

The Selkirk Record

THURSDAY, APRIL 8, 2021

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RECORD PHOTO BY KATELYN BOULANGER

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PRICES IN EFFECT: THURSDAY, APRIL 8 - WEDNESDAY, APRIL 14, 2021

Selkirk student slinging prose for prizes

LSRCSS pupil chosen as finalist for Poetry in Voice competition

By Nicole Buffie

A grade 11 student at Lord Selkirk Regional Comprehensive Secondary School will be competing against her peers across the country for the chance to win money for both herself and her school library in a national poetry competition.

Thierney Dignadice, 16, is one of three Manitoba students to be selected from a list of 42 semi-finalists for the Poetry in Voice competition.

"I didn't even really expect to be chosen as a semi-finalist, so to be chosen as a finalist out of the judges scoring that was kind of exhilarating," she said of the achievement.

The Poetry in Voice competition invites individuals and teams to recite poems of their choice to a panel of judges. Dignadice earned the spot for her performance of Conversion by Megan Fernandes and Two Guns in the Sky for Daniel Harris by Raymond Antrabus.

"Being educated [in activism] and what's going on and learning about it through a poem and being able to share that with everyone felt, like, really effective to me," she said of choosing which poems she would enter the competition with. The lines of prose in both poems centre around issues of human rights, LGBTQ+ issues and race matters.

"I enjoy writing quite a lot, so even when I'm writing my own things whether it's poems or short stories I tend to go towards heavier topics like human rights and activism just because it's something that needs to be said and I want to tell it from my perspective."

This is not the high school student's first experience in the competition ei-

ther. Last year Dignadice entered the competition as part of a team and they nabbed third place in the Manitoba regionals. Due to COVID-19 complications, she decided to enter this year's contest on her own.

"When I heard that we were still entering it this year, even though it was virtual, I felt like I might as well give it a go because we did well last year so I might as well try it," she said. "And it went really well."

As a writer and child of Filipino immigrants, Dignadice said she tends to gravitate towards issues surrounding human rights when crafting her own material.

"I try to write about it in a way that shows both perspectives, having grown up with immigrant parents and then I was born in Canada, so, like, I haven't had the same experiences as they did," she said.

She hopes to take her talents in writing through the rest of high school and into post-secondary where she is deciding between pursuing music or a diploma in creative communications.

"Reading a lot growing up kind of made me want to do that; I want to be able to make people feel things and tell stories, whether it's mine or someone else's or fictional characters. Just because of how the books I read growing up influenced me."

Dignadice will be performing the two poems that nabbed her a spot in the finals for the competition's English category as well as a third. While she is keeping the details of the third poem under wraps, it falls in line with the themes of the two she chose to initially recite.

Winners in the English, French and



RECORD PHOTO BY NICOLE BUFFIE

Thierney Dignadice, 16, recorded herself reciting two poems to earn a spot in the national finals of the Poetry in Voice competition.

bilingual categories of the competition will be awarded a \$3,000 cash prize as well as \$1,000 to stock poetry books at their school's library. The Po-

etry in Voice finals will take place virtually on Apr. 22.

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BIG DOLLAR

Bringing local flavour to West St. Paul

Renowned pizza joint expands to Middlechurch

By Nicole Buffie

There's a new buzz and the faint smell of pizza on Main St. in West St. Paul, and it's coming from the small shop with a marinara-red sign and mozzarella-white block letters familiar to some and new to others.

Main St. Slice, the newest iteration of the Red Ember and Wall St. Slice pizza shops in Winnipeg, opened their doors on Mar. 31 marking the business's first storefront to pop up out of city limits.

The shop, touting unconventional pizza toppings such as pork and pineapple combinations and chicken with blue cheese on their New York-style pizza, welcomed guests on a warm Wednesday afternoon in Middlechurch.

"We've had a lot of faithful customers to our other locations come in and say they're happy they don't have to travel far to get our pizza now," said Jesse Arcon, part-owner of the new location. "It's been great."

What started as the humble Red Ember food truck equipped with a pizza oven and some great ideas, travelling around festivals, markets and becoming a staple in Winnipeg's yearly Food Truck Wars has turned into a renowned business with a permanent location at The Common inside The Forks, a Wall St. location in the Wolseley area of Winnipeg and even a

hot dog joint at The Forks that goes by Wienerpeg.

"We expand by giving our staff the opportunity to become co-owners of new locations, and we've had staff that were with us for a while have had expressed the desire to do so," said Steffen Zinn, majority shareholder of the four locations.

On finding the new location right outside of the North Perimeter, Zinn said he sought a place that already had permits and proper use fit for making pies. Upon finding a listing for the former Prairie Fire Pizza on Kijiji he jumped at the opportunity to nab it.

"Due to COVID and The Forks being shut down since early November, I suppose I was a little bored and looking for a project, so we opened a new pizza shop," Zinn said.

After coming to a deal in December 2020, Zinn went to employees of the other businesses and asked if they were interested in becoming partners for the new location including Arcon, a long-time staff member for Zinn's other shops.

"Besides being able to work with really great people, being trained by staff and my other supervisors and managers,

everyone's been super great," he said. "And on the other side of it, being able to stand behind a product that I'm proud of is great too."

The new shop takes pride in sourcing nearly all ingredients locally or from high-quality suppliers. Arcon hopes the locally-focused nature of the business will equate to a greater connection with the community around him.

"Being able to connect with people in the community translates really well with being able to stand behind the product that we serve."

Arcon hopes residents residing in or just passing through the area will welcome the new joint with open arms.

"I really honestly don't know what to expect with this new area, but I am excited," he said.



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What is Communities in Bloom?

Communities in Bloom is a volunteer run, non-profit organization which works to promote green space through people, plants and pride growing together!

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RECORD PHOTOS BY NICOLE BUFFIE

Jesse Arcon, part owner of West St. Paul's Main St. Slice the newest iteration of Winnipeg's well-known chain of pizza shops including the Red Ember food truck, Red Ember Common at The Forks and Wall St. Slice in Wolseley.

Rain barrel fundraiser supports community garden

Protecting the environment, adding to the community and saving residents water

By Katelyn Boulanger

Communities in Bloom wants our region's residents to live in beautiful, sustainable communities and that's why they've decided to once again put on their rain barrel fundraiser.

This fundraiser, in partnership with Selkirk Home Hardware, gives residents the chance to buy their own rain barrel on April 30, May 1 and 2 with proceeds benefiting the expansion of the Water Tower Community Garden.

"A rain barrel is a barrel that collects rainwater from a building and uses can include watering your lawn or gardens, washing your car, or cleaning outdoor items," said Communities in Bloom provincial president Michelle Balharry.

There are many benefits to owning a rain barrel beyond being able to conveniently water your garden — it saves you money by using the rain that's already falling on your home to water plants instead of tap water,

it aids in water conservation meaning less water has to be processed by municipal water treatment plants, and it makes your plants grow better as they are receiving water that's air temperature instead of cold water which can shock them and slow growth.

Balharry advises that residents purchasing a rain barrel, "Choose a location for the rain barrel ideally beneath your gutters or downspouts that's close to your garden or where you'll need the water. Make sure the barrel will be on a flat surface that can support the weight of a full barrel which can be up to 300 pounds."

The decision to do the rain barrel fundraiser again this year was an easy one for Communities in Bloom members as this fundraiser fulfils many of their goals.

"One of the six criteria of Communities in Bloom is environmental action and water conservation is a big thing within that. When the judges

tour the communities that participate in Communities in Bloom, they love to see the use of rain, whether it be on a large scale at a municipal building or in people's yards," said Balharry.

It was also a natural fit for the proceeds of this fundraiser to go to the Water Tower Community Garden run by Communities in Bloom as there has been such a huge demand for plots in recent years.

"The community garden is such a success that there has been a waiting list now for two years in a row so more spots are definitely needed," said Balharry.

She thinks that with the recent influx of new multi-family dwellings, seniors downsizing, and young peo-

ple in apartments becoming more interested in gardening, new plots will continue to be needed in the community.

"Food supply is more important now than ever, and the ability to grow our own food in our own community, and not rely on it being trucked in from other provinces or states is very important [especially] during COVID," said Balharry.

To support more garden plots, residents can pre-order rain barrels for \$75 by visiting Selkirk Home Hardware customer service desk, or calling 204-482-8072 or email selkirkcommunitygardens@gmail.com, however, residents are advised to pre-order early as there is a limited supply.



RECORD PHOTO BY MICHELLE BALHARRY

The Water Tower Community Garden with all 32 plots flourishing with healthy plants last year.



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EDITORIAL > VIEWPOINTS > LETTERS

Moderna deliveries affecting Interlake pop-up clinics

Submitted by Manitoba government

Delays in two deliveries of Moderna vaccine to the province from the federal government will affect upcoming appointments at pop-up clinics. A delivery of 28,300 doses expected the week of March 22 did not arrive until April 3. In addition, 28,400 doses expected this week will not arrive until next week. The exact delivery date is not known.

The province has carefully reviewed all available vaccine supplies in the province to minimize the effects of this supply disruption. It is not possible to use Pfizer vaccine for pop-up clinics because these doses will be used at other vaccine appointments.

Appointments booked at Glenboro (April 7), Matheson Island (April 8), Pine Dock (April 8), Faulkner (April 8), Whitemouth (April 8), and Piney (April 9) pop-up clinics will be honoured, but no additional appointments are being made. Other pop-up clinics scheduled this week will not be affected.

