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VOLUME 13 EDITION 10 *Slava Ukraini!* THURSDAY, MARCH 10, 2022

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Super Mario snow maker

RECORD PHOTO BY KATELYN BOULANGER

Gord Amirault with Zoey and Elizabeth by his latest snow creation a 20 foot long Nintendo themed snow sculpture complete with a slide. Learn more about this marvelous local creation on page 5.

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PRICES IN EFFECT: THURSDAY, MARCH 10 - WEDNESDAY, MARCH 16, 2022

Lockport School students participate in esports

Encouraging digital citizenship with fun and competition

By Katelyn Boulanger

Lockport School has created a new way for grade seven and eight students to team up and work with their fellow students for a collective goal. They now have eight teams signed up in the Middle Years Esports Manitoba League and will be brawling it out online to see who comes out on top.

The adventure started when teacher Kaiten Critchlow went to an education session on the topic during a PD day. He came back from the session wanting to start an esports group at the school and spoke with fellow teacher Karl Hildebrandt about it one day. The two put the work in to be able to set the group up for their students.

"That was on Jan. 31 and the league games started on Feb. 10 so we had a quick turnaround time to get that going. We had 30 kids sign up so we have eight teams right now in the esports league," said Hildebrandt.

The students are playing a game called Brawlhalla which is a Viking inspired game where characters with differing abilities fight to see who can strategize most effectively and defeat the other player's character. It's very similar to the popular game Super Smash Bros.

This game was chosen by the players themselves but it's also a very equitable game because it can be played on many devices including computers or game consoles, and with players on differing devices.

"The characters change every week so it's always challenging for the kids, because they practice as one [character] and then the next week, they can't use that character anymore," said Hildebrandt.

The way the league works is that students play best of three matches that take around 10 minutes against other schools and in doing this collect points for their team.

This may seem like all fun and games but Hildebrandt says that they are also developing important skills by working together in this type of environment.

"I've got students who struggle academically at school, and they're learning digital citizenship and online digital literacy. They [might] struggle at most of their core subjects, but they're able to connect with us on Microsoft Teams, put in a game plan and communicate with their team and in chats and decide who's playing when. They're juggling a lot in a virtual space," he said.

It's also allowed some students that may not have been as interested in the traditional teams and groups involved in a school setting to have a place to be involved and feel more connected to their school community.

"It's kind of redefining what a typical athlete looks and sounds and what it feels like. They're using their minds, and they still are competing. But it's just, it's a different way," said Hildebrandt.

Right now, the school is sitting in 6th place in the league of 27 teams and Hildebrandt and Critchlow plan to continue to offer this afterschool activity to students who want to play.

"In this day and age, we live in and with COVID. Kids are going home and now they're able to play sports but some of them don't have sports. So this is giving them a connection that they didn't have to the school, to their friends, to their peers and I think



PHOTOS SUBMITTED

Lockport School students playing in the Middle Years Esports Manitoba League.

that's important to recognize," said Hildebrandt.

This round of the esports league ends on March 17 but will resume in the next few weeks with a whole new game for the kids to start working together to win.

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Delays change opening plans for SALD bridge

Two planned nighttime closures for the month of March

By Katelyn Boulanger

Public Services and Procurement Canada held another quarterly meeting for stakeholders about the future of the St. Andrews Lock and Dam bridge deck replacement project last week and due to delays encountered during construction, are projecting a later end date than previously anticipated.

"The most significant change from the last meeting is at the probability of being able to finish this project, including waterproofing and paving this fall has been reduced to the point that it's likely the work will spill into 2023," said Mark Schneider, project manager for Public Service and Procurement Canada.

The priority is still reopening the bridge for two-way traffic at the earliest opportunity in 2022 but completing paving on the south side may have to wait until the next spring. This is because asphalt requires certain temperatures to be completed. The initial plan was to do the paving in the fall of this year but the delays will mean temperatures will likely not be favourable at the time the rest of the work will be done.

One of the reasons for the delays that was mentioned at the meeting was the far greater than normal amount of snow that we've had this winter. It caused not only more resources to have to be used to remove the snow from the area but closures, particularly of the Perimeter Highway, caused supply delays.

The amount of snow that we have had this season has also brought up flooding concerns for residents, at a previous stakeholders's meeting, a question was asked about what might happen should the East Selkirk

Bridge have to close due to spring flooding. PSPC representatives were now able to give a complete answer to this question as they have discussed the possibility with Manitoba Transportation and Infrastructure. Should the East Selkirk Bridge close to spring flooding, Manitoba Infrastructure will be setting up message boards, and directing travellers to a northern detour on Highway 4.

Next Nicholas Withoos, project Manager of M.D. Steele provided an update about what is planned for the project over the next few months, as well as what has happened over the past few months.

He said that since the last meeting they've now completed the structural steel upgrades and new floor beams on the west approach span, started forming the falsework for the new deck and sidewalk, started the removals and installations of the new stringer beams, as well as the precast panels which form part of the new deck, and, in February, they were able to pour the new north lane and new north sidewalk along the entire west span.

They are currently in the process of working on the new expansion joints.

"In March we're looking at doing the bearing replacement that [requires that we do] the bridge jacking procedure which will be mid-March, which will entail a nighttime closure of the bridge. Then for the lowering once the new bearings are in place, there'll be another short nighttime closure and [that will take place] likely approximately two weeks later," said Withoos.

Once the weather starts to get a bit warmer it's anticipated that they will look at concrete barrier pours and will



RECORD FILE PHOTO BY BRETT MITCHELL

The St. Andrews Lock and Dam bridge deck replacement project will likely extend into 2023.

continue on the main truss, steel upgrades and precast panel installation. They will then go on to the falsework and then forming of the new deck and north side sidewalk. Once the frost starts leaving M.D. Steele will be able to start working on the east and west new retaining walls and ramps as well.

As far as traffic accommodation updates go, temporary nighttime closures will still occur for snow removal as well as the two nighttime closures for the jacking procedure. As of press

time those closure dates have not been posted on the PSPC newsfeed, SALD website or social media but Manitoba 511 indicates there will be a closure from March 14 at 10 p.m. to March 15 at 6 a.m.

Manitoba 511 road and travel information can be viewed at <https://www.manitoba511.ca/en/>. PSPC notices can be found at <https://www.tpsgc-pwgsc.gc.ca/medias-media/index-eng.html>.



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Giant snow sculpture on Reid Ave in Selkirk

By Katelyn Boulanger

Gord Amirault's yard has once again been brought to life with a huge Nintendo themed snow sculpture. This year he has created a massive sculpture that follows the same theme as one which he completed earlier in the season at his sister's home in Winnipeg.

"The sculpted block is eight feet deep by eight feet tall by 20 feet wide and then there's a slide that comes off of that and probably extends another 20 feet," said Amirault.

The sculpture depicts Nintendo's famous character Mario scrapping with some of the other characters in the various Nintendo games that he's been a part of since his initial debut in 1981.

Amirault chose these characters because he wants his art to be positive and resonate with people.

"The snow sculptures I've done in the last little while have been kind of catered towards my children because they're 10 and 14 now, but we've [also] got some pretty young neighbours and some other people in the neighbourhood that are pretty young," he said.

These characters will likely also bring up positive memories for adults since Mario has been a popular video game character for many years.

"[Another] good thing about the snow sculpture in our yard is it's kind of interactive. A lot of people are always told to stay away from stuff but [with this snow sculpture] the kids get to play in it. Last year, we had one that had a thing that you could go inside of and my youngest, and I stayed overnight in it. So, that was kind of a fun experience, too," said Amirault.

With the inspiration of the snow sculptures from the Festival du Voyageur, which takes place annually in Winnipeg, and his history of wood carving, snow carving was something that Amirault made the jump to about 14 years ago.

"One year I was pulling snow off my roof, I noticed that it compacted really hard and I thought that if I put it into a form that I'd be able to make a big block and work from there. That's kind of how it all started. Back then I was pulling the snow around just by hand with sleigh," he said.

Over the years as he's gotten more

into snow sculpting, the sculptures have become larger and he hopes that people who come by enjoy the process of seeing what he's making.

"I'm just kind of hoping that people have something to talk about other than the pandemic and truck rallies and all the rest of the chaotic things that are happening in the world. My parent's favourite thing, they said when I was living at home, doing the wood carvings, they always liked to see the block and then see the progression from there. I've talked to a lot of people from town that stop by and I think they like that too. They like the wonder of 'What is it going to be?' I can't carve it all in one day so I

start it and then they keep driving by guessing what it's going to be," said Amirault.

He encourages anyone in the community that wants to give snow carving a try to get out there and start working on their first creation.

"I always encourage people to give it a try. It's as simple as getting an old cardboard box. You fill out with snow. Pack it and then just start trying to carve it with a snow shovel. I don't use anything special. I've made a few tools over the years to suit what I do and how I do it but I started off with just some garden shovels and a small snow shovel," he said.



RECORD PHOTO BY BRETT MITCHELL

Zoey and Elizabeth having a blast on the huge snow sculpture slide in Selkirk built by Gord Amirault.

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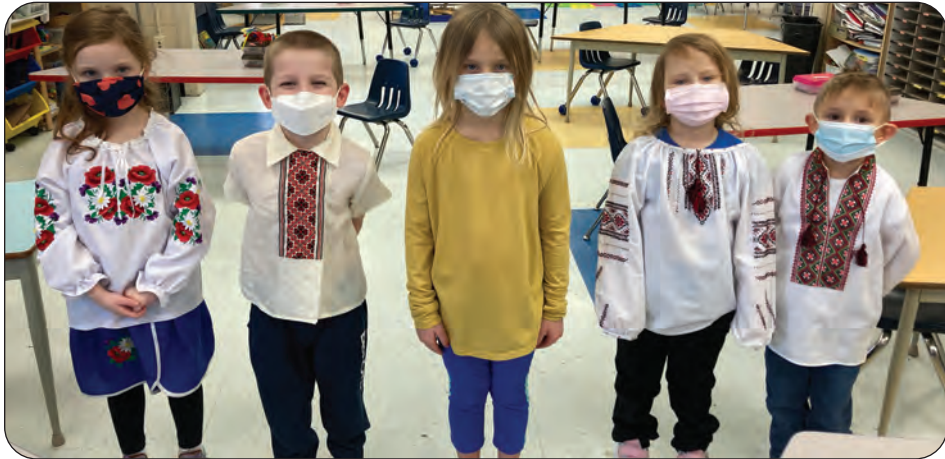
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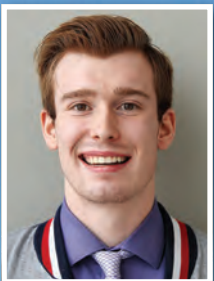
Happy Thought School supports Ukraine



PHOTOS SUBMITTED BY HAPPY THOUGHT SCHOOL

Students and staff at Happy Thought School showed their support for the Ukrainian people on March 2 by wearing blue and yellow as well as sporting traditional Ukrainian clothing. Happy Thought has a bilingual program that teaches students the Ukrainian language and supports their learning of Ukrainian culture. Students were showing their support as the Russian military invaded Ukraine and has been attempting to overtake the people and government by force since Feb. 24.

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Former Selkirkian writes novel with dystopian universe

Ryan Souter publishes second novel with his take on a changed world

By Katelyn Boulanger

Ryan Souter grew up in Selkirk and has now published his second novel, *Hope Rises*. This novel takes readers on the journey of lead character Hope Mulder while she lives in a world that is very different than ours due to the effects of climate change that has ravaged the planet.

"A lot of dystopian novels, the worlds are completely a mess, and they've completely fallen apart, and so forth. This isn't quite like that, maybe there is a book where it continues beyond this book where it could be on the verge of that dystopian realm but I wanted to write a strong female lead character protagonist, *Little Devil Inside* was a pretty dark book, and the main character was pretty dark. He kind of goes through that character arc. In this one, I completely changed it up and said, 'Let's do strong female lead character'," said Souter.

Souter started his writing journey as a screenwriter which he said started him on the path of storytelling. He wrote his first novel, *Little Devil Inside* over the course of a few years and self-published but has decided to traditionally publish this second novel through Manitoba publisher FriesenPress.

This novel is also different from his first because the main character has a disability as she has an amputated arm. This has allowed Souter to ex-

plore her pushing through barriers and not allowing other characters to define her by her disability.

"At the end of the day, I want it to be an inspirational story. It's about the human spirit and a belief in humanity that even though things get rough, we can keep pushing ahead and still come together," said Souter.

The book is classified as a young adult novel but from the data that Souter has collected over his social media so far leads him to think it's a novel that many adult readers might also enjoy as even though the protagonist is 21, many of the other characters are older.

"There's a lot of themes in it that I think you'd have to just be a little older to get. The underlying moral conflict between the characters and what's going on in the story and the narrative. I think you [might] have to be a little bit older to pick up on it," he said.

The book was published at the end of February so it's now available for readers who might be interested in this complex story.

The novel is available from Amazon, from FriesenPress at <https://books.friesenpress.com/store/title/119734000174447295/Ryan-Souter-Hope-Rises> or in ebook form everywhere you can purchase ebooks.

Souter hopes that readers of his book come away with a feeling of positivity



PHOTO SUBMITTED

Ryan Souter has written his second novel, a dystopian story involving climate change, a rogue government and a female lead who's in the middle of it all. Right: Souter's novel *Hope Rises*.

and hope about the future.

"The character is marginalized, and feels that she is but she's not afraid to just keep fighting and trying to make things better. [I'm wanting the reader to take away a] level of hope. I feel like it's more of a dark moment [because of COVID] and at the end of the day, I do feel that's actually somewhat of an inspirational story. I'd like to give that to people at this point in time," said Souter.

You can get more information about the book and catch up with Router's latest projects at www.ryansouter.ca.



