



The Selkirk Record

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THURSDAY, NOVEMBER 26, 2020

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Grocery grab

RECORD PHOTO BY BRETT MITCHELL

Trinity Klassen won the \$1000 grocery grab at Harry's Foods in St. Andrews which was part of the Fine Foods Community Heroes program. She got 2 minutes to spend up to \$1000 buying groceries at Harry's and chose two community organizations to also each receive a \$1000 donation. To learn more see the story on page 3.

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Trinity Klassen wins grocery shopping spree

Gives back to band program and mental health centre

By Katelyn Boulanger

West St. Paul resident Trinity Klassen won a \$1000 grocery grab hosted by Harry's Foods in St. Andrews. With this win, she was able to not only fill her freezer for what she thinks will be the next year but was also given the chance to donate \$1000 to two community organizations.

"Initially, I couldn't wrap my head around [the fact that I had won] because there's nothing really great going on now with COVID and everything but there was definitely a rainbow in this," said Klassen.

Klassen spent her 2 minutes running around Harry's Foods starting in the meat section then moving on to the coffee aisle before making her way through the rest of the store.

She nearly capped out her winnings coming just short of the \$1000 mark.

Klassen entered the grocery grab, which was sponsored by Fine Foods Community Heroes Program in the early fall and as part of the prize chose to support the Selkirk Mental Health Centre Recreation Department and Lord Selkirk High School's Band Program with \$1000 each.

"A best friend of mine had just lost her son. They got a knock on their door and were told that he had passed away. He was only 20 years old and he was really into music," said Klassen.

Her experience of finding out about the grocery grab and her close friend's sons passing made the decision to support the causes that she did seem like a natural fit.

"I thought that this would be a nice memorial for the family in his honour," said Klassen.

Brad Lawrence, the Director of Advertising and Marketing for Fine Foods Advertising Limited explained that they wanted to give back with this draw but also wanted to have residents living the communities, who know their communities best, make the choice as to what causes they would like to support

"It's about giving back to the consumer, we call it community heroes



because that's the theme of it and they can be community heroes because they are selecting worthwhile organizations to donate to. Obviously, it was a very heartfelt donation from [Klassen]," said Lawrence.

Previously these contests would have sponsored a trip to somewhere in Canada for the winners, however, even though Fine Foods made the choice to change the winnings to a grocery grab and community donation before COVID made travel more difficult in our country, this new prize of two community donations was a great idea for organizations that might need a little more help with the strain put on them by the pandemic. "We were surprised but elated. We are really grateful to get the money and it will be earmarked for special musical things," said Kenley Kristofferson, a music teacher at Lord Selkirk Regional Comprehensive Secondary School.

As to what the school will use the money for, the faculty is unsure what exactly they will put the money towards but Kristofferson said the music program has some very important decisions to make and they don't want to rush it.

RECORD PHOTO BY BRETT MITCHELL

Trinity Klassen filling her cart during her two-minute shopping adventure.

"WE WERE SURPRISED BUT ELATED. WE ARE REALLY GRATEFUL TO GET THE MONEY AND IT WILL BE EARMARKED FOR SPECIAL MUSICAL THINGS,"
- KENLEY KRISTOFFERSON



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Council seeks community input for proposed rink

West St. Paul ward 1 residents asked to give opinions on Riverdale Rink

By Nicole Buffie

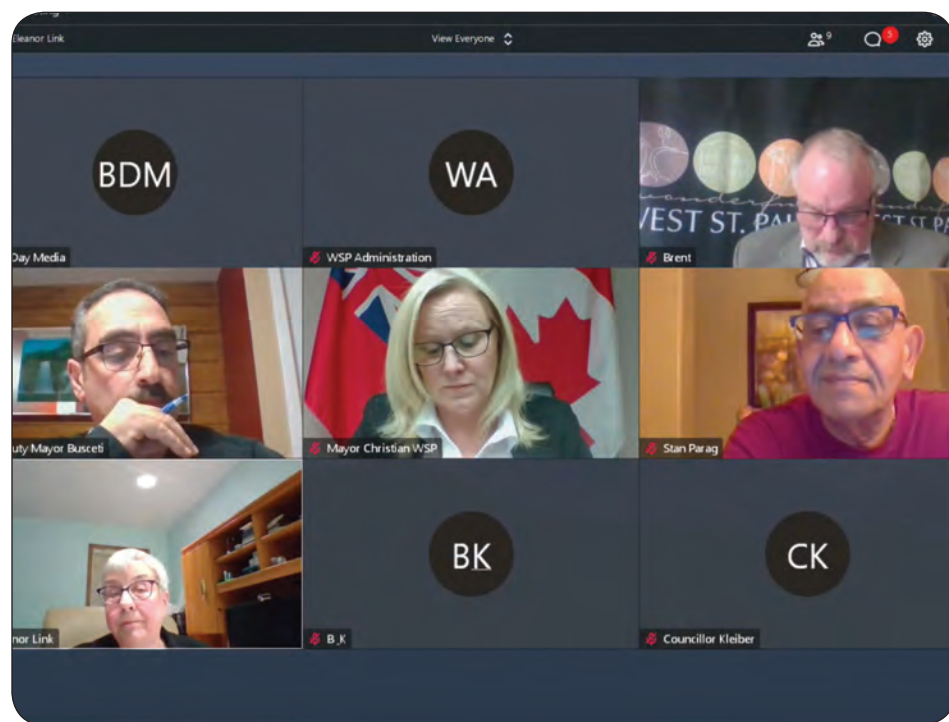
A proposal to move the Riverdale Rink to the tennis courts has been tabled for a future meeting by West St. Paul council in a decision made at a Nov. 19 Special Meeting of Council.

The bid, made by Riverdale resident Jamie Pachkowsky, was heard for a second time on Nov. 10 after a 2019 proposal was denied by council members. The updated document included a reduction in the proposed price to build the rink and word from Pachkowsky that he would take responsibility to care for and store the rink equipment in the offseason.

During the meeting, concerns were expressed by council members and the mayor varying from potential

noise concerns to a lack of public engagement. Pachkowsky said he surveyed residents in the area with a 100 per cent support for the rink. It was resolved that Brent Olynyk, the RM's CAO, would make an administrative report regarding the proposal and bring it back to council to be discussed.

In Olynyk's report, he raised several matters for council to consider before voting on the project, one, in particular, being the restrictions put on outdoor rinks under the province-wide level red pandemic restrictions. Public health orders state that all outdoor recreational facilities – including hockey rinks – must be closed to the public.



RECORD PHOTO BY NICOLE BUFFIE

The RM of West St. Paul council settled on seeking opinions from Riverdale residents to move the rink into the tennis courts and put up boards to allow hockey to be played by way of a Zoom meeting.

As for public engagement, while Pachkowsky said he received unanimous support from those he spoke with regarding the rink, Olynyk noted he received six emails from residents expressing concerns for the project, referencing them during his admin report.

Another point raised in the report was concern surrounding insurance, and where liability would fall should someone be injured during construction or use of the rink.

Coun. Eleanor Link (Ward 1), who oversees the area for council and is in support of the proposal, noted the RM has liability insurance, and should the proposal move forward it would only make sense for that to fall under that policy.

"There's liability insurance for all the playgrounds I'm sure, why should this be an issue for just this rink?" she questioned council during her comments.

Comments from Mayor Cheryl Christian regarding the proposal centred around the need for more pub-

lic engagement from the community, suggesting a survey be done of the 155 households in the area.

"I'd hate to bring something into the community then hear objections about it later," she said in her comments.

She also said that residents are now asking council to look at items outside of budget time, noting the price tag for the rink was declined in the 2020 budget.

"I've already received emails from residents asking if we're going to start looking at budget items that have been declined, they would like to look at drainage on more roads."

Council settled on tabling the proposal until Link and Pachkowsky can have more input from Riverdale residents by way of a co-chairing a Zoom meeting for those interested to take part in and voice their opinions. West St. Paul administration will work with Link and further details will be provided for residents in the coming weeks.



POWER OF THE PJ'S

November is DOMESTIC VIOLENCE AWARENESS Month in Manitoba

Each year Manitoba's family violence shelters assist thousands of women and children who are fleeing domestic/family violence. Those in need sometimes arrive at the shelter with just the clothes on their backs. Along with other Manitoba Women's Shelters, **NOVA HOUSE** is running an awareness campaign for the month of November, **POWER OF THE PJ'S**. To participate please drop off **NEW** pajama's (socks, towels, and facecloths are also welcome) at any of the following locations in Selkirk /St. Andrews between November 1 - 30, 2020.

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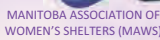
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Tips from the Red Zone

People in the community give advice for keeping busy while keeping COVID safe

By Katelyn Boulanger

The Selkirk Record asked some well-known members of our community what they will be up to now that the province is asking residents to not socialize with members outside our household and many activities have been cancelled to keep everyone safe from COVID-19 and they definitely delivered with sound advice and great ideas to keep ourselves busy and motivated while at home.

"The Gaynor Library, while not open to the public, offers an excellent pick-up service. Go online and browse the catalogue and reserve – or just give them a call. Through their Libby app, they also offer 'e' and audiobooks. I'm getting tons of reading done this year. I also highly recommend taking a walk in Selkirk Park on our trails, maybe while listening to an audiobook. I've also gotten back into the Duolingo app – to begin practicing and improving my French. It is free and there are dozens of languages available to learn. Looking forward to being able to travel again and put my language skills to use [when it's safe to do so]. Finally, folks can browse selkirkmuseum.ca. Lots of interesting new articles being posted about the history of our little city, like the history of street and park names. Plus the growing digital archive has old photos and newspapers. I love it," said Duane Nicol, Selkirk's CAO.

"We can view every situation or event that comes our way in life as an opportunity. We can 'pause' and reflect on how we can do things differently and maybe even better. The restrictions in place are keeping many people home with scheduled activities 'on hold'. You can think of it as an opportunity to connect with your family and even yourself. Many people usually are unable to take the time

to self-reflect and do something for themselves. Whether it's a new recipe, game, writing, exercise, painting or projects, I suggest trying something new to keep energized and invigorated," said 2020 Citizen of the Year, Michele Polinuk.

"I would encourage people to get some exercise in any way they can.

I like to go for a run after work.

I think making a big pot of soup from scratch is also a good way to spend an afternoon at home," said Lord Selkirk School Board Superintendant Jerret Long.

"One of my favourite letters is F, with this in mind my tips to a healthy mind and body, during this time of staying home, includes:

Family – Spending simple time with family at home; our favourite 'old school' game is crib.

Food – Try a new cookie or soup recipe and share it with family and friends. If time is a factor, order-in from your favourite local restaurant and shop local.

Fresh air – Take a daily walk along local trails or parks. It's so refreshing.

Foundation – A small donation to a local charity can help so many," Said Beverley Clegg, the Executive Director of the Selkirk and District Community Foundation.

"With many

months of COVID protocols and cold weather before us, I am planning on some indoor projects that have never quite made it to the top of my list before. I want to clean up some of those stashes of papers and collectibles that need to be culled as well as creating a family photo/storybook for our adult children. There are so many great app's that you can use to create a hardcover book with photos and narrative to preserve your memories and history. The project is submitted online for printing so it is all very COVID friendly. The books take some time to create so this winter is looking like the right time to get this done," said East St. Paul mayor Shelley Hart.

"My tip is to keep your circle small. Take note at the end of each day of who you've had close contact with for more than a few minutes and if that number seems like too many, pause and think about what action you could take to reduce your close contacts the

next day," said DJ Sigmundson CAO of St. Andrews.

"In both work and home, we continuously need to remind each other of pandemic conditions and the importance of maintaining distance. In my home, we have hand sanitizer at the door and have schedules for washing which includes sanitizing and cleaning. Everyone at home and at work is encouraged to be outside and get as much sunlight as possible to ensure that we have healthy supplies of vitamin D. We have also invested in Kindles/Kobos so we want to read we have interesting material available," said Brent Olynik, CAO of West St. Paul.

We're now opening it up to you. Please send your best staying at home tips, what your family will be up to, or motivation and positivity messages for the community to news@selkirkrecord.ca for the next instalment of Tips from the Red Zone.

"I THINK MAKING A BIG POT OF SOUP FROM SCRATCH IS ALSO A GOOD WAY TO SPEND AN AFTERNOON,"
- JERRET LONG



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NEWS > VIEWS > SELKIRK > ST. CLEMENTS > ST. ANDREWS > SURROUNDING AREAS

• GUEST COMMENTARY

The time for patience is past: MB teachers need help

It's said that patience is a virtue, and for the most part I agree. Some things are worth waiting for. Acquiring the discipline to bide your time cultivates maturity and no small amount of wisdom. I am a patient person.



By James Bedford,
MTS

Manitoba's 16,000 public school teachers are a patient lot as well. They wait for students, for homework, for funding to help students in need. They wait for clinical consults. Sometimes they even wait for contracts. And while they wait, they teach.

They extend themselves for that "light bulb moment", when suddenly all they've worked for, all they've waited for, comes shining through a child's eyes. Those are the moments for which teachers patiently strive.

There is a time, however, where patience doesn't serve us. When waiting has consequences—dire ones. Truly, there is a time when we must see the writing on the wall—read the clear signals that the time has come to act. Such wisdom is the mark of an evolved, mature individual. It's the mark of good government, too.

Late last August the prime minister announced \$85.4 million in funding to support Manitoba schools as they address added and obviously unanticipated needs arising from COVID-19.

Thus far, only \$15 million of those funds have been distributed, province-wide.

While we wait, our schools bend to the point of breaking. MTS and its members have cited over and over a lack of educators required to ensure physical distancing—increasingly, teachers' classes are spread out over two and sometimes three separate rooms. Often these individuals are required to teach both in-person and remotely. It is simply not sustainable.

We have spoken repeatedly of deteriorating mental health—the result of relentless change in protocols, simultaneous teaching both remotely and in person, a burgeoning workload, and the lack of substitutes for teacher absences. Delays receiving COVID test results and contact tracing, as well as limited access to vital PPE persist.

Manitobans have witnessed the pandemic steadily claim the lives of vulnerable seniors in long-term care. And last week we watched in horror as COVID-19 raged through Maples Personal Care Home, overwhelming staff and triggering an emergency response of unprecedented proportions. This is the price of waiting.

