



The Selkirk Record

THURSDAY, APRIL 2, 2020

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Saving dreams

RECORD PHOTO BY BRETT MITCHELL

Cathy Krawchuk and Judy Scott met through speed skating at the Selkirk Rec Complex, but never imagined that the casual meetings would tie them forever. See story on page 3.

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'It's surreal'

Two speed skating mothers form a beautiful connection as result of a selfless act

By Ligia Braidotti

Whenever one donates something — clothes, food, time, etc. — it creates a forever connection between the donor and the recipient.

Two local women are experiencing this connection because one decided she would go against all odds to help the other.

Selkirk's Cathy Krawchuk and Clan-deboye's Judy Scott met through speed skating. At first, they were two mothers spending time at the Selkirk Rec Complex watching their daughters' practice. Little did they know that life had put them together for a greater purpose.

As the new friendship grew, Krawchuk started to notice something wasn't well with Scott. Finally, Scott, who is the mother of speed skating medalist Alexa Scott, shared her health condition. She was suffering from kidney failure and was on dialysis.

One day, the two were talking and Krawchuk mentioned she was a universal donor.

"We had joked, and Judy says 'Oh, you're a universal donor, you could give me your kidney,' and we laughed about it and we just went on from there. We didn't talk about it again," Krawchuk said. "But one day, we were here (at the Rec Complex) and she was watching Alexa skate, and she turned and said to me 'I could watch that girl skate all day long.' And it was at that moment that I thought, 'Oh my gosh, if someone doesn't give her a kidney, she is going to die.'"

Krawchuk spoke to Scott's husband Malcom about how she would go about to donate. Four months later, after pondering about the donation, she started doing all the tests to see if she was compatible and able to donate her kidney to Scott.

"There are things that now I have to be aware of because now I only have one kidney. I'm not allowed to play contact sports, I have to watch my blood pressure and what I'm eating. Those are my side effects," she added. "The side effects are so little compared to the other side. It was the right thing to do and I don't regret it for one second, and I would do it again in a heartbeat."

Dialysis has always been a part of Scott's life. It has taken a toll in her ability to watch her daughter compete throughout the world because she couldn't go too far without bring-

ing all of the dialysis machines and equipment with her.

"I'd hook up at night and it would run for nine hours at home. Dialysis doesn't do everything a kidney does, so you're behind the eight ball all the time. But you couldn't live without it," Scott explained.

She added every time they went to Calgary to watch Alexa skate, they would load up the truck with all her supplies, which were plenty.

Although Scott was hopeful she would gain her life back, she couldn't seal the victory just yet.

"I was very guarded because I knew what she was in for with testing. I wouldn't allow myself to get excited," she commented. "She would send me updates all the time what she was going through. I wouldn't allow myself to get excited, because if something went wrong, I was back to square one."

"You hear these stories about an acquaintance, a co-worker, but to actually live it myself is just almost surreal. It's so life changing."

Life changing indeed.

"When you have this ability, or are given this ability to help somebody out and you follow through with it, you have no idea how life changing it is. Not only for her but for yourself, because it puts things into perspective. It brings the things that you really find important to the forefront," Krawchuk added. "I have learned that there are people in you life that are also important and they are not always family. How very lucky we are that we've been able to do this."

"What was important to me was that I was helping somebody, and I was trying to also teach my daughter that in life, it's not what you have at the end, it's what you've done to other people."

Both Krawchuk and Scott said that the support of their immediate family members was essential to make this experience a remarkable one.



RECORD PHOTO BY LIGIA BRAIDOTTI

Judy Scott holds Alexa's skates. She can now watch her daughter skate and compete around the world thanks to Cathy Krawchuk's kidney donation.

"My husband just said, 'Oh, okay,' and that was it," Krawchuk commented. "My daughter felt like we were doing it, and we were, as a family. We were helping Judy."

She also mentioned she was grateful for her employers at Selkirk Home Hardware, who also supported her through her donation.

Last November Scott gained her life back. The two had their surgeries at the Health Sciences Centre in Winnipeg and left the hospital with new dreams, hopes, and lessons learned.

"When you're in dialysis, you've got no energy, you're tired all the time... your concentration goes. You live around dialysis. And now I have my life back," Scott said. "I'm a free woman."

Although Scott is still having lots follow up appointments to monitor her kidney transplant, she is now able to follow her daughter's achievement closer.

"To see her live her dream is just almost as surreal as going through (the transplant). Our life right now is so un-normal. I have a daughter who is rising in the speed skating world, I've got Cathy who donated me this kidney... everything happens at the same time sometimes, it's surreal."



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Vinnies Hot Foods helping amid COVID-19

Community teams up to ensure those in need are fed

By Katelyn Boulanger

Vinnies Hot Foods, a restaurant serving vegan Indian food in Selkirk, offered to help those who are in need during this COVID-19 outbreak by providing free meals.

In a post, posted March 19, on the restaurant's Facebook Page they said, "If anyone in Selkirk or Interlake area is stuck and unable to buy groceries due to lack of money or health let us know. We will try our best to provide a meal to the needy."

This offer also extends to families with children in lunch programs that need an extra meal to help while programs are closed.

"At this moment, everybody is struggling for each and everything, be it rent or [paying] their credit card or paying [for] their kids because they aren't in school anymore, and paying for that one extra meal at home because they're already struggling with their paycheques. [It was] something that we thought that we could help them with in this hour of need with the layoffs and everything happening. What's better than at least giving

a meal to set aside hunger because that's the last thing you want," said Veena Nandan, owner of Vinnies Hot Foods.

Vinnies is offering one free meal per person, adult or child, from Tuesday to Saturday to be picked up between 4 and 7 p.m. with bagged meals available for Sunday and Monday when the business is not open. They will also provide delivery services for those who cannot come to pick up their meal.

"[This offer is for] anybody who is struggling right now to provide a meal to their family, whether they are laid-off or they don't have money or they ran out of their resources. It could be kids whose parents rely on food [from programs in the community] to provide meals for their kids. It's one way to keep feeding their kids healthy meals," said Nandan.

Last week they were able to supply 54 meals to people in need.

"[We are] trying to balance it in terms of giving a balanced meal which has a protein and a vegetable and carbohydrate for kids and adults as well," said

Nandan.

She felt that this is the best time to help out the community and give back while also trying to keep her employees working.

"[COVID-19] has affected us because sales are almost zero though we are offering take out and Dash delivers at this moment because people are scared to come out or they don't have money to buy for themselves," said Nandan.

She hasn't done this alone, having been helped by the Lord Selkirk Hotel and Beer Vendor and Lord Selkirk Regional Comprehensive Secondary School who have helped by providing supplies.

Vinnies asks that residents in need contact the restaurant via phone at 204-227-1646 or their Facebook page, which is facebook.com/VinniesSouth-Indian, to order their meal so that they can arrange for people to pick up meals at different times to better maintain social distancing and to make sure meals are ready when people arrive.

"Anybody that comes to us for help can come. Nobody is denied," said Nandan.

Nandan also asks that residents who know of someone who would benefit from a meal pass along this information to them so that no one in Selkirk or South St. Andrews goes hungry and to support small local businesses who are struggling at this time.

Opinion: #GiveltABreakSundays

By Brett Mitchell

Sunday, April 12 is Easter Sunday.

Businesses are to stay closed in Manitoba on this day each year. A few weeks ago a post showed up on Facebook encouraging businesses to be closed not only on Easter Sunday, but for the seven Sundays to follow as well. The idea is to give people with family members in service industries a day once a week to recharge together.

I harken back to the '80s before Sunday shopping was even allowed, life was so much better. Family dinners, spending time with children, getting together with friends — it was all very possible and so healthy. This Sunday shopping thing has

been a huge mistake and we have paid the price socially.

It's not about having Sunday off because of one's religion, it's about having a down day together as family or as friends. It's healthy for the mind. So setting our clocks back to 1984 for just eight weeks will help folks in the essential service classification to get the break in the action; a break they could really use right now to stay positive and to stay sane. They are doing a fantastic job out there, let's not wear them right out.

This Easter Sunday, remember to social distance — no groups larger than 10 and just stay safe out there.



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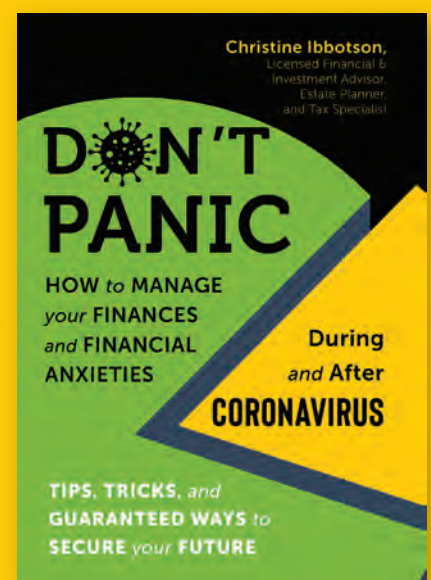
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Inclusion Selkirk, distillery helping others protect themselves

Capital K Distillery changes production line to help non-profit

By Katelyn Boulanger

Inclusion Selkirk just received an order from Capital K Distillery for a sanitizing spray, which will be used to keep Inclusion Selkirk's community homes clean and as a hand sanitizer while dealing with COVID-19.