'Spruce Up Your Story' accepting applications

By Ty Dilello

Red River Mutual's Spruce Up Your Story program is back for a third year in a row, providing funding opportunities to help restore well-worn and well-loved community spaces across Manitoba and Saskatchewan.

This year, Spruce Up Your Story will be providing up to \$25,000 in cash to each project selected, with \$150,000 in total to award to communities across the Prairies.

On top of the monetary gift, the winners will also have access to additional volunteer hours from a crew of staff members from Red River Mutual and their local brokerage to help complete the project, if

and when it is safe to do so.

"Leading into 2020, we reflected on our community involvement and wondered how we could make an even greater and more direct impact," said Kailynn Newediuk of Red River Mutual. "After some research and self-reflection, we started the Spruce Up Your Story community sponsorship initiative."

"Our purpose as a company is to be a positive force in the lives of our customers and communities, and through Spruce Up Your Story, we feel we are further able to connect with people and support them beyond their insurance needs. We value our customers and the people in our communities

like family. Spruce Up Your Story allows us to learn more about who they are and how we can protect their stories through the spaces that bring them together."

Last year, ten winners were selected based on community use, sustainability, an opportunity for volunteerism, and a link to a brokerage that partners with Red River Mutual. The funding they received was put towards sprucing up the trails, parks, halls and baseball diamonds that bring their communities together.

Project submissions are open until May 31 at SpruceUpYourStory.com.

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Call Katelyn Boulanger

Self-isolation requirements gone as of March 15

By Ashleigh Viveiros

Manitobans who test positive for COVID-19 will soon no longer be required to self-isolate.

Dr. Jazz Atwal, deputy chief provincial public health officer, last week announced the province's intention to drop self-isolation requirements on March 15, the same day the mask mandate expires.

"No matter what your respiratory symptoms are, it's still recommended to stay home when you're sick, to give your body time to recover and to reduce the likelihood of spreading that illness to someone else," Atwal stressed.

Manitoba will also stop COVID-19 case investigations next week.

People who test positive for the virus will still be contacted and provided guidance on how to care for themselves and whether they're eligible for certain treatments, Atwal explained, but the province will no longer be looking into where a person may have caught or transmitted COVID-19.

Health officials will also be changing how it reports COVID-19 data moving forward.

"As we continue to transition to living with COVID-19 outside of public health restrictions, we also need to adjust to the information we collect and share with Manitobans," Atwal said. "Real-time data is less critical with endemic reporting. Instead, we would shift our focus to key piece of information that will provide the most relevant epidemiological evidence and data for both the public and decision makers."

"Manitobans will see this shift in the days ahead as we focus on reporting on key trends, more vulnerable settings, and other important indicators of COVID activity and severity in our province."

With restrictions easing across the province, it's likely Manitoba will see a jump in cases, Atwal said, though he doesn't believe a major new wave of the virus will hit.

"The system has been preparing and will continue to prepare for poten-

tially a new wave," he said, noting a future variant could well come along and cause more severe outcomes than the currently prevalent omicron variant. "There isn't anything on the horizon that we can see in relation to that,

but we're going to continue to monitor that situation."

Public health is prepared to scale up its response once again should case numbers, especially hospitalizations and ICU admissions, require it.

On Monday, Manitoba's online COVID-19 dashboard was reporting 434 people in hospital with COVID-19 (192 of them contagious) and 27 people in ICU (15 contagious). That is an improvement over

the previous week, dropping by 40 in hospitalizations and three in ICU patients.

The number of deaths due to the virus was at 1,700, up 20 from the Monday before.

"IT'S STILL RECOMMENDED TO STAY HOME WHEN YOU'RE SICK TO GIVE YOUR BODY TIME TO RECOVER AND TO REDUCE THE LIKELIHOOD OF SPREADING THAT ILLNESS,"

Anti-trafficking event hosted by Rotary Club

Joy Smith will teach residents about how to keep our community a safer place

By the Selkirk Rotary Club

Selkirk Rotary Club is honoured to host a luncheon on Monday, March 21 with guest speaker Joy Smith, Founder of the Joy Smith Foundation.

Smith and the Foundation are the leading authority on human trafficking. This Soup and Sandwich Luncheon is open to the public and will begin at 11:45 a.m. at the Selkirk Golf & Country Club.

Tickets which cost \$20.00 incl. tax

or a donation to the Foundation are available by contacting Jean Oliver at 204-482-6496, Ruth Konzelman at 204-482-6122, Brian Surridge at 204-485-2345 or Elaine Elliott at 204-482-6741.

All Canadians should be educated about this subject as 95% of Canada's sex traffic victims are Canadian and American youth, many as young as 11 years of age.

This is not about luring young peo-

ple from foreign countries seeking a better life. It is something that is taking place in all our communities. Human trafficking is happening in cities and towns across our country. It can happen anywhere, any time. Every day youth and adults are at risk. We need to know the facts!

Everyone wants to live in a safe community where our children and grandchildren can grow up in a world free of human predators. It is everyone's responsibility to ensure that.

Limited seats are available so please call now for your ticket.



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

TROUBLE WITH PAPER DELIVERY?

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

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"Continue to take COVID precautions," urges Doctors MB

Doctor says hospitals not back to normal

By Lorne Stelmach

Physicians are urging Manitobans to remain cautious about COVID-19 even as pandemic restrictions are being eased in the province.

During an online press conference last week, Doctors Manitoba president Dr. Kristjan Thompson stressed that we all need remember there's still a significant risk and a need to take precautions, as COVID continues to circulate widely in communities throughout the province.

"While these protections are being loosened, the risk from COVID-19 is not yet gone," stressed Thompson, who is an emergency physician at St. Boniface Hospital in Winnipeg.

"While our numbers are trending in reassuring directions, we are not out of the woods yet," he continued. "We've been at this for two years. There's a very strong sentiment and urge just to get back to way things were, but we're not there yet."

During this critical transition period, it remains vital that people continue to follow public health and medical recommendations to reduce the risk.

With that in mind, Doctors Manitoba has launched a new website, newcovidnormal.ca, to help Manitobans understand the current risks, who is more vulnerable, and what everyone can do to help. The resource was created based on public health advice and with the input of physicians with a wide variety of expertise including in infectious diseases, public health, family medicine, critical care, geriatrics, and pediatrics.

As part of the awareness campaign, Doctors Manitoba is also stressing that there are many factors that can make people more vulnerable to se-

vere outcomes from COVID-19.

Risk factors include age, underlying medical issues, compromised immune systems, obesity, disabilities, history of smoking and pregnancy, and many of these risk factors are not visible to others. As well, Manitobans who are Indigenous, black, or people of colour can also be at an increased risk.

"There are over 20 risk factors that can make people more vulnerable to COVID-19," explained Thompson. "Over half of Manitobans have risk factors that make them higher risk for severe illness or even death from COVID-19."

He reiterated the message that "COVID is still circulating widely in Manitoba ... our hospitals are still nowhere near back to normal. There are hundreds of patients with COVID still in hospital, and this affects patient care all across the board."

"I think we're concerned that people are getting the wrong message ... the end of restrictions and protections does not mean the end of the pandemic," Thompson said. "There's still absolutely a need to continue doing things that will limit the risk of spreading COVID-19 to others."

Thompson touched on his own recent experiences at St. Boniface Hospital as a prime example of the health care system still being well over capacity.

"There are often days when there are over 20, sometimes approach-

ing 30 admitted patients waiting for beds," he said. "Our hospitals are still stretched and are still over capacity, so I think it behooves us to tread carefully and softly so we can get on top of these numbers."

"I don't want there to be another wave. I'm done with COVID too ... I want this to be over just as much as anyone else," Thompson continued. "Another variant could still come, and we may have to reinstate these restrictions. If we start to see a trend

in the wrong direction, if we start to see our numbers go up, if we see a new wave ... we have to have a mechanism to reinstate if need be, and I do trust our public health officials are looking at that data and will advise government accordingly."

Over the next several weeks, physicians recommend Manitobans do the following to help:

- Understand the risks by visiting the newcovidnormal.ca

website.

- Continue to wear a mask that is good quality and well-fitted.

- Get vaccinated and boosted, especially as easing restrictions increase risks for those who haven't been fully vaccinated and boosted.

- Reconnect with others gradually by keeping contacts at a reasonable level and finding fresh air whenever possible.

- Stay home when ill to avoid spreading COVID to others.

I THINK WE'RE CONCERNED THAT PEOPLE ARE GETTING THE WRONG MESSAGE ... THE END OF RESTRICTIONS AND PROTECTIONS DOES NOT MEAN THE END OF THE PANDEMIC,"

I Cry For You My Ukrainia

By Jerry Jaroslaw Kozubal

Written March 2022 in response to the war in Ukraine

You are a land of hidden beauty
Radiant mountains and sparkling waters

Forests full of life
And rich fields of blacken gold.
For three decades you have enjoyed your freedom

Independence was gained.
You are a nation of culture
Of knowledge and great strength.
Without provocation an enemy appears

It is a dark and ruthless monster
Set to destroy your way of life
And the nation that you have built.
Your leaders are struggling for your freedom to maintain

To protect the rights of the people.
There are friends who want to help you

To lend a helping hand.
The land and its people have been battered and bruised

By deliberate and inhumane actions
Of dictators intent on stealing your nation

And obliterating your identity as proud Ukrainians.

Do not give up the fight

Do not give up your freedom.

Rise up together and stand united

To give peace and freedom a chance.

I cry for you my Ukraina

For your hurt is in my soul.

I feel your pain and sorrow

Freedom is such an elusive goal.

I cry for you Ukraina

I want to see you proud and strong.

But for today and for tomorrow

I cry for you my Ukraina.

I cry for you Ukraina

I offer you my prayers.

My hopes and dreams are with you

As millions of us care.

Clocks spring forward for daylight savings

Staff

Most Canadians will adjust their clocks ahead by an hour Sunday, March 13 for the switch from local standard time to daylight saving time.

Daylight saving time officially starts at 2 a.m.

Clocks are pushed ahead one hour in spring to what's commonly called "daylight saving time," an idea first used in Germany during the First World War with the goal of saving energy. It aims to take advantage of daylight hours in the spring so that people don't sleep through the first few hours of sunshine.

When the daylight period gets shorter in the fall, the clocks are readjusted to the proper "local standard time."

Ed Teplyski

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More March Events!

Mar 11 – Band, Had it Coming

Mar 13 – Support the Troops Poker Tournament 1pm

Mar 26 – Trivia Night 7pm

Open Sunday 11 am-6:00 pm

Chase the Ace \$10,177+ 35 cards left As of March 4

HALL RENTAL dates available

WING SPECIALS Friday and Sunday

Mondays	Tuesdays	Thursdays	Fridays	Saturdays
Crib 1:30 pm	Member Day	Poker	Meat Draw & Chase	Bingo
Bingo 7:30 pm	Darts 7:00 pm	7:00 pm	the Ace 4:30-8pm	1pm

All Welcome

Gimli residents raising money for Canadian Red Cross

'Stand with Ukraine' fundraiser March 26

By Patricia Barrett

As the unprovoked Russian invasion and attack on Ukraine continues, and more and more women, children and elderly people flee the country for safety, a group of Interlake residents will be holding an upcoming fundraiser to help the Canadian Red Cross support the humanitarian crisis.

Romanna Klymkiw, Allison Magnusson, Ashley Warcimaga, Stacy Jo Markusson and Katrina Klymkiw are co-organizing the "Stand with Ukraine" fundraiser, which will be held at the Lakeview Resort in a few weeks.

Romanna Klymkiw, who lives in Gimli, said she has family in Ukraine and they're helping with the war effort.

"To my knowledge, they are OK. Many of them are joining the war effort; they are going to fight. I haven't heard of anything happening to them as of now," said Klymkiw last Sunday. "I'm a second generation Ukrainian. Three of my grandparents emigrated from Ukraine, and my mom has first cousins living in Ukraine right now, as well as their children and their grandchildren."

Russian president Vladimir Putin ordered the invasion of Ukraine on Feb. 24, claiming Ukraine threatens Russia's security because it wants to join the NATO military alliance which is made up of western countries. Despite saying Russians and Ukrainians are "one people," Putin continues to



Stand with Ukraine tickets are \$20 and can be purchased from Romanna Klymkiw.

kill Ukrainians, decimate their cities and seize their nuclear power plants.

On Sunday, the United Nations' refugee agency said 1.5 million Ukrainians have fled their homes as missiles continue to rain down on residential neighbourhoods and the Russian military advances towards the capital Kyiv.

The Gimli fundraiser is intended to raise monetary donations for the Ukraine Humanitarian Crisis Appeal through the Canadian Red Cross. The aid agency can use the money in ways that best support displaced people, who've fled to neighbouring countries such as Hungary, Poland, Romania and Slovakia, as well as the Ukrainians who are staying to fight for their country and democracy.

Klymkiw and her co-organizers are planning an afternoon of entertainment that includes Ukrainian dance club performances, prize draws, a light lunch and speeches from municipal, provincial and federal officials.

"I have the Barvinok dancers and the Reechka dancers performing. I have



ROMANNA KLYMKIW INSTAGRAM

Romanna Klymkiw from Gimli and her sister took part in a rally on Feb. 26 at the Manitoba Legislature, where thousands of people gathered in support of Ukraine a few days after Russia attacked and invaded the country.

The Group Five band from Winnipeg coming in. They play old-time music and polka," said Klymkiw. "We also have the Nibi Ikwe Drum Group, an Indigenous drum group from Gimli."

Klymkiw runs a music studio, offering voice and piano lessons, and one of her students will be taking part in the entertainment.

"One of my students, Adalynn Tupper, is performing a Ukrainian song on the piano and will sing a cou-

ple of pieces," said Klymkiw.

Businesses are invited to donate articles for the event's silent auction.

The fundraising event takes place on Saturday, March 26 from 1-4 p.m. at the Lakeview Resort in Gimli. Tickets are \$20. People can also purchase \$20 support tickets.