All 24 pop-up clinics scheduled from April 12 to 15 throughout the province will need to be rescheduled due to this supply disruption, with approximately 7,200 people affected. These include:

- Steinbach (April 12, 13, 14 and 15)
- Pine Falls (April 13)
- Stonewall (April 13)
- Flin Flon (April 13, 14 and 15)
- Virden (April 13)
- Russell (April 13)
- Gladstone (April 13)
- Pinawa (April 14)
- Eriksdale (April 14)
- Teulon (April 14)
- The Pas (April 14)
- Swan River (April 14)
- Killarney (April 14)
- Portage la Prairie (April 14 and 15)
- Arborg (April 15)
- St. Laurent (April 15)
- Beausejour (April 15) and
- Dauphin (April 15)

The province will be reaching out to affected people by phone, email and

text to advise them of this change. Individuals may choose to book an appointment at a super site or wait for another pop-up to be rescheduled. These pop-up clinics will be rescheduled based on vaccine deliveries.

Eligibility Criteria

Eligibility to be immunized at a super site or pop-up clinic is unchanged, and includes individuals aged 64 or older and First Nation people aged 44 or older. Anyone who has been in Manitoba for one month or more can receive the vaccine at no cost if they meet provincial eligibility requirements.

Appointments

Appointments are currently available at super sites in Winnipeg, Brandon, Thompson, Selkirk and Morden.

Eligible individuals can book their appointment at a super site online at <https://protectmb.ca> with an email address and their health card number. Appointments for super sites or pop-ups can also be made by calling (toll-free) 1-844-626-8222 (1-844-MAN-VACC).

Individuals who wish to be vaccinated at the same time as their spouse/partner are encouraged to wait until both people are eligible before making appointments. It is not possible to accommodate people without an appointment at pop-up clinics or super sites.

When attending a vaccine appointment, people are reminded to bring their completed consent form (available online at <https://protectmb.ca>), wear a short-sleeved shirt, wear a mask, and bring their health card or other form of identification. To help support good physical distancing on site, people should arrive no more than 15 minutes before their scheduled appointment time.

Additional Information

All data in this bulletin is current as of April 4, unless noted otherwise.

Manitoba's daily maximum capacity

measures the number of doses the province could give every day, if vaccine supply was not an issue. Currently, daily maximum capacity is 20,918 doses per day, which exceeds the province's initial target of reaching 20,000 doses per day by April.

Based on scientific evidence of the effectiveness of the first dose, Manitoba is focusing its immunization efforts on providing as many first doses as possible to protect more people. At this time, only first-dose appointments are available and the province will provide more information about planning for second doses in the weeks ahead. For regular updates, visit <https://protectmb.ca> and sign up for the weekly e-newsletter.

More information about the vaccine campaign in Manitoba is available at www.manitoba.ca/vaccine and <https://protectmb.ca>.

COVID-19 case update

Monday saw the province announce 135 new cases of the virus including cases from the holiday Sunday and Monday. The total number of lab-confirmed cases in Manitoba as of Monday are 34,487.

- three cases in the Interlake-Eastern health region;
- 43 cases in the Northern health region;
- 19 cases in the Prairie Mountain Health region;
- seven cases in the Southern Health-Santé Sud health region; and
- 63 cases in the Winnipeg health region.

Interlake-Eastern began the week with 25 active cases and four hospitalizations (one in ICU). There have been 2,425 recoveries and 37 deaths in the region.

Peguis/Fisher River is the only community showing five active cases on the provincial COVID website while all other communities are reporting zero active cases at press time.



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

TROUBLE WITH PAPER DELIVERY?

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

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Region's RMs and city find new way to communicate

Manitoba Interlake Caucus brings municipal governments together

By Katelyn Boulanger

A new group called the Manitoba Interlake Caucus has formed bringing 20 municipal governments including those in our region together to find ways to better work together.

The Manitoba Interlake Caucus is composed of Arborg, Coldwell, Gimli, Rosser, St Francois Xavier, Teulon, Winnipeg Beach, Armstrong, Dunnottar, Grahamdale, Selkirk, St Laurent, West Interlake, Woodlands, Bifrost/Riverton, Fisher, Rockwood, St Andrews, Stonewall, West St Paul and in their first meeting elected Selkirk's mayor Larry Johannson to be their

chair.

Johannson attributes the idea for the new group to Mayor Clive Hinds of Stonewall who felt that getting the municipal governments that are north of the perimeter and west of the Red River in the Interlake would be a benefit.

"We need to have a voice of our own to just to share what we're all doing, share thoughts about what we could do, be more of a region, and look at revenue and costing," said Johannson.

The group's first meeting took place on March 12 over Zoom and was over two hours long with the Minister of

Municipal Relations Derek Johnson being the group's inaugural guest speaker.

"[Johnson] spoke for quite a while, he took a few questions. So it was terrific. We made up the terms of reference, and we passed them at the meeting also and we went around, and we talked to all the communities about what's going on in the communities but also about issues that they may have especially with COVID," said Johannson.

He says that revenue is down everywhere and hitting everyone in the pocketbook including municipal governments and that one of the group's first actions will be to write a group letter to the Association of Manitoba Municipalities. The letter would also go to the provincial government to start the ball rolling on talks regarding removing funding freezes that have been in place for many years.

Johannson feels that forming groups in our region makes it much easier to

be heard.

"When [the provincial government] cancelled the roads and bridges program. We reached out to every municipality in the province of Manitoba—cities, towns, villages.

Everybody passed the resolution to bring back that bridges and roads program and we got it back. So I mean, it shows you if we work in solidarity instead of [many] voices—I think that works wonders for getting things," said Johannson.

Though the group doesn't yet have a solid plan for how often they will meet they plan to get together again very soon.

"Everybody was in agreement that this is a good thing, this caucus is going to be something that we can talk about what's going on, we can talk about where we've been and where we want to go. So I'm really excited about it," he said.

Break and enter in ESP

By Manitoba RCMP

Red River North RCMP arrest male after break and enter in progress

On March 30, at approximately 1:10 a.m., Red River North RCMP along with Selkirk RCMP, responded to a report of a break and enter in progress at a residence on Benham Way, in the R.M. of East St. Paul.

The homeowner advised that someone had gained entry into their garage, rifled through their vehicles, and was now hiding in the basement

of their residence.

Officers responded immediately and located the suspect hiding in a closet in the basement. He was arrested without incident.

Wayne Duck, 21, has been charged with Breaking and Entering, Being Unlawfully in a Dwelling House, Possession of Property Obtained by Crime, Theft and Failing to Comply. He was remanded into custody.

RCMP continue to investigate.

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For complete information and to apply, visit manitoba.ca/vaccine.

manitoba.ca/vaccine

Manitoba 

Greater possibility of fines ahead in St. Clements

RM passes by-law enforcement legislation

By Nicole Buffie

The RM of St. Clements has implemented new municipal orders that will see the possibility of more tickets handed out to residents not following the rules of the road or any other by-law passed by council in the area.

The Provincial Offences Act By-law and Traffic By-law were enacted after public consultations and a third reading of the proposal took place on Mar. 30.

These acts, following provincial mandates, will allow for the municipality to enforce traffic and municipal infractions by way of a provincial ticket handed out by by-law enforcement or RCMP officers.

After a first reading of the proposed by-laws on Mar. 9 the RM consulted with provincial authorities to make amendments to the legalities of the

legislation as pointed out by documents submitted by a member of the public. These included changes to the maximum penalty amount allotted to be fined to an individual.

The Provincial Offences Act By-law, a product of 10 years of consultation with RM's across the province to seek input on the difficulties of enforcing their by-laws and passed in 2017 by the Department of Justice, is a way to allow municipalities to enforce provincial acts, regulations and contraventions of their by-laws instead of relying on RCMP officers to hand out tickets for the infractions. The new by-law will

ensure the enforcement of traffic, behavioural and fire prevention by-laws in the RM.

Under the new Traffic By-law, those found to be in contravention of the rules of the road can be fined up to a maximum of \$1,000, with most tolls ranging from \$100 to \$600. Officers

can ticket residents for various reasons related to dangerous driving, unlawful parking and failure to follow road weight restrictions. These tickets are now provincially enforced and must be paid to the municipality. The cash will go back into the municipality as all other fees or taxes paid by res-

idents.

While RCMP officers currently have the ability to enforce provincial statutes and laws, the legislation now

allows the RM's lone by-law enforcement officer to issue tickets as well. St. Clements Mayor Debbie Fiebelkorn said the RM has no current plans to hire an additional officer to accommodate the possibility of an uptick in calls for contraventions.

"I don't know that people will act any differently whether it was a provincial statute that was being enforced or a municipal by-law," said Fiebelkorn about the possible change in behaviour of residents now that the new by-laws are in place.

"People will do what they want to do."

Other RMs in the area have also enacted similar by-laws; East St. Paul implemented the Provincial Offences Act in the municipality in May 2020 giving power to the area's enforcement officer to issue tickets to those found to be contravening any of the affected by-laws as passed by the RM.

"PEOPLE WILL
DO WHAT THEY
WANT TO DO."

-DEBBIE
FIEBELKORN

Fire restrictions put in place from the province

Wildfire prevention measures put in place to reduce risk of fires this spring

Submitted by Manitoba government

The Manitoba Wildfire Service advises that due to high wildfire danger levels, Level 2 travel restrictions will take effect immediately across the southwest and eastern regions of the province.

The boundary of the restricted area is from PR 302 to PTH 12 to PR 317 to PTH 9 and PR 319 east to the Ontario border, and from the U.S. border north to Lake Winnipeg and the Winnipeg River including the Mars Hill Wildlife Management Area. Similar restrictions are in place for the Turtle Mountain and Spruce Woods provin-

cial parks, Spruce Woods provincial forest and the surrounding Crown land. Also affected are Moose Lake, Birch Point, Marchand, Woodridge, Whiteshell, Whitemouth Falls, William Lake and Criddle/Vane Homestead provincial parks.