"We are a member of Abilities Manitoba and Abilities Manitoba is kind of a go between for us and approached Patent 5 Distillery, Capital K Distillery, and a bunch of the other distilleries around to see if they could switch over from producing their alcohol to doing an alcohol-based sanitizer because the shelves are bare. The second that it came out in the news, I reached out to Scott at Capital K and started the conversation about if we could get any of the product in and how soon," said Merilee Mollard, Inclusion Selkirk's Fund Developer.

Capital K Distillery is a Winnipeg based distillery that typically makes infused spirits.

"We saw that there had been other distilleries, both craft distilleries like us but also the larger distilleries, switching their production over for, I think the World Health Organization refers to it, a hygienic hand antiseptic. We saw that other people were doing it and so we immediately ceased production of our spirits and switched over to using up the remaining inventory we had for this product so that we could get it to those people who are looking after us," said Scott Kinnear, distillery administrator for Capital K.

The product is a stronger alcohol based product than Capital K would typically make for their spirits but the production is very similar. They typically take alcohol created from Manitoban grain up to a 95 per cent alcohol content, then dilute it through a reverse osmosis process until it is the

appropriate strength for consumption. However, to make the sanitizing product, they instead end the process with the alcohol at a 65 per cent solution. To complete the process, they then denature the alcohol so that the product is not consumable.

"We just see so many people putting themselves in danger for all of us and we just wanted to do something to assist because we knew that there was a shortage of this type of product," said Kinnear.

The sanitizing spray that they are creating is being put into their existing stock of bottles, which can be fitted with a universal spray head for use. Kinnear warns that the product that they are creating doesn't have a moisturizing agent in it so it is recommended that users moisturize after using the product as a hand sanitizer.

"To the credit of so many government agencies they have been working with us to help to get us through this because it's a different process, so there's a different accreditation that you need to get and I think there needs to be credit to the different government agencies that they have been assisting us, rather than putting up any barriers," said Kinnear.

The charge that Capital K is asking for the sanitizing spray goes towards covering the cost of the product and the company is donating their labour to make it as affordable as possible.

"Capital K is a small business, but a lot of the times the small businesses are very community minded and then you get the larger companies that will do it also. I think it takes a lot of imagination and innovation to provide something that they don't normally provide to the public," said Mollard.

Inclusion Selkirk received their shipment of the product on March 27 and



RECORD PHOTO SUBMITTED

Sabrina Uskoski (left) and Alisha Ellis, employees of Inclusion Selkirk, with their order of sanitizing spray provided by Capital K Distillery who changed their production process in order to create a sanitizing product amid COVID-19 shortages.

distributed them throughout their 13 community homes and throughout their head office in areas that require staff to be present.

"Abilities Manitoba has just been very on top of this to share information and give us updates daily and to really make sure that we're having ac-

cess to the information and resources that are out there. So I think that this has shown us that by working together we can overcome a lot of the challenges that are out there," said Maria Freeman executive director of Inclusion Selkirk.

Given the COVID-19 pandemic, and the Government of Manitoba's prohibition on gatherings of more than 50 people, Red River Co-op will be rescheduling their Annual General Meeting, originally scheduled for April 23, 2020. No rescheduled date has been set, but notices will be posted when a new date is set.

The postponement does not affect the election results for the board of directors. The results of this election will be communicated to members and candidates at the postponed AGM. The current members of the board of directors will continue to serve in their roles until the completion of the AGM on its rescheduled date.

All members can still vote for their board either online or by-mail by 4:00 PM April 13, 2020. Instructions are included in their mailed member packages.

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Welcome my friends.

Wade's headlights danced wildly piercing the early morning darkness as he maneuvered his truck-trailer rig over the potholed trail down to the ice of the lake. He stopped at a flat, snow covered patch and turned the truck off. Sitting in silence for a moment he looked out at the faint light on the horizon that signaled the rising sun. He pulled his cap down tight on his head, covered it with his hood and slipped his mitts on as he left the truck.

Wade walked back along his trailer and moving with care in the dark, climbed up beside his strapped down quad and sleigh. Freeing the straps went quickly and he soon sat on the idling quad, the smell of grey exhaust filling the air. He raced the motor a bit as he backed his rig off the trailer. Free now, Wade felt a surge of expectant joy for the coming days fishing and made for the middle of Lake Winnipeg's south basin. Wobbling and bouncing over the snowpack the quads bright lights became dim in the early morning dawn.

Far ahead he could see other anglers' trucks roaming slowly on the ice looking for a lucky spot. In time he passed them. He liked to be alone. Soon the big ice break loomed ahead. Off to his right he saw a thin, grey stick someone had stuck in the snow marking a narrow rough passage over the break. He slowly guided his rig careening over the break to the vast ice and snow field that seemed to stretch forever. He loved it out here. With nothing but his thoughts and the anticipation of catching something special, he pressed on, the constant undulating growl of the motor as it worked over ice or snow, his only companion.

In time the thin black shoreline told him he was in the middle of the lake. Wade stopped on a patch of ice with little snow, dismounted his quad and began taking his fishing gear from

the sleigh. In the bright daybreak, with a brisk wind in his face Wade set the drill of his auger on the ice and pulled the starter rope. The motor crackled then screamed as it made the wobbling drill bite into the ice. His drilling went quickly and soon trimmed the slush away from two ice holes. Wade was a man who thought ahead. Before leaving home he had hooked thawed minnows on the lines of his short rods. Now, as he took them out, they were frozen but would soon soften as he dropped them into the water. He sat silent on the quad looking out over the endless, silent, now sun-bathed ice pack.

The routine of many ice fishing days brought the urge for coffee to him and he opened his lunch box taking out a huge thermos. He unscrewed the top and poured the steaming aromatic coffee into the cup. He sipped it burning his mouth. Wade grimaced bending over the side of the quad and grabbed a handful of snow dumping it the coffee to cool it then continued sipping. The rod closest to him jerked downward! He set the coffee cup down, jumped from the quad and grabbed it. He felt a frantic rapid jerking on the line and began reeling in. Suddenly the jerking became a steady hard pull. Wade flipped off the drag and let the fish run. The fish stopped and he began reeling in again a little slower. Standing over the ice hole Wade saw a flash of green as the body of a fish darted past below the holes water. He let it run again. Three times it swam away and each time Wade patiently brought it back. The last time the fish came to the hole without fight. Wade knelt and seeing the head of his



RECORD PHOTO BY ARNIE WEIDL
Wade Jones with one of his great catches from Lake Winnipeg.

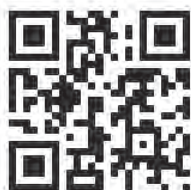
walleye, he plunged his hand into the icy water, grabbed it by the gill and tossed it onto the snow.

It was getting warmer now. Standing up, he raised his head to the sky. Though the sun and white snow fields made his eyes hurt, Wade saw billowy, light grey clouds gathering. Sitting on the quad he dug into his cooler, his fingers finding soft egg salad sandwiches. He brought them up munching contentedly, washing them down with warm coffee as he watched his rods. As the sun sank lower, in satisfying intervals Wade would see one of his rods dip with the reward of another fish though none were as big as the first which he had measured and released. Even with the overcast afternoon the warmth remained. Wade perked up feeling a raindrop hit his face.

It was time to go home. He packed up and regained the trail that had brought him here. As Wade headed for shore, he found himself laughing as he wiped the intensifying sleet and rain from his face and eyes. It had been a good solitary day of fishing. Later at home, he fell asleep content, having lived the kind of day he knew suited him.

Till next time, bye for now.

View the Selkirk Record online at selkirkrecord.ca



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School play structures closed to residents

Province's school boards take action to limit COVID-19 transmission risk

By Katelyn Boulanger

Manitoba's School boards have taken action closing all play structures to residents to limit the transmission of COVID-19 on these high touch surfaces.

"The decision was made by the Manitoba School Boards Association's risk management team and we received notice on [March 22]," said Michele Polinuk, Superintendent/CEO of the Lord Selkirk School Division.

The memo sent out by the Manitoba School Boards Association advised schools to remove any equipment to limit its usage, in addition to closing the play structures.

"They also provided a sample of what the posters [indicating that the play structures were closed] could look like. We used that as our template and we may add a little bit to that and we put them all over our school grounds by the playgrounds to help notify people when they come that it's not safe to be on there," said Polinuk.

The closure of the playgrounds was put into action immediately and is effective until further notice.

"The structures are high touch areas and so the public health directive is not only to maintain the two meter distance but it's also how long the virus is viable on a particular surface. Often on playgrounds people often have their hands without necessarily having gloves on them so that's the point there. It's all about the closeness the social distancing to people and how long the virus lasts on the particular surface," said Polinuk.

The memo advises that the virus is viable for different lengths of time on different surfaces, however, plastics and stainless steel objects, which many play structures are made of, have the longest time listed, saying that the virus can be viable for three days.

"It was a positive move. I'm finding it very interesting that we're doing it on school playgrounds but there are other playgrounds out there as well that aren't associated with the school so I'm hoping that that also continues whether they are city playgrounds or whoever owns the playgrounds, even in [resident's] own back yard that their kids are the only ones that are playing on their playground as well," said Polinuk.

