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RECORD PHOTO BY BRETT MITCHELL

The Selkirk Steelers have announced that legendary Hall of Fame coach Al Hares, left, has joined their coaching staff, along with Hudson Friesen, right, for the 2020-21 season. After coaching the Steelers in the '70s and '80s, Hares coached 17 seasons with the Selkirk Fishermen. See story pg. 18.

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Local COVID-19 outbreak

By Ligia Braidotti

Panic — that's what many people have been feeling in regards to the new coronavirus outbreak.

According to the World Health Organization, COVID-19, or Coronavirus Disease 2019, comes from a large family of viruses that have also caused the Middle East Respiratory Syndrome (MERS-CoV) and the Severe Acute Respiratory Syndrome (SARS-CoV). The signs of infection are similar to those of the Influenza, such as fever, cough, shortness of breath, and breathing difficulties. When the infection is severe, it can cause pneumonia, severe acute respiratory syndrome, kidney failure, and even death.

WHO's first report released on Jan. 20, states that the first cases of CO-VID-19 happened in Wuhan City, in China, and were reported on Dec. 31, 2019. Then, there were a total of 282 cases in China, Japan, Republic of Korea and Thailand — all had travel history to Wuhan or had had contact with people who had been to the Chinese city.

On March 16, WHO released another report stating that there had been 167,515 around the world so far. Of those, 6,606 were fatal.

In Canada, according to Prime Minister Justin Trudeau, on March 17 the number of confirmed cases is 451, with five deaths reported. In Manitoba, COVID-19 has been confirmed in eight people. A woman in her 40s living in the Winnipeg Regional Health Authority was the first confirmed case reported on March 11. Cases two and three were confirmed in two men in their 30s, also from Winnipeg. Case four was of a Winnipeg man in his 40s who had travelled to South Korea, the Philippines, and Japan. Cases five, six and seven were confirmed on March 15 in a man in his 70s and a woman in her 50s from Winnipeg and a woman in her 70s, who lives in the Interlake-Eastern Regional Health Authority

area. The province stated that at this time, all people who tested positive for COVID-19 appear to have contracted the virus through travel.

On March 11, the WHO declared that COVID-19 can be characterized as a pandemic.

"Pandemic is not a word to use lightly or carelessly. It's a word that, if misused, can cause unreasonable fear or unjustified acceptance that the fight is over, leading to unnecessary suffering and death," said WHO's director-general, Dr. Tedros Adhanom Ghebreyesus. "WHO has been in full response mode since we were notified of the first cases and we have called every day for countries to take urgent and aggressive action. We have rung the alarm bell loud and clear."

Social distancing and its implications

Soon after WHO's declaration, the Province of Manitoba released a statement suggesting social distancing to all Manitobans to limit the spread of COVID-19. The Interlake-Eastern Regional Health Authority said that "Social distancing is used to intentionally reduce close contact between people to try to stop the progression of community transmission of any virus."

This means:

- Minimizing prolonged (more than 10 minutes), close (less than two metres) contact between other individuals in public;
- Avoiding greetings that involve touching such as handshakes;
- Disinfecting frequently used surfaces:
- Following public health advice related to self-monitoring and selfisolation if you have travelled or have been exposed to someone ill with the virus; and
- Considering avoiding travel, crowded places and events, especially if you are at higher risk.

Due to these social distancing mea-



RECORD PHOTO BY BRETT MITCHELL

Harry's Foods Store Manager Shawn Vermette with one of the products flying off the shelves over the past week. Harry's Foods, along with other local grocers, were slammed as frenzied shoppers stock up.

sures, many events were cancelled or postponed, and even Manitoba

schools from Kindergarten to Grade 12 are soon sending their students home with an extended Spring Break effective on March 23 until April 10.

Michele Polinuk, superintendent at the Lord Selkirk School Division, explained that they are making decisions based on direction from Manitoba Education and Health.

"Teachers will be supplying learning at home, whether these are packages sent home or online learning," she explained. Continued on page 4





> POLINUK SAYS, FROM PG. 3

"These are definitely challenging times to understand as we navigate through unchartered territory. The emphasis in schools has been on preventative measures, such as emphasizing proper handwashing and respecting space around people."

Polinuk added they still don't know if the suspension of classes will affect graduation dates and delay summer break, as this will be a determination from the Minister of Education Kelvin Goertzen.

Also driven by social distancing, many grocery stores have been left with empty shelves. They have been dealing with a shortage of products, especially toilet paper. Selkirk Canadian Tire, Walmart, and Home Hardware were just a few that experienced a panic sales on toilet paper.

But even though the weekend was super busy, Shawn Vermette, store manager at Harry's Foods, said they've had steady sales. Of course, they have some empty shelves, but have been able to deal with the demand, while also making sure that they are taking the cleanliness up a notch.

"Everybody is stockpiling. They are coming into the store and they are filling their shopping carts, making sure they have staple supplies, among other things, toilet paper being one of them," Vermette said. "We get a supply end and that supply comes in and it's kind of out that same day."

Although many businesses have decided to limit their hours and staff, Harry's Foods continues to operate normally so far. To do that safely, their staff increased their cleaning, especially in the high traffic areas. The staff is sanitizing the doors, the handles to the carts, debit terminals, and baskets. Even with a few holes on the shelves, they have been able to maintain their business as usual under these circumstances.

"It's a very concerning issue. We're



taking it very seriously increasing our cleanliness. We've always maintained a clean store, but now we are doing the sanitizing, where we're sanitizing things we've never did before, especially the baskets. We've added some hand sanitizer units around the store - stuff that we never needed to do before."

Municipalities respond to virus outbreak

Every place in the world is taking precautionary measures to limit the virus infection. The City of Selkirk, the RMs of West St. Paul, East St. Paul, St. Andrews, St. Clements and the Village of Dunnottar are joining the efforts to ensure their residents are aware of the situation, follow health recommendations, and have access to the right services in case they find themselves infected with COVID-19.

On March 16, the City of Selkirk approved a plan that outlines what how they will conduct their businesses in case the outbreak severity raises.

"We feel it's the right plan for the city, it's for business continuity," Mayor Larry Johannson exlained. "We have to keep services going for the welfare of the city, for the welfare of our residents. Keeping the services going is very important for us. As the severity grows, there could be changes to the way we do business. It will answer a lot of the unknown to citizens and what services we will implement for the community."

The RM of West St. Paul said they are taking proactive steps to ensure the health and safety of their residents.

"West St. Paul is a close knit, supportive community and there is no need to panic. I encourage everyone to be responsible and heed the advice offered to us by experts – practice social distancing, wash your hands frequently, don't travel and avoid crowds," West St. Paul Mayor Cheryl Christian said.

"By doing this we are protecting our vulnerable population – the elderly and those who have chronic health conditions. Let's work together and we can minimize the impact of COV-ID-19 in our community for our loved ones, our friends and neighbours."

In addition, all Sunova Centre programming has been suspended, as well as all events and rentals. The

RM also cancelled the Rossmore West Local Improvement Open House planned for March 25 and are reviewing regular council meeting dates and times.

The Village of Dunnottar has closed its office to the public until further notice and are encouraging people to check the "What We Know COVID-19. U.S. National Institutes of Health. COVID-19" About section on their website http://dunnottar.ca/

Likewise, the RM of East St. Paul and St. Andrews is advising social distancing. They have suspended all recreation programming for the time being. East St. Paul is also encouraging residents to communicate with municipal staff through phone calls at 204-668-8112 and e-mail messages administration@eaststpaul.com rather than coming into their office.

Johannson is encouraging all Manitobans to keep up to date with Manitoba Health and Health Canada ad-

"Follow the advice of the professionals. When they recommend something, by all means do it to keep us all safe," he added.

IERHA preparing for COVID-19

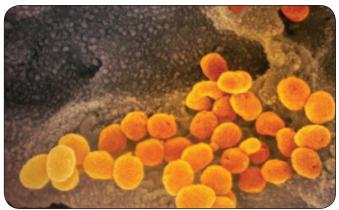
The IERHA's senior leadership teams are now actively rolling out preparation plans for COVID-19. Health-care professionals are responding to people presenting with respiratory illness and they're being tested for COVID-19 and other infec-

The symptoms of COVID-19 are similar to a cold or flu: runny nose, sore throat, cough, fever and difficulty breathing.

IERHA anticipates, in the near future, that the greatest draw on thehealth-care resources will centre on their response to people who have symptoms and who need to be tested.

IERHA is looking to establish testing sites in the region; people who are symptomatic will be able to attend these sites.

Just as health authorities have done in Winnipeg, these sites will be in-



RECORD PHOTO SUBMITTED

tentionally established in areas not connected to clinics or hospitals so that they can prevent people who are mildly ill - but contagious - from interacting with patients seeking health care for other reasons.

The release added that the vast majority of people infected with COV-ID-19 will experience mild illness and recover.

"People should remain calm," is stat-

The IERHA is also asking that people do not visit any health care facility, including long-term care facilities, if they have returned from international travel – including to the United States - in the last 14 days, if they are under direction to self-monitor or self-isolate for 14 days, or if they are experiencing any of the following cold/flu symptoms: cough, fever, runny nose, sore throat, weakness, headache.

In the event that you or anyone in your family tests positive for the CO-VID-19 AND has visited a long term care facility or care environment within the last 14 days, we would ask that you please notify the IERHA.