On Monday [Nov. 9], the education minister announced remote learning and professional development supports—and for that we are grateful. Three non-instructional days have been restored for teacher collaboration. These are positive steps by Manitoba Education. But they must not stop there.

A safe and sustainable public education system is the bedrock upon which our community and economy will recover and grow. To simply salve the strain on our teachers, school leaders and staff is too little too late if not backed up by meaningful invest-

ment in the root cause of crisis. If not addressed, and swiftly, the repercussions may be catastrophic.

Despite the government's claim that additional teachers have been hired this fall, numbers are inadequate to the task. Sufficient staffing to permit physical distancing and substitute coverage is essential. Furthermore, substitute teachers must be assured of paid sick leave.

These asks are not new, and are paramount to ensuring an effective learning environment and the safeguarding of students and staff alike. Increased access to public health support, including PPE, enhanced turnaround time for COVID test results and swift contact tracing efforts are essential as well to maintaining the safe environment schools have thus far provided.

Additionally, any educators hired for the announced remote learning resource centre must not come at the expense of teachers in the classroom. Clear delineation and supports are required for teachers working with students in person and those teaching remotely.

MTS and its members have not been silent. The situation in our schools is no secret. This week alone almost 500 individuals working in Manitoba schools penned an open letter to the premier and education minister articulating the perfect storm gathering before our eyes. Exhausted teachers are using their voice. What must we do to be heard?

Our teachers need support now. Not in a week. Not in a month. Now.

Patience, Mr. Pallister, is no longer a virtue.

— James Bedford is president of The Manitoba Teachers' Society

> Got something you want to get off your chest? How about an act of kindness to share?

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IERHA records 11 COVID deaths

Staff

Public health officials advise seven additional deaths due to COVID-19 have been reported Monday including:

- a female in her 90s from the Winnipeg health region, linked to the Maples Long-Term Care Home outbreak;
- a female in her 70s from the Winnipeg health region, linked to the Holy Family Personal Care Home outbreak;
- a male in his 80s from the Southern Health-Santé Sud health region, linked to the Menno Home outbreak;
- a female in her 80s from the Winnipeg health region;
- a male in his 60s from the Winnipeg health region;
- a female in her 80s from the Winnipeg health region; and
- a male in his 70s from the Southern Health-Santé Sud health region.

The current five-day COVID-19 test positivity rate is 14 per cent provincially and 13.8 per cent in Winnipeg, and 546 new cases of the virus have been identified as of 9:30 a.m. This brings the total number of lab-confirmed cases in Manitoba to 14,087.

Monday's data shows:

- 21 cases in the Interlake-Eastern health region;
- 27 cases in the Northern health region;
- 12 cases in the Prairie Mountain Health region;
- 118 cases in the Southern Health-Santé Sud health region; and
- 368 cases in the Winnipeg health region.

The data also shows:

- 8,498 active cases and 5,353 individuals who have recovered from COVID-19;
- there are 296 people in hospital with 52 people in intensive care; and
- the number of deaths due to COVID-19 is 236.

The Interlake-Eastern total case breakdown by district as of Monday, is as follows: A total of 969 cases, up by 301 from last Monday: 521 active cases, 437 recovered, 24 currently in the hospital with eight of those in ICU and 11 deaths.

Arborg/Riverton 12 active cases, 24 recovered; Beausejour 15 active cases, 19 recovered; Eriksdale/Ashern 79 ac-

tive cases, 14 recovered and 4 deaths; Fisher/Peguis 123 active cases and 139 recovered, 2 deaths; Gimli 6 active cases, 2 recovered; Northern Remote 30 active cases, 45 recovered and 1 death; Pinawa/LacduBonnet 20 active cases, 9 recovered; Powerview/Pinefalls 6 active case and 12 recovered; Selkirk 20 active cases and 7 recovered; Springfield 44 active cases and 42 recovered; St. Clements 22 active cases and 17 recovered; St. Laurent 2 active cases and 7 recovered; Stonewall/Teulon 45 active cases, 49 recovered and 2 deaths; Unknown District 44 active cases and 19 recovered; Whiteshell 7 active cases, 1 recovered and Winnipeg Beach/St. Andrews 46 active cases and 31 recovered and 1 death.

Laboratory testing numbers show 2,798 tests were completed Sunday, bringing the total number of lab tests completed since early February to 333,694. Case investigations continue and if a public health risk is identified, the public will be notified.

Public health officials have advised that outbreaks have been declared at the Flin Flon Personal Care Home in Flin Flon and the Charleswood Care Centre in Winnipeg. The sites have been moved to Critical (red) on the #RestartMB Pandemic Response System.

The testing location in Selkirk is moving to the old hospital site at 100 Easton Dr. on Wednesday, Nov. 25. The site will provide walk-in services, and will operate from 9 a.m. to 4 p.m. Monday to Saturday. Appointments can be made by phone or online.

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.

Public health officials are also advising that anyone who is symptomatic, or has a household member who is symptomatic, the entire household needs to self-isolate pending COVID-19 test results.

letter to the editor

Letters to the Editor: letters@selkirkrecord.ca

I am writing this after reading several articles regarding the repair of the Lockport Bridge. After several attempts to try and visit the St. Andrews Lock and Dam website, I was finally able to get through to their site, however, there seemed to be no mention of the traffic plan for the area when the bridge is under construction. I am greatly concerned as the article compares a traffic plan to one that was used in Lac du Bonnet when the bridge there was under construction. I did, in fact, use this bridge while it was being traffic controlled and, although it seemed to flow at a reasonable rate, I am concerned that the amount of traffic does not compare to the much larger amount in the Lockport area.

As we all witness the congested traffic over the summer months of a normal year on both Henderson Hwy and Hwy 44 causes more accidents, delays and confusion as it is, which is concerning to the safety of both drivers and pedestrians.

My granddaughter catches the school bus at the driveway of the River Creek Estates which will prove dangerous as the bus stops directly on the highway. In the morning, it pulls in front of the driveway directly on Henderson Hwy and in the afternoon she has to cross the street to get to the driveway. With an increase in congestion, the line up of waiting cars going north could indeed block the drop off area.

Over the summer months, the excess traffic congestion caused several accidents that I personally witnessed and there are always broken

parts and pieces at the intersection of 44 and Henderson so I am sure there were plenty more that I wasn't there for.

It has always been difficult to turn west from Henderson to 44 and if the traffic is lined up from the bridge it will be utterly impossible. This corner would require lights or at the very least a roundabout to try and control the intersection. Traveling west on 44 from the floodway is also dangerous to both the driver and the person trying to turn from Henderson as the speed limit on Hwy 44 is 90 km/h all the way across the floodway bridge and then severely drops to 50 km/h without much time to slow down to that speed. This creates another problem as people tend not to slow to 50 km/h and speed through the intersection sometimes across the entire Lockport Bridge going 90 km/h.

I also agree with the business owners in my concern for the local Lockport economy. Lockport is a summer town and there are many tourists and visitors during the summer months. Perhaps there is a way to reduce the amount of time for construction or do it in phases to prevent not only safety issues but also to ensure that the businesses in the area do in fact get the customers they so badly need at this time. I doubt they need another 2-year hit directly following the losses they are suffering from COVID-19.

- Concerned about Safety,
Penny Kowerko

**Selkirk COVID-19 Testing Site
has moved to the
former hospital, 100 Easton Dr.**

**New appointment-based system
Walk-ins still welcome**

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The Selkirk Record

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Outdoor socialization to battle isolation encouraged

Telephone town hall addresses mental health during pandemic

By Nicole Buffie

After the province announced the strictest public health orders to help slow the spread of COVID-19 to date, Manitobans tuned in to the latest telephone town hall hosted by the provincial government to get answers to some of their most pressing questions related to the pandemic.

The theme surrounding the Nov. 19 town hall was mental health after residents identified it as a top concern amid the stacking restrictions. In his opening comments, Chief Provincial Public Health Officer Dr. Brent Roussin explained why the changes to the public health orders were necessary as case numbers continue to rise and break records across the province.

"We've seen community-based transmission, meaning people are developing COVID and we're not exactly sure where they had picked it up," he said. "And then we see that strain on our hospital, we see our ICU beds nearing capacity, we see hospital beds nearing capacity. And so we just can't sustain this level of cases any longer."

The provincial government has pleaded with residents to reduce

their contacts as case investigations are backed up due to COVID-positive patients having too many contacts. In recent press conferences, Roussin has stated some cases had dozens of contacts while symptomatic.

However, with public health orders now stating socializing with anyone outside of your household with few exceptions is not permitted, residents fear the isolation will negatively impact their mental wellbeing.

One caller asked how the stringent rules will affect the mental health of young people who now cannot see friends or partners, citing when the isolation measures were put in place in the spring suicide and domestic abuse numbers went up.

Dr. Jazz Atwal, a medical officer of health for Manitoba Public Health, responded by saying finding a balance between meeting the needs of individuals while managing hospitalizations doesn't always align perfectly.

"At the present time with some of the restrictions that are in place, we do have to ensure that we're able to manage the impacts of this virus on not only the public health system, but

the acute care system. And unfortunately, that does involve these restrictions," he said.

"There's phones that can be used and virtual devices that can be used for [example], let's say, FaceTime, zoom, etc. Interacting with individuals support [mental health], we are cognizant of that. But again, we had to look at reducing those interactions to curtail the spread of this virus."

Spreading the virus was at the top of the minds of respondents to the questionnaire posed during the Nov. 12 town hall, with the topic of perceptions and attitudes surrounding COVID-19 having 9,872 residents answering providing feedback. Forty-nine per cent of those who participated in the poll stated they were afraid of being infected and unknowingly spreading the virus to others, whereas only five per cent responded saying they were more afraid of being infected themselves.

A majority of respondents answered they 'definitely will' receive a CO-

VID-19 vaccine if and when it becomes available, though, 24 per cent said they 'think it is safe to expand the people you can have close contact with beyond your household if they are family and friends that you know and trust' per one poll question.

Roussin reiterated while public health orders state socialization with members outside of households is

prohibited, outdoor gatherings still have a five-person limit on it.

"This doesn't mean you can't go walk your dog with your family or with your neighbour, doesn't mean you can't go cross country skiing friends, but it's outdoors, it's distant," he said. "We get these beautiful opportunities in the winter to be able

to be active, these orders aren't affecting that. So please take advantage of it: stay healthy, stay active, but we just can't socialize indoors."

Results of the Nov. 19 poll on mental health will be available at the next provincial telephone town hall on Nov. 26.

**"THIS DOESN'T
MEAN YOU
CAN'T GO WALK
YOUR DOG WITH
YOUR FAMILY,"
- BRENT
ROUSSIN**

Selkirk COVID-19 testing site has moved to former hospital

New appointment-based system allows walk-ins

Submitted by IERHA

On Wednesday, Nov. 25, the Selkirk COVID-19 testing site will move to the former hospital at 100 Easton Drive where the emergency depart-

ment was located. The new site will replace the drive-thru testing site - currently located at 622 Superior Avenue - which will end service on Tuesday. Making an appointment will be encouraged, but walk-ins are still available.

The change in location takes impending winter conditions into consideration and will provide a more comfortable and safer space for both staff and the public, as the old site saw cars lining up on a busy road. Moving to an appointment-based system will help to reduce wait

times, and the new site has ample parking for everyone. It also holds the potential to accommodate a higher number of tests completed each day, should the need increase.

Dr. Tim Hilderman, medical officer of health for Interlake-Eastern Regional Health Authority stressed the importance of people in the region coming for testing as soon as they show COVID-19 symptoms.

"Our new testing site will have all the proper cleaning and distancing measures in place to help prevent transmission of infection. The sooner we can find out when someone has COVID-19, the better our chances of slowing the spread of illness," said Hilderman. "But right now, we hope

everyone follows public health orders to limit contacts as much as possible, so we can reduce the number of people experiencing illness."

Since the beginning of September, the testing site in Selkirk has completed an average of 144 tests each day. On busier days, more than 200 were completed.

Starting Tuesday, anyone can make an appointment for a COVID-19 test at 100 Easton Drive by visiting www.is.gd/MBtesting or calling 1-855-268-4318.

For test results, the process remains the same. Visit www.sharedhealthmb.ca/covid19/test-results or call the Public Health COVID-19 Contact Centre at 1-844-960-1984 with your Manitoba Health Registration Card on hand. Individuals who test positive for COVID-19 are contacted directly by Public Health.

Public health officials are currently advising that if anyone is symptomatic, or has a household member who is symptomatic, the entire household needs to self-isolate pending COVID-19 test results. For information on self-isolation, visit <https://manitoba.ca/covid19/fundamentals/self-isolation.html>.

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Province tightens restrictions to reduce social contacts

Submitted by Manitoba Government

Updated public health orders came into effect Nov. 20 to further limit residential gatherings and retail operations to help halt the spread of COVID-19 and protect Manitobans, Premier Brian Pallister and Dr. Brent Roussin, Manitoba's chief provincial public health officer, announced last Thursday.

"The public health orders introduced when Manitoba moved to Critical (red) on the #RestartMB Pandemic Response System were the most restrictive we had introduced since the beginning of this pandemic," said Pallister. "However, despite those orders and strong recommendation from Dr. Roussin to 'stay home' at this critical point in our fight against COVID-19, too many Manitobans are gathering or shopping for non-essential purposes and creating a greater risk to public health. We are now at a point where even tighter restrictions are needed to significantly limit social contact in order to protect one another."

The updated orders will further restrict gatherings at private residences, including a home, cottage or other vacation property, with some exceptions to allow child-care, health-care and home care services, tutoring services, construction or repairs, or to respond to emergencies. In addition, exceptions will be made for those who live on their own to have one other person visit their home.

In addition, people are prohibited from assembling in a gathering of more than five people at any indoor or outdoor public place including the common areas of a multi-unit residence, with the exception of a health-care facility or critical business that adheres to health protection measures. These measures are intended to allow for weddings, funerals and baptisms to take place with a capacity limit of five people. The province also recognizes the significant physical and mental health benefits from outdoor activities.

A retail business may open but may only sell essential items in person, and must ensure compliance with capacity limits (25 per cent the usual capacity of the premise or 250 people, whichever is lower) and implement measures to ensure physical distancing. Retailers can continue to sell essential or non-essential items online, by telephone or by remote means for delivery or curb-side pickup.