The signs that residents may see on and near the play structures have a

play structure surrounded by a red circle with a line through it as well as text which says use of playground equipment is prohibited at this time to limit the spread of COVID-19.

"We apologize for the inconvenience and encourage you to use nearby greenspaces," it says.

Parents and caretakers of elementary school aged children, who would have been in school had it not been for COVID-19, are now having to find alternative ways to entertain their children.

"In speaking to some current parents, right now they are going to their roots or their parents' roots with some old time games played outside that don't have the contact, exploring nature, and just having conversations as well. It's been one week right now for us knowing that we're going into spring break there are often different activities but I think the hard part now [for parents] is where do I go and what do I do for ideas," said Polinuk.

She says that teachers who are providing lessons and plans for students education will also be provide parents with some ideas.

"Our teachers have websites, including our physical education teachers. I highly recommend students and parents to visit the websites. Some examples include yoga, sock wrestling, dances, Canada Food Guide, YouTube

workouts, fitness challenges and activities," said Polinuk.

She also recommends Sport Manitoba's website which has more information which can be viewed at sportmanitoba.ca

**RECORD PHOTO BY
BRETT MITCHELL**

Play structures are now closed to the public due to COVID-19.



Selkirk health worker tests positive for COVID-19

By Staff

Public health officials have confirmed that a staff member at Selkirk Regional Health Centre has tested positive for COVID-19. This individual worked in the health centre's emergency department and medicine ward from March 19 to 23. Public health, occupational health and infection prevention and control staff are working together to investigate this case and follow-up with all identified close staff and patient contacts.

Public health will directly contact people who had prolonged (more than 10 minutes), close (within two metres) contact with the individual when symptomatic. These individu-

als will be required to self-isolate for 14 days from the date of last exposure and monitor for symptoms.

Dates and times of possible exposure include:

- March 19 from 7:45 a.m. to 4 p.m. in the Selkirk Regional Health Centre Emergency Department;
- March 20 from 7:45 a.m. to 4 p.m. in the Selkirk Regional Health Centre Emergency Department;
- March 21 from 7:45 a.m. to 4 p.m. in the Selkirk Regional Health Centre Emergency Department;
- March 22 from 11:45 p.m. to March 23 7:45 a.m. in the Selkirk Regional Health Centre Emergency Department.



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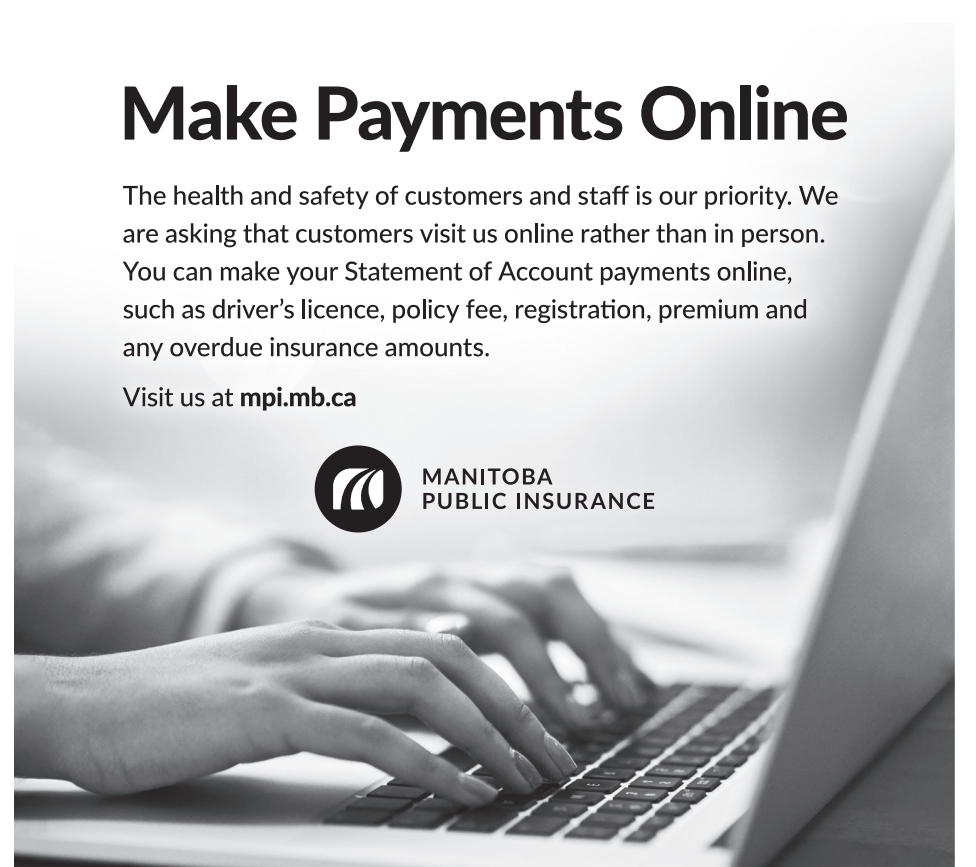
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Open process defines River Springs new subdivision

Submitted by the R.M. of West St. Paul

There are some similarities between the early 1990s development of West St. Paul's River Springs Drive with lots located on the north side of the street and the recently approved subdivision on the south side of River Springs Drive – in both cases existing residents opposed development.

The difference between the two would be that the new River Springs Drive development has undergone unprecedented public consultation. The original plan brought forward by the developer has been changed significantly in response to public input.

"The plans for River Springs Drive have changed multiple times based on feedback from area residents," Mayor Cheryl Christian said.

"The developer went door-to-door to listen to their concerns and tried to meet with every single resident on River Springs Drive, they've held two open houses and members of council have met with the community as well. That was all informal, on top of the public engagement that took place through the application process. Throughout it all, we've been really pleased with the public engagement."

The Mayor said there has been opposition to River Springs Drive, but council encouraged the developer to work with area residents to alleviate concerns and arrive at a plan that enhances the community.

The new development of River Springs Drive is located within Mid-

dlechurch, an area designated by the Selkirk and District Development Plan as a Settlement Centre, meaning residential development is a permitted use. The area is also governed by the Middlechurch Secondary Plan, which provides more detailed direction.

"Residential development was always planned for this area," Christian said.

"In the Development Plan and the Secondary Plan, it's identified as an area for future residential development, either as single family homes or even as multifamily, which council would not support."

In 2017, Terracon Development bought 50 acres of land from St. Benedict's Monastery and River Springs Drive will be built on 6.66 acres. Sister Virginia Evard, Prioress of St. Benedict's Monastery, said she believes the developer has been responsible and has worked with residents to accommodate their concerns.

"I think they've listened carefully to residents and they've tried to respond, as best they could, what the residents were asking," she said.

"We sold them this land and it makes sense to us that they would start with this parcel because it's the most obvious starting point. The infrastructure is there and ready to go. We supported Terracon at the hearings because this is a good thing. It's good use of the land."

Terracon held its first open house on Sept. 11, 2019 and shared its conceptual plan for the River Springs Drive subdivision with those who attended. Terracon also surveyed the crowd and responded to their concerns, the biggest of which were lot size, traffic and tree preservation.

At a second open house, held Oct. 1, 2019, Terracon adjusted its plans in

response to the concerns.

The land required rezoning from A4 Agricultural and RG Residential General to RS Serviced Residential, a zone that requires lots to be fully serviced with water and wastewater.

The Middlechurch area is in the Red River Corridor and new septic fields on the street are not permitted. Municipal water also means there will be fire hydrants, making the development safer and providing new and existing residents with a rebate on their house insurance. Water lines will be installed down the street which existing residents can access in the future if they choose to come off well water.

West St. Paul resident George Penner, in an editorial published in the March 12, 2020 edition of the Selkirk Record, accuses council of a myriad of wrongdoings, including pushing for small lot development.

While RS zoning permits 44-foot frontage lots, Terracon's plans call for 57-60-foot frontage, this makes the lots more comparable in size to River Springs and larger than most of the lots in the new Trails of West St. Paul development.

Chief Administrative Officer Brent Olynyk said he's been impressed with council's willingness to engage the public to achieve compromise. Growth is going to occur, he said, noting Winnipeg, West St. Paul and the entire Capital Region are all experiencing significant growth.

"It's important to acknowledge the changes this council has brought in with respect to development. They've asked developers to host informal open houses to create a dialogue. Previously, that didn't happen," Olynyk said.

"Our council members as well have met with residents, to hear their concerns. It's resulted in the developer listening to residents and changing the original plan. This new council is creating community with all stakeholders truly engaged."

The next steps will be for the RM to draft a Development Agreement outlining requirements and responsibilities the developer must follow. It will include provisions to preserve trees



RECORD PHOTO SUBMITTED
West St. Paul Mayor Cheryl Christian.

on the property and the developer has agreed to plant additional vegetation. Furthermore, the developer will create pathways to the three-acre treed section, which has been granted to the RM as public reserve.

Christian said this has led to favourable comments from a number of residents.

"If we voted against this application, we could not preserve trees. Property owners have the right to remove every tree on their property if they choose to do so," she said.

"We have an opportunity to use the Development Agreement and work with the developer to preserve trees and address residents' concerns."