At the time, public health officials are strongly advising all Manitobans, including health-care providers, to cancel or postpone any non-essential international travel. Anyone displaying symptoms of having COVID-19, particularly those who have travelled internationally in the past 14 days, are asked to contact Health Links-Info Sante at 204-788-8200 or toll-free at 1-888-315-9257 for further information. You can stay up-to-date with the latest evolving COVID-19 information by visiting https://www.gov. mb.ca/health/coronavirus





Youth stopping sexual exploitation

ISEE gives young people a chance to share their thoughts

By Katelyn Boulanger

In advance of Stop Sexual Exploitation Awareness week the Interlake Sexual Exploitation Educators have announced Ocean Leveque and Connor Mackellar-Bedard as the winners of the Youth Behind the Lens: What Adults Need To Know video clip contest.

This contest allowed students from the Lord Selkirk School Division to create a video to help spread awareness about sexual exploitation.

"They got it. It was fabulous it was bang on it was exactly what we were looking for," said ISEE committee cochair Bonnie Peloski.

The contest specifically had students tackle the subject of grooming behaviours directed towards youth, with an emphasis on a message that was safety driven. The contest was open to all students in the LSSD between Grades 7 and 12.

"[We chose video as the format for this contest] because exploitation is happening more and more online, so we thought if youth could have their part in educating adults, that it would be in something that could be shared on social media — and a video would be the best kind of thing for that," said Ryan Galashan, ISEE committee

The ISSE bought the video from the students so that it could be used in educational talks and discussions held by the educators.

"We kind of came up with the idea. I think it was a great excuse to get to learn from the youth about sexual ex-



RECORD PHOTO BY KATELYN BOULANGER

Ocean Levegue and Connor Mackellar-Bedard were presented with \$600.00 in giftcards for winning the ISEE Committee's Youth Behind the Lens: What Adults Need To Know video clip contest.

ploitation because we're always the ones preaching, but we want to know what they want to tell us sometimes, so it gives them an opportunity to teach us as adults," said Jim Dao, ISEE committee member.

Interlake Sexual Exploitation Educators typically gets their information from reports and statistics from law enforcement and Child and Family Services, but this contest allowed them to approach the issue of exploitation from the viewpoint of youth.

"A lot of things don't make it to a

report so to have that youth involvement to be able to teach us about the realities of what's going on and what's happening, I think that they delivered a powerful message of safety for people that can't find their voice against a predator and how strong those words can be," said Robin Jackson, ISEE committee member.

In the almost three-minute video,

words that predator might use to attract a young person are

used against them taking power away from the predator and putting it into the hands of the young character.

"We kind of just came up with the idea that, with sexual exploitation, it's normally an older person going in for the younger girls and the insecure people. They prioritize those kinds of people and we tried to embody that and put it into our video," said Connor Mackellar-Bedard one of the winners of the contest.

They felt it was important to become involved with the project because as social media has evolved, it's become much easier to mask who someone is online, leaving a space where someone can be exploited by feeling like they know someone well when, in fact, they don't know who that person

"I've had some friends personally who've been attacked in the past and you can't really tell because it's on Snapchat or Instagram, so you can't really tell if they're a person or not. It hits home somewhat, so I thought it would be nice to bring more awareness to the community to make sure that everyone realizes that it's going on and to bring about a change," said Ocean Leveque, one of the winners of the contest.

Levegue and Mackellar-Bedard hope to get the video out and would like watchers to learn that they can stick up for themselves and say no in situations like those outlined in the video

The video can be found on the ISEE website at interlakesee.ca/conferences-trainings--events.html

Catfish Den still taking applications

Selkirk's Dragons Den style event postponed until May

By Katelyn Boulanger

Selkirk Biz's Catfish Den is still accepting applications from residents of the four municipalities covered by Selkirk Biz despite the event being tentatively rescheduled for May 13 in light of concerns over COVID-19.

"It was interesting because it was the first year and it was a new event and we weren't really sure what to expect, but we had a few projects around the club. We presented a project that we thought would appeal to the Cool Cats, and myself and another board member came out to present and it was an absolutely fantastic experience," said Kathleen McCallum, president of the Selkirk and District Curling Club.

Catfish Den is a play on the television show Dragon's Den in which small businesses, community groups, and student groups can pitch

projects to a group of Cool Cats, which are Selkirk's version of the Dragons. Each Cool Cat donates money to the event, which they then split up between the presenters pitching their project but, unlike Dragon's Den, the Cool Cats are not partnering with the businesses.

The curling club came away with \$800 from the Cool Cats, and \$498 in audience voted support, along with donations of items and volunteer hours for their bathroom renovation project.

"I think the kicker really was our house manager, Kelly Gowerluck, came out in a handyman suit with a plunger in his hand and also we were looking for new toilets for the club and called our presentation Game of Thrones," said Mc-Callum.

Continued on page 7



Selkink Record



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Fish with every equipment known to man

Greetings fellow fishers and outdoor enthusiasts.

In the big picture of all the things we do when winter fishing, we don't give a lot of thought to cutting our ice holes. The auger works, you make a hole and get on with fishing.

Well, let's relive an experience Don Whitaker from Stonewall had a few weeks ago. His optimistic nature was in keeping with his uplifted spirits as he bounced along the ice field of Lake Winnipeg's south basin in his truck. Ready for a great day of ice fishing, the slightly overcast sun mirrored the mild weather so much so that he had turned his truck heater off. Ahead he saw a nice flat spot on the ice with only a thin layer of snow. He pulled up onto it, turned the truck off, slipped out of the cab, walked around to the back of the truck box and pulled out his ice auger.

Hauling his auger a few feet from the truck, he set the drill point into the ice and pulled the starter rope. It sprang into ear shattering life. Don set his feet apart and squeezing the throttle forced the spinning drill to begin cutting into the ice. Scrapping sounds met his ears as the machine's auger tip became buried from sight in the ice chips. Soon the bit was churning deep and Don had to bend well over to control its work. Minutes later he was rewarded with the gushing of water and ice chips erupting from the lake waters as the auger broke through the ice.

Don let the machine go and jumped back not wanting to have his boots flooded with cold water. The ice auger stood alone, upright in the hole, idling innocently. He stepped forward and grasping the auger handle. He squeezed the throttle hard again in an effort to round out the ice hole and free the drill. The motor roared and the unit shook. Suddenly Don found himself holding the handles of the screaming motor as the drill left it, screwing itself down like a rocket disappearing into the water below!

Dumbfounded, he stood motionless realizing the holding pin between the motor and the drill had fallen out! Don, however was not only a man of resolve, he was also a man of resources. He had come to fish with every kind of equipment known to man. He walked backed to his truck and unpacked his underwater camera! He set it up and soon could just make out his drill stuck straight up in the mud, buried about a foot deep.

Back he went to his truck and pulled out two magnets he had kept for just this sort of dilemma. Lying belly down on the ice he covered his head with his parka hood. With the light blocked out he could see his drill better. He lowered his magnets on their rope. They immediately shot to the drill and clamped on with clinking sound. Elated, Don pulled up on the rope. It tightened, but when he hauled up the magnets slid off the drill. He felt disheartened. Time after time he tried to rescue his drill but the magnets proved not strong enough. Finally, he gave up on the drill but not fishing. He squinted up at the hazy sun. There was still some afternoon left. He packed up and headed to town to buy another drill! Not long ago I came across a very cheery chap by the name of Tien Nguyen ice fishing on the Red River a bit upstream of Selkirk. When I asked him where he originated from, given his accent, he told me he was from Vietnam. Now a Canadian citizen for ten years, I asked him if fishing practices were any different in the country of his youth. He said he lived and fished off the Nguy River which was very clear with a sandy bottom. One of the fish they caught there is called a snakefish. I must admit I had never heard of it before and was a bit surprised to learn it also inhabits the southern waters of the United States. Apparently, it can live and crawl out



RECORD PHOTO SUBMITTED Don Whitaker of Stonewall with one of his many catches after he got a new auger!

of water for a short time!

I was on the Lake Winnipeg ice off Grand Marais a while back and met a happy go lucky guy, Randy Daly, of Winnipeg. He gave us this joke. Seems there was this chap who could not resist re-embellishing every fish story he would tell. He constantly spread his arms wider and wider each time he illustrated how big one of his catches were. Finally his friends tied his wrists together then challenged him to show how big his last landed fish was. He thought for a moment then holding his arms high he forced his hands as wide apart as his bound wrists would allow and cried out,"His eyeballs had to be that big!"

Till next week my friends, bye for

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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.

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

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St. Clements considering new waste disposal fees

Public invited to learn about changes and provide comments as RM prepares to implement later this year

Submitted by the RM of St. Clements

The RM of St. Clements is inviting feedback on waste management services as it considers the first fee increases in more than a decade.

After much discussion, the St. Clements mayor and council have decided to pursue the fee changes as a way of keeping property tax increases to a minimum as the RM addresses rising costs and improves environmental impacts.

The RM has set up a webpage at https://rmofstclements.com/wastemanagement/ to explain the changes, invite comments from residents and ensure the new fee schedule can be rolled out smoothly. The council is also interested in hearing how residents would like to see services and efficiency continue to improve as the community's waste management operations evolve.

If council adopts the proposed changes, waste management fees would increase for these services by early this summer:

Bag fees for household refuse

left at transfer stations would rise to \$2.00/bag for residents. For non-residents, the new fee would be \$4.00. At the Libau landfill, residents would still be able to leave up to 10 bags of garbage per visit at no charge.

