





Submitted by MPI

Auto insurance fraud costs Manitoba Public Insurance ratepayers an estimated \$50 yearly. A dedicated Special Investigation Unit (SIU) at MPI is committed to investigating suspicious claims and detecting fraudsters on behalf of honest ratepayers.

"MPI releases its annual top five fraud list to raise awareness about the costs related to auto insurance fraud," said Satvir Jatana, MPI's Chief Customer Officer. "The list is compiled based on the unique circumstances of each fraud, financial savings to MPI ratepayers, and the investigative techniques used in confirming fraudulent activity."

Anyone with information about auto insurance fraud is encouraged to call the Manitoba Public Insurance TIPS Line: 204-985-8477 or toll-free 1-877-985-8477. All calls are anonymous. Last year the SIU closed about 1,000 investigations, resulting in a claims savings of about \$14 million.

No. 1 "Phony Kidnapping" After her badly damaged vehicle was recovered by police, the Winnipeg woman told MPI her vehicle had been stolen out of her garage. She said the thieves messaged her via Facebook, demanding payment for returning the car. The woman admitted she did not call police, but agreed to meet the thieves, who she stated then kidnapped her, speeding around the city for hours and eventually crashing the vehicle.

Due to many gaps in the story, MPI's SIU launched an investigation. An examination of the vehicle's ignition and immobilizer system conducted by MPI's Research and Training Department revealed that the vehicle would not run without a key inserted into the ignition. In her statement the owner confirmed that she had all keys in her possession.

When presented with the findings of the investigation, the vehicle owner admitted she had lied about the kidnapping. Truth was, she was in the vehicle driving around with a group of "friends" drinking and speeding around the city. They eventually crashed into another vehicle and immediately ran from the scene.

The theft claim was denied, saving MPI an estimated \$68,000.

No. 2 "The Fast & Furious" The 20-year-old driver told the MPI adjuster that he had been working a lot of overtime during the week and one night while driving home around midnight fell asleep and drove off the road, crashing into half a dozen parked vehicles. The posted speed limit on the road was 50 km, with the young driver saying he was travelling 55 KM/H at the time of the crash.

However, the extent of the on-site damage contradicted the man's story. A download of the vehicle's Data Crash Recorder indicated the vehicle was travelling at nearly 140 km/h at time of impact. The brake pedal was not applied and seatbelts were unbuckled. Surveillance footage was also taken from various locations on the travelled road, showing the vehicle was racing with another vehicle seconds before the crash.

There was also an on-site investigation which confirmed there was a long, straight 1.6 km stretch of road where the racing took place. The road then makes a left curve which the one vehicle was unable to negotiate, causing it to leave the road and crash heavily into a number of parked vehicles.

Based on the true facts of this investigation, the collision claim was denied and MPI has begun a recovery of costs from the responsible driver. Cost savings to MPI estimated to be \$150,000.

No. 3: "Truckin' Along" A professional truck driver, the Winnipeg man was injured in a singlevehicle incident while hauling a load. Based on the extent of his injuries, he was entitled to receive Income Replacement Benefits and Personal Care Assistance payments.

He told his MPI case manager that his injuries prevented him from lifting his arms above his shoulders, unable to lift heavy objects, physically unable to drive more than 15 minutes, could no longer take out the garbage and recycling bins, or work his regular job.

After receiving information that the man was working while still collecting benefits, an investigation was opened, consisting of surveillance which conclusively showed the man was working, able to drive many hours a day and was seen carrying a number of objects, including heavy wooden crates.

Based on the investigation, MPI contacted the man and informed him his benefits were being terminated. He was also charged with Fraud Over \$5,000 and Make False Statement. Estimated savings to MPI was more than \$700,000.

No. 4 "Centre Stage"

Two individuals opened separate collision claims, with one driver admitting he was responsible for the T-Bone collision at an intersection. The SIU investigator attended to the collision scene and noticed a surveillance camera pointed in the direction of the collision intersection. The surveillance clearly showed both vehicles slowly travelling through the intersection several times prior to the collision. The surveillance also showed both vehicles were deliberately positioned in a T-Bone configuration, with one car accelerating into the other vehicle which was slowly entering the intersection. When presented with the facts, one owner admitted he and his friend planned this "staged" collision to write-off their vehicles. Savings to MPI was \$15,297.46.

No. 5 "Canine Caper" The Winnipeg woman opened a collision claim, stating a dog ran onto the roadway, causing her to swerve and collide with a pole and large flower pot located on the yard of a private residence. There was significant damage to both the woman's 2020 Ford Explorer and items in the yard.

The woman also provided the name of a third-party witness, who told the MPI adjuster that the vehicle did swerve to avoid a dog and the woman was driving. Based on statements received, MPI determined the driver was not at fault, resulting in no financial compensation from MPI to the owners of the property.

When told of this decision, the owners of the property then provided MPI with video footage of the collision which clearly showed there was no dog running across the road, and the driver of the vehicle was a male.

When presented with this new information, the woman admitted to lying to protect her boyfriend who was driving and did not hold a valid driver's licence. The witness would later admit they had come across the crash after the fact, and did not see a dog.

The collision claim was denied and MPI is seeking to recover costs from the unlicensed driver. Claims savings to MPI was \$29,840.08.

Province looking for public feedback on provincial park improvements

Submitted by Manitoba government

As a key part of its commitment to improve the quality and sustainability of provincial parks, the Manitoba government is inviting citizens to

share their opinions about needed improvements and priority areas in an online survey, Conservation and Climate Minister Sarah Guillemard announced last week.



"Earlier this year, our government announced the creation of the \$20-million Provincial Parks Endowment Fund to support projects that enhance the ecological integrity and or public experiences at Manitoba provincial parks," said Guillemard. "In support of the funds, we are seeking citizen and stakeholder input to help identify priority project areas or themes for funding through the endowment."

The minister noted the annual public survey will help identify broad priority categories under which specific projects will receive funds as part of the endowment's grant process. These categories, formally established under an endowment fund agreement with The Winnipeg Foundation, include:

development and maintenance of trails, boardwalks and associated infrastructure;

public-use facilities such as amphitheaters, shelters, day-use sites, playground equipment, docks and launches;

park road maintenance;

habitat restoration and enhancement;

historical assets and cultural sites; campground enhancements; and

The Selkirk Record Thursday, January 6, 2022 **17** Home care expansion underway in IERHA with 49 new positions

By Patricia Barrett

The hiring of additional home care staff in the Interlake-Eastern Regional Health Authority (IERHA) is already underway and is expected to help alleviate COVID-related pressures for acute care beds and may help prevent patients from being transferred to other health regions across the province.

The provincial government made patient transfers (for those who don't need acute care) mandatory last October in order to free up acute care bed space for people infected with COVID and for those needing emergency and surgical care. There is little capacity in the IERHA and the Winnipeg Regional Health Authority, necessitating transfers to the Southern, Northern and Prairie Mountain health regions.