Other changes to the plan included forgoing a centrally located north/south-connecting road between Masters Avenue and River Springs Drive at this time due to concerns over increased traffic. Instead opting to leave open the possibility for a future north/south roadway between Masters and River Springs, closer to Main Street.

"I understand change is difficult but I'm very proud of the open process and all the opportunities residents had to share their ideas and concerns directly with the developer, even before plans came to council," Christian said.

"The end result is a well-planned subdivision that enhances our community. I can't wait to welcome new families in the same way existing River Springs residents were welcomed 30 years ago."

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IERHA, province optimizing bed capacity, seeking more PPE for health-care workers

By Patricia Barrett

The Interlake-Eastern Regional Health Authority is working with the province to divide up responsibilities for patient care and optimize hospital bed capacity in preparation for a surge of COVID-19 infections.

Community transmission – infections that can't be traced to a definitive source – is a certainty, said the province's chief public health officer Dr. Brent Roussin last weekend. He announced 33 new cases of the highly infectious virus that recently killed one patient and put another in intensive care.

Manitoba had 72 cases, with three confirmed positive in the Interlake-Eastern region (Manitoba government data) as of early Sunday evening, and Johns Hopkins University's coronavirus tracker showed worldwide infections at over 720,000 with 33,925 deaths.

Interlake-Eastern hospitals won't be treating COVID patients requiring intensive care, but will be caring for COVID patients (primarily in Selkirk) needing less intensive hospital supports.

"Winnipeg is planning for a significant increased number of intensive care beds and medical beds based on the probability of what is com-

ing down the pipe," said IERHA chief executive officer Ron Van Denakker during a conference call with media March 27.

"We're [IERHA] working on plans to increase our medicine bed capacity so that when people get sick with COVID-19 in our region and don't require an intensive care bed, we'll have the ability to look after them here. If they require intensive care, they will go to one of the Winnipeg facilities or Brandon."

For seriously ill COVID patients, their lives will depend on health-care workers, and those workers in turn will depend on having high quality personal protective equipment (PPE).

There's a worldwide shortage of PPE. Frontline nurses in one overwhelmed in London, Eng., were forced to wear bin bags to protect themselves, according to media reports.

Manitoba doesn't have enough equipment, and the provincial government is working with the federal government to bring in "as much PPE as we can," said Van Denakker. "And there's a number of things the [federal government] is doing to ramp up production."

The Manitoba government is calling on industries that use PPE to donate it and is also prompting manufactur-

ers to start making it. The government has a submission form on its website along with details of what equipment is required.

"We have a pretty good supply of PPE for today's needs, but tomorrow is unknown," said Van Denakker. "Am I personally 100 per cent confident we have enough? I'm never confident that we have enough. I think we need to continue to plan for the worst-case scenario and that's what we're doing."

The IERHA, along with Winnipeg hospitals, is currently reviewing with staff what level of PPE they require for particular interventions to ensure "we don't overuse it and ration it," he said.

The IERHA won't be getting any of the 27 new ventilators ordered by the province because it won't be providing intensive care for COVID patients.

"When we built the new [Selkirk] hospital, we bought two ventilators to be able to provide [a future special care service], but we've actually given Winnipeg the two ventilators," said Van Denakker. The IERHA will be getting them back.

One of the positive things that's come out of the COVID crisis, Van Denakker noted, is system-wide cooperation.

"There will be so many amazing

things that will come out of this that we probably won't stop doing because we have really learned how to work together in a much more intentional way as a provincial system right now," he said. "It takes something like this to really bring out the creativity in all of us and it's working well."

Other IERHA updates:

-A new drive-thru COVID testing site in Eriksdale (people can't just show up; they need to be referred by Health Links).

-Expanded testing to include health-care workers showing signs of respiratory illness, remote communities, shelters, long-term care homes and corrections facilities.

-Four First Nations, including Pinaymootang, Fisher River and Peguis, joining the IERHA's incident command unit.

-IERHA approaching Manitoba Housing, which operates seniors' residences, to put up signage.

People showing COVID symptoms, which include coughing, fever, difficulty breathing, runny nose and sore throat, are asked to call Health Links at (204) 788-8200, or toll free at 1-888-315-9257, to see if they're eligible for testing.



RECORD PHOTO COURTESY OF ARBORG HEALTH AUXILIARY COVID patients needing intensive care will be treated in Winnipeg and Brandon. The IERHA will reserve its beds for COVID patients requiring general care.

The Selkirk Record

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AGM CANCELLATION NOTICE

In an effort to limit the spread of COVID-19, our Annual General Meeting, originally scheduled for April 23, 2020, has been cancelled. Our annual report, along with detailed financial statements, will be available on our website later this month. The board election will continue as planned and winners will be announced via our website and social media channels.

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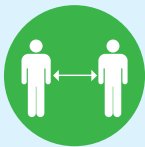
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SOCIAL DISTANCING

(also called "Physical Distancing") is the best way to reduce the spread of viruses like COVID-19 during an outbreak. It means changes to our day-to-day lives to minimize close contact with others, whether we know them or not. With patience and cooperation, we can do this, and we need to do it NOW.

DO THIS:



Keep at least 2 arms lengths away

We still need to go out in public for things like essential appointments and shopping. Where possible, spending time outside and utilizing green spaces is also important. In all situations, **keep at least 2 meters or 6 feet from others as much as possible.** This only applies if you don't feel sick. If you feel sick, you must stay home.



Stay home as much as possible

Things you can do at home like reading, watching TV, playing games, sitting on your deck, spring cleaning, yard work, and cooking are all good! Staying home whenever possible makes us all safer right now.



Shop wisely

There are things we need like groceries, fuel and the like. **Where possible, use online shopping and home delivery.** Please remember that panic buying is not needed. Finally, remember that if you feel sick, do not go out – you must stay home.



Use technology to keep in touch

We all need to keep in touch with our friends and loved ones, especially when keeping physical distance. **Phone calls, texting, and video chats** are all great options.

DON'T DO THIS:



Non-essential gatherings

We all need to avoid things like parties, weddings, birthdays, play-dates, sleepovers for kids and other non-essential visitors to our homes. Also, avoid all non-essential travel.



Physical greetings

Handshakes and hugs are out. We need to get good at non-physical greetings like waving or nodding. Limiting unnecessary touching makes us all safer right now.



Touching surfaces people touch often

Walking or exercising outside is good, but keep your distance from others and avoid things like hand rails, public play structures and public phones whenever possible.



Contact with people at higher risk of COVID-19

We all have a responsibility to protect those in our community who are most at risk from COVID-19, which includes the elderly and those with other health conditions. We can use non-physical ways to stay in touch, and where possible we can help these people with getting groceries and other essential errands.



YOU MUST:

SELF-ISOLATE for 14 days if you return from travel anywhere outside Manitoba.

STAY HOME if you feel sick, regardless if you've travelled or not.



ALSO REMEMBER:

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Cuban Sandwiches

Prep time: 30 minutes
Cook time: 25 minutes
Servings: 4
4 teaspoons Real California butter, softened, divided
4 telera breads or French rolls, split
8 teaspoons mustard
24 thin slices smoked ham
3 large dill pickles, thinly sliced
1 1/2 pounds roast pork, sliced
4 slices (6 ounces) Real California Hispanic-Style Manchego cheese
Spread 1/2 teaspoon butter on outside of

bottom halves of each roll, arranging buttered side down on work surface. Top each with mustard, ham, pickles, pork and one slice cheese. Spread 1/2 teaspoon butter on outside of top halves of rolls and arrange buttered side up on top of sandwiches. Heat skillet over medium-low heat. One or two at a time, place sandwiches in skillet, place heavy skillet on top and cook until browned, about 3 minutes per side. Wipe out skillet as necessary. Cut each sandwich in half and serve. Note: Panini maker can be used to cook sandwiches.



Rajas con Crema

Rub peppers with 1 tablespoon oil. In medium saucepan, cook peppers, turning occasionally, until well charred, 12-15 minutes. Transfer to bowl, cover and set aside until cool enough to handle, about 10 minutes. Rub charred skin from peppers. Remove stems and seeds. Cut peppers into 1/4-inch strips. Set aside. In large saucepan over medium heat, warm remaining oil. Add onion and cook, stirring occasionally, until tender, 5-6 minutes. Add peppers and 1/2 teaspoon salt; cook, stirring occasionally, until peppers and onion are tender, 5-6 minutes. Add crema, corn and broth; bring to simmer. Reduce heat to maintain simmer and cook, stirring occasionally, until liquid is thickened and saucy, about 20 minutes. Add cheese, stirring until melted, and additional salt, to taste, if desired. Serve with tortillas. Substitution: Canned roasted poblano strips (2 3/4 cups, drained) can be used in place of fresh peppers.