Level 2 travel restrictions include the following:

- motorized backcountry travel, including ATVs and other off-road vehicles, is prohibited unless under the authority of a travel permit;
- camping is restricted to developed campgrounds;
- campfires are permitted only between the hours of 8 p.m. and 8 a.m.;
- wayside parks remain open;
- landing and

launching is restricted to developed shorelines only; and

- industry and outfitters should contact local Manitoba Conservation and Climate offices for more information.

As a further wildfire prevention measure, provincial burn permits issued under the Wildfires Act within the same areas will be restricted to only essential agricultural, municipal or industrial operations. Burning within these areas will require the approval of an officer, and include a site inspection with strict conditions. Contact a Manitoba Conservation and Climate office for more information.

Many municipalities have already proactively implemented burning restrictions this spring, so also check with local municipal offices for more information or view the interactive Current Municipal Burning Restrictions at www.manitoba.ca/wildfire/burn_conditions.html. The province will not issue any burning permits within, or areas bordering any munic-

ipality where the burning restrictions are already in place.

For further information on the fire status, maps, travel restrictions, burning permit cancellations or other restrictions go to www.gov.mb.ca/wildfire/ or follow the Twitter account at <https://twitter.com/mbgovnews>.

For areas where ATV use is allowed, riders are reminded they can play a role in protecting against wildfires. Anyone using an ATV is asked to stay on developed trails, ensure the ATV has a working spark arrestor, check areas around the engine and exhaust frequently, and carefully remove and extinguish any debris from these areas. Operators are also reminded to be prepared by carrying a fire extinguisher, axe and shovel.

To report a wildfire, call 911 or the T.I.P. line (toll-free) at 1-800-782-0076. The T.I.P. line is dedicated for reporting fires. All other inquiries should be directed to the other phone lines noted above.

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Correction

By Staff

Kadriana Sahaidak's name was misspelled on the cover of the April 1 edition of the *Selkirk Record*. We apologize for the error.

City receives cash to fund asset management program

By Nicole Buffie

The City of Selkirk has become one of 10 municipalities in the province to receive \$50,000 to continue their lauded asset management program from the Federal government and the Federation of Canadian Municipalities.

Established in 2017 after years of planning, the program oversees the maintenance and care of aging infrastructure, facilities, equipment, tools and machines as a way of extending the life of them while still providing city services. The cash will go towards policy upgrades and training for staff.

The announcement of the funding for the 10 municipalities came from Northern Affairs Minister Dan Vandal as part of the Municipal Asset Management Program.

"The 10 projects announced ensure Manitoba municipalities have the tools and technology necessary to make well-informed decisions for the long term, enabling them to effectively manage their core infrastructure to meet their citizens' needs, save money, and protect the environment. Canada's infrastructure plan is resulting in thousands of projects, creating jobs across the country and building stronger communities," said Vandal

during the funding announcement. The program will seek to hand out over \$442,000 in grants to fund the multiple projects.

The 50K is not the first chunk of change to be handed to the city for their program; in 2017 the city received the same amount during the first round of funding for the Municipal Asset Management Project. Selkirk was again selected from a list of 120 applicants for the second round of funding last month.

"When the FCM was looking at second-round applicants they took into consideration how likely it was that the project would be useful to other municipalities, or how the applicant's success could help inform other municipalities' programs or improve their practices, and both components of our grant application are somewhat unique," said Duane Nicol, CAO for the City of Selkirk.

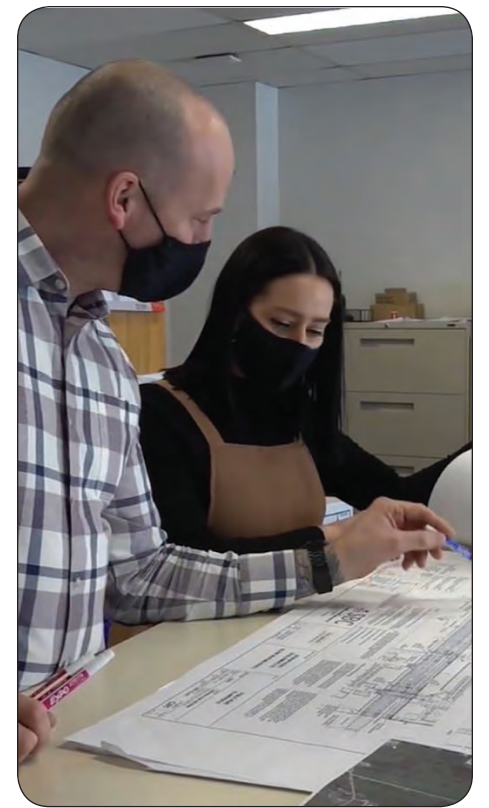
Mayor Larry Johannson said the city's program has gained recognition for being made publicly available for other jurisdictions to reference and implement in their own area.

"I'm very proud of our team for the job they do on asset management and we are seeing recognition from

across Canada with communities and groups looking at Selkirk as leaders in the field," said Johannson.

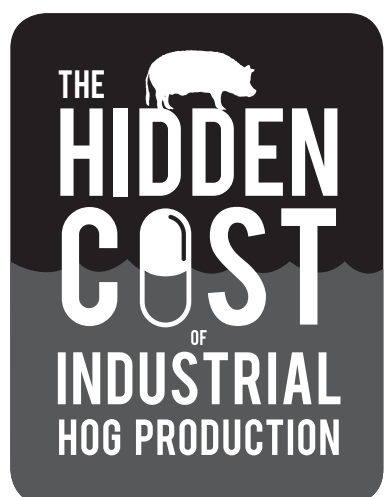
As part of the bylaw passed in 2017 mandating the implementation of an asset management program, city councillors are to be educated on the delivery of the program and training to use it from a governance standpoint. Half of the grant money will be put towards a training module for councillors and City employees to further their knowledge and expertise of the program, and the other half will be put towards updating existing policies and procedures and adding more assets to the program.

The City says the improvement to the program falls in line with priorities set out in the City of Selkirk Strategic Plan, addressing the need for substantial capital investments as part of Priority 3, and striving for greater return from municipal investments and operations through active management of capital assets and improvements in efficiency and convenience as per Priority 4. Development of training modules and policy upgrades will commence in the next few months.



RECORD PHOTO BY NICOLE BUFFIE
The City of Selkirk was one of 10 provincial municipal recipients of grant money to expand their Capital Asset Management Program.

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APRIL 14, 7 PM
ANTIBIOTIC
RESISTANCE

The human health crisis of
antibiotic resistance.
What's the hog industry's role?



APRIL 21, 7 PM
LIVING NEAR
FACTORY HOG BARN

Impacts of noxious odours
and water contamination.
What can be done?



APRIL 28, 7 PM
TOXIC BLUE-GREEN
ALGAE IN OUR LAKES

The industrial hog industry
and the health of our lakes.
What's the connection?

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Selkirk's COVID-19 vaccination site receives positive review

Renate Kurz says that Selkirk staff are running our local vaccination super site well

By Katelyn Boulanger

Selkirk resident Renate Kurz wants everyone to know about the positive experience that she had getting her shot at the COVID-19 vaccination super site in Selkirk.

She booked her appointment ahead of time and says the whole process went very well.

"[There were] two or three people in front of me and it went fast. That's what I was impressed to see," said Kurz.

She had been concerned after hearing reports that other vaccine sites had long lines but found that when she went everything was moving smoothly.

She was also very impressed by the kindness and professionalism of the staff. Even when some people that had appointments didn't come with their consent forms signed Kurz said that the staff took the time to walk through the forms with them.

"[The staff] were so kind and took their time and ask [the people getting the shots] and fill out the form. You know, nobody complains about that," she said.

Kurz then was asked to take a num-

ber and sit and wait for her shot. She says that everyone in that part of the operation had a chair and there was appropriate social distancing to make her feel comfortable.

"I just couldn't get over how quiet [it was] and everything was so well organized," she said.

She estimates it took about ten minutes from the time that she said down to the time that she got her shot.

Kurz says that the shot hurt just a little and that it was a very similar experience for her as getting your flu shot.

"The gentleman that gave me the needle was so kind and talked to me and said that the needle wasn't going to hurt and explained a few things to me that I didn't know," said Kurz.

She said that from the information that the health professional gave her she learned that it takes time for the shot to take effect and that he encouraged her not to let her guard down with regards to safety measures such as mask-wearing and hand sanitizing.

Kurz also said that she didn't experience any symptoms after getting her shot.

"I was fine. I was absolutely fine. Everybody was asking me [how I felt



RECORD PHOTOS BY NICOLE BUFFIE

Calvin Long, 93, getting his COVID-19 shot on the first day that the Selkirk super site opened.

afterwards] and I felt good," she said.

She also said that she felt a bit of relief knowing that her getting the shot was helping to protect those around her from getting sick.

One unexpected bonus that she found while getting her shot was that she happened to run into a friend who was helping people move in the right direction in the building.

"He called me by my name and then I recognized his voice. And I said my goodness sakes, I hadn't seen that man in years, we were friends him

and my husband," she said.

Even if you aren't as lucky as Kurz to bump into an old friend when you go for your shot she said that there was a friendly atmosphere extended to everyone in the old hospital.

"I found all the people, even the ones who didn't know [one another]— everybody talked to each other. So, nobody was complaining and that makes me so happy," she said

Kurz looks forward to being contacted for her follow-up shot in the coming weeks.

Manitoba reaches new COVID-19 vaccine milestone

Submitted by Manitoba government

Significant progress has been made in the battle against COVID-19, as Manitoba has hit the milestone of 200,000 doses of vaccine administered, Health and Seniors Care Minister Heather Stefanson announced

Saturday.

"Every day, thousands of Manitobans are protecting themselves and the people they love by choosing to get the vaccine," said Stefanson. "This is an incredible team effort, beginning with the public and extending to the

dedicated people who are working at the various super sites, pop-up clinics and Focused Immunization Teams, along with all of our partners."