- Tipping fees for miscellaneous garbage at the landfill would increase to \$60.00/tonne for residents, with a \$15.00 minimum fee for smaller loads. For non-residents and commercial users, tipping fees would be \$75.00/tonne with a \$25.00 minimum
- Fees for disposing of refrigeration items at the landfill would increase to \$35.00/unit for residents and to \$50.00 for non-residents and commercial users.

Council said the proposed changes are driven by the need to maintain local infrastructure and meet new environmental standards at a time when sources of non-tax revenue are shrinking. The new leachate pond at the landfill and decreased provincial funding are examples of how local infrastructure costs are rising.

Council and administration are always looking for ways to reduce costs. But beyond finding operational efficiencies, municipal governments have only two major options for closing the financial gap: They can either raise property taxes or increase user fees for local services.

Council feels that opting for increases in user fees is a better solution because it would help to limit property tax increases and ensure that a larger share of the cost for waste management services is paid by those who use those services the most.

The new fee schedule would also shift a greater proportion of waste management fees to non-residents and commercial users. Right now, non-residents pay higher fees than residents for most services, but less than commercial users. Under the new by-law, non-residents would pay the same fees as commercial users.

Meanwhile, St. Clements is making steady progress to reduce costs. A new contract for solid waste handling has substantially reduced operating costs at transfer stations, and the RM is exploring other prospects for improving efficiency in partnership with neighbouring municipalities in the Winnipeg Metro Region.

The new curbside recycling program recently launched in St. Clements is expected to generate enough savings

and benefits to cover the program's

Down the road, curbside recycling could lead to other efficiencies such as reducing the number of transfer stations, Council said. The more the basic costs of waste management are reduced, the more viable it becomes to provide residents with a greater range of safe waste disposal options.

The RM is requesting feedback on the proposed fee changes by April 17 so that comments can be considered as the by-law now before Council goes through second and third read-

More information is available at https://rmofstclements.com/wastemanagement/ or by contacting the RM office at 204-482-3300 or communications@rmofstclements.com.

"We know that low property taxes, reliable services and a clean environment are big advantages here in St. Clements, and we want to keep it that way," said Mayor Debbie Fiebelkorn."We're looking forward to hearing what the people of St. Clements think about how the coming changes should be implemented and how we can keep improving."

For more information contact Colleen Sailor, Acting Chief Administrative Officer at 204-785-4153 or colleen@rmofstclements.com

> CATFISH DEN, FROM PG. 5

She appreciated that the Cool Cats represented local businesses from various industries giving back to other businesses and community organizations.

"We're definitely in the non-profit category and it was a really great opportunity. We weren't really sure what to expect but in the end it all worked out extremely well for us," she said.

Though the audience at last year's event was quite large and her nerves were high, McCallum said that it didn't take too long once on stage to feel welcomed and get comfortable going back and forth answering the Cool Cat's questions.

"We did really well with the support of the Cool Cats and at the time [when they announced the winners] I was pretty much speechless. I turned and we had some supporters there with us and I said, 'I really cannot believe it. It's overwhelming,' and I did tell the Cool Cats as well that it was just a really special opportunity you don't see

that very often, where communities have a chance to have business people step up, offer money, and community groups that need that money, or small businesses that need that money, get a chance to request funding for specific projects," said McCallum.

So far the curling club's renovation project has gone well with most updates having been installed.

"We did get new toilets, we have two men's and two women's washrooms, on the main floor and on the second floor. We were able to replace all those toilets with new low flow toilets which was really nice. We also had extra funding so we were able to put in motion detector lights in the washrooms," said McCallum.

She encourages other community groups and small businesses to give Catfish Den a shot.

"They should absolutely should go out and present. It's a fantastic opportunity. Don't ever go in thinking that you'll never get it anyway. Just go out and put your ideas and your projects forward and you'll be really surprised,"

Applications to pitch investments can be picked up at the RBC & TD in Selkirk along with contacting Jim Pelletier at 204-482-1461 or jim.pelletier@rbc.com. They are also available Selkirk Biz's website at selkirkbiz.ca.

informa-More tion about Catfish Den can be found on Selkirk Biz's website and their Facebook page at facebook.com/SelkirkBiz

The 40th Interlake **Juried Art Show** that was to be held May 1-3, 2020 at the Selkirk Rec Centre has been **CANCELLED** due to the Covid 19 virus.

PUBLIC NOTICE

Pesticide Control Program

Public Notice is hereby given that the Province of Manitoba intends to conduct the following Pesticide Control Programs during 2020 within the province right

- 1. To control invasive plants and noxious weeds on Manitoba Provincial Right of Way.
- 2. The herbicides include: Dicamba, 2,4-D amine, 2,4-D Choline, 2,4-D Ester, 2,4-D, Mecoprop, Dichloroprop, Amitrol, Aminopyralid, Metsulfuron- methyl, Diflufenzopyr, Fluroxypyr, Imazapyr, Triclopyr, Picloram, Aminocyclopyrachlor, Chlorsurlfuron, Saflufenacil, Iron (as FeHEDTA), Glyphosate, Clopyralid, Bromacil, Acetic Acid, LI 700, Non Ionic Surfactant, Flumioxazin, & Indaziflam.

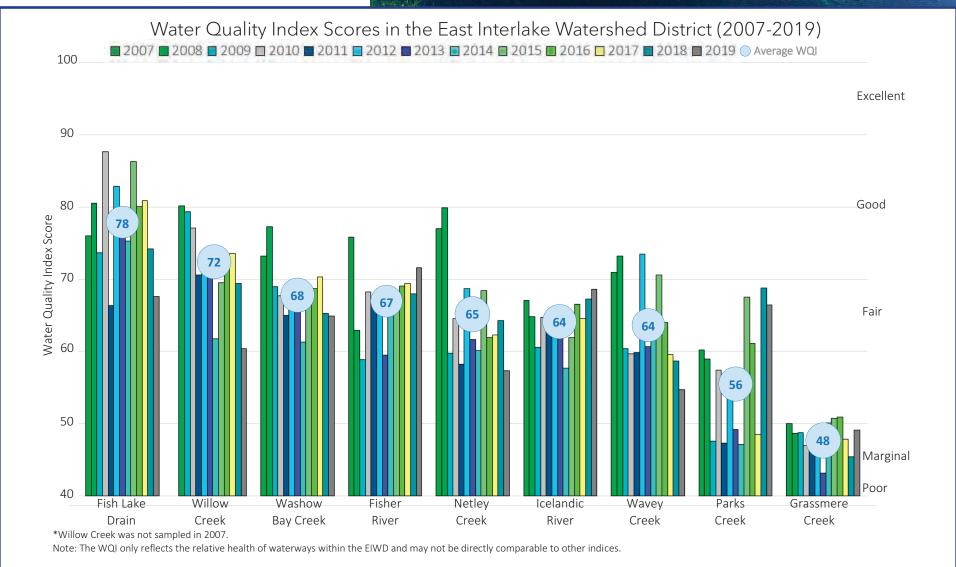
The public may send written submissions or objections within 15 days of the publication of the notice to the department below.

Manitoba Conservation and Climate **Environmental Approvals Branch** 1007 Century Street Winnipeg MB R3H 0W4













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WITH A COMMITMENT TO SUSTAINABLE DEVELOPMENT WEST ST. PAUL IS EXTENDING ITS WASTE WATER INFRASTRUCTURETO ROSSMORE AND ADDIS

We're creating positive momentum



Water quality index scores for waterways in the **East Interlake Watershed District 2007-2019**

Submitted by EICD Objective:

To assess the health of the streams in the EIWD. This information can be

used as a tool for continued watershed management and water quality improvements.

Monitoring water quality provides essential data and knowledge to:

- evaluate the condition and functions of the aquatic ecosystems
- evaluate the influence and impacts of human activities
- identify waterways that need improvement
- support the development of water policies and management practices About the Water Quality Index (WOI):
- Water quality data contains many variables that are complicated to analyze. The WQI mathematically combines all variables to provide a general and easily understood description of water quality.
- Water quality objectives are considered to asses water quality relative to its desirable state.
- The index can be used to reflect the overall and ongoing condition of the water, however, the index may not show the effect of random and transient events (such as spills).

Summary and Interpretation of the graph:

- Waterways are displayed from best WQI score to worst (left-right).
- There is a large range of WQI scores across EIWD. In general, water

quality can be described as very nutrient rich, slightly alkaline, very hard, turbid, and moderately well oxygenated.

- Grassmere and Parks Creek have the poorest water quality. They have much higher nutrient levels than other sites. These waterways have been highly channelized and run through heavily populated/developed areas.
- Some metals and ions (e.g. chloride) have been measured in Grassmere, Parks, Wavey, and Netley Creek at concentrations that could be harmful to aquatic life.
- Fish Lake Drain has the best water quality within the district. There are many wetlands, forests, and natural areas upstream of this sampling site.
- In general, the tributaries with the best WQIs are further north where there is less development and numerous healthy riparian areas.

What can we do?

- Protect wetlands and riparian zones. These habitats are natural filters for water.
- Homeowners should adopt responsible stewardship practices.

- Control soil erosion and implement nutrient management plans on agricultural land to reduce runoff.
- Improve current municipal and residential sewage treatment practices.
- Control livestock access to waterways by constructing fences and installing offsite watering systems.
- Apply fertilizers responsibly.
- Be involved and speak out!









Marjorie Paradoski celebrated for service

St. Andrew's first female firefighter recognized at Legislature

By Katelyn Boulanger

Selkirk MLA Alan Lagimodiere addressed the Legislature on March 10 and recognized Marjorie Paradoski's more than 20 years of service with the St. Andrews Fire Department as the first female firefighter in the department.