Prep time: 15 minutes
Cook time: 1 hour, 15 minutes
Servings: 4-6
5 poblano or pasilla peppers
1/4 cup, plus 1 tablespoon, vegetable oil, divided
2 cups thinly sliced white onion
1/2 teaspoon salt, to taste, plus additional (optional)
1 cup Real California Mexican crema agria or sour cream
1 cup white corn (fresh, frozen or canned and drained)
1/2 cup chicken or vegetable broth
3 cups shredded Real California Oaxaca cheese
corn tortillas



Caramelized Sweet Onion Hummus

Recipe courtesy of the National Onion Association
1 whole garlic head
4 tablespoons, plus 1 teaspoon, extra-virgin olive oil, divided
1 large sweet onion, thinly sliced
1 can (15 ounces) chickpeas
1 tablespoon lemon juice (about 1/2 lemon)
1/2 cup tahini (toasted ground sesame seeds)
1 teaspoon salt
Heat oven to 350 F.
Cut top of garlic head off and place cut-side down on pan; drizzle with 1 tea-

spoon olive oil. Bake 20-30 minutes, or until garlic is soft. Once cool, squeeze garlic from each clove. In large skillet over medium-high heat, cook onion in 1 tablespoon olive oil. Stir onion frequently until slices begin to brown. Reduce heat to low and continue cooking until onions are soft and reach medium brown color. Rinse and drain chickpeas; reserve 3 tablespoons liquid. In food processor, blend chickpeas, reserved liquid, lemon juice, tahini, garlic, salt, remaining olive oil and onions until combined and smooth. Serve with pita bread, veggies or crackers.



Tomato-Tortellini Soup

Fresh chives (optional)
1. In a medium sauce pan bring broth to a boil. Add tortellini then reduce heat to simmer uncovered for 5 minutes.
2. In a bowl whisk 1/3 cup of hot broth into the cream cheese spread. Whisk until smooth. Pour contents into sauce pan.
3. Stir in tomato soup and heat through.
4. Serve with fresh chives, if desired.
Recipe adapted from Better Homes and Gardens.

2 14 ounce cans reduced-sodium chicken broth
1 9 ounce package of refrigerated tortellini
1 8 ounce tub cream cheese spread with chive and onion
1 can tomato soup

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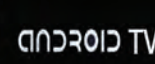
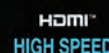


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sports & recreation

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Royals' indoor track and field season ends early

By Brian Bowman

The Selkirk Royals were supposed to compete at the KPAC indoor track and field championship last week.

But, like the rest of the sporting world, that competition was cancelled due to the coronavirus pandemic.

"Everyone was pretty disappointed," said Royals' track and field coach Scott Gurney. "That's the one the kids really look forward to. They usually get blued up. They bring their face paint and the ribbons for their hair and all of that kind of stuff. It was pretty disappointing not having that available to them but I think everybody's philosophical. They realize what a big deal this is right now and how important it is to stay safe."

Selkirk had some very good results at the High School Series Championship Meet back on March 10.

"That was a really good meet for us," Gurney said. "It seemed like almost every kid, and I would hazard a bet, that every kid had a personal best, which is pretty rare. It's a really neat meet in that they take the top 12 kids from the four series meets and let them go at it. It's pretty high quality and we got some really good results."

A major highlight for Selkirk was the Royals' 4x200-metre varsity girls' relay team of Carly Kazuk, Emily Lazaruk, Julie Sowany, and Sayda Bloom racing to a gold medal.

"That was unexpected but a real treat," Gurney said. "Those girls ran their hearts out and looked so good doing it. The girls were as pleasantly surprised as the coaches were."

With the sporting world in limbo right now, it is not known if the outdoor track and field season will go as planned.

"All we can do is wait," Gurney said. "Usually, the only thing we're waiting for at this point is for the snow to disappear. I haven't talked to MHSAA yet but I'm sure they are in the same position as everyone else. We're



RECORD PHOTO BY MATT PEARSON
Morgan Lenchuk captured the bronze in the junior varsity girls' shot put.

just going to wait and see what happens with the health departments and whether they give us the go ahead to do something."

It would be very unusual for Selkirk to not host the always-popular Royal Rumble on the Rubber. Schools from across the province converge on Selkirk every May.

"I haven't pulled the pin on the Royal Rumble yet but that will be the next (event)," Gurney said. "That one sort of gets your juices flowing for the rest of the competitive season. It's one week before the KPAC championship and then you have another two to three weeks until provincials. "That's always a good one to get us going but bringing 800 kids together and all of the coaches just isn't a good idea at this point."

The MHSAA track and field provincials are slated to be held in Brandon this season. Most years, it is hosted at the University of Manitoba.



RECORD PHOTO BY MATT PEARSON
The Selkirk Royals' varsity girls' 4x200-metre relay team of Carly Kazuk, Emily Lazaruk, Julie Sowany, and Sayda Bloom won gold at a high school track and field meet last month.



RECORD PHOTO BY MATT PEARSON
The Royals Annessa Stasiuk finished fourth in the 60-metre hurdles.

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CRJHL still strong after second season

By Brian Bowman

The Capital Region Junior Hockey League's second season was just as successful as its inaugural one.

All five teams were competitive throughout the season with many of the games close on the scoreboard.

Scores were even tighter in the playoffs before Hockey Canada made the announcement of cancelling all games last month due to the coronavirus.

"Pretty much on any given night, any team could beat another," said CRJHL vice president Cliff Malzensky last Thursday.

It was an extremely unusual way to end a season.

"Before the Hockey Canada decision came down, St. Malo and Selkirk were going to start the finals, (but) they decided to take a two-week break and see how this works out," Malzensky said. "Then the next day, Hockey Canada's decision came down. We already made the decision to sit out a couple of weeks."

It was a very tough way to end the season for the players, especially those in their final season of junior hockey.

"It's tough but it was the right decision," Malzensky said. "The players,

especially the 21 year olds (on Selkirk and St. Malo), they may never get another chance to win a championship."

The league was set to play its best-of-seven final series between the Selkirk Fishermen and St. Malo Warriors.

Both of those talented teams finished first and second, respectively, during the regular season (with just two points separating them).

The final series would have been a doozy.

"They're the two premier teams in this league, for sure, this year," Malzensky said. "They both play clean and they both play hard. It would have been a good series."

Meanwhile, the league is looking to expand the number of teams for next season. The deadline to apply to enter the league was this past Tuesday.

All franchise applications and presentations will be reviewed during the annual AGM meeting, which is tentatively scheduled for the middle of this month.

"There were some Junior 'C' teams looking, inquiring about joining us and another team from another league was thinking," Malzensky noted. "But none of them have stepped up yet and with all of this coronavirus



RECORD PHOTO BY LANA MEIER

The Selkirk Fishermen enjoyed another successful season in the CRJHL. Selkirk reached the league final before their season ended abruptly due to the coronavirus pandemic.

stuff it has put a hold on everything.

"We would like to eventually get to 10 (teams) but you need baby steps.

You need to get the sixth before you get the seventh."

MHSAA cancels all provincial championships and sports activities

By Brian Bowman

The Manitoba High Schools Athletic Association has cancelled all provincial championships and sports activities for the remainder of the school year.

The announcement was made on its website earlier this week.

"Due to the ongoing COVID-19 pandemic the provincial championships for badminton, baseball, fast-pitch, soccer and track and field have been cancelled," read a statement. "In addition, all school sport activities involv-

ing lacrosse, rugby and ultimate are also cancelled."

The MHSAA also postponed its annual Hall of Fame Induction and Luncheon which was originally scheduled for May 9 in Winnipeg.

"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."

Basketball and hockey provincials were forced to be cancelled last month. That was a tough - but a very

necessary - decision.

"It was heart-breaking and my heart goes out to all of them in hockey and basketball that we had to cancel so abruptly," said MHSAA executive director Chad Falk last Friday afternoon. "Especially the Grade 12s who were making a run and this was their year."

The MHSAA plays a vital role in providing outstanding athletic opportunities to high school students in the province. Many lifelong memories are made in high school sports.

"We have 11 official sports and four or five demonstration sports so there's a wide range of activities from September to June," Falk noted. "A lot of them participate in multiple sports throughout the year. It's a huge piece of the sports pie in this province and, at times, it can certainly be taken for granted. This decision we had to make and the disappointment that was out there, you can't take (the MHSAA) for granted any longer, that's for sure."

Volleyball Manitoba spikes provincial championships

Submitted by Volleyball Manitoba

In further response to the on-going uncertainty of the COVID-19 pandemic, Volleyball Manitoba has made the difficult decision to cancel our 2020 Provincial Championships.

Our Provincial Championships were scheduled over the weekends of April 18-19 through May 9-10 with events in Winnipeg, Brandon and Niverville.

Earlier, Volleyball Canada made the decision to cancel their 2020 National Championships that were scheduled

for May.

Although our office is currently closed, our staff continues to work remotely and we will be in communication with all teams regarding provincial championship refunds within the next week.

"We are all extremely disappointed that the club season has been prematurely cut short, but this decision was made in consideration of the ongoing health and safety of our members and of the community at large," read

a media release. "All indications related to this pandemic show that public health restrictions will continue for a while to come."

We sincerely commend and applaud the efforts made by all athletes and coaches during this shortened club season, and we all look forward to when we can take to the court again with our friends and teammates. But until then, and as we remain hopeful that the situation starts to resolve as quickly as possible, let's all continue to

do our part to reduce the spread and chances of exposure to COVID-19.

As we move forward we will continue to monitor all appropriate medical and public safety advice and will resume our next programs, including beach leagues and tournaments and provincial team camps and training, as soon as it is appropriate and prudent.

We thank everyone again for your patience, commitment and support during this time.

