



The Selkirk Record

THURSDAY, NOVEMBER 19, 2020

VOLUME 11 EDITION 46

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Trumpet Tribute



Garrett Malenko playing the trumpet at Selkirk's Remembrance Day ceremony. This year the ceremony was held at Veterans Memorial Gardens. For more photos of the ceremony see page 5.

RECORD PHOTO BY BRETT MITCHELL

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PRICES IN EFFECT: THURSDAY, NOVEMBER 19 - WEDNESDAY, NOVEMBER 25, 2020

No playing or in-person paying during pandemic

What municipal services are open, what's not during code red restrictions

By Nicole Buffie

As the entire province moved into level red – critical – on the pandemic response system on Nov. 12, additional restrictions were announced by public health officials in a bid to slow the spread of COVID-19. In response, RM's in the Interlake-Eastern region and the City of Selkirk announced additional closures of their own.

City of Selkirk

- The City of Selkirk's civic and offices will be closed to the public, as well as all city-run facilities including the Rec Centre. All programming out of the Rec Centre has been cancelled or rescheduled.

- City-owned parks, play structures and skate parks are closed, however, green spaces remain open for use, with physical distancing to be observed.

- The Gaynor Regional Family Library will remain open for curbside pickup, those wishing to take out books are asked to call the facilities to organize rentals, pickups and drop-offs.

- The Selkirk Food Bank's physical office will be closed to the public. Donations are still being accepted to drop off locations and parcels are still being distributed throughout the community.

RM of St. Clements

- All administrative offices and the Public Works building will be closed to the public.

- Parks and playgrounds will remain open to be used at your own risk with physical distancing rules to be followed.

RM of St. Andrews

- The RM office and Public Works office will be closed to the pub-

lic.

- All recreation and community clubs will be closed and all programming has been postponed or cancelled.

RM of East St. Paul

- All outdoor recreational facilities including toboggan hills, playgrounds and skate parks will be closed to the public with marked signs at each site indicating such. The RM asks residents to refrain from using the sites while public health orders remain in place.

- The RM of East St. Paul office will be closed to the public.

- The East St. Paul arena will be closed and all bookings have been cancelled.

RM of West St. Paul

- The RM of West St. Paul's Administrative and Public Works building will remain closed to the public, as announced on Nov. 2.

- Playgrounds and other outdoor amenities including tennis courts and outdoor rinks will not be open or operational until further notice.

- Community parks will remain open for use by the public. Physical distancing is asked to be observed while there.

Essential services such as garbage & recycling pick up, fire response, waste services and animal control will remain operational in all RMs and the City of Selkirk. All Waste Transfer Stations will remain open and operational.

All in-person bill payments are suspended and can be done via telephone or cheque dropped off at RM buildings.

The Red River Planning District will

also be open to the public.

Current public health orders will remain in effect until Dec. 11, when provincial public health officials re-

assess infection numbers by region, deciding whether to relax or further tighten restrictions.

A Bouquet of Remembrance



RECORD PHOTO SUBMITTED

Lord Selkirk Regional Comprehensive Secondary School got creative with the distribution of their poppies this year creating a poppy bouquet baton which allowed students who wanted one to receive a poppy for Remembrance Day this year while social distancing. Above Social Studies teacher Kevin Lopuck (left) gives a poppy to Secretary Leesa Telke.

Light up the Night

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BIG DOLLAR

James Bezan reports on Lock and Dam construction

By Katelyn Boulanger

After bringing the lack of consultation with local stakeholders to the House of Commons floor, James Bezan was able to get some information about the St. Andrews Lock and Dam construction project and he shared it with provincial and municipal representative and local business owners in a meeting on Nov. 10.

"This is a monumental issue for this community and we need to get some people to give us some answers," said Mike Faires of the Lockport Community Development Group (LCDG) when he opened the meeting.

Bezan then took the floor reassuring representatives from the LCDG that he had raised their concerns in a meeting that he had with the Minister of Infrastructure as well as representatives from Public Services and Procurement Canada (PSPC). Specifically, he stressed the need for more consultation, concerns about the timeline of the project, concerns about the design, and concerns about traffic flow.

"[PSPC] are very concerned with the deck of the bridge. They call it in very poor shape and there is the potential [future] hazard and safety factors to

take into consideration. They are putting this to tender in January with the goal of construction starting this summer. The only thing that they will commit to listening to the local community on is that they will continue on with the one lane of traffic with traffic lights at both ends similar to what was in Lac Du Bonnet," said Bezan.

He said that from his meeting he didn't feel that PSPC was willing to discuss design at all at this point nor were they willing to discuss the possibility of changing the timeline to be shorter or to go over two winters and one summer which would be beneficial to the many businesses that benefit from tourism and also have less impact on the local environment particularly the area's fishing.

The next concern for businesses is the provincial government's approval of the project's traffic plan.

"We would like to have some discussion with [Manitoba Infrastructure] to see how flexible the plan might be to accommodate the traffic flow during construction time," said LCDG's David Truitwaite.

He relayed that whenever he's asked PSPC about traffic issues they defer the answer to Manitoba Infrastruc-

ture and the group has not yet been able to get a response from them. He asked that MLAs Jeff Wharton and Alan Lagmodiere contact Manitoba Infrastructure on Lockport resident's behalf to see if they can relay any information about what might happen.

Truitwaite is specifically concerned about how far traffic might be lined up because of the construction and whether or not that could cause a safety hazard in the area. There was some discussion about whether or not a roundabout in the area might be able to help with some of the potential congestion issues.

The group concluded on the note that there needs to be more public consultation and hopes to put together an e-petition in the next few weeks to be sent to the federal Infrastructure Minister.

For the latest news on the St. Andrews Lock and Dam bridge deck replacement project, visit the project's website at tpsgc-pwgsc.gc.ca/biens-property/pdb-bdd/standrews-eng.html. Residents who wish to see this information should know that some web browsers will flag the site as a security risk and so you may have to click an advanced options button to



RECORD PHOTO BY KATELYN BOULANGER

James Bezan beside the St. Andrews Lock and Dam.

get to the site.

Residents may have noticed, should they have gone on to the above website last week, that the completion date for the project had changed and was listed at fall or winter of 2023. After contacting the PSPC the Selkirk Record was able to verify that this was written in error and the current projected completion date of fall or winter of 2022 is correct.

This meeting was held before the latest round of COVID-19 restrictions came into effect with some members being present in person and some phoning in. Those that were there in person observed social distancing and wore masks.

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Remember Nov. 11



RECORD PHOTOS BY BRETT MITCHELL

Selkirk returned to its roots this year and held its Remembrance Day ceremony at the Veterans Memorial Gardens in a masked and socially distanced celebration of the sacrifices made by members of Canada's armed forces. Above: Members of the Legion were socially distanced as part of this year's ceremony. Below: A resident lays their poppy on the memorial.



Small, mighty service



RECORD PHOTO BY NICOLE BUFFIE

East St. Paul Legion Branch #215 officials lay a wreath in front of the Maxwell King Cenotaph during a livestream of their service on Facebook for those who did not attend the gathering in person.

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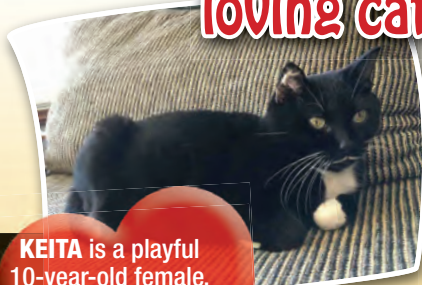
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All of MB moves to critical (red) on pandemic response system

By Lorne Stelmach

Premier Brian Pallister and Dr. Brent Roussin, Manitoba's chief provincial public health officer, announced that as of 12:01 a.m. on Thursday, Nov. 12, the province of Manitoba will move to the Critical level (red) on the #RestartMB Pandemic Response System to halt COVID-19 transmission and protect Manitoba's most vulnerable citizens.

"We are at a critical point in our fight against COVID-19, and we must do everything we can to protect our most vulnerable Manitobans and ensure our health-care system is there for Manitobans, when they need it," said Pallister. "This is a team effort, and we all have a role to play in protecting ourselves, our loved ones and our community. By taking these measures seriously, we are going to save lives."

The new Critical (red) level restrictions will be in effect provincewide and include:

- Social contacts reduced to your household only. Social gatherings are not permitted.
- Travel to and from northern Manitoba is restricted and non-essential travel is discouraged.
- Retail businesses listed as critical services, such as grocery stores and pharmacies, can remain open at 25 per cent capacity.
- Retail businesses not on the list are able to provide e-service, curbside pickup or delivery services.
- All personal service businesses, including hair salons, barbers and sites offering manicures, pedicures and other esthetic services, must close.
- Gyms and fitness centres must close.
- Religious and cultural gatherings must close or be provided virtually only.
- Restaurants must close to the public and may be open for delivery, drive-thru or takeout only.
- All recreational activities, sports facilities, casinos, museums, galleries, libraries, movie theatres and concert halls must close.

"We have taken steps in individual regions, but it's time to take a more drastic approach to halt the rising case number and wide-spread community transmission of this deadly virus," said Roussin. "I cannot stress enough to all Manitobans – now is the time to stay home and reduce your close contacts."

In addition, no changes will be made to child-care services or to kindergarten to Grade 12 education delivery at this time. Roussin noted the province has not seen widespread transmission among children, students and staff.

There are a number of things Manitobans can do themselves to reduce the spread that go beyond the restrictions put in place, Roussin added. These include:

- Reduce the number of shoppers from your household to the lowest possible number. Send only one person to shop.
- Work from home if at all possible.
- Reduce travel unless absolutely essential.
- Remember all those you have come in contact with recently.

As these restrictions go into place and in all regions, Manitobans are reminded that compliance and enforcement issues can be reported by visiting and completing the reporting form at www.manitoba.ca/COVID19, or by calling 204-945-3744 or 1-866-626-4862 (toll-free) and pressing option three on the call menu.

Fines for breaching or failing to comply with public health or emergency orders have recently been increased to \$1,296 for individuals and \$5,000 for corporations.

Manitobans are still strongly encouraged to focus on these fundamentals to help stop the spread of COVID-19:

- Stay home if you are sick or when any member of your family is sick.
- Reduce your contacts to your household only and avoid closed-in or crowded spaces.

• Wash/sanitize your hands, cover your cough and physically distance when you must be with people outside your household.

• If you cannot physically distance, you should wear a mask to help reduce your risk.

• Get a flu shot.

Unless recommended by public health officials, only individuals experiencing COVID-19 symptoms should go for testing. Individuals with symptoms are asked to seek testing as soon as possible once symptoms are present. Employers are asked to only send employees for testing if they have symptoms or if testing has been recommended by public health officials.

Public health officials are advising Manitobans that if you are symptomatic, or if someone in your household is symptomatic, your entire household needs to self-isolate pending COVID-19 test results. The symptomatic individual needs to stay in their own room and, if possible, use their own bathroom and not use common areas. This does not apply to asymptomatic household members if they are an essential worker required to wear PPE while at work such as health-care workers or first responders.