A retail business may open but may sell only essential items to members of the public who are shopping in person at the business. No later than 12:01 a.m., Nov. 21, 2020, the operator of a retail business must ensure that:

- non-essential items are removed from areas of the business to which members of the public have access,

- members of the public are physically prevented from gaining access to non-essential items at the business, and

- signs in the business or stickers on items in the business clearly identify non-essential items that cannot be purchased by members of the public at the business.

The operator of a retail business must:

- establish a system to ensure compliance with the capacity limits, and

- provide proof the capacity limits have not been exceeded on request from a person authorized to enforce these orders, at the time the request is made.

Retailers are not prohibited from selling essential or non-essential items online, by telephone or by remote means for delivery or pick up.

These retail restrictions apply to businesses that are not addressed in Schedule A of the public health orders. For example, liquor and cannabis stores may continue to open and sell products.

Other essential items are set out by the orders and include: food, beverages and food preparation products; personal care products such as soap and dental care products; health-related products such as prescription drugs and vitamins; mobility or assistive devices; baby and child-care accessories such as diapers and formula; household cleaning products, safety devices, batteries and lightbulbs; outdoor winter apparel such as jackets and boots; personal protective equipment for the workplace; pet food and supplies; postage stamps; cellphones and cellphone accessories; parts and supplies for all types of motor vehicles and watercraft; major household appliances; hunting, fishing and trapping supplies; tools and hardware; materials for home maintenance, repair or construction; and property maintenance products such as shovels.

Non-essential items refers to any good and products not set out in the orders. This includes jewelry, flowers, perfume, consumer electronics, sporting equipment, books and toys.

"The current trend of COVID-19 cases and wide-spread community transmission is unsustainable and causing significant strain on our health-care system," said Roussin. "I can't stress enough that Manitobans need to stay home in order to protect themselves and their loved ones, and halt the spread of this deadly virus. These new restrictions will help limit social

contacts and the opportunity and motivation for Manitobans to leave their homes for non-essential purposes."

The province recently announced a number of increased enforcement measures that will help uphold these new orders including a contract with G4S Canada to boost COVID-19 enforcement efforts to help protect Manitobans and ensure there are consequences for those who disregard public health and emergency orders.

Provincial employees are also dedicated to public health enforcement across the province including police, environment and conservation officers, public health and Liquor, Gaming and Cannabis Authority inspectors, municipal bylaw officers, and security officers.

In all, almost 3,300 personnel across various enforcement agencies are empowered to enforce public health orders including the RCMP, municipal police agencies, the Health Protection Unit, Manitoba Conservation and Climate, Workplace Safety and Health, and the Liquor, Gaming and Cannabis Authority.

Manitobans are encouraged to contact the province's enhanced tip line to voice their concerns and share information about possible breaches of public health orders.

Manitobans can report compliance and enforcement issues by visiting www.manitoba.ca/COVID19 and completing the reporting form, or

by calling 204-945-3744 or 1-866-626-4862 (toll-free) and pressing option three on the call menu. Since April 9, there have been more than 13,500 calls from citizens to report concerns.

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

Unwanted visitor



RECORD PHOTO COURTESY OF MB RCMP

At 4:22 a.m. on Nov. 23 the Selkirk RCMP got a call about an unusual break and enter at Woodland Courts Assisted Living Facility in Selkirk. A deer had gained entry into the building by jumping through a glass door and was making a mess when officers arrived on the scene. The officers cornered the deer in an area away from residents and guided the buck outside of the building by erecting a furniture barrier and holding blankets up to force him to run in the correct direction. No humans were hurt in the encounter, however, the deer lost one of his antlers in the entry process.




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Provinces hires outside help for rule enforcement

G4S Security to aid bylaw officers in ticketing rule flouters and enforcing new provincial COVID restrictions

By Nicole Buffie

As COVID-19 test positivity rates skyrocket across Manitoba, the provincial government has announced a grant to help municipalities ensure residents are playing by the rules.

The Municipal Enforcement Support Program will see \$2.5 million spent on training bylaw officers, RM staff and sending private security officers into communities to enforce public health orders. The announcement came on Nov. 17 from Premier Brian Pallister during a press conference.

"The vast majority of Manitobans are stepping up and following the fundamentals to protect themselves, their loved ones and their community. We're targeting those who refuse to follow public health advice and put others at risk," said Pallister.

The province has hired G4S Security, an international firm which also handles municipal contracts including the Winnipeg Parking Authority, and will deploy over 90 personnel across the province to aid in enforcement efforts.

The private security officers will hold the power to ticket those non-compliant of public health orders. Fines are \$1,296 for an individual and \$5,000 for businesses to be found not following rules.

Ninety-one bylaw officers across communities will take part in the enforcement training, including West St. Paul. The RM was approved to have two paid positions, said the RM's Municipal Legislative Officer Lainie Shaw.

Shaw said five of their staff will take part in the training on Nov. 24.

The City of Selkirk has also applied for the cash, but whether they will take part in the program remains to be seen.

"We respect what the province is putting out there with the bylaw enforcement," said Mayor Larry Johannson. "I had a little bit of an issue

at the start with asking the municipalities to put all their bylaw officers on the front lines and to control the big gatherings. Our two bylaws officers, which I have nothing but the utmost respect for them, but I also have the utmost concern for their personal safety."

Johannson said the province is going in the right direction with hiring outside help to aid in enforcement, but bylaw officers are enlisting the RCMP to attend calls concerning large events and those said to be flouting the rules.

"Their safety is up above everything else," he said.

The City has said, as they have not decided whether to participate in the program as of yet, bylaw officers cannot enforce public health orders and therefore have not had to issue any tickets for non-compliance.

The RM of St. Andrews has also applied for the grant money and will participate if approved. DJ Sigmundson, CAO of the RM, said they currently

have one bylaw officer monitoring the area for reports of any activity not in line with provincial orders.

Pallister said 46 communities have applied for the grant to date, with training to commence in the coming weeks for all security personnel and staff to be versed in the protocol. He noted while officials are working to crack down on non-compliance, it's up to all residents to do their part.

"We all have a role to play in bending our COVID curve down, and I am confident that if we keep working together as 'Team Manitoba' we will be back to beating COVID again," he said during the Nov. 17 press conference.

The provincial government is encouraging residents to use the tip line to report any activity that does not fall in line with public health orders by calling 204-945-3744 or 1-866-626-4862 (toll-free) and pressing option three on the call menu.

"WE'RE TARGETING THOSE WHO REFUSE TO FOLLOW PUBLIC HEALTH ADVICE AND PUT OTHERS AT RISK," - BRIAN PALLISTER

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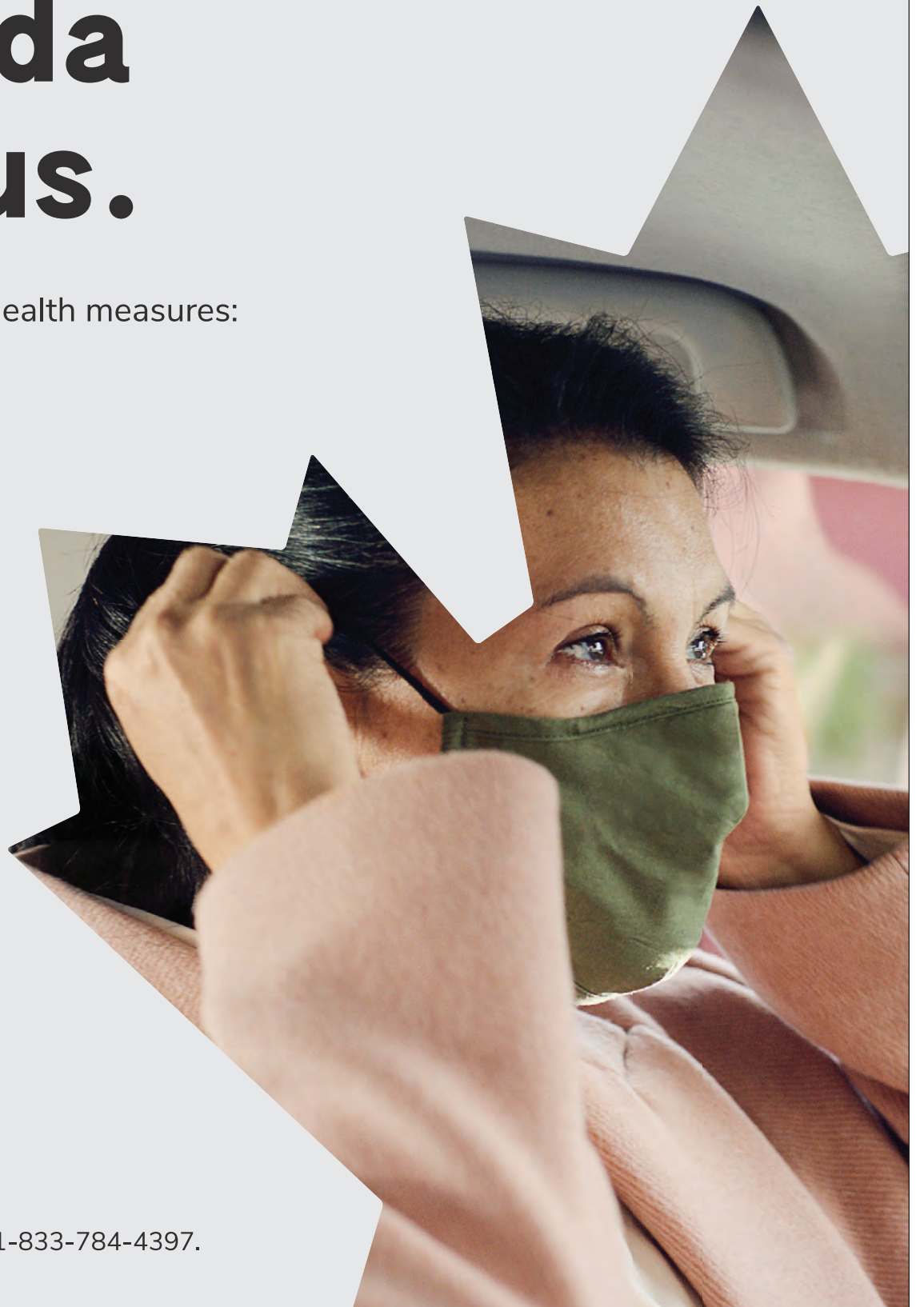
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Food Bank stays busy

By Nicole Buffie

The COVID-19 pandemic has changed a lot of things for people, including how they spend and save money. In particular, some residents have struggled with putting food on their family's table.

The Selkirk Food Bank has been no exception to this, after seeing their donations for hampers drastically reduced from Winnipeg Harvest, their primary source of food.

Sig Banmann, chair of the food bank, said their once-weekly drop-offs have been cut in half, only receiving shipments twice monthly from the charity.

"Primarily most of it is non-perishable foods, we aren't getting things like milk or bread regularly," he said. "So it's a little harder for us right now."

However, despite the decrease in donations from Winnipeg Harvest, Banmann said the support from the community and the City has been keeping them afloat.

"They are committed to helping," he said. "They realize what we're going through and they've been more than generous with their donations."

Mayor Larry Johannson said the food bank is an integral part of the community and the City is dedicated to helping where they can.

"Anybody that can donate and help out a little bit, however small it is, it goes a long way," he said. "To some

people, it may be not that much, but to other people, it can mean a meal."

The food bank helps anywhere from 140 to 150 households every two weeks.

Banmann said during the early days of the pandemic that number went down, primarily due to government subsidies residents were receiving. Now that those sources of income have dried up, the number of people they serve is back to where it was before.

"We're not denying anybody food; we're managing to make sure that everybody gets something, we just can't get them quite as much," he said.

Banmann said during the holiday season requests for food hampers will likely go up, and all donations are welcome. In particular, baby food and diapers

are in high demand.

"That's something that's critical for families that have young children and babies," he said. "They're greatly affected by this all and we're trying to do our best to make sure that we can accommodate them as best we can."

Due to the decrease in deliveries from Winnipeg Harvest, hampers have been primarily compiled using donations from residents from Selkirk and surrounding communities.

One resident even donated \$1,000 to the charity to help buy supplies.

"I was absolutely astounded how much money people have been contributing, it's amazing," he said. "I'm proud to live in this city."

Those who wish to donate items to the Selkirk Food Bank can call 204-482-9178 to arrange a drop-off. Financial donations can be made through the Selkirk & District Community Foundation.

Parlour Performances



RECORD PHOTOS SUBMITTED

Becky Barkman and her sister Meredith Boerchers performed at St. Andrews Heritage Centre's first Parlour Performance, a virtual performance where songs are sung from the Heritage Centre's parlour. The performances will continue every month with the next one on Dec. 19 at 3:00 p.m., featuring staff playing Christmas songs on violin. Last Saturday's performance can still be viewed on Youtube at https://www.youtube.com/watch?v=01frQTX08-M&list=PL4bMZpT1V7B_5NBpRqfpPgnKFC5gFXKR3.

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Addictions advocate Maxine Zasitko recognized for patient safety

By Katelyn Boulanger

On Nov. 13 the Manitoba Institute for Patient Safety recognized healthcare workers in our region with awards for their hard work.

Maxine Zasitko, a clinical team manager for public health in the Interlake-Eastern Regional Health Authority came away with one of the top prizes of the night. Zasitko received the 2020 Patient Safety Champion Award thanks to her work securing grant money for increased harm reduction resources. With these resources, the region was able to hire harm reduction coordinators to provide support and establish harm reduction peer networks, increase harm-reduction awareness, and support needle distribution, naloxone overdose prevention, and safer smoking initiatives.

"Harm reduction is a grounded approach that has principles attached to it where there is no judgment. We work with individuals from where they are and we help to reduce the risk to those who use substances," said Zasitko.

These initiatives aim to give a voice to people who use drugs which then allows healthcare workers and people in government to have the most accurate information when making decisions that best support them.

With Zasitko's work, the programming that was originally in Selkirk and the surrounding area was able to expand to the Ashern and Eriksdale area as well as the Pine Falls and Sagkeeng area.

Zasitko felt that getting these networks in place was important because people who use substances are the experts at letting health care workers know what their needs are.

"Just because somebody is using substances and the stigma that's attached to it doesn't mean that they don't know what's best for their care," said Zasitko.