For more information about the fundraiser and tickets, call Romanna Klymkiw at (204) 792-6019.

Lieutenant-Governor requests nominations for annual historical award

Submitted by Office of Lieutenant-Governor

Lt.-Gov. Janice Filmon is encouraging the public to nominate a worthy Manitoban who has provided prolonged and meritorious service in the preservation and promotion of Manitoba history for an award, presented in consultation with the Manitoba Historical Society.

"In every community, in every city

and town, there are individuals who devote their time and expertise to preserving documents, creating historical studies, restoring or maintaining historical buildings and artifacts, bringing the past to life in schools, museums and historic sites, and advocating for historical understanding," said Lt.-Gov. Filmon. "It is a pleasure to formally recognize Manitobans who take such pride in pre-

serving and promoting the history of this great province for the benefit of us all."

The Lieutenant Governor's Award for Historical Preservation and Promotion is presented to those with experience in such endeavours as:

- the writing of historical publications and documents;
- stewardship of museums and archives;
- raising of public education, advocacy and awareness;
- committee or community service;
- preservation of historic sites / buildings; and
- art and media.

As the oldest historical organization in Western Canada, founded in 1879, the Manitoba Historical Society (MHS) presents awards to businesses, farms and organizations that have operated for over 100 years, recognizes

important historical books with its Margaret McWilliams Awards and encourages schoolchildren to learn about Manitoba's past through its Young Historians Awards. It publishes the *Prairie History The Journal of the West* and operates a comprehensive website with information on all facets of Manitoba history and heritage.

The MHS will receive nominations from the public and will recommend up to three individuals to receive awards this year. Nominations to be considered for 2022 must be received by Friday, April 1. The awards will be presented at Government House later in the spring.

Nomination forms and further details of the award program are available on the websites of the Lieutenant Governor of Manitoba (www.manitoba.ca) and the Manitoba Historical Society (www.mhs.mb.ca).

The Selkirk Record

217 Clandeboye Ave., Selkirk

Proof Deadline Fridays at 4 p.m.

Booking Deadline Mondays at 4 p.m.

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



Knights, princesses, and superheroes at school



PHOTOS SUBMITTED BY WALTER WHYTE SCHOOL

Walter Whyte School celebrated I Love to Read Month in style with their Selfie from the Shelfie event. Students and staff were asked to bring their favorite book and dress up as one of the characters.

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SEVEN OAKS
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community begins here

Don't stop voting for Stony Mountain dog!

By Jennifer McFee

Rosey, a five-year-old red heeler from Stony Mountain, keeps moving forward in the 2022 America's Favorite Pet Competition.

Now she needs your votes to jump ahead once again and secure a spot in the Top 5.

Owners Penny and Chris Shannon entered Rosey in the online competition, which will crown one dog or cat as America's favourite furry friend.

Anyone with a valid Facebook account can cast a free vote every 24 hours after voter eligibility is confirmed. As well, voters can purchase additional votes for one or more pet.

Voting for the Top 15 entrants wrapped up on Feb. 24, followed by the Top 10 wrapping up on March 3. Now Rosey is in the running for a

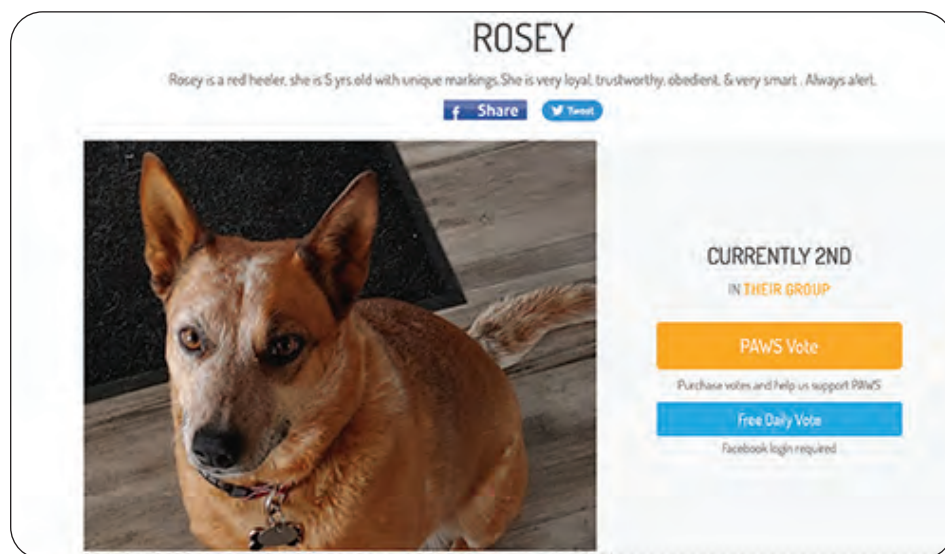
spot in the Top 5, with voting open from March 3 to 10.

For the group finalists, public voting will run from March 10 to 17 to choose one preliminary from each group to advance to the quarter-finals.

From March 18 to 24, one winner from each quarter-final group will advance to the semi-finals, which run from March 25 to 31. After that, the finals will run from April 1 to 7 when public votes will determine one cat and one dog winners.

The top cat and top dog will each receive a \$5,000 cash honorarium plus a two-page spread of professional photos in Catster or Dogster magazine.

Visit <https://americasfavpet.com/2022/rosey-644c> to vote for Rosey.



RECORD PHOTO SUBMITTED

Rosey needs online votes to secure a spot in the Top 5 in the 2022 America's Favorite Pets Competition.

Accessible employment in Manitoba is mandatory on May 1

By Becca Myskiw

On May 1, 2022, all Manitoba employers with one or more employees will be required to make accessibility a regular practice.

In 2019, the Legislative Assembly of Manitoba passed the Accessible Employment Standard Regulation, which applied to full-time, part-time, seasonal employees and apprentices. Essentially, it's to make accessibility a standard practice for employers when recruiting, hiring, and supporting employees who "experience barriers in the workplace."

A few things the regulation states:

- An accommodation is reasonable for an applicant if required to access the materials or activities used in the selection process and wouldn't result in undue hardship to the employer. Accommodation is also reasonable if the employee needs it to perform their job or access the benefits.
- The employer must establish and implement measures that reasonably accommodate disabled employees and applicants.
- Large employers have to document the measures and make them publicly available and inaccessible

format on request.

- When recruiting, employers have to let applicants know of accommodations available.

- Accommodation training must be provided to recruiters, managers, coordinators, supervisors, promoters, those in charge of redeployment and termination, and those implementing policies.

In a Feb. 11 letter, Kathryn Gerrard, deputy minister of the Department of Families and Director under The Accessibility for Manitobans Act, said accessible employment levels the playing field, improves productivity and makes workplaces healthier and safer for everyone at little to no cost.

According to Statistics Canada, in

2017, one in five Canadians 15 years and older had a disability. That's 6.2 million people or 22 per cent of the total population. In Manitoba, that number is one in four — 234,000 people.

The report shows that women were more likely to have a disability than men. The most common ones were related to pain, flexibility, mobility, and mental health. And among people aged 25 to 64, those with disabilities were less likely to be employed than those without.

"While Manitobans with disabilities are already an important part of our provincial workforce, they also represent a skilled segment of unemployed individuals looking for work," said Gerrard.

The entire Accessible Employment Standard Regulation can be found at https://web2.gov.mb.ca/laws/regs/current/_pdf-regs.php?reg=70/2019.

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March is also *

Pharmacy Appreciation Month
<https://www.pharmacists.ca/>

National Nutrition Month
<https://food-guide.canada.ca/en/>

Endometriosis Awareness Month
<https://endometriosisnetwork.com/> *

Multiple Sclerosis Awareness Month
<https://mssociety.ca/>

National Athletic Training Month
<https://www.sportmanitoba.ca/>

National Brain Injury Awareness Month
<https://braininjurycanada.ca/> *

National Breast Implant Awareness Month
<https://www.canada.ca/breast-implants>

National Cerebral Palsy Awareness Month
<https://www.cpcanadanetwork.com/>

Seven-day, tuition-free training for uncertified health-care aides upcoming

By Patricia Barrett

The provincial government is continuing to staff personal care homes and other healthcare facilities with uncertified health-care aides in response to the effects the ongoing COVID-19 pandemic has had on the healthcare system in Manitoba. Working in partnership with Red River College, the province's Shared Health organization initiated a seven-day training course in November 2020 for uncertified health-care aides (UHCAs) in response to the virus overwhelming the system and exhausting staff.

A new intake of the fast-track course starts in a few weeks, and facilities across the Interlake-Eastern Regional Health Authority have job openings. A spokesperson for the IERHA said the staffing requirements that arose from COVID "demanded an immediate increase in the available workforce to support personal care home residents' needs. This new training program was one of the initiatives put in place."

Leona Wright (RN, BN), the IERHA's director of health services, long-term care program, and PCH standards, said UHCA training is tuition-free and will teach applicants basic per-

sonal care, infection prevention, and other skills.

"Generally, the skills they'll be learning will help them slide in as a member of a [health-care] team. Once they're hired into a casual position, we provide them with on-the-job orientation and mentorship. They're working alongside experienced health care aides so that they can enhance their learning," said Wright last week. "It's not like they're coming into a personal care home and working independently. We wrap the team around them and support them in some areas where they can use some extra experience."

Although many new UHCAs will find jobs in personal care homes, Wright said there are opportunities across the region for employment in other healthcare areas.

"We had the opportunity recently to support [UHCAs] in home care and in acute care in our hospitals," she said. "They were hired to support the heavy workload COVID-19 has presented. There are several opportunities for uncertified health-care aides to support the health-care system."

The seven-day training course consists of five days of theoretical train-

ing and two days of a skills lab.

Uncertified Health Care Aides will undertake duties such as bathing patients/residents, feeding them, helping them walk, monitoring wandering patients, responding to calls for assistance, transporting patients, responding to physical and emotional needs, providing information to the healthcare team to assist with planning, cleaning equipment, restocking supplies and maintaining reports and records, according to a Shared Health job posting for UHCAs.

UHCAs may have to deal with aggressive patients. Their positions are covered under a collective agreement with CUPE. Applicants must be 18 and have completed Grade 10. A criminal record check and adult and child abuse registry checks are required before they can work in an IERHA facility.

Wright said that although new graduates are hired into casual positions, which could entail day, night and weekend shifts, they are paid more than minimum wage. They can work up to full-time hours or take a minimal number of hours if they choose.

"They automatically start at \$17.73 an hour," she said. "If you're interest-

ed in dipping your toe in to see if you like health care, this is a phenomenal opportunity."

The IERHA has already hired 36 UHCAs. Some are students, moms with kids, laid-off workers or people who have other jobs and want to supplement their income, said Wright. Not only does the position provide a segue into health care, but there are also jobs available in IERHA communities where facilities are located, and people won't have to travel far for work.

"This course and these positions have arisen out of the pandemic, and we envision being able to support these individuals in the healthcare workforce for the long-term. People are loving this position," said Wright.

A new UHCA course starts on March 28. The two-day skills lab will be held in Selkirk on April 5, 6, 7 and 8.

For more information about uncertified health care aide training, visit <https://sharedhealthmb.ca/> and click on Careers at the top of the page, click COVID-19 Opportunities, and click Health Care Aide – Uncertified (Paid Training) – Interlake-Eastern Health Region.

Film festival calls for Ukrainian filmmakers

By Nicole Brownlee

The Gimli International Film Festival has removed all submission fees for Ukrainian filmmakers and filmmakers of Ukrainian descent to encourage connections and remove barriers.

"There were many people, myself included, who felt very emotionally impacted by the (events) in Ukraine," said Alan Wong, executive director of GIFF.

Wong is referring to Russia's attack and invasion of Ukraine in late February, which has killed and injured hundreds of Ukrainians and destroyed residential areas.

"I thought that one way we could, kind of, help is to spread the messaging," said Wong.

"Film has the power to change minds. Film has the power to inspire."

Waiving the submission fee could also remove an obstacle that could have barred Ukrainian filmmakers from submitting their work.

"If they're filmmakers in Ukraine, they are obviously dealing with a lot

right now, and submitting their film to a festival is the least of their worries, so anything that we can do to make it an easier process for those filmmakers, we're happy to do it," said Wong.

GIFF staff are reaching out to Ukrainian film co-operatives to spread awareness about the opportunity.

Filmmakers can give context to historical events and lend a different perspective than media can.

"We're very accustomed to getting our information through media now... I think films are another way that we're able to learn about the world or ourselves," said Wong.

"It's interesting to see even a fictional story in that (historical) setting. It can shed a lot of light on some of the real human experiences."

Photographer and filmmaker John Paskievich said any time an organization like the GIFF opens its doors wider for submissions is a good opportunity for filmmakers.

"It's a nice gesture."

CONTINUED ON PAGE 13



Yard Manager Position

The largest Dust Control provider in Central Canada, Fort Distributors Ltd. is a local family run business in St Andrews, Manitoba. We are currently seeking a full-time permanent **Yard Manager** to join our ambitious team!

General yard maintenance, blending product, loading and unloading semi tankers, and managing traffic and inventory, are some of the many responsibilities of this key position/individual as they oversee all aspects of Fort's business. This labor-intensive position requires someone who can work independently, take initiative and direction, and work well with others.

We are eager to invite a new member to our team who will be as committed to our promise of excellent service and productivity as we are!

If you are interested and would like further details on this role and its responsibilities, please call Grant at (204) 955-2937 or send resume to grant@fordistributors.com.

We look forward to meeting you!

Tale of two pandemics

By Cam Dahl, General Manager of Manitoba Pork

It has been over two years since we first heard the words COVID-19. Since then, we have seen over 130,000 Manitobans become ill from the virus and over 1,500 deaths from the disease. Our mental health has taken a hit too, families kept apart, kids seeing extended time away from school, and the normal interactions we need as social beings are broken. There is an overwhelming feeling that we need to do things differently if this happens again.