There are currently five super sites operating in Winnipeg, Selkirk, Brandon, Morden and Thompson, with

plans underway for more locations to open in the weeks ahead. Thousands of eligible and consenting residents of personal care homes have received both doses of vaccine.

"This milestone we achieved today is one of many we still hope to achieve thanks to the work of key stakeholders, health providers, as well as the leadership of our First Nations part-

ners," said Johanu Botha, operations lead of the Vaccination Implementation Task Force. "We still have much work ahead of us and remain focused on putting thousands of needles in arms in the biggest immunization campaign in our history."

Currently, there are four vaccines that have been authorized for use by Health Canada. Moderna, Pfizer and AstraZeneca/Covishield are currently being administered but the single-dose vaccine Janssen (Johnson & Johnson) is not yet available.

"For people still waiting to get their vaccination, your turn will come soon," said Dr. Joss Reimer, medical lead for the Vaccination Implementation Task Force. "Vaccines are safe, effective and the best way for us to get back to the things we love. When it is your turn, make your appointment and be immunized as soon as possible."

Individuals can sign up to be notified when it is their turn to be immunized and find more information on Manitoba's vaccine program at <https://protectmb.ca>.

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Selkirk's water tower work begins

After delay due to COVID-19 pandemic new design is being painted on iconic tower

By Staff

Residents will notice work is beginning on Selkirk's 135 foot water tower after COVID-19 delayed the anticipated start date in spring 2020.

The city hired Carlson Commercial and Industrial Services to perform the work, which will start with stripping the current paint in an environmentally controlled space. Once that process is complete, painting the top portion of the tower to Selkirk-raised graphic designer Robyn Kacperski's design will take place.

Mayor Larry Johannson said the water tower is as emblematic of Selkirk as catfish and the local steel mill and he's excited about the upgrades.

"This is a project that's been a long time coming. Unfortunately, with COVID we had to delay for a year, but for a project like this where timing is critical, it just had to be done because of the uncertainty of labour availability not to mention weather. 2021 is the year though. We can't wait to see [Kacperski's] design high above Selkirk. It's going to be fantastic," Johannson said

Kacperski's design uses the city's brand elements, with the city's logo painted on opposite sides around the widest area. The bottom portion will include an in-depth mural, the design of which is still to be determined.

Chief Administrative Officer Duane Nicol said the city wanted to add a feature to the tower that will make visiting it more of an experience.

"By adding a mural to the bottom we're creating a space for photos to be taken, memories to made and exploring to take place," Nicol said.

"This mural will be a strong reflection of the community renewal and regeneration we're seeing around us. It's truly an exciting project. We can't wait until this is done for the community to enjoy and be proud of."

A request for proposal for the mural will be going out this spring, and the city is looking for a submission that will pay tribute to Selkirk's culture and history.

Dan McDermid, Director of Operations, said the tower is still doing its job but if the exterior was left unchecked it would eventually impact



RECORD PHOTO SUBMITTED

Selkirk's water tower is getting an upgrade. With the structure's paint in need of a new coat, the design has been upgraded to mesh with the City's current branding.

the performance.

"The paint acts as the skin of the water tower, it's external and it's keeping the elements away from the metal. So, the paint is more than aesthetics, it's critical maintenance," McDermid said.

The tower, built

in 1961 and last painted in 1998, holds 200,000 gallons of drinking water, enough for approximately 5 hours.

Work is expected to be complete this September.

Sending Easter wishes



RECORD PHOTO SUBMITTED

East Selkirk Middle School partnered with Services To Seniors Selkirk to provide Spring and Easter happiness to some seniors in our community. Knights Centre residents and Meals on Wheels clients received over 100 cards from students from grade six to nine.

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Inside the St. Andrews Lock and Dam



RECORD PHOTOS SUBMITTED

The St. Andrews Lock and Dam has started the first stages of the construction that will upgrade the iconic structure. For now, traffic is not being affected as the unique camere style dam underneath the bridge is being repaired first. On Dec. 9, 2020 Public Services and Procurement Canada let the public know via a Zoom meeting that the bridge will not be closed for the replacement of the bridge deck, however traffic will be limited to one lane during that part of the construction, which is set to begin in spring of this year.

Pfizer's COVID vaccine research in adolescents shows 100 per cent effectiveness

By Patricia Barrett

Pfizer-BioNTech announced last week that its COVID-19 vaccine is 100 per cent effective in adolescents aged 12 to 15.

The companies made the announcement last week after analyzing data from a trial involving 2,260 adolescent volunteers in the United States.

No cases of COVID developed among the vaccinated group of adolescents (1,131 volunteers) while there were 18 cases of the virus among those in the placebo group (1,129 volunteers). The study was based on a two-dose vaccination regime administered about 21 days apart.

"In participants aged 12-15 years old, BNT162b2 demonstrated 100 per cent efficacy and robust antibody responses, exceeding those reported in [a] trial of vaccinated 16-25 year old participants in an earlier analysis, and was well tolerated," states a March 31 Pfizer-BioNTech news release.

The companies said they hope to [be approved to] start vaccinating adolescents before school starts in September. Vaccinations would help

keep schools open and may prevent children from transmitting the virus to others in the community.

The findings have yet to be confirmed by other medical researchers and agencies such as Health Canada that approve drugs and vaccines.

Pfizer Canada's general manager and vaccines lead Fabien Paquette acknowledged that further investigation of the trial's results is required.

"This is data coming out a couple of weeks following the second dose, but there will be further investigation," said Paquette during an interview with CBC. "In the summertime we should have the full reports about this. These are promising data that will be analyzed by Health Canada. The complete study and results will be made available later on."

COVID-19 infections are trending upwards in younger age groups. In Canada adults aged 20 to 39 now account for the highest case numbers.

Although children for the most part have not been as likely as adults to develop a severe illness from COVID-19, they are contracting the virus and

have been hospitalized and died.

In Canada over 163,500 (17 per cent) of people aged 19 and under have been infected with COVID and 805 have been hospitalized, according to Government of Canada data as of March 26.

COVID variants, which cause more severe illness, seem to be increasing in transmissibility across all age groups, including children, according to the World Health Organization, and studies are underway to confirm their effect.

Last week Canada surpassed one million cases of COVID. Over 23,000 Canadians have died. British Columbia, Alberta and Ontario are in their third wave of infections, with cases in Saskatchewan and Quebec ramping up, as COVID outpaces inoculations and people tire of practising virus-safe behaviour.

Health experts are predicting that Manitoba could soon enter its third wave.

As of April 3, the province identified 181 new cases of COVID (cases from Good Friday and Saturday). The num-

ber of Manitobans who've died from COVID now stands at 938. There are 270 cases of variants. People are advised to continue practising physical distancing, refraining from gatherings, wearing masks and frequently washing or sanitizing their hands.

Pfizer-BioNTech said it plans to study its COVID vaccine in more children. It began trials in three age groups: 6 months to 2 years, 2 to 5 years and 5 to 11 years to further evaluate "the safety, tolerability, and immunogenicity" of the vaccine.

In addition to submitting their trial data on adolescents (aged 12-15) to Health Canada, the companies plan to submit their findings to the European Medicines Agency and the U.S Food and Drug Administration and request authorization for the emergency use of the vaccine.

Moderna is currently studying its COVID-19 vaccine in 12-to-17-year-old children, and AstraZeneca is studying its vaccine in children aged six to 17.

Spring thaw nearly complete, flood outlook low

By Ashleigh Viveiros

Spring is finally here (recent frosty temperatures and flurries not withstanding) and Manitoba looks to be in good shape when it comes to the flood outlook.

Infrastructure Minister Ron Schuler last week released the province's March soil moisture report, which shows the annual spring run-off is nearly complete in the southern basins and the risk of flooding remains low.

"Having seen normal to below normal precipitation in our entire basin since November 2020, the hydrological forecast this year will be on the border of a non-event," Schuler said at a press conference March 30.

Our province sits at the bottom of what used to be prehistoric Lake Agassiz and so drains water from Manitoba, Saskatchewan, Alberta,

North Dakota, Minnesota, Montana, Ontario, and a small part of South Dakota each spring.

"We look at our entire basin when we make projections," Schuler explained, noting water levels are down across the board this year. "For instance, southern Manitoba and southern Saskatchewan are down 20 per cent of normal precipitation of the past 40 years."

"Some areas in southwestern Manitoba are at a record low precipitation level. Satellite images and model simulations show most of the snow in southern and central basins have already melted."

As northern Manitoba is still waiting for its spring run-off to start, there is a low to moderate risk of high water activity within the Saskatchewan and Churchill river basins.

The Red River, meanwhile, has

reached peak levels within the Red River Valley from Emerson up to and including the city of Winnipeg and is well within the riverbank.


Due to low levels of precipitation this winter, flows on the Assiniboine River are expected to also be very low and well within the riverbank.

Near to below normal levels of precipitation are being predicted for April, May, and June.

"Currently we have no drought concerns," Schuler noted. "A good rainfall, maybe even a late snowstorm will mitigate a lot of that. Those would not impact what we're talking about today insofar as any kind of flooding.

Those would just make sure that the fields are wet enough to get crops in.

"So far things look okay," he said, noting officials will be keeping a close eye on conditions to see if drought measures will need to be taken. "At this moment we do not have a concern, but the forecasting is looking like we're going to have a fairly dry summer."




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Finding hidden treasure on a Libau farm

Renovation reveals hidden treasures from 98 years ago

By Katelyn Boulanger

Louise Verkers found more than she bargained for when she decided to make renovations to her home, which was built in 1923, among the wood and nails was a time capsule waiting to be discovered.