"I've always wanted to be a firefighter since I was five years old. We were living with my grandpa and his house burnt down," said Paradoski.

With only six volunteer firefighters with the department at the time, Paradoski started her career fighting fires in 1973, when she saw that there weren't enough staff to cover the community's needs, she jumped into a fire truck helping out.

Paradoski was officially recognized as a firefighter with the department in 1975 and rose to the level of lieutenant.

"I'm always looking for people in the community or events in the community that I can bring forward to the legislature that we have in the province and hopefully get the message about all the great things that we have in our region. Last year [Paradoski] was selected as a volunteer of the year in the St. Andrews area," said Lagimodiere.

The announcement was arranged to coincide with International Women's Day as Paradoski was also the first female firefighter in the province to earn 20 years of service with a fire department.

"The purpose of International Women's Day shouldn't just be one day a year. It should be throughout the year where we're trying to challenge those stereotypes and biases, and broaden the perceptions, and celebrate women's achievements in our society. My background is in veterinary medicine and I look back throughout the years and at one point the college just had men and when I went through we had about a 50/50 split in our class and now the classes are filled with women. We look around in politics years ago there were very few women in politics

and now we're trying to encourage as many women as possible to get into politics," said Lagimodiere.

He finds Paradoski's story particularly inspirational.

"She got involved to organize volunteer firefighters in the area realized that there weren't enough volunteers out there and in 1973 there's a fire going on where there's only two firefighters there and she jumps in to make a difference. From there she carried on persevered and worked her way through the ranks of the firefighters in St. Andrews," said Lagimodiere.

Paradoski said her drive to continue with the department came from not wanting other families to experience the same loss hers did.

"Our houses burnt down and I didn't like to see that happen to anybody because I know what it's like to have nothing when you're growing up. Your life just changes," she said.

Lagimodiere hopes that young women see Paradoski's story and feel empowered to pursue whatever career direction they choose.

"To be able to stand and recognize somebody from your community and have the other MLAs stand up and say what a remarkable woman that really



RECORD PHOTO SUBMITTED Selkirk MLA Alan LagImodiere with Marjorie Paradoski at the Manitoba Legislative Building.

hits home to you that we really have those people throughout our community that we need to acknowledge," said Lagimodiere.

Don't get caught by COVID-19 scams

Fraudsters taking advantage of novel virus

By Katelyn Boulanger

The Manitoba government is warning residents not to fall for phishing scams related to COVID-19.

These particular scams involve asking for credit card information following a positive test results saying that they will provide medication. The province's bulletin said that this is not a call that Manitobans would receive from public health officials and that Manitobans are advised to not provide any financial data, and to hang up on the call.

The Better Business Bureau has also issued a report warning Americans and Canadians to be on the lookout for fake cures, prevention measures, and other COVID-19 frauds that could be targeting residents, as prevention measures ramp up to stop the spread of the virus.

"Fraudsters are really good at jumping on current events, so while we haven't seen major health and pandemics tied to frauds, certainly major events such as the Australian wildfires or major floods such as New Orleans led to charity scams. It wouldn't surprise me if we see a charity scam pop up with COVID-19 as well. They are just good at preying on media," said Jeff Thomson, Senior RCMP Intelligence Analyst, who is currently managing the Fraud Prevention and Intake Unit at the Canadian Fraud Centre.

The first potential fraud that the centre received information about was an ad on Kijiji where hand sanitizer was being sold for very high prices and it was suspected that the product was not being delivered.

"It's something that we've seen with miracle cancer cures, weight loss pills, face creams, you might see herbal preventative medicines being offered," said Thomson.

The Canadian Fraud centre has also issued a bulletin warning Canadians to be on the lookout for private companies offering fraudulent 'fast' CO-VID-19 tests for sale, fraudsters creating fraudulent and deceptive online ads offering cleaning products, hand sanitizers and other items in high de-

mand, fraudsters sending phishing and other malicious emails in hopes of obtaining personal information, fraudsters going door-to-door offering fake decontamination services, fraudsters posing as police and imposing fines to consumers wearing masks claiming that wearing a mask in public goes against a full-face veil law which is untrue, and fraudsters urging investment in hot new stocks related to the disease.

So far no cures or vaccines have been specifically created for COVID-19 and medical professionals are doing all tests for the virus.

"You really have to do your due diligence. Review the seller and their account is there any feedback about that seller. How long had the ad been up for? How many ads has that seller been tied to? Offers with extremely low prices or similarly extremely high prices in this given market [should raise red flags]," said Thompson.

He explained that to avoid email scams you should set your email settings as high as they will go in order to avoid receiving the fraudulent email to begin with but if one does get through it will typically imply that there is a sense of urgency to opening an attachment or link. Following those directions could, depending on the nature of the fraud, cause malicious software to be downloaded to your computer.

"Typically these are unsolicited requests from people that you don't know. Whether they say that it's a government department or a bank. They are playing on that authority. [They may say things like] 'This is the antifraud centre that is our phone number on your call display,'. That's where the fraudsters get tricky but then ask yourself if it is a government agency or a bank they should have all of my information right? So there are other indicators there. I say don't do business on the phone or through email typically," said Thompson.

For reliable sources of information about COVID-19 visit Manitoba's website at gov.mb.ca/covid19/ or Canada's website at canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html.

To report a fraud or scam call Canadian Anti-Fraud Centre at 1-888-495-8501 and your local RCMP branch.

Your Local Community

Home Real Estate Section

HOUSES APARTMENTS CONDOS COTTAGES RETIREMENT FINANCING IMPROVEMENTS INSURANCE

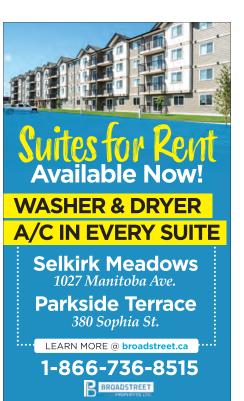


Gorgeous trends in green home design

An eco-friendly home offers many benefits. Besides reducing your carbon footprint and being better for the environment, you can save lots of money on your energy bills in the long run. Plus, many of the latest trends are simply beautiful. Here are some to consider for your next home or remodel:

Bamboo materials: Bamboo is a renewable resource that can be harvested gently, without disturbing the surrounding environment. It's also a great alternative to hardwood, since it can regenerate faster than trees. The timeless material is very popular for flooring and can also be used for bathroom and kitchen cabinets. When buying this material for your home, look for a high-quality, sustainable producer since cheaper versions can be less sturdy.

Passive house: Go beyond efficient appliances with an entire house that uses little-to-no energy. Derived from the German Passivhaus, passive house is a movement that refers to a design process that creates buildings that have a small ecological footprint and require little heating or cooling. Use the philosophy to guide decisions for your home - from adding solar panels on your roof to boosting your insulation.



Reclaimed pieces: One of the quickest and easiest ways to have a positive environmental impact is buying as little new as possible. The next time you need a piece of furniture, create something rustic by recycling or upcycling an old or vintage item with a new coat of paint or a fresh wood stain. If you're planning a demolition, try deconstruction instead - "un-build" the structure and find elements you can salvage or reclaim, like exposed brick and

Water conservation: With more parts of the world experiencing drought, saving water is one of the top concerns for environmentalists. Wasting water is also expensive and leads to higher utility bills. Upgrading your home with water conservation features can go a long way, and most are designed to look sleek and minimalist. Opt for lowflow showerheads, toilets and sink fixtures.

Insulated concrete forms: Many homeowners now prefer to build with insulated concrete forms (ICFs) because the material offers better energy efficiency and performance than traditional wood. Homes built with Logix ICFs also provide better fire protection and can help you save as







much as 60 percent on heating and cooling costs. Your home is less likely to contain cold areas as the insulation is continuous around the entire house.

Find more information about the benefits of building with eco-friendly ICFS at logixicf.com.



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Home Real Estate Section

HOUSES APARTMENTS CONDOS COTTAGES RETIREMENT FINANCING IMPROVEMENTS INSURANCE



A lesson in building a backyard retaining wall

Flat, even landscapes are often coveted in backyards. Ĥowever, flat backvards are not always so easy to find. Fortunately, varied terrain does not mean that certain landscaping plans are entirely off limits, especially for homeowners willing to build retaining walls.

Retaining walls help turn steep slopes in a yard into terraced focal points. They also can reduce soil erosion in hilly areas and can be used for



aesthetic purposes, like raised planters, or to create more usable space within the yard. When an inground pool or pond is cut into a backyard hill, a retaining wall helps keep the remaining portion of that hill from collapsing into the cut-away area.

When contemplating retaining wall projects, a lesson in physics and engineering may be needed. A sturdy and long-lasting retaining wall needs to be built in a way that will take into consideration the force of the soil and the point at which the soil will begin to slide away, advises the experts at The Family Handyman. If these calculations seem beyond the scope of your ability, installation of a retaining wall is a job best left to a professional. If you are ready to forge ahead, these tips can get you started. However, it's important to note the potential benefits of working with others who have already built a retaining wall.

- · Safety first: Call to have underground utilities plotted and marked before beginning any excavation.
- · Map out your trench and begin to dig. The trench should have a level, compacted base as it will be the foun-



dation for which the retaining wall materials, be they blocks, bricks or wood, sit in. A crushed stone base will help anchor the courses and serve to promote drainage. The Family Handyman says to bury the first course of the retaining wall one-tenth the height of the wall to prevent soil behind it from pushing the bottom out.