COVID-19 has impacted Manitoba's agriculture production too. In the hog sector, we have seen labour become more difficult to find, both in our barns and processing plants, while at the same time more has been required of existing staff because of the pandemic, including filling in for those who have become ill. Our supply chains have been interrupted by a shortage of truckers and vaccine requirements. These constrictions have made it more difficult to access feed and export pigs to the United States.

Despite the ongoing difficulties, the value chain has shown tremendous resilience to COVID-19 outbreaks, ensuring a reliable supply of pork to both Canadian and international consumers.

While we all have been dealing with COVID-19, hog farmers in Manitoba have been hit with another coronavirus outbreak: porcine epidemic diarrhoea (PED). While PED has no impact on people, and our pork remains safe to eat, the disease is fatal to young pigs. Euthanasia is often the only humane response to prevent extended animal distress.

PED was first found in Canada in 2014. Since then, Manitoba has seen major outbreaks in 2017, 2019, and 2021/22. We seem to be on a two-year cycle for this disease, which is not sustainable in the long run.

PED has taken an enormous toll on farmers whose operations have been impacted. The financial loss has driven some independent producers to consider their future in the industry. The disease has also taken a significant emotional toll on farmers and

their staff. Like COVID-19, producers are telling us that we need to do things differently.

Manitoba is fortunate. All links in our value-chain work collaboratively, including producers, independent and company veterinarians, transport companies, and the office of our chief veterinarian. These partnerships may seem natural, but it is actually not common to see industry and government players step out of their silos and openly collaborate.

Using this collaborative model, Manitoba Pork has established a value-chain working group to answer the question, "what do we need to do differently to prevent the spread of PED?" Each participant is being asked to bring forward the pieces of their PED management strategy that they feel are effective and highlight areas where they feel changes could be made. To see the best results possible, members of the working group are looking beyond their own specific issues and will make recommendations based on the best interest of the entire industry.

As part of this effort, Manitoba Pork has engaged the Western College of Veterinary Medicine to review PED management practices in other jurisdictions, including other Canadian

provinces and the United States. What works elsewhere that might fit in the Manitoba environment? What alternative practices might look promising, but have been shown to be ineffective?

All parts of the value chain have ramped up biosecurity enforcement since PED was first discovered in Manitoba. But are there still gaps in the application of biosecurity best practices? Can the industry do a better job of communicating the appropriate responses, by service providers, if PED is found on a farm? It is clear that strong communication, both within the value chain and to outside stakeholders, is critical in preventing the next outbreak.

How do you stop the spread of the next potential pandemic? The principles are the same, whether one is talking about a virus spreading through our towns and cities or one spreading through our barns. First, get out in front with strong biosecurity. Take measures to prevent contact with infected premises. Collaborate and communicate frequently with all stakeholders. Perhaps most of all, be flexible and be willing to adapt new approaches that will better meet the needs of the community.

> UKRAINIAN FILM MAKERS, FROM PG. 14

Paskievich was born to Ukrainian parents in a displaced persons camp at the end of the Second World War. His family immigrated to Montreal from Austria in 1953 and relocated to Winnipeg in 1959.

Paskievich is known for covering a diverse range of humanity from Inuit carvers in Baffin Island to Orthodox Russians living in Northern Alberta through film and has won several awards during his career, which spans over four decades.

"Film is an ideal medium to explore the past because you can use not only

words but also visuals. With the invention of photography, you can actually see the past," said Paskievich, who lives in Winnipeg.

"The past is always with us... If you don't know the past, you don't know what's going on now, and you will have absolutely no idea what might possibly happen in the future."

Paskievich said he looks forward to seeing filmmakers' submissions at the festival.

The final deadline the 22nd Annual GIFF is April 15. The GIFF will be held from July 20-24.

MB's top event for your outdoor living retreat

Submitted by Matthew Seth Ostrove

The Cottage Country's Lake & Cabin Show is back at the Red River Exhibition Park after a two-year absence due to the Covid 19 pandemic.

Aviva Insurance Canada proudly sponsors this year's show.

The 2022 event features over 160 booths with many new ideas on how to build or renovate your lakeside retreat. Cottagers can save themselves weeks of running around town by meeting all the local experts right in

one place.

The show starts again on Friday, March 18, and runs through until Sunday, March 20. Tickets are \$12 and can be purchased at the door. Seniors, respectively, get a discount and pay just \$10. Kids 13 and under can attend for free. There is no charge for parking at the event.

Hours: Friday 2 p.m.-9 p.m.; Saturday 10 a.m.-8 p.m. and Sunday 11 a.m. - 5 p.m.



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Open 24 Hours @ www.selkirkgm.ca

get inspired

> MEAL IDEAS



RED RIVER CO-OP FOOD STORE

Salmon and Shrimp Coconut Curry

1/4 cup tomatoes
4 shrimp
1 lime, quartered
2-3 cilantro leaves, for garnish

Cut salmon into 1/2-inch cubes. Cook rice according to package instructions.

In large skillet, heat coconut oil over medium-high heat. Add garlic, onion and pumpkin or squash; saute 5 minutes, or until onions are translucent. Mix in lemongrass and curry paste. Cook 2-3 minutes, or until fragrant.

Add coconut milk, fish sauce and tomatoes; mix thoroughly. Add shrimp and salmon; cook until done.

Serve with rice and lime quarters. Sprinkle with cilantro.

Recipe courtesy of MOWI on behalf of the Aquaculture Stewardship Council

Servings: 2
2 pieces of MOWI Pure portions salmon
1 cup wild rice
1 tablespoon coconut oil
1 clove garlic, sliced
1/4 cup red onion, diced
1 cup pumpkin or butternut squash, diced
1 tablespoon lemongrass, finely chopped
1 1/2 tablespoons red curry paste
1/2 cup coconut milk
1 tablespoon fish sauce



Prune, Mozzarella and Basil Skewers

10 cherry-size mozzarella balls

If using prosciutto, fold each half in half lengthwise so width of prune is wider than width of prosciutto. Starting at one end of prosciutto, wrap one prune; repeat with remaining prosciutto. Set aside.

Wrap one basil leaf around each mozzarella ball then thread onto skewer. Thread one prune or prosciutto-wrapped prune onto each skewer.

Prep time: 5 minutes
Servings: 5
5 pieces prosciutto, halved lengthwise (optional)
10 California Prunes
10 basil leaves



Tart Cherry Overnight Oats

Recipe courtesy of the Cherry Industry Administrative Board

Servings: 2
1 cup dried tart cherries, plus additional for topping (optional)
1 cup old-fashioned oats
1 cup almond milk
1/2 cup slivered almonds, plus additional for topping (optional)
2 tablespoons tart cherry concentrate
2 tablespoons chia seeds

1/2 teaspoon cinnamon
honey, for topping (optional)
In large jar or container, mix cherries, oats, milk, almonds, cherry concentrate, chia seeds and cinnamon. Cover and refrigerate overnight.

Spoon into bowls and enjoy cold or warmed up. Drizzle with honey or sprinkle with extra dried tart cherries and almonds, if desired.

Tart Cherry Bedtime Bites

Recipe courtesy of the Cherry Industry Administrative Board

Yield: 12 bites
6 medjool dates, pitted
1/2 cup dried tart cherries
1/2 cup finely shredded coconut flakes
3/4 cup unsalted cashews
1 teaspoon almond extract
1 pinch fine sea salt

In food processor, process dates until broken into pea-sized bits. Add dried tart cherries, coconut flakes, cashews, almond extract and sea salt; process until combined. Form into 12 balls and chill 2 hours.

Five foods to build your strength

By Fitness Expert Julie Germaine Coram

Having a strong body is important all throughout your life, and the foods you eat help you successfully rehydrate your body, provide nutrients to optimize your immune system, and boost your energy levels to prevent fatigue and mental exhaustion.

Here are 5 foods that support strong muscles:

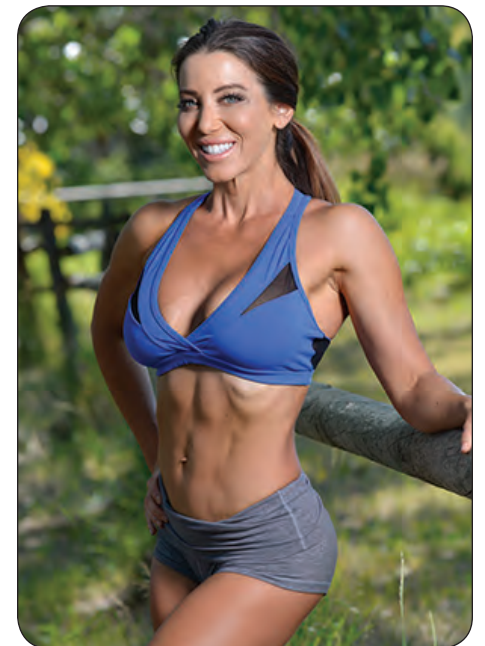
1. Protein: Try to eat a serving of protein with every meal and snack during the day, especially after you exert yourself through any form of exercise. Consume 1 gram of protein for every pound of body weight. Some examples are meals that include lean meat proteins, such as chicken or tuna, legumes, eggs, or protein powders and meal replacement drinks.

2. Carbohydrates – The right carb to protein ratio to follow depends upon your goals. A 3:1 (carb to protein) ratio is ideal for many people, however if you are trying to lose weight currently, you would want to reduce your carbs, perhaps even to match with your protein intake.

3. Watermelon - This watery summer treat is delicious and loaded with potassium, which will replenish the electrolytes you lost throughout your active day.

4. Spinach – There are many reasons to find ways to eat spinach regularly, and it's very versatile in how it can be prepared (visit <https://www.juliegermaine.com/category/nutrition/recipes/> for ideas!). Spinach contain 5 grams of protein per cup along with key electrolytes needed for muscle recovery (potassium and magnesium).

5. Green tea - Relaxing with a hot cup of green tea provides your



Health and Wellness Fitness expert Julie Germaine Coram

body with antioxidants and polyphenols and boosts your metabolism. You can actually burn more calories and naturally reduce your heart rate with this easy additional to your daily diet.

Having a balanced diet that includes these healthy and delicious foods will aid you in maintaining your agility and mobility.

Would you like to lose 2" from your waistline in the next 30 Days? Join my VIP Fat Loss Challenge! Secure your spot asap – limited space available. Visit: www.calendly.com/juliegermaine or email info@juliegermaine.com

Coach Julie Germaine Coram is a Manitoba-born fit mom, 2x International Pro Fitness Champion, Miss Fitness Manitoba, Certified Nutrition & Renowned Fitness Expert. She has helped thousands of men and women improve their health since 2005.



Simple Macaroons

1 1/4 cups shredded coconut
5 ounces dark chocolate, melted
Preheat oven to 375 F.
In bowl, whisk egg. Add honey, vanilla, lemon zest and salt; whisk. Stir in coconut until completely coated with egg mixture.

Using 1 1/2-inch ice cream scoop, make 15 balls, transferring each to parchment-lined baking sheet, spacing about 2 inches apart.

Bake macaroons 10-12 minutes, rotating halfway through, until coconut starts to brown on edges.

Transfer sheet to wire rack and let cool. Before serving, drizzle with melted chocolate or dip bottom sides of macaroons in melted chocolate to cover bases. Refrigerate 15 minutes to set.

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Your Health

Celebrating Pharmacy Appreciation Month

By Katelyn Boulanger

Your pharmacist is likely the health-care provider that you see most often but did you know that they are responsible for much more than filling prescriptions? This Pharmacy Appreciation Month we look at the many different aspects of pharmacists' work and why they are a great part of our local health care teams.

"I think what we're most known for is what people see when they walk in the drugstore, that's filling prescriptions. But we go a bit further and beyond that," said local pharmacist at Super Thrifty in Selkirk, Darwin Cheasley.

One of the most important other jobs they perform is reviewing your other medication as well as over the counter medication that you might be taking so that they can look for drug interactions that might make you ill.

They also consult with doctors and other health professionals that you might be seeing, if needed, to make sure that you are getting the most effective medication. With every person's body being unique and many medication options being out there, it's important that the medication that is best for the person be the one that they are taking.

An example of how they do this is some pharmacies create blister packs for their clients.

"Most pharmacies will do blister packing to help to ensure compliance. Because for a number of our elderly,

it's a lot easier to open one blister pack full of all your medicines instead of trying to open six or eight different [bottles]," said Cheasley.

Pharmacists will also help residents with their over the counter medicines to find the ones that will work the best for you.

"Pharmacists do vaccinations and immunizations. We're here to administer special medications for some individual clients. Some clients need daily dosing in the store of pills or special injections just depending on what their diagnosis is," said Cheasley.

They also do compounding of medications that aren't available commercially.

"There is a lot of dialogue back and forth between ourselves and not just doctors, lots of different health care professionals be it: the chiropractor, the physiotherapist, the asthma specialist. We try to instill a very collaborative relationship with all the people, the client, myself, other health professionals, again, just to maximize the care that we can do for you," said Cheasley.

To that end, the other healthcare professionals might even ask your pharmacists to monitor things like blood pressure or blood sugars in order to relay more information to help you make the best health care decisions.

They also have to maintain the security of controlled medications, keep themselves up to date with continu-



METRO CREATIVE

March is Pharmacy Appreciation Month.

ing education, and even offer programs like those that allow you to give them expired medication to be properly disposed of.

"We encourage everybody to bring in their old medicines. Bring them into us, we'll put them in a special container and send them away for incineration and disposal. The [fewer] medications up in that cupboard the less chance for a medication error," said Cheasley.

He says that as a pharmacist he tends to help roughly 100 or so people every day.

One way that residents can help to make their pharmacist's job easier is to have an accurate record of all of the medications that they are taking and the amount and times they are taking them. This includes over the counter medications like Ibuprofen or Acetaminophen that you might have bought without a prescription as well as any supplements that you might be

taking.