For information on self-isolation, visit: www.gov.mb.ca/covid19/updates/resources.html#collapse2.

The online assessment tool can be found at <https://sharedhealthmb.ca/covid19/screening-tool/> and COVID-19 symptoms can be found at www.gov.mb.ca/covid19/updates/about.html#collapse4.

For questions about critical services and changes to the Pandemic Response System, visit: <http://engagemb.ca>.

For up-to-date information on COVID-19 in Manitoba, visit www.manitoba.ca/COVID19.

For up-to-date information on the #RestartMB Pandemic Response System, visit:

<https://manitoba.ca/covid19/restartmb/prs/index.html>.



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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.

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Interlake-Eastern RHA active cases on the rise

Staff

Public health officials advise 10 additional deaths due to COVID-19 have been reported Monday that include:

- a male in his 80s, a female in her 80s and a female in her 90s from the Winnipeg health region and linked to the outbreak at Maples Long Term Care Home;
- a male in his 90s from the Southern Health-Santé Sud health region and linked to the outbreak at Bethesda Place;
- a male in his 90s from the Winnipeg health region and linked to the outbreak at Victoria Hospital;
- a male in his 80s from the Winnipeg health region and linked to the Seine River Retirement Home cluster;
- a male in his 70s from the Winnipeg health region;
- a male in his 80s from the Southern Health-Santé Sud health region and linked to the outbreak at Carman Memorial Hospital;
- a male in his 90s from the Southern Health-Santé Sud health region and linked to the outbreak at Brooklyn Terrace; and
- a male in his 70s from the Southern Health-Santé Sud health region and linked to the outbreak at Bethesda Regional Health Centre.

The current five-day COVID-19 test positivity rate is 13 per cent provincially and 12.8 per cent in Winnipeg, and 392 new cases of the virus have been identified as of 9:30 a.m. Monday, bringing the total lab-confirmed cases in Manitoba to 11,339.

Monday's data shows:

- 21 cases in the Interlake-Eastern

health region;

- 25 cases in the Northern health region;
- 19 cases in the Prairie Mountain Health region;
- 72 cases in the Southern Health-Santé Sud health region; and
- 255 cases in the Winnipeg health region.

The data also shows:

- 7,011 active cases and 4,156 individuals who have recovered from COVID-19;
- there are 234 people in hospital with 42 people in intensive care; and
- the number of deaths due to COVID-19 is 172.

Laboratory testing numbers show 2,391 tests were completed yesterday, bringing the total number of lab tests completed since early February

to 312,238. Case investigations continue and if a public health risk is identified, the public will be notified.

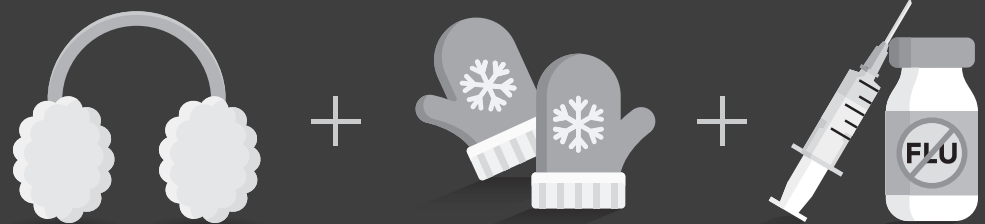
The Interlake-Eastern total case breakdown by district as of Monday, is as follows: A total of 668 cases, up by 164 from last Monday: 468 active cases, 357 recovered, 16 currently in the hospital with six of those in ICU and 7 deaths.

Arborg/Riverton 7 active cases, 21 recovered; Beausejour 11 active cases, 18 recovered; Eriksdale/Ashern 77 active cases, 3 recovered and 3 deaths; Fisher/Peguis 153 active cases and 98 recovered; Gimli 4 active cases, 2 recovered; Northern Remote 26 active cases, 41 recovered and 1 death; Pinawa/LacduBonnet 21 active cases, 7 recovered; Powerview/Pine Falls 8 active case and 11 recovered; Selkirk 11 active cases and 7 recovered; Springfield 30 active cases and 38 recovered; St. Clements 17 active cases and 15 recovered; St. Laurent 3 active cases and 6 recovered; Stonewall/Teulon 36 active cases, 44 recovered and 2 deaths; Unknown District 24 active cases and 16 recovered; Whiteshell 6 active cases, 2 recovered and Winnipeg Beach/St. Andrews 34 active cases

and 28 recovered and 1 death.

Possible exposure locations are listed online by region at the province's #RestartMB Pandemic Response System webpage. For up-to-date information on possible public exposures to COVID-19 in regions, visit www.gov.mb.ca/covid19/updates/flights.html#event and click on your region.

The chief provincial public health officer urges Manitobans to only leave their homes for essential purposes. When leaving the house to obtain essentials, be sure to physically distance, wear a mask in indoor public places and avoid crowded spaces. Do not leave the home if you are sick, or when any member of your family is sick. Further, do not socialize with anyone from outside your household.



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Get a flu shot to help
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The annual seasonal flu vaccine is available to all Manitobans at no charge. It offers protection against four seasonal flu strains.

The flu vaccine helps protect you AND people around you. An annual flu vaccine is especially important for:

- those at increased risk of serious illness from the flu
- their caregivers
- their close contacts

Now, more than ever, you can help protect your grandparents.

If you are 65 or older, or have a chronic illness, talk to your doctor about also getting a vaccine for pneumonia. One pneumococcal vaccine may give you a lifetime of protection.

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Learn more at manitoba.ca/flu

Manitoba

Parade of Lights Update

Submitted by Selkirk Biz

The 15th Annual Santa Parade of Lights that was planned for December 4th will not be proceeding as planned. In light of the latest restrictions announced by Manitoba Public Health, our executive decided the best option right now is to keep our business community & the public safe. Our activities need to be aligned with the message from our health authorities.

Our team spent many hours in discussions and planning for a safe parade, with consultations from the public health office and other community authorities. Even with the most compliant format, it still encourages people to leave their businesses

or homes at a time when only essential activities are permitted.

Our partners are still making plans for December 4-5. Holiday Alley is moving forward on bringing you creative and safe activities this year! We hope you join them in celebrating our community this holiday season. Learn more on holidayalley.ca

While a fun event would go a long way in boosting morale when most events have been sidelined, doing our part now to halt transmission is our priority. We will continue planning for better days and hope the Fair Parade is back in July and Santa Parade is back in a year from now.

Change 2 Change still helping kids in Uganda

COVID-19 has affected their fundraising efforts but need remains

By Katelyn Boulanger

Change 2 Change, an organization that supports children in Uganda with its youth centre and Home of Champions, where children from unstable family situations can stay and receive an education, has had to cancel their annual C2C Musical event in Selkirk this year because of COVID-19. Even though the event can't happen they are still doing their best to help Ugandan kids get the most out of life and have decided to run a Merry Christmas raffle to raise funds for their efforts.

"The C2C musical is our biggest fundraiser of the year basically. It's pretty much the only big public event where people can come and experience what we're doing because I'm normally there and I share videos from Uganda of the kids and all the different things that we're doing. In a normal year, the musical raises the awareness for the over 100 people who attend the event and we're able to not only raise awareness and give information about what we're doing but also showcase some of the handmade crafts that the kids make and those go on sale to help support the organization helping the kids go to school and whatever else we're doing," said Kurt Peterson.

This would have been the third year that the C2C Musical would have been in the community; however, Peterson started his journey helping children in Uganda ten years ago.

"It was a success the first two years and this year people were pretty

hyped about it but here we are and hopefully next year we'll have another one," said Peterson.

Because of COVID-19 precautions in Uganda, C2C actually had to close its youth centre this year but hopes to be able to reopen it in the near future.

"We've [had to] operate our offices from the Home of Champions and that's not a public place because we want to make sure that it's secure for the kids and it doesn't become a walk-in for just anybody. It's been a bit challenging because we have lots of young people in our community that have depended so much on our programs at the [youth] centre so it's impacted them in a negative way but we really had no choice," said Peterson.

The youth centre before COVID provided youth with skills programs, additional educational programs, and training such as craft making, tailoring and other youth-targeted programs. The centre focuses on youth as 80% of the Ugandan population is under 25 and so they are the group that needs the most help right now.

One of the most pressing current issues on C2C's agenda is getting sponsors for the kids that they are helping get an education.

"School here isn't free, though it should be, but it's not at this point," said Peterson.

He says that the kids in the Home of Champions are doing quite well though they have had to be more creative with the programs that they offer to keep the children active and



RECORD PHOTOS SUBMITTED

Kurt Peterson with some of the children that he's helping in Uganda.

busy while keeping them at home.

"We've had counselling sessions with them in groups. We've had music sessions and I've tried to help them brush up on [western English] because there are many words here that are different from our Canadian English so that's been a fun program for them and then we've had different things like National Geographic programs from Disney plus which are educational and we've also done a lot of sports and games because you can't have youth without that," said Peterson.

Luckily, none of the children have fallen ill with COVID so far.

Peterson ended up in Uganda from his home town of Selkirk after looking to do some travelling and getting the suggestion from his local Reverend

that he help out an orphanage. Seeing the need, when he came back to Canada, he started raising funds and getting together mosquito nets and shoes to bring back to Uganda and eventually established the Home of Champions and youth centre.

To participate in the Merry Christmas Raffle you can call members of the C2C fundraising committee in Manitoba at (204)485-2467 for Maureen and (204)481-2660 for Brenda. First prize will be \$400, second a Christmas Day Food Hamper—valued at \$200—and third prize is a \$100 gift card. Tickets are \$10 each and the draw will be held on Dec. 12.

If you would like to donate to C2C at any time you can visit their website at change2change.ca.

Top doctor urges residents to 'just stay home'

By Nicole Buffie

Manitobans again took to the phones to ask questions and express their concerns surrounding the COVID-19 pandemic and public health orders at the provincial telephone town hall on Nov. 12.

Residents posed questions concerning many aspects of the province's response to the pandemic, seeking clarification on orders put in place at midnight that day as well as asking for advice on rule-flouters.

In his opening comments, Chief Pro-

vincial Public Health Officer Dr. Brent Roussin rationalized the move to put the extra restrictions in place.

"The spread is community-based, it's widespread, we can't target it, so we have to take this wide approach to try to stop the transmission bring those numbers down," he said.

Many questions asked during the town hall sought to clear up confusion on gathering sizes. After the announcement of additional restrictions by Roussin and Premier Brian Pallister during a Nov. 10 press conference, reports came to light that the limit on gathering sizes listed in the provincial document containing public health orders contradicted their messaging.

In the province's COVID-19 Preven-

tion Orders, Order 1 states "Except as otherwise permitted by these Orders, all persons are prohibited from assembling in a gathering of more than five persons at any indoor or outdoor place or premises."

Roussin made clear that while the order did not change from previous level red restrictions, the recommendations provincial officials wanted residents to follow was to just stay home.