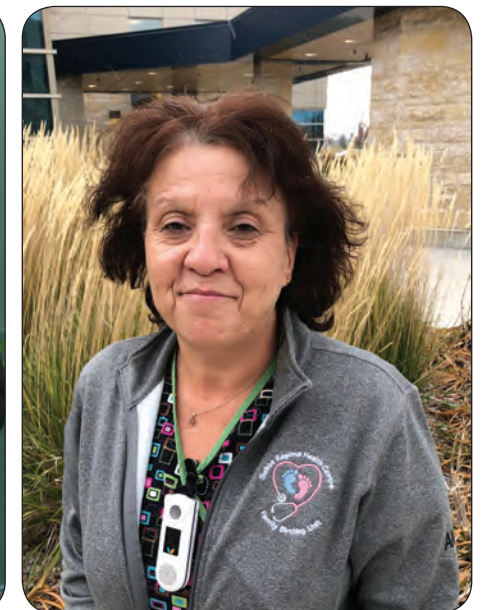
In Selkirk, feedback from peer groups led healthcare workers to

choose the Selkirk Community Health office as the location of the rapid access addictions medicine clinic. They also advocated for an outreach van which was put into practice last summer.

Zasitko believes that the pandemic is a big barrier to people accessing support but even without the chal-



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RECORD PHOTOS SUBMITTED

Left: Maxine Zasitko, a clinical team manager for public health was honoured by the Manitoba Institute for Patient Safety with the 2020 Patient Safety Champion Award for her harm reduction approach to substance use. Right: Interlake-Eastern RHA CEO Patient Safety Award winner Anita McDonald was chosen for her attention to detail, making safety a priority in her everyday work, and her excellent communication skills.

lenges that it causes there is more we can do.

"COVID has played a large role for people using substances because of the isolation. Sometimes a lack of basic needs such as safe housing and food security is a large issue. Having the availability for treatment when they're ready but also to acknowledge that some are not in a place where they are ready for treatment but still require care [is also important as stigma is also a barrier]," said Zasitko.

She says that receiving this award celebrates the work that has been done not just by herself but by the peers and healthcare professionals that have all put a great amount of work into getting these peer support and other programs running.

"It just wouldn't be possible without the hard work of many people," said Zasitko.

Zasitko was also the recipient of the 2019 CEO Patient Safety Award for her efforts in harm reduction.

Continued on page 15

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> PATIENT SAFETY, FROM PG. 14

This year's recipient of the individual CEO Patient Safety Award was Anita McDonald, a member of the housekeeping team at Selkirk Regional Health Centre (SRHC). Mc-



RECORD PHOTO SUBMITTED

Interlake-Eastern RHA CEO Patient Safety Award winners (left to right) Jamie Brown CRN; ward clerk Wendy Sadowski; Jessica McLeod, FBU RN; Amanda Kallusky, FBU RN; Victoria Wilgosh, FBU CTM; and Dr. Phoebe Thiessen of the family birthing unit at SRHC.

Donald was chosen for her attention to detail, making safety a priority in her everyday work, and her excellent communication with team members, patients, and families.

The group award went to the family birthing unit team also at the SRHC. The team was recognized for their

commitment to promoting a culture of safety by demonstrating effective communication, ongoing education, elevating safety concerns, and working together as a team.

Addiction not taking a back seat to pandemic

By Nicole Buffie

As the COVID-19 pandemic holds its grip on businesses and residents across the province, it has also affected the drug industry and affected those with substance abuse issues.

Data compiled by the federal government shows 26 Manitobans were hospitalized for opioid-related overdoses between January and March of 2020, with a total of 1,067 across the country.

While the number may seem low to some, the data does not include calls made to emergency services for suspected overdoses, or how many people are seeking help for their addictions.

According to Cathy McKinley, the clinical team manager for mental health in the Interlake-Eastern Regional Health Authority, the number of clients using Selkirk's Rapid Access to Addictions Medicine (RAAM) clinic has increased.

According to her, in the 2019 calendar year, 166 people went through the clinic for treatment services. So far this year, they've seen 191 individuals use their services.

McKinley said due to the lack of access to drugs like crystal meth, presumably as a result of border closures causing supply chains to be disrupted, more people are turning to opioids as their drug of choice.

"That's been widely reported so we expected that to occur," she said.

Health Canada reported between January and March of this year, 1,018 people died of opioid-related causes with 96 per cent of those deaths being accidental. Western Canada remains the most impacted by these statistics.

She said at the onset of the pandemic the walk-in clinic saw an initial decrease in individuals using the facilities to seek treatment, however in the last few months it's gone back up and above their usual numbers.

While those seeking help with opioid addictions are common, McKinley said alcohol remains the number one issue seen at the RAAM clinic.

In the IERHA's annual community health assessment for the 2019 calendar year, the report indicated the health region had the second-highest number of people who reported to have consumed 15 or more drinks in

the past week for the 2015-2016 calendar year, with 6.3 per cent of respondents answering so.

McKinley said while the number of those using the RAAM clinic may be concerning, it's also an encouraging sign to know the site is being accessed by those who need it.

"I'm happy people are coming to the clinic," she said. "The concerning part is trying to connect with resources becomes a bit challenging, but the fact that people are accessing the clinic does not concern me, I would prefer that."

The clinic, coming up on two years of being in operation in Selkirk, provides addictions counselling, support and medication to those who struggle with drug use. The clinic can prescribe medication to help with opiate withdrawal as well as make referrals to rehabilitation centres and therapists.

The drop-in clinic is open every Tuesday from 12:30 – 3:30 PM and is available by phone from Monday to Friday at 204-785-7513.

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Vinnies Hot Foods continues to help

Local restaurant gives away over 900 meals since March to those in need

By Nicole Buffie

When the COVID-19 pandemic forced the closure of most storefronts in March, many small business owners feared where it would leave them. While provincial and federal grants helped cover expenses due to lost revenue, for some it wasn't enough, and their doors shuttered for good.

For the owners of Vinnies Hot Foods, they knew no matter the circumstances they would continue serving food and paying their employees.

In a social media post on the mom and pop restaurant's page, they offered free meals to those in the community who may be going without due to the loss of income or fragile health status. To date, they've served over 900 meals consisting of their south Indian cuisine to the Selkirk and Interlake area.

"People were really grateful about the whole thing," said Veena Vijayan, co-owner of the restaurant. "And they have, in turn, tried supporting us."

Now, the restaurant is dealing with the latest round of difficulties amid the pandemic: keeping their staff employed and paid.

Vijayan said when shutdowns were announced in the spring, she and her husband knew they would do every-

thing to keep their small group of three staff on the payroll and receiving income.

"This is their bread and butter, and they are looking for this job to get food on their family's plate," she said. "I understand having government support for them in terms of CERB or something for a limited period of like six months in between, but that's not a permanent solution."

Loans shelled out by the provincial government have helped keep small and medium-sized businesses stay afloat during mandated shutdowns, including Vinnies, but Vijayan said it's been the support of the community that has helped them get by.

"It has been just two years since we started in Selkirk, so people just started discovering it and then the pandemic hit us," she said. "Because for many people it was a new business and they were just learning about us, but then everybody shuttered so [the loans] were for sure a great help."

"But nowadays, it's more new people are trying to discover us, so now it's fully being supported by our own funds."

The restaurant has remained closed to dine-in services since March when a state of emergency was declared by



RECORD PHOTO BY BRETT MITCHELL

Owners Veena and Nandan Vijayan when they celebrated the grand opening of Vinnies Hot Foods located in the Lord Selkirk Hotel in 2018.

the provincial government, prompting the promotion of their retail items. Most recently, Vijayan has been connecting with other local businesses to create vegan holiday gift baskets consisting of Manitoba-made products.

Besides remaining vigilant within the four walls of their business, Vijayan and her husband have kept their distance from loved ones since the onset of COVID-19 to slow the spread.

She said instead of gathering with friends and family in-person, they opt for video calls and doorstep package drop-offs, as well as choosing a local

restaurant to order from once a week to keep them afloat.

Vijayan feels it's a small price to pay to have a better, safer future.

"If we could survive this then we have more opportunities tomorrow to gather," she said. "Everybody will pass through it."

Vinnies will continue to provide meals to those in need for as long as necessary. Residents are asked to call the restaurant at 204-227-1646 or visit their Facebook page, Facebook.com/VinniesSouthIndian.



Red River North Holiday Yards of the Season Contest

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A regional partnership with Red River North Tourism, Communities in Bloom, the City of Selkirk, RM of St. Andrews, RM of St. Clements, RM of West St. Paul & the RM of East St. Paul

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Petersfield soccer field will be ready for next year

Vandalised soccer field receives facelift from local company

By Katelyn Boulanger

After the North East Soccer field in Petersfield was vandalized on Oct. 20, the Clandeboyne and District Recreation Association took to Facebook to find the vandals but found instead help from a local construction company, Canwest Construction, who fixed the damage so the field will be ready for the 2021 season.

"What we heard from witnesses is that it sounded like three trucks, 4x4 type trucks, that went tearing around on there after we had a little bit of snowfall," said Chris Caslake of the CDRA.

The snow caused the U11-U18 soccer field to be wet and the trucks driving on the field in that state caused large gouges covering between half to three-quarters of the pitch which then wasn't playable for safety's sake.

"As far as soccer goes we have a spring league that we're part of with St. Andrews, Stonewall, St. Clements and Selkirk but we wouldn't normally be using it at this time of year, anyway, but we were worried about it because of the spring," said Caslake.

In spring 2020, the field didn't see league play as COVID caused the season to be cancelled.

Because of the large amount of damage, the CDRA wanted to find the perpetrators in the hopes that they might pay to repair the damage they caused. To that end, they posted about the vandalism on their Facebook page and offered a \$1000 reward as that seemed a small amount compared to the cost it would be to the group to have the field repaired themselves. This post was what caught the attention of Canwest Construction and Oak Hammock Landscaping's owner Mikkel Grabinski.

"[Grabinski] offered on social media to come and fix it. He was really busy at the time it took him about a week and a half for him to get there but he came in just the other day with a crew of guys and a bobcat. They raked up all the old sod and grass that got torn up. They took the bobcat and I think it was a whole load maybe a load and a half of soil that they brought in but by the sounds of it he's taking care of it all for us," said Caslake.

Canwest Construction, which does business in Winnipeg, Selkirk, and the surrounding area, fixed the 40 by



RECORD PHOTO SUBMITTED

Some of the damage done to the North East Soccer field in Petersfield being repaired after vandals drove over the area on Oct. 20.

90 meters area hand raking away the damage before using their equipment to fill in what needed filling.

"I'm from this community and I'm sure one day I'll have kids that play soccer on those fields but I played there as a kid too and [I wanted to] just kind of giving back to the community that I live in that's been super good to me and we have a fairly good season business-wise and it just felt like it would be a good gesture to give back," Grabinski.

He hopes that the kids can get out and enjoy next year's season and that the field looks just like it did before.

"There was no way that we would have been able to use the field in the condition that it was in but now with what Grabinski did if we're al-

lowed to go ahead despite COVID [in 2021] because it's probably still going to be around but hopefully we'll still be able to play, we should be able to use the ground now because the grass seed that they put down should grow by the time the season starts in April," said Caslake.

The RCMP continues to investigate and encourage any witnesses or anyone with information to get into contact with them.

The CDRA has now put security measures in place to help should something like this happen in the future.

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> MEAL IDEAS



Recipe courtesy of Cate Meade of "Cate's Kitchen Fit"

Prep time: 20 minutes

Cook time: 5-6 hours

Servings: 8-10

7 tablespoons avocado or grapeseed oil, divided

2 large Vidalia onions, halved and thinly sliced

4 teaspoons kosher salt, divided

1 pork loin roast (4-4 1/2 pounds), trimmed and patted dry

3 teaspoons freshly ground black pepper, divided

Sherry Cherry Sauce:

3/4 cup Holland House Sherry Cooking Wine

5-6 cloves garlic

1 cup frozen Bing cherries, divided

1 1/2 tablespoons dry mustard powder

4 tablespoons Holland House Balsamic Vinegar

2 tablespoons soy sauce

1 bunch fresh parsley, large stems removed, plus additional reserved for garnish

3 tablespoons cornstarch (optional)

In large slow cooker on high heat, add 2 tablespoons oil, sliced onions and 1

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Sherry Cherry Pork Loin Roast

teaspoon salt.

Season roast evenly on all sides with 2 teaspoons salt and 1 teaspoon pepper.

Place large skillet over medium heat. Add 2 tablespoons oil to pan. Sear pork loin 3 minutes on each side until golden brown. Transfer roast to slow cooker on top of onions.

Cover and cook on low 3 hours.

To make Sherry Cherry Sauce: In blender, blend sherry cooking wine, garlic, 1/2 cup cherries, mustard powder, balsamic vinegar, soy sauce, parsley, remaining olive oil, remaining salt and remaining pepper until smooth; set aside.

After pork loin cooks 3 hours, add Sherry Cherry Sauce around pork roast. Cover and cook 2-3 hours on low.

To glaze, brush roast with warm sauce 3-4 times in last hour of cooking.

Once pork reaches internal temperature of 145 F, remove and let rest 15-20 minutes before slicing.

To finish sauce, remove 1/4 cup cooking liquid and mix with cornstarch to make a slurry. Whisk slurry and remaining cherries into sauce. Cook in slow cooker on high 15 minutes, stirring occasionally.

Slice roast 1/2-inch thick, garnish with fresh parsley and serve with Sherry Cherry Sauce and braised onions.



Recipe courtesy of Jillian Wade of "Food, Folks & Fun"

Prep time: 15 minutes

Cook time: 8 hours

Servings: 8

4 cups chicken stock

1 cup Holland House White Cooking Wine

1 can (14 1/2 ounces) diced tomatoes

1 medium yellow onion, diced small

1 cup celery, diced

1 cup carrots, diced

Tuscan White Bean Soup

6 large cloves garlic, minced

3 cans (15 1/2 ounces each) cannellini beans, rinsed and drained

1 can (13 3/4 ounces) artichoke hearts, rinsed and drained

1 bay leaf

1 teaspoon poultry seasoning

1 teaspoon salt

1 teaspoon ground black pepper

1/4 teaspoon dried rosemary

4 cups kale (about 6 ounces), cleaned, destemmed and chopped

5 ounces pancetta or bacon, diced

8 teaspoons Parmesan cheese, shaved (for garnish)

Place chicken stock, white cooking wine, tomatoes, onion, celery, carrots, garlic, cannellini beans, artichoke

Expert patient here to help!