The IERHA's chief executive officer Dr. David Matear made the home-care expansion announcement a few weeks ago.

"There's a significant amount of funding that has been identified to support increased in-home care services," said Matear during a virtual briefing with municipal leaders on Dec. 17. "We're putting that in place very, very quickly in order to be able to sustain seniors at home in their communities rather than having to look at alternatives."

RM of Grahamdale Reeve Craig Howse told Matear his municipality needs home care services to support seniors living in local manors [housing facilities] and at home, and to prevent people from being transferred out of the region should they require hospital care. A number of patients have been transferred to hospitals hundreds of kilometres away.

"I talked to a couple of residents and they were left with no alternative [except] to go to the [local] hospital once healthcare aide hours were cut back in these manors. If we could increase those hours instead of cutting back that would bring back some seniors forced to relocate," said Howse during the briefing. "I talked to a couple of them personally and they said they could still live on their own with a healthcare aide but those hours have been cut back. That's a concern. I know these people want to come home and be back in their community."

Greg Reid, the IERHA's regional lead of health services, community and continuing care, spoke with the Express after Christmas, saying the IERHA created 49 new home care positions.

"We did a detailed analysis of our home care resources. With some funding adjustments we received from the province and some funds already budgeted, we were able to put forward a proposal to our senior leadership team, which was approved within the region to expand our home care services pretty significantly," said Reid on Dec. 31. "Funding is coming from some vacancies that we had in home care." The 49 positions – full-time, part-time and casual jobs – are already posted online, he said. There are a range of positions available, including nurses, social workers, healthcare aides, occupational therapists, physical therapists and rehabilitation aides.

"We need everyone [but] we don't have enough funding to represent all our needs," said Reid, who is part of the IERHA management team and has expertise in home care, social services, mental health and crisis stabilization. "The greatest number of positions are for nurses and home care attendants [because] our needs are primarily in the area of nursing and HCAs [healthcare aides]."

Because of the immense pressure on the healthcare system from COVID, Reid said the IERHA has expedited the recruitment process and is in the midst of reviewing applicants and hiring.

The positions are being allocated to communities with the highest demand for home care services: Selkirk, Ashern, Eriksdale, Stonewall, Gimli, Beausejour, Oakbank and Pine Falls.

IERHÁ communities closest to Winnipeg – such as Selkirk and Stonewall – have higher populations than smaller centres and, therefore, the demand for home care is greater, said Reid. Other communities have a high proportion of ageing seniors.

"Gimli is a community with an ageing population that is increasing. And we're seeing a trend now: folks who have a summer home in Gimli were only there during the summer but now during COVID they've decided to live there full-time and that has placed strain on the acute care facility in Gimli and on home care resources," said Reid.

In addition to pressure to free up acute care bed space, the IERHA is also trying to move transferred patients back home to their communities. To do that, it needs "robust" home care service, he said. Shoring up home care resources also falls in step with the provincial government's transformation of the health-care system and provides, according to research studies, a better quality of life to residents who, with the right supports, can live "safely" in their own communities.

"Some people think personal care homes should be a destination point for everyone. There will always be patients who need to go to a PCH, but the only people that should be going there are those who require 24-7 nursing care," said Reid. "And, unfortunately, because we haven't had the right mix of housing options and support options in our communities in Manitoba, sometimes people go to PCHs by default. Ideally, what we want to see in our system is more accessible housing options ... whether it's additional home care support or supportive housing where there is 24-7 supervision."

He stressed that supportive housing, assisted living and 55-plus facilities need to be accessible to low-income people. Some of the facilities out there



PHOTO COURTESY OF IERHA Greg Reid, the IERHA's regional lead of health services, community and continuing care, said the region can hire 49 new home care staff.

right now are cost-prohibitive and "that's something that needs to change if we're going to maintain people in their communities."

The new home care positions will be filled as soon as they can, he said, and the staff oriented and deployed.

The IERHA actually needs more than 49 home care positions as this complement of new staff won't" get us to where we need to be," said Reid. Historically, Manitoba has had high numbers of patients (who don't need acute care) in acute care beds because there's "nowhere for them to go." When the government embarked on its health-care system transformation, home care was identified as one of the major areas in need of enhancement.

Reid said the IERHA's frontline staff are working flat out as COVID cases skyrocket and continue to exert pressure on the health-care system.

"I really feel for our frontline staff. Kudos, huge respect and thank you to those staff who are really doing the heavy lifting [in this pandemic]," he said. "We're all working long hours, but, ultimately, the folks on the frontline are feeling this more than anyone; they're seeing the tragic outcomes; they're wearing a mask for eight or 12 hours a day. Lots of them are also stepping up to take additional shifts and work overtime. If it's wearing on us, we can only imagine how it's affecting them."

> MB PARK IMPROVEMENTS, FROM PG. 16

interpretive infrastructure to support programming.

The engagement plan seeks input from all provincial park visitors and users, including day-use visitors, overnight campers, cottagers and commercial businesses operating within provincial parks, the minister said. The public will have the opportunity to provide suggestions on specific park projects they would like to see funded.

In addition, the province plans to host annual meetings beginning in January with park stakeholder groups to seek their input. All public engagement results will help guide park modernization and improvement activities, while user satisfaction over time will be monitored via the annual survey.

"With feedback from Manitobans, we can better identify priority areas for improvements so we can make the best use of the endowment fund and ensure our provincial parks continue to be enjoyed by residents and visitors for generations to come," said Guillemard.

The public engagement questionnaire on provincial park improvement priorities is available at https:// engagemb.ca/.



Dolphins Swim Club competes well at Prairie Winter Invitational

Submitted by Michelle Stamm

The Dolphins Swim Club had five swimmers compete very well at the Prairie Winter Invitational (PWI) at the Pan Am Pool from Dec 16-19.

There were 20 teams - and just under 400 swimmers - from Manitoba, Ontario, Saskatchewan and Alberta.

This was the first big event hosted in Manitoba in two years.

"We have attended two meets prior to this event," said Dolphins' coach Michelle Stamm. "These events did not allow spectators so PWI was the first meet where parents could watch their swimmers race in the main tank in just under two years. Spectators are not even allowed at practices due to facility capacities."

September was the beginning of the Dolphins' in-pool training without interruption in the last 18 months. The five qualified swimmers for PWI only began practicing this past September.

"I was extremely impressed by the skill level and quick development of the swimmers over the course of a couple months," Stamm said. "The swimmers only practice six hours a week so a big meet of heats and finals over four days is extremely difficult on an athlete.

"Definitely growth and maturity played a big role in the swimmers abilities, racing fast in the first couple meets of the season to qualify for PWI."