Check for level. When placing blocks or timbers, make sure they are even with the first and periodically check for level as you go, advises the home improvement retailer Lowes®.

· Stagger and set back. The next row

of blocks or material should be positioned so that the joints are staggered for blocks, bricks or wood. A masonry blade will be needed to cut the harder materials; a circular saw will cut

timber. Also, work against gravity by setting the second course slightly back from the first to help push back against the soil that is trying so hard to push forward. Repeat the process as each level is placed. Many retaining wall products are made with a lip to create this set back.

Go with the grade. For especially steep slopes, a gradual step-up design may be more secure and more appealing than a very tall retaining wall. Each level of a stepped design should be done like the first.

· Backfill with stone for drainage. Using a layer of stone behind the retaining wall can help successfully direct water away so it will not increase the weight of the soil behind the wall and push against the retaining wall, advises The Home Depot.

Retaining walls serve different purposes in a yard. Building such a wall requires planning and careful execution to ensure the job is done correctly.



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Exterior renovations that can improve home value

Renovating a home to improve its value can be a smart investment. Interior improvements, such as updating kitchens and baths, offer good return on investment, but there are plenty of exterior renovations that can add value to a home and give it that coveted "wow" factor.

Landscaping

Abundant and well-planned landscaping can instantly boost curb appeal. According to the landscaping company Lawn Starter, 71 percent of prospective home buyers say a home's curb appeal is an important factor in their buying decisions. As buyers use the internet to look for their dream homes, there's no denying a beautifully landscaped, nicely photographed property can entice buyers to click and read more about a house.

Address insects and minor repairs Improving home value may come down to fixing areas of the home that can negatively affect its appeal to buyers. Hire an inspector to look at key components of the house and recommend what needs to be fixed. This

way it is discovered before home buyers come in and do their own inspections. Termite infestations, deteriorating roofs and hidden water leaks are some things that might need fixing.

Improve the entryway

The front door is the focal point of a home's exterior. Invest in a new door or paint it a striking color to add appeal. Remodeling magazine's "Cost vs. Value Report 2019" indicates changing an entry door to a steel replacement can offer 74.9 percent ROI. Such a door provides visual appeal and added security - things buyers look for. In addition to the front door, make sure that the entryway has a level walkway, steps that are in good repair, accents that are free from rust or tarnish, and decorative plants.

Outdoor lighting

Outdoor lighting can add to the ambiance of a property and serve as a security feature. Utilize different lights, such as a bright light by the entry, uplighting in trees and shrubs for drama, a light-lined

path to the door to improve visibility, and motion-detection lights to improve the security of the property.

Repaint (or reside) the exterior

A fresh coat of paint or new (or cleaned) siding can instantly give homes a facelift. Neutral, warm and inviting colors tend to have the widest appeal. Adding manufactured stone veneer to the home can offer a 94.9 percent ROI, says Remodeling. And after doing the front door and siding, investing in a garage door replacement offers the highest ROI of

all exterior projects listed on the "Cost vs. Value Report 2019." This improvement returns 97.5 percent when selling.

Knowing which improvements add value to a home can help homeowners tailor their efforts to

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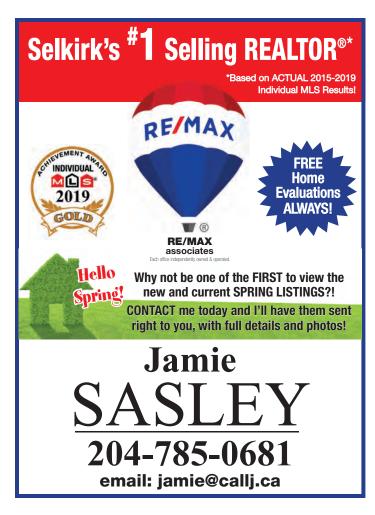
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Head Start skates away!





RECORD PHOTOS BY KATELYN BOULANGER

The Selkirk Onashiwin Aboriginal Head Start Program took their kids to the ice with RCMP officers and firefighters in the last of ten skating session as part of their learn to skate program. The grant funding for the program came from the Family Connections-South Interlake Early Childhood Development Coalition which allowed Head Start to purchase 21 pairs of skates so all students could participate, among other things. The final session, was a celebrated on March 10 with a pizza party and each child receiving an Outstanding Participation in Skating









t inspire



My employer is closing our office because of the Coronavirus and suggesting we all work from home. I am now starting to really panic about everything and I am worried about not making my payments on my mortgage if my employer decides to lay us off. Is there anything I can do?

Dear Bothered Bill!

It is not hard to get swept up in the COVID-19 panic these days when you go into any grocery store and see empty shelves. It makes you want to begin filling up your grocery cart with things you normally would never have purchased. Information keeps changing by the hour. We are being inundated with more and more closures, not to mention the feelings of trepidation when it comes to our finances.

The governments today have ensured us that all will be fine and that they will make monetary allowances to those that need it most. We have been told that job protection and security is paramount to our government and that they will be supporting all businesses impacted by this pandemic.

Askthe<mark>Money</mark>Lady.ca

That being said, what does structured loan or mortgage that mean for the average person who is wondering what to do about their mortgage payment due this month? Here are a couple of things to keep in mind.

The Bank of Canada has already cut rates and we predict that they may considering cutting another 50 basis points before the next meeting on April 15. In an effort to mitigate the continued risk that COVID-19 has on our economy, the banks are considering lower lending rates again. There is an implied expectation of an additional rate cut and this may be a great time to consider refinancing your mortgage or consolidating debt.

If you are concerned about your cashflow, there are a couple of options that you can utilize at your bank to make it easier. All conventional mortgages usually have a "skip-a-payment" option. This allows those mortgages that are in good standing to skip one mortgage payment per calendar year. All the large Tier-One Banks also have embedded cash accounts on their conventional mortgages that clients can access to either skip payments or withdraw funds in times of need.

Why not talk to your bank and see if you can get a line of credit, a lower rate on a re-

or even an overdraft on your bank account to tie you over until things recover in the coming weeks. This is not to be viewed as a financial weakness or a plan to get into more debt; but rather good financial planning to ensure you are equipped for future uncertainties and ensure the stability of your monthly cash flow.

I have received so many emails from readers who have told me stories and experiences of true kindness towards neighbours, friends, family and even strangers. I wish you could read them all Bill. It is inspiring to me to see how truly wonderful we all can be to one another. Patience and time will mend this pandemic. Why not use this opportunity of a low rate banking environment to revisit your portfolio – perhaps change your mortgage or restructure your debt. It could be a good thing!

Good Luck and Best Wish-

Money Lady

Written by Christine Ibbotson, Author of "How to Retire Debt Free and Wealthy" Follow on Facebook & Instagram

If you have a money question, please email on website www.askthemoneylady. at:

CROSSWORD

CLUES ACROSS

- 1. Yields Manila hemp
- 6. A type of gin
- 10. Japanese ankle sock
- 14. Swiss city
- 15. Applied to
- 17. Achievements
- 19. Japanese title
- 20. Possesses
- 21. Belgian city
- 22. Child
- 23. Great delight
- 24. Petty quarrel
- 26. Gathered
- 29. Zoroastrian concept of holy fire
- 31. Path
- 32. Legendary hoops coach Riley
- 34. A citizen of Denmark
- 35. Flat
- 37. Upper-class young women
- 38. Payment (abbr.)
- 39. Distort
- 40. Affirmative! (slang)
- 41. One who has a child
- 43. Without
- 45. Workplace safety agency
- 46. Political action committee
- 47. Period of plant and animal life
- 49. Swiss river
- 50. Sino-Soviet block (abbr.)
- 53. State of being kept secret
- 57. Hobbies
- 58. One-time Korean ruler
- 59. Sudden attack
- 60. Born of
- 61. Assists
- **CLUES DOWN**
- 1. Ancient Greek sophist
- 2. Famed composer
- 3. Spore-bearing fungi cells

- 4. Chief executive officer
- 5. Defunct Syrian political party
- 6. Thin wood
- 7. Polynesian garlands
- 8. Fluid replacement (abbr.)
- 9. Flammable hydrocarbon gas
- 10. Multi-leveled
- 11. Influential diarist
- 12. Gambles
- 13. Many subconsciousnesses
- 16. Current unit
- 18. Illumination unit
- 22. Tantalum
- 23. Steps leading down to a river
- 24. Kids love him
- 25. Before
- 27. Fencing swords
- 28. Mountain range in China 29. Payroll company
- 30. A way to pack together

- 31. Business designation
- 33. Thyroid-stimulating hormone (abbr.)
- 35. Forage fish
- 36. Greek temple pillars
- 37. Internet mgmt. company
- 39. Rouse oneself 42. In a way, covered
- 43. Elaborate silk garment
- 44. Cooling unit
- 46. Riley and O'Brien are two
- 47. __ fide: genuine
- 48. Ancient Incan sun god
- 49. Poker stake
- 50. Trigonometric function
- 51. Interesting tidbit
- 52. Adieus

Please see classified section for Answers

- 53. U.S. Treasury position
- 54. Midway between east and southeast
- 55. Doctors' group
- 56. Women's movement







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SDOPTS&recreation INSIDE > OUTSIDE > UPSIDE DOWN

Fishermen, Warriors' CRJHL final series cancelled

By Brian Bowman

The Selkirk Fishermen reached the final of the Capital Region Junior Hockey League for the second year in a row.