By Susie Schwartz

There's no denying that sometimes we need the medical system. You want your team working for and with you. Self-advocacy sits at the heart of this - a skillful art that many have never needed to learn, or don't understand. I want to use my experience to help.

The tip below has 'saved' me more than I can say. It's saved time, errors from being made, and one day might save my life. (Think: high-risk for covid-19 complications or alternatively - car accident.)

Tip: Carry a typed document at all times with your health conditions, medication/doses and the name of your GP or relevant specialists. (Include the date and be sure to keep it current.)

Averaging 100 appointments a year, every new doctor or medical professional I see asks for this information. Their faces light up with surprise and respect as they look it over. I always offer them a copy and knowing they usually keep it, carry two.

But recently, in these confusing covid-19 times, I realised I needed to be even more proactive. With all the talk of hospital/ICU admissions and knowing that our loved ones are no longer always allowed to be at our side to help care for us, for me the aforementioned list is not adequate. Thanks to having Type 1 Diabetes, Gastroparesis, ME/CFS and many food intolerances, a detailed diabetes plan in case of intense weakness or unconsciousness is needed. As an insulin pump user and being a tricky case for regulating blood sugars, even the 'experts' cannot hold the expertise that I and my husband Don carry when it comes to keeping me out of danger zone. (It really is a matter of



Susie Schwartz

life or death.)

I'll be honest. Creating this care-plan has been an emotional process. Picturing myself on a respirator unable to communicate or operate my insulin pump without Don by my side has brought both anxiety and tears. I didn't want to face it. Every time I went to type the necessary instructions, I felt my chest tighten and thought, later.

Guess what? Procrastinating proved worse. Once done (and I asked for input from Don to put it together), I had no anxiety about getting it done. I could rest knowing I'd prepared all I could for myself, and those who care for me. (Bonus tip: This applies to wills, end-of-life directives and funeral wishes, too.)

Trust me. Whether in the hot seat at a new clinic or admitted to hospital, you'll thank yourself.

Less health stress, yes?

A published author and motivational speaker, Susie currently lives in the UK. She welcomes feedback and questions. Find her on FB @medicalmissstress, Instagram @medicalmiss_stress and her website lesshealthstress.com

hearts, bay leaf, poultry seasoning, salt, pepper and rosemary in slow cooker. Cover and cook on low 7-8 hours or high 4-5 hours.

About 30 minutes before serving soup, stir in kale and cover.

In 10-inch skillet over medium heat, cook pancetta until crispy, about 4 minutes. Move pancetta to paper towel-lined plate to drain.

Ladle soup into bowls and sprinkle with pancetta and Parmesan cheese shavings.

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Former Fishermen players make the transition to assistant coaches

By Brian Bowman

Riley Bannerman led the Selkirk Fishermen to the Capital Region Junior Hockey League final last March in his final season of junior hockey.

Now, he has a different role on the team - as a goalie coach.

"(Chris Poponick) brought me in to help with the goalies and get them familiar with what's goalie on in junior," said Bannerman, who was a goaltender for five seasons with the Fishermen. "I'm more of a goalie coach than an assistant coach."

Bannerman has some previous experience as a goalie coach at the younger ages. He admits it's a totally different experience coaching rather than playing.

"It's quite different not playing," said Bannerman, a Stony Mountain product who also played one regular-season game with the Manitoba Major Junior Hockey League's Stonewall Jets back in 2015-16.

"(Selkirk) was one of the best teams that I've probably played on since I have been a goalie. I really enjoyed playing there and I wish I could have played for more than five years."

Bannerman had a tremendous ca-

reer with the Fishermen, winning a lot of hockey games while posting a goals-against average of just over 2.00 in four of his five seasons.

Bannerman, 22, is making the unique adjustment of coaching guys who has played with previously.

"(My age), for sure, helps," Bannerman said. "A lot of these guys I have played with for at least a couple of years so I know the mentality of the room and I kind of know how to talk to the guys to get them to listen a little more. It helps a lot."

This year, Bannerman has the luxury of having three great goalies - Austin DeBoer, Brendon Hocaluk, and Owen Derewianchuk - to work with.

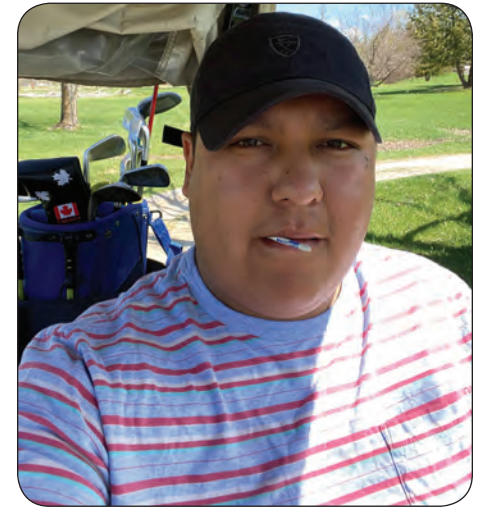
"The three are really good," Bannerman said, noting he has played with all three goalies during his Junior "B" career in Selkirk.

Tyndall Fontaine, meanwhile, is another assistant coach with the Fishermen that enjoyed a lengthy - and very successful - junior career in Selkirk.

Fontaine, a former defenceman, played six seasons in the Keystone Junior Hockey League. He started his career playing one season with the Sagkeeng Hawks before suiting up for



Riley Bannerman



Tyndall Fontaine

five more years with the Fishermen.

"It was pretty long but I liked it," Fontaine said. "My first year, I got to play back home and play with my friends and then I came to Selkirk the year after and played with some people that I knew from high school. The league was good, they had the Peguis team that pretty much went undefeated...it was fun and competitive."

His playing career ended in 2016 with a playoff loss to Peguis but he

was right back in Selkirk the following year as an assistant coach.

So, why does he coach? And how tough was it for him to go from a long-time junior player to coach

"It's fun and I like to give back," said the 26 year old. "It keeps me busy. I was already coaching lacrosse back home. The one thing I don't really like and the hardest thing is not being able to go out there (on the ice) and do it."

"You have to tell someone else to do it."

MJHL/Hockey Manitoba release review regarding Wpg Blues, Freeze practice in Warren

From the MJHL/Hockey Manitoba

This review, released on Nov. 18, is in relation to the Winnipeg Blues and Winnipeg Freeze organizations participating in a private training session outside of the Winnipeg Metro Region in Warren on Nov. 9.

Hockey Manitoba is a "Member Organization" under Hockey Canada and as such is the governing body of all amateur hockey within Manitoba, which includes the Manitoba Junior Hockey League.

Hockey Manitoba has been granted the autonomy to sanction on-ice hockey activity which is to permit any on-ice activity under its program. This sanction does provide all the security and protections afforded by Hockey Canada to its registered members and participants.

On Nov. 2, 2020 Hockey Manitoba publicized the directive below:

"For the safety of all members, both hockey teams and individuals (players, officials, and team staff) resid-

ing in the Provincial Response Level: Critical (Red) are ineligible to participate in hockey programming beginning Nov. 2 and will be revisited on Nov. 15."

The above restrictions included restricting hockey teams and individuals (players, officials, and team staff) residing in the Winnipeg Metro Region Provincial Response Level: Critical (Red) from travelling outside of the region to participate in hockey programming.

The above Hockey Manitoba directive was communicated to all member organizations within the MJHL and publicly.

With this information, the ownership and management group of the Winnipeg Blues and Winnipeg Freeze made an independent decision to operate privately outside of the Hockey Manitoba restrictions, without the necessary approval, by directing play-

Continued on page 20



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Gwynne honoured with Baseball Manitoba Volunteer Appreciation Award

By Brian Bowman

Rob Gwynne coached the 13U AAA Red River Valley Pioneers to their first-ever City Championship this past summer.

He recently received another baseball highlight as he was honoured with a Baseball Manitoba Volunteer Appreciation Award.

"It's pretty cool," said Gwynne Monday afternoon. "I'm proud that I got nominated. I think my manager put it in. I was surprised, that's for sure, but it was a good surprise."

"But it's not just me, it's the other coaches, too, that helped out a lot. Same as our manager, she's unbelievable. When we have doubleheaders, she gets everything organized for lunches and all of that. The parents also chip in. It takes a lot behind the scenes to get this going...so I can concentrate on coaching. I had three other coaches helping me out and they were really good."

Red River, whose roster included seven local players from the East Selkirk area, enjoyed a tremendous 2020 season.

"It was very special," Gwynne said. "When I found out (that it was the first-ever title), I was like, 'Holy

smokes, that's pretty good.' They really have accomplished something, that's for sure."

Last year, Gwynne coached the 13U AA East Selkirk Expos and he kept this group together.

"It's good coaching all of the kids," said Gwynn, who has extensive experience playing baseball, including at the senior level.

"I've really gotten to know them all. They were so happy when they won. The diamond is just down the street (from our house) and I can phone them up and ask them if they want to go out. My kid really likes ball and he wants to play all of the time. We actually built a pitching mound in our backyard with a home plate and screen."

The 57 year old Gwynne started coaching his son, Jackson, at the Grand Slam level.

"My son wanted me to coach so I said, 'Yeah, I'll do it,'" Rob said. "I coached him for four years, took a break, it's probably been eight years since I started coaching him."

People around the Pioneers have really noticed the hard work Rob puts into the team. He has already been asked to help coach at the 15U AAA level with Red River.



RECORD PHOTO SUBMITTED

East Selkirk's Rob Gwynne, left, and his son Jackson are pictured here after their Red River Valley Pioneers won the 13U AAA City Championship this past summer. Rob was recently honoured with a Baseball Manitoba Volunteer Appreciation Award.

> MJHL, FROM PG. 19

ers and staff to travel outside of the Winnipeg Metro Region to participate in private unsanctioned hockey programming.

This decision has been recognized by the ownership and management group of the Blues and Freeze as wrong, that it was made in poor judgement in relation to the difficult situation within the province and that a regretful choice was made, albeit with good intentions during very difficult and unprecedented times, in which they have publicly acknowledged and apologized for while fully cooperating throughout the review process.

It should be noted in our review no evidence was found that the teams were in violation of the Public Health

Orders as written at that time. The group did seek guidance from Public Health prior to the practice being held on the necessary protocols required, specific for the Warren facility, to enable them to participate safely in the training session.

However, the decision to direct players and staff to travel outside of the Winnipeg Metro Region (Provincial Response Level: Critical - Red) to participate in private hockey programming was in violation of the Hockey Manitoba directive announced and effective Nov. 2.

This decision, in the end, resulted in conduct taking place that was detrimental to the MJHL and Hockey Manitoba. The MJHL and Hockey

Manitoba have the authority to implement penalties as a result.

After review of the situation, involving the Blues and Freeze, the following penalties have been assessed:

\$5,000 fine to be paid immediately and in full by the ownership group of the Winnipeg Blues/Winnipeg Freeze to the MJHL. Fine payment will go towards COVID-19 PPE relief for front-line workers across the province.

Each organization will forfeit their first-round draft pick in the upcoming 2021 MJHL Draft.

Each organization will be required to complete a community initiative this season as approved by the MJHL and Hockey Manitoba.

As a rule, disclosing internal disciplinary matters of this nature is not made publicly as it would not be in the public interest to do so. However, in this situation, it has become public and both organizations involved have apologized and have taken ownership for their decision publicly.

The above are severe penalties for an organization participating in a single, non-sanctioned private training session.

It is important to note that the above penalties are a result of the decision

of the ownership and management group and not that of the players and/or staff of each organization. Their participation does not merit any sanctions as a result of this unique, unprecedented and difficult set of circumstances.

It is also imperative that the Blues and Freeze organizations, including players, staff, families and supporters should not be further stigmatized due to this decision. These young athletes have seen how unforgiving individuals can be.

Moving forward, the apology has been accepted by the MJHL and Hockey Manitoba with the expectation that each organization has learned from this disappointing mistake and will continue to be positive role models, ambassadors and leaders within their communities, as has been shown repeatedly leading up to this situation.

The MJHL Board of Governors and Hockey Manitoba, albeit disappointed in this decision, continue to support the Blues and Freeze organizations as valued and positive members. This situation has been very difficult for all those that have been involved and should be considered as a strong lesson learned by everyone.

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



Meet the
Fishermen



#27 Braeden Hummel
Forward

Volleyball Manitoba announces dates for club season

From Volleyball Manitoba's website

As with all aspects of life, COVID-19 continues to affect our community and by extension our sport. As we move through the current COVID-19 restrictions within our province, Volleyball Manitoba has continued to plan for the upcoming club volleyball season.

We would like to advise you of the following changes and adjustments at the current time relating to the club season:

New Early-Signing Windows:

Volleyball Manitoba will be instituting two additional Early-Signing periods. This is being implemented due to facility access challenges and safety considerations. With the uncertainty of gathering sizes and limitations to facility availability, holding tryouts may pose a significant challenge for clubs, risk to our membership and community, and be against public health guidelines. Hopefully these Early-Signing Windows can significantly limit the number of tryouts that need to take place.

Beginning immediately, the Communication Blackout currently in place will be lifted and clubs can be-

gin to communicate directly with athletes.

The first Re-Signing Window opened on Nov. 16, where clubs were permitted to re-sign athletes who participated in their club last season. This Re-Signing Window was open to 14U, 15U, 16U, 17U and 18U age groups.

Beginning this past Monday, an Open Signing Period began, where clubs will be permitted to sign any remaining athletes. This will include 13U athletes in addition to 14U, 15U, 16U, 17U and 18U.

The process around clubs making offers to athletes is as follows:

The Re-Signing Offer and Agreement Form was made available on the Volleyball Manitoba website on Nov. 16.

The Open Signing Offer and Agreement Form was made available on Nov. 23.

Athletes may receive offers from a club at any time during the window, however, clubs must give athletes three days to consider any additional offers they may receive.

Once clubs have a signed, accepted offer they must register their athletes/team into the online registration

system (opened Nov. 19) in order for those athletes to be considered pre-signed. Membership fees will not be collected at this time. Clubs/teams should wait until they have a complete list of early-signed players before they complete the online registration.

Registered teams will be updated on the Volleyball Manitoba website weekly beginning on Nov. 20.

It is recommended that athletes do not choose a club outside of their community if at all possible. For communities without clubs, athletes should try to ensure that they stay within their region.