"Especially if you're not a regular customer of my store, [with this information] I can still do my best to make the most safe and most effective medication recommendation," Cheasley said.

Cheasley has been a pharmacist in our community for over 25 years and says that his favourite part of his job is the people in our community that he has met and continues to meet every day.

"I especially enjoy Saturdays because they're a little slower. So, at times, I get a chance, then to kibitz with people," he said.

He wants residents to know that their pharmacist is also a health care provider for them and that if they have questions they are also a resource that you can use.

"Don't be scared if you've got a medical question. Reach out to your local pharmacist. They'll help you out as best they can. If they don't have the answer, they'll find it for you or at least push you in the right direction. Use our availability. We're right there on most every street corner. You see your pharmacist more often than you do your doctor so use that resource and that closeness that you have with your local drugstore. Use that to the maximum ability because everybody in that building will be there to try to help you in any way, shape or form," said Cheasley.

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Video about Stonewall athlete reaches global audience

By Jennifer McFee

A young Stonewall athlete is getting worldwide attention thanks to a locally produced video that puts her in the spotlight.

Hockey player Anya Epp is the focus of a short video produced by Randy Frykas, made possible by a grant that aims to promote gender equity in recreational sport.

"Anya is a great example of a hard-working athlete, trying to make a difference on and off the ice," Frykas said.

"Not only thinking about where she is now with hockey, Anya has an eye on the future and how she can continue being a supporter and leader."

The Canadian Parks and Recreation Association provided more than 20 grants across the country to support efforts to increase participation and retention of girls and women in recreational sport. This video project received a grant through this project, which is part of the federal government's funding commitment to achieve gender equity in sport at every level by 2025.

Within 48 hours of its release, the local video reached a global audience with views throughout Canada and the United States and stretch as far as Mexico, Hong Kong, the United Kingdom and Czech Republic.

"The video provides a quick look at where Anya currently is with hockey. There's a glimpse at some of the work she puts in off of the ice and most importantly, you get to hear the story from Anya herself," Frykas said.

"It feels great to see this video has been viewed locally, in locations around North America, and overseas."

For 17-year-old Epp, the video offered an opportunity to express her love of sport for a wider audience — including other girls who might share a similar interest.

"I decided to participate in this video mainly to inspire other young female athletes to keep choosing the game they fell in love with. I wanted to showcase the opportunities that are out there for young women participating in hockey and sports in general. I am passionate about encouraging equality in sport and believe that promoting more opportunities will inspire people to continue chasing their dreams," said Epp, a student at Balmoral Hall School in Winnipeg.

"It is an absolutely incredible feeling to know that my voice has reached and hopefully had an influence on so many people globally. My goal is to do my part in helping provide awareness and opportunities for those who feel like they are smaller and less val-



PHOTO SUBMITTED

Anya Epp.

ued in the world of hockey."

The issue of gender equity is close to Epp's heart for multiple reasons.

"I aspire to leave my mark by helping create a pathway for other young women to follow in terms of following their heart and dreams when it comes to sports. I understand how it feels to think you are less valued and less important than male athletes in hockey. I want every young girl to believe and know they are strong, valued and have an impact on each other and our evolving society," she said.

"Sport and hockey is important to me because it has taught me so much. It's taught me real lifelong lessons. It has made me feel important and powerful. It teaches me teamwork and how to represent something bigger than myself."

Epp will continue to follow her dreams since she recently committed to the University of Prince Edward Island's women's hockey team. She will also be participating in the junior women's hockey league playoffs taking place in Boston later this month.

"I believe it is important to showcase girls and women in recreational sport

to show kids — girls and boys — that playing hockey is about the passion, the families, the skill, the moments — not the gender. Women deserve to be respected in the way where all hockey and sport is noticed, encouraged and provided at a professional level. Many people are even unaware of the amazing talent but lack of opportunity women have compared to men in the world of hockey and sports in general," Epp said.

"When I look at this game, I see life lessons and long-term goals. I see limitless effort, hard work and compassion. I see it as building character and sportsmanship. I see teams bring their families and communities together."

For other girls who are passionate about pursuing sports, Epp offers a few words of encouragement.

"Believe in yourself. Embrace the journey. Conquer the challenges. Face your fears," she said.

"But, most importantly, have fun and be you."

To view the short video about Epp, visit <https://vimeo.com/randyfrykas/anyaapp>.

Hands-on university experience from home for high school students

By Nicole Brownlee

First Nations, Métis and Inuit high school students have the opportunity to virtually study science and engineering at universities across Canada for a week in May.

The Verna J. Kirkness Education Foundation (VJKEF) has run the program for over a decade, first partnering with the University of Manitoba in 2012 to address the under-representation of Indigenous students at Canadian universities.

"If students that are going to university and see themselves there after having done this program, that would be a win," said Amber Boyd, VJKEF's executive director.

"Ideally, we'd love to see more students graduating in science, technology, engineering and math."

Verna Kirkness is an author, educator and advocate from Fisher River Cree Nation. Kirkness was voted Canadian Educator of the Year in 1990 is a member of the Order of Canada (1998) and the Order of Manitoba (2007).

VJKEF is partnered with 13 Canadian universities with 100 university mentors guiding students in Grades 10 to 12 through lectures, labs and facility tours for free. Over 530 students have participated in the program through VJKEF scholarships.

Before the COVID-19 pandemic, students were flown across Canada to visit post-secondary institutions of their choice to learn more about the expectations of post-secondary education, the flow of academics and accessible opportunities.

This year, students will learn more about university life virtually.

"We have students participate right across Canada even from the territories, the provinces, from all different communities," said Boyd.

"What we're trying to do is emulate what the experience would be on campus."

Professors have scheduled time slots for labs, class time and work periods for students to build presentations. Keynote speakers, hands-on activities and virtual tours of Indigenous centres on campus are other events scattered throughout the five-day program. Students get to choose which events they'd like to attend.

The organization of the virtual program is very similar to the in-person experience, but without the travel, said Boyd.

VJKEF offers two programs, one from May 2-6 for Western Canada and the second from May 9-13 for Eastern Canada.

The application deadline for the program is April

1. More information on mentors, specializations and schedules will be released in the following weeks.

Boyd said they expect to accept 150 students to this year's program.

"This year is going to be really strong. We've built a really fun program. Even though it's virtual, there's so much hands-on stuff at home," said Boyd.

Tariq Saddleback attended the program in 2019 and went to the University of Calgary to learn more about veterinary medicine.

"I definitely had a lot of fun," said Saddleback, who's from Calgary.

"I learned a lot, and it was really hands-on experience."

Saddleback initially applied to study veterinary medicine because of his participation in rodeos. During his week at the U of C, Saddleback learned about avian viruses while meeting students from across Canada.

Saddleback plans to return to post-secondary education later this year to study automotive technology.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Dolphins swim well at provincials

Submitted by Michelle Stamm

The Dolphins Swim Club rose above all challenges to win the Marvin McDonald Small Club award at provincials on Feb 25-27 at the Pan Am Pool in Winnipeg.

"I am very proud of the Dolphins Swim Team for their dedication, commitment, and camaraderie," said Stamm in an email. "We have embraced the opportunity to train at another location and by doing so we have been able to expand our team and look forward to having a bigger

team representing the Dolphins from Winnipeg and Selkirk, as we head into the Long Course season."

In the mixed open freestyle 14/15-year-old relay, Alexis and Cate Liebrecht, Ariel David and Brodie McDonald won a bronze medal. Individual event medal winners were Ian Gurney with one gold and two bronze and Cate Liebrecht with two gold, one silver and a bronze while finishing second overall in the 11-12 age group only .5 points behind the first-place winner.

Cate also qualified for ManSask Championships in six events. She will be representing the Dolphins March 17-20 at the Pan Am Pool.

The Dolphins raced at 90 per cent improvement with Alexis posting 100 per cent in her seven races, ranging from one second to a whopping 23 seconds.

The event was not able to accommodate spectators due to the location of the facility but was broadcast on the big screen in the main tank of the pool and there was a live feed for specta-

tors to view from the comfort of their home.

This was the first championship meet in over two years. Training over the two years has been sparse. The team is travelling to the Cindy Klassen Pool to train three days a week. Despite the limited hours the Dolphins' team of nine swimmers raced in seven events each and four relays.

Thrashers trail Wild in U18 playoff series

Staff

The Winnipeg Thrashers are in a must-win situation

The Thrashers lost 2-1 to the Winnipeg Wild in Manitoba U18 AAA Hockey League action on Saturday at Gateway Arena.

Kai Elkie scored the game winner on the power play at 15:45 of the third

period.

Noah Dziver gave the Wild a 1-0 first-period lead but the Thrashers' Dawson Zeller tied the score at 1-1 with a power-play goal at 12:49 of the middle frame.

The Wild now lead the best-of-five series 2-0.

The Thrashers started the series with

an 8-4 loss to the Wild at the Bell MTS Iceplex last Thursday.

Daniel Tokariwski had a great game for the Thrashers with a goal and three assists while Carter Bear, Hayden Chaloner, and Brandon Corda also tallied.

Wild goals were scored by Logan Belton (three), Keefe Gruener (two),

Tootoo Fotheringham, Jack Kabaluck, and Dziver.

Game 3 of the series is this Friday (7 p.m.) at the Iceplex. If necessary, Game 4 is set for Sunday (6:15 p.m.) at Gateway while Game 5 would be played March 18 at 7 p.m. at the Iceplex.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Varsity boys win KPAC Tier 2 championship

By Brian Bowman

The Selkirk Royals are the KPAC Tier 2 varsity boys' basketball champions.

Selkirk capped off a great season with a solid 70-59 victory over Murdoch MacKay in the final last Friday at the Comp.

"It was a very even game from the opening tip," said Royals' head coach Dean Goodbrandson. "It was an exciting atmosphere. The kids hadn't played in front of a crowd for a long time and the place was pretty full. I thought we stayed on top of them the whole time and had a good surge in the second quarter...and we were able to ride that out."

Taven Schroeder led Selkirk with 16 points followed by Milan Tomberli (13) and Reilly Olafson (13). Andrew Wiebe did a good job rebounding against a bigger Murdoch MacKay lineup.

"We had contributions from a lot of people and we kept that pressure on them and that kind has been the game plan all year," Goodbrandson noted.

The league title was a great way to finish off a very good season. Players finally had an opportunity to have a season.

"The younger ones haven't played

since Grade 9 (due to COVID) and then I had a couple of guys that played for me in Grade 10," Goodbrandson said. "Andrew Wiebe and Michael Winkler played varsity in Grade 10 and then I had a couple of guys that hadn't played high school basketball whatsoever. It was definitely exciting with a mix of guys with experience but they created a memory."

Last Wednesday, Selkirk defeated the Springfield Collegiate Sabres 91-79 in a semifinal game. The Royals led by just four points at the half but had a huge third quarter to widen their lead.

Tegan Stoesz led Selkirk with 21 points followed by Tomberli (14), Schroeder (13), and Wiebe (13).

Selkirk will lose four players - Zeelin Kehler, Schroeder, Wiebe, and Michael Winkler - due to graduation. Kehler and Schroeder both made major contributions in their only season of varsity basketball.

In closing, Goodbrandson wanted to thank his assistant coaches - Kurt Fey and Blake Hamm - for all of their help this season.

"The best part of the whole success thing, too, was that I got really good help," he said. "I have guys that I really mesh with well in Kurt Fey and



RECORD PHOTO SUBMITTED

The Selkirk Royals are the KPAC Tier 2 varsity boys' basketball champions after defeating Murdoch MacKay 70-59 last Friday at the Comp. Pictured back row, left to right, coach Kurt Fey, Reilly Olafson, Andrew Wiebe, Milan Tomberli, Tegan Stoesz, Liam Shedden, Colby Klippenstein, coach Dean Goodbrandson, and coach Blake Hamm. Front row, left to right, Michael Winkler, Jackson Doak, Taven Schroeder, and Zeelin Kehler.

Blake Hamm. They do a lot of things that I'm not good at and we make a really good team. We had a lot of people do a lot of work to give the kids a really memorable season."

In varsity girls' playoff action, Selkirk was defeated 34-27 by the Ma-

ples Collegiate Marauders in a KPAC Tier 1 semifinal game on Feb. 28 at the Comp.

Katelynn Visser led Selkirk with 16 points.

Carman to host Rural Female U15 AAA provincials

Staff

The Pembina Valley Hawks will be hosting the 2022 Hockey Manitoba Rural Female AAA U15 Provincials, presented by Cargill, in Carman beginning Friday through Sunday.

The tournament format will feature seven teams - Pembina Valley, the Parkland Rangers, Westman Wildcats, Eastman Selects, Brandon

Wheat Kings, Normal Wild and Yellowhead Chiefs.

The Pembina Valley team includes girls from across the region, hoping to repeat what the team did in the 2018-19 provincials. This year's squad has battled through adversity and put together a 13-1 record since Christmas. The Hawks are a team on a mission, playing some

outstanding hockey. The team travelled to Regina for a tournament earlier in the year, competed in three showcase tournaments, and played in league with combined rural and Winnipeg teams. The coaching staff and players are committed to competing hard and showing why this team is improving every game and are excited about this opportunity. Come out and support these girls and watch some exciting female hockey. The Hawks hit the ice for their first round-robin game Friday at 1 p.m. against Parkland. On Saturday, they will face off against Westman at noon. The semifinals, consolation, gold- and bronze-medal games will kick off Sunday at 9 a.m.

All games will be played at the Carman arena. There will be a full canteen, 50/50, door prizes and great hockey to watch all weekend.