But they won't have a chance to repeat as league champions.

Hockey Canada pulled the plug on all league playoffs across the country late last week due to the coronavirus pandemic.

The much-anticipated best-ofseven final series between Selkirk and the St. Malo Warriors never even had a chance to get started.

Selkirk advanced to the final after soundly defeating the Arborg Ice Dawgs 7-0 on March 10. The win gave the Fishermen a series sweep over the Ice Dawgs.

Braeden Hummel had a great game for Selkirk with two goals and two assists while Travis Spratt also tallied twice and Reece Tessier chipped in with a goal and an assist.

Evan Bedard and Chad King also scored for the Fishermen.

Riley Bannerman made 23 saves for the win.



RECORD PHOTO BY BRETT MITCHELL

Selkirk Fishermen forward Travis Spratt scored twice to lead his club to a 7-0 victory over the Arborg Ice Dawgs last week. With the win, Selkirk swept the CRJHL best-of-seven semifinal series.

Goetz leads RHA to hockey championship

By Brian Bowman

The Rink Hockey Academy capped a fantastic season with a championship win recently.

RHA captured the CSSHL Female Hockey Championship with a solid 4-0 win over Okanagan in Penticton, B.C. on March 9.

"They were super pumped," said RHA head coach Maggie Litchfield-Medd."They were super excited for it. From the first weekend, that was our benchmark, to make it to the finals."

RHA played a great defensive game in the final.

"We came in and knew what we needed to do and we knew Okanagan was the home town," Litchfield-Medd said."They never beat us in the regular season but they came close, especially in the playoffs. But we kind of took it to them and we said 'not to-

RHA's roster included East Selkirk's Rayley Goetz, Lundar's Kenady Christensen, Arborg's Brenna Barylski and Stonewall's Brooke Wadge.

"Some of our girls are from the Interlake and for a lot of the girls, this was their first championship they had ever won," Litchfield-Medd noted. "So I think it was very special for them."

In the round-robin, RHA skated to victories over Okanagan (2-1 in a shootout), Delta (4-2), Pilot Mound (2-1), and Coeur d' Alene (6-0).

"The small rink took away from how we normally play, which is moving the puck and creating more space out there," Litchfield-Medd said. "It was more of a small-area game in a tiny square Memorial Arena."

RHA has several Grade 12 players who played significant roles on the team this past season and will be moving on.

"It was very special for them to get that (championship) in their final year and us being a first-year program," Litchfield-Medd said.

Goetz is one of those graduating players. She previously played high school hockey for the Selkirk Royals.

"She's got pretty good hockey sense when she has the puck on her stick," Litchfield-Medd said. "She knows how to manage the game well, too. She doesn't stay out there (on the ice long) and knows what her role is - and she has one of the best celly's on the team. She's comfortable around the net, too, and knows how to put pucks



Record photo submitted East Selkirk's Rayley Goetz was a member of the Rink Hockey Academy's female team that recently won a championship.

SDOPTS&recreation INSIDE > OUTSIDE > UPSIDE DOWN

Hares, Friesen excited to lead Steelers

By Brian Bowman

The Selkirk Steelers will have a much different look behind their bench next season.

Selkirk has hired Al Hares as a senior advisor and associate coach to work alongside Hudson Friesen. Friesen has been promoted to head coach after serving as an assistant to former head coach Nick Lubimiv.

"Hudson's in charge here and he should get extra pay because he's going to have to drag a senior around," joked Hares last Friday. "The game itself and the league is strong. The players are really good and the coaching is excellent."

It's an interesting pairing with the popular 75 year old Hares and the 26 year old Friesen.

"It's a wonderful opportunity for me as a coach and a person to learn from Al," Freisen said. "His resume speaks for itself. He has been through it all and has won lots of championships wherever he goes. He brings a lot of knowledge with him. For me being a first-time head coach and a younger guy, I'll be able to use his knowledge and experience to help me out if there are times where I'm wondering what to do. It will be a really good thing for me and it will benefit my career."

Both are very excited to be working together.

"The first time I signed with the Steelers was 44 years ago," said Hares.

"Hudson and I have been together quite a bit and he's filling me in on a lot of things and we're way ahead of where we think we should be."

Still, the pair has a lot of work ahead of them as they seek to return the Steelers to a winning organization.

"I think the biggest thing that the ownership group and Hudson wants to do is we want to change the culture," Hares said. "We have to get back to our hard-nosed winning ways. Somewhere along the line we have to make changes to keep up with the play. It's something that's not going to be done overnight but it can be done. It's going to take a lot of hard work... but it's going to be fun, or you make it fun."

Friesen is eagerly looking forward to his position as head coach of a Junior "A" hockey team while learning from the legendary Hares.

"I'm really excited about it," Friesen said. "Obviously, our season didn't finish the way that we hoped but I'm really excited for the opportunity. Coming from a Selkirk area and playing as a Steeler growing up and now coming back in it's kind of come full circle for me. I really want to do the best that I can working with Al to get us back on top."

As a former assistant coach with the Steelers, Friesen has a really good feel for what he has in terms of talent.

"It's definitely an advantage know-



RECORD PHOTO BY BRETT MITCHELL

The Selkirk Steelers have announced that Al Hares, left, and Hudson Friesen will be behind the team's bench for the 2020-21 season.

ing the product that we have on the ice," he said. "We had a really young group this past year and there were a lot of learning curves and things that we had to go through last year as a team."

Despite their youth, there is a lot of raw talent on the Steelers' roster.

"We're really excited about our group coming back," Friesen said. "We

have a lot of skill and highly-talented players. We have a lot of smart kids. I don't know the exact number of players returning but we only lost three players off our roster.

"The players we brought in at the trade deadline are really going to bolster our group."

Hares returns behind Steelers' bench

Organization announces several hockey operations moves

By Brian Bowman

The Selkirk Steelers may not have made the Manitoba Junior Hockey League playoffs this season but they still have been very busy this month.

The Steelers announced several organization moves - including hiring Al Hares as senior advisor and associate coach for the upcoming 2020-21 season.

"The one thing that Al brings is that winning culture," said Steelers' vice

president Darren Piwniuk last Thursday afternoon. "He definitely brings that (winning) mindset to our organization."

Hares will be joined behind the bench by new head coach Hudson Friesen, who was previously an assistant to Nick Lubimiv.

"Hudson and Al have met on numerous occasions and it looks like a really good fit," Piwniuk said.

Tim Schick will remain as head scout

and will now be in charge of hockey operations in conjunction with Friesen.

The Steelers are very excited to bring the popular Hares back coaching Junior"A" hockey.

"It was important for us to have Al back where he started," Piwniuk said. "He won a lot of championships with the MJHL Steelers and we're just proud and excited to have him back. He's very excited as well and we think the community will embrace this and together we'll develop a winner."

The Steelers missed the playoffs this past season after losing their final 10 games of the regular season. But Sel-

kirk only lost three players from this year's due to edging out of junior hockey.

Selkirk has a lot of young talent on its current roster.

"I think that any time you miss the playoffs you're not thrilled with this past season," said Steelers' president Jordan Fillion. "But we made some moves at the deadline to stock up for next year and we're confident that we're going to be a solid team next year. By bringing Al back to work with Hudson, I think it will be a good team and our goal is to do very well next year."

Manitoba Junior Hockey League cancels playoffs

Staff

Canadian Junior Hockey League, in conjunction with its 10 member leagues and Hockey Canada, have officially cancelled the remainder of the 2019-20 season, due to the ongoing global COVID-19 (Coronavirus) pandemic.

As a result, all hockey-related activities, including respective league playoffs, the CJHL's four regional championship events (Fred Page Cup, Dudley-Hewitt Cup, ANAVET Cup, and Doyle Cup) and the Centennial Cup Canadian National Junior A Championship will not be held.

In further consultation with Hockey

Canada, it was determined that the cancellation of the CJHL playoffs is an unavoidable outcome.

"We continue to align our direction, consistent with that of Hockey Canada, and support their overall direction completely," said CJHL president Brent Ladds in a media release.

"We extend our extreme gratitude, understanding and commend the due diligence put forth by the CJHL's executive board, each of our 10 league commissioners/presidents, their staffs and respective clubs and Hockey Canada in their commitment to safeguard all those involved in our wonderful game."

The Manitoba Junior Hockey League thanked all members and partners of our hockey community for a memorable season.

"We look forward to a positive and healthy 2020-21 season," the MJHL

In MJHL game action on March 10, Portage was edged 1-0 in double overtime by the Kings in Dauphin.

Former Selkirk Steelers' goalie Levi Mitchell made 43 saves for the welldeserved shutout.

Another former Steeler, defenceman Colby Jaquet, assisted on Grady Hobb's game-winning goal.

That same night, Winnipeg Blues'

defenceman Nicholas Trudel of Selkirk had a second-period assist in a 2-1 triple overtime loss to Steinbach.

The Pistons then swept the series in four games the following evening with a 5-0 victory.

In the Swan Valley series versus Waywayseecappo last Wednesday, the Stampeders stomped the Wolver-

The Virden Oil Capitals' home game against the Winkler Flyers' was the first league contest to be postponed last Thursday.

SEMHL follows Hockey Canada's decision

By Brian Bowman

Following Hockey Canada's decision to cancel all Hockey Canadasanctioned activities due to concerns over COVID-19 (coronavirus), Hockey Manitoba has canceled all sanctioned games and programs.

That includes the Southeastern

Manitoba Hockey League final between the Warren Mercs and Portage Islanders.