Local basketball camps postponed, cancelled

By Brian Bowman

At this time of year, kids are usually having a ball inside local gymnasiums.

But that, obviously, isn't the case this year due to the coronavirus.

The Jr. NBA and Mini Royals programs, which were slated to start last month, have been postponed to a later date.

"I'm still cautiously optimistic that we may be able to run in May, June, perhaps," said Sue Gilmour, who runs the popular programs. "But we'll have to see what happens."

It's a very tragic - and frustrating - time in the world right now.

"Obviously all of the cancellations

are disappointing for everybody but the way things are going, it's necessary," Gilmour stressed. "So, of course, we're going to support whatever our government feels what's best for us at this time. I know the kids are disappointed, my own included, but there's nothing that you can do in this particular situation. You just have to follow the instructions."

Both of Gilmour's programs were full to capacity and had a waiting list of kids. The camps are an excellent way to improve young players' skills.

"It's a great way for the sport to grow in the community," Gilmour said. "Plus, it's a really good fundraiser for the varsity basketball program. The

girls help coach and the proceeds go right into their account to keep team fees (down) and give us the opportunity to go to places like Edmonton every few years."

The Royals' varsity girls were scheduled to play in the MHSAA "AAAA" provincials but that was cancelled.

That was extremely hard on the Selkirk players and coaches.

"That was probably the hardest text I have ever sent out," Gilmour said. "You put five months of hard work into the season for that one tournament and that big opportunity and then it got pulled out from under us. But in the grand scheme of things, it was the right decision to make."

Meanwhile, the Selkirk Junior Royals Spring Break Basketball Camp for boys and girls in Grade 4 through 11 has officially been cancelled due to the coronavirus concerns and the directive given by Basketball Manitoba's board of directors.

The camp, run by Dean Goodbrandson and his son, Riley, were scheduled to begin this past Monday and continue through to Friday.

"We turn out a lot of players," said Dean Goodbrandson last week. "They get their start and an interest and a bug for the game but it will be missed for a year. I feel bad for the kids that are a little older. They did a lot of work to get to this point."

Skate Canada Manitoba announces award winners

Submitted by Skate Canada Manitoba

Skate Canada Manitoba announced their 2019-20 annual award recipients last Wednesday.

Due to the COVID-19 pandemic and the social distancing strategies to keep all Manitobans safe we unfortunately have cancelled our annual awards gala evening. We will be sharing information about the award recipients on our social media platforms in the coming weeks.

The first set of recipients were selected from nominations submitted by our members throughout the province in skater, coach and volunteer

categories;

Skate Canada Manitoba CanSkate Athlete Award – Jagger Hepp from Skate Thompson

Skate Canada Manitoba STARSkate Athlete Award – Lauren Ginter from the Morden Figure Skating Club

Skate Canada Manitoba CompetitiveSkate Athlete Award – David Howes from Skate Winnipeg

Skate Canada Manitoba Program Assistant Award – Caitlin Muir from Skate Stony Mountain

Skate Canada Manitoba Volunteer Award – Lorraine Dewar from the East St. Paul Figure Skating Club

Skate Canada Manitoba Volunteer Coach Award – Cindy Mahoney from Skate Virden

Skate Canada Manitoba Officials Award – Megan Maxwell from the Hazelridge Skating Club

Several other award/bursary recipients were also announced.

Skate Canada Manitoba Honour Society Induction – Miranda Edwards from Brandon Manitoba

Ian Carmichael Memorial Award winner is Kaitlin Smith from the Roblin Figure Skating Club

Manitoba Open Junior Artistic Award winner is Lily Hammond from

Skate Stony Mountain

Manitoba Open Senior Artistic Award winner is Paige Dryden from Skate Virden

Skate Canada Manitoba Sectional Merit Award Recipient – David Howes from Skate Winnipeg

Skate Canada Manitoba SynchroSkate Athlete Award – Jayde Jonasson from the Morden Figure Skating Club

Manitoba Open Bursaries awarded to Megan Dryden from Skate Virden; Jayla Butcher from Skate Stony Mountain and Alison Convery from the Morden Figure Skating Club.

Bisons to hand out year-end awards online from March 30 to April 10

Submitted by Bison sports

The 2019-20 season is in the rear-view mirror for the University of Manitoba Bisons varsity teams.

It was another athletic year full of success, with five of the eight teams in fall and winter sports qualifying for conference playoffs.

On top of team success, there were numerous individual medals, international recognition, and major U SPORTS and Canada West award winners during the season.

In a regular year, now would be the

time to honour the best of the Bisons at our Brown and Gold banquet. With the sports world on pause due to COVID-19, though, Bison Sports asserts the importance of physical distancing and will be taking a different approach to handing out year-end hardware to our coaches, team staff, and student-athletes.

Over the next two weeks, Bison Sports will be announcing 2019-20 team MVPs and major award winners through our website (gobisons.ca) and on Twitter, Facebook, and Insta-

gram (@umbisons).

From March 30 to April 3, we will be announcing each Bison team's Most Valuable Player from the 2019-20 season. From April 6-10, major awards will be announced:

April 6: Teammate of the Year (new for 2019-20); Male and Female Rookies of the Year

April 7: Pat Gill Legacy Award

April 8: Coach of the Year; Assistant Coach of the Year

April 9: Male and Female Leadership and Community Development Awards

April 10: Male and Female Athletes of the Year

The announcements will include video, statistical achievements, and words from coaches and athletes closest to the award winners. For Rookie of the Year and Athlete of the Year, finalists will be revealed in the morning with the winners in the afternoon.

For more information on the Brown and Gold rollout, contact: John Gaudes. Sports Information and Digital Media Coordinator, Bison Sports john.gaudes@umanitoba.ca (204) 297-6259.

2020 Softball Manitoba Hall of Fame induction dinner postponed

Submitted by Manitoba Softball Hall of Fame

The Manitoba Softball Hall of Fame and Museum Inc Board of Directors has made the decision to postpone the annual Softball Hall of Fame Induction dinner originally scheduled for May 9 at the Victoria Inn in Brandon.

It will now be held on Sept. 19.

"We feel it was a necessary and responsible decision given the current public health concerns in our country," read a media release. "Our board was unanimous in support of the decision to postpone. We also appreciate the support of Softball Manitoba and the Victoria Inn in making this difficult decision.

"Manitoba Softball Hall of Fame and

Museum Inc. express their sincere appreciation to Victoria Inn Brandon for their assistance and cooperation in rescheduling the banquet. Victoria Inns is a valued partner with the Manitoba Softball Hall of Fame, and we look forward to continuing our relationship with them when life returns to normal."

The 19th-annual induction banquet

will honour six individuals and two teams into the Manitoba Softball Hall of Fame.

Tickets, at a cost of \$75, are available from Les Newman (phone number 204-235-1674, or email: lnewman@live.ca). Previously purchased tickets will be honoured on the new date or, if you require, tickets can be returned for a full refund.

Classifieds

The Selkirk Record

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RM OF ALEXANDER
EMPLOYMENT OPPORTUNITY
Seasonal Position - Public Works

The Rural Municipality of Alexander is accepting applications for one seasonal position with the Public Works Department. This position is for roadside grass mowing and other maintenance duties throughout the municipality.

Responsibilities:

- Operation and maintenance of tractors and mowers
- Safe mowing of roadside grass
- Identifying and reporting any problem areas
- Perform other duties as assigned


Requirements:

- Valid Class 5 License
- Experience operating tractors and large rotary mowers
- Mechanically minded
- Able to work independently and with little supervision
- Willing to learn and take advice
- Team player

Please submit a letter of application and resume to:
 Jason Green, Public Works Manager
 R.M. of Alexander
 1 Bouvier Trail, PO Box 100, St. Georges MB R0E 1V0

Applications will be accepted until 3:00 pm, April 9, 2020.

We thank all candidates for their interest, however, only those considered for an interview will be contacted.



CITY OF Selkirk

PUBLIC NOTICE

REGARDING PESTICIDE CONTROL PROGRAM

The City of Selkirk intends to conduct the following Pesticide Control Program to control the following insect pests during 2020.

- Larval mosquitoes using Aquabac
- Adult mosquitoes using DeltaGard

The projected dates of application for the above programs will be from May 1 to October 31, 2020.

All of the pesticides used and procedures followed will be in accordance with federally approved label recommendations.

The public may send written submissions within 15 days of date of publication of this notice regarding the advertised control program or register with the department their written objection to the use of pesticide next to their properties to:

Manitoba Sustainable Development
 Environmental Approvals Branch
 Pesticides Program
 1007 Century Street
 Winnipeg, MB R3H 0W4

For further information, please call **CitizenSupport** at 204-785-4900

METAL RECYCLING

Autos, farm scrap, brass, copper & batteries wanted. 47 Paterson Dr. Stonewall Industrial Park. Interlake Salvage & Recycling Inc. 204-467-9344.

SCRAP METAL

Buying scrap metal, cars, tractors, combines, farm scrap, any metal material, any farm machinery. Ph Lonnie at 204-886-3407 lve. message or cell at 204-861-2031.

SCRAP METAL

Buyer for all farmyard scrap, any autos, appliances. NO ITEM TOO LARGE! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

FIREWOOD

Firewood for sale - cut & split, 14" - 16" in length. White poplar. Taking orders for now & fall deliveries. Ph Lonnie at 204-886-3407 or cell. 204-861-2031.

