

The Selkirk Record

VOLUME 11 EDITION 16

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Surprise drive-by smiles

RECORD PHOTO BY BRETT MITCHELL

Drive-by 13th Birthday Party for Zoey Purvis. About 20 vehicles with signs, balloons, cards and presents drove by honking their horns on Morrison Avenue in Selkirk Sunday. Other residents came out into the street to enjoy this unique parade and celebrate with Zoey. See more photos on page 8.

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Are you up for a dinner party for 10?

The Interlake Art Board is auctioning off a dinner party to raise funds for mural projects

By Ligia Braidotti

The Interlake Art Board is organizing a fundraiser that will help them undertake two murals in Selkirk this year.

While social distancing measures are still in place, the IAB had to be creative in the way they would do this year's fundraiser. They decided to auction off a dinner party for 10 at Roxi's by the Red Uptown Cafe.

"These are projects that we had looked at prior to the COVID-19 and had made grant applications for it," Joan English, president of IAB, said.

The fundraiser is not only helping with IAB's mural projects, but it's also going to be shared with the Selkirk Food Bank. Ten per cent of the revenue will be donated to the food bank.

"We heard they were having difficulties with all of this going on, and we thought that since we would be undertaking that, we could include them also to assist and support them as well."

The main prize, the dinner party, consists of a cocktail, wine, appetizers, soup or salad, rolls, and a choice of a variety of entrees, desserts, tea and coffee.

In addition, there will be 10 door prizes, hand painted wine glasses by local artisan Bev Hart, and local entertainment throughout the evening.

The COVID-19 pandemic put on hold many of the IAB's projects, such as a mentorship opportunity on a mural project, where individuals would have the chance to learn how to do a mural from start to finish.

IAB is currently on the run for two grant applications, the Roxi's for Community Spirit through Manitoba 150.

"That's currently on hold and we will see how it all unfolds," English said.

The second grant application is for the Selkirk Heritage mural, which is being worked on in partnership with the Selkirk Rotary Club and Sutherland Enterprises. The mural will be placed at Packers Fashion.

"Each group is working together with the Interlake Art Board which is a partner of the Selkirk Community Arts Centre to help raise funds and awareness. These projects are community based have educational components and help to support those in need," English explained.

"Everything is still on hold, but we do recognize that if they still come through and approve our grants, we know that we have to be ready for our end of the deal whenever this unfolds."

This is a brand new way to raise funds for the IAB. Aside from the dinner party, all aspects of the fundraising will be done virtually. They have people volunteering to sell tickets over the internet and over the phone. The IAB will be recognizing the supporters who sell tickets on their murals.

Anyone who sells 10 tickets will have their name listed as a supporter, 20 tickets will have their name listed as a major supporter, and 30 tickets will have their names listed as an outstanding supporter on both mural plaques.

Each seller will be given lots of 10 tickets which will have assigned numbers and will be responsible for the money.

The seller will give out an assigned number to the purchaser, and will need to obtain the purchaser's name, address, phone number and email.

Once the seller sells the 10 tickets they are asked to send an email to IAB1@mymts.net regarding payment and purchasers information. Arrangements to collect money will then take place through e-transfer or other methods of payment. Each purchaser then will be sent a copy of their ticket which will be entered into the draw.

"It's a little bit different for us, but hey, you got to be innovative, right?" English said.

She also commented the support from local businesses has been overwhelming as many have embraced the cause immediately.

"There's lots of people and organizations coming forward to help in the endeavour, and that's what Selkirk is all about," she continued.

"We have had awesome absolutely awesome support from the community. And people, I think, understand the importance of what is taking place."

"This brings out the community spirit, fellowship, as well as supporting and strengthening our community."

To buy or sell tickets, contact the IAB at IAB1@mymts.net or call 204-485-4558.



RECORD PHOTO BY BRETT MITCHELL

Pictured from left to right: Roxi Bohemier, owner of Roxi's by the Red Uptown Cafe, and Bev Hart, local artist, are pictured in front of the restaurant with a ticket and hand-painted wine glass.

We are all Nova Scotia



RECORD PHOTO BY BRETT MITCHELL

The Selkirk RCMP detachment had their Canadian flag flying half-mast in remembrance of all the victims of the tragic shooting in Portapique, Nova Scotia.

On April 19, a gunman killed 18 people, including RCMP Const. Heidi Stevenson. She died while on duty, protecting others.

"We are a country that stands united in our effort to defeat a pandemic, to save lives, and to help each other make it to a better day, but yesterday, we were jolted from that common cause by the senseless violence and tragedy in Nova Scotia," Prime Minister Justin Trudeau said on April 20. "Now, these communities are in mourning and Canada are in mourning with them."

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An elementary update: teachers adapt teaching

Teacher Katherine Nault discusses her experience teaching from home

By Katelyn Boulanger

Katherine Nault, a Grade 5 and 6 teacher at Robert Smith School, has had to change the way she teaches to accommodate her students learning from home after the Minister of Education directed all schools to suspend classroom learning indefinitely on March 31.

"It's all about trying to maintain that connection with some of the kids. They get daily emails, we do read-aloud on [Microsoft] Teams, and we video chat," said Nault.

One of the aspects that she's had to deal with has been students having different types of technology that they are using in their learning.

"Some kids let's say will have a tablet so there are apps and things that way that I've been able to put on the tablet. Some kids, their parents have cellphones, and their parents have been really great about emailing me and texting me through their phones. I'll text the kids if they do have a phone but they don't have a computer. We're trying different things like if they have a gaming device that can connect to the internet, I'm trying to make sure that there is some sort of something that they can work on or look at or do or connect somehow," said Nault.

She says that it's been a work in progress though she was able to create a bridge package of work to keep her students busy in the first two-weeks that classes were suspended.

"It's just like in the classroom some of [my students] are struggling and some are doing really well. With those that are struggling, we're just getting extra phone calls in and making sure that the parents feel really supported in this too," said Nault.

Nault has also used creative ways to engage her students such as using silly email subject lines and updating them on their class pets and her own dog while adapting to the needs of her students. This flexibility has even broken way to avenues of learning that may not have happened in the classroom such as a writing contest prompted by a photo of her dog which she posted for the students that became the inspiration for a writing contest that the class is now having.

"[The learning] is a lot more project-based right now based on their interests. We've done excellent researching skills in our classroom. Now instead of learning about New France, which maybe they won't be so energetic about, we're researching a famous Canadian that they like so using those researching skills and applying those researching skills to the project. It's about making and tweaking things to make sure that they are still staying engaged," said Nault.

She says that this experience has opened her up to new

technology such as the Microsoft Teams app which she hopes to bring forward into her teaching.

"Let's say a kid has been sick and it still allows them to connect with the classroom that way. I think that part for sure is great," said Nault.

Nault wants all students and their parents to know that their teachers are still invested in their education and want to be there for them.

"The main message is right now, for teachers I think that I speak on behalf of everyone, we want the kids to know that we miss them, we miss being in class with them and we support them 100 per cent and that message goes the same for the parents as well. We want to be there and we want them to feel supported 100 per cent. If they need questions answered we're accessible all of the time," said Nault.

She still expects that her curriculum and teaching will be changing throughout this process.

"We're learning and we're learning together and if something doesn't work we'll try something else next week. We're being really flexible right now," said Nault.



RECORD PHOTO SUBMITTED

Benji, Katherine Nault's dog, whose photo was used to spur on a writing contest challenge for the Grade 5 and 6 students.

Keeping others protected



RECORD PHOTOS BY KATELYN BOULANGER

Rob Atkins, owner of Atkins Curling Supplies in Winnipeg, donated 200 face masks for Inclusion Selkirk staff to use while doing their work in the community. Inclusion Selkirk have recently asked for and received an outpouring of help from volunteers sourcing many necessary pieces of personal protective equipment.

Pictured: Karlee Lillegren from Inclusion Selkirk wearing one of the donated masks.

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FOR INFORMATION ON COVID-19:

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The Selkirk Record



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Opinion: Continue to support local newspapers

By Ligia Braidotti

We are living a historic event. As Germany's chancellor Angela Merkel said, we are in a war against a virus — and I would add that this is a global war.

The living generations have not experienced anything like this before. This pandemic is affecting our lives in unexpected ways. People being laid off in mass, millions of people being infected with a virus that spreads more rapidly than any other, health care workers concerned about how they will deal with this new disease, people lining up at the grocery stores, emptying shelves, and being locked down inside their homes.

All of it sounds extremely scary, and it seems like it's all you see in the news. In times like these, one would even give up on reading, watching, or listening to the news.

Please don't stop reading the news. We at the Selkirk Record are always trying to highlight the positive things that our community members are doing while also delivering important information.