Lily Douglas, 15, is in a very difficult age group to make finals, but raced extremely well to earn 90 per cent improvement in times - an extremely difficult achievement.

Harrison Douglas, 13, qualified for finals in all four events, racing 100 per cent. He finished with a



RECORD PHOTO SUBMITTED

Dolphins Swim Club members Brodie McDonald, Mason Liebrecht, Harrison Douglas, Lily Douglas and Cate Liebrecht competed at the Prairie Winter Invitational last month at the Pan Am Pool.

bronze in the 50 free and had two fourth-place finishes.

Brodie McDonald, 13, raced in five events and finished in the top 11 in the 200 backstroke. He also raced to 100 per cent improvement, taking nearly 30 seconds off the 200 freestyle.

Mason Liebrecht, 13, qualified in four finals, reaching 100 per cent improvement this year and finishing top 10.

Cate Liebrecht, 11, swam 100 per cent, making finals in the 100 breaststroke with a 16th-place finish. She missed A finals in the 200 back and 200 breast, placing 12th in each event.

"We are going to continue to train as we have been, as the racing results showed minimal need to work on pacing or strategies," Stamm said. "It will just take time in the pool for more improvement in time."

Royals end 2021 with shootout win

Staff

The Selkirk Royals' hockey team said goodbye to 2021 with a huge victory.

Selkirk skated to a 2-1 shootout win over the Vincent Massey Trojans in Winnipeg High School Hockey League action on Dec. 22 at Sil-



verstone Arena.

The Royals' Clint Thomas scored the lone goal in the shootout.

Ben Desjarlais netted Selkirk's goal in regulation time, assisted by Nathan Burzynski and Tanner Skrypnyk.

Brendan Berrington was stellar in goal for the Royals, making some huge saves in the game. Berrington now has a 4-4 league record this season.

Selkirk headed into the holiday break on a three-game winning streak.

With the win, Selkirk now has 25 points to sit in seventh place in the 10-team Platinum Promotions Division.

The Royals are just two points back of the Sturgeon Heights Huskies, Oak Park Raiders, and the Miles Macdonell Buckeyes. Selkirk has played two fewer games than Oak Park and Miles Macdonell.

Selkirk is scheduled to play Sturgeon Heights this Thursday at the Keith Bodley Arena. Game time is 4 p.m.



CRJHL reschedules games due to COVID-19

By Brian Bowman

Here we go again.

Due to concerns for the safety and health of participants caused by the newest COVID-19 variant (Omicron) and the rapid spread recently, the Capital Region Junior Hockey League decided to reschedule some games.

The Selkirk Fishermen's home game, scheduled for last Sunday, with the North Winnipeg Satelites was postponed. It will be played on a yetto-be-determined date.

"It's unfortunate," said Fishermen head coach Chris Poponick on Monday afternoon. "We were fine, we had enough players. We would have had five miss, myself included, but we had enough players and call-ups and North Winnipeg just didn't have enough so we'll plan for a little later date."

Arborg's home game last Sunday against St. Malo has been rescheduled to Jan. 22 (7:30 pm).

North Winnipeg's home game against Arborg this past Tuesday has been rescheduled to be played Feb. 1 (8 p.m.) at Billy Mosienko Arena.

Meanwhile, the Fishermen's home game that was scheduled for Jan. 22 versus St. Malo is now moved to Jan. 18 at 7:30 p.m. due to the Viterra Championship being held in Selkirk. For the same reason, Selkirk's home game scheduled for Jan. 30 against Lundar will be played on Feb. 22.

It was not known at press time if Selkirk's home game with Arborg this Friday (7:30 p.m.) would be played.

The Fishermen head into the new year in first place with 45 points, 13 ahead of Arborg.

Selkirk suffered a pair of rare losses in December.

"We had a good hiccup in the beginning of December where we lost those two games to St. Malo and Arborg which, in my opinion, helps us a lot with our development," Poponick said. "The boys need to learn to lose sometimes and how they respond back. And we did respond back pretty good. We got through the holiday season and hopefully we put the pedal down and take it to the end. January is a tough month to begin with and it's tough to keep the excitement going about playing. It's nice that we have had these couple of weeks off here to get the guys a bit rejuvenated to come back to the rink.

"But the guys are chomping to get back together. We'll keep going forward and we'll see if we can continue the win streaks."

Canada's Olympic mixed doubles curling trials cancelled

Staff

Canada's Olympic mixed doubles curling trials were cancelled late last month due to a rise in athletes testing positive for the COVID-19 virus.

The rate of positive tests - along with the risks associated with travelling caused the cancellation - Curling Canada said in a statement on Dec. 26.

The 16-rink trials to determine Canada's mixed doubles team for the Winter Olympics in Beijing were scheduled to begin on Dec. 27.

"The increasing numbers of trialsbound athletes testing positive for COVID-19, along with the rise in cases across Canada, made it impossible to stage the event in a safe, responsible manner for athletes, staff and volunteers," Curling Canada said in a statement.

"Unlike the Calgary bubble, which had months of preparation time

and allowed athletes to self-isolate at home, and get tests done prior to their departure for the events, the dramatic rise in positive cases related to the sudden emergence of the Omicron variant across Canada in the past week made those safety precautions impossible to carry out."

The organization's high-performance staff will consult with the Canadian Olympic Committee and Own The Podium on how to nominate a mixed doubles team for China. Curling Canada had earlier said the trials would go ahead with spectators capped at 50 per cent capacity in Stride Place and with athletes' movements limited to their hotel room, the arena, and transportation to the venue.

Canada is the defending Olympic champion in mixed doubles, which made its debut in 2018 in Pyeongchang, South Korea. John Morris and Kaitlyn Lawes won the first gold medal.

Steelers hope for better results in 2022

By Brian Bowman

The Selkirk Steelers have a lot of work to do in 2022.

Selkirk headed into the holiday break with a 12-14-2-2 record and was in fifth place in the six-team East Division standings.

Selkirk has shown flashes of playing some very good hockey, including a 5-2 home win over the league-leading Dauphin Kings on Dec. 17. But the Steelers must quickly become a team that can beat those top teams on a consistent basis.

Selkirk returned to action this past Tuesday with a road game against

the Neepawa Titans but no score was available at press time.

The Steelers will host Neepawa this Saturday at the Recreation Complex. Puck drop is 7:30 p.m.

It is the first of four-straight home games for the Steelers.

Off the ice, Selkirk traded forward Ryan Ostermann (2001) and the MJHL List Rights to goaltender Andrew Ness (2004) to the Winnipeg Blues in exchange for future considerations.

The Steelers also traded defenceman Eric Krywy (2001) to the Waywayseecappo Wolverines in exchange for future considerations.