To see the full schedule and keep up to date on the scores throughout the weekend, visit https://www.hockeymanitobastats.ca/schedule/day/division_instance/454580/2022/3/13?subseason=801925

To see more photos of your favourite Interlake Athletes

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Royals lose to West K in KPAC Tier 2 junior varsity boys' basketball final

By Brian Bowman

The Selkirk Royals' junior varsity boys' basketball team had no answer for the West Kildonan Wolverines this season.

West Kildonan defeated Selkirk 72-60 in the KPAC Tier 2 final last Thursday.

"It was definitely our best overall game (against West Kildonan)," said Royals' head coach Ryan Coffin. "We missed some execution and points a bit on offence. But, overall, we followed our game plan the way we wanted to."

The score was even until about the final four minutes of the first half before West Kildonan pulled away to take a nine-point lead at the half.

Johnny Enns-Demchuk led Selkirk with 15 points while Justin Cabaneros had 14 and Adam Armstrong added 11.

The Wolverines beat the Royals in all four meetings this season. West Kildonan posted a 9-0 regular-season record and then added two more wins in the playoffs.

"They have guys that play a lot of club (basketball)...they have a lot of chemistry," Coffin said.

The Royals reached the final after

soundly defeating the Springfield Collegiate Sabres 55-26 on March 1 at the Comp.

Selkirk finished its regular season with a 6-3 record. It was a really good season for the versatile Royals, who had a good balance of scoring throughout their lineup.

Selkirk was also blessed with both height and athleticism.

"We were essentially able to dominate MBCI and Springfield but West K had our number all year," Coffin said. "Our team had really good athletes so we were able to score a lot of points on steals and fast breaks. Defensively, we were able to adapt to situations. We were able to play (man to man) and zone and mix it up with a full-court press when we wanted to stifle other teams."

Selkirk struggled early in the season due to the lengthy layoff from school sports due to COVID, said Coffin. But they got a lot better by the end of the season.

"They were able to grow so much from the start of the year and learn about the culture of being on a team," Coffin said. "I was really proud of them for their growth and coming this far."



RECORD PHOTOS BY BRETT MITCHELL

The Royals' Tyson Prince passes the ball during Selkirk's KPAC semifinal game against Springfield last week.



Parker Carels (4) carries the ball up the court against the Sabres.

CMU Blazers win women's basketball title

Staff

The No. 1 seed Canadian Mennonite University (CMU) Blazers completed an undefeated season with another championship title.

CMU, whose roster includes former Selkirk Royal Annika Goodbrandson, defeated host and the No.

2 seed Providence University College (PUC) Pilots 79-57 last Friday in the final of the 2022 MCAC Women's Basketball Championship.

With the win, the Blazers have now won the last four MCAC championships. CMU was 12-0 during the regular season.

Transcona tops Selkirk in jv girls' basketball final

By Brian Bowman

The Selkirk Royals improved a lot over the junior varsity girls' basketball season.

After dropping their first two games of the season, the Royals turned it around and reached the league final.

"When they lost their first two games, I thought, 'Ok, what do we have to build on?' Then they really started to come together," said Royals' coach Annette Harman. "They really came along and learned a 2-3 zone defence and they learned man-

to-man defence."

But the Royals' fairytale season came to an end with a 56-31 loss to the Transcona Titans in the KPAC Tier 2 final last Thursday in Winnipeg.

"They have some really strong forwards and our team is small," Harman noted. "I think (the final for us) was quite overwhelming."

In a semifinal game on March 1, Selkirk defeated the River East Kodiaks 44-37.

It was a great road win by the Royals.

"It was always a neck-and-neck game...and then all of a sudden they started gelling," Harman recalled. "It was the last five minutes of the game and they sank like four baskets in that time. I don't know how to explain it, it was kind of magical. The whole team was 'Wow, this really came together.' They played well, they played hard, and they listened to their coaches and they did very well."

It was the biggest win of the season for Selkirk. Another highlight for the Royals was a thrilling 40-39 overtime

win over Transcona on Feb. 15.

Selkirk played a great game on defence,

"We were (the Titans) one loss," Harman said proudly. "We defeated Transcona in overtime by one point so we knew going into this playoff final that it was going to be a tough game. I'm really satisfied with how they performed and I think they'll come along famously next year. They'll do very well as long as they practice and we'll keep helping them with that."

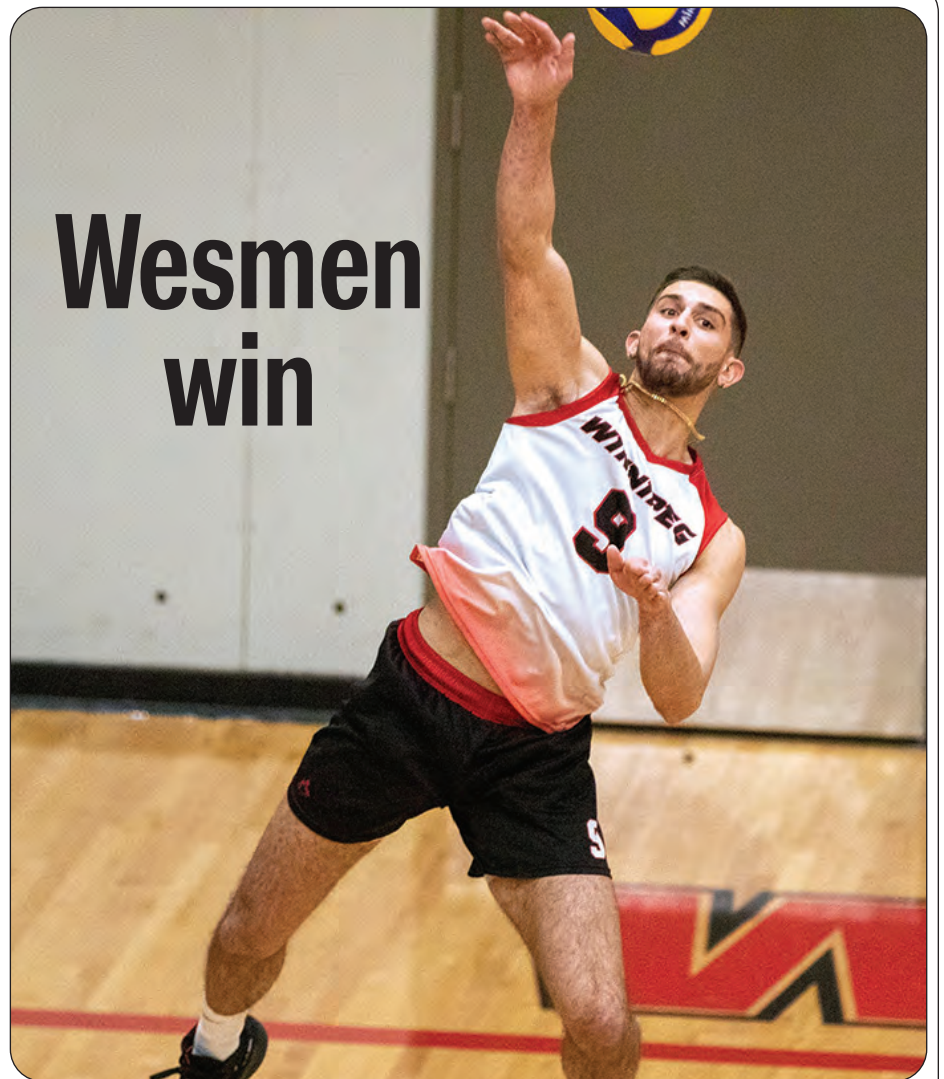
Dewar competes at nationals



RECORD PHOTO SUBMITTED

East St. Paul figure skater, Emmet Dewar, competed at the Skate Canada Novice National Championships Feb. 26-27 in Calgary. He finished 16th with two strong performances in the short program and free skate programs. It was a long road to get to this level, through the past two years of off and on training through COVID, and the postponement of the 2022 Novice National event, which was supposed to take place in Ottawa in early January, 2022.

Wesmen win



RECORD PHOTO BY DAVIS LARKINS/WESMEN ATHLETICS

Nigel Nielsen and the University of Winnipeg Wesmen men's volleyball team downed the Calgary Dinos 3-2 (17-25, 25-22, 18-25, 26-24, 15-10) in Pool C action of the Canada West post-season tournament Saturday night at the Duckworth Centre.

Selkirk Curling Club hosts men's bonspiel



RECORD PHOTOS BY BRETT MITCHELL

The Selkirk Curling Club held a men's bonspiel last weekend. Pictured left, Team Banjo Bowl-Stonewall Curling Club, top left, Emerson Klimpke, top right, Shayne Merritt, bottom left, Thomas Dunlop, and Ryan Wiebe won the Dola Bros. Trucking Championship Event. Middle picture, the team of lead Seth Boschmann, second Richard Hawkins (not pictured), third Riel Dufault and skip Cameron Olafson captured the Riverside Aircraft Maintenance Event.

The Gilbert Funeral Home Event was won by Team David Boehmer, Petersfield Curling Club. Pictured, top left, Sean Bracken, top right, David Boehmer, bottom left, Lorn Kern, and Bruce Wysche.

Fishermen dominate Falcons in Game 1

Staff

The Selkirk Fishermen completely dominated the Lundar Falcons in Game 1 of their CRJHL semifinal series on Sunday at the Recreation Complex.

Selkirk scored twice in each period as it skated to a 6-0 victory. The Fishermen outshot the Falcons 43-17 in the game.

Reece Tessier led Selkirk with two goals and two assists while Travis Spratt had two goals and an assist.

Clint Thomas also tallied twice for the winners.

Lundar was 0-for-7 on the power play while Selkirk was 0-for-4.

Brendon Hocaluk posted the shut-out.

Game 2 of the series is scheduled for Wednesday (8 p.m.) in Lundar and Game 3 is set for Friday (8 p.m.) in Lundar.

Game 4 returns to Selkirk on Sunday for a 3 p.m. game.



RECORD PHOTO BY BRETT MITCHELL

Fishermen forward Travis Spratt scored twice and had an assist in Selkirk's 6-0 home win during CRJHL playoff action on Sunday.

Playoff hockey



RECORD PHOTO BY BRETT MITCHELL

Lord Selkirk/Seven Oaks' U15 Black captain Tyler Cordoviz moves the puck up the ice against the Railcats Black during playoff action last Thursday in Selkirk.

Selkirk to host 2022 Dairy Farmers of Manitoba AAAA Provincial Hockey Championship

By Brian Bowman

The very best high school hockey teams in Manitoba will be in Selkirk over the next few days.

The Selkirk Royals will be hosting the 2022 Dairy Farmers of Manitoba AAAA Provincial Hockey Championship.

The tournament begins Friday and wraps up Monday.

"It's really exciting to be able to have some of the best high school hockey teams in the province competing against each other for a provincial championship," said Royals' head coach Michael Buffie. "It's going to be some really good hockey and it'll be a lot of fun. We're really excited about it."

Selkirk will be in Pool A along with the St. Paul's Crusaders and Brandon's Vincent Massey Vikings.

"We played St. Paul's three times this year and we went 1-2 against them," Buffie said. "They're the top team in the league and we know what we're getting with them. They're going to come out and compete. They have four lines and they are going to be strong. We'll have to be on our game against them. On the other side of the coin, Vincent Massey Brandon, we don't know a whole lot about so it's going to be an interesting match-up."

The Royals will play the Vikings on Friday (3 p.m.) and then the Crusaders at 7 p.m. that evening.

With just two games, there is absolutely no room for error.

"You have to come out (strong) right out of the gate," Buffie stressed. "You can't have a (poor) game or your backs are going to be against the wall. We'll have to come out in the first game against Brandon because it's a big one for us. Hopefully, we get a 'W' against them and the game against St. Paul's, it will be another one where we'll have to battle to be competitive."

Other round-robin games on Friday include

Westwood Warriors vs Portage Trojans (9 a.m.) St. Paul's Crusaders vs

It's Playoff Time!

ROUND 1: FISHERMEN VS LUNDAR
Home Games - Selkirk Rec Centre

SUNDAY, MARCH 13th - 3pm

TUESDAY, MARCH 15th - 7:30pm

SATURDAY, MARCH 19th - 7:30pm

Away Games - Lundar

FRIDAY, MARCH 11th - 8pm

FRIDAY, MARCH 18th - 8pm



***Meet the
Fishermen***



#9 Josh Poponick
Defence

Please check our website for schedule changes
crjhl.com or Selkirkjrbbfishermen.ca

Continued on page 24

Grahame taking sensational first year with optimism

By Mike Still/Bison Sports

In the latter stages of Manitoba's Feb. 19 tilt at home against Saskatchewan, first-year left side Spencer Grahame took a powerful attack square off his face.

The volleyball hit him so hard that he bounced backwards, but in fitting fashion, he kept his energy high, arms flailing as he laid on the ground. The camera zoomed in on his reaction for what was eventually a Bisons point.

"I didn't even know what was going on. I got six-packed, and I didn't even know where the ball went," smiled Grahame when reflecting on the series of events.

"Out of the corner of my eye, I saw (captain) Owen (Schwartz) play it up, and then I saw the whistle blow. I was kind of mad. The ball was still up, we're still going here. I thought we lost the point, but then I saw that we were re-serving and I was fired up, it was great. I didn't notice until after the game, but I was checking my tooth, and I had a small chip in my tooth. It might've been on a different occasion, but I'm pretty sure I chipped my tooth on that play, which is crazy. That was a hard swing."

The play in question is a fitting depiction of how Grahame plays volleyball: with passion and intensity, doing whatever it takes to help his team win. Even when he's not the one getting a kill or a dig, he just loves to be there for his teammates.

It's in these moments that you can tell how much Grahame cares about the sport and those that he goes to war with. Look no further than the team's eventual 3-2 win over the Huskies on that Saturday, which included a sequence of solo blocks from veteran middle Brendan Warren which took the game to five.