Although some may think the media is spreading a lot of negativity and hysteria, it is not entirely true.

When COVID-19 made its debut in Canada, it was, and continues to be, our responsibility to spread as much information about this virus as possible. We have been talking to several people, doctors, politicians, and residents about what they know, and how they plan to protect each other and themselves. We work tirelessly to bring you the most accurate information, even though research on this virus is ever changing.

But today I want to share with you a side of the news people may not be paying a lot of attention.

In the last few weeks, I have seen stories of people taking the opportunity to help each other now more than ever. Restaurants giving out free food for those in need, grocery stores adapting their services to help people avoid leaving their homes, and friends and neighbours shopping for each other. I have heard about families strengthening their ties through technology; using the tools we have online



RECORD PHOTO BY BRETT MITCHELL

Charlie Chaplin impersonator reading the Selkirk Record.

to spend hours talking to each other. I have seen employers adapting their work environment to protect their employees, and even allowing them to work from home when possible, in order to not have to lay people off.

These positive stories need to be told. They bring us hope, fill our hearts with joy, and are extremely necessary in times like these.

Accurate numbers and facts about this pandemic are also extremely necessary to be shared. The media is here to help you make informed decisions. Even though the facts are all out there, there are still people who don't think this is serious. There are still people who don't believe social

distancing is essential to help contain the spread of this virus, and that it is a measure that protects not only yourself, but those who are working in the front line, keeping essential services available.

At the Selkirk Record, we are making every effort to reach a balance between coverage of COVID-19 and the positive stories that exist in our communities. We have a great responsibility to share these stories with thousands of people, and we will continue to do so with your support.

Please, continue to read and support our paper. Our work depends on your interest to keep informed, and without it, we have no reason to exist.

View the Selkirk Record online at selkirkrecord.ca



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EDITORIAL

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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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Hamper program hampers hard times

Abundant Life Church's Christmas hamper program assembles

By Katelyn Boulanger

Realizing that restrictions that come along with COVID-19 preparedness could be causing financial strain on residents, members of Abundant Life Churches's Christmas hamper program got together to help those in need.

"A couple of people had reached out and said 'Hey you do such a good job at Christmas but people might be needing something right now is there anything that we can do?' and we met as a bit of a group, [Charla Turner], myself and a few others and said, 'We do have some extra donations that were leftover from Christmas. What can we do with that?'" said Jennifer Jantz, one of the project's co-ordinators for the Christmas hamper program.

They decided to take the extra funds that would have gone towards hampers for next year's Christmas hamper program and offer gift cards to those that might be struggling in the community.

"We decided to just give everybody a call, all the people that we had given hampers to at Christmas, just to touch base with them and to see if they needed any help during this time," said Jantz.

The program also enlisted the help of the East St. Paul's municipal newsletter to put out a call in the community asking for donations so that they could give out more gift cards to people in need, which resulted in 57 gift cards being distributed so far.

"Really, the very first day we started getting donations. People started giving donations so that was really nice and so we couldn't really give out food with all the regulations around

touching and [social distancing] so we thought let's just get a gift card and people can get their own food," said Jantz.

The \$50 gift cards will allow recipients to supplement their food costs by buying grocery items at Sobey's, which is also involved in helping with the perishable foods order which becomes part of the hamper program's Christmas hampers.

Jantz says that this has spurred on the organization to think of other ways they can help the community.

"I think that we will look at how to continue helping people throughout the year. I think it's started a conversation, I think that's really important, about how there are people who need support throughout the year and about how we can provide that support and connect with people as a community organization," said Jantz.

She says that during the Christmas season the program would normally have a dedicated hamper line, however, in this circumstance, the church has stepped up to help taking calls from people in need to put them on a list for a gift card, though as they continue to help, she does hope that they will be able to get a dedicated phone line.

Jantz hopes that in addition to being able to help with the cost of groceries, those recipients will know that there are people in the community thinking of them and wanting them to be cared for.

"I just think it's an important community service and in our situation, if you are somebody that has some extra that it's really good to help those who don't," said Jantz.



RECORD PHOTO SUBMITTED

Jennifer Jantz, one of the project co-ordinators for the Christmas hamper program, giving out a gift card to people in need in the community during Covid-19 restrictions.

To contact the church, call 204-255-5433. Donations can also be made via their website at abundantlifelutheran.ca and clicking the hamper program link on the main page.

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Table for two

RECORD PHOTO BY BRETT MITCHELL

An ice sheet remains intact after high water passed through Selkirk last week, creating the perfect table for two.



Keeping fit at home

Personal trainer Kaitlyn Einarson is providing online workouts during COVID-19

By Katelyn Boulanger

Selkirk personal trainer Kaitlyn Einarson is encouraging people to get up and move while they social distance by providing free online fitness classes on her Facebook page, Train with Kait.

"I've been teaching classes and coaching and training for over seven years now and I've had a following that's been with me that whole time and I was running classes out of the Canalta Hotel for the past little bit and I was wanting to make sure that I was able to keep those people moving and engaged and happy really during this kind of crazy time we're going through," said Einarson.

She started by promoting these classes to people who attended her

physical classes on her Facebook page but realized that there were other people in the community that wanted to join in and so opened it up to everyone.

"[It's] a full-body interval training class. We use dumbbells and body weight. Everything is usually timed so we're doing it anywhere from say 20 to 60-second intervals for the moves which allows people to work at their level. So, I'm not asking you to do 20 of something. I'm asking you to do something for say 20 seconds," said Einarson.

The classes are live Mondays Wednesdays and Fridays at 9:30 a.m. but the classes are later posted onto her Facebook page so they can be viewed at any time.

"If there are some people that are still working or if your shifts don't allow you or your life doesn't allow you to log in at 9:30 you can always go into it and do the workout later," said Einarson.

She feels that the transition online hasn't been too bad which she attributes to the group of people who attend the classes and keep her accountable.

"It's a nice start of the day. It allows me to still interact with the same people at that time of the day because those are the same people that did attend my classes who are joining in because they kept joining into my classes so it's keeping that sense of stability for them, as well as for me, and it's allowing other people to get into something that maybe they haven't tried before or maybe they've come to my gym in the past and are able to get moving again when the opportunity to get those endorphins or even get any type of movement is limited right now," said Einarson.

She asks that people say hi when they log in so that she can add modifications to the workout so that if some-

one is new or requires it she can make sure to accommodate everyone.

"I think what's most important is for people to get some sort of dopamine boost right now. We live in a country that doesn't get a ton of sunshine and we're so restricted in where we can go and where we can get that dopamine boost. We get dopamine from hugs and contact with other people and we're not allowed to do that. When we're boosting our dopamine through exercise that's really wonderful and important," said Einarson.

She also thinks it's important that people work out to make themselves healthier overall at this time to be able to take that forward wherever life takes us.

"Log in and say hi. Even if you just want to watch for the first few minutes or the first class. I've had people do that and then they try the next class. Just come over and see what we're about and be part of our little online community," said Einarson.

To join or find out more visit Einarson's Facebook page at facebook.com/TrainWithKait/

A different, special birthday celebration



RECORD PHOTOS BY BRETT MITCHELL

Zoey Purvis' birthday celebration was a little bit different this year. The Selkirk girl turned 13 this weekend and was surprised with a birthday parade by her friends and family. About 20 vehicles with signs, balloons, cards and presents drove by honking their horns on Morrison Avenue in Selkirk Sunday. Other residents came out into the street to enjoy this unique parade and celebrate with Zoey.

"That was the best day of my life," Zoey said.

Teaching music outside of the classroom

Robert Smith School's music teacher talks about adapting music for home teaching

By Katelyn Boulanger

Katie Lapp, Robert Smith School's music teacher, is adapting her grades K-6 music curriculum for at home study while also making sure to personally connect with her students while they are learning from home.

"I think it's really hard for everyone. I really miss my students. I miss my colleagues. I think that we all generally feel the same way that we really miss being at school and being with our students and we think about them and worry about them and their families and want them to be safe but also want them back in our classrooms as long as it's safe to do so," said Lapp.

To make sure to maintain that connection with the students, Lapp emailed all of the students and families in the school personally.

"I've gone and emailed all of my students and all of my families especially if I'm emailing a parents email, some

of them have a few students in our school, so rather than sending each an email I send one email for, for example, five kids in one family. I think that in general the kids are doing really well. The parents have sent me some really cute pictures of the kids just smiling and happy which is good. I think that the response in general is that they are doing well but that they miss school," said Lapp.

She felt that this was important because, though she is passionate about teaching music, she wanted to make sure that they feel empowered and safe and comfortable in who they are and that first and foremost she cares about them as people.