20 The Selkirk Record Thursday, January 6, 2022



Moroccan Roasted Vegetable Salad



Prep time: 20 minutes

- Cook time: 20 minutes
- Servings: 4
- Lemon Tahini Dressing:
- 1/4 cup tahini
- 1/4 cup olive oil
- 3 tablespoons lemon juice
- 3 teaspoons maple syrup
- 2 teaspoons Dijon mustard
- 1/4 teaspoon salt
- 2 tablespoons cold water
- nonstick cooking spray
- 6 tablespoons olive oil
- 2 teaspoons ras el hanout or garam masala
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 sweet potatoes, peeled and cut into long wedges
- 4 whole large carrots, chopped
- 2 red bell peppers, cored and cut into 1-inch pieces
- 2 packages (6 ounces each) Fresh Express 5-Lettuce Mix 1 can (15 1/2 ounces) chickpeas, rinsed and drained
- 1/3 cup dried apricots, sliced
- 1/3 cup slivered almonds, toasted
- 2 tablespoons Italian parsley, chopped

To make lemon tahini dressing: In small bowl, whisk tahini, olive oil, lemon juice, maple syrup, Dijon mustard and salt. Add cold water; mix well. If dressing thickens, mix in more cold water.

Heat oven to 400 F. Spray two baking sheets with nonstick cooking spray.

In large bowl, mix olive oil, ras el hanout, salt and pepper. Add sweet potatoes; toss to coat. Transfer to first prepared baking sheet. Add carrots and peppers to leftover oil; toss to coat. Transfer to second prepared baking sheet. Bake 15-20 minutes, or until vegetables are tender. Let cool.

Arrange lettuce mix on four plates. Top each with sweet potatoes, carrots, red pepper, chickpeas, apricots and almonds. Drizzle with dressing and sprinkle with parsley.



Christine Ibbotson

Dear Money Lady Readers - Have You Created Your Financial Planning Resolutions for the New Year?

They say that to build a good financial foundation you must have three major items to ensure your long-term stability and to get to retirement debt free and wealthy. Some have even coined it as a "three-legged stool" for without all three, it would topple over just as your financial plan would not be complete without all three foundations laid out over your life. So, let's build your stool for 2022 to ensure you're all set for the future. The three foundations for financial wealth are: Income, Insurance, and Investments. Sounds pretty simple, right? Okay, let's look at each one together.

Income. Well, everyone knows vou have to work to survive, that's a given. But, are you earning what you are worth or just what you believe is good enough. Never underestimate your earning potential since the fastest way for you to build wealth is your ability to earn more. You are the most important asset you have. Many people think that there is a ceiling to their earnings, but this is a mistake. Successful people always believe they are worth more. If their employer is not giving them the salary they feel they deserve or the promotions they want over time - they quit and move to another company that will. In relation to your entire life, you only have a small window of time to earn your

Ask the Money Lady

fortune and build a career, so do it - if you are not happy and feel you are worth more, make the changes you know you should.

Another part of income is getting a portion of your take-home pay to start working for you. Essentially you want to pay yourself first. This can be done by contributing to an employee pension or savings plan. If you are lucky enough to have your employer match a portion of the contribution, then definitely take advantage of this.

Insurance. When we advised clients in the past about protecting their future, we always used the acronym WILT, which stands for Wills, Income Protection, Life Insurance and Tax Planning. You need a Will to ensure your estate is divided the way you wish, and all minor children are taken care of. Income protection is often overlooked and considered too costly by most who often feel they have sufficient disability insurance with their employer. Most people concentrate on the life insurance only, however, it is important to remember that most accidents do not result in a death, and you are more apt to be badly hurt or disabled and unable to continuing working. Tax planning is the last asset protection piece. Insurance is a great tool to pay for capital gains tax that your estate will owe upon your death or if you are a business owner, it provides an investment tool with benefits that are protected against creditors. When you are young you should always con-

sider buying into a participating whole life insurance policy that grows over time and has a cash surrender value that you could access when you retire.

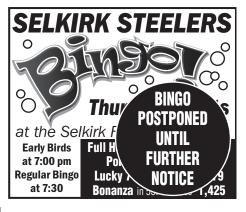
The last leg of the stool is Investments. This could be investing in traditional tax incentive products like RRSPs, TFSAs, or even nonregistered accounts. If you prefer, you could completely stay away from the stock market and invest in real estate, as a primary residence and/or rentals. Monetization of money is the key to building wealth. You will never be able to earn and save enough in your lifetime and if you could it would be beaten down by the cost of inflation. This is why you have to invest in assets that will appreciate and grow over time. Debt is inevitable when investing, but you should always have a plan in place; one that gets reviewed annually, to have it eliminated by retirement. No one should ever enter retirement with debt.

Investing could also mean investing in yourself to better your future prospects and increase your income. Remember, it is not practical to think that once you graduate school you can stop learning. Unfortunately, there is always someone else out there who has gone that extra bit further to better themselves and will land the job or position you wanted. Going into school debt is a reality for many even for people in their 40's, many of whom now realize, that they really do want more out of their careers, to set themselves up for their 50's and 60's. Don't ever be afraid to step back a little to be able to leap forward. Build your three-leggedstool and I guarantee you will retire debt free and wealthy.

Good Luck & Best Wishes,

ATML - Christine Ibbotson

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





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FIRE FIGHTERS WANTED

THE NAROL FIRE DEPARTMENT IS CURRENTLY ACCEPTING

APPLICATIONS FOR FIRE FIGHTERS.

Applicants must be a resident of the RM. of St. Clements and reside within the

If selected for an interview must provide a Criminal Records check including

• Must have Level 1 Accredited Firefighting Certificate or must be able to

Applications will be received for the above position until 4:00 PM on Friday,

Interested persons are asked to submit a resume clearly marked "Narol Fire

The Narol Fire Department would like to thank all who have applied and advise

Department" by mail, fax or email to the address listed below.

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Crossword Answer

East Selkirk Fire Dept. FIRE FIGHTERS WANTED

THE EAST SELKIRK FIRE DEPARTMENT IS CURRENTLY

ACCEPTING APPLICATIONS FOR FIRE FIGHTERS. Applicants must be a resident of the RM. of St. Clements and reside within the East Selkirk Fire Department's Fire District.

- Applicants
- Must be 18 years of age or older
- Must have Grade 12 Education (High School Diploma or GED) • Must be medically and physically fit for Fire Fighting duties
- (Doctor's Certificate must be provided) • Must have or be able to obtain a Manitoba Class 3 Drivers License with
- "Air Brake Endorsement"
- Must supply a Driver's Abstract
- Must have or be able to obtain Standard First Aid & CPR • If selected for an interview must provide a Criminal Records check including Vulnerable Sector Clearance.
- Must have Level 1 Accredited Firefighting Certificate or must be able to obtain.