"The messaging is clear: that's to stay home as much as possible, to only socialize with people within your household," said Roussin in response to one caller's question on gathering limits.

Continued on page 10

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Homes getting extra sparkle for holidays

Light Up Eveline project helps homeowners get festive

By Nicole Buffie

The community response and generosity towards this year's Holiday Alley has extended a bit further as a partnership with Canadian Tire has been announced to help light up all of Eveline St.

The Light Up Eveline project will allow residents living on the block a chance to apply for a \$50 Canadian Tire gift card to purchase holiday lights for their home to expand on the 130,000 bulbs already involved in the event.

Shirley Muir, co-founder of Holiday Alley, said this has been a dream of hers for quite some time.

"Four years ago, when we were first uncrating thousands and thousands of boxes of lights, I said, 'You know, we didn't get all the buildings on Manitoba Ave. this year' and Mayor Larry Johansson said, 'Oh, you'll get more of them,'" she said. "He said, 'Eventually we'll light up the whole town.'"

Currently, the thousands of lights decorate 40 buildings in downtown Selkirk and the partnership with Canadian Tire will offer up to 50 residents on Eveline the opportunity to create a display of their own.

"If there was ever a year to step up our efforts and add some energy, especially during a long winter, this is the year," added Michelle Head, co-owner of Canadian Tire in a press release announcing the sponsorship.

Muir said while the pandemic will have many homeowners stuck in their houses for the winter, this gives them the chance to brighten things up.

"This is for those out there who are saying, 'You know what, I need a project, I need something to do,'" she said. "It's gonna be a hard winter."

Muir said the initial idea behind Holiday Alley came from a small community in Ontario where she saw photos of all the houses adorned with festive light displays in their down-

town which coincided with ideas she had on how to revitalize the downtown area of the city. Four years later, it's bigger and better than she could have imagined.

"I'm always so incredibly inspired by this community," Muir said. "I don't think there's a volunteer, a neighbour, a friend, someone I've just met, who when I said, 'Can you help us out?' they didn't say 'Yes.'"

Homeowners with Eveline-facing properties can email info@holidayalley.ca to request a \$50 Canadian Tire gift card to purchase lights for their properties. A separate contest will be held for Eveline-facing apartment dwellers, encouraging them to decorate their windows and send photos to Holiday Alley to be entered in to win a Canadian Tire gift card.

Muir said while a partnership like this has been a long time coming, it's only the beginning of what she hopes to do for future Holiday Alley events.

"And if the community really gets engaged with this, that will inspire us on what to do next."



RECORD PHOTO SUBMITTED

Holiday Alley 2019 on Manitoba Ave. This year's Holiday Alley will give residents of Eveline St. the chance to light up their homes and be part of the festivities through a partnership with Canadian Tire.

Selkirk Judo Club invites you to quiz night

Participate in a challenging battle of wits from your own home

By Katelyn Boulanger

Selkirk Judo Club is organizing its 14th annual quiz night for Nov. 20 and invites residents to sign up for the virtual event that will test your general knowledge and maybe even have you learning something new.

"What we try to do is not make it too easy but not make it too hard either and I think that the way that we have it set up this year with the technology will make it easy to participate. I think that it's going to be a lot of fun and [give people the chance] to try their hands at trivia," said Jones.

The event will start at 7 p.m. on Friday and participants will require an email address to receive information about the session, which will be hosted over Zoom.

"It's generally in the past been a dessert and quiz night, in the past when we've been able to do them in person, we've had people bake desserts and then we have a quiz night at the same time. This year we're just doing the quiz night. It's about an hour and a half long. We typically do three rounds of trivia that are a little less than a half-hour each with five-

minute breaks in between," said Brian Jones the club's

The quiz night is open to all members of the community and the questions that are asked are general knowledge that anyone 13-years-old and up might know.

"We often ask questions that deal with any number of topics from current events to pop culture or historical events, everything from geography to science to any number of general information topics," said Jones.

They've also had trivia questions that are specific to the local area in the past so regional history buffs may have a few opportunities to show what they know.

Jones said that they wanted to

continue to host this event this year because, though, until recently, they have been able to meet in person to have judo classes, the safety restrictions in place because of COVID-19 meant that members were not able to socialize like they did in class before the pandemic and this provides everyone with a way to connect from the comfort of their homes.

"I think it's a nice way to bring people to gather and have a fun evening. I think that's the part that I've enjoyed

the most aside from the desserts that we normally have," said Jones.

Residents who would like to participate should sign up by emailing the Selkirk Judo Club at selkirkjudoclub@shaw.ca no later than Friday at noon. There is also a \$12 participation fee for individuals and \$24 for families.

For participants who don't want to participate over Zoom, there will also be an option to call in but they should still email the judo club.



Squash pandemic fears

Six-week anxiety course to help residents with pandemic worries

By Nicole Buffie

Rapid breathing. A tight feeling in your chest. Nausea. Dizziness. Dry mouth.

These are all possible symptoms of anxiety; a feeling many Manitobans have felt over the last eight months during the COVID-19 pandemic.

Due to the additional restrictions placed on residents as the entire province moved to level red – critical – on the pandemic response system, health experts say the need for mental health help will grow.

The Anxiety Disorders Association of Manitoba (ADAM) wants those feeling the psychological effects of lockdowns and isolation to know they are not alone and there are options available for them.

ADAM has been providing a six-week, online Anxiety & Worry Support Program for anyone needing assistance navigating feelings of uncertainty towards the novel coronavirus since the province went into lockdown in March.

Mary Williams, executive director of ADAM, said the program aims to connect individuals with support workers and other folks feeling similar anxiety surrounding the pandemic.

“One of the complications right now is that we’re being told to isolate, and isolation is not a positive thing when it comes to anxiety,” she said. “I don’t think it’s a positive thing for mental health, period.”

The no-cost virtual programming focuses on recognizing symptoms of anxiety, where they stem from and how to cope in a safe and healthy way. The course also connects users with one-on-one support workers and larger support groups to further discussions in an open way.

Williams said while ADAM’s supports are usually delivered in-person, having the course be strictly online is a more accessible way to provide care to those who need it.

“Thanks to technology, we can pro-

vide this service to people as long as they have access to a computer or a telephone,” she said. “It doesn’t matter where they are in the province, we can provide this program to them.”

The program itself also exceeds pandemic worries; Williams said if a participant mentions having social anxiety or a panic disorder, workers can provide support and programming for their specific needs as well.

As the province moves into new public health orders, Williams said the need for mental health programming is crucial.

“The fact that we keep on experiencing new and unexpected developments creates a high level of anxiety,” she said. “And the fact that we’re moving into the Christmas and holiday season doesn’t help.”

She said with the new provincial restrictions limiting social interactions to only that of your household, the feeling of isolation and anxiety becomes magnified, especially for those living alone.

“The importance of a program like this at this time can’t be understated or overstated,” she said.

Those looking to sign up for the programming delivered via Zoom or phone can email adam@adam.mb.ca or call 204-925-0600 to be sent a registration form. For those in the Interlake-Eastern region, two outreach workers are available for peer support: Sherry MacVicar in Winnipeg Beach and Wendy Scheirich in Lac du Bonnet.

Williams said of the hundreds of participants to take part in the programming since the onset of COVID-19, many of them have found relief knowing they’re not alone in feeling heightened anxiety and worry – a goal Williams sought out when bringing the course to the association.

“People need to know that it’s manageable and we can help them,” she said. “It’s not all doom and gloom.”

Cruisers help with Christmas Cheer



RECORD PHOTO BY KATELYN BOULANGER

The Lily Pad Cruisers are helping Selkirk’s Our Daily Bread Soup Kitchen with a \$1000 donation. The donation will help the Soup Kitchen provide those who use their service with a little more to take home this holiday season. The Soup Kitchen, which continues to provide meals to those in need while accounting for increased COVID restrictions, is open Monday to Friday from 9 a.m. to noon for donations from residents who can still come to the back entrance of Memorial Hall to drop them off. Their meal service, which now provides bagged lunches, runs from 11:00 a.m. to 12:45 p.m. Monday to Friday and residents are asked to come to the front door. Pictured: Faye Drummond Vice President of the Lily Pad Cruisers presenting the \$1000 cheque to Our Daily Bread Soup Kitchen’s co-chairperson Barb Pasaur.

> JUST STAY HOME, FROM PG. 8

One resident asked for advice on what to do if businesses are found not enforcing the mandatory mask rule. Dr. Jazz Atwal, a medical officer of health for Manitoba Public Health, said education is the most important tool from a public health standpoint. The provincial tip line was also encouraged if Manitobans see noncompliance with public health orders.

The question of where and who to report those not following orders and recommendations outlined by the province came in the form of a survey question answered by 18,615 residents across the province. The survey was available to take in responses about a proposed curfew and enforcement measures, the topic of the Nov. 5 town hall. 76 per cent of respondents identified as living in the Winnipeg health region.

50 per cent of respondents to the questionnaire responded they ‘definitely or somewhat agree’ to a 10 p.m. curfew to help slow the spread of COVID-19. 43 per cent agreed with an 11 p.m. curfew and 33 per cent with a midnight curfew.

In addition to supporting a cur-

few, a large number of respondents reported seeing a lack of mask usage, with 32 per cent seeing a lack of mask use in indoor public spaces.

While the idea of raising fines came to fruition in the newest set of public health orders with the possibility of receiving a \$1,296 ticket for individuals and \$5,000 for a business, some respondents of the survey feel public education is the best route with 28 per cent answering it was the best route to lowering case numbers.

However, during the telephone town hall, Roussin reiterated how important the new restrictions and fines were to lower record-breaking daily case counts across the province.

“We only want to use the least amount of restrictions that we require,” he said. “But now we’ve come to a point where our hospitals are nearing capacity, we were just given very little choice but to put these very stringent restrictions on.”

The results of the Nov. 12 survey on COVID-19 perceptions and attitudes will be available on Nov. 19 during the next telephone town hall.

The Selkirk Record

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West St. Paul council hears updated rink proposal

Riverdale resident makes second bid to relocate skating rink

By Nicole Buffie

Riverdale resident Jamie Pachkowsky made a second appearance in front of the RM of West St. Paul council on Nov. 10 to present an updated proposal to relocate the Riverdale Rink to the inside of the tennis courts in Riverdale Park.

His first proposal, delivered in Oct. 2019, was met by council with concerns over where the rink boards would be stored in the offseason and the \$4,200 price tag attached to it. The idea was considered during council's budget meeting but did not go forward.

Pachkowsky's desire for the rink to be moved stemmed from a few issues, one being the uneven surface the current rink has. He said the relocation to the west tennis court would smooth out the problem, while also noting the level ground would take less water to flood than if the rink were to be built on its usual grassy patch. He also proposed the rink be changed from a recreational skating rink to one fit for playing hockey.