"I might have almost 200 students but I really do care about all of them but they are important and they are in my thoughts during this time which is a very difficult and scary time for lots of people," said Lapp.

In the first few weeks, she would leave themes of things that students could do online to learn music at home but has recently started creating videos for each class to follow along with.

"I try to do a video of a few little videos. It could be a song they know or for my three to six [grades], we're doing some rhythm activities and they can watch the videos on their own time," said Lapp.

She's found some creative solutions to get around the fact that the students may not have access to the same musical instruments that they have at school at home.

"What I've done is for my older students right now is found instruments so things that you can find in your kitchen and making different sounds with that and trying different percussion things like that. With my younger students I'll add some of the things like that as well but we've also been doing some singing activities and movement activities. Today we'll be doing a rhythm review activity in the video. Just trying to be creative with things that we can find in our houses

and realistically I'm teaching from home and I don't have the same access, I have some instruments here, but I don't have the same access to the same instruments that I do at school either," said Lapp.

She wants to encourage parents and let them know that teachers understand that learning won't be the same as it was when their children are in class.

"We're in this together. They can reach out to us at any time. We care about them and realize that this is a very overwhelming experience and to not put too much pressure on yourself either. A lot of [parents] are trying to balance work and their children learning and all the responsibilities that come with a household and for some people in our province their jobs are uncertain and that's a lot of stress and pressure. So, just [don't] put too much pressure on yourself and some days are probably going to be better than others and that's totally OK. This isn't a forever situation and nobody is going to be upset if there are days that don't work the way they're suppose to," said Lapp.

Selkirk's water ready

By Katelyn Boulanger

With more people becoming aware of the importance of frequent hand washing, the quality and reliability of our water supply are as important as ever and the City of Selkirk, as all the municipalities are, is committed to providing this essential service.

"We can do without a lot of things but if you can't flush your toilet. When you can't have a shower. When you can't wash your hands like they are asking us to do on a frequent basis. You know shower, clean our clothes and all the rest of it. Then you realize what a big of a pinch you're in," said Dale Scott, Selkirk's Manager of Utilities.

Selkirk converted from using river water to well water as their primary water source in 1997.

"Well water is consistent. You don't have to worry about it being infected by anything because it's pure. It's run through the coarse and all the different sands and gravel so it's as pure as it can get. River water, on the other hand, everything and anything that's along the path of that river can contaminate it," said Scott.

With Selkirk's location, contamina-

tion from upstream is a concern as water comes in from many different places to meet the Red River.

"So in our case, we catch everything that's coming in from Saskatchewan then it's coming into the City and meets with the Forks and we also catch everything that comes up from the States, plus whatever Winnipeg dumps, or whoever along the way, plus all the cattle, and plus all the runoff," said Scott.

He also said that turbidity of river water is a problem because as the silt and dirt from the river bottom mixes with the water it becomes more difficult to detect water issues.

"Even though you would send it through a different form of cleaning and screening and UV and everything else it's a harder job to give you a good clean water. The reason that we went off it was that as we went off it was that we were still getting complaints from the citizens about the smell and taste," said Scott.

He says that at times like this people start to realize how important water is.

Because the water in Selkirk is cleaner to start with it, employees need to

spend less time adjusting for contaminants overall which meant fewer changes overall had to be made to accommodate social distancing protocols than would have been needed otherwise.

"We've set a few rules like we're not allowed to go in people's houses. If the public has a concern we will ad-

dress it," said Scott.

Employees have also had to start taking separate vehicles to maintain 2 meters of distances between them as well as having meetings in larger areas to maintain spacing.

"We're very, very fortunate that we have groundwater and enjoy," said Scott.

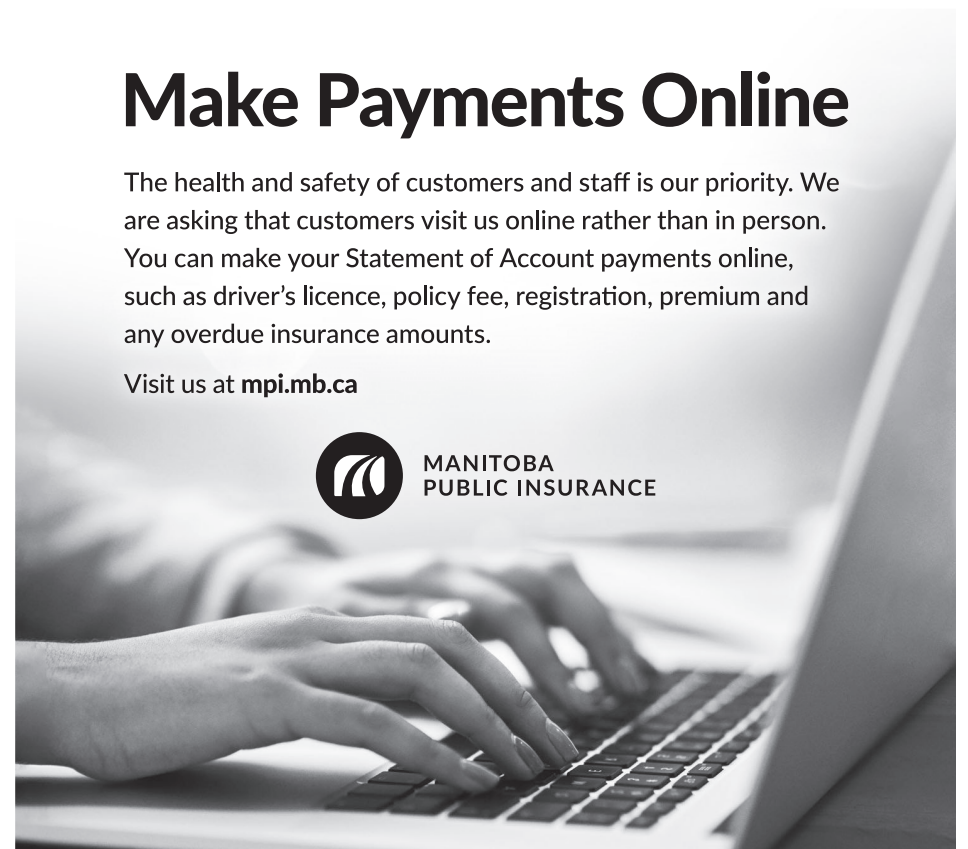
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RBC has been serving Canadians for more than 150 years and we've seen a lot during that time. The challenges may differ, but the resolve of our employees never wavers. I want to thank all our employees for their compassion and extraordinary dedication during this time.

The situation today is very fluid, and as events evolve so will our approach.

We stand together with you.

Sincerely,



Neil McLaughlin

Group Head Personal and Commercial Banking
RBC

For information on the **RBC Client Relief Program**, go to rbc.com/covid19 or book a call with an advisor at rbc.com/appointment.



Selkirk Mobility making rides safer

COVID-19 changes promote residents' wellbeing

By Katelyn Boulanger

Selkirk Mobility, like many local services, has had to put new procedures in place to adapt to prevent the spread of COVID-19 but is also helping residents where they can to maintain social distancing in the community.

"With this trying time, we've had cancellations and stuff like that. In speaking with some of our regular clients, they mentioned that their children didn't want them to go to the store because of the fear and they are a little bit worried. We realized that there was a void there for people that are isolated and don't have that support. How are they suppose to get their groceries?" said Charlene Dunning, Selkirk Transit Supervisor.

Selkirk Mobility is a specialized transportation service. It's a door to door transportation serving the City of Selkirk, St. Andrews, and St. Clements for people that have temporary or permanent disabilities or impairments.

This new delivery service is in addition to the service that they already provide to residents who for many different reasons require specialized transportation.

"It's definitely an essential service. With mobility, we do trips to dialysis, which is a life-saving procedure. We are taking people for the essentials. We aren't doing casino trips. We're taking people for blood work, dialysis, most of the stuff that we're doing right now, 90 per cent, is medical-related," said Dunning.

Though Selkirk's regular transit service is also essential and fully accessible Selkirk Mobility is more specialized.

"We could accommodate wheelchairs and walkers but for Mobility Service it's unique in the matter that sometimes people don't have anybody else to assist them. So, if my grandmother is stuck at home and needs a mobility aid like a wheelchair but doesn't have the strength to be wheeling around in it then the driver will be pushing the wheelchair to and from the pickup locations to the door of the destination [also] if they have any [other] mobility restrictions

the driver will provide stand by assistance," said Dunning.

With many social programs in the community shutting down, the number of calls to Selkirk Mobility has slowed but other aspects of the job have become more intensive for the drivers in the community.