Applications will be received for the above position until 4:00 PM Friday, January 21, 2022

Interested persons are asked to submit a resume clearly marked "East Selkirk Fire Department" by mail, fax or email to the address listed below

The East Selkirk Fire Department would like to thank all who have applied and advise that only those selected for an interview will be further notified.

EAST SELKIRA

EIRE

B.M. of St. Clements 1043 Kittson Road Box 2 Group 35 RR1 East Selkirk, Manitoba ROE 0M0 Telephone: Selkirk 204-482-3300

Toll Free: 1-888-797-8725

Email: info@rmofstclements.com



Deepak Joshi, CAO

CLUES ACROSS

6. Shirt part 12. Nevertheless 16. Article

17 Adornment

18. Educator's helper

20. Atomic number 28

(abbr.) 24. Edible mushrooms

from 4 onwards

31. Eastern France river

32. Short cry or yelp

34. Brew 35. Ornamental box

37. In a way, surfaced 39. Attired

45. Antidiuretic hormone

59 NYC subway dweller

60. Law enforcement

62. Elevated subway

66. Integrated circuit

67. Seaman's tool

71. Small group

40. Peculation

44. Payroll firm

48. The first two

52. Type of card

56 Hectoliter

57. Morning

61. Sodium

kent

70. Drink to

41. Netted

21. Extinct flightless bird

19. Healthcare pro

22. Mystic syllable

1. Struck firmly

Winnipeg: 204-474-2642 Fax: 1-204-482-3098 www.rmofstclements.com



 Must be 18 years of age or older Must have Grade 12 Education (High School Diploma or GED) Must be medically and physically fit for Fire Fighting duties (Doctor's Certificate must be provided) Must have or be able to obtain a Manitoba Class 4 Drivers License with "Ail Brake Endorsement" • Must supply a Driver's Abstract • Must have or be able to obtain Standard First Aid & CPR

Applicants:

obtain.

January 28, 2022.

Deepak Joshi. CAO

1043 Kittson Road

R.M. of St. Clements

Box 2 Group 35 RR1

Winnipeg: 204-474-2642

Toll Free: 1-888-797-8725

Fax: 1-204-482-3098

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NOTICE OF SPECIAL MEETING

MEMBERS OF NOVENTIS CREDIT UNION LIMITED

(the "Credit Union") TO: ALL MEMBERS OF THE CREDIT UNION

TAKE NOTICE THAT a special meeting of the Members of the Credit Union will be held at 6:00 pm

on Thursday, the 27th day of January, 2022, via videoconference, for the purpose of announcing

the results of the member vote on the proposed Special Resolution for the amalgamation of the

Credit Union with Access Credit Union Limited and Sunova Credit Union Limited. All members

wanting to participate in the Special Meeting are required to register by January 26th @ 4pm CST.

The Amalgamation Agreement, proposed bylaws, and meeting attendance and voting information

Questions from members regarding the amalgamation should be submitted to together@noventis.

VOTING

TAKE FURTHER NOTICE THAT Voting on the Special Resolution prior to the Meeting will be by

electronic ballot and will be tallied electronically by a third party provider. Voting will be open from 9:00 am CST on Tuesday, the 25th day of January, 2022 until a motion is resolved at the

Special Meeting on the day of the Meeting. Each member may vote on a personal electronic

device or should any member prefer, computers/tablets for the purpose of voting will be available

at all branches of the Credit Union during operating hours. Voting will end during the Meeting, with

PROPOSED SPECIAL RESOLUTION

WHEREAS the Board of Directors of the Credit Union has recommended that the Credit Union amalgamate with Access Credit Union Limited ("Access") and Sunova Credit Union Limited

no further votes to be cast after a motion to cease voting is passed at the Meeting

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NOTICES

St. Nicholas Ukrainian Orthodox Church, 6594 Henderson Hwy, 50/50 raffle winner is Boris Skoretz, Regina Sk.

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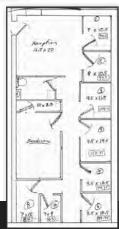
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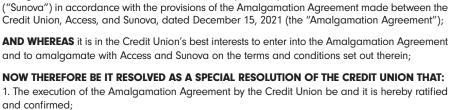
Property Features

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

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



email bigandcolourful@mts.net



and confirmed: 2. The amalgamation of the Credit Union with Access and Sunova on the terms and conditions set out in the Amalgamation Agreement be and it is hereby approved.

SUMMARY OF THE AMALGAMATION AGREEMENT

An Amalgamation Agreement, dated December 15, 2021, has been approved by the Boards of Directors of the Credit Union, Access, and Sunova, The agreement provides for the amalaamation of the Credit Union, Access, and Sunova into one credit union, to be effective on July 1, 2022. The credit union resulting from the amalgamation will be called Access Credit Union Limited and will have its registered office in the Rural Municipality of Stanley, Manitoba.

Following amalgamation, all members of the Credit Union, Access, and Sunova will be members of the amalgamated credit union and all deposits and shares of or loans owing to either of the predecessor credit unions will be deposits or shares of or loans owing to the amalgamated credit union. The common shares and surplus shares of each of the Credit Union. Access, and Sunova will become the common shares and surplus shares of the amalgamated credit union on a one for one basis.

Because of the size of the amalgamated credit union, the transaction must be reported to the Competition Bureau of Canada and is subject to its approval.

RIGHT OF DISSENT

TAKE FURTHER NOTICE THAT, under the provisions of Section 127 of The Credit Unions and Caisses Populaires Act, members have the right to dissent to the proposed amalgamation. To dissent, a written objection to the amalgamation must be submitted to the Credit Union at or before the meeting of Members referred to in this Notice.

DATED this 4th day of January, 2022 **NOVENTIS CREDIT UNION LIMITED** By Order of the Board of Directors





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It's almost time to vote!

ACCESS Noventis. SUNOVO

After careful analysis and deliberation, our board of directors is confident that Access Credit Union and Noventis Credit Union are ideal and like-minded partners, and this merger will help ensure the organization is sustainable for our staff, members, and our communities in the years to come.

That means we now turn to you, our members, and ask for your participation and support during the vote between January 25-27, 2022.

MEMBER FORUM

Join us at our virtual member forum where members will hear direct from our board of directors and President + CEO, as well as have the opportunity to ask questions.

WHEN: January 18 | 7:00 pm WHERE: Virtual via Zoom

Pre-register for the event by visiting cusuccess.ca. We hope you'll join us!

MERGER VOTE + SPECIAL MEETING OF THE MEMBERSHIP

Online voting will begin at 9:00 am on January 25, 2022 and will end during the Special Meeting of the Membership on the evening of January 27. The special meeting will be held virtually by Zoom, and you can pre-register by visiting cusuccess.ca.