"We bought this house almost nine years ago and we are the fourth owners of the house. According to this letter that I found in the wall of stairs. It was built in 1923," said Verkers.

The letter in the wall revealed some interesting history about the people who built the house 98 years ago.

It said that the house was built by Ignich Morris, who was a professional carpenter, and that his son Stevenson Morris wrote the letter that was hidden in the wall.

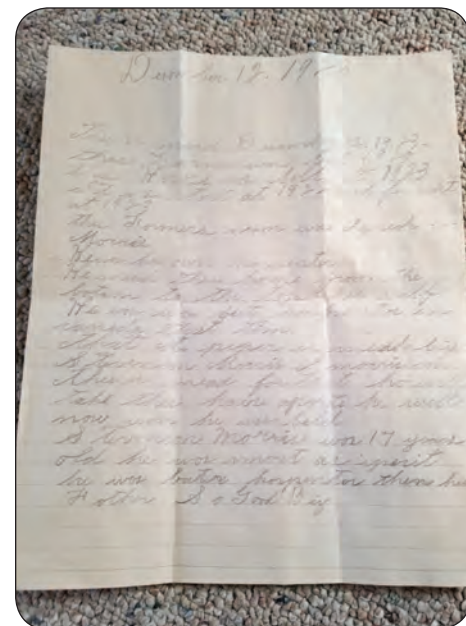
"It took [Ignich Morris] a year [to build the house] and he did it all by himself and he purchased this property, which is 80 acres in 1920," said Verkers.

She has only good things to say about Morris's construction job as the house is still sturdy and the milk house, which her family affectionately refer to as the bunker, is still standing and in good shape.

After 98 years, however, she and her husband decided that the house needed its insulation to be upgraded which is why they also opened up their attic walls to find a bundle of magazines and newspapers, which were rolled up and wrapped in paper to keep them safe.

The newspaper bundle had many different papers from all around Manitoba. There was one from Winnipeg called *Nor'West Farmer*, a copy of *The Grain Guide*, and finally, there was a paper called the *United States News from the Free Press Prairie Farmer*. All of these papers came from the later months in 1923.

The newspapers also had very interesting articles. Some would be what modern residents might think would be typical of a Manitoba farm of the time with one speaking about a heavy snowfall making little difference to grain movements, which were primarily transported by trains at that time. However, there was also more dramatic news with another article talking about three armed bandits holding up two men in Illinois and taking \$10,000 from them, which was their share of an inheritance. There



RECORD PHOTOS SUBMITTED

Left- The bundle of newspapers where Verkers found them in her attic wall. Right- The letter from 1923 detailing the history of her home.

seemed to be bandit problems in 1923 as another article spoke about a young woman who had to choose between marrying her fiancé or spending a year in prison for her role as part of a bandit quartette. It seems that she agreed to be married as the article concluded by stating that she was released without reprimand. There was even an article that resonates strongly with the news of today with many homes in Solsgirth Manitoba being

under quarantine due to an outbreak of smallpox which caused public vaccinations in the community.

Verkers was very happy to find these small bits of history hiding behind her walls and intends to put them back for future renovators to find.

"I thought it was absolutely like the coolest thing. Like talk about finding a treasure that nobody knew was behind those walls for pretty near 100 years," she said.

A breakthrough denture procedure making a lot of smiles

By Elisha Vador

OPINION GIVEN BY ACTUAL PATIENT

"I didn't realize how much your confidence is shot when you have no teeth. I am so much more confident now, wow," says Mark S. about his new permanent teeth.

Mark, like so many others never could get used to his denture. "They just fall out; they won't stay there. I had to use 10 tons of that paste that you stick them in with and I hated that. I would rather go with no teeth than put that stuff in, you know," said Mark in a recent interview regarding his smile.

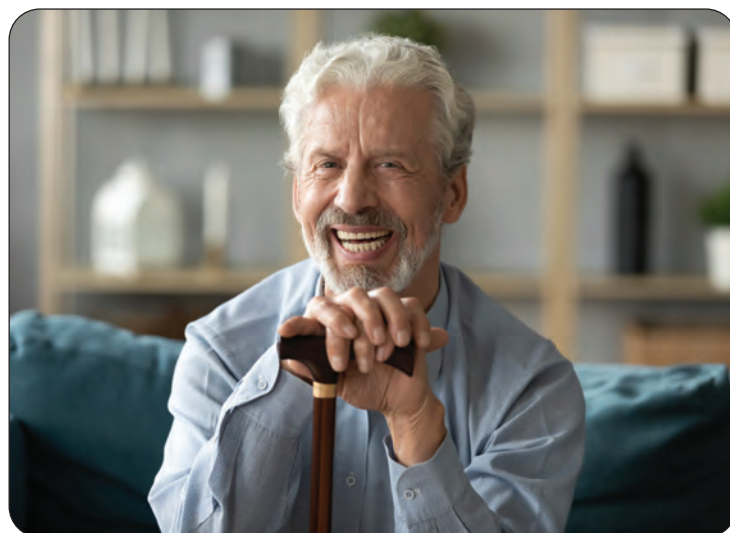
This 'breakthrough' procedure works so great because it doesn't just replace the white teeth and pink gums like a denture, it actually replaces the roots of the teeth as well. "It is the roots that give your teeth the stability to chew. They are the foundation that gives someone the freedom

to enjoy all kinds of foods again, smile without fear of their teeth falling out, and actually work to preserve ones jaw bone from shrinking away," says Brock Vador, owner of Vador Denture Centre.

The official name for the replacement tooth root is a 'dental implant', which is a titanium post the size of a natural tooth root. What this procedure does is use (typically) 4-6 dental implants to become the stable foundation for a denture. "We like to call it The Freedom Smile, says Brock, because it gives people a 21st century solution to age old denture problems. We work right alongside a Dentist who places the dental implants, then while the patient is still in the chair, I fit the denture (which is now much smaller and more comfortable than the regular one) on top of the dental implants, and voila, Mark has teeth again!"

We asked Mark about how that procedure went on his end. He said, "Actually, I was a little apprehensive about it, but it went really really well! They froze me up really good and I got little breaks now and then. Anytime the freezing wore off, they put more in. After the procedure it was hardly sore at all, which amazed me. Very slight bit on the gums, hardly anything to worry about. I took no pain killers, I didn't need them, I'm serious. I can eat pretty much whatever I want and smile whenever I want. It's just a real pleasure, the ability to laugh again and enjoy life. They are just like regular natural teeth in my mouth, that is the coolest part about it, it's incredible and I'm loving every second of this!"

Whenever you have questions, we are here to answer them. The start of a well-functioning and good-looking smile is one call away.



After years of suffering with loose bulky denture problems, Mark S. shares his experience with permanent dentures.

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> MEAL IDEAS



Easy Brunch Quiche

utes. Add green onions; cook 2 minutes. Add mushrooms; cook 4 minutes, or until bacon is completely cooked and mushrooms are tender. Drain onto paper towel over plate. Set aside.

In medium bowl, whisk eggs and milk until combined. Add broccoli and cheese mixture. Add 1 cup cheese. Stir to combine. Set aside.

In pie shells, divide drained bacon mixture evenly. Divide broccoli mixture evenly and pour over bacon mixture. Sprinkle remaining cheese over both pies.

Bake 40 minutes.

Allow to cool at least 12 minutes before serving.

Note: To keep edges of crust from burning, place aluminum foil over pies for first 20 minutes of cook time. Remove after 20 minutes and allow to cook uncovered until completed.

Serves: 12
1 package (10 ounces) frozen broccoli with cheese
12 slices bacon, chopped
1/2 cup green onions, sliced
1 cup mushrooms, sliced
4 eggs
1 cup milk
1 1/2 cups shredded cheese, divided
2 frozen deep dish pie shells (9 inches each)

Heat oven to 350 F.

In medium bowl, add broccoli and cheese contents from package. Microwave 5 minutes, or until cheese is saucy. Set aside.

In skillet, cook chopped bacon 4 min-



Cheesy Bacon-Broccoli Quiche

Preheat oven to 350 F.

In microwave, prepare broccoli and cheese sauce according to package directions; set aside to cool slightly.

In nonstick skillet over medium heat, cook bacon, mushrooms and green onions until bacon is cooked through and mushrooms are tender. Scatter bacon mixture in bottom of pie shell; place pie shell on baking sheet.

In bowl, whisk eggs and dairy milk then stir in broccoli and cheese sauce along with cheddar cheese. Pour custard into pie shell and bake 35-45 minutes, or until center is just set and knife blade comes out clean when inserted into center of quiche.

Let cool at least 10 minutes before cutting into wedges and serving.

Servings: 6
1 package (10 ounces) frozen broccoli with cheese sauce
3 slices turkey bacon, chopped
1/2 cup white mushrooms, sliced
1/2 cup green onions, chopped
1 frozen prepared pie shell (9 inches)
4 eggs
1 cup fat free or low fat dairy milk
1/2 cup cheddar cheese, shredded

Banana Breakfast Shake

Servings: 2 (6 ounces milk per serving)
1 1/2 cups fat free or low fat dairy milk
1 frozen medium banana, peeled and sliced
1/2 teaspoon vanilla extract (optional)
1/4 teaspoon almond extract (optional)
cinnamon, for garnish (optional)

In blender container, combine dairy milk, banana, vanilla extract and almond extract. Blend until smooth, about 20 seconds.

Pour into two glasses and garnish with sprinkle of ground cinnamon, if desired.