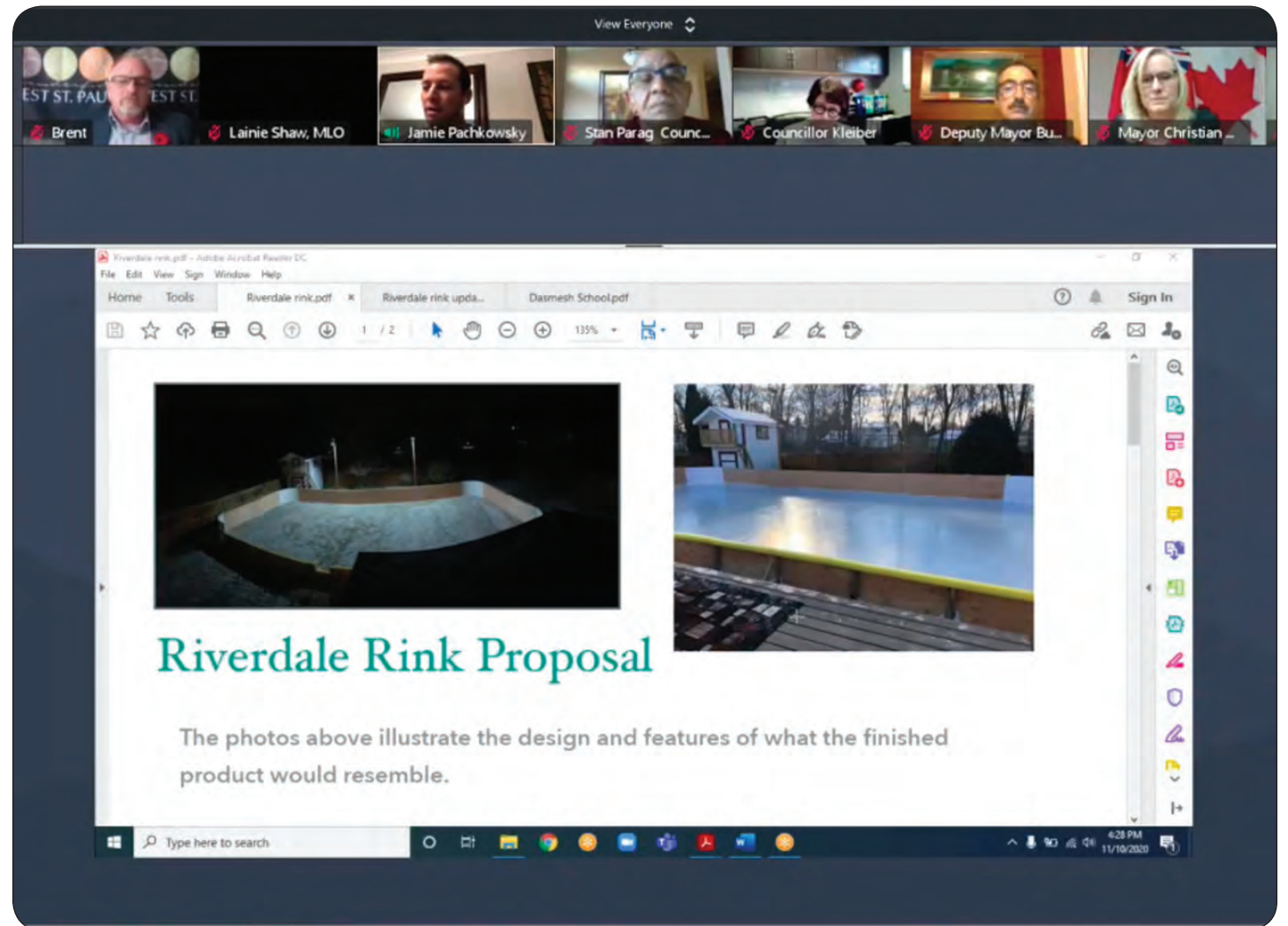
In the updated document, Pachkowsky added he would take responsibility of storing the equipment and the cost to build it dropped significantly – an approximate total costing the RM \$1,200 – due to the re-use of materials he already owns for his own backyard rink. He also mentioned he would take full responsibility of care for the rink, including shovelling snow and locking up at the end of the day.

Coun. Giorgio Busceti (Ward 2) expressed concerns about potential noise levels of the location that may disturb homeowners with yards facing the park, but Pachkowsky countered his concern by noting the lack of lighting in the area making evening and night skating difficult.

During the proposal last fall, council asked Pachkowsky to take survey of residents surrounding the park to receive feedback on the idea. He said there was a 100 per cent backing of the idea.

While his first request to council for the rink was ultimately shot down, the current and future effects of the COVID-19 pandemic may have changed the outlook of the proposal to council members.

"We're going to be screaming for options this winter," Pachkowsky said during his presentation. He noted due



RECORD PHOTO BY NICOLE BUFFIE

Jamie Pachkowsky came back to West St. Paul council to propose moving the Riverdale Rink to the tennis court to provide a safer, even surface to skate on.

to the closures of parks and community centres during new level red restrictions province-wide, activities for kids will be few and far between.

Coun. Dorothy Kleiber (Ward 3) expressed her support for the proposal, saying children in the area will need something to stay occupied during the restrictive winter months.

"Recreation keeps kids out of trouble," she said.

Coun. Stan Parag (Ward 4) shared the sentiment, noting if the rink meant keeping kids off the street and on skates he was in full support.

While the RM's city manager must compile an administrative report on the proposal before the matter can be further discussed

and voted on, Pachkowsky reminded council of the short timeline they have to work with.

"When it comes to this sort of thing and the new restrictions happening, time is of the essence here," he said.

The RM's CAO Brent Olynyk said the matter will be put in an admin report and discussed at a Special Meeting of Council on Nov. 19.

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Identify winter birds in backyards

Birds flittering around the neighborhood are a common sight during spring and summer, and these welcome guests can be enjoyable to observe as they nest, feed and interact. When the weather cools in fall and winter, many birds seek out warmer climates, but a good number of these feathered friends stick around.

Certain birds can be found all winter long across regions of North America. The Great American Bird Count is a program that is run by the Cornell Laboratory of Ornithology and the National Audubon Society. Its purpose is to seek the help of volunteer birdwatchers across North America to observe and count all the birds seen in a 15-minute interval during a four-day data collection period. This program helps identify birds that are most commonly seen in cold temperatures and study the composition and distribution of the winter bird populations across

North America. Birds seen during this time may change from year to year, though certain species are more likely to be around in the winter months.

- **Northern cardinals:** One of the more iconic winter birds, the bright red cardinals are around much of the year but perhaps most noticeable against the snowy, stark landscape of a winter's day. Cardinals use their bright, powerful bills to crack open seeds and cut through sugary fruits to help them survive the winter.

- **Tree sparrows:** Tree sparrows are large-bodied and long-tailed sparrows with gray and reddish-brown streaking along the edges of their feathers. They also wear a bright chestnut colored cap. Despite their name, tree sparrows spend much of their time on the ground feeding. The bird count has unveiled a greater number of tree swallows in recent years. These birds are insectivorous, so milder



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winters may be contributing to their increased presence.

- **Tufted titmice:** Tufted titmice resemble cardinals in body and head shape, albeit on a smaller scale, but they are pale gray in coloring. These are bold birds who defend territory with scolding calls.

- **Blue jays:** These common, vibrant birds are well known to many people. They are large-crested songbirds with broad, round tails. They have white or light gray feathering on the underside of their bodies with various shades of blue, black and white on the top. A favorite food is acorns, and these birds are often found on forest edges. Their calls are loud and carry long distances.

- **Mourning doves:** Many people hear mourning doves before they actually see them, as their soft cooing often comes from roof rafters and tree branches. These birds have plump bodies and long, tapered necks, with a head that looks particularly small in comparison. They tend to be brown to buff color. When the birds take off for flight, their wings make sharp whistling or whinnying sounds.

- **American goldfinches:** These birds are sometimes called the "wild canary" of the Americas. They have distinctive yellow plumage that fades in winter to a palette of buff, brown and gray. They're small seed-eating birds that often travel in flocks.

Birds may need a little help surviving in the winter. Keep fresh, unfrozen water around and supplement food scavenged with peanut butter, suet and nuts. Brush piles, roost boxes or birdhouses can provide needed shelter.

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Simple ways to save on heating costs this winter

Comfort takes center stage each winter. As people look to stay warm, many may be quick to turn up the thermostat so their entire home is toasty warm. But much like cranking air conditioners during the dog days of summer, turning up the thermostat each time the winter winds begin blowing can prove costly for homeowners.

According to estimates from the National Energy Assistance Directors' Association, homeowners spent an average of \$911 on home heating costs in the winter of 2019-20. The winter of 2020-21 could prove even more expensive, as the COVID-19 pandemic continues to force much of the world to practice social distancing. That means many professionals are still working from home full-time, while even those who aren't are no doubt spending more of their free time at home. All those hours spent at home figure to increase reliance on heaters this winter, which means heating bills are likely to go up as the temperatures go down.

Finding ways to save on heating costs will no doubt prove a priority for many homeowners this winter, and the following are some ways to do just that.

- Add insulation. Extra insulation throughout the house can dramatically reduce home heating (and cooling) costs. According to the Environmental Protection Agency, adding insulation in attics, crawl spaces and basement rim joists can help homeowners save as much as 15 percent on heating costs.

- Lower the temperature on your water heater. Another way to trim your energy bill this winter is to lower the temperature on your water heater. The Department of Energy notes that, for every 10 F reduction in temperature on their water heaters, homeowners can save between 3 and 5 percent on their water heating costs.

- Close the flue on your fireplace. Fireplaces can keep a home's inhabitants warm in winter, but only when they're in use. When they're not being used, fireplaces can allow heat to escape a home. When the fireplace is not being used, close the flue to prevent heat from escaping the house. Keeping all windows and doors closed

throughout the day is another way to prevent unnecessary heat loss.

- Have your HVAC system serviced before winter begins. Inefficient HVAC systems cost homeowners considerable amounts of money each year. Annual maintenance performed by a certified HVAC professional can ensure filters are clean and operating at

peak efficiency, saving homeowners the costly trouble of having to turn up the thermostat to overcome dirty systems.

Home heating costs figure to increase this winter as people spend more time at home. Various simple strategies can help homeowners stay warm without overpaying to heat their homes this winter.



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> MEAL IDEAS



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- Cheese



Create the Perfect Appetizer Plate

- Nuts
- Fresh grapes
- Olives
- Hummus
- Marinated artichoke hearts
- Salami slices
- Spinach or other dips
- Dolmades (stuffed grape leaves)
- Roasted red peppers
- Crackers
- Pita triangles
- Thin breadsticks
- Pretzels
- Jam or honey



Grape and Apple Sheet Pan Pie

demerara sugar, for garnish

To make dough: In large bowl, whisk flour, sugar and salt. Add butter and toss with flour mixture. Smash each butter cube flat then use fork to stir in cold water. Knead lightly until dough comes together in ball. Transfer to floured work surface and use well-floured rolling pin to roll into 10-by-15-inch sheet. Fold each short side into middle and close like a book. Fold once more to make thick block and cut in half. Wrap each piece in plastic and chill at least 30 minutes or overnight.