NOTICE OF SPECIAL MEETING MEMBERS OF SUNOVA CREDIT UNION LIMITED (the "Credit Union")

TO: ALL MEMBERS OF THE CREDIT UNION

TAKE NOTICE THAT a special meeting of the Members of the Credit Union will be held at 6:00 pm on Thursday, the 27th day of January 2022, via videoconference, for the purpose of announcing the results of the member vote on the proposed Special Resolution for the amalgamation of the Credit Union with Access Credit Union Limited and Noventis Credit Union Limited. All members wanting to participate in the Special Meeting are required to reaister.

The Amalgamation Agreement, proposed bylaws, and meeting attendance and voting information package will be available for pickup at any branch of the Credit Union, or online at sunovacu.ca.

Questions from members regarding the amalgamation should be submitted by email to together@sunovacu.ca.

VOTING

TAKE FURTHER NOTICE THAT Voting on the Special Resolution prior to the Meeting will be by electronic ballot and will be tallied electronically. Voting will be open from 9:00 am CST on Tuesday, the 25th day of January 2022 until a motion is resolved at the Special Meeting on the day of the Meeting. Each member may vote on a personal electronic device or should any member prefer, computers / tablets for the purpose of voting will be available at all branches of the Credit Union during operating hours. Voting will end during the Meeting, with no further votes to be cast after a motion to cease voting is passed at the Meeting.

PROPOSED SPECIAL RESOLUTION

WHEREAS the Board of Directors of the Credit Union has recommended that the Credit Union amalgamate with Access Credit Union Limited ("Access") and Noventis Credit Union Limited ("Noventis") in accordance with the provisions of the Amalgamation Agreement made between the Credit Union, Access, and Noventis, dated December 15, 2021 (the "Amalgamation Agreement");

AND WHEREAS it is in the Credit Union's best interests to enter into the Amalgamation Agreement and to amalgamate with Access and Noventis on the terms and conditions set out therein;

NOW THEREFORE BE IT RESOLVED AS A SPECIAL RESOLUTION OF THE CREDIT UNION THAT:

- The execution of the Amalgamation Agreement by the Credit Union be and it is hereby ratified and confirmed;
- 2. The amalgamation of the Credit Union with Access and Noventis on the terms and conditions set out in the Amalgamation Agreement be and it is hereby approved.

SUMMARY OF THE AMALGAMATION AGREEMENT

An Amalgamation Agreement, dated December 15, 2021, has been approved by the Boards of Directors of the Credit Union, Access, and Noventis. The agreement provides for the amalgamation of the Credit Union, Access, and Noventis into one credit union, to be effective on July 1, 2022. The credit union resulting from the amalgamation will be called Access Credit Union Limited and will have its registered office in the Rural Municipality of Stanley, Manitoba.

Following amalgamation, all members of the Credit Union, Access, and Noventis will be members of the amalgamated credit union and all deposits and shares of or loans owing to either of the predecessor credit unions will be deposits or shares of or loans owing to the amalgamated credit union. The common shares and surplus shares of each of the Credit Union, Access, and Noventis will become the common shares and surplus shares of the amalgamated credit union on a one for one basis

Because of the size of the amalgamated credit union, the transaction must be reported to the Competition Bureau of Canada and is subject to its approval.

RIGHT OF DISSENT

TAKE FURTHER NOTICE THAT, under the provisions of Section 127 of The Credit Unions and Caisses Populaires Act, members have the right to dissent to the proposed amalgamation. To dissent, a written objection to the amalgamation must be submitted to the Credit Union at or before the meeting of Members referred to in this Notice.

DATED this 6th day of January, 2022 **SUNOVA CREDIT UNION LIMITED** By Order of the Board of Directors



Announcements SelkinkRegord

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ANNOUNCEMENT

CARD OF THANKS

The family of Gilbert Cousineau would like to say thank you to everyone in our community for your kindness, sympathy and prayers. Thank you for the beautiful flowers, the homemade meals, and the generous donations made to Parkinson Canada in Gil's memory. Thank you for sharing your fond stories. It warmed our hearts to read these. We truly appreciated having you with us in spirit. Thank you all for your thoughtfulness

-Audrey, Giselle, Vivian, Susanne and families

ANNOUNCEMENT

CARD OF THANKS

The family of the late Len Berry would like to thank family, friends and relatives for the phone calls, food, visits, cards and flowers. We would also like to thank the paramedics and RCMP officers who attended to Len. Finally, we would like to thank Gilbarts Funeral Home for all their help and Rob Laycock for the graveside service and Randy from St. Andrew's Church. -Shirley Berry and family



ANNOUNCEMENT **BIRTH ANNOUNCEMENT**



Bryson Richard Gabriel Seymour A new cheek to kiss, a new child to love. Our hearts are brimming with love as proud parents

Breanne Zitting and Brandon Seymour announce the birth of their son Bryson Richard Gabriel Seymour. Born at St. Boniface Hospital on December 17th, 2021 at 10:29 a.m., weighing 8 lbs 3 oz, measuring 20 inches long. A special thank you to our family and friends for all the help during our hospital stay.

A New Arrival? CELEBRATE WITH AN **ANNOUNCEMENT IN THE RECORD**

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

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ANNOUNCEMENT IN MEMORIAM



In Memory of Lyla Smith August 18, 1945 - January 9, 2021 The moment that you left us, Our hearts were torn in two; One side filled with heartache, The other left with you. But you left us with Great Memories that we will Forever hold onto.

-Love As Always: husband Mike son Wade, daughter Laurie and Greg grandchildren and great-granddaughter

ANNOUNCEMENT

IN MEMORIAM Bill Johanson Husband, Dad, Papa January 21, 1946 to January 3, 2015 We speak of you often, Remember you forever, Miss and love you always. -Laverne and family

ANNOUNCEMENT

IN MEMORIAM

Philip Stolar December 1, 1921 - January 6, 2014 His smiling way and pleasant face, Are a pleasure to recall: He had a kindly word for each, And died beloved by all. Some day we hope to meet him. Some day we know not when; To clasp his hand in the better land, Never to part again.

-Forever loved, your family

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ANNOUNCEMENT

IN MEMORIAM



Sophie Grochowich September 19, 1920 - January 1, 2020 In loving memory of our dear Mother, Grandmother and Sister who left us 2 years ago on New Years Day Deep in our hearts a memory is kept, Of the one we loved and will never forget. -Sadly missed by the family

ANNOUNCEMENT

IN MEMORIAM



In Loving Memory of John V. Sinclair Who passed away on January 4, 2012 It's been 10 short years. His memory is as dear today, As in the hour he passed. -Deeply loved and sadly missed, the Sinclair family



SalsinkRepord

Announcements

OBITUARY

James (Jim) George McLeod

Peacefully, surrounded by family, at the Red River Place Nursing Home on, December 26, 2021 Jim McLeod, aged 93 years, of Selkirk, MB, beloved husband of Velma passed away.