Bacon Banana Bread

Prep time: 10 minutes

Cook time: 70-80 minutes

Servings: 6-8

Nonstick cooking spray

1 1/4 cups all-purpose flour, divided

1 teaspoon baking soda

1 teaspoon baking powder

1 cup sugar

3 medium bananas, mashed

1/2 cup canola oil

2 eggs

1 teaspoon vanilla extract

8 slices Coleman Natural Bacon, cooked and cut into 1/4-1/2-inch pieces

Preheat oven to 325 F. Lightly grease

Bitterness makes things worse

By Gwen Randall-Young

Many times, we are frustrated or disappointed because of things we wish. You would like a romantic evening with your spouse, or to go for a long walk, but there he is, lying on the couch again. Instead of telling him what you would like, you ask him if someone spilled crazy glue on the couch, or if he is paralyzed from the waist down. (Waist down because he can still use the remote.) He gets angry at your snappiness, and then there is even more distance between you.

The weekend is coming, and you would like to do something with the family. He has golf planned, so instead of asking for what you want, you accuse him of loving golf more than you. He says nothing, but you fear that for once he just might agree with something you said.

You might want to make love with your wife, but instead of taking the time to connect with her, you ask her if there is any chance of getting any. She rolls her eyes, lets out a big sigh and hands you the remote. You hope that your children will do something nice for you on Mother's Day, but you say nothing and wait. They disappoint you, so you are depressed all day.

These four scenarios plant seeds of discontent, which will continue to come up like weeds. They all require another person to know what you are thinking. Your happiness also depends on others changing. It's not working, is it? There is another approach you can try. It requires that you take full responsibility for your own happiness.

Tell your husband that he means the world to you, and that you want some special time with him. Ask him if he could set aside some time during the next week. Let him pick the time. Try not to get into hassles, especially just before that time. Let him know that you are looking forward to

having him all to yourself for a while. If he's a golf nut, don't try to make him choose between you and golf. Tell him it's going to be a beautiful weekend. You want him to have fun, but you also want to do something special with the family. Have a couple of ideas to suggest or ask him for his ideas. Tell him that if you both can get your needs met, you'll both be happy.

If you want to make love with your wife, and she hasn't been that responsive, there's a message there. If she's been sick or exhausted it's probably nothing personal. Otherwise, you need to do something special. Few women can resist a man who truly cares about their feelings and will take the time to look into her eyes, and really be with her. It's a bonus if the man will connect with her, hug her, show her he loves her, without expecting sex. Then she knows that his affection is genuine, and not just because he wants something.

Finally, if you want people around you on Mother's Day, or any other special day, let them know. If you want a party for your birthday and it might not happen, then plan one yourself. If you want to have dinner with your children, invite them. Do these things and enjoy the people. It's much better than being bitter about it not happening as we would wish. You would like a romantic evening with your spouse, or to go for a long walk, but there is anger in the way you ask. When you take things into your own hands, looking at how you can create the outcome you want, then the energy around you is positive, and others will want to be around you.

Gwen Randall-Young is an author and award-winning psychologist. For permission to reprint this article, or to obtain books, CDs or MP3s, visit www.gwen.ca. Follow Gwen on Facebook for daily inspiration.



9-by-5-inch loaf pan with nonstick cooking spray.

In large bowl, combine 1 cup flour, baking soda, baking powder and sugar. In separate bowl, combine mashed bananas, canola oil, eggs and vanilla extract.

Add banana mixture to dry ingredients, stirring until just combined.

In small bowl, toss bacon and remaining flour until bacon is lightly coated.

Fold flour-coated bacon into batter. Pour batter into prepared loaf pan.

Bake 70-80 minutes, or until toothpick inserted near center comes out clean.

Cool in pan on wire rack 20 minutes before inverting bread onto wire rack to cool completely.

Cut and serve.

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INSIDE > OUTSIDE > UPSIDE DOWN

Roulette to represent Canada at 2021 IIHF World Championship

By Brian Bowman

Conner Roulette was one of three Manitobans selected by Hockey Canada to represent our country at the 2021 IIHF U18 World Championship later this month in Texas.

The Winnipeg product is currently playing in the Western Hockey League with the Seattle Thunderbirds.

Roulette, 17, played three games with the Selkirk Steelers this season, producing a goal and an assist.

His Thunderbird teammate goalie Thomas Milic, a B.C. product, is also on Team Canada.

"We're proud of both Conner and Thomas on their selection to Team Canada," said Thunderbirds' general manager Bill La Forge on the team website. "The selection of both Conner and Thomas is a credit to our coaching and development staffs which have both done a great job working with them. This tournament will be great for their hockey development and we look forward to watching them play."

Team Canada has high expectations heading into this year's U18 world championship.

"We are excited to announce the 25 players that have been selected to wear the Maple Leaf at the 2021 IIHF U18 World Championship," said Team Canada's director of player personnel Alan Millar.

"Despite a difficult year for our players and staff, we are confident this group will represent our country with pride while giving us a chance to compete for a gold medal in Texas."

Roulette had four goals and two assists in six games with Seattle heading into last week's action.

Roulette is an 'A' rated skater by NHL Central Scouting for the 2021 NHL Draft. He was third in team scoring in his rookie season with the T-Birds in 2019-20. He had 19 goals and 20 assists for 39 points in 54 games.

In November of 2019, Roulette represented Canada as a member of Team Canada Red at the 2019 World Under-17 Hockey Challenge in Medicine Hat and Swift Current.

Roulette, a former Winnipeg Hawks' star forward, had two goals in four games for Team Red, which finished in fifth place at the tournament.



RECORD PHOTO SELKIRK STEELERS

Winnipeg's Conner Roulette was one of three Manitobans selected last week to represent Canada at the 2021 IIHF U18 World Championship in Texas from April 26 to May 6. Roulette played three games with the Selkirk Steelers this season, producing a goal and an assist.

Disc golf flying into Stony Mountain Quarry

Staff

Mark your calendars for an exciting outing — a rarity in the past year.

On Saturday, April 24, spectators are welcome to watch disc golfers of all skills and ages compete at the Stony Mountain Spring Pop-Up Tournament at the Stony Mountain Quarry.

Disc Golf Manitoba is setting up a temporary course for the one-day event, which will run from 10 a.m. to 3 p.m. for disc golfers to try to conquer the quarry's hills, cliffs, buttes and ridges.

"Disc golf follows the basic premise of traditional golf, but rather than hitting a ball towards a hole, disc golfers throw discs (sleek Frisbees) towards a raised basket 200 to 600 feet away. Along the way, disc golfers must navigate the trees, cliffs, rocks and water that act as

hazards," said tournament director Kelly Chabbert.

"Disc golf is an exciting sport to play and watch. It is played by all ages and is extremely economical to play."

Disc Golf Manitoba is in discussions with the Stony Mountain Community Association and the RM of Rockwood about introducing disc golf to Stony Mountain on a permanent basis, Chabbert added.

"On April 24, stop by the quarry and watch the fierce yet friendly competition and ask questions as our disc golfers act as ambassadors of the sport," he said.

"Disc Golf Manitoba thanks the Stony Mountain Community Association and the RM of Rockwood for their co-operation in permitting this tournament."

Interlake players to compete at hockey nationals

Staff

The Minot State University Beavers and the city of Minot will be hosting the ACHA Women's Division I National Tournament later this month. The club hockey tournament will take place at Maysa Arena from April 15-19 with multiple games on each day.

Minot State, whose roster includes Riverton's Denali Sigurdson, enters the tournament as the two overall seed and will compete in Group B during pool play. They will square off against Midland University and McKendree University prior to the start of bracket play.

Last weekend, Minot State (14-3-1) swept Dakota College of Bottineau in a two-game series, winning 5-0 and 4-0.

The national tournament schedule is as follows:

Thursday | April 15

10 a.m. — Midland vs. McKendree

1 p.m. — Minot State vs. Adrian

4 p.m. — Liberty vs. Lindenwood

Friday | April 16

10 a.m. — Lindenwood vs. Adrian

1 p.m. — Minot State vs. Midland

4 p.m. — Liberty vs. McKendree

Saturday | April 17

10 a.m. — Midland vs. Lindenwood

1 p.m. — Minot State vs. McKendree

4 p.m. — Liberty vs. Adrian

The Beavers' men's hockey team, meanwhile, played a home-and-home series with the Jamestown Jimmies this week but no scores were available at press time.

That series was a warm up to the 16-team ACHA Division I nationals in St. Louis, MO. from April 16-20.

No. 6 Minot State will face No. 11 Calvin University Knights at 1:30 p.m. on April 17.

The Beavers' roster features several former Manitoba Junior Hockey League players, including Arnes' Wayde Johannesson, St. Andrews' Carter Barley, and Teulon's Brayden Pawluk.

Bisons men's volleyball - starting fresh, staying focused

By Mike Still/University of Manitoba

Armed with a lifetime of experience and coaching wisdom, Arnd 'Lupo' Ludwig is on the brink completing his first season as the newest member of the Bisons coaching staff.

Hired in August 2020 to replace the legendary Garth Pischke at the helm of the Bisons men's volleyball program – a daunting task in its own right, Ludwig faced the incredible challenge of developing relationships and establishing his philosophies with his new team amidst a global pandemic.

"The first week we didn't even practice. I set up individual meetings with each player for 30-45 minutes, just to get to know them, what they like, what they don't like and how they want to be treated in practice. We didn't talk about goals at that time," Lupo said.

"Then we started practicing. They are great men. They work hard in practice. They come to individual sessions in the mornings, which is something that I said everyone has to come to at least once per week, to work on technical stuff with me. So far, everything is good, but it's easy when you don't have games."

In summer 2020 Manitoba's COVID case numbers were manageable, but they soon began to creep up in late fall. When the province went into lockdown mid-November, it erased any possibility of even a shortened 2020-21 Canada West competitive season.

"The idea originally was that we would practice until December and then maybe we'd have a season with Canada West, and if not, at least we could have a couple of games with the U of W and Brandon," noted Ludwig. "I thought that would be very beneficial for me as a new coach, to see how the team practices and how they react to my coaching. Two months later, everything was over."