APARTMENT FOR RENT

Tollak Place has 1 & 2 bedroom suites, located at 40 Eveline Street. Spacious suites, with F/S, A/C, storage 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 AVAILABILITY.

APARTMENT FOR RENT

Century Selkirk, 165 Main Street - Currently we have bachelor & 1 bdrm. suites for rent. Rent includes heat & water. Close to all amenities & bus route. On-site laundry & parking available. Rents start at \$899. No pets & no smoking. Please contact Heather at 204-785-2200 for suite viewings.

HELP WANTED

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.

\$16/hr, no experience needed except cooking skills, homecare-like duties. Every 2nd weekend. Call Norm 204-406-5667.

The Flower Child is hiring a sales associate and general labourer. 25-40 hours per week, seasonal position. Driver's licence required. Please email resume to theflowerchild2016@gmail.com

MISCELLANEOUS

BN never used; still in box, bendable goose-neck table or desk STUDY LAMP, EWO \$15; Sunbeam 2-slice TOASTER, ECIEWO, \$15; BNCIEC pr. sz. 9 Men's WORK BOOTS/SAFETY SHOES w/ laces & steel caps over toes, \$100; red, white & black lined WINTER SUITCOAT OVERCOAT fits a men's sz. XL, well insulated winter overcoat, has been dry cleaned, \$100. Ph. 204-785-8598.

MISCELLANEOUS

Covid-19. Do you need to tell the public something right now? Guarantee that your information is seen. The blanket classifieds reach over 400,000 Manitoba readers weekly. For as little as \$189 + GST, get your important messaging out! Business changes, the need for staff (class 1 drivers?), items for sale in a hurry, cancellations. As people are increasingly staying home, they will rely on this information even more to stay informed in your area and across the province. Keep people in the loop. The 48 weekly community newspapers can help. Call this newspaper now or email classified@mcna.com for details. MCNA 204-947-1691. www.mcna.com


PERSONAL

Semi retired male 68, early riser, seeking compatible retired female 55-65ish for companionship and road travel, exploring Canada and the U.S. Enjoying the campgrounds and beaches wherever we go. Text 204-481-1277.

UPCOMING EVENTS

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.

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 15 Dandellen Dr, Waterfront on Pinawa Channel, fabulous retreat \$459,000

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 31 Birch Wpg. Beach 3 bdrm/2bath home near the lake. Price reduced to \$185k motivated seller

MICHAEL JUBA 204-588-7967
 Clandeboye 1950sf Renovated Home, 52 Acres, Guest house! \$475K

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 Solid Home in Riverton. Newer roof & siding. Concrete foundation. Great condition \$69,900

GRANT HJORLEIFSON 204-642-8501
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CINDY LITTLE 204-979-3364
 703 Alverstone Wpg. 2storey, 2bed, 2bath, dbl gar. Schools, shopping near by. \$186,000

CHRIS NEUFELD 204-641-1727
 Gimli- 3 bdrm , 2 bath, open design, hardwoods, full basement, dbl lot, great loc.

LUDA KOZLOVA 204-997-7756
 Rare 2nd flr 3-br 2-bth corner unit with river view. Pool, gym. Close to U of M. \$169,900

JASMINE THEOBALD 204-642-8501
 2 BR; insul. SR, big eat-in kitchen; South-side sun deck; Private treed yard; LP \$170,000

MATLOCK, 3 BR, 100x150ft lot. HW floors, 1/2 basem, newer windows, insul.SR, LP \$138,000

DAVE HUMNISKI 204-642-8501
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CRYSTAL LINE 204-232-6200
 18080 Spruce Bay Road Private setting 3 bed 1 bath home w/24x30 insulated shop A must see!

Thinking of selling? For local information, call the realtors that live, work and play in the area!

At Interlake Real Estate, we will always put YOUR BEST INTERESTS FIRST! Call us for unbiased advice and customer-focused service.

Wpg. Beach \$199,900. Gorgeous dbl lot, 1300 sf 4 season hm, 3 brs, sunroom, many upgrades

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The 52nd Annual Lundar Bull Sale has been CANCELLED due to the Covid-19 Pandemic

The catalogue's have been mailed out and the Bulls and Heifers in it are still for sale. Please contact one of the consignor's if you want to make a deal privately. With the mandatory guidelines that have been put in place there was no other option. **Good luck Bull buying and see you at next years Sale.**

Classifieds



Book Your Classified Ad Today - Call 785-1618 or Email lucy@selkirkrecord.ca

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.

JEWELRY REPAIR

Jewelry Arts Studio, 365 - A Eveline St. Selkirk, call or text 204-345-9451. Jewelry/watch repairs, goldsmith on site. Necklace/chain repair \$14.97 +, stone setting and ring sizing \$40 +, watch repairs and watch batteries \$12. Pearl restringing, appraisals.

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Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication. Please Call 204-467-5836

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2020 Manitoba 55+ Games
June 16-18, 2020 in Selkirk, Manitoba

CANCELLED

due to COVID-19 risk
For more information and updates visit AAIM website:

www.activeagingmb.ca

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FEATURED PROPERTIES

RESIDENTIAL SELKIRK

- NEW LISTING** - 2 Louise Bay \$287,500 - GH/KH
- NEW LISTING** - #1 548 Dufferin Avenue - \$259,900 - AD
- NEW LISTING** - 23 Belanger Place - \$299,900 - AD
- DAERWOOD VILLAGE - 109 Edstan Place - \$455,000 - GH/KH
- DAERWOOD VILLAGE - 107 Lee Crescent - \$409,900 - AD
- LAST CHANCE!** - 528 Robinson Avenue - \$224,900 - GH/KH
- DOUBLE LOT - 132 Reid Avenue - \$277,500 - GH/KH
- SUPER STARTER! - 439 Morris Avenue \$194,500 - GH/KH
- NEW PRICE!** - 125 Sophia Street \$274,900 - GH/KH
- NEW PRICE!** - 612 Selkirk Avenue \$239,000 GH/KH/JS
- EXCELLENT SINGLE LEVEL HOME - 315 Superior \$148,500 - GH/KH
- RESERVED!** - 508 Robinson Ave - GH/KH
- SOLD!** - 271 Sophia Street - GH/KH
- SOLD!** - 504 Robinson Ave - GH/KH
- SOLD!** - 506 Robinson Ave - GH/KH
- SOLD!** - 512 Robinson Ave - GH/KH

LOCKPORT

- River Creek Estates #3301 - 6940 Henderson Highway \$249,900 - AD
- River Creek Estates #2503 - 6940 Henderson Highway \$271,900 - AD

ST ANDREWS

- ONE OF A KIND! - 1138 River Road - \$575,000 - GH/KH
- FORT GARRY ESTATES - 7 Trafalgar Cres - \$599,000 - GH/KH
- CALLING ALL DEVELOPERS! - 9 Pruden Avenue \$349,900 - GH/KH
- BUNGALOW ON 72 ACRES - 1307 Breezy Point Road - \$429,900 - AD

SAINT CLEMENTS

- 2 STORY ON 11 ACRES! - 5114 Rebeck Road - \$459,000 - GH/KH
- STUNNING HOME ON 4 ACRES! - 335 CIL Road - \$639,900 - AD

CLANDEBOYE/PETERSFIELD

- WATERFRONT!** - 226 Tom Prince Drive - \$472,000 - AD
- 28 ACRES, HOME, POOL & MORE! - 8441 #9 Hwy Shadow Lake - AD

WINNIPEG BEACH

- NEW LISTING** - 361 Lake Avenue - Winnipeg Beach - \$268,900 - GH/KH

GIMLI

- LAKEFRONT! 6 Sunset Boulevard - Siglavik - \$579,900 - GH/KH

WINNIPEG

- SOLD!** - 326 Belmont Avenue - GH/KH

WOODLANDS

- BRAND NEW MEZZO HOME! - 128 Proctor Street - \$224,900 - GH/KH

ST EUSTACHE

- NEW PRICE!** 10 Beaudin Street - \$259,900 - GH/KH

ST LAURENT

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- 939 Veterans Memorial Boulevard - \$149,900 - GH/KH

RAPID CITY

- RARE FIND! 260 3rd Avenue - \$197,500 - GH/KH

SEASONAL WANIPIGOW

- SEASONAL COTTAGE - \$55,000 - AD

LAND

- Kimberly Road - East Selkirk - Creekfront - \$98,500 - AD
- George Street - East Selkirk - 1.75 Acres of Creekfront Property - AD
- Harold Avenue - East Selkirk - Beautifully treed - \$89,000 - AD
- 595 CIL Road - East Selkirk \$89,900 - GH/KH
- Ole Joe Monkman Road Lots #2, 3, 4, 5
- St Clements - \$129,900-\$139,900 - GH/KH
- 2 Wesley Drive - St. Clements \$129,000 - AD
- 86027 86N Road - Brokenhead - 1.14 Acres - \$34,900 - GH/KH
- 655 Fort Garry Road - St Andrews - 8.17 Acres - \$99,900 - GH/KH
- 3 Houghton Bay Road - Petersfield - .92 Acres - \$29,000 - AD
- 239 Donohoe Crescent - Petersfield - \$44,900 - AD
- 508 Corrine Avenue - Petersfield - .34 Acres - \$40,000 - GH/KH
- 10 Sunset Boulevard - Gimli - Lakefront - \$94,900 - GH/KH
- 205 Saskatoon Drive - Oak Island Resort - \$60,000 - GH/KH
- 120 Chokecherry Crescent - Oak Island Resort - \$75,000 - GH/KH
- 146 Chokecherry Crescent - Oak Island Resort - \$90,000 - GH/KH
- 145 Chokecherry Crescent - Oak Island Resort - \$75,000 - GH/KH