In keeping with his wishes, cremation has taken place and a celebration of his life will be held at a later date.

In lieu of flowers, donations may be given to a charity of your choice.

Full obituary to follow.

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



Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Joy Ellen Quattrin

It is with great sadness that we share the passing of Joy Ellen Quattrin. Joy passed away peacefully on December 18, 2021 after a long battle with Alzheimer's. She will be greatly missed.

Joy was born in Fernie, B.C. on January 5, 1941 to Jim and Ellen Hallett. At the age of 15, Joy married the love of her life, Alfonso Quattrin (deceased 1995). Together they had four children, Tony (Perri), Angela (Norm Naccarato), Jay (Heather) and Allan (Kim) and six grandchildren.

Joy was an amazing cook and will be fondly remembered for having Sunday summer spaghetti dinners at Rosen Lake with her family and friends. Joy believed the more the merrier, a sentiment she carried over into her business while cooking wind up banquets for large groups.

Although Joy had many job titles in her 60 year career, she is most remembered for operating the bowling centres in Selkirk and Fernie. She enjoyed spending time with her many customers, whom she thought of as friends. Joy spoke fondly of how she was so

warmly accepted into the Selkirk community when her and Alf moved here. Among many things, Joy's passions included reading, golfing, cooking, travelling, hockey and of course her dogs.

The family would like to sincerely thank the staff at the Tudor House for the exceptional care provided to our mom and keeping her safe during these difficult times.

OBITUARY

Cremation has taken place and a service will be held in the summer at Rosen Lake. In lieu of flowers, donations can be made to the Alzheimer Society of Canada.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



Enrique (Rico) Coronia Cruz

It is with great sadness and heavy hearts that we announce the sudden passing of Rico Cruz at the age of 56 years young on December 21, 2021.

He leaves behind to mourn, his wife Lorrayne. He will be sadly missed by his family, daughters Melissa (Ray), Jaclyn, Tracey and Skyler; son Keno; grandchildren Alex (Alyssa), Dorian, Mya, Isabelle, Corey, Hailey, Emma, George and especially by his sweet Charlotte and great-grandson, Elliot. He also leaves behind his nieces Jill and Jamie.

He was predeceased by his mother Ledenila Cruz and father Ernesto Cruz; brother Eddie Cruz and son Jimmy.

Rico enjoyed spending his days with his wife Lorrayne, whether it was fishing, endless nights of camping or learning the cha-cha in their living room.

He loved his fur babies and volunteered on his days off with his local dog rescues, Spirit of Hope Rescue, Winnipeg Giant Breed Rescue, Save A Dog Network & Penny's all-breed rescue.

OBITUARY

In his early years, he was a welder by trade and then served as Health Care Attendant for IERHA. A funeral service was held on Monday, January 3, 2022 at 1:00 p.m. in the Gilbart Funeral Chapel. In lieu of flowers, please make a donation in Rico's name to any of the rescues stated above. Condolences may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Sheila Jeanette Groch (Nee Taylor) After a long and courageous battle with cancer, Sheila passed away on Wednesday, December 29, 2021.

She leaves behind to mourn her beloved husband Raymond; children Barbara (Mark) Tremblay, Susan (Barry) Berezowsky, David; grandchildren Myles and Samantha; brother Murray; many cousins, nieces and nephew; her close friends Marianne and Nadine; and her ever faithful companion Mikey.

Sheila was born in Carmen, Manitoba to Joyce and Jim Taylor in 1948. Sheila moved to Winnipeg in the neighborhood of Weston when she was 10 years old. Mom loved to dance at the Weston Community Centre run by her parents each weekend. She met her future husband Raymond at a Valentine's dance in a church basement. Before Sheila married, she enjoyed working at the Health Science Center where she worked her way up to x-ray aide

in the x-ray department. After she married, Sheila enjoyed her full time job of homemaker making sure her children and husband were well looked after. Sheila loved to host family dinners during all holidays, she was a sun and water lover who enjoyed her time out at Grand Beach, Manitoba as well as many hours on her and Raymond's boat. After her family was raised, Sheila returned to the homecare sector.

Sheila wanted to say thank you to the staff at Actionmarguerite for their wonderful care of her son David.

As per her wishes, cremation has taken place and no formal service will be held. Condolences may be left on her tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Ingrid David

July 12, 1928 – December 21, 2021

It is with great sadness that we announce the passing of our beloved mother on December 21, 2021 at Tudor House Personal Care Home in Selkirk, Mb.

She was predeceased by husband Freddie; daughter-in-law Salome; grandson Dylan and Shannon's son Dusty. She is survived by Garry, Lynne (Allan), Eric (Perla) and Perry (Shannon); seven grandchildren, eight great-grandchildren and nieces and nephews. Ingrid was born at Balsam Bay, Mb and lived most of her life at Victoria Beach. She was a loving, devoted wife and mother who worked side by side with Freddie throughout their 70 year marriage. She was actively involved and participated in all community activities. She was a member of St. Michael's Church, Ladies Auxiliary, Merry Makers, Victoria Beach Sports Club and

Senior Scene.

She and Freddie travelled extensively, enjoyed trips with Freddie's Old Timer Hockey Team from Pine Falls, as well as playing golf with her friends there. She loved her many years of curling with her friends at Victoria Beach. After her move to Cambridge House from Victoria Beach she acquired many new friends. Her greatest pleasure in life was the time she spent with her family, grandchildren and great-grandchildren.

She will always be remembered for her kindness and generosity, as well as her good cooking and hospitality. She will be sadly missed.

Many thanks to the staff at Tudor House.

A small private funeral attended by immediate family was officiated by Rev. Judy Whitmore.

A celebration of life will be held next summer at Victoria Beach.

In lieu of flowers, donations may be made to Victoria Beach Senior Scene or charity of choice. Condolences may be left on her tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



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angements.



Bev Laycock

Peacefully on Wednesday, December 29th, 2021 at the Selkirk Regional Health Centre with family by his side, Bev Laycock, aged 81 years of Selkirk, Manitoba passed away.

He was predeceased by his wife of 52 years Marge; parents, Robert and Ileen and sister Dianne.

He is survived by children Chris, Sandy, Barb, Rob, Kate (Paul) and Lynn (Steve); his daughter-in-law Laura whom he thought of as his daughter; grandchildren and great-grandchildren; Alayna (Kevin), Presley Grace and River; Naomi (Dan), Mika and Leah; Bryan, Savannah; Danny (Amanda); Lauren and Graham (Tamara); Stuart; Reese (Doug); Kaelyn, Bradley and Rowan; Morgan; Caleb (Lisa), Rosalie and Tobias; Levi; Kelly (Kelly), Vivian and Vanessa; Kyla (Dan), Miles and Joel; Ryan and Chrissey (Jeremy), Brayden and Rylan. He also leaves his brother Ken (Debbie) as well as

numerous nieces, nephews, in-laws and friends.