For now, communication has been limited to zoom meetings, texts and emails.

"There's always a little bit of contact, and because we aren't practicing, we try to have a meeting every two weeks with everybody, where they give a speech on what they're doing and what's going on so that everybody on the team knows."

National team experience key

During the hiring process, Bisons athletic director Gene Muller noted that Ludwig's national team experi-



RECORD PHOTOS BY UNIVERSITY OF MANITOBA

Jack Mandryk, left, and Owen Schwartz are two key players returning to the University of Manitoba Bisons' men's volleyball team.

ence, and ability to coach at a high technical standard were key to his appointment.

His track record extends far beyond his technical skill though. He has a belief and desire to play against best competition. As Team Canada's head coach in 2014, he helped the squad move up five spots to 16th overall in the world rankings. A major reason for the shift was the group's involvement in the Grand Prix and FIVB World Championship.

Prior to 2014, Canada hadn't played in the Grand Prix for 11 years, and a world championship is only every four years. Canada's major international tournament was the NORCECA Championship. It's good volleyball, however the group faced the same teams in the United States, Dominican Republic, Puerto Rico and Mexico.

By exposing the team to stiffer competition against different federations (only four players had been to the previous world championship in Japan), they got better and gained confidence.

"There's so many good teams, and in Canada we didn't have these games," said Ludwig. "The only big and important games were at the tournaments, and at the tournaments we always played the same teams, so that's why I felt it was important to go all around the world to play, and to see all these different teams. They became better just because we played in these tournaments. We beat Poland once, we beat Bulgaria once. People could

see that we were getting better during that time."

As a result of their hard work, both at the full-time centre in Winnipeg and in competition, numerous members of Team Canada earned better pro contracts.

"That was really important, and I didn't do much there. It's just because the players got better. If you're not good enough, I can do whatever I want and they won't play for anyone."

Work hard, play hard

When Manitoba is able to take to the court in full once more, they'll do so with a battle-tested roster that remains intact. Left sides Owen Schwartz of St. Clements, Ben Carleton and Zach Janzen, as well as setter Jack Mandryk of Lockport, middles Brendan Warren and Darian Koskie and liberos Kyle Martens and Mathieu Lavoie are among a group that have all seen considerable action over the last few seasons.

The men's team pride themselves on having a tight-knit group. They work hard, but also have fun together. Developing a balance between work and play is something Ludwig values as well.

"I think my coaching style is changing all of the time. I think when I was young, I really wanted to have control over everything, but as I've gotten older you learn to trust people more and delegate," he says.

"For me, it's always important that the players have fun too. I know it's hard work. You spend a lot of time – and there will be days, especially with school – where they're very stressed and tired, and so it's very important that when you do play volleyball, that you have fun. I always try to make

sure my practices have at least one fun part in there too."

Collaboration key to keeping top talent in the 204

Recruiting is an aspect of the job that's new to Ludwig. When he was a professional coach, agents would talk to the players, and when he was with the national team, the group was selected and not recruited.

Nonetheless, he's done his due diligence.

"When the offices were open, I talked to [Bisons coaches] Ken [Bentley], Kirby [Schepp] and Michele [Sung] who are all in the one hallway. That was really good, but I have to find my way there. So far, it's been successful. I got the two players that I wanted for next year, and after that we'll have to see."

The two players being referred to are middle Jonah Dueck from the Rosenort Redhawks and outside hitter Spencer Grahame of the powerhouse Lord Selkirk Royals, both of whom were ranked in the top ten by the Winnipeg Sun. Ludwig met Spencer during his time coaching club volleyball with WinMan, while Dueck is a can't miss prospect with stellar size.

"I think Spencer is definitely one of the top two or three recruits of this age group. I was coaching in his age group with WinMan, and we had really good bouts against them. What I really like about him, was if he made a mistake he just kept going. He's a really good player, and I got to know him through recruiting. I think he's a really good fit for our team," noted Ludwig.

"Jonah is tall, athletic and has good coordination. There's definitely a little bit of work ahead for him, but I think he has a really bright future as well."

Going forward, Ludwig intends to develop strong relationships with the various club volleyball teams in the province. This approach will ideally result in athletes considering staying home rather than heading out west.

"I really got into this community in the last four years. What I like, especially on the boys' side, is that people talk to each other and get along with each other. When I got the job, I met with Tim Au at WinMan, and with Jared Brown from 204, just to make sure that we really work together in this whole thing," he says.

"It was a great conversation, and they gave me support. That's something that I really want to keep up. We have a great community, and we play against each other and of course everybody wants to win, but at the end of the day it's for the bigger picture of volleyball."

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					9	4	5	6
	5		4		3		2	
		6						3
		5	9			7	6	
		9			6			
		2				5		
7	6	4		1				
								8
2			6	7			1	

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Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

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!

3	2	7	1	8	9	4	5	6
8	5	1	4	6	3	9	2	7
9	4	6	5	2	7	1	8	3
4	8	5	9	3	2	7	6	1
1	3	9	7	5	6	8	4	2
6	7	2	8	4	1	5	3	9
7	6	4	3	1	8	2	9	5
5	1	3	2	9	4	6	7	8
2	9	8	6	5	3	1	4	7

Sudoku Answer

[illegible]

Crossword Answer

CROSSWORD

CLUES ACROSS

1. One who manufactures
6. Science degree
9. Database management system
13. Desert
14. Inventor Musk
15. Welsh valley
16. Round Dutch cheese
17. Saying
18. Comedian and TV host
19. Uppermost portions of the brain
21. City in Transylvania
22. Where astronauts go
23. Men's hairstyle
24. Indicates position
25. One point east of due south
28. Businessmen may have one
29. Grass part
31. Running back Gurley
33. Unwavering
36. Options
38. Annoy
39. Greek mountain
41. Pastas
44. Fishes
45. Wrap
46. Potentially a criminal (slang)
48. Seize
49. The Constitution State
51. Upset
52. 1991 men's Wimbledon champ
54. Central Chinese province
56. Predisposition
60. A notice of someone's death
61. One-time Kentucky Rep.
62. Swiss river
63. Dried-up
64. Finger millet
65. ___ Allan Poe
66. German river
67. Brew
68. Kenyan river

CLUES DOWN

1. Millisecond
2. Acts as military assistant

1	2	3	4	5		6	7	8		9	10	11	12
13						14				15			
16					17					18			
19				20					21				
			22					23				24	
25	26	27		28			29				30		
31			32		33		34					35	
36				37		38				39			40
	41				42				43		44		
		45					46		47		48		
49	50		51			52				53			
54		55				56					57	58	59
60					61					62			
63					64				65				
66					67				68				

3. Knot in a tree
4. Husband-and-wife industrial designers
5. The Ocean State
6. Point the finger at
7. Parts in a machine
8. Midway between northeast and east
9. Portray precisely
10. Blister
11. Mental illness
12. Nose of an animal
14. What students receive
17. Semitic peoples
20. Beats per minute
21. Family of drugs
23. Atrocious
25. Type of microscope (abbr.)
26. ___ or bust
27. Icelandic poems
29. A citizen of Pakistan
30. Very pale
32. Metric linear unit
34. Sea eagle
35. Biblical judge of Israel
37. Isaac's mother (Bib.)
40. Sino-Soviet block (abbr.)
42. Cool!
43. Large hotel room
47. Type of boat (abbr.)
49. Picked
50. Type of hookah
52. Attack
53. Directs
55. Belgian WWII resistance fighter
56. Finished negotiation
57. Heroic tale
58. Middle Eastern country
59. Protein-rich liquids
61. Malaysian Isthmus
65. Spielberg's alien

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Deadline for Applications: Tuesday, April 20, 2021

Applications accepted by email only: sif55plus@mts.net

Only those selected for an interview will be contacted within 5 days of deadline.

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Municipality of Alexander

Attn: PW Manager

1 Bouvier Trail, Box 100, St. Georges, MB R0E 1V0

pw@rmalexander.com

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Monday to Friday
8:30 a.m. – 4:30 p.m.

CITY OF Selkirk

PUBLIC NOTICE

Regarding the 2021 Financial Plan

The Council of the City of Selkirk has scheduled a Public Hearing to be held at:

The Selkirk Recreation Complex Banquet Hall
180 Easton Drive
Tuesday, April 27, 2021 at 7:00 pm

to present the 2021 Financial Plan

At the Public Hearing, Council will hear any person who wishes to make a presentation, ask questions, or register an objection to the financial plan.

Following government guidelines surrounding COVID-19, protocols will be in place to protect both visitors and city representatives. We will be enforcing physical distancing measures and monitoring occupancy.

Anyone wishing to attend the hearing is asked to register ahead of time for contact tracing purposes at www.myselkirk.ca/financialplan2021. Those without access to online services are asked to call **CitizenSupport** at 204-785-4900.

Copy of Plan: The financial plan can be downloaded and printed online at: www.myselkirk.ca/financialplan2021.

Dated at the City of Selkirk this 1st day of April, 2021, and issued pursuant to Section 162(2) of The Municipal Act.

Kevin Richter, CPA, CMA
Director of Finance
City of Selkirk



PUBLIC NOTICE

RURAL MUNICIPALITY OF WEST ST. PAUL Additions to the Voters List and/or Personal Security Protection Requests

In accordance with Section 36 of *The Municipal Councils and School Boards Elections Act* (MCSBEA), the RM of West St. Paul Voters List is open for changes or revisions.

- Any person who is eligible to vote in municipal elections in the Local Authority of the RM of West St. Paul can have his or her name added to the Voters List or have any information about the voter on the Voters List corrected.
- Any person can request to have his or her name and address obscured from the Voters List.
- A person whose name has been obscured will receive a Personal Security Certificate and identification number. In a civic election, that person may only vote by Sealed Envelope Ballot and cannot vote in person at the regular or advance voting places.