"This gives the drivers the opportunity to do everything to disinfect the buses. We have a special chemical disinfectant. We were lucky enough that we were able to get that. We have gloves and face masks. So, the driver when they aren't transporting somebody, and this goes for transit buses as well, they are constantly disinfecting the buses. After they have transported somebody with the mobility bus they do a full once over with the disinfectant spray on all surfaces and that takes up a significant time as well," said Dunning.

In practising social distancing the mobility bus, which previously would have tried to pick up multiple riders for efficiency's sake is now limiting rides to one client and a caregiver.

With the regular transit bus, restrictions are also in place limiting where people can sit so that they cannot sit beside other passengers.

"We are so fortunate that we have amazing employees. I touch base with them on a daily basis asking, 'Are you comfortable out there?' because it is our priority to keep our staff safe and healthy as well. There is some anxiety. I think everyone is experiencing some anxiety but they're supplied with gloves and masks and they are quite comfortable doing their jobs with the stuff that we've given them. On the transit services there is a Plexiglas barrier so there's that distance there. Unfortunately on the mobility service there's that hand assistance so that's a little bit more challenging but our mobility driver has been absolutely amazing," said Dunning.

She asks that to help these employees to do their jobs to the best of their abilities residents wear masks where possible if they are going to the hospital to get checked out and be prepared and ready when the bus arrives but she emphasized that this is not a necessity as they want people to be able to use the service regardless.

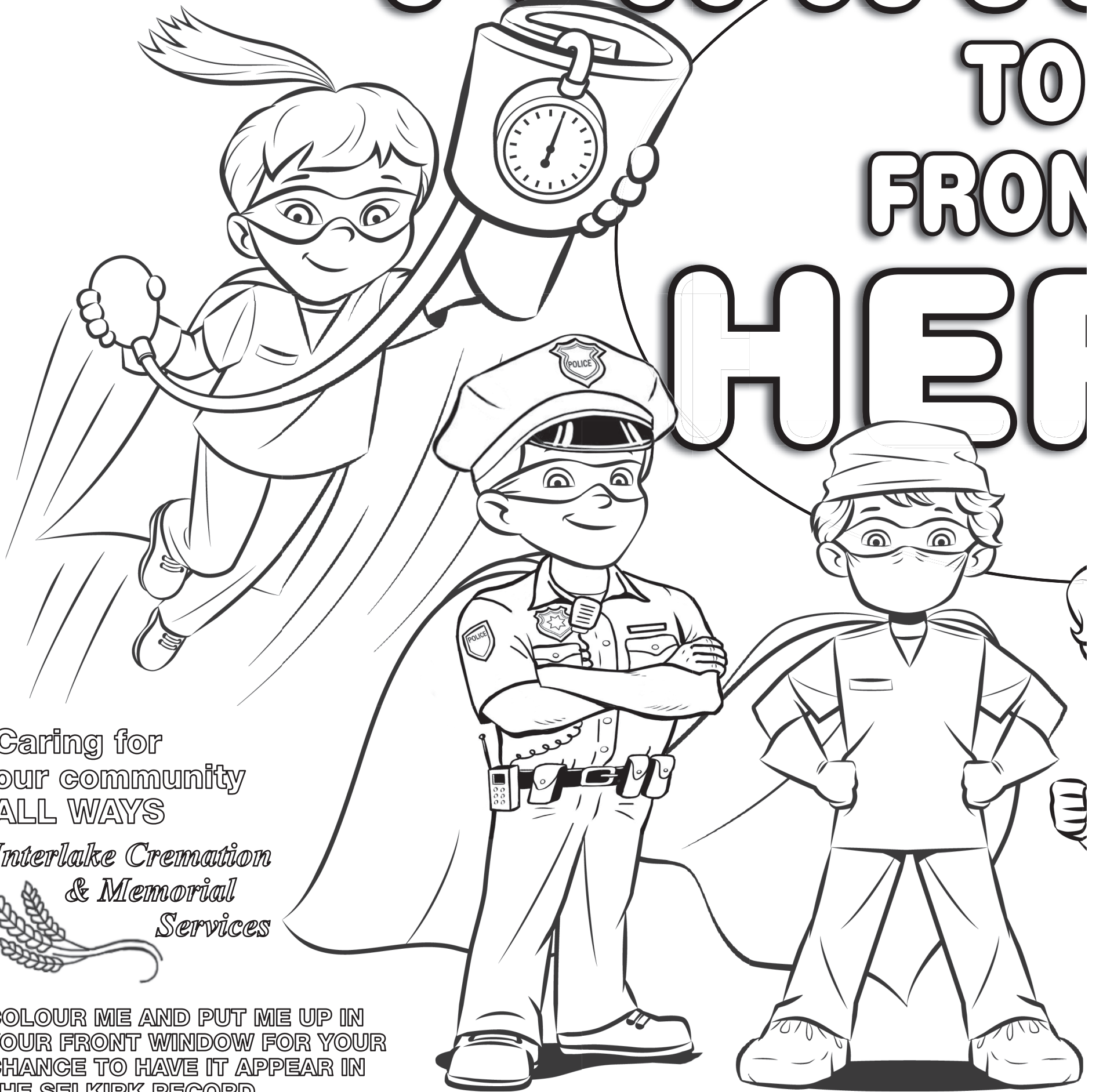
For any questions about Selkirk's mobility or regular transit service, their phone number is 204-482-4636 and the mobility line is 204-482-1234.



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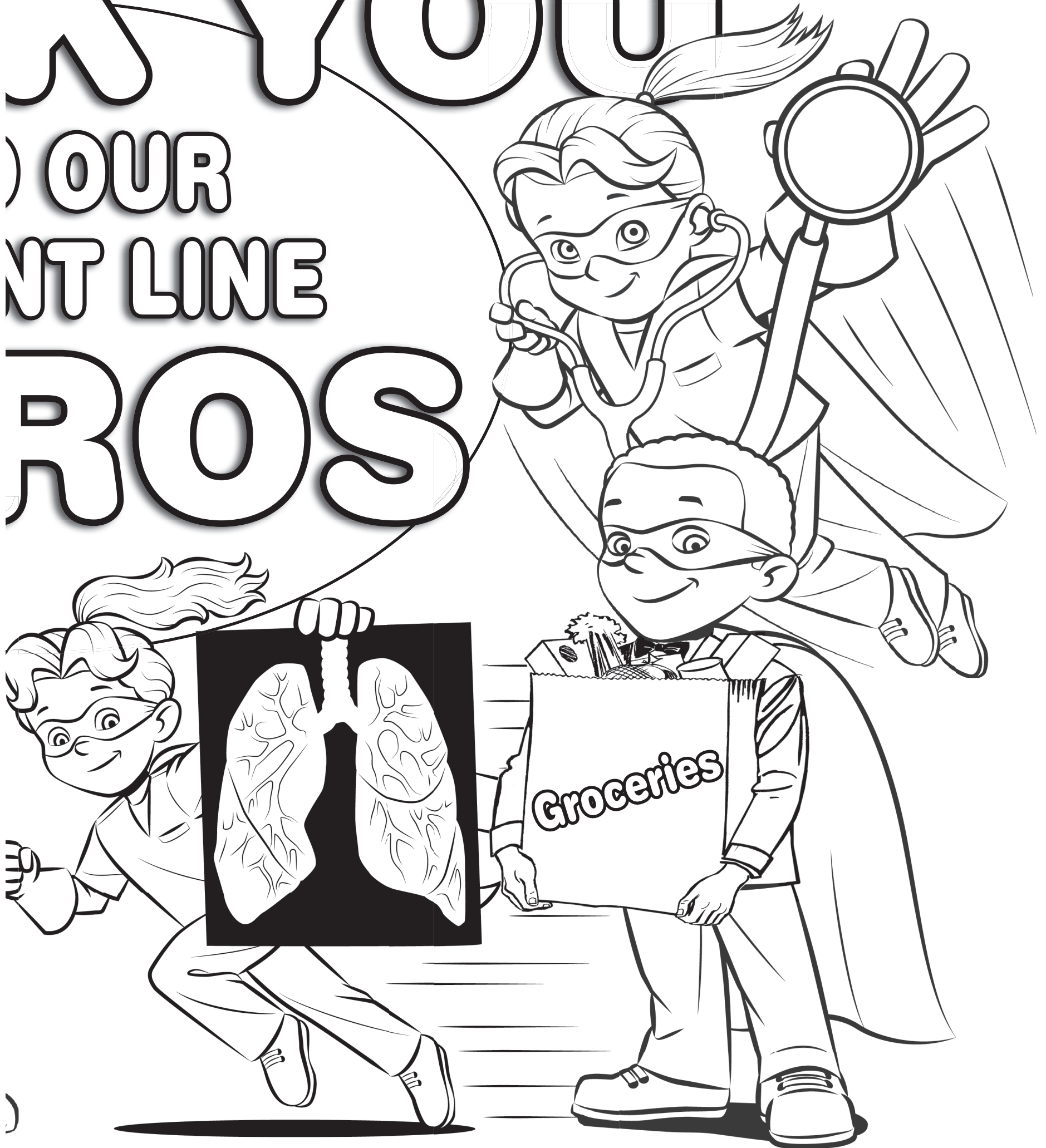


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HEROES



Province launches virtual therapy program

Taking care of your mental health is essential to navigate through the COVID-19 crisis

By Ligia Braidotti

It's been more than 40 days that Manitoba has established social distancing and quarantine measures, and it may start to feel daunting at this point.