To make filling: In large bowl, combine apples, grapes, sugar, flour, lemon juice and salt; set aside.

To assemble pie: Heat oven to 375 F.

Roll one half of dough out to 18-by-13-inch rectangle. Transfer to 10-by-15-inch heavy baking sheet; place in refrigerator to chill while rolling out top sheet. Roll out remaining dough to 18-by-13-inch rectangle and use pastry cutter to cut into 1 1/2-inch wide strips.

Transfer filling into chilled pastry and spread evenly. Lay dough strips on top of filling in lattice pattern and crimp sides together. Mix egg with water and brush top of pie. Sprinkle with demerara sugar and bake until filling is bubbling, and crust is nicely browned, about 45-50 minutes.

Prep time: 1 hour

Cook time: 50 minutes

Servings: 16

Dough:

4 cups all-purpose flour

1 1/2 tablespoons sugar

2 teaspoons kosher salt

3 1/2 sticks cold unsalted butter, cut into 1/2-inch cubes

1 cup ice water, plus additional if needed

Filling:

3 pounds Granny Smith or other tart apples, peeled and thinly sliced (about 9 cups)

4 cups black California grapes

3/4 cup sugar

2 tablespoons all-purpose flour

2 tablespoons lemon juice

1 pinch salt

1 egg

1 tablespoon water

SELKIRK STEELERS

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A Teensy Nudge Towards Better Health

Can I share a secret with you? Usually I don't disclose this part of my coaching process to my clients, but I want to help you take steps to improve your quality of life starting right now, with easy choices today.

To achieve any goal requires you to take action, and more than likely, to make some changes in your life. This is absolutely true when it comes to health-related objectives, such as weight loss.

Do you know what stage of change you are in? Probably not, since many people are not familiar with this concept. Most of my new clients are in the contemplation, preparation or action stages, which means they are either thinking about improving their fitness level or are actively working out and eating well with their goals in mind. This is excellent! I admire everyone who wants to better themselves and puts a plan together that will help them achieve success. When you are less than six months into a new exercise routine or diet, you are particularly vulnerable to barriers and setbacks. For this reason, continuous monitoring, support, and encouragement is important. Clearly defining your motivations and having rewards for positive efforts will increase your likelihood of sticking with it.

Change is not easy for anyone... In fact, it's bloody hard! Unfortunately, even after losing 20 pounds, for example, it is common for people to relapse and regain those inches by falling back into bad habits. This means that they did not have the support they needed to stay in the maintenance phase of their fitness journey, which leads to a stable, active lifestyle.

Before we wrap up, I skipped a step. I feel particularly excited today for those of you who are reading this who may be in the very first stage of change, which is the pre-



Health and Wellness Fitness expert
Julie Germaine

contemplation phase. It is entirely possible that you had not been worried about your health, but now are thinking, 'Should I try getting into better shape?' The answer is YES! Taking care of your body by participating in regular physical activity and eating healthy, nutritious foods is easily the right choice for all of us. I hope this article acts as a call-to-action and leads you to start thinking about small ways you can change today, which will quickly add up to big results! Here are three things you can do right now to achieve better health:

- Eat more fruits and vegetables every day

- Get active a few times per week

- Subscribe to my FREE fitness tips at juliegermaine.com

It's said that you are the average of the five people you spend the most time with, so I welcome you to add me to your inner circle to be influenced by my fitness advice, inspiration, and passion for health on the daily! Even if you aren't ready to take action today, set yourself up for future success by taking in information bit-by-bit to prepare yourself for lasting change.



Prep time: 20 minutes

Servings: 8

8 cups fresh baby spinach, washed

4 1/2 cups California grapes

1 1/4 cups mandarin orange segments, drained if using canned

1/3 cup thinly sliced red onion

3/4 cup bottled light balsamic vinegar

Grape and Spinach Salad with Raspberry Balsamic Dressing

and oil dressing

1/4 cup orange juice

3 tablespoons raspberry jam

3/4 cup crunchy chow mein noodles

In large salad bowl, combine spinach with grapes, oranges and onion.

Whisk together dressing, orange juice and jam. Pour over salad and toss until greens are coated with dressing. Divide among eight plates and top with crunchy noodles.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Fishermen players Bedard, Hefferman excelling in hockey, soccer

By Brian Bowman

The Selkirk Fishermen have a lot of very good players on their hockey team this season.

Two of those players are also exceptional soccer players.

Evan Bedard and Raymond Hefferman both take to the pitch during hockey's offseason.

Bedard accepted a scholarship to attend school and play soccer for the Grand Prairie Regional College Wolves' soccer team, which is located in Alberta.

Wolves' head coach Chris Morgan is looking forward to having Bedard join GPRC.

"We are excited to capture the signing of Evan Bedard from Manitoba," said the head coach on the school's website. "Evan joins the growing band of players from the province transferring from Providence University. He arrives with a pedigree and experience from playing in NCCAA."

"We welcome Evan and look forward to watching him compete and play at GPRC."

But due to COVID-19, Bedard's journey out west is currently on hold. The Wolves' loss, though, is the Fishermen's gain.

"I was looking to get back to playing college soccer somewhere else and I had a buddy already in Grande Prairie and they were looking for a goalie," said Bedard, who led Selkirk with 38 points (20 goals, 18 assists) last season. "He was kind of bugging me for a little bit to go out there."

Bedard, an East Selkirk product, will bring valuable experience to the Wolves. He was a 2017 MVP with the Selkirk Royals.

In the 2017-18 season, Bedard made the cut to be a Pilot for the Providence University College and Theological Seminary who became the National Christian College Athletic Association Northern Regional Champions. That same year, the Pilots won bronze at the NCCAA National Championships in South Carolina. Providence also won their regionals in Iowa.

"That was really cool, especially because we were the only Canadian team that played in the league," Bedard said. "We were going down there representing our school and, kind of, your country."

On a personal level, Bedard had



RECORD PHOTO SUBMITTED

Evan Bedard was supposed to be attending school and playing soccer for the Grande Prairie Regional College Wolves in Alberta this fall. But because of COVID-19, he's at home playing another season of junior hockey with the Selkirk Fishermen.

the lowest goals-against average and most shutouts in both the NCCAA and MCAC.

Hefferman, meanwhile, played his first season this past summer with Selkirk FC, which competes in the Manitoba Major Soccer League's 1st Division.

"It's a really good team and I enjoyed playing with them," he said.

Hefferman was primarily a centre-back but, on occasion, played as an outside-back.

He previously played high school soccer for the Selkirk Royals although his Grade 12 season was snuffed out due to COVID-19.

"It took a lot of adjusting to get used to the physicality," said Hefferman of the MMSL. "Most of the guys there have a lot more experience. They're a lot bigger, stronger, sometimes faster. It was very difficult to get adjusted to it, but once I got adjusted to it, I started playing like I normally would. The guys on the team started to rely on me as a defender."

Hefferman, 18, who previously had an opportunity to play soccer for Chievo Verona in Italy, really enjoyed his time with Selkirk FC. But like all good, young players he has aspira-



RECORD PHOTO SUBMITTED

Raymond Hefferman, who won a KPAC soccer title with the Selkirk Royals, currently plays with Selkirk FC in the MMSL's 1st Division as an 18 year old.

tions of playing for a MMSL Premier team next season.

"For me, since I'm still young I would definitely like to play at the highest level and see how far I can take soccer," he said. "I have a couple of bud-

dies that play on a Premier team, so I'll talk to them and hopefully they can tell me when tryouts are. "It all depends on what teams are having tryouts and what offers I get."

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The Selkirk Record

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

McEwen wins Ashley HomeStore Curling Classic

Staff

West St. Paul Curling Club's Mike McEwen defeated Ontario's Glenn Howard 6-3 in the final of the Ashley HomeStore Curling Classic in Penticton, B.C. on Monday afternoon.

McEwen got off to a great start in the final, scoring four in the first end and then stealing one in the next end for a quick 5-0 lead.

But Howard came right back with two in the third before McEwen added a single in the fourth to go up 6-2.

After the fifth was blanked, Howard scored one in the sixth to close out the scoring. The seventh and eighth ends were not played.

McEwen reached the final after defeating Calgary's Kevin Koe 6-4 in the semifinals and Vernon's Steve Laycock 4-2 in a quarter-final matchup.

McEwen posted a 4-1 record in the 24-team qualifying round.

He opened action with an 8-4 loss to Laycock but rebounded nicely to reel off wins over Edmonton's Karsten Sturmay (5-4), Kelowna's Wylie Eden (7-3), Edmonton's Brendan Bottcher (6-1) and Maple Ridge's Sebastien Robillard (7-5).

McEwen's rink includes third Reid Carruthers, second Derek Samalgalski and lead Colin Hodgson.



RECORD PHOTO SUBMITTED

Mike McEwen defeated Ontario's Glenn Howard 6-3 in the final of the Ashley HomeStore Curling Classic in Penticton, B.C. on Monday afternoon.

Basketball Manitoba shuts down all activities

Staff

In light of the news announced on Nov. 10 by the Province of Manitoba that moved all health regions to the Critical Red Pandemic Response System, all Basketball Manitoba sanctioned and insured programs and activities taking place in Manitoba will cease to operate.

The announcement was made on Nov. 10.

"The stoppage of all basketball activities in Manitoba will remain paused until a time the health status is changed from Red to Orange and is expected to run for at least four weeks," read a statement on Basketball Manitoba's website.

Volleyball Manitoba, meanwhile, made a similar announcement on Nov. 10.

"The Provincial Government has once again announced more restrictions for the entire province due to increases in COVID-19 case numbers across the majority of the province," read a statement on Volleyball Mani-

toba's website.

"Beginning Nov. 12, the entire Province of Manitoba will be in the Critical (Red) Response Level. This means that all volleyball activities must be suspended for a minimum of two weeks throughout this Critical (Red) period."

Einarson, Jones head home early from women's curling event in Alberta

Staff

Camp Morton's Kerri Einarson's start to the curling season was a very short one.

Einarson, along with St. Vital Curling Club's Jennifer Jones, headed home from Okotoks, Alta., after each

playing just one game.

The women's curling event was abruptly shut down last Thursday after the Alberta government implemented new restrictions to combat against COVID-19.

Einarson defeated Ottawa's Rachel

Homan to claim the women's national title last February. But all curling events were shut down in March due

to COVID, eliminating her opportunity to compete for a world championship.

MJHL shuts down until 2021

From the MJHL website

Just two days after the Manitoba Junior Hockey League made a change to its schedule, the league announced last Thursday that it will shut down until 2021.

All hockey activities have been paused effective immediately, said a statement on the league website.