"I kind of just play with a little bit of my emotion. I make sure that if I'm happy, I really try to show my teammates that I'm enjoying this and that I'm fired up. We just got a point, it's exciting. There's so many points in volleyball, and I really try to emphasize enjoying when we make a good play, or getting fired up for those Brendan Warren blocks. I was absolutely fired up. If I can smile on the court, I hope that someone else can get fired up too."

Grahame had plenty to get fired up about during his pre-university days. A leader at both the club and high school level for the Lord Selkirk Royals, he helped the program to a 16U provincial club championship and was also selected to the U19 Canadian Youth National Team, along with being the 2021 recipient of the prestigious Dr. Dale Iwanoczko Memorial Scholarship.

"There was just a lot of support in Selkirk for volleyball," he noted of Lord Selkirk, which has been a hotbed for volleyball talent for many decades. "It kind of felt special. Some teams have the football team and everyone goes to watch them, but the gym was packed for KPAC games."

The 6'6" Grahame got quite a few sets during his days in Selkirk, which helped him work on his swing and power. Then, towards the end of his high school career, the top-10 ranked player transitioned to Winnipeg where he played club for two seasons with 204 Volleyball Club.

The squad was led by Bisons' assistant coach Mike Stephens, a former multiple-time national champ with the Winnipeg Wesmen, who was a dominant left side back in his playing days. With Stephens' tutelage, Grahame added more tools to his game.

"I'd heard of [Stephens] and heard of the legend and all that stuff. I played with a lot of the guys that played on 204 in the summers on provincial teams, and I really liked the guys that were on the teams. Mike was like hey, why don't you come play, and kind of talked to the setter there who's now at MRU. It just kind of clicked. He was a super good coach, and I knew that he could develop outsiders really well, because he worked with (national team member and Steinbach alum) Eric Loeppky and coached him in club and guys like that," Grahame said.

"On the technical side, he was teaching me which situations were good to hit cross-court and try and bounce, or if it's out of system he really tries to motivate me to go off of hands and not put it right into the middle of the block. It's hard, but he motivated me to do all these things to be more efficient."

Grahame's decision to commit to Manitoba after high school was a no-



RECORD PHOTO BY DAVE MAHUSSIER/BISON SPORTS

Former Selkirk Royal Spencer Grahame, middle, has had a great first season with the University of Manitoba Bisons' men's volleyball team.

brainer. He was familiar with former Selkirk standouts like Schwartz and Jack Mandryk, and had been coming to games when he was younger. His commitment bolstered Manitoba's attacking options, and it didn't take long for him to settle into a primary role on the roster.

By the third game of the season, Grahame had seen significant action, and he started for the first time one series later in the team's Saturday rematch against Brandon. He tallied 10 kills in the contest while adding eight digs, which tied for second most in a 3-2 victory. He's been an integral part of the Herd's game plan ever since.

"Spencer, he didn't play a lot at the beginning, and we made the switch in Brandon. In that game, he convinced us that he needed to be on the court," said head coach Arnd 'Lupo' Ludwig. "He has to be on the court. You see it every night and every day in practice. He's working hard. He is smart, he's doing the things that we ask him to do."

As the season has gone along, Grahame has added even more to his repertoire, including a sneaky throw tip and the deep tip, which he capitalized on many times in the squad's victory over Saskatchewan two weeks ago. His 135 kills rank second on the team (behind CW top-five attacker Ben Carleton), including 66 in the final three weekends of regular season play.

Grahame attributes his rise to stardom in part to enhanced communica-

tion with Mandryk, the team's setter. It's something that they've worked on immensely in the back half of the year.

"He's really trying to remind me I need to hear you. You'll get more sets and the sets will be better if you just say speed. Especially on pipes, if I'm calling behind or push, just being in his ear a bit more so he can locate me a lot easier. We've definitely worked on that and grown it a lot. Before, we didn't do that when we were down in games. I'd only talk to him when we were up and that's something I've worked on when we're down in games. I'm still talking to him now and it's something that I've definitely grown over the last month and a half."

Along with Mandryk, Schwartz has helped Grahame develop his awareness, specifically on the defensive end where he's fourth on the team with 61 kills.

"Owen's volleyball IQ is definitely the best on the team. Just little things like making sure I get under for tips if I'm not up for a triple block, and making sure I'm getting stops on defence and that I'm in the right position when I'm in six in the back row against outside hitters. Just reading in general, and making that I'm in five against middles, and when they go to take a 30, making sure that I'm in one. Little positional details, just strategic tidbits of information that have helped me a lot."

Steelers pushing for a playoff spot

By Brian Bowman

The fourth and final playoff spot in the MJHL's East Division is still up for grabs.

Heading into the final week of the regular season, the fourth-place Selkirk Steelers led Portage by two points but the Terriers had played three fewer games.

"These last two games are definitely must wins for our group," said Steelers' head coach Hudson Friesen. "We definitely have to come up with four points this week if we want a chance of getting (into the playoffs) and then we have to sit back and scoreboard watch a little bit and hopefully get some help from other teams in our league."

Selkirk lost 4-1 to the Steinbach Pistons on Saturday evening at the Recreation Complex.

"We played a very strong game (Saturday) night," Friesen said. "I don't think the score and the result was an indication as to how we played. I think it was one of our better games in the past month and probably the best we've played Steinbach all year."

Trailing 2-1 in the second period, Selkirk had a goal that was disallowed that would have changed the momentum of the game.

Steinbach's Jack Rogers and Selkirk's Quinton Hill traded first-period goals. The Pistons' Nate Goodbrandson tallied in the second and then Davis Fry, on the power play, and Quinton Pepper closed out the scoring in the third. Pepper's goal was into an empty net with Steelers' goaltender Hunter Tarves pulled for an extra attacker.

On Friday, Selkirk was blasted 8-1 by the Pistons in Steinbach.

Spencer Penner scored the Steelers' lone goal in the first period after taking a nice pass from Jordan Hughesman.

Pistons' goals were scored by Travis Hensrud (three), Rogers (two), Zac Patrick, Zach Power, and Owen Weihs.

Last Wednesday, the Steelers defeated the Flyers 5-4 in a shootout in Winkler.

Sheldin Howard and Hill scored for Selkirk in the shootout while Nicholas McKee replied for Winkler. Hill made a great move in his shootout attempt to end the game.

Howard paced Selkirk with two goals and an assist while Dante Ballarín had a goal and two helpers. Howard's 20th goal of the season tied the score at 4-4 at 11:57 of the third period.



RECORD PHOTO BY BRETT MITCHELL

The Steelers' Mathieu Catellier forechecks the Pistons' Jackson Betcher during MJHL action last Saturday in Selkirk. Steinbach won the game 4-1.

Hughesman scored the Steelers' other goal.

Cole Mackenzie, Nick Dobson, Josh Beauchemin, and McKee replied for Winkler.

Steelers' netminder Cole Plowman stopped 40 Flyers' shots for the win.

Selkirk played the Winnipeg Freeze this past Tuesday but no score was available.

The Steelers will wrap up their regular season this Saturday against the Freeze at the Jonathan Toews Sportsplex. Puck drop is 6:15 p.m.

Raiders shut out by Hawks

Staff

The Raiders Jr. Hockey Club was shut out 4-0 by the Charleswood Hawks in Manitoba Major Junior Hockey League action on Sunday.

Scott Aitkins gave the Hawks a 1-0 first-period lead and then he made it 2-0 early in the third.

Charleswood's Adam Stewart and Bryan Hanna closed out the scoring in the final frame.

Last Friday, the Raiders lost 3-2 in overtime to the St. Vital Jr. Victorias.

Jayce Kennedy and Jaden Shumilak scored second-period goals for the Raiders.

St. Vital goals came from Ryland Nechwediuk, Kyle Lang, and Ben Coppinger.

The Raiders finished the regular season with a 22-21-2 record and 46 points to place fifth overall in the 10-team league.

The MMJHL regular season wrapped up this past Tuesday.

> AAAA, FROM PG. 22

Vincent Massey (11 a.m.), Vincent Massey Trojans (Winnipeg) vs Portage (1 p.m.), and the Westwood Warriors vs Vincent Massey Trojans (5 p.m.).

The semifinals are set for Saturday with the first-place team in Pool A vs the second in Pool B at 1:30 p.m.

At 3:30 pm, it will be the first-place team in Pool B vs the second-place team in Pool A.

The championship game will be played Monday at 6:30 p.m.

All of the games will be played at the Selkirk Recreation Complex. Admission is \$10 per day for adults and \$5 for students. Children aged 12 and

under are free.

The Royals are hoping to have a boisterous and supportive crowd for their games.

"People are talking and there's a lot of buzz around the building," Buffie said. "We're excited for it and we'll be promoting it through our social media and through (the Selkirk Record) as well. I know from talking to a lot of people that they plan on coming out. I hope to get a lot of people out so they can see what high school hockey is all about and the level that these guys are at."



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Town of Winnipeg Beach CONTRACT EMPLOYMENT OPPORTUNITIES

BYLAW ENFORCEMENT OFFICER PART-TIME CONTRACT POSITION

The successful candidate will be responsible for monitoring compliance and enforcement of bylaws within the Town and identifying non-compliance issues; must possess effective public relations and communication skills; ability to deal effectively with complaint investigations and resolution, perform duties effectively with a minimum of supervision and maintain accurate work records.

The Contract will be awarded for a three-year period of time.

The successful candidate must be familiar with Microsoft Office products. Must have a valid Manitoba Driver's License and work shifts, primarily evenings and weekends. Applicants selected for the interview will be requested to bring a current driver's abstract. The successful applicant must provide an RCMP Criminal Record Check before commencing work. Information pertaining to job responsibilities may be requested.

ANIMAL CONTROL OFFICER PART-TIME CONTRACT POSITION

The successful candidate will be responsible for monitoring compliance and enforcement of the Animal Control By-Law. This includes license enforcement, responding to animal related complaints, apprehending animals running at large and stray pick-up. Must possess effective public relations and communication skills; ability to deal effectively with complaint investigations and resolution, perform duties effectively with a minimum of supervision, and maintain accurate work records.

The Contract will be awarded for a three-year period of time.

Must have a valid Manitoba Driver's License. Applicants selected for the interview will be requested to bring a current driver's abstract. The successful applicant must provide an RCMP Criminal Record Check before commencing work.

Applications for both positions will be accepted in confidence until 4:30 p.m., Friday, April 7th, 2022, to:

Kerry Swanson
Chief Administrative Officer
Town of Winnipeg Beach
PO Box 160, 29 Robinson Ave
Winnipeg Beach, MB R0C 3G0
Email: cao@winnipegbeach.ca

***Please indicate which position you are applying for. The town will consider applicants that are interested in both positions. If you are interested in applying for both positions, please indicate this in your cover letter. ***

For more information regarding these opportunities, including a detailed description of the responsibilities and requirements, contact the Town Office by phone at 204-389-2698, Email info@winnipegbeach.ca.

The Town of Winnipeg Beach welcomes and encourages applications from people with disabilities. Accommodations are available on request for candidates taking part in all aspects of the selection process.

The Town of Winnipeg Beach would like to thank all applicants for their interest-only those selected for an interview will be contacted.

HELP WANTED

Seasonal employment - Sabourin Lake Lodge is looking for summer staff, May thru September. Kitchen staff, serving, housekeeping, guides, yard crew and carpenters. Contact sabourinlake@outlook.com

HELP WANTED

Garden Centre Positions - Searle Greenhouses Ltd is accepting applications for seasonal positions in our retail garden centre starting in April 2022. Plant smart, customer relations, and retail experience an asset but not required; training is provided. Apply by email to: iwanttowork@searlegreenhouses.com or fax: 204-482-8968 Attn: Kris.

ROUND-TUIT CLEANING hiring a part-time janitorial position, twenty hours per week, evenings, in the Selkirk area. Reliable transportation necessary. Training provided. Call 204-785-3257 for further information.

MISCELLANEOUS

Usborne Books for early readers. Lots of variety and reasonable price. Ages 0-14 years. For more info Jennifer Duggan at 204-378-0606 or Facebook Jennifer's Usborne Books.

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MISCELLANEOUS

For sale: 1 Acorn Chair Lift, \$1,400 obo; 1 Savaria Chair Lift, \$800 obo; 1 woman's antique bike, Schwinn, turquoise and white, asking \$400 obo. Please call 204-482-7024.

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Firearms wanted. Looking for all unwanted firearms. Fully licensed for both non-restricted and restricted. Anywhere from individual items to estates. Cash buyer, paying top dollar. Please call or text Adam at 204-795-2850.

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CITY OF
Selkirk

REQUEST FOR PROPOSAL

**6660 McPhillips Road
6658 McPhillips Road**

McPhillips Road - no assigned civic address

The City of Selkirk invites Proposals from Proponents with respect to the sale and redevelopment of vacant land consisting of three parcels totaling 73.98 acres located west of Highway #9, see map below. All properties were declared surplus by the City of Selkirk.



Submissions must be received **no later than 2:30 pm (CST) April 6, 2022.**

Full details and submission information can be obtained online at MySelkirk.ca/Tenders

The City reserves the right to accept or reject any submission(s)

Contact Information:

Tim Feduniw
Director of Sustainable Economic Development
City of Selkirk
200 Eaton Avenue
R1A 0W6

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RURAL MUNICIPALITY OF ALEXANDER



PUBLIC HEARING NOTICE 2022 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of the Municipal Act that the Council of the Rural Municipality of Alexander intends to present its financial plan for the fiscal year 2022 at a public hearing in the Council Chambers of the RM of Alexander on Tuesday, March 22, 2022 at 3:00 p.m. Council will hear any person who wishes to make a representation, ask questions, or register an objection to the financial plan, as provided.

A copy of the financial plan is available for review and may be examined by any person during the regular office hours of 8:30 a.m. – 4:30 p.m. at the municipal office located at 1 Bouvier Trail, St. Georges, Manitoba. A copy will also be available for review on the municipal website.