Thinking about the impacts that social distancing and isolation has on people's mental health, the province launched a new program to help those who are feeling the symptoms due to the COVID-19 pandemic.

The Mental Health Virtual Therapy Program is now available to all residents of Manitoba who are 16 years old and older. The program is designed to help those with mild to moderate anxiety.

AbilitiCBT is a digital program from Morneau Shepell, a provider of technology-enabled human resources services that deliver an integrated approach to employee well-being.

It is a free and confidential virtual program which has proven to be one of the most effective and efficient therapy methods available, the premier added.

As of April 16, close to 600 individuals have registered for the program, and are now using the virtual-therapy platform with more signing up daily.

"We recognize many Manitobans are living with anxiety and stress posed by this pandemic," said Premier Brian Pallister.

"Our government is committed to helping Manitobans navigate this challenging and unprecedented time. You are not alone, we will get through this together."

Patients do not need to be referred by their doctors to access AbilitiCBT. Users will be able to connect with a trained professional therapist that will

help deal with pandemic challenges; the state of uncertainty; physical isolation; care for family and community members; information overload, and stress management.

The therapy aims to help users learn what anxiety is and how it affects your emotions, mind, body and behaviour; reduce anxiety by learning cognitive behavioral therapy skills and using them to change responses to triggers, and develop coping strategies to track and reduce anxiety and better manage daily activities. These goals are achieved through a cognitive behavioural therapy (CBT) method and the platform is accessible through the computer, smartphone and tablet.

AbilitiCBT starts by assessing the patient's needs through an online questionnaire and consultation with a professional therapist, either by phone or video chat. Then, the patient will work on 10 modules, at their own pace, and the therapist will track their progress through check-ins.

To learn more about AbilitiCBT, go to www.manitoba.ca/covid19/bewell/virtualtherapy.html

There are many other resources available for those suffering from mental health issues.

The Centre for Addiction and Mental Health stated that a big challenge to dealing with mental health and reducing stress is that "the response to pandemics can disrupt routines; people may stop the activities they use to keep well (e.g., exercise) and engage in activities that can make things worse (e.g., drink more alcohol)."

They recommend people accept that some anxiety and fear is normal in this situation, seek credible information, assess their personal risk, limit

checking sources to once a day or less, set aside time for unplugging from electronics and social media, seek support, and more.

They have a wide variety of informa-

tion on mental health and the COVID-19 pandemic. Access the information at www.camh.ca/en/health-info/mental-health-and-covid-19#coping

Wildlife enjoy the outdoors



RECORD PHOTOS BY BRETT MITCHELL

As humans are keeping indoors, the wildlife is enjoying some peaceful times outdoors. This herd of deer was seen in East Selkirk on April 17.

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Brightening the day for clinic patients and staff



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Local artist Bev Hart has brought some joy to Easton Medical Clinic by hanging 22 new paintings on their walls March 20.



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Community comes through for local charities with SDCF immediate gifts

Submitted by the Selkirk and District Community Foundation

The strength of a community is never more evident than during times of distress and the Selkirk, St. Andrews and St. Clements communities have once again demonstrated their strength.

When the Selkirk and District Community Foundation (SDCF) put out the call last month for immediate gifts to support local charities during the COVID-19 pandemic, you answered the call.

"The response was overwhelming," said SDCF Chairman Aaron Martyniw.

"As soon as the article appeared in the paper the donations started pouring in and they came from everywhere, people who are regular donors to the Foundation and those who hadn't donated before, but wanted to help at this time. It was truly heart warming."

The SDCF let people know that unlike regular donations that go into endowment funds to support grants given out to organizations, these donations will be distributed immediately to the organization specified by the donor.

"We wanted to assist the community during the COVID-19 pandemic and we realized that donating might be difficult for people who are used to dropping off supplies at places like the Selkirk Food Bank. So the immediate gift option fit really well at this time," Martyniw said.

Sig Banmann, Chairman of the Selkirk Food Bank Board of Directors, was overwhelmed by the community response.

"Thank God for the donations that people have given, it's allowing us to keep our doors open," Banmann said.

"We're buying (food), with the donations we're receiving, we're managing to buy so at least we can help people."

The Food Bank usually receives one delivery of food from Winnipeg Harvest every week to supplement their stock, but they're down to one delivery a month now because they too have been impacted by the pandemic.

As the supply of food drops, the need rises and Banmann said while



RECORD PHOTO SUBMITTED
Selkirk Food Bank Manager Cathy Moore, SDCF board member Deann Lane and Food Bank Chairperson Sig Banmann, says recent donations have enabled the Food Bank to keep its doors open during these trying times.

they were previously supplying 80 – 90 households they're now supplying as many as 165.

"Primarily it's not for our basic clientele base, it's for people who are out of work, that haven't got their EI cheques or some of them aren't even getting those. So we managed to feed them, give them some food," he said.

Due to social distancing, the number of people the Food Bank can see at a time is reduced so those in need have to register in advance. Banmann is impressed not only by those who have supported the Food Bank financially at this time, but also by those who suddenly find themselves in need because of COVID-19.

"Two people had registered and I appreciate their honesty, they phoned and cancelled because their cheques had come in," he said.

"In spite of their desperate situation and everything else, when they managed to get some money and they felt they could go and buy their own food, they phoned and cancelled. That kind of blew me away a little. They stepped back because they knew there was other people out there who need it more."

Jim and Betty Anne Gaynor are long time supporters of the SDCF and established the Gaynor Family Fund to support youth and children's programming in the community.

Always on the front line of community support, the Gaynors wanted to help and directed the Foundation to grant \$15,000 from their fund to the Food Bank.

Betty Anne said children and young people are especially vulnerable at this time.

"The food banks are having a hard time and that affects a lot of children and a lot of families so we thought it would be a good place to support right now because the need is really great," she said.

Jim said every gift, no matter how small, is valuable and he encouraged those who can to help out at this time.

"Hopefully people will be motivated to do what they can – it doesn't have to be big, just what they can to sup-

port," he said.

"What we're experiencing now is not something that anybody has lived through before and it's unlikely that those of us that are still alive will ever see the like of it again."

David and Mary Thorne, along with their son Scott, were inspired to give after reading about the immediate gift option. David said he was reminded of the SDCF's 2018 Vital Signs report that showed the steady increase in Food Bank usage in Selkirk.

"One of the things in the report was poverty and the role the Food Bank played then and I knew that during this pandemic that need has got to be emphasized," Thorne said.

Twenty-one year old Scott wanted to donate, so mom and dad said whatever he gave, they'd match.

"We wanted to do our part. We're lucky, our family is blessed, we have a steady income coming in right now and we wanted to do our part."

If you'd like to make an online donation go to endowmanitoba.ca and click on 'Make a Gift to My Foundation'. You'll be able to specify which local charity you want your donation to go to. You can also call the SDCF (204-785-9755) and someone will assist you with your donation.

The Selkirk Record

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We're not out of this yet: IERHA bracing for potential COVID increase

By Patricia Barrett

Ron Van Denakker, CEO of the Interlake-Eastern Regional Health Authority, has been holding conference calls with media once a week to provide updates on the continuing spread of the highly infectious coronavirus, COVID-19, and what measures the RHA is taking to help contain and manage it. There was no conference call on Good Friday. The following updates are from April 17.

-Although provincial health officials reported low numbers of new COVID infections last week, Manitoba could see a spike in case numbers if people failed to stay home during Easter (COVID symptoms generally emerge within a 14-day period), and begin to break their isolation as the weather warms up.

As of Sunday evening, Manitoba had 253 COVID cases, with 143 recoveries, 105 still active and five deaths, according to provincial data. Seventeen cases are in the Interlake-Eastern region.

"Even though we're seeing small numbers, we're getting into warmer weather and people are getting tired of [staying home], so it's possible we could see a reversal in the numbers and it could hit in a big way," said Van Denakker. "Those numbers can increase exponentially and quickly get out of control. We are still very much planning for the worst. We're not out of this yet."