Clubs pre-signing athletes should be confident that they will be able to secure the appropriate gym time to host the teams that they are signing athletes to.

Later in December, teams will still be required to complete the usual Online Registration where they will purchase memberships for all of their players and coaches.

Tryouts:

Pending Health Authority Regulations, the tryout period will still begin on Dec. 12 for 16U and younger teams, and Dec. 13 for 17U and 18U teams.

We will be continually re-evaluating these dates as more information becomes available to us.

Volleyball Manitoba will be releasing additional tryout regulations at a later date, expected to be inclusive of group size restrictions and other health and safety protocols.

It is expected that the online registration system will open on Dec. 21 to begin formal team registration, including membership purchase. Teams that have been Early-Signed will still need to go through this process.

Season/Training/Competition:

Assuming Tryouts can begin on Dec. 12, any teams that have been Pre-Signed will be permitted to begin training at this time.

The traditional Holiday Break Training Blackout will also be lifted this year, and replaced by a shorter Training Blackout from Dec. 24-26.

We are still reviewing numerous options about how the season could look in terms of competition, and will be providing more details on our plans in the coming weeks. Competition would not begin until Feb. 1 at the earliest.

Steelers in good hands with Schick as head scout

By Brian Bowman

Tim Schick has watched a lot of hockey games as a scout over the years.

But this year he has had a lot of extra time on his hands with sports being shut down here in Manitoba due to COVID-19.

Still, he's doing what he can to stay busy.

"Hockey is never over for me," said Schick, the Steelers' head scout and Director of Player Personnel the past two seasons, last week. "I'm always busy. I'm always recruiting and seeing what's out there. It never ends."

Schick estimated he watched more than 300 hockey games last season. He enjoyed every minute of it.

"I used to coach hockey here in town in Beausejour when my boys were younger and then I just got out of it," he said. "I started doing this and I just enjoy doing it and the people that you meet and seeing how the players end up down the road. I watched guys like Jonathan Toews and guys like that when they were young. It's pretty interesting, for sure."

He enjoys seeing all of the other scouts on a regular basis. Schick, who was born in Melville, Sask. and estimates that he has 20-plus years as a

junior scout, said they all get along and have a great passion for the game.

Besides scouting for the Steelers, Schick is also a scout for the Western Hockey League's Kelowna Rockets.

He watches U15, U18, and MJHL games and is always looking to list a player that may have been missed in the Bantam draft.

There's never a dull moment in Schick's life.

"I look over MJ kids too for trades and stuff," he said. "I do all that stuff for the Steelers so it keeps me hopping. I do more than scouting with the Steelers. I look after registering everyone online with Hockey Canada and recruiting stuff like that. My job goes basically 12 months a year. I'm phoning coaches down in the States and all over the place and players over the summer. People think scouting is just in the rinks, but no. There's reports to do when you get home and stuff like that."

So what catches Schick's eye the most when it comes to a player?

"Compete is high on my list," he stressed. "I'll take a guy that busts his tale over a guy that is skilled and lazy in a heartbeat. You can always get guys to the next level with coach-

ing and stuff like that but if there's no compete, that makes it tough, for sure. You look at their skating, their skills, and all of the things that scouts look for but compete is very high on my list."

The MJHL's Bantam draft is a very important one as all 12 teams will stock their 50-man rosters with local auto protects and players chosen from the six-round draft.

There's not much room for error.

"We live and breathe off of our draft picks," Schick noted. "I put in a lot of time doing that. I'm looking over my list basically daily when it gets close to the draft. You have to try to find that guy who is just under the WHL (radar). As a dub scout, it's easy to pick your top-five guys but for the MJ, you're trying to find the guys that fly just under the (radar). With your first two or three picks, you have to be precise and hopefully you land those kids."

The MJHL is a much different league than it was, say, 30 years ago. Players come to Selkirk from all over Canada and the United States.

"It's really expanding out there, for sure," Schick agreed. "It's getting tougher all of the time with costs for



Tim Schick

some of these kids. There's only so many kids locally that can play and there are 12 teams in the league. They're eaten up by a lot of the teams already and a lot of kids aren't playing hockey like they used to. Numbers have to be down, for sure, so you go out and fill those spots.

"You try to go local as much as you can. That's what we try to do, stay in Winnipeg, the Selkirk area, and the Interlake."

Instant Win(e) Cellar fundraiser for Captain Kennedy House

RRNT seeks to restore historic St. Andrews home for community

By Staff

Red River North Tourism is launching the Instant Win(e) Cellar, a special fundraiser in support of the restoration and reopening of Captain Kennedy House on River Road in St. Andrews.

To participate they are asking that residents donate a bottle of wine to the cellar and buy a ticket or two for their wine draw.

Kennedy House, a provincially owned historic home, was constructed in 1866. It was closed in 2015 and requires some structural attention. Repairs were scheduled but the funding was withdrawn and it has remained empty since that time.

The Kennedy House Renewal Committee was formed and the committee's preliminary plans were approved by St. Andrews Council, allowing discussion with the province on council's behalf.

"The partnership established between the RM of St. Andrews and Parks Canada for the operation of The Rectory has proven very successful over the past decade," said Rob Sarginson, Co-Chair of the committee. "Our aim is to establish a similar arrangement with the Province at Kennedy House if possible."

It is hoped that use of the main floor areas could begin as early as next year.



RECORD PHOTO SUBMITTED

A ticket for the Instant Win(e) Cellar fundraiser.

This could include: resurrection of the popular former tea house through a small café operated by Inclusion Selkirk, a job training program for those with intellectual disabilities; opportunities to share the significant Métis history of the house and the region; a place for Métis artists to display and sell their works; and the development of an interpreted touring link along the entire Red River Parkway.

"This raffle is presented in partnership with Holiday Alley," said Lois Wales, President of Red River North Tourism. "There are just 500 tickets available so the chances of winning are excellent! We'll be posting regular updates on social media as the wine cellar grows."

Tickets are \$20 and with every donation of a bottle of wine which adds to the final prizes. First prize is 50% of all the wine collected, a minimum value of \$1000, second prize will take home 30% of the wine in the cellar, a minimum \$500 value, and third prize wins 20% of the wine, a minimum \$250 value. The draw will be made at 2 p.m., Dec. 30 — just in time to ring in the New Year.

The fundraisers sponsor, Folonari, has kicked off the wine cellar with \$200 worth of wines.

Because of the COVID-19 pandemic RRNT has facilitated a curbside service this year to drop off wine donations and purchase tickets. To participate using this option residents can

email or call the St. Andrews Rectory Gift Shop at standrewsmuseum@hotmail.ca, or 204-339-6396 or WishMe in Selkirk at wishme@inclusionselekirk.ca or 204-785-2984.

"This is a great way for the community to support our local heritage and help protect Kennedy House," said Wales.

For further information-mail info@redrivernorthtourism.com or call 204-485-4881

Visit the RRNT web site at redrivernorthtourism.com and watch for them on Facebook and other social media.

And don't forget that you can shop online from St. Andrews Rectory Gift Shop at standrewsrectory.ca/gift-shop/.

Eastman Region remains No. 1 for vehicle-deer collisions

By Manitoba Public Insurance

There are nearly 9,000 vehicle/deer collisions yearly in Manitoba, with the Eastman Region topping Manitoba Public Insurance's Top 5 list for high-collision regions.

Eastman, which includes the communities of Steinbach, Lac du Bonnet, Anola, Birds Hill Park area and Falcon Lake, experienced an average of 2,025 collisions yearly, based on collision statistics collected from 2015 to 2019.

Of note, Winnipeg is number seven on the list of top vehicle-deer collision regions in the province, which is released annually by Manitoba's public auto insurer.

The province's Top 5 vehicle-deer collision regions are:

- 1) Eastman – 2,025 yearly collisions
- 2) Westman – 1,980 yearly collisions
- 3) Interlake – 1,530 yearly collisions
- 4) Central Plains – 840 yearly collisions

sions

5) Parkland – 790 yearly collisions

"At this time of year in particular, there's an increased likelihood of encountering these animals when traveling through these zones. Awareness is one key to preventing a collision," said Satvir Jatana, Vice President, Employee and Community Engagement, Manitoba Public Insurance.

"There are nearly 9,000 vehicle-deer collisions yearly in Manitoba. Our goal is to see that reduced through education, awareness, emerging driver-assist technologies, and drivers taking preventative steps."

In addition to raising awareness of high-collision hotspots by publishing its annual listing, MPI works in partnership with the City of Winnipeg to place high visibility message signs at strategic locations identified as key

wildlife-vehicle collisions areas. A dozen locations have been identified within Winnipeg.

In rural Manitoba, Riding Mountain National Park has a high visibility message sign, warning drivers of the potential danger of collision with wildlife and encouraging safe speeds, particularly between dusk and dawn.

"These high visibility message signs warn drivers to remain alert for deer, and watch for them in these high collision areas," said Jatana. "It's important that drivers are aware when they're entering an area where deer frequent and pay close attention to their surroundings. The boards are up during what is typically the highest collision period."

On average, more than 450 people are injured in wildlife-related collisions yearly. Over the last 10 years,

nine people in Manitoba have been killed in crashes caused by an animal on a road. Overall, Manitobans are involved in 13,100 vehicle-wildlife collisions yearly according to Manitoba Public Insurance data.

Tips to help keep you safe:

- Slow down when you see wildlife crossing signs and drive with extreme caution, scanning the road ahead as well as shoulders and ditches.
- Animals are normally more active at dawn, dusk and at night.
- Be especially alert where brush and tall grass grow near the road.
- Watch for the reflection of headlights in the eyes of a deer, or a dark silhouette.
- Do not swerve if an animal does cross in front of your vehicle - brake firmly to reduce the impact between an animal and your vehicle.

Classifieds

The Selkirk Record

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

METAL RECYCLING

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

SCRAP METAL

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

Buyer for all farm-yard scrap, machinery and autos. NO ITEM TOO LARGE! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

TRUCK BOX WANTED

GMC or Chevy 8 foot box. Years 1973 to 1987. Willing to repair some damage, but needs to have a good floor. Price offered would depend on condition. 204-770-7790.

TRUCK TIRES FOR SALE

For sale - 4 winter tires on rims, Champiro Ice Pro, 215/70 R15, studdable, 5 bolt. They were on a 2003 Chev S10, used only a couple of winters, \$200. Please call Lucy, work 204-785-1618 or home 204-334-8786 or text 204-791-9059.

**News Tips?
Story Ideas?
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Record
204-785-1618**

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Do you have an on-line store that you want to get noticed for Christmas or during lockdown? Still open for curb side pick-up or delivery? Advertise it in the 37 MB weekly newspapers and get noticed! Each week our blanket classifieds could be helping your organization get noticed in over 340,000 homes! It's AFFORDABLE and it's a great way to increase and connect with our 37 weekly member newspapers. For as little as \$189 + GST, get your important messaging out! Call us at 204-467-5836 NOW to book or email classified@mcna.com for details. MCNA - Manitoba Community Newspapers Association 204-947-1691. www.mcna.com

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NOTICES

Urgent press releases or media advisories service. Have something to announce? A cancellation? A change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information, or email classified@mcna.com for details. www.mcna.com.

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UPCOMING EVENTS

Gerdau 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.

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewoodelkranch@mymts.net

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CITY OF
Selkirk

ANNUAL PUBLIC NOTICE

Additions to the Voters List and/or Personal Security Protection Requests

CITY OF SELKIRK AND LORD SELKIRK SCHOOL DIVISION

In accordance with Section 36 of The Municipal Councils and School Boards Election Act (MCSBEA), the City of Selkirk Voters List is open for changes or revisions.

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

The next General Election takes place in October 2022.

To implement the above, a written request must be submitted to the Senior Election Official, in person, by e-mail, fax or mail to:

Address: City of Selkirk
200 Eaton Ave., Selkirk, MB R1A 0W6

Phone: 204-785-4900

Fax: 204-482-5448

E-mail: CitizenSupport@cityofselkirk.com

Deadline for Submission is December 9, 2020

Alison Sinclair
Senior Election Official
City of Selkirk

ANNOUNCEMENT

CARD OF THANKS

We have been overwhelmed with the love and support shown to our family over these last few weeks after the loss of Ralph Taylor. Thank you for all the phone calls, texts, cards, flowers, food and donations to the Kidney Foundation and Heart and Stroke Foundation. We would also like to thank Dr. Richard Lindenschmidt for his many years of caring for Ralph. And a very special thank you to the Clandeboye Fire Dept. and RM of St. Andrews Public Works Dept. for the beautiful tribute to Ralph. It was very touching and something we will remember forever. Thank you.

-Sincerely,
Amanda, Liam, Laura, Denise,
Michael and Matthew

ANNOUNCEMENT

CARD OF THANKS

November 16th was a milestone birthday for me, but with COVID restrictions, I thought it would be a quiet event with family only. Not so! Many wonderful friends decided that I should be blessed with a surprise drive-by to celebrate my day. Our street was filled with cars, some decorated with streamers and balloons and horns blaring. In front of the house, many stopped to have a masked friend leave the car and deposit a card or gift on the front landing. It turned my quiet day into an amazing fun and memorable day for me. I want to thank everyone who participated in the drive-by for giving me my best birthday ever!! Thank you to my special family, friends, neighbours and Spirit Sisters.

I am blessed.

-Grace Mowat

ANNOUNCEMENT

BIRTHDAY



Kay Rogalsky
Happy 95th Birthday!
December 1

-Love and best wishes from
your children, grandchildren
and great-grandchildren
Since we can't have a party for Kay,
we encourage her friends to send a card
either to her home or
c/o Box 12 Group 2 RR1, East Selkirk R0E 0M0

ANNOUNCEMENT

CARD OF THANKS

We sincerely thank our family, friends, neighbours and George's colleagues for their words of comfort, cards, flowers and support during our loss of George. A special thank you to Red River Place, doctors, nurses and staff at SDGH, and Gilbert's Funeral Home for your tremendous care and compassion.

-Audrey Porayko and family

ANNOUNCEMENT

GRADUATION



Congratulations
Alexa Janet Vandenbossche
on your graduation from the
University of Manitoba
with your Bachelor of Nursing Degree
and upon passing your NCLEX exam
Fall 2020
We are so happy for you!
- Love your family

ANNOUNCEMENT

ANNIVERSARY



Happy 60th Anniversary
Mike and Pat Andrews
-Love your family
Colleen, Bill, Billy, Tracy, Tom and Laura
We love you!