Dad was born on September 6, 1940 in Meaford, Ontario. He worked at various jobs, security at Inco Mines in Thompson, Lakeland Dairies and Stony Mountain Federal Penitentiary where he retired from in 2000. After a few months of retirement, he got a job working for the RCMP in Selkirk as a guard which he enjoyed. Mom also enjoyed this because it got him out of the house a lot.

After Mom died in 2017, Dad moved in with Rob, where he lived until his passing. Dad loved going for drives, when he was healthy he would drive around town checking up on everyone. Once he lost his license due to health Dad really missed driving, but he was known to sneak out for coffee until Mom found out, hid the keys and finally convinced him to sell his truck. Many thanks to his good friend Brad who would pick up Dad several times a day to go for coffee when they lived in Selkirk, and then faithfully on Saturday's they would go for a ride and supper at A&W or Sonia's when he moved out to Rob's.

A celebration of his life will be held on Friday, January 14, 2022 at 11:00 a.m. in the Gilbart Funeral Chapel and will be live streamed via a link provided on the Gilbart Funeral Home website.

Heartfelt thanks to Dad's homecare workers, nurses and staff at the Selkirk hospital for their care and compassion.

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

Gilbart Funeral Home, Selkirk in care of arrangements.





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Announcements

OBITUARY

Pauline Anne Starodub

With great sadness we announce the passing of Pauline Anne Starodub, 96, on December 24, 2021. Pauline was born in Gonor, Manitoba on April 4, 1925. She spent most of her life in Gonor, then moved to Selkirk.

Pauline was predeceased by her parents Walter and Mary Shajeski, her husband Peter, her son Mark, her son-in-law Louis, and her brother Henry. She is survived by her daughters Joanne and Maryanne, her sons Peter (Jacquie), Gregory (Lorraine), daughter-in-law Charlene, grandchildren Elizabeth, Caitlin, and Georgia, and many nieces and nephews.

Pauline was a wonderful cook, always giving a doggie bag to her children. We will miss her many recipes which always ended up being the best.

Pauline worked as the postmaster in Gonor and later was a cashier at the Safeway in Selkirk. She was a member of the Women's Catholic League at Notre Dame Church where she enjoyed cooking for countless church events.

After a lengthy illness, she resided at Red River Place and we would like to thank all the nurses at Red River Place for taking such good care of our mother.

A memorial mass and interment will be held at a later date.

Private cremation has taken place. No flowers - donations may be made to the no kill animal shelter of your choice.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Norman Nils Kroken Peacefully on December 28th at the Selkirk Regional Health Centre, Norman passed away at the age of 83 years.

In accordance with his wishes, cremation has taken place and no formal service will be held.

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

> Arrangements entrusted to: Interlake Cremation & Memorial Services 204.482.1040



Marie Elizabeth Morrison

It is with sorrow that we announce the passing of Marie Elizabeth Morrison. Marie passed away at home on 20th December 2021. She leaves to mourn, her daughter Cath'rine, brother Malcolm, sister Rose, nieces, nephew and granddaughter.

She will be missed by her many good friends.

A celebration of Marie's life will be announced later.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Borden Landy

November 13, 1924 – December 23, 2021

Peacefully on December 23 at his residence, Borden passed away at the age of ninety-seven. Survived by wife, Mary Landy, son Edward Landy (Brenda), grandson, Thomas and sisters Irene Gottfried and Amelia Petri.

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

OBITUARY

Arrangements entrusted to:



James Laurence Macklin

Sadly, we announce the passing of James Laurence Macklin on December 14, 2021 in Selkirk, Manitoba, at the age of 66. Jim was predeceased by his parents, Jane (Fillmore) Macklin and Laurence Macklin, and is survived by his Aunt Edith, Aunt Lynne, Uncle Jim, and many cousins.

Jim lived most of his life on "Fillmore Farm" near Clandeboye and loved the outdoor freedom and activities country living afforded him. He enjoyed being part of farm activities, for example by riding a tractor with his father, helping his mother shell peas, and accompanying his grandfather in the truck to pump water for the cattle. He also enjoyed less-structured activities, many of which he did as his way of helping. For instance, Jim would wander the yard pulling a wagon to gather sticks for fireplace kindling or to collect snow for soft water.

For pure relaxation, Jim liked to ride his three-wheeled bike or to have a picnic in his gazebo. He could happily sit on his own for long periods, snacking on food and simply enjoying being outside. When weather kept him in the house, he often entertained himself by throwing balls into an indoor basketball hoop or by putting golf balls on carpet. Love of putting was clearly acquired from his Grandpa Fillmore, complete with enthusiastic gestures and occasionally colourful language. Jim also enjoyed watching TV, particularly the most active and noisy game shows.

Through most of his life, Jim's favourite activities included riding in the car and eating in restaurants. If Jim were to have rated restaurants, the best ones would have had only burger and fries on the menu. He also was a big fan of long walks and lengthy shopping trips in stores where he could push a shopping cart. This was made even better by occasionally and clandestinely adding something interesting from a shelf into the cart.

In later years, after the passing of his parents, Jim continued to live on the farm, then with his extended family, Jane and Calvin Brown and their daughters. During this time, while still continuing many of his favourite activities, his life also changed to include participation in family vacations to Alberta, Massachusetts, and South Dakota, engaging in daytime activities sponsored by the Association for Community Living (now Inclusion Selkirk), and being greatly supported for many years by Bonnie Hunnie, his social-services support worker and, ultimately, his close friend.

For the past two years, Jim lived in a group home in Selkirk operated by Inclusion Selkirk. There he made even more friends and received much care and attention from the staff. Through their extraordinary efforts in very difficult, pandemic circumstances, Jim was able to continue enjoying his much-loved walks and car rides.

Throughout his life, Jim had the ability to put a smile on anyone's face with his enthusiastic handshakes, gestures, and sudden, explosive laughter.

He was very much loved and will be greatly missed.

Donations in Jim's memory can be made to Inclusion Selkirk, 306 Jemima St., Selkirk, MB, R1A 1X1 or via their website at https://inclusionselkirk.ca/how-you-can-help/.

A small, outdoor service will be held later in the year at the Clandeboye Cemetery. Condolences can be left on his tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.









DON'T JUST TAKE OUR WORD FOR IT! WHAT YOUR NEIGHBOURS SAY:

"Kasey, George, Victoria & Hunter all helped with the selling of our home. Their team worked so hard to make sure our house was up for sale quickly & did a wonderful job with the photos & the virtual tour. Anytime we needed anything or had any questions - one of them was always available to help us right away. We were so happy with the quick sale of our home. The entire selling process was made easy thanks to their knowledge and expertise. Thank you Hacking Team!" -KM