That's the reason why some medical tests and surgeries have been cancelled, he said. The RHA is, however, providing virtual care and monitoring patients who had been scheduled for procedures. If a patient's condition requires attention, they'll get medical care.

-The IERHA has 27 beds at the Selkirk hospital set aside exclusively for COVID-infected patients who don't require acute care or intensive care. Those beds are part of a provincial-wide "bed map" and are ready to go at a moment's notice.

-The IERHA has health-care workers moving between multiple care homes, but they're being screened before starting a shift to help protect residents from a potential COVID outbreak.

"There's a self-screening process and there's also screening at the door," said Van Denakker. "We'll soon have infrared thermometers and we'll be doing temperature checks."

Long-term care homes in other provinces have experienced severe COVID outbreaks and dozens and dozens of residents have died. Public health authorities recognize that health-care workers taking shifts at multiple homes have contributed to



IMAGE COURTESY OF THE NATIONAL INSTITUTE OF ALLERGY AND INFECTIOUS DISEASES, AND REUTERS. Colourized image of a cell (in blue) infected with COVID-19.

infections. Low wages are the reason workers need to work at more than one facility.

In Quebec alone, about 55 per cent of COVID deaths have occurred in care homes. Premier Francois Legault was quoted a few weeks ago as saying the deaths "look a lot like major negligence" and has asked police to investigate.

Van Denakker said the health authority is "keenly aware of the tragic situations" in other provinces. And if there is a move towards the need to prevent staff from moving between multiple care homes, the RHA will consider it.

In the meantime, "we've rolled out universal precautions, including personal protective equipment (PPE), in our long-term care centres," he said. "Those are mechanisms to prevent any potential transmission between staff and between staff and patients. If full PPE is required ... it's deployed."

N95 masks, designed to prevent small viral particles from penetrating the material, are available in the IER-

HA's long-term care homes should a COVID-positive case arise, he said. N95s are typically used only for specialized procedures requiring nebulization or intubation.

"If there were a resident experiencing respiratory issues, staff would go in wearing the appropriate equipment to make sure they're safe and to keep the client safe," he said.

There is enough PPE in areas where staff are "most likely going to end up dealing with people who have COVID," but there is a worldwide shortage, he noted. The province is working on bringing more equipment in. Very soon, the IERHA is going to be receiving sterilization machines for "gently used" N95 masks that haven't been soiled or broken.

"We're distributing PPE very cautiously and monitoring it closely. We're trying to preserve PPE for high-need areas," said Van Denakker.

-If a situation arises where a long-term care resident is suspected of having COVID, they would be immediately isolated - as had been done

when a Betel Home staffer in Gimli was thought to be COVID-positive - and monitored on site.

"The last thing we want to do is move a COVID case from one location to the next. You want to keep it isolated. That's the whole idea," said Van Denakker. "So we're monitoring people and should their condition deteriorate to the point where they'd need an acute care hospital, they'd be transferred to one. It's important to know that ... they would absolutely be transported to the hospital."

-To help prevent the transmission of the highly infectious virus, the IERHA had, early on, restricted family members from visiting long-term care facilities, apart from "compassionate" visits in which a resident is close to death from a non-COVID-related condition.

-Worldwide, COVID has infected 2.4 million people and killed over 165,000, according to Johns Hopkins University data as of Sunday evening. Almost 36,000 Canadians have been infected with over 1,500 deaths.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Smith heading south to play college baseball

Brian Bowman

Tyler Smith has been striking out hitters here in Manitoba for years.

This fall, he'll be striking out American batters.

Smith recently committed to attend school and play baseball for the South Suburban College Bulldogs, which is located in South Holland, Illinois.

"I'm pretty excited," said Smith, a St. Andrews' native, last Sunday afternoon. "I've always wanted to play at the collegiate level. It didn't really hit me when I first signed with them a couple of days ago but it's starting to kick in now and I'm starting to realize how big it is."

Smith is one of three Manitobans that are heading to South Suburban College this fall. This past season's Bulldogs' roster had no Canadians

and featured mostly Americans and a couple of Puerto Ricans.

"It will be cool going there and knowing a couple of guys already," Smith said. "It will work out pretty good."

The Bulldogs were 3-13 when their season ended abruptly in mid-March due to the coronavirus. But the future looks bright for next season.

"They have a lot of returning players so they'll be strong," Smith noted. "We should be competing pretty good, I think."

Smith's plan is to spend two seasons at the junior college level and, hopefully, end up at a Division 1 school.

After that, he would love to follow in his father's footsteps and play professional baseball. Donnie, the elder Smith, played eight seasons with the

Winnipeg Goldeyes and later had his number retired.

"He taught me a lot and most people respect him in the game," Smith said of his dad. "I learned a lot from him... and haven't really learned from anyone else but him. He's taken me in the right direction."

Smith, a 5-foot-11 righthander, throws consistently in the mid 80s and is progressing to the upper 80s. He throws a two-seam fastball and a four-seam fastball to go along with a slider and a "pretty good" curveball.

Smith, who also plays shortstop and second base, isn't quite sure how the Bulldogs will use him this upcoming season.

But what is known, however, is that the talented 17-year-old will be playing his final season with the North Winnipeg Pirates "AAA" U18 team this summer.

Their group has won a lot of ball games over the years and they expect to be very successful, once again, this season.

"We have had a lot of success," said Smith, who is also a member of Manitoba's provincial team. "I'm looking to have my best performance. I've been



RECORD PHOTO SUBMITTED

Tyler Smith has committed to play baseball and attend school at South Suburban College in Illinois.

training hard in the gym and have been inside throwing the ball. I feel that this is going to be a good year for me and the team."

Basketball excellence



RECORD PHOTO SUBMITTED

The Selkirk Royals' Abby Benson was named a Basketball Manitoba Graduating All-Star last Saturday. Benson enjoyed a stellar athletic career with the Royals. Meanwhile, John Bukich was recognized for his 30 years as a basketball coach.

MJHL announces 2020 Auto-Protect list

Staff

The Manitoba Junior Hockey League announced the 2020 Auto-Protect list on Monday.

The Selkirk Steelers chose St. Andrews' forward Dawson Zeller and Lockport defenceman Andrew Hladun.

Both players were with the Winnipeg Hawks this past season.

Each 11-member club was given the opportunity to list two players born in 2005 from their respective home zone. The 2020 Auto-Protect list features 17 players who will no longer be eligible for the upcoming 2020 MJHL draft.

New to this year's draft proce-

dures, teams had the option to decline an Auto-Protect selection and defer that pick to round seven or eight of the draft.

"The auto-protect selections are an important process for our clubs leading up to the draft every season that can be challenging but very rewarding towards their future success," said MJHL Director of Operations, Kevin Saurette. "Many players who are protected during this process each season go on to become solid pillars of each club and standout players in the MJHL."

The 2020 MJHL draft will commence this Sunday at 9 a.m.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Humeniuk's baseball season ends early in Louisiana

By Brian Bowman

Ryan Humeniuk's baseball season at the University of Louisiana Monroe devastatingly ended early last month due to the ongoing coronavirus pandemic.

Then, on Easter Sunday, the city of Monroe suffered more devastation as a tornado savagely ripped through their area and destroyed multiple homes and buildings.

"I heard about it (Sunday) morning after getting notifications on my phone about severe weather in the Monroe area," said Humeniuk from his family's Stonewall home last week. "I was talking to a couple of my teammates from west Monroe and they said, 'That it was getting pretty dicey and the wind was starting to howl pretty good.' I talked to all of my coaches soon after it hit and the Monroe Regional Airport got destroyed. They closed that airport until further notice now and you just send prayers to the people of Monroe and Louisiana."

"The world is going through a tough enough time as it is and this certainly is not going to help them. I've reached out to all of the people that I know of and, as far as I know, everyone has been OK."

Humeniuk has been at home for the past month. He made the lengthy drive home with his girlfriend as panic soon spread in the south regarding COVID-19.

"We were planning on staying down there as long as we could but they closed down campus and I had no access to the weight room or access to the field," Humeniuk explained. "Obviously, school was shut down with the classrooms so I wasn't going to class. Then they started talking about closing the borders and we didn't know when that would be so we figured it would be the safest with all the insurance type of stuff."

Humeniuk and his Warhawks' teammates had gotten off to a tremendous start to their season, posting a 12-5 record.

"It was either the best or second-



RECORD PHOTO SUBMITTED

Ryan Humeniuk was having a fantastic season at the University of Louisiana Monroe when their season was forced to shut down due to the coronavirus pandemic. The Stonewall product was hitting a team-leading .410 with three home runs and 14 RBI in 61 at bats.

best start in ULM history and that was an incredible feat and a testament to how hard our guys were working in the offseason and how hard the coaches worked to get us ready for the season," Humeniuk said. "I felt we were firing on almost all cylinders early in the year, which was exciting. The other part that was exciting was we felt we were getting better and playing better baseball against top competition with schools like Ole Miss."