Further information would soon be released, according to the SEMHL website.

The Mercs went up 2-0 in the series with a hard-fought 4-3 road victory over the Islanders on March 10.

Braydon MacDonald gave Warren a 1-0 first-period lead and then the Mercs made it 3-0 as Dylan Hykawy and Chase Faulkner tallied in the sec-

Trent Genyk made it 4-0 but Portage mounted a comeback with three goals in a 9:26 span.

Jens Meilleur started the comeback soon after Genyk's marker and then Derrick Brooks and Riley Hay scored 2:02 apart late in the third.

Trent Genyk and Hykawy each finished the game with two points. Reed Peters made 20 saves for the victory.

MHSAA shuts down basketball, hockey provincials

The Manitoba High Schools Athletic Association decided last Thursday to cancel all hockey and basketball provincial championships due to concerns from the coronavirus (CO-

"The MHSAA is committed to protecting the health and safety of our

student-athletes, staff, coaches, member-schools and the health of all of our fellow Manitobans," said the MHSAA in a released statement.

The decision was made after suggested recommendations from Manitoba Health, Seniors and Active Living, and Manitoba Education and

In addition, all badminton and other school sport activities will be on hiatus until further notice.

The decision directly affected the Selkirk Royals' varsity girls' basketball

Selkirk was scheduled to play the Sturgeon Heights Huskies in the first round of the Dairy Farmers of Manitoba Provincial AAAA Basketball Championships.

Selkirk was also set to host the 12team junior varsity girls' basketball provincials, which were scheduled to begin last Thursday evening.

Royals wrap up indoor track and field season

Staff

The Lord Selkirk Royals finished up their indoor track and field season March 10 at the High School Series Championships at the University of Manitoba's Jim Daly Fieldhouse.

The Royals recorded a number of podium finishes. Carly Kazuk won silver medals in both the 60-metre and 200m races.

Morgan Lenchuk tossed a bronzemedal winning throw in the junior varsity girls' shot put.

Selkirk's varsity girls 4x200m relay team of Julie Sowany, Sayda Bloom, Emily Lazaruk, and Kazuk raced to a gold medal.

The Royals' junior varsity girls 4x200m relay team of Thierney Dignadice, Zenya Ewanochko, Amanda Shupenia, and Annessa Stasiuk captured the bronze.

"(It was a) great day for Carly, considering she's been rehabbing a hip problem for the last month," said Royals' head coach Scott Gurney in an email. "Also, Sayda Bloom ran an outstanding leg in the relay. Many of the other athletes competing that day achieved personal best performances

as well."

Selkirk's final meet on its indoor track calendar - the KPAC Champion-

ships - has been cancelled due to the COVID-19 school closure.



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RM OF ALEXANDER

SUMMER

EMPLOYMENT

OPPORTUNITY

The Rural Municipality of Alexander will

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GREEN TEAM

STUDENT WORKERS

For the period of

June 1 to August 31, 2020

Applicants must be able to perform a variety

students between the ages of 16 and 29 who

are returning to school in the fall of 2020.

Please submit a letter of application and

Jason Green, Public Works Manager

PO Box 100, St. Georges MB R0E 1V0

Application deadline: April 15, 2020, 4 p.m.

Thank you to all candidates for your interest,

however, only those individuals considered

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PUBLIC NOTICE

1. To control noxious weeds on the Mars Sandhills

property. The project dates of application will be May 1, 2020 to October 20, 2020.

The herbicides to be used: Par III, Super

Sandhills property. The projected dates of application will be from April 25, 2020 to

November 30, 2020. The fungicides to be

Instrata, Heritage Maxx, Banner Maxx, Éagle

The public may send written submissions within

Environmental Approvals Branch

Manitoba Conservation and Climate

1007 Century Street

Winnipeg, Manitoba R3H 0W4

15 days of the publication of this notice to the

used include: Iprodione, Daconil Ultrex,

WSP, Renovo, Velista, Civitas, Medalion,

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2. To control fungal diseases on the Mars

Spreader Sticker, Mecoprop, Oracle, Banvel VM.

HOUSE FOR RENT

2 bedroom, SxS, large kitchen, living room, deck, fenced yard. \$895/mo. plus utilities. Ref. required, immediate poss. Call 204-292-4526.

APARTMENT FOR RENT

Tollak Place has 1 & 2 bedroom suites, located at 40 Eveline Street. Spacious suites, with A/C, storage F/S, areas and large balconies; utilities are included, parking is extra. Tollak 2 is a 55 plus bldg., river view apts. with central air, F/S, DW & microwave; large storage area off the kitchen and a balcony; utilities and parking extra. Call the onsite office 204-482-2751 for AVAILABIL-

APARTMENT FOR RENT

Century Selkirk, 165 Main Street. Currently we have bachelor & 1 bedroom suites for rent. Rent includes heat & water. Close to all amenities & bus route. Onsite laundry & parking available. Rents start at \$936. No pets & no smoking. Please contact Heath-

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er at 204-785-2200 for

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HELP WANTED

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Like working with wood and working close to home? 204 Pallet & Packaging in Stony Mountain is looking for full time production workers. Please call 204-344-5404 for details.

Pizza Den restaurant & Lounge now hiring full time assistant manager. Applicant must be hands-on, multitasker, team player, Evenings & weekends reg'd. Previous hospitality industry experience an asset. Drop off resume or send to robert.magnifico@ amail.com

DAYCARE

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UPCOMING EVENTS

com

Grand Marais Rec Assoc., 90 Matilda Ave. Town Meeting, everyone is welcome. Wednesday, April 15th at 7 p.m. to discuss the future of the Grand Marais Rec Centre.

Manitoba Orchid Society Show and Sale at Breezy Bend, Headingley. March 27 - 29. daily 9:00 - 4:30. \$8, under 14 free. www. manitobaorchidsoci ety.ca

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Public notice is hereby given that the Mars Sandhills Golf Course property intends to conduct the following Pesticide Control Program during 2020.

St. ANDREWS

PUBLIC

NOTICE Notice is hereby given that Larters at St. Andrews Golf and Country Club intends to conduct the following pesticide control program during 2020.

- 1. To control noxious weeds within the property of the golf course between May 1 and October 31, 2020. The herbicide used will be par III and Roundup.
- 2. To control fungal diseases within the property. The fungicides used will be Heritage Max, Instrata, Banner Max, Medallian, Civitas, Secure, Posterity.
- 3. To control insects within the property of the golf course between May 1 and October 31, 2020. The insecticide to be used is Delta Guard.

The public may send written submission within 15 days of the publication of this notice to the department below:

Pesticide Section Environmental Approvals 1007 Century St. Winnipeg, MB R3H 0W4

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UPCOMING EVENTS

Grand Marais Rec Assoc., 90 Matilda Ave. Elections/AGM April 16th, 2020 at 7:30 p.m. Positions to be voted on: President, Vice President, Treasurer, each position is a 2 year term, all are volunteer positions. *valid 2020 memberships are required to vote.

Huge Antique, Vintage & Collectible Sale! Friday, April 3, 4 p.m. - 9 p.m. & Sat., April 4, 10 a.m. - 4 p.m., \$7 per person. Assiniboia Downs, 3975 Portage Ave., Winnipeg. Free parking. For info (204) 478-1057

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The Municipality invites tenders for the following: The Municipality of St. Clements requires approximately 300 miles of roadway to be cut on both sides (600 miles total) for the 1st cut (spring) & approximately 300 miles of roadway to be

Request for Quotation No. RFQ-2020-02

Roadside Grass Mowing

Tender documents are available from the Municipal Office and on the website www.rmofstclements.com. Sealed submissions clearly marked "RFQ-2020-02 Roadside Grass Mowing" will be accepted by the undersigned until 12:00 p.m. on April 9, 2020 or emailed to pwadmin@rmofstclements.com.

cut on both sides (600 miles total) for the 2nd cut (fall).

The Municipality reserves the right to reject any or all bids, waive irregularities and informalities therein, and award the tender in the best interest of the Municipality in its sole

Greg Elson, CET Public Works Manager Municipality of St. Clements 1043 Kittson Rd, Box 2, Grp 35, RR1 St. Clements East Selkirk, MB R0E 0M0 204-482-3300



EMPLOYMENT OPPORTUNITY

The Rural Municipality of St. Clements is seeking applications for the following four positions:

SUMMER "GREEN TEAM" POSITIONS

(Please state earliest start date approx. May 4 - Aug 31, 2020 at a rate of \$14.65/hr)

SEASONAL CLASS 1 - HEAVY EQUIPMENT OPERATOR

(Seasonal Class 1 rate \$26.71/hr 6-month probation rate \$25.71/hr)

SEASONAL CLASS 2 - RUBBER TIRE OPERATOR

(Seasonal Class 2 rate \$24.51/hr 6-month probation rate \$23.51/hr)

SEASONAL CLASS 3 - OPERATOR

(Seasonal Class 3 rate \$20.95/hr 6-month probation rate \$19.95/hr)

SEASONAL POSITIONS RUN **APPROXIMATELY MAY 4 TO OCTOBER 30, 2020**

position(s) applied for will be received up to 4:00 p.m. on March 26, 2020 or via email to pwadmin@rmofstclements.com.

Thank you to all who apply, however, only those candidates selected for an interview will be contacted.