As of 12:01 a.m. on Nov. 12, the entire province of Manitoba moved to the Critical level (red) on the #Re-

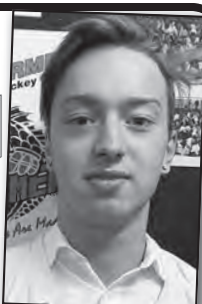
startMB Pandemic Response System to halt COVID-19 transmission and protect Manitoba's citizens. These Public Health orders will remain in effect until at least 11:59 p.m. on Dec. 11.

The tentative date planned for MJHL hockey activities to resume is Jan. 1 which would be dependent upon public health guidance as outlined in the #RestartMB Pandemic COVID-19 Response System.

**ALL HOME GAMES
AND AWAY GAMES
POSTPONED
until further notice
due to Covid Code Red
Restrictions**



Meet the
Fishermen



#4 Travis Paradossi
Defence

Ostermann enjoying second season in Selkirk

By Brian Bowman

Selkirk Steelers' forward Ryan Ostermann was off to a strong start when the Manitoba Junior Hockey League season was halted due to COVID-19.

Ostermann had three goals and three assists in the Steelers' first eight games of the season.

"It's a solid start to the season but obviously we wish that we could have gotten a couple of more wins," he said Monday afternoon. "But it's going alright so far."

Ostermann started the season playing on a line with Adam Ingram and Jordan Hughesman. He then was put on a line with Conner Roulette and Tristan Thompson.

Ostermann had a strong rookie season with the Steelers a year ago, scoring 11 goals while producing 18 points and 67 penalty minutes.

He admitted it took him a while to transition from high school hockey to the MJHL.

"Last year was a big adjustment," Ostermann said. "It's so much faster, everything comes at you bigger, stronger, and you have to make your decisions a lot quicker. That was a big adjustment and just learning how to play without the puck and playing defence first."

Ostermann loves playing for the Steelers. He gets to live at home while attending university which really allows him to be flexible with his schedule. Selkirk is a great organization to be a part of, too, he said.

Before the Steelers, Ostermann enjoyed a tremendous high school career with the Sturgeon Heights Huskies.

In his Grade 12 season, he scored the game-winning goal late in a 5-4 victory over Garden City in Game 3 of a best-of-three WSHL final in front of a packed house at the Bell MTS Iceplex.

"The school was going crazy and the fan support was awesome," he recalled. "It was one of the funnest hockey games I've played in."

Ostermann really liked his time playing high school hockey. In his Grade 11 year, the Huskies travelled to Europe where they had an opportunity to play games while also attending pro games.

"Sturgeon was great," he said. "I had Tyler Metcalfe coaching us and he played pro and he played in the WHL. He knows a lot about hockey and he really helped me get my game going. It was a great experience and we went to the city final and provincial final



RECORD PHOTO BY BRETT MITCHELL

Selkirk Steelers' forward Ryan Ostermann (26) has three goals and three assists this season.

both years and won the cities in my Grade 12 year so that was definitely one of my best hockey memories."

Winnipeg Blues, Freeze ignore MJHL's COVID-19 shutdown

By Brian Bowman

Two Manitoba Junior Hockey League teams - the Winnipeg Blues and Winnipeg Freeze - were booking ice time at Warren's Sunova Centre last week.

One unmanned MJHL head coach said that is "definitely not allowed."

The Blues and Freeze, both owned by 50 Below Sports and Entertainment, had been booking ice in Warren under the name "Laker Academy."

On Nov. 2, Hockey Manitoba announced that teams within the Winnipeg Metro, which included the Selkirk Steelers, Blues and the Freeze, could not travel for games or practices.

The Sunova Arena's online calendar originally showed the Blues and Freeze slated to be on the ice Monday, Tuesday, Thursday and Friday of last week.

It was later changed to Laker Acad-

emy but video footage from Nov. 9 shows the Blues and Freeze on the ice.

As of press time, there had been no comment or release made by the MJHL regarding the incidents.

The league did, however, provide a further update regarding regional restrictions on Nov. 10.

"Any hockey activity that takes place outside Hockey Manitoba restrictions for regions identified as Critical (Red)

is not permitted and is not sanctioned by Hockey Manitoba, the governing body of the MJHL," read a statement.

"Any teams or individuals who participate(d) in hockey activities outside of the restrictions would be choosing to do so in an un-sanctioned environment outside of Hockey Manitoba and MJHL jurisdiction."



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TENDER 2020-04 Curbside Refuse, Yard Waste and Recycling Collection

The Rural Municipality of West St. Paul is seeking proposals from qualified bidders for the Curbside Refuse, Yard Waste and Recycling Collection.

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

Sealed submissions clearly marked **Tender 2020-04 - Curbside Refuse, Yard Waste and Recycling Collection** will be received by the undersigned at the address below until 12:00 noon on the 3rd of December, 2020. Late submissions will not be accepted.

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

All inquiries related to the Tender should be directed to Lainie Shaw, Municipal Legislative Officer by e-mail admin@weststpaul.com or by phone 204-338-0306.

Mr. Brent Olynyk, CAO
Rural Municipality of West St. Paul
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Ward's & Bud Haynes Firearms Auction, Saturday, December 12th, Edmonton, Alberta. Hundreds of Lots in all classes. www.WardsAuctions.com. Call Brad 780-940-8378; Linda 403- 597-1095 to consign.

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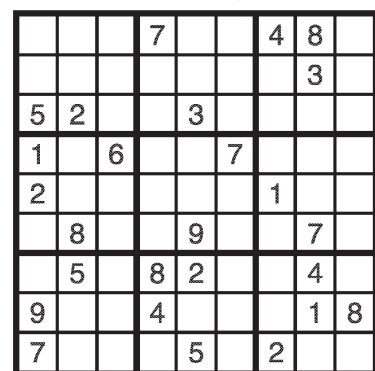
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take a break > GAMES

SUDOKU



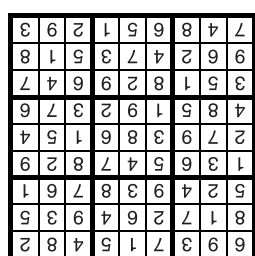
Fun By The Numbers

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!

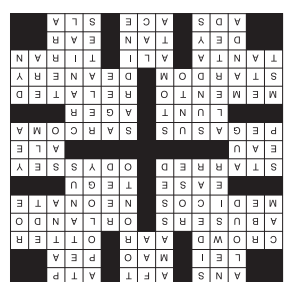
Level: Intermediate

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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!



Sudoku Answer



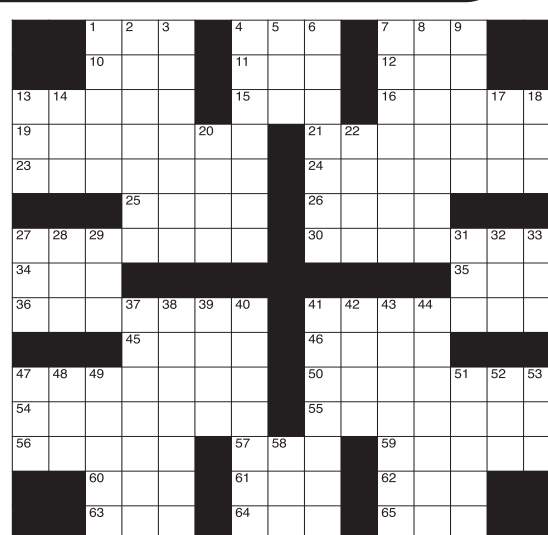
Crossword Answer

CROSSWORD

CLUES ACROSS

1. Autonomic nervous system
4. At or near the stern
7. Adenosine triphosphate
10. Polynesian garland of flowers
11. Chinese revolutionary
12. Green veggie
13. Large group
15. Swiss river
16. Semiaquatic mammal
19. Wrongdoers
21. Home to Disney World
23. Spanish doctors
24. Newborn child
25. Absence of difficulty
26. Large, stocky lizard
27. Earned top billing
30. A long wandering and eventful journey
34. Water (French)
35. Brew
36. Winged horse
41. A usually malignant tumor
45. Alfred __, American actor
46. Austrian river
47. A reminder of past events
50. Connected with
54. Status
55. Dean residence
56. Egyptian city
57. Boxing's GOAT
59. Straits along the Red Sea
60. "The Partridge Family" actress Susan
61. Get some color
62. Facilitates hearing
63. Commercial
64. A team's best pitcher
65. Patti Hearst's captors

CLUES DOWN



1. Speak up
2. More informative
3. Where passengers sit
4. Gathered
5. Supervises flying
6. Home of the Blue Jays
7. Public statement of regret
8. Lockjaw
9. Indian city
13. Patriots' Newton
14. Relative biological effectiveness (abbr.)
17. Sun up in New York
18. Eggs in female fish
20. Stood up
22. NBA legend Willis
27. Calendar month (abbr.)
28. Exercise regimen __-bo
29. The 8th month (abbr.)
31. __ Paulo, city
32. Tall deciduous tree
33. Affirmative
37. Notified of danger
38. NFL game days
39. Archaic term for "to"
40. Plant pores
41. Canned fish
42. Phil __, former CIA
43. Connects with
44. Of the skull
47. Time zone (abbr.)
48. When you hope to get there
49. Hindu goddess
51. Land
52. Pitching stat
53. Field force unit
58. Lakers' crosstown rivals



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UPCOMING EVENTS

Gerda invites the public to join the Community Advisory Committee meeting at noon on December 3rd, 2020. The meeting location will be held through a virtual platform. Please contact Janice Braga (email: janice.braga@gerdau.com or phone: 204-482-3241) to register for the virtual meeting.

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PUBLIC NOTICE

REGARDING SNOW CLEARING AND REMOVAL

The City of Selkirk wishes to remind residents that vehicles may not be parked on City streets for more than 24 hours at a time. This is especially important during snow removal operations as parked vehicles during this period obstruct the removal of snow from the streets by City staff.

Vehicles parked on City streets during this period are in contravention of the City's Traffic By-law No. 4868 and the Streets By-law No. 3756 and may be ticketed and/or towed at the owner's expense.

In addition, the City wishes to remind residents it is prohibited for any person to pile snow from their property or driveway onto a City street which may injure a person or be a hazard to vehicle traffic.

Residents who wish to remove snow from their property/driveway are responsible for having the snow hauled away. Persons wishing to haul snow from their property may contact the Operations Department to request access to the City's snow disposal site.

Residents are also reminded that placing extension cords upon any sidewalk can interfere with the City's snow removal equipment.

Please take notice that the City of Selkirk Snow Clearing Policy states that private driveways will not be cleared of snow deposited by the City's equipment.

All referenced By-Laws and Policies are available for viewing on the City of Selkirk website at MySelkirk.ca. Please contact CitizenSupport at 204-785-4900 if you have any questions.

A.I.M. for Work – Achievement, Independence, Motivation

PROGRAM MANAGER/EMPLOYMENT COORDINATOR

A.I.M. is a community based employment program located in Selkirk for people with a chronic illness or physical disability who are seeking employment to successfully enter or re-enter the labour market. The Program Manager is responsible for program planning, staff supervision, client case management and the daily overall operations of A.I.M. for Work

QUALIFICATIONS:

Applicants should have a post-secondary education in health care, social work or working with people with disabilities or the equivalent in experience.