The Warhawks' offence was a very potent one. Louisiana Monroe had already scored 26 runs in one game and 23 in two others.

"A big thing was having all of that speed on the bases," Humeniuk said. "We stole a ton of bases and that really makes a pitcher's life tough when he doesn't know what's going on because we're moving around all of the time."

Humeniuk had four of those stolen bases to go along with a team-lead-

ing .410 batting average with three home runs and 14 RBI in 61 at bats.

He was off to a red-hot start.

"I was seeing the ball well and I did a lot of work in the summer and fall on pitch recognition and making sure I had better pitches to hit in my at bats and pitches I could really do damage on," Humeniuk said.

"I really have to tip my hat to the guys hitting around me. It's tough to pitch to a guy when you have so many good hitters to face."

Humeniuk, a senior, still has one more year of eligibility due to the season being shut down early. But scholarship money has yet to be determined for next season.

"We don't have all of the details yet with the school still figuring it out," Humeniuk said. "It's new to everyone how that's all going to get lined up. As far as right now, my plan is to return to ULM or if I get some kind of opportunity to play professionally."

Gayleard named CMU's Male Rookie of the Year



RECORD PHOTO SUBMITTED BY CMU Cam Gayleard was the recipient of CMU's Male Rookie Athlete of the Year award. Gayleard is a left side on the men's volleyball team.

Staff

Cam Gayleard made a lot of people take notice of his athleticism in his first year on the Canadian Mennonite University Blazers men's volleyball team.

Gayleard, a former Selkirk Royal, was recently named the recipient of CMU's Male Rookie Athlete of the Year award. Gayleard is a left side on the men's volleyball team.

"Cam burst into the MCAC finishing second on his team in kills in his rookie season and fourth on his team in digs," said Josh Ewert, assistant coach of the men's volleyball team. "His leadership showed up in a big way at the MCAC men's volleyball championship when he scored two critical kills as his team tracked down the Providence Pilots after falling behind two sets to zero, and again in the fifth set to resurrect the Blazers to the 2020 men's volleyball championship win."

"After that, he was the only rookie selected to the MCAC's 2020 men's volleyball All-Conference Team."

Due to Covid-19, Canadian Mennonite University was unable to hold their athletic banquet and awards night this year. However, award recipients were named via a video produced by CMU.

The CMU men's volleyball team and MCAC have been admitted to the Canadian Colleges Athletic Association and have one year left in a two-year probationary period before being eligible in 2021.

get inspired



RED RIVER CO-OP FOOD STORE

Taco-Stuffed Spaghetti Squash

In microwave, cook one whole squash 3 minutes. Repeat with second squash. Cut each in half and scrape out seeds. Drizzle 1 teaspoon oil over each half and rub around until insides are coated. Sprinkle each with salt and pepper, to taste; place on parchment-lined baking sheet center down to lay flat. Bake 50 minutes. Heat large saute pan over medium-high heat. Put 2 teaspoons oil in pan then chicken, 3/4 cup onion and garlic. Cook until chicken is cooked through. Add tomatoes, cumin, chili powder and remaining salt; stir to combine. Bring mixture to boil and cook, uncovered, 15 minutes to reduce liquid, stirring occasionally. Remove from heat. Stir in sliced olives and lime juice. When squash is cooked, scrape insides with fork to release from edge then create nest. Put 1/4 of chicken mixture and 1/4 cup cheese in each squash half. Bake 5 minutes, or until cheese is melted. Top with avocado, diced tomatoes, remaining onions, jalapeno, whole olives and lime wedges.

Prep time: 30 minutes
Cook time: 50 minutes
Servings: 4
2 spaghetti squash (2 pounds each)
6 tablespoons extra-virgin olive oil, divided
1 teaspoon salt, plus additional to taste, divided
pepper, to taste
1 pound ground chicken
1 cup diced red onion, divided
3 cloves garlic, minced
1 can (14 ounces) diced tomatoes
1 teaspoon cumin
2 teaspoons chili powder
1 can (2 1/4 ounces) Lindsay Black Ripe Sliced Olives
1 lime, juice only
1 cup Monterey Jack cheese
1 avocado, diced
1 large tomato, diced
1 jalapeno, minced
1/2 cup Lindsay Black Ripe Medium Olives
1 lime, wedged
Heat oven to 400 F.

Vegetarian Stuffed Peppers

6 large sweet bell peppers
1/2 cup diced sweet onion
1 cup cherry tomatoes, sliced in half
1 cup frozen corn, thawed
1 1/2 cups cooked black beans plain (drained and rinsed if using canned beans)
2 cups cooked brown rice
1/2 teaspoon chipotle chili powder
1/2 teaspoon dried oregano
1/2 teaspoon ground cumin
3/4 teaspoon kosher salt
1/2 teaspoon black pepper
1 1/2 cups shredded Sharp Cheddar Cheese, divided
Preheat the oven to 350° F. Line a rimmed half sheet pan with non-stick aluminum foil. Slice the tops off of the sweet bell peppers. Use a spoon to scoop the seeds and white membranes from the insides of



the peppers. Discard the pepper tops and seeds. Place the peppers onto the prepared half sheet pan; briefly set aside. In a large bowl, stir together the diced onion, cherry tomatoes, corn, black beans, and brown rice until combined. Sprinkle the chili powder, oregano, salt, and pepper over top before stirring to distribute the seasonings throughout. Fold 1 cup of the Cheddar cheese into the filling, reserving the remaining cheese for later. Stuff the open cavities of the sweet bell peppers tightly with filling, mounding a bit of the filling over the top edge of the peppers. Sprinkle the remaining Cheddar cheese over top of the filling. Bake the stuffed peppers for 30 to 35 minutes or until filling is heated through, the peppers soften, and the exteriors begin to wrinkle. Serve immediately.



Dear Money Lady,
I am going stir crazy being isolated at home and have had lots of time to review my finances. I read your book and have started using the Cash Tracker – it is a good way to budget, especially nowadays.

Marie Carmen
Thank you so much Marie Carmen!

It is good to hear that you are budgeting your income and expenses. The Coronavirus pandemic has given us all time to think and provided a forced slow-down and a “pre-retirement” wakeup call. As we do our part in “social distancing,” those of you who are child-free or no longer have young children in need of constant care; you’ve now had a glimpse of what it would be like to be home all the time. In other words, AKA: RETIRED! So what do you think?

This is the time to start thinking seriously about how you want to spend your time in retirement. How do you envision your retired life and what do you want to do? Do you have an advisor that is helping you get to where you want to go?

There are so many choices and

AsktheMoneyLady.ca

personal opportunities out there and you need to begin budgeting and planning your future in a way that allows you to become engaged and purposeful.

It is important to remember that happiness is not attained just when you retire. You need to be happy along the way to retirement and this is only achieved when you’re doing the things that matter most. Continue to dream and to seek inspiration. Everyone knows what they have come from, but many are not so sure what they are retiring to. Why not take this free time to make a plan, keep a journal, begin budgeting your finances, write down your goals and consider going in a different direction and trying new things. You will be surprised at how even making a few small changes will make you happier and more successful in every facet of your life, whether you are already retired or on your way to it.

Good Luck and Best Wishes,
Money Lady

Written by Christine Ibbotson, Author of two new books, “Don’t Panic – How to Manage your Finances and Financial Anxieties During and After the Coronavirus” and “How to Retire Debt Free & Wealthy” available at all bookstores across Canada. If you have a money question, please email on website: www.askthemoneylady.ca

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at the Selkirk Friendship Centre
Early Birds at 7:00 pm
Regular Bingo at 7:30
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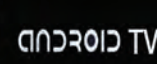
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APARTMENT FOR RENT

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.

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

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.

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NOTICE

Congratulations and thanks to the winners of the Selkirk Royals Volleyball Cash Calendar Draw for 2020.

Kalee Helgason, Lindy Kikuwawa, Rayleen Zeller, Frank Wright, Christie Pellaers, Stacie Nolin-McLean, Brenda Wright, Curtis Thomas, Marc Champoux, Michael Koto-wich, Colin Hudon, Barbara Brown, Gary Zeller, Kristin Malefant, Shaina Grisiuk, Rodney Fewchuk, Wally Hamsey, Brendan Ar-mitt, Darren Walker, Andre Bosko, Diane Havixbeck, Louis McLeod, Patti Char-ison, Lisa Johnstone, Diane Broza, Georg Mohr, Grant Jack-son, Adrian & Marek Greloch, Susi Neault, Matilda Martin, Dawson Zeller. Thanks to all who supported the athletes in the Royals volleyball program. Be well.