Apply to: Greg Elson, CET Public Works Manager 155 CIL Road Box 2, Grp 35, RR 1 East Selkirk, Manitoba, R0E 0M0 Fax: (204) 482-3660



The RM of St. Clements is considering new waste disposal fees. For more information please visit our website at:

www.rmofstclements.com/waste-management

1043 Kittson Road Box 2 Group 35 RR1 East Selkirk, Manitoba R0E 0M0

Telephone: Selkirk 482-3300 Winnipeg: 474-2642 Toll Free: 1-888-797-8725

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Selkirk

PUBLIC NOTICE

SPRING ROAD RESTRICTIONS

The Public is hereby advised that the 2020 Spring Road Restrictions will be in effect in the City of Selkirk throughout the following dates unless otherwise notified:

March 18 - May 29, 2020

Spring Road Restrictions shall prohibit gross weight per axle assembly on City of Selkirk streets from exceeding **60 kilograms** in weight per 10 millimeters of width of tire.

65% of normal axle loads on residential streets 90% of normal axle load on truck routes

The purpose of Spring Road Restrictions is to protect roadways from damage during spring thaw conditions.

Council requests the co-operation of its citizens and the commercial industry.

For further information, please call Citizen Support at 204-785-4900

Details of these positions, including qualifications, can be

found on our website, www.rmofstclements.com Applications with detailed resume clearly stating the

BOOK YOUR ANNOUNCEMENT TODAY Call 204-785-1618

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Announcements Selkink Regard

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ANNOUNCEMENT

BIRTH ANNOUNCEMENT



Hunter Alexander Fedorchuk

Derek and Taylor Fedorchuk along with big brother Chase, grandparents Cindy and Brian Fedorchuk and Erin Blahitka are proud to announce the birth of Hunter Alexander Fedorchuk. Hunter was born on February 7, 2020 at 12:32 p.m. in Selkirk, MB. He weighed 8 lbs 15 oz and was 21 inches long. Welcome to the world baby H!

ANNOUNCEMENT

IN MEMORIAM



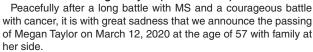
Tara Lamb (Wachal)
July 4, 1973 – March 24, 2005
In loving memory of
Our dear daughter and sister

There is always a face before us,
A voice we would love to hear;
A smile we will always remember,
Of Tara we loved so dear.
Deep in our heart lies a picture,
More precious than silver or gold;
Pictures of memories of Tara
That will never grow old.
Time slips by and fifteen years have passed,
Still seems strange not to have you here with

-Love Mom, Dad, Shannon (Mike)

OBITUARY

Megan Taylor (nee Nicolson)



Megan will be forever remembered by Perry her husband of 38 years; their children Brent (Jaime), Keith (Sam), Tanya (Blair) and Chad (Sam); grandchildren Kady, Lily, and Henry McDonald; mother Sabie; siblings Craig (Karen), Margo (Norm), Mark (Joanne) and Brad (Sonya); mother-in-law Elizabeth; brother-in-law Dale (Marcia); sister-in-law Donna Lynn (Barry) and numerous nieces and nephews.

She was predeceased by her father Alistair and father-in-law Harold.

Megan was born in Arborg, Manitoba. Her family moved around a bit till they settled in the Petersfield area where she met her soulmate Perry. She stayed home to raise their children till Chad was in school. Then she volunteered at the school where she was asked about being a teacher aide. When she was hired as a substitute, she went to different schools until she ended up getting a position at William S. Patterson where she wanted to be.

The things she liked to do in the last few years were playing games on her iPad, going to watch Survivor with her girls and going to South Beach. But her favourite thing was going with Tanya and the kids anywhere, groceries, zoo, shopping, museum, etc. Also having any of our children home for supper.

Honorary Pallbearers are Sheryl Arnason, Nikki Bruce, Robin Craig and Kathi Long. We will miss you.

Cremation has taken place and a celebration of her life will be held at a later date. Details to follow. Condolences may be left on her tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Blanche Cornell (Fisher) Bjarnason July 13, 1933 - March 10, 2020

After a courageous battle with cancer, Blanche has earned her angel wings, and is now watching over her family and friends from above.

A memorial service will be held at the Ardal - Geysir Lutheran Church this summer, and she will be laid to rest at the Geysir Cemetery.

Memorial donations may be made to the church, c/o P.O. Box 160, Arborg, MB R0C 0A0 or other charity of your choice.

For those who wish to sign the online Guest Book please visit www.chapellawn.ca

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SUDOKU



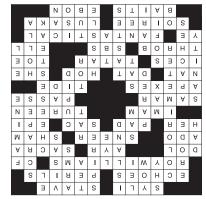
Level: Intermediate

Here's How It Works:

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

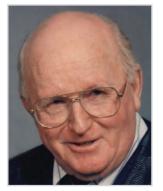
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Sudoku Answer



Crossword Answer

Announcements Selkink



Alfred (Alfie) Wallace

Peacefully, on March 5, 2020 Alfred passed away surrounded by family, at the age of 97 years.

He is predeceased by his loving wife Verna in 2012 and survived by his children Linda, Kevin (Colleen) and Erin; grandchildren Jennifer (Blaine), Nettie and Grace; great-granddaughter Charli; brother Gerald (Susan); sisters-in-law Betty, Elsie and Laura as well as numerous nieces and nephews. He is also predeceased by his brother Earl and son-in-law Keith.

Alf was born September 22, 1922 in Portage la Prairie, MB and moved to Petersfield, MB with his family in 1937 where he farmed until 1976. In 1949 he married Verna Taylor and together they raised their three children on the farm. He also worked for Manitoba Crop Insurance and in 1972 he purchased Western Air Brakes with his brother Gerald, where he worked until his retirement in 1987.

Alf and Verna moved to Selkirk in 2001 where they lived in 'Kiwanis on the Red', 'Woodland Courts', and finally 'Tudor House'.

The family would like to thank the employees of Tudor House for the love and compassion they gave to Dad over the last seven years, especially in his final days. Your devotion and dedication are very appreciated. Chelsea's cheerful voice always brought a smile to his face.

In lieu of flowers, donations may be made in Alf's memory to the Selkirk & District Community Foundation at sdcf.ca/donate/.

Friends and relatives are encouraged to share in charitable donations, stories and condolences for the family by visiting Alf's memorial page at EthicalDeathCare.com

In accordance with his wishes, cremation has taken place and a private family interment will be held at a later date.

OBITUARY



Elaine Tichborne (Coumont)

It is with heavy hearts and sadness that we announce the passing of Elaine, with her precious family and friends by her side on March 10, 2020.

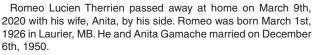
Elaine's greatest treasure was her family and her husband Mel, daughter Delaine (Stephen), Evan, Keanu, daughter Melanie (Jason), Shea-Lynn, Dylan, Lana Jeremiah, Lydel, son Blaine; brothers Howard (Lorraine), Brian, Raymond, Allan (Betty), Keith (Debbie); sister Cathy (David); the Tichborne family; nieces/great nieces, nephews/great nephews, and cousins. Elaine will now be with her mother Alva, father Henry, and sister Arlene.

Elaine's bravery was immeasurable and she will be deeply missed by everyone who was lucky enough to have her in their

Our Mom looked at her family and friends and knew she had won the lottery!

OBITUARY

Romeo Lucien Therrien



Romeo will be lovingly remembered by his wife Anita; son Robert (Judy) Therrien, daughter Elaine Therrien (Ira Minor), son Guy (Kim) Therrien, daughter Mariane (Mark) Riding; 12 grandchildren, and seven great-grandchildren with another expected in July. He was predeceased by his daughter Janine Therrien.

Romeo was the third oldest of 16 children and will be sadly missed by his surviving sisters Constance Belanger, Denyse Kuindersma, Marie Conklin, Lorette Therrien; brothers Lawrence (Leone) and Remi; and in-laws Annette Morrison, Dolly (Dan) Cole, Harvey Gamache and Irene Gamache as well and many

After a few years in Sudbury, Ontario, Romeo and Anita moved back to Manitoba in 1958 and made the St. Andrews and Selkirk area their home. Golfing was their passion and a summer pastime that they both enjoyed. Romeo and Anita were members at Selkirk Golf Course and the Mars Sandhills Golf Course where they made many friends over the years.

Romeo worked at the Gerdau Manitoba Steel Mill for 29 years and was a member of the Steelworkers Union. Romeo was also a World War II Veteran and a member of the Selkirk Legion. You may have seen him on the Legion members float in the 2017 Selkirk parade.

Romeo was an avid hunter, fisherman, and enthusiastic hockey and baseball armchair coach. He was a wonderful storyteller and he enjoyed sharing the family's history and his many life experiences with his children, grandchildren and great-grandchildren.

According to his wishes. Romeo will be cremated, and a Memorial Service was held on Friday. March 13th at 1:00 p.m. in the Gilbart Funeral Chapel in Selkirk, Manitoba.

In lieu of flowers, donations may be made to the Canadian Heart and Stroke Foundation. Condolences may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Rhonda Shelly McMahon (nee McKenzie)

September 13, 1969 - March 9, 2020

Peacefully on March 9, 20202, Rhonda passed away with family and friends by her side. Funeral Services to celebrate Rhonda's life are pending. Arrangements entrusted to:



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OBITUARY

Wavne Allan McRae

Peacefully, on Tuesday, March 17, 2020, at the Selkirk Regional Health Center, Wayne McRae, aged 76 years, of Selkirk, MB, beloved husband of the late Judith, passed away. Full obituary to follow.

Gilbart Funeral Home. Selkirk in care of arrangements.



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