Michele Stefaniuk
Assistant Chief Administrative Officer



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Tender 2022-04 – Supply of Compact Utility Tractor with Attached Loader

The Rural Municipality of West St. Paul is seeking proposals from qualified bidders for the supply of one (1) compact utility tractor with attached loader.

Specifications and Tender packages including submission documents are available online at www.weststpaul.com.

Tender submissions clearly marked "Tender 2022-04 – Supply of Compact Utility Tractor with Attached Loader" will be received by the undersigned at the address below until **1:00pm on March 24, 2022**. Please include two paper copies and one electronic PDF of your submission. Late submissions will not be accepted.

The award of Tender 2022-04 – Supply of Compact Utility Tractor with Attached Loader is subject to the inclusion in, and approval of, the Council of the RM of West St. Paul's Financial Plan.

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

All inquiries related to the Tender should be directed to Terry Ferguson, Community Service Officer by e-mail tferguson@weststpaul.com or by phone 204-334-0092.

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



EMPLOYMENT OPPORTUNITY

The Rural Municipality of West St. Paul is recruiting Bartender and Security Personnel to work at the Sunova Centre

BARTENDER

Job Type: Casual – approximately 14 hours per week
Salary: \$16.66 per hour
Closing Date: Until positions filled

SECURITY PERSONNEL

Job Type: Casual – approximately 14 hours per week
Salary: \$14.75 per hour
Closing Date: Until positions filled

Applications should be marked "Application for Bartender Position" or "Application for Security Personnel". For a list of Duties and Qualifications please visit www.weststpaul.com. References shall be required upon request.

If you have any questions regarding these postings please contact Damara Geddes, Recreation Director at 204-336-0294 or recreation@weststpaul.com

Apply to: Lainie Shaw, CMMA
Municipal Legislative Officer
RM of West St. Paul
3550 Main Street
West St. Paul, MB R4A 5A3
Fax: 204-334-9362
Email: admin@weststpaul.com

The RM of West St. Paul wishes to thank all candidates for their interest in these positions, however, only those individuals considered for an interview will be contacted.



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The Opportunity:

The successful candidate will undertake key responsibilities that will enhance Gimli and the Municipality as a whole and promote the Municipality as a place to work, live, play and grow. They will facilitate and promote community growth and economic development planning and implementation within the Municipality to be measured, in part, by securing opportunities for new economic and business development and supporting the growth and development of existing business within the community.

Job Description:

Reporting to the GCDC board the candidate will promote the Gimli industrial park and oversee current and future operations of GCDC properties. They will also identify, develop and implement approved strategies for attracting new business to the area while facilitating growth of existing businesses. Represent the Municipality at regional and provincial meetings and conferences on economic development, which could include public speaking and delivering presentations.

The Ideal Candidate:

The successful applicant will possess relevant post-secondary education and/or years of business and administrative experience. The candidate will be self-motivated, effective written and oral communication skills and computer skills including Excel, Word, PowerPoint. Ability to identify and promote community economic development projects and initiatives along with knowledge and understanding of the Municipality would be a definite asset. The candidate must have a valid Class 5 driver's licence and access to a vehicle for travel and be available to work flexible hours.

For more information please go to www.gimli.ca

Hours and wages are negotiable with experience and qualifications.

Please submit a detailed resume on or before **March 25, 2022 by 4:30 p.m.**
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IN THE MATTER OF THE ESTATE OF GORDON FREDERICK KREBS, late of the Town of Beausejour, in the Province of Manitoba, deceased. ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices at 407 Main St., Selkirk, MB, R1A 1T9, on or before the 16th day of April 2022.

DATED at the City of Selkirk, in Manitoba, this 7th day of March 2022.

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Adam Kelso, Solicitor for the Executors

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Announcements

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The Selkirk Record

ANNOUNCEMENT

BIRTHDAY



Happy 80th Birthday Bert
March 9
-Love Evelyn, Angie, Pete, Alex,
Noah, Brian and Heather

ANNOUNCEMENT

NOTICE

Erica Marchuk of Just Knittin' Around will be offering knitted headbands, mini scarves and other items in exchange for monetary donations in support of Ukraine starting this Friday, March 11th, and will continue every Friday and Saturday 12-6, and Sunday 12-4 at Just Knittin' Around (207 Manitoba Ave). Free needles and yarn in the colors of Ukraine (while her supply lasts) will be offered to any local knitters/crocheters who would like to donate their time to assist her in making these items. If anyone has any questions, they can stop by her shop or contact her by phone: 1-204-226-9965 during her hours of operation, or evenings by text or email at ericamarchuk@gmail.com. If anyone has any yarn in yellow and/or blue, Erica will gratefully accept your donation.

ANNOUNCEMENT

IN MEMORIAM



In memory of
Cliff William Robinson
(Spinner)
Who passed on March 11, 2021
We miss you old friend and
have lots of great memories.

-Ervin, Cheryl
and all who knew you

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

ANNOUNCEMENT

CARD OF THANKS

ANAF Unit 151 extends a sincere THANK YOU to our donors, volunteers, and participants for supporting our 1st Annual Walleye Derby. We appreciate your support: Black Water Cats, Smoke n Fish, Darren and Barb Single, Joey Fekete, Tammy Ruehlen, Margaret Donald, Gary Harysymyc, Mark Wright, Marla McGee, Stevie Stevens, Nola Fiddler, Hazel Porteous, Randy Laye, Lynn Muzylouski, Connie Rapko, Lisa Jablonski, and Wendi Carter.

OBITUARY

Ronald James Potter

It is with great sorrow we announce the passing of Ron Potter on March 03, 2022.

He was predeceased by his parents James Potter and Audrey (nee Thrower), and his stepfather Arnold Ast.

He is survived by his loving wife of 45 years Val; sister Donna; children Debbie, Peggy (and their families in Saskatchewan), Jodie (Phil) and Tim (Nicole); beloved grandchildren Blake, Lilja, Brody and Willow.

Ron was an avid sports fan and enjoyed going to the Selkirk Steelers games with Ken, Barney and Jody. He also enjoyed sharing tall stories with his neighbour Bruce.

Most of his working life in Manitoba was at Mandak Metals where he started as a cutter and finished his career as a supervisor. He so enjoyed the company of those there and was still in touch with some of his old co-workers until his passing.

The closest things to Ron's heart were his grandkids and his dogs. He complained about the dogs all the time, but he would have them on his lap every day. His grandchildren put a sparkle in his eyes and they brought so much joy to him with every visit. He loved them all and his last wish was that they remember him in their hearts.

As per Ron's wishes he was cremated and the interment will take place at a small family gathering in the summer.

In lieu of flowers if you wish to commemorate Ron's life, please feel free to make a donation to D'Arcy's ARC.

Rest in peace my love, your journey doesn't end here but starts a new beginning. We love you with all of our hearts and will see you again.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



Don't forget to send your special wishes to your friends and family.

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Interested persons may pick up application forms at the City of Selkirk office, located at 200 Eaton Ave. or also found at: www.selkirkfire.org
Deadline to receive applications is 4:00 pm, April 4th, 2022.
The Selkirk Fire Department would like to thank all who have applied but only applicants selected for interviews will receive further notice.

Announcements

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The Selkirk Record

OBITUARY



Ruth Ann Arnold (nee Cain)
June 27, 1950 - February 27, 2022

It is with great sadness that we announce the passing of our beloved mother and grandmother Ruth at the age of 71.

Ruth was predeceased by her husband William (Bill), parents Dick and Betty Cain, brother Joey Cain, in-laws George and Evelyn Arnold, sister-in-law Iris and brother-in-law Gilbert.

Leaving to mourn are her children Carrie (Steve), Jaret (Kirby) and loving grandchildren Kyra and Hunter. Survived by brothers Art (Holly), Rick (Shelly); sisters Janet (Ernie), Cathy (Clayton); sister-in-law June Price; brother-in-law George Arnold; numerous nieces and nephews; chosen children Cheryl (Anthony), Adam as well as friends and extended family.

Ruth was born in Winnipeg and grew up in Winnipeg Beach, MB, where she was crowned Miss Winnipeg Beach in 1968.

She attended elementary school in Winnipeg Beach and high school in Gimli. She met her high school sweetheart and future husband in high school and was married in April 1971. The two moved to Clandeboye, MB to raise their family. Ruth spent many years working for Scotia Bank and TD Bank in Selkirk, MB. After retirement she enjoyed spending her winters in Harlingen, Texas and summers at her trailer in Gimli, MB. Along with many trips to Saskatchewan to visit her two grandchildren whom she adored.

Ruth was an avid romance novel reader, loved to knit, bake and spend time with family and friends. She enjoyed taking her little red car (1978 MG Midget) to car shows and was a member of the Lily Pad Cruisers Car Club in Petersfield, Mb. She was also a member of the Selkirk Chapter of the Icelandic National League, the Gordon Howard Centre and volunteered at the Clandeboye Community Club. Ruth was a very social person who will be missed by many.

Special thanks to Selkirk Regional Health Center.

Donations may be made to a charity of your choice.

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

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Andrew (Andy) Dupuis

Peacefully on Sunday, February 27, 2022 at the Selkirk Regional Health Centre, Andy Dupuis aged 97 years passed away.

Andy will be missed by his loving wife Jean of 70 years, daughter Jeannette (Brian) Kozun and sister Adeline Starodub and many nieces and nephews. He was predeceased by his son Walter; parents, David and Elide Dupuis; brothers Bill (Anne) and Marcel (Kay); sisters Rose (Joe) Salnek, Cecile (Ovila) Berard, and Alice; as well as his brother-in-law Walter Starodub.

Andy was born in 1924 near St. Elizabeth, MB. The family moved to farm in 1927 to St. Jean Baptiste, 1938 to the Kirkness area. In 1951 he married Jean and moved to Selkirk where he started to work for the Gerdau Steel Mill (Melting Dept.) for 32-years and had been happily retired from the mill for almost 38-years. In his retirement he loved fishing, gardening and bowling. He enjoyed volunteer activities making perogies with the CWL and Gordon Howard Seniors, maintenance work at Notre Dame Parish and helped set up tables for the funeral lunches. He especially enjoyed the challenge of fixing all kinds of things for his family and friends. But very important to him was his faith life that gave him great strength. He has been a member of Notre Dame Parish since 1938.

The family would like to thank the medical staff at the Selkirk Regional Health Centre for the care they gave him during his last days. We especially would like to thank all the staff that are truly angels for looking after him so well for the past couple of years at the Selkirk Betel Home.

Funeral Mass took place on Tuesday, March 8, 2022 at 11:00 a.m. at Notre Dame Catholic Church, 269 Jemima St., Selkirk MB with Fr. Gerald Langevin officiating. Interment will take place later in the spring.

In lieu of flowers, donations can be made to the Notre Dame Catholic Church Building Fund.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



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Riverfront property on 8.02 beautifully treed acres. 24' vault ceiling with gorgeous view of the river & yard. 1,555 sqft, 2 BRs, 1 bath, open concept main floor plan, convenient main floor laundry. Oversized IDT garage with loft space. Previously had in-law suite at front of property - still has slab, hydro, well, & holding tank for hookup for secondary suite. Wrap around deck, wood shed, circle driveway, saskatoon berries!

F E A T U R E D P R O P E R T I E S				
<div>HH TEAM</div> <div>COMING SOON!</div> <div></div> <div>82052 St Peters Rd St Clements</div>	<div>HH TEAM</div> <div>NEW!</div> <div></div> <div>\$575,000</div> <div>82101 St Peters Rd St Clements</div>	<div>HH TEAM</div> <div>NEW!</div> <div></div> <div>\$549,000</div> <div>24116 Ashfield Road St Clements</div>	<div>HH TEAM</div> <div>NEW!</div> <div></div> <div>\$156,500</div> <div>35 Bubbling Well Rd Matlock</div>	<div>ASHLEY</div> <div>NEW!</div> <div></div> <div>\$729,900</div> <div>1365 Breezy Point Rd St Andrews</div>
<div>HH TEAM</div> <div>GREAT STARTER</div> <div></div> <div>\$249,900</div> <div>515 Toronto Ave, Selkirk</div>	<div>HH TEAM</div> <div>80 ACRES!</div> <div></div> <div>\$389,900</div> <div>113142 Rd 13E Fraserwood</div>	<div>ASHLEY</div> <div>4 ACRES!</div> <div></div> <div>\$665,500</div> <div>25 McFee Place East Selkirk</div>	<div>ASHLEY</div> <div>LEASE FOR LESS!</div> <div></div> <div>\$900/MO</div> <div>101-250 Manitoba Ave 650 SQFT + Washrooms</div>	<div>HH TEAM</div> <div>PENDING!</div> <div></div> <div>\$147,500</div> <div>82012 2 Mile Road St Clements</div>
<div>HH TEAM</div> <div>PENDING!</div> <div></div> <div>\$339,000</div> <div>2606-6940 Henderson Hwy Lockport</div>	<div>HH TEAM</div> <div>PENDING!</div> <div></div> <div>\$737,700</div> <div>727 Norwood Road Clandeboyne</div>	<div>HH TEAM</div> <div>SOLD!</div> <div></div> <div>\$479,900</div> <div>25 Sunrise Bay Victoria Beach</div>	<div>HH TEAM</div> <div>SOLD!</div> <div></div> <div>\$94,900</div> <div>Multiple Lots Fuller Road St Clements</div>	<div>HH TEAM</div> <div>SOLD!</div> <div></div> <div>\$199,900</div> <div>1005 Magnus Ave Burrows, Wpg</div>



Real Talk with Betty Green!

Snow No! With all the snow we've had this year after a very dry summer, try your best to get the perimeter of your home and foundation shovelled before snow melt to reduce the risk of seepage or flooding in your basement! We also have the risk of melting and then freezing again which can cause foundation damage. There are companies who will clear your snow for you for a price, certainly less than the cost of repairing your basement or foundation!

 -Betty Green

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