LOST

LOST RED ROUND LENS PRESCRIPTION GLASSES somewhere between Shoppers Drug Mart in Selkirk and Middlechurch on Hwy. 9. Reward. Call 204-485-0010.

HEALTH

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RURAL MUNICIPALITY OF ST. CLEMENTS

PUBLIC HEARING NOTICE

REGARDING THE 2020 FINANCIAL PLAN



PUBLIC NOTICE is hereby given pursuant to Subsection 162(2) of *The Municipal Act*, that the Council of the Rural Municipality of St. Clements intends to present its Financial Plan for the fiscal year 2020 at a Public Hearing in the Council Chambers of the R.M. of St. Clements on **Tuesday, May 5th, 2020 at 7:00 p.m.**

Seating at the financial plan will be limited to accommodate social distancing. We ask that you contact our office to register your attendance so that we can ensure adequate physical distancing seating. Alternatively, we will be live streaming the public hearing with interactive chat. A link to the hearing will be made available on our website.

Council will hear any person who wishes to make a representation, ask questions, or register an objection to the Financial Plan as provided.

If you wish to do one of the above, please submit in writing prior to 4:00 p.m. on Tuesday, May 5th, 2020. Your written submissions can either be emailed to info@rmofstclements.com, dropped off at our office by using the mail slot at the south door of our building or mailed to our office if time permits.

Any person who has questions, needs clarification or requires further information, either prior to or following the hearing, is encouraged to contact Shannon Plischke, Finance Officer at 204-482-3300.

Copies of the 2020 Financial Plan will be available for review after Wednesday, April 22, 2020. With our office being closed to the public please contact our office by phone at 204-482-3300 or email at info@rmofstclements.com if you wish to receive a copy and we can then either email or mail you one. We will also have the 2020 Financial Plan posted on our website.

Dated this 9th day of April, 2020.

Deepak Joshi
Chief Administrative Officer



PUBLIC HEARING NOTICE 2020 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of the Municipal Act that the Council of the Rural Municipality of Alexander intends to present its financial plan for the fiscal year 2020 at a public hearing in the Council Chambers of the R.M. of Alexander on Tuesday, May 12, 2020 at 4:00 p.m. Council will hear any person who wishes to make a representation, ask questions, or register an objection to the financial plan, as provided.

As a precaution for the COVID-19 pandemic and physical distancing requirements, the public is requested to pre-register for the public hearing by contacting the municipal office at 204-367-6170 or info@rmalexander.com.

A copy of the financial plan will be available for review on the municipal website.

Don Dowle
Chief Administrative Officer
R.M. of Alexander

Classifieds Announcements

ANNOUNCEMENT

BIRTHDAY



Dolly Hardwick
April 28, 2020

Mom
We just wanted to wish you a
Very Happy 90th Birthday, Mom.
We love you and miss you so much.
Wish we could be with you.

-Love your daughters,
Ingrid, Dena and Kooke
and son Bob

ANNOUNCEMENT

IN MEMORIAM

Keith Keller
April 24, 2018

If all the world were ours to give
We'd give it - yes, and more,
To see your loving smile again
And greet you at our door.
How often there comes before us
Your dear face, kind and true,
For death can never take away
Our memories of you.

-Love Mom, Dwayne, Rhonda, Cameron,
Brittany, Roger, Tanis, Chris, Taylor and Carley

ANNOUNCEMENT

IN MEMORIAM



Justin Morrisseau
September 20, 1974 - April 21, 2017

Not Forgotten
The depths of sorrow we cannot tell,
The loss of one we loved so well;
And while he sleeps a peaceful sleep,
His memory we will always keep.

The tears in our eyes
We will wipe away,
But the ache in our hearts
Will always stay.

-Loved forever,
Morrisseau family

OBITUARY

Dr. Claude Howard Murphy

Peacefully, on Thursday, April 16, 2020, at his residence, in Selkirk, MB, Dr. Claude Murphy, aged 101 years, passed away.

Full obituary to follow.
Condolences may be left on his tribute wall at www.gilbartfuneralhome.com.



Gilbart Funeral Home,
Selkirk in care of arrangements.

OBITUARY

Francis Edward (Ted) Rosser

March 16, 1946 – April 19, 2020



With heavy hearts we announce the passing of Ted. Left to cherish his memory are his loving wife Lou (Mary-Lou) and children Ted (Lise), grandchildren Brandi, Joe and Amy; daughter Kim (Trevor) and Dan (Ginger), grandchildren Kayla (John) of Texarkana, Texas; Megan (Weldon) of Boston, Massachusetts soon to be parents of our first great-granddaughter in August, Dylan, Daya and Nick of Texarkana, Texas; brothers Evan (Penny), Alwyn (Helen) and sister Shelley, of London, England; sister-in-law Irene, of Denver, Colorado. Ted is also survived by brothers-in-law Dick McKenzie, Randy (Cheryl), Gregg (Linda) and Peter; sisters-in-law Merle Hygaard, Maureen and Heather. Also many loved and adored nieces and nephews.

Ted was predeceased by parents John and Iris; brothers David and Glynn; niece Nancy (Curtis) Niemi; father-in-law Burr McKenzie; mother-in-law Mary McKenzie; brothers-in-law Bill, Gerald Hygaard, Doug (Margaret); nephew Andrew, of St. Paul, Minnesota; sister-in-law Ellen and niece Jennifer of Sioux Lookout, Ont.

Ted's early career was with Prudens Well Drilling. Ted was a Red Seal Journeyman Plumber owner/operator of T.R. Plumbing and Water Conditioning. Ted was old school "Jack of all trades."

Ted and Lou were married in a little church situated on the 9th hole of a golf course in Port Alice, B.C. That should have been an omen for his love of golf and the only way to beat him was to join him! Ted was an avid sports fan and enjoyed Winnipeg Jets and Blue Bomber games. Ted coached his sons in hockey as well as other minor hockey league teams, son Dan in baseball and "Hoots Hustlers" Lou's women's softball team. Ted loved to travel with Lou, especially their yearly trips to Texas to watch their grandchildren grow up. He had a special place in his heart for all his grandchildren.

Heartfelt thanks to Dr. Demsas for his compassionate care to Ted and Lou over the years. Special thanks also to Dr. Zoppa and Dr. Brown. Special thanks also to Dave of Gilbart's at this difficult time.

Cremation has taken place. A celebration of Ted's life will be held at a later date due to the Covid-19 pandemic.

In lieu of flowers donations may be made to the Alzheimer's Society of Manitoba in Ted's memory. Condolences may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Patricia (Pat) Smolinski (nee Penny)

October 1, 1951 - April 16, 2020



Peacefully on April 16, 2020 with her family at her side, our precious mom and wife was taken into God's loving arms at the age of 68.

Left to cherish her memory is her loving husband Kasmir (Kas) of 49 years, daughter Jennifer (James), son Adam (Cathy), and fur grand baby Peanut.

Condolences maybe left on her tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home,
Selkirk in care of arrangements.



OBITUARY

Ada Rowena "Emsley" Hoehne

Ada Rowena "Emsley" Hoehne has entered her heavenly home on April 20th, 2020 at the Red River Place after a lengthy illness.

Ada was born to George and Lillian "McCandless" Emsley on January 25 in 1928. She chose a career as a dedicated nurse, spending most of her years nursing in an Indigenous Hospital in Pine Falls.

In 1962 she married the love of her life Bernard Hoehne of Pine Falls. They lived there until they both retired and moved to Libau.

Ada was an excellent home maker, she loved gardening and was very devoted to her beloved dogs.

Ada was predeceased by her parents George and Lillian Emsley, brother Bart, sister Ella-Mae, brother George and brother-in-law Arthur Wiley, in-laws Maria and Bernard Hoehne and brother-in-law Rudolph Hoehne.

She is survived by husband Bernard, brother David (Violet) Emsley and sister Alice Wiley, brothers-in-law Ernie (Veronica) Hoehne and Clem Hoehne, sister-in-law Marion Emsley and several nieces and nephews.

A private graveside service will take place.
Condolences may be left on her tribute wall at www.gilbartfuneralhome.com



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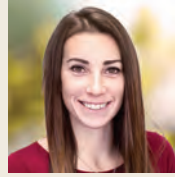
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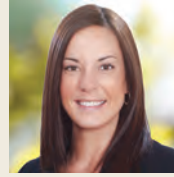


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***Due to the Covid-19 Pandemic there will be no open houses. We are still offering private viewings with safety protocols in place. If you have any questions, concerns, or need advice and support regarding buying or selling your home, property, or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

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