COMMERCIAL

- 255 Main Street - Selkirk - \$549,000 - GH/KH
- 4 Unit Building - 209 Manitoba Avenue - Selkirk - \$189,900 - GH/KH
- Commercial Building - 347 Main Street - Selkirk - \$469,000 - AD
- 1 Acre Commercial Property & Building - 613 Manitoba Avenue - Selkirk - \$1,100,000 - GH/KH/AD
- 10 Dubas Drive - Lockport - \$550,000 - AD
- 23 Main Street - Stony Mountain - \$164,000 - GH/KH
- 1080 - 1970 Wellington Avenue - Winnipeg - \$640,000 - GH/KH
- 946 Corydon Avenue - Winnipeg - \$850,000 - GH/KH
- C-201 Melrose Avenue E - Winnipeg - \$99,900 - GH/KH

***Due to the Covid-19 Pandemic there will be no open houses. We are still offering private viewings with safety protocols in place. If you have any questions, concerns, or need advice and support regarding buying or selling your home, property, or business at this time, please give us a call. We are here to help!**

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ANNOUNCEMENT

IN MEMORIAM



Dan Stasiuk
April 3, 2017

Missing you every day.
It still hurts like the first day that you gained
your wings.
You are loved, missed and remembered
always.

-Love Cheryl

OBITUARY

Fred Kotowich
August 25, 1921 - March 25, 2020

Peacefully, at the Selkirk and District Regional
Health Centre, dad has left us to be with mom
in heaven.
Thank you to Dr. Speer and all the nurses and
health care aides for the exceptional care of dad.
Longer obituary and funeral arrangements at
a later date.
Condolences may be left on his tribute wall at
www.gilbartfuneralhome.com

Gilbart Funeral Home,
Selkirk in care of arrangements.



ANNOUNCEMENT

IN MEMORIAM



Joan Parson

Those we love don't go away,
They walk beside us every day.

-Love always,
your family

ANNOUNCEMENT

IN MEMORIAM



Velvet (Stutsky) Tepleski
May 11, 1961 - April 6, 2015

Oh how we miss your laugh
As well as the "Hey There" phone calls.
Five years have passed,
You may be gone, but never forgotten.
Missing you always.

-Love
Dad, Al and Sue
all of your nieces and nephews

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Announcements



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OBITUARY



Rhonda Shelly McMahon
(nee McKenzie)
September 13, 1969 - March 9, 2020

Peacefully on March 9, 2020, Rhonda passed away with family and friends by her side. She leaves to mourn her passing, her husband Trevor of 30 years; her brother Arthur (Lori); sisters, Lisa and Colleen; nephews, Matthew, Zachary (Kenzie) and Issac; nieces, Lexi, Rebecca and Kaitlin; former sister-in-law, Wendy. She will be reunited with her parents Rita and William McKenzie and her fur babies Allie and Precious.

Over the last few years Rhonda dealt with many health issues, which unfortunately over took her. She loved spending time with Trevor, family and many of her beloved friends. She stayed in touch with her school buddies.

Services to celebrate Rhonda's Life will be announced at a later date.

SHE IS GONE TO FLY LIKE A HUMMINGBIRD

Arrangements entrusted to

*Interlake Cremation
& Memorial Services*
204.482.1040

OBITUARY



Olga Marie Bracken
(nee Nehaj)

It is with heavy hearts that we announce the passing of our dearly beloved mother, grandmother, great-grandmother, and friend Olga (Ollie) Marie Bracken at the age of 79 years at Tudor Personal Care Home in Selkirk, MB on March 23, 2020. Ollie was predeceased by her loving husband of 51 years Wayne; brother-in-law Bryan; brothers Alec, Andrew, Leslie, and her sister Irene.

Ollie was born in Winnipeg, MB on May 22, 1940 to Steven and Elizabeth Nehaj, the youngest of five children. She worked at Great West Life where she met Wayne's sister Shaaron who introduced her to Wayne. They were married on April 27, 1963. It didn't take long for this "city girl" to turn into a "farm girl" with the help of Wayne and her mother-in-law Ida, where she took on her new role as a farm wife and mother.

Ollie was an active member of the Clandeboye United Church and Clandeboye Community Hall where she was always willing to lend a helping hand. She also enjoyed being involved with the Petersfield Curling Club. She was also a regular blood donor for the Win-Rho program.

Family was of the utmost importance to her. Her door was always open for family and friends. Her home was always a place to gather to play games, share laughs, stories, and a few drinks.

She was always so proud of her children, would do anything for her grandchildren, and was delighted by her great-grandchildren. You could feel the love in her heart and see the love in her eyes.

Ollie is survived by her children Bradley (Leslie), Dean (Gina), Crystal (Neil) and Sean (Nicole); seven grandchildren Caitlin (Clay), Raquel, Jenna-Lee, Carleigh, Taylor, Sarah and Emily; two great-grandchildren Brock and Kyleigh; brother-in-law Terry (Charlotte); sisters-in-law Shaaron (Ron) Leggett, Phyllis, and Lorraine Wawryk; as well as numerous aunts, uncles, nieces, nephews and cousins. She will be greatly cherished and missed by all who knew and loved her.

At Ollie's request cremation has taken place. A celebration of life will be announced at a later date.

In lieu of flowers, those wishing may donate to their favourite charity in memory of Ollie.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



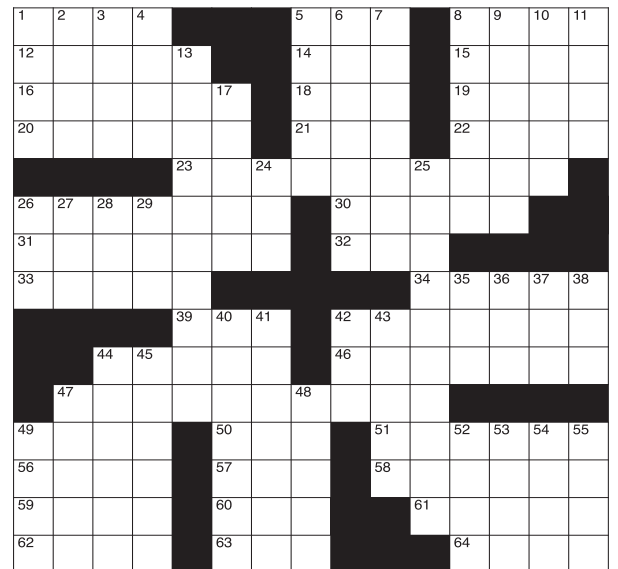
CROSSWORD

CLUES ACROSS

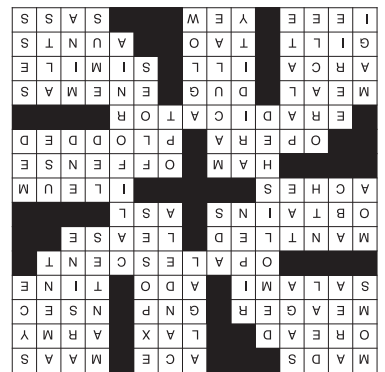
- Bond villain Mikkelsen
- A team's best pitcher
- French river
- Mountain nymph (Greek)
- City of Angels airport
- Military force
- Scrawny
- Value
- One billionth of a second (abbr.)
- Highly seasoned sausage
- Trouble
- Prong
- Showing varying colors
- Cloaked
- Renters sign one
- Acquires
- Type of language (abbr.)
- Partner to pains
- Third portion of the small intestine
- Excessively theatrical actor
- Infraction
- Classical music for the stage
- Slogged
- One who terminates
- Breakfast is an important one
- Moved earth
- Medical procedures
- Genus of clams
- Not well
- Comparative figure of speech
- Covered thinly with gold
- Principle underlying the universe
- A parent's sisters
- Professional engineering group
- Coniferous tree
- Impudence

CLUES DOWN

- Female parents
- Region
- Transaction
- Heroic tale
- Of algae
- Luminous intensity unit
- Uncovers
- French commune name



- Poisonous gas
- Pearl Jam's bassist
- Horse groom in India
- Destroyed
- A way to alter
- Promotional materials
- American state
- Extinct flightless bird of New Zealand
- "Modern Family" network
- Last or greatest in an indefinitely large series
- Exercise system -bo
- Type of bulb
- Opposite of beginning
- Utilize
- Type of student
- Deficiency of moisture
- Areas of the eye
- Select
- Sheets of floating ice
- Priests who act as mediums
- Roof of the mouth
- Unnatural
- Illuminated
- There are three famous ones
- Large, fast Australian birds
- "Dracula" heroine Harker
- American state
- Substitutes (abbr.)
- Tax



Crossword Answer

Biz Cards



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