Announcements

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ANNOUNCEMENT

IN MEMORIAM



Don Kordalchuk
November 26, 2019

The world around us changes,
Each passing day;
But cherished memories of you,
Are in our hearts to stay.
-Remembered by Butch and Jean Kordalchuk,
Crystal and Jennifer, Leanne and family

ANNOUNCEMENT

IN MEMORIAM



Gail Lynn Frederick

February 5, 1972 - December 2, 2018

When I am gone, release me, let me go...
I have so many things to see and do,
You mustn't tie yourself to me with tears,
Be happy that we had so many years.
I gave to you my love, you can only guess
How much you gave to me in happiness.
I thank you for the love you each have shown
But now it's time I travelled on alone.
So grieve awhile for me, if grieve you must,
Then let your grief be comforted by trust.
It's only for a while that we part,
So bless the memories within your heart.
I won't be far away, for life goes on;
So if you need me, call and I will come.
Though you can't see me or touch me,
I'll be near,
And if you listen with your heart, you'll hear
All my love around you soft and clear.
And then, when you must come this way
alone,
I'll greet you with a smile and say,
"Welcome Home".

-Forever loved, deeply missed,
John and Oz,
Frederick family and Boyce family

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Selkirk Record

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

Announcements

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ANNOUNCEMENT

IN MEMORIAM



Deborah Ann Betrand
(nee Hawrysh)

January 9, 1970 - November 24, 2019

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

You will remain in our hearts forever

-Mom, Dylan and family

ANNOUNCEMENT

IN MEMORIAM



Andréa (Andi) Bannish
(nee Lajeunesse Jungkind)

December 10, 1981 - November 18, 2010

Sadly missed and never forgotten.

-Danny, families and friends
(Forever Young)

OBITUARY



William (Bill) Thomas

It is with great sadness to announce the passing of Bill, on November 19, 2020, he passed away at home with his pride and joys by his side.

He was born April 2, 1945 in Balsam Bay, MB, where he lived most of his life. Bill enjoyed going to South Beach Casino, having coffee with family and friends and making bannock. He worked for CN and the Highways for years, then became a Commercial Fisherman. He loved the lake and catching fish.

Bill was predeceased by his wife Beverly of 55 years; son Morley; mom Alvina; dad Melvin; sister Bev; brothers Bob, Fred and Calvin.

Bill leaves to mourn son Sheldon; daughter Kelly (Reg); grandchildren Danielle, Evangeline, Megan, Ashlyn, Waylon, Destiny and Ryland; great-grandchildren Cherokee, Jaxon, Caleb and Remedy; siblings Eileen, Ralph (Elaine), Clara, Harry

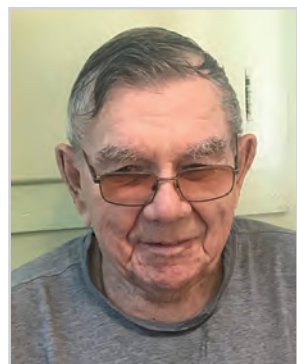
(Donna), Jerry, Joan (John), Ken and Ron (Maggie). He will be missed by many family and friends.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Leslie Melvin Sabiston

June 4, 1930 - November 21, 2020

Peacefully on November 21 with fiddle music softly playing and his daughter by his side Dad passed away.

Dad leaves to mourn his children Les (Jorunn) of Cold Lake, AB, Janis of Calgary, AB, Laurie of Selkirk, Kim of Victoria, BC and Melanie (Eric) of Selkirk with 13 grandchildren and 21 great-grandchildren; as well as his brothers Cliff, George, Craig and Dell, sisters Marlene and Sandy.

Dad was born and raised in Selkirk and started working at a very young age. He served our country with the army being stationed in Germany. He also worked for the city of Selkirk many years ago. Dad was a member of the Royal Canadian Legion #42 for 60 years.

As per Dad's wishes cremation has taken place and no service will be held.

Until we meet again.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



Your memory will live forever
Engraved within our hearts

OBITUARY



Brent Babisky

March 1st, 1956 - November 18th, 2020

It is with heavy hearts we announce the passing of our brother Brent on November 18, 2020, after a long hard battle of many illnesses.

Brent was predeceased by his father Gerald and mother Mabel (nee Swain). He leaves his brothers Randy (Donna) and Larry to mourn his untimely death. Brent will also be remembered by his many aunts, uncles, cousins, numerous friends and co-workers as well as many close friends that held a special place in his heart.

Born in Selkirk and raised in Lockport, Brent was employed at St. Andrews Lock and Dam until an illness forced him into an early retirement. Brent loved the outdoors and sledding with the guys. He also had a passion for ice fishing with his brother Randy as well as many close friends.

The family would like to thank Selkirk Regional Health Centre and all the nurses and doctors for their care in Brent's final days.

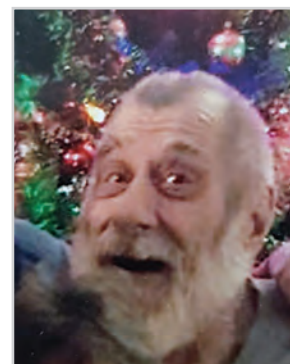
As per Brent's wishes cremation has taken place. Due to COVID-19 restrictions a private family burial will take place at a later date.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Charles (Chuck) Edward Jr. Neilson

February 27, 1949 - November 16, 2020

It is with heavy hearts we announce the passing of Charles (Chuck) Edward Jr. Neilson, on Monday, November 16, 2020 at the age of 71.

He was predeceased by his father and mother Charles Sr. and Anna. Survived by daughters Shaunene Smyth (Joseph) and Sherri Neilson; grandchildren Ashley Neilson and David Neilson; great-grandchildren Kyler Neilson - Wheeler, Liam Neilson - Wheeler and Lucas Wheeler; brothers and sister John, Donald (Geri), Margaret (Ken), James and numerous nephews and nieces.

Chuck was born in Winnipeg and later in life resided in Arizona for an extended period, most recently moving back to the Winnipeg area. Chuck was always considered to be the joker, quick with a joke and a laugh that was contagious. He will be deeply missed.

We would like to thank the staff at Extendicare Red River Care Home in Selkirk, MB for the loving care they provided for Chuck while he was there.

Due to the global situation, cremation will take place, with a service possibly in the future, when it is safe to do so.

In memory of Chuck, please plant a tree in his name.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Todd Dmyterko

December 8, 1968 - November 14, 2020

It is with great sadness and sorrow that we announce the peaceful passing of Todd Dmyterko on November 14, 2020 at his residence in Selkirk, Mb.

Todd is survived by his only son Derek; his parents Dot and Roy; and his three brothers, Dwayne (Alana), Darrin (Linda), and Alan. Todd is also survived by several nieces and nephews, Scott (and family), Daniel (and family) Sarah (and family), Hillary, and Hayden.

Todd was born on December 8, 1968 in Selkirk, Mb. Todd was a very friendly, outgoing individual that made friends easily where ever he went. Todd was a natural when it came to finding his way around the kitchen. His family and friends were the beneficiaries of this gift, as we had the luxury of gulping down so many of his deliciously cooked meals!!

Todd deeply loved his only son Derek and treasured the many times they spent together just hanging out, attending concerts, and in particular, the occasions when Derek would crash for a night or two over at his dad's residence. Todd also had the good fortune of going on a trip to Cuba with his brother Alan. Memories he would often share and laugh about when retelling his family some of the events that took place while he/they were there on holiday. Todd had a special bond with his nephew Hayden. Over the years they spent many hours hanging out watching movies, driving remote control RC Cars in empty parking lot spaces, and just sitting and chatting enjoying the company of each other's presence.

Todd also had a special friend Rhonda who he respected and loved dearly. Rhonda was his most trusted friend and confidant. Todd spoke so very highly of her and her character. The family would like to thank Rhonda for her unwavering support and friendship she so selflessly shared with Todd.

The family would also like to send a special thank you to Rocky Fontaine for his guidance and support during this most difficult time.

There were so many more memories left for us to make together,

but for now, we will end with this

We love you Todd and we will all miss you dearly.

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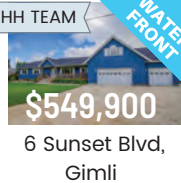
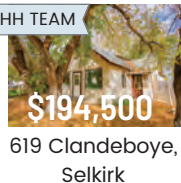
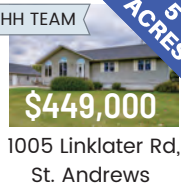

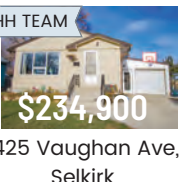
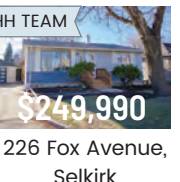

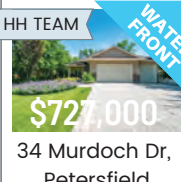
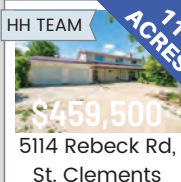
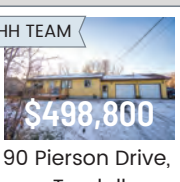


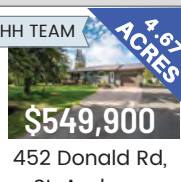
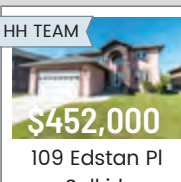
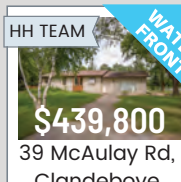
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Open Houses will now be postponed.

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.

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Thursday, November 26, 2020

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Devonshire Pasties

1lb ground beef
 ¾ cup finely chopped onion
 ¼ cup finely chopped celery
 2 tbsp flour
 ½ tsp salt
 ¼ tsp pepper
 ¼ tsp dry mustard
 Pinch dried savory
 1 cup beef stock (I use Campbells Beef Broth in the can)

Pastry:

4 cups flour
 1 tsp salt
 2 cups shortening
 ½ cup (approx.) ice water

Glaze:

¼ cup (approx.) milk or light cream
 Filling: Cook meat in skillet over medium heat, stirring constantly, until beef is no longer pink. Add onion and celery. Reduce heat to medium; cook, stirring often, about 4 minutes or until vegetables are tender. Stir in flour, salt, pepper, mustard, thyme, sage and savory; cook for 2 minutes. Pour in stock; bring to simmer and cook uncovered for 5 minutes or until thickened. Taste and adjust seasoning if necessary. Let cool. (Filling can be made ahead and refrigerated).

Pastry: In large bowl, stir together flour and salt. Using pastry blender or 2 knives, cut in shortening until mixture resembles coarse crumbs. Stirring briskly with fork, gradually add water 1 tablespoon at a time to make dough hold together. Press into ball. Divide pastry into quarters. (Pastry can be made ahead and frozen).

Assemble: Roll out pastry, a quarter at a time, 1/8 inch thick. Cut out six 3-inch circles. Divide filling into quarters. Place 2 teaspoons of filling in upper half of each pastry circle, leaving 1/2-inch border. Brush border around filling with a little milk; fold bottom half over filling. Press edges together with fingers, seal with fork. Transfer pastry to baking sheet. Lightly brush top with milk and prick once. Repeat with remaining pastry and filling. Bake in 400F degree F oven for 5 minutes. Reduce heat to 350 degrees F; bake for 20 to 25 minutes longer until pastry is golden brown.

Transfer to rack if making ahead or serve immediately. Makes about 24 pasties.

Note: I use my regular pie pastry instead of the above recipe and it works fine.

June Letkeman, Plum Coulee

Baked Mexican Pinwheels

1 tub (250 g) cream cheese spread
 1 cup Tex Mex shredded cheese
 1 cup chopped cooked chicken
 ½ cup salsa
 2 tbsp chopped fresh cilantro
 2 green onions, finely chopped
 6 large tortillas (any flavour)

Mix cream cheese spread and shredded cheese in medium mixing bowl until well blended. Stir in next 4 ingredients. Spread onto tortillas and roll up. Wrap individually in plastic wrap. Refrigerate 2 hours. Heat oven to 375F. Unwrap roll-ups. Trim and discard ends. Cut each roll-up into 10 diagonal slices. Place on baking sheet sprayed with cooking spray. Bake 10 minutes, turning after 5 minutes.

Shirley Prins, East Selkirk

Cheese Ball

8 oz pkg cream cheese
 ¼ cup sour cream
 ¼ cup miracle whip
 Dash tabasco sauce
 Dash Worcestershire sauce
 3 chopped green onions
 2 cups shredded cheddar cheese or marble cheese

Use cream cheese at room temperature. Mix all ingredients with a beater and form into a ball on a plate. Goes well with any kind of crackers

Lauri Thomas, Lockport

Swedish Nuts

1 ½ cups almonds (blanched and skins removed)
 2 cups Walnut halves
 2 egg whites
 1 cup granulated sugar
 ½ cup butter or margarine

Toast almonds and walnuts in slow oven (325 F) until light brown. Beat egg whites and dash salt until soft mounds form; gradually add sugar and beat to stiff peaks. Fold nuts into meringue. Melt butter in 15 1/2 x 10 1/2 x 1 inch pan. Spread nut mixture over butter. Bake at 325 F about 30 minutes, stirring or turning gently every 10 minutes (or more often) until nuts are coated with a brown covering and no butter remains in pan. Cool. Makes 5 to 6 cups.

Gilmour & Brul Law Office, Winkler



Salads & Pickles

Carrot Salad

5 cups carrots (sliced)
 1 green pepper
 1 large onion
 1 can tomato soup
 1 cup white sugar
 ½ cup vinegar
 ½ cup cooking oil
 1 tsp worchestershire sauce
 1 tsp dry mustard
 salt to taste

Slice carrots, boil until tender crisp (half done), drain. Cool well. Cut pepper into strips. Slice onion into rings or chunks. Stir all remaining ingredients together and pour over prepared vegetables. Keeps well in refrigerator. Best made a day before serving.

This recipe is everyone's favourite at our house and a "must" at our Christmas dinner.

Sylvia Thorgilsson, Lundar

Mandarin and Lettuce Salad

1 cup chopped celery
 ¼ head romaine lettuce
 ¼ head iceberg lettuce
 1 cup cauliflower flowerets (optional)
 1 can mandarin oranges
 2 green onions, chopped
 ½ cup sliced almonds
 3 tbsp sugar

Dressing:

½ tsp salt
 Dash of pepper
 2 tbsp sugar
 2 tbsp vinegar
 ¼ cup vegetable oil
 1 tbsp chopped parsley(optional)
 Dash of Tabasco sauce

In small pan, slowly heat sugar and almonds together until sugar is melted and nuts are coated (watch carefully as it burns easily). Cool and store in airtight container. Mix salt, pepper, sugar, vinegar vegetable oil, chopped parsley and tabasco sauce together for dressing. Mix lettuce, celery and cauliflower, add almonds and oranges. Toss with dressing and serve.

June Letkeman, Plum Coulee

Mushroom & Tomato Salad

1 pkg 200 g fresh white mushrooms sliced
 6-8 Roma tomatoes sliced

Marinade:

½ cup crisco or olive oil
 ¼ cup white vinegar
 1 tsp sugar
 1 tsp curry
 1 tbsp dry parsley
 2 - 3 cloves minced garlic
 salt and pepper to taste
 chopped green onion to garnish before serving

Put marinade ingredients in small jar and shake. Pour over mushrooms and tomatoes. Cover with plastic wrap or lid and refrigerate for several hours or overnight. Before serving sprinkle with chopped green onion.

Dianne Medwid, Dauphin

Christmas Pickles

9 lbs large cucumbers, peeled and seeds removed, cut into small pieces
 7 cups white sugar
 2 cups vinegar
 ½ tsp oil of cloves
 ½ tsp oil of cinnamon
 3 10oz jars maraschino cherries and juice, cut into quarters

Day 1:

Prepare cucumbers, put into enameled or stainless steel pot. Add water, cover and boil gently until barely tender, about 10 minutes. Remove from heat, drain and place cucs back in pot. In another pot combine sugar, vinegar, oil of cloves and cinnamon. Bring to a boil and pour over cucs. Let stand covered overnight at room temperature.

Day 2:

Drain off syrup into clean pot, bring syrup to a boil and pour back over cucs. Let stand overnight covered.

Day 3:

Bring cucs and syrup to boil. Add maraschino cherries and juice and bring back to boil. Once boiling add to pint jars leaving ½ inch of headroom.

Margaret Hyrciw, Selkirk

This Christmas Pickles recipe has been made and shared by Margaret for many years. People in the community look forward to her pickles every year. Darwin at Super Thrifty Pharmacy is one of the lucky recipients of these tasty treats and loves to serve them with wild meat.
 (See Super Thrifty ad on next page)



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1ST ANNUAL 2020 HOLIDAY FAVOURITE

Recipes



Baking & Desserts

Best Rolled Sugar Cookies

1 ½ cup butter, softened
4 eggs
2 cups sugar
1 tsp vanilla extract
5 cups flour, sifted
1 tsp salt
2 cups baking powder

Cream together butter and sugar, beat in eggs and vanilla, stir in flour, baking powder and salt. Cover and chill in fridge (about 2 hours). Preheat oven to 350 degrees. Roll out dough ¼ to ½ inch thick. Cut into shapes. Place on greased pan 1 inch apart. Bake 6-10 minutes. Cool, decorate.

I use parchment paper on my cookie sheets and when rolling and cutting, I lightly flour the surface.

Margaret Hryciw, Selkirk

Cherry Chocolate Chip Cookies

2 cups all purpose flour
½ tsp salt
1 ¼ cups brown sugar
1 tsp vanilla
¼ tsp almond extract
½ cup almonds, chopped
½ cup maraschino cherries, drained and chopped
1 tsp baking powder
1 cup butter
1 egg
1 cup semi-sweet chocolate chips
½ cup coconut

Preheat oven to 350F. Combine flour, baking powder and salt, mix well and set aside. Cream butter and sugar until light and fluffy. Beat in egg, vanilla and almond extract. Gradually add dry ingredients and mix thoroughly. Stir in chocolate chips, almonds and coconut. Carefully mix in the cherries. Drop from a teaspoon 2 inches apart on ungreased baking sheets. Bake for 12-16 minutes.

Sandra Pott, Lundar

Gingersnaps

1 cup white sugar
1 egg
2 cups flour
1 tsp cinnamon
1 tsp ground ginger
¼ cup margarine
¼ cup molasses
¼ tsp salt
1 tsp ground cloves
2 tsp baking soda

Cream margarine and sugar. Add egg, molasses and dry ingredients, mix well. Form into 1-inch balls and roll in white sugar. Flatten slightly with a fork before baking. Bake at 350 F for 9 minutes

These are Grandma Bodnarchuk's famous cookies and are the best gingersnaps ever!

The Gayleard Family, St. Andrews

Gingerbread Men

1 cup molasses
4 ¾ cups flour
1 tsp baking powder
¾ tsp soda
1 cup butter or margarine
1 ½ tsp salt
2 ½ tsp cinnamon
2 tsp nutmeg
1 cup firmly packed brown sugar
1 large egg (or two medium eggs)

Heat molasses slowly in a saucepan big enough for mixing cookies. Remove from heat. Add butter and stir until melted. Cool. Sift together next 7 ingredients. Mix with brown sugar and stir into the mixture. Add egg. Chill until stiff enough to handle. Roll 1/4 to 1/8-inch-thick on a lightly floured board. Cut with gingerbread boy cookie cutter. Place on lightly greased cookie sheets and bake at 350F for 12 to 15 minutes. Decorate. Yield 48 boys 6 inches tall.

*Tip - I don't chill very long and I use my hands to mix. It's a very thick dough. Also, I tend to make my boys a bit thicker and usually get 24 - 36. I'm generous with the spices and turn the cookies upside down and decorate them as reindeer.

Brenda Johnson, Morden

Empire Cookies

Cookie:

¾ cup Golden Crisco shortening
1 cup sugar
1 tsp vanilla
1 ½ tsp baking powder
2 eggs
2 ¼ cups flour
¼ tsp salt

Filling & Frosting:

½ cup raspberry jam
¼ tsp almond extract
1 ½ cups icing sugar sifted
1 ½ tbs hot water

Candied cherries to decorate

Cookie Instructions:

Cream shortening, sugar, eggs, and vanilla in large bowl on medium speed of electric mixer until light and creamy. Combine flour, baking powder and salt. Add to creamed mixture, beating at low speed until well blended. If desired, chill 1 hour for easy rolling. Roll out dough, a portion at a time, on lightly floured surface to 1/8" thickness. Cut into 2" rounds. Re-roll leftover pieces. Place on ungreased baking sheet. Bake at 350F for 8 to 10 minutes, or until lightly browned around the edges. Cool completely.

Filling & Frosting: Spread half the cookies on the underside with jam. Top with remaining cookies. Combine icing sugar, extract, and enough hot water to make a thin icing. Frost tops of cookies. Decorate with a piece of cherry. Store in airtight container overnight, can also be frozen.

Shirley Prins, East Selkirk

Monster Cookies

12 eggs
4 cups white sugar
1 tbsp syrup
1 lbs butter or margarine
3 lbs peanut butter
1 lb chocolate chips
1 lb Smarties or M&M'S
2 lbs brown sugar
1 tbsp vanilla
8 tsp baking soda
18 cups oatmeal

Preheat oven to 350F. Mix in a bowl in the order given. Drop by large tablespoon and flatten, about 6 to a cookie sheet. Note: Recipe does not call for flour.

Lauri Thomas, Lockport

Hot Chocolate Cookies

Cookies:

½ cup butter, unsalted
12 oz. Chocolate chips
1 ½ cups flour
½ cup unsweetened cocoa powder
1 ½ tsp salt
1 ½ cups brown sugar
3 eggs
2 tsp chocolate or vanilla extract
135 mini marshmallows
Sprinkles

For Glaze:

4 tbsp melted butter
¼ cup cocoa powder
¼ cup hot water
2 cups powdered sugar
1 tsp chocolate or vanilla extract

In a small saucepan, melt the butter and then whisk in the chocolate chips. Whisk together until melted into a chocolate sauce. Set aside and let cool. In a large bowl sift together the flour, cocoa powder, baking powder and salt. In the bowl of stand mixer, combine the sugar, eggs and extract together. Mix until well combined. Once the chocolate and butter mixture is cooled, mix it into the sugar, eggs and extract. Slowly whisk the flour mixture into the chocolate mixture.

Mix until everything is combined. Cover in plastic wrap and place into the fridge for 1 hour. Remove dough from the fridge after 1 hour and preheat oven to 325F. Line a baking sheet with parchment paper or a silicone baking mat. Spoon out about a tablespoon of chilled dough and roll it into a ball. Lay it onto a prepared baking sheet. Press each cookie down a little bit. Bake for 10 minutes. Remove from oven. Top each cookie with 3 mini marshmallows. Place back in oven for 2-3 minutes. Remove cookies from oven and place on a wire rack to cool. Repeat until all cookies are done. Let cookies cool and make a glaze.

In a medium bowl, combine the melted butter, cocoa powder, hot water and extract. Slowly whisk in the powdered sugar until everything is combined. Lay a piece of parchment paper under the cooling rack that is holding the cooled cookies (easy clean up). Drizzle each cookie with the chocolate glaze, covering the marshmallows. While the chocolate glaze is wet, sprinkle each cookie with sprinkles (dries fast). Let cookies and glaze set for about 30 minutes before serving. Keep cookies in an airtight container.

Jennifer Duggan

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1ST ANNUAL 2020 HOLIDAY FAVOURITE Recipes

Baking & Desserts

Pecan Crunch Cookies

1 cup butter ½ cup white sugar
1 tsp vanilla
½ cup crushed plain potato chips
½ cup chopped pecans
¼ tsp salt 1 ¾ cup flour

Mix all ingredients together. Roll into balls and then roll in some extra white sugar. Place on ungreased cookie sheet. Press balls flat with bottom of a glass. Bake in 350F for 16 - 18 minutes. You can top each cookie with whole pecans if you wish.

Dianne Medwid, Dauphin

Sugar Cookies

1 ½ cups powdered sugar (icing sugar)
1 cup butter 1 egg
1 tsp vanilla ½ tsp almond extract
2 ½ cups flour, sifted 1 tsp baking soda
1 tsp cream of tarter

Mix together powered sugar, butter egg, vanilla and almond extract, stir in flour, baking soda, cream of tarter. Cover and refrigerate (at least 3 hours). Heat oven to 375 degrees. Lightly grease cooking sheets (use parchment paper- lightly floured). Divide dough into halves. Roll ¼ inch thick. Cut into 2 - 2 ½ inch shapes. Sprinkle with sugar, place on cookie sheet. Bake 7-8 minutes until edges are light brown. Makes about 5 dozen.

Margaret Hryciw, Selkirk



Chocolate Cherry Shortbread

This recipe is good for Christmas as it has red and green candied cherries in it. I like the combo of chocolate and cherries. I used dark chocolate chips for a deep chocolate flavour. Cornstarch gives this shortbread a very fine delicate texture, which is lovely but also means the cookies can be fragile. Handle and store with care. Recipe can be halved.

2 cups (500mL) butter, softened
1 cup (250mL) icing sugar
2 tsp (10mL) vanilla
3 cups (750mL) all purpose flour
1 cup (250mL) cornstarch
1 1/3 (325mL) semi-sweet chocolate chips
1 cup (250mL) chopped red and green candied cherries

Preheat oven to 300F (150C)
In a large bowl, using electric mixer, medium speed, cream butter until light. Gradually add icing sugar and vanilla. Beat until creamy. Gradually add flour and cornstarch, beating until smooth. Stir in chips and cherries. Drop by spoonfuls onto ungreased cookie sheet. (for a more "professional" look, you can roll them in balls and they will stay that way). Bake in center of oven for 25-30 minutes or until just set and starting to brown around edges.

Marion E. Hodgson, Roland

Shortbread

3 cups flour
1 ½ cup icing sugar
1 cup corn starch
2 tsp baking powder
1 lb butter (melted)

Mix dry ingredients, make a well and pour in melted butter, mix well, pat into cookie sheet, prick with fork, (optional sprinkle coloured sugar) bake at 325F for approximately 45 minutes, cut immediately into squares. Let cool in pan. Enjoy!
Cooks tip: You can switch amounts for icing sugar and corn starch for a less sweet cookie.

Best shortbread, easy, fast and delicious! I was an owner of Pollock Hardware in Winnipeg and would make 8 to 10 batches to be served in the store for a week before Hanukah and Christmas.

Lois Cash, Winnipeg Beach

Easy Fudge

2-3 packages chocolate chips
1 can of sweetened condensed milk
*optional - dried cranberries, nuts, other adds as appropriate

Melt chocolate (I microwave on low), then add sweetened condensed milk & stir (work fast) and any adds if you wish. Put it in a parchment paper lined pan. Put in fridge to finish setting.

* Tips - great to put in freezer for a few hours, then can cut into small pieces & put in freezer bags so they are ready to serve.
- milk chocolate is a favorite with pecans
- very pretty at Christmas or Valentines is white chocolate with dried cranberries

Patsy Zdrill, Selkirk

Filled Strawberries

36 large strawberries
1 ¼ pkg cream cheese, softened
½ cup icing sugar
¼ tsp almond extract
grated milk chocolate
Remove stems and cut a deep X in top of each berry. Gently spread open. Beat cream cheese, icing sugar and almond extract. Fill each berry with approx. 2 teaspoons of filling. Sprinkle with grated chocolate. Keep chilled until serving. They are great.

Janice Thiessen, Selkirk

Raspberry Bars

1 cup sifted all-purpose flour
2 tbsp butter ¼ tsp salt
1 cup granulated sugar
1 tsp baking powder 1 egg well beaten
½ cup shortening Pinch of salt
1 egg, well beaten 1 tsp vanilla
1 tsp milk
2 cups shredded coconut Raspberry jam

Sift together flour, salt & baking powder. Cut in shortening. Combine beaten egg and milk, work into first mixture, press into greased 8" square pan. Spread with thin layer of raspberry jam. Blend sugar and butter, stir in well beaten egg, salt, vanilla and coconut. Carefully spread over top of jam. Bake in moderate oven 350F about 30 minutes. Cool, then cut into bars. Recipe may be doubled but use a 9x13 pan.

This is from my late mother's cookbook and is a hit with my friends and family.

Rosemary Pugsley, Petersfield

Rum and Butter Toffee

1 cup sugar
¾ cup corn syrup
¾ cup half and half