The successful candidate will possess the following essential qualifications:

Management

- Exceptional people skills and comfortable manner in dealing with clients, agencies and the public in general
- Experience working with community stakeholders including businesses
- Demonstrated interpersonal, teamwork, oral and written communication skills
- Demonstrated problem solving, time management and organizational skills
- Demonstrated conflict management and negotiation skills
- Knowledge of government programs and services
- Experience supervising staff
- Experience working with a Board of Directors
- Experience/ability to write funding proposals requesting funding for the organization from government. The manager must write the proposal/modify it every year, present to the board for approval, etc., and understand contractual agreement & ensure that contractual objectives are met every year
- A valid Driver's License and the ability to travel throughout the service area

Employment Counselling

- Extensive experience interviewing individuals
- Experience in assessing clients' needs and providing career and employment counselling
- Knowledge of barriers affecting entry into employment
- Familiar with the Interlake/Eastern Manitoba labour market, community agencies and programs

Administration/Financial Management

- Demonstrated proficiency working with Word, Excel, Outlook and Data Base Management
- Experience with budgeting and development of cash flows
- Knowledge of bookkeeping and understanding of financial statements

Duties:

- Report to the Manager of Community Futures North Red on a regular basis
- Promote and maintain A.I.M for Work relationship with Training and Employment Services
- Supervise and mentor one staff member
- Develop and maintain partnerships with community organizations and employers to link unemployed individuals to the resources that meet community and provincial labour market needs.
- Assist clients to develop realistic employment action plans
- Assist clients learning how to write resumes and prepare for job interviews
- Provide clients with information related to labour market needs and training opportunities
- Monitor clients progress

Annual salary range from \$40,000 to \$48,000 based on experience.

Please forward a resume and 3 references by December 4, 2020 to:

Peter Mandryk, Manager-Community Futures North Red
2nd floor-18 Main Street, Selkirk, MB R1A 1P5
Phone: 204-482-2020 ex.1 Fax: 204-482-2033
peter@northredcfcd.com

Announcements

Book Yours Today - Call 785-1618 or Email lucy@selkirkrecord.ca

Selkirk Record

ANNOUNCEMENT

IN MEMORIAM



Raymond Clint Folster
"Big Buck Down"

October 1, 1974 - November 20, 2019

It's been one year since we've heard your voice or seen your face.

Still we have so many memories, of which we hold in our hearts. Those we love don't go away, They walk beside us every day, Unseen, unheard, but always near. Love and miss you!

-Your family

ANNOUNCEMENT

IN MEMORIAM



Andréa "Andi" Bannish
(nee Lajeunesse Jungkind)

December 10, 1981 - November 18, 2010

In loving memory

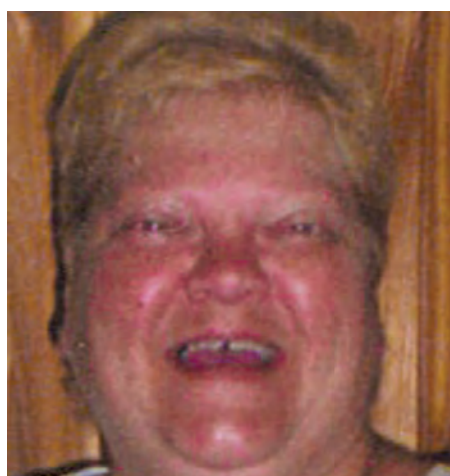
of our beautiful daughter Andi.

Ten years ago on the morning of November 18th, 2010 you were tragically taken from us. There is no way one can ever fully express the agony of losing a loved one. There is no way one can make others understand the pain you have endured. My comfort comes in knowing Mom is with you now. Forever young, forever loved, forever in my heart...

-Dad

ANNOUNCEMENT

IN MEMORIAM



Brenda Lynn Bednar (nee Gunderson)
September 25, 1962 - November 16, 2019

My loving wife Brenda,

It's been a year since you've been gone.

I miss you so much and think of you everyday. You touched everyone you met with your generosity and caring. Thank you for the time we shared together.

-In our hearts forever,
Joe

ANNOUNCEMENT

IN MEMORIAM



In loving memory of
David M. Thompson
November 21, 2018

You are in our memories every day and forever. We love you and miss you so much.

You have left a legacy that will never be forgotten. "A time before yesterday"

-Love Evelyn and family

ANNOUNCEMENT

IN MEMORIAM

In Loving Memory of
Stella Wilsher

1915 - November 18, 1984

Tom Wilsher

1911 - November 19, 2007

When thoughts go back as they so often do, We treasure the memories we have of you.

These days are remembered and quietly kept, No words are needed, we shall never forget.

-Lovingly remembered by
Cecilia, Patsy, and families

ANNOUNCEMENT

CARD OF THANKS

In recognition of my 100th Birthday, I was gifted a beautiful new outfit from Kelly Lewis (Packers Women's Fashion). I wish to thank Kelly for her very thoughtful and generous gift.

-Sincerely,
Pamela Jorgenson Linklater

OBITUARY

Cornelius (Conn) Thiessen
October 12, 1938 – November 8, 2020

It is with great sadness we announce the passing of Conn at the age of 82 years.

He was predeceased by his parents; sister Susan (Joe); brothers Jack (Jean), Harry, and John (Trudy); stepsons Darryl and Scott.

He is survived by his wife Janice, son Michael, daughter Sheila, stepdaughter Carla (Darin), daughter-in-law Mary Anne, sisters Agatha and Anne (Helmut), brother Edward (Pat), 12 grandchildren, numerous relatives and friends.

Conn was a carpenter by trade, working at many different places through out his career, enjoying life.

No funeral will take place due to COVID-19, burial of ashes will take place at a later date.

A donation to a charity of one's choice can be made in lieu of flowers.

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



Gilbart Funeral Home, Selkirk in care of arrangements.



DEVELOPMENT TECHNICIAN FULL TIME

Red River Planning District

The Red River Planning District (RRPD), comprised of the RM of East St. Paul, RM of West St. Paul, RM of St. Clements, RM of St. Andrews, City of Selkirk and the Village of Dunnottar, is accepting applications for two (2) full time positions of Development Technician.

Under the supervision and direction of the Manager of Development Services, the Development Technician is responsible for processing development applications, coordinating related inspections, maintaining development related documents and providing information to public enquires.

PREFERRED QUALIFICATIONS:

- Practical experience working with development regulations (e.g. building code, plumbing code, zoning by-law).
- Proven ability working with Mapping G.I.S.
- Proven ability working with computers and office related software (such as MS Word, MS Excel etc.), and other office related equipment (fax, copier etc.).
- Proven ability providing clear communication, both verbal and written.
- Ability to assess situations and exercise sound judgment.
- Ability to exercise courtesy, tact and sound judgement in discussion of land use and development matters with developers, consultants, the representatives of other levels of government, Planning District staff and members of the general public.
- Ability to work efficiently and with frequent interruptions.

Interested candidates should submit a cover letter and detailed resume, including three references, marked **Development Technician Position** no later than **4:30 P.M. Friday, November 27, 2020.**

Cynthia Grandmont, CMM
Manager of Finance and Corporate Services
Red River Planning District
806-A Manitoba Ave., Selkirk, MB R1A 2H4
Fax: (204) 482-3799 Email: cynthia@rrpd.ca

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



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Email resume and references to
mick.walsh@thetire.ca

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

Selkirk Record

Call 785-1618 Today!

OBITUARY

Heather Eilian McKenzie

Peacefully on Wednesday, November 11, 2020 at her residence in Selkirk, Heather McKenzie, aged 81 years, beloved wife of the late William, passed away.

In keeping with her wishes, cremation has taken place and a private ceremony will be held at a later date.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Elmer Leo Kuber Jr. BSc (Pharm), MHA, PharmD, Col. (Kentucky) January 5, 1949 – November 4, 2020

It is with deep sadness we announce the sudden passing of our husband, father, and grandfather, Elmer, on November 4, 2020. Left to cherish his memory are his wife of 47 years, Linda; his daughters, Emma Hladun (Gerald), Kathryn Kuber (Colin Dabisza), and Magda Kuber (Christopher Hamm); his

grandchildren, Conner, Andrew, Elizabeth, and Natalie Hladun, James and Adelaide Dabisza, and Mila Hamm; his sister, Frances Kuber (Thomas Schaffer); and many extended family members and friends. Elmer was predeceased by his parents, Elmer Leo Kuber Sr. and Alma Frances Kuber.

Elmer was born and raised in Philadelphia, Pennsylvania, a place he kept close to his heart no matter where he lived. Let's Go Flyers! Fly Eagles Fly! Go Phillies! He graduated from Northeast Catholic High School in 1966 where he was a member of the high school marching band. This was the same year he worked his first shift at his neighbourhood pharmacy, Samet's. He attended the School of Pharmacy at Temple University from 1969 to 1972 and was an active member of the Kappa Psi fraternity. In 1972, Elmer came to Canada for a post-graduate residency at the University of Ottawa. He expected to return to Philadelphia, but love changed his plans. Elmer and Linda were married in 1973 and Elmer completed his Master's in Health Administration at the University of Ottawa in 1978. After welcoming their first daughter, Emma, in Ottawa, the family moved to Newcastle, New Brunswick where Elmer was the Administrator, Chief Executive Officer, and Director of Pharmacy of the Miramichi Hospital. In Newcastle, they welcomed their second daughter, Kathryn. In 1982, the family of four moved to High Level, Alberta where Elmer was the Regional Executive Director of the Northwestern Health and Social Services Board. In 1984, the family welcomed their third daughter, Magda, and they returned to Linda's home province of Manitoba. Elmer served as the Executive Director and Chief Executive Officer of the Selkirk & District General Hospital from 1984 to 1997. After a few years of medical recruitment and consulting, he returned to his love of pharmacy and completed his Doctor of Pharmacy in 2000. After working with Linda at Shoppers Drug Mart in Selkirk, Elmer managed the pharmacies at Deer Lodge Centre and Misericordia Hospital. He then spent the last years of his career as a pharmacist at Stonewall Pharmacy. This was his favourite pharmacy of all because he was allowed to wear his Hawaiian shirts to work.

Elmer was an avid collector. He had many vast collections, including ukuleles, music, and model trains. His most favourite collection was his family. He considered himself lucky when everyone was together. He especially enjoyed watching his grandchildren play hockey, ringette, and baseball. Elmer was extremely generous and was always thinking about others. He supported many artists, independent businesses, and non-profit groups.

Elmer was active in many organizations throughout his life. He was a Rotary Club member in Newcastle, NB and a Lions Club member in High Level, AB. In Manitoba, he was an active Freemason and Shriner, and a volunteer with Job's Daughters for many years. In 1987, Elmer was the Mayor of the U.S.A. Pavilion in Winnipeg's Folklorama multicultural festival. He also volunteered as an inspector for the festival. In 1995, Elmer was a founding board member of the Selkirk & District Community Foundation. In 2005, he became a member of the Selkirk Model Railroad Association. Elmer enjoyed his Monday evenings at the train club with his son-in-law, Chris. He turned his love of model trains into a love of 1:1 scale trains, purchasing a Speeder with his friend, Gerry, and becoming a member of the North American Railcar Operators Association (NARCOA).