To implement the above, a written request must be submitted to the Municipal Office, in person, by email, fax or mail to:

RM of West St. Paul, 3550 Main Street, West St. Paul, MB R4A 5A3

Phone: 204-338-0306

Fax: 204-334-9362

E-mail: info@weststpaul.com

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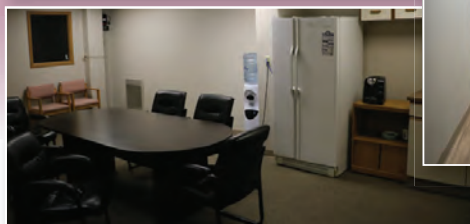
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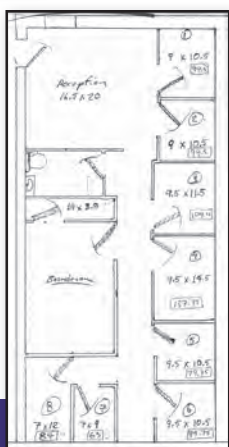
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NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF **MELVIN LESLIE SABISTON**, late of the City of Selkirk, in the Province of Manitoba, deceased.

ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices at 407 Main St., Selkirk, MB, R1A 1T9, on or before the 8th day of May 2021.

DATED at the City of Selkirk, in Manitoba, this 1st day of April 2021.

PKF LAWYERS
- Selkirk Office
Adam Kelso, Solicitor for the Executor

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IN MEMORIAM



Ernie Malis

March 2, 1937 - April 8, 2009

Hard to believe it's been 12 years!
This past year with COVID lockdowns would have been challenging for Ernie.
Ernie would have had a tough time not going out, restaurants and offices closed, wearing a mask, people working at home and no Bomber games.
He needed to get out, talk to people, change their calendars, tell jokes and help people. There are many that could have used his help and guidance with depression, alcoholism and mental health struggles.
May your spirit and memory permeate the people who need it!

-Forever remembered and missed by many
Love, your family

ANNOUNCEMENT

IN MEMORIAM

Jeff Nazimek

April 6th 2013

When I got the news that April evening,
I went to the place we shared so many great memories.
Although you're gone, I see you every day.
Till we meet again

-The Zembik Family

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

ANNOUNCEMENT

IN MEMORIAM



Jay Orvis

May 29, 1972 - April 7, 2020

1st Anniversary Message

I Made it Home
I just wanted to let you know that I made it home.
Everything is so pretty here,
So white, so fresh, so new.
I wish that you could close your eyes
So you could see it too,
Please try not to be sad for me.
Try to understand.
God is taking care of me...
I'm in the shelter of His hands.
Here there is no sadness, and no sorrow,
and no pain,
Here there is no crying, and I'll never hurt again.
Here it is so peaceful, when all the angels sing.
I really have to go for now...
I've just got to try my wings.
PS... I'll be the first face you see when you get here!

-Luv Jay O.

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Your Loved Ones**

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OBITUARY

Ernie Pawluk

On Thursday, April 1, 2021 at the Gimli Community Health Centre, Ernie Pawluk, aged 85 years of Winnipeg Beach, Mb, beloved husband of Phyllis passed away.
Full obituary to follow in next week's Record.

Gilbart Funeral Home, Gimli in care of arrangements.



OBITUARY

George Horbaty

May 16, 1934 - March 31, 2021

On Wednesday, March 31, 2021 our husband, father, grandfather, uncle, and friend passed away at the family home he grew up in with the support of his wife, children, grandchildren, doctors, Palliative and Homecare services.

He leaves to mourn his wife of 54 years Patricia; daughters Kimberly and Katherine and son Fred and daughter-in-law Leanne, as well as grandchildren (his Kiddies) Courtney, David, Caitlyn, Connor, Noah, Elliot, and Abigail. He will be fondly remembered by numerous nephews and nieces, friends, and acquaintances whose lives he touched with his generous and gentle nature.

Born May 16, 1934 on the family farm on the borders of St. Clements and Brokenhead municipalities in Libau, Manitoba. He was the 13th child of 13 born to Fred and Katherine Horbaty. After their passing, he and his brother Peter, maintained and farmed the land his father cultivated upon his immigration to Canada. In 1967 he married Patricia Denchuk and together they built a family on that homestead and continued to welcome extended family and friends over the years. Dad was also a crane operator with Manitoba Rolling Mills/Gerdau Steel working long hours and farming to support his family. We have fond memories of our early years bringing supper out to the field, drinking water from the mason jars, or the "dipper", and toasted tomato sandwiches and the smell of coffee after a late evening cutting and baling hay. Running a farm and working meant we didn't travel much; however, we did venture a trip to Georgia to visit Dad's sister and family who took us to Disney World as well as trips to Kenora to visit Dad's niece and her family taking us to see Rushing River. They also drove to BC on a few impromptu occasions to be with his brother Nick - Dad would tell Mom out of the blue to 'pack a bag and let's go' and then they were off.

Dad had a mixed farm of cattle, chickens and grain with the odd duck and goose flock thrown in. We gathered, washed, candled, and packed the eggs the chicken produced and then Dad would take them into Winnipeg and surrounding area to deliver to his customers. Those deliveries often included trips to the local fruit and vegetable, and meat markets on Main Street and the bakery on Euclid where food was acquired that supplemented and sustained our family growing up.

Dad and Mom enjoyed trips to Warroad and Thief River Falls for many years after his retirement, Thief River Falls being their favorite to host family gatherings. It was a place where the grandkids could hang out by the pool and arcade while Grandpa and Grandma tried their luck at the casino. We were fortunate enough to make a trip there in October of 2019 that will stay with us forever. They also enjoyed spending time at South Beach Casino where they had many friends. More than a few Sunday mornings were spent with family enjoying a buffet breakfast before coming back to the farm.

Our family would like to thank all those who supported us to keep Dad at home as he wished following his cancer diagnosis in 2019. We are forever grateful to Dad's nephew Michael, the homecare staff and palliative care team, Dr. Gillette and all others who provided for Dad and our family.

We are saddened to see him leave us but have hope to meet again in the eternities. Rest peacefully now, we will always love and remember you.

Due to COVID restrictions, a private family funeral was held, recorded, and can be viewed via the link in his obituary at www.gilbartfuneralhome.com. Interment will follow at the Libau East Cemetery after the funeral service.

Friends and family can also leave messages of condolence on his tribute wall at www.gilbartfuneralhome.com.

Gilbart Funeral Home, Selkirk in care of arrangements.



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HH TEAM COMING SOON

\$567,700

452 Donald Rd,
St. Andrews

HH TEAM NEW

\$365,500

869 Petersfield Rd,
Petersfield

HH TEAM NEW

\$170,000

325 Taylor Ave,
Selkirk

HH TEAM NEW

\$255,000

525 Nelson Ave,
Selkirk

HH TEAM 6-10 ACRES

\$469,800

90 Pierson Drive,
Tyndall

ASHLEY SOLD

\$645,000

82 Van Horne Rd,
St. Clements

HH TEAM 2.2 ACRES

\$54,900

Tom Prince Lots,
Petersfield

HH TEAM 2.2 ACRES

\$54,900

723 Edith Avenue,
Petersfield

HH TEAM PENDING

\$145,000

0 McFee Pl,
St. Clements

HH TEAM PENDING

\$145,000

36086 96 RD N,
Patricia Beach

WHY LIST WITH US?

We have a combined 24 years of experience, endless enthusiasm and proven negotiation techniques.

We are always available and accessible. Working with our team ensures that someone is always around for showings. Anyone who wants to see your home with us will!

We provide in-house photography, 3D tours and videography, as well as custom printed materials, digital media and engaging content to help market your home.

We have a local office here in Selkirk. We specialize here in town as well as the country and Winnipeg!

Join Hacking's Heroes

Book your appointment now!

<https://blood.ca/hackingsheroes>
To Join: HACK0092751

F O R S A L E

RESIDENTIAL

MEZZO HOMES! COMING TO GIMLI SOON!

Driftwood Bay Lot 4 & 5 HH TEAM	Starting at \$229,900 -
Driftwood Bay Lot 6 HH TEAM	\$239,900
SOLD! 260 3rd Avenue, Rapid City HHTeam	\$179,900
43 Johnston Crescent, Thompson HHTeam	\$289,900

COMMERCIAL

Golf Course! 180 Cook Ave, Gimli HH TEAM	\$349,900
255 Main Street, Selkirk HH TEAM	\$549,000
1 Acre Property & Building - 613 Manitoba Avenue, Selkirk	\$1,100,000
10 Dubas Drive, Lockport HH TEAM	\$550,000
C-201 Melrose Avenue E, Winnipeg HH TEAM	\$99,900

LAND

10 Sunset Boulevard, Gimli HHTeam	\$89,900
723 Edith Avenue, Petersfield HH TEAM	\$54,900
15 Lakeshore Drive, Bifrost HH TEAM	\$24,500
61, 67, 73, 79 Tom Prince Drive, Petersfield HH TEAM	\$54,900
Creekfront - 0 Kimberly Road, East Selkirk ASHLEY	\$79,900
Creekfront - 1.48 Acres - George Street, East Selkirk ASHLEY	
Ole Joe Monkman Road, St. Clements Lots #2, 3, 4, 5 HH TEAM	\$129,900-\$139,900
508 Corrine Avenue, Petersfield - .34 Acres HH TEAM	\$40,000

CONTACT US
FOR YOUR FREE MARKET EVALUATION

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MEZZO HOMES

NEW subdivision coming soon to Gimli!
Don't wait, reserve your lot now!
204.485.5303
Visit mezzohomes.ca for more information