One of Elmer's favourite designations was his commission of Kentucky Colonel, which is the highest title of honour bestowed by the Governor of Kentucky. This was fitting given the annual Kuber family tradition of betting on the Kentucky Derby winner. This is just one of many important family traditions that will never be the same without him.

Elmer developed a love for Hawaiian music and was a founding member of the Ukulele Club of Winnipeg. In 2006, Elmer took Linda to Hawaii for the first time, a place she had always wanted to visit. This became a favourite vacation destination for both of them. Elmer and Linda met many wonderful people there who became very close friends, especially the Aloha Joe gang. Elmer enjoyed the music and culture, and considered himself "Hawaiian at heart".

The family would like to thank Dr. Demsas, Dr. Schmidt, and the staff at both Health Sciences Centre and Beausejour Hospital.

Due to COVID-19 restrictions, the family held a private viewing. A celebration of Elmer's life will be planned in the future when everyone can be together. If you would like to be contacted with details about the event when they are formalized, please send an email to familykuber@gmail.com.

In lieu of flowers, donations can be made to the Selkirk & District Community Foundation in Elmer's honour.

Family and friends may sign a Book of Condolence at www.glenedenmemorial.ca

Glen Eden Funeral Home
204-338-7111



Announcements

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OBITUARY

Dwayne Harper

June 23, 1962 - November 14, 2020



It is with broken hearts that we announce the passing of Dwayne after a hard, hard battle with cancer. Left behind heartbroken is his wife and soulmate Barbara and their two children son Terence and daughter Rebecca; mother and father-in-law, Olive and Ron Inman. He also leaves behind to mourn his siblings: sister Marina (Marcel) Schmidt; brothers Don Harper, Ron Harper, James (Karin) Harper and Sheldon Harper; Glen Chastellaine who he referred to as his brother and also Debra Sanderson whom to him was his sister, heart and soul.

Dwayne was predeceased by his father Donald Harper and his mother Ruth (nee Ratt) Harper.

Dwayne lived in Selkirk but was raised in Matlock, MB and every chance he could to go to the lake he would, he loved going to visit and feeling connected to his hometown. Even during his illness he would still manage to go for a ride out to see his Dad's house and visit friends and family still there. Despite his difficult upbringing, and his own personal battles when he was younger, the creator showed him the right path and he managed to pull through and make a good life for himself and his family.

Dwayne always managed to stay positive with his illness, he loved to listen to music, talk, laugh, joke around even on his bad days he would put a smile on his face.

Dwayne was forever grateful to all our close friends and family who would take the time to pop in for a visit and bring his favorite drink a "Tim Hortons" coffee, no matter what you stood by him and his family during this difficult time and he was grateful for that. He wanted to thank his nephew Ben Massey for coming over and watching the Jets games and also the UFC fights with him it always perked him up, got him going, putting the life back into him.

To his children Terence and Rebecca, you watched your Daddy suffer in pain everyday but you found strength and courage to be by his side every step of the way and he was so, so proud of you for that, he knew what you were enduring but you were his life, his soul and he loved you more than anyone or anything in this world. You were his babies and you loved him unconditionally and he felt and knew that, you kept him fighting.

Thank you to all Palliative nurses and doctors at Selkirk General Hospital for the care you provided Dwayne especially during his final days. Also to all at the Cancer Care Unit at Selkirk General Hospital, "T" Dog thanks you. Also to Dr. Paul Daeninck at St. Bonafice for always being positive and for always giving him hope. You are such a kind and caring doctor and any other cancer patient is lucky to have you as his/her doctor. Thank you to Darwin, Della and all the staff at Parkers for going above and beyond for Dwayne, the family appreciates everything you had done.

Due to the current situation, cremation has taken place and a celebration of Dwayne's life will be held in spring.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Paul Chanas



Peacefully, on November 13, 2020 after an intense battle with cancer, Paul Chanas, aged 82 years of East Selkirk, passed away at Selkirk Regional Health Centre.

He is survived by his daughters Shauna, Donna (Dale), and Karen (Andrew); and his granddaughters Danika and Ellie. He will also be lovingly remembered by his brothers-in-law Bob and Bert; sister-in-law Sharon; and brothers-in-law Bill, Ted (Rose), Edward (Cecile); and numerous nieces, nephews, and cousins. He was predeceased by his wife Adele, son Paul, parents Dmytro and Caroline, sister Katherine, brothers Michael and John, and sisters-in-law Eleanor and Bernice.

Dad was born and raised in East Selkirk, Manitoba. He worked at many different jobs until settling in at the Manitoba Rolling Mills (Gerdau), where he was a proud steelworker, and employed for

37.5 years. He also farmed the family property until the year Mom became ill. Dad knew the value of hard work and instilled this in his children.

Dad was very proud of his yard. He loved working in his garden and sharing the fruits of his labour. His lawn had to be cut in a very specific pattern. He also loved playing cards and having coffee with his friends.

The family would like to express our sincere thanks to the staff at Selkirk Regional Health Centre for their care.

In lieu of flowers, please make a donation in Dad's name to Cancer Care Manitoba or the Heart and Stroke Foundation.

As per Dad's wishes, cremation has taken place. Due to COVID-19 restrictions, a private family burial will take place.

Vichnaya Pamyat

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

Gilbart Funeral Home, Selkirk in care of arrangements.



Announcements

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The Selkirk Record

OBITUARY



Gerald (Jerry) Nicholas Zarichney
With saddened souls we announce Gerald (Jerry) Nicholas Zarichney passed away with his daughter by his side on November 9, 2020.

He is mourned by his children Michelle, Sandra, and Codi along with his brother Gordie (Mae) and many nephews and nieces who loved him deeply.

Your suffering has ended now and you can forever be in a boat fishing surrounded by peace and beauty.

Jerry will be laid to rest in the East Selkirk Cemetery with his father Nick Zarichney at a future date.

Donations can be made in his honour to the Betel Home Foundation, 212 Manchester Ave, Selkirk, MB, R1A 0B6.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Teddy Romeo Smith
June 3, 1941 - November 6, 2020

Teddy was predeceased by parents Agnes "Tootie" McDougall and "Scottie" Smith; his siblings John, Murray, Valerie, Ivan, Barney, Diane Maxfield and Gloria Sanderson; brothers-in-law Ted Hourie, Sidney Langlois, Bruce Maxfield and Henry Hohne.

Teddy is survived by sister Sandra Hohne, nieces and nephews and relatives.

His surviving family members have many good memories of him. He was known as the family barber and handyman and he wouldn't hurt a fly or any living thing.

As per Teddy's request, no funeral will be held and a private family interment will follow at a later date.

Thanks to the nurses and staff at Betel Care Home, the doctors and nurses at Selkirk General Hospital and to Gilbart Funeral Home.



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3 1F 1,902 SF 4.2 ac

FEATURED PROPERTIES

HH TEAM NEW \$498,800 90 Pierson Drive, Tyndall	ASHLEY \$329,900 99 Strand Circle, Winnipeg	HH TEAM \$274,900 293 2nd Street E, Stonewall	HH TEAM WATER FRONT \$549,900 6 Sunset Blvd, Gimli	HH TEAM \$194,500 619 Clandeboye, Selkirk	HH TEAM 5 ACRES \$449,000 1005 Linklater Rd, St. Andrews
HH TEAM \$249,990 226 Fox Avenue, Selkirk	HH TEAM \$234,900 425 Vaughan Ave, Selkirk	HH TEAM PENDING \$335,000 725 Edith Ave, Petersfield	HH TEAM MEZZO \$219,900 128 Proctor St, Woodlands	HH TEAM WATER FRONT \$727,000 34 Murdoch Dr, Petersfield	HH TEAM 11 ACRES \$459,500 5114 Rebeck Rd, St. Clements
HH TEAM PENDING \$204,900 610 Mclean, Selkirk	HH TEAM PENDING \$214,900 135 Victoria Dr, Alexander	ASHLEY \$55,000 Lot 2 Block 5 Dr E, Wanipigow	HH TEAM 4.67 ACRES \$549,900 452 Donald Rd, St. Andrews	HH TEAM \$452,000 109 Edstan Pl, Selkirk	HH TEAM WATER FRONT \$439,800 39 McAulay Rd, Clandeboye

CORONAVIRUS AWARENESS

Protecting the health and safety of our valuable clients is critically important to us. Given that we are now in Code Red under the Pandemic Response Plan, we are implementing the following practices effective Monday, November 2, 2020:

Open Houses will now be postponed.

All visitors are required to fill out the Health Disclosure Form prior to entering the property.

Only two people at any time from the same group are able to tour the property.

We request that visitors notify us if they become ill within two weeks of an appointment. If an attendee does become ill or is diagnosed with COVID-19, contact Health Links and follow their directions.

SOLD

	202 Netley St, Petersfield SOLD
	738 St. Jean Baptiste, Winnipeg SOLD
	610 Mclean, Selkirk PENDING
	725 Edith Ave, Petersfield PENDING

FOR SALE

RESIDENTIAL MEZZO HOMES! COMING TO GIMLI SOON! Driftwood Bay Lot 4 & 5 HH TEAM Driftwood Bay Lot 6 HH TEAM	Starting at \$229,900 – \$239,900
COMMERCIAL 255 Main Street, Selkirk HH TEAM 4 Unit Building – 209 Manitoba Avenue, Selkirk HH TEAM 347 Main Street, Selkirk ASHLEY 1 Acre Property & Building – 613 Manitoba Avenue, Selkirk 10 Dubas Drive, Lockport HH TEAM C-201 Melrose Avenue E, Winnipeg HH TEAM	\$549,000 \$189,900 \$390,000 \$1,100,000 \$550,000 \$99,900
LAND 15 Lakeshore Drive, Bifrost HH TEAM 0 Brimacombe Road E, Clandeboye HH TEAM 61, 67, 73, 79 Tom Prince Drive, Petersfield HH TEAM Vacant land #B 463 Henry Road, Netley HH TEAM Creekfront – 0 Kimberly Road, East Selkirk ASHLEY Creekfront – 1.48 Acres – George Street, East Selkirk ASHLEY Beautifully treed! Harold Avenue, East Selkirk ASHLEY Ole Joe Monkman Road, St. Clements Lots #2, 3, 4, 5 HH TEAM 2 Wesley Drive, St. Clements ASHLEY 8.17 Acres! 655 Fort Garry Rd, St Andrews HH TEAM 508 Corrine Avenue, Petersfield – .34 Acres HH TEAM	\$24,500 \$35,175 \$54,900 \$39,900 \$83,900 \$85,000 \$129,900–\$139,900 \$129,000 \$94,900 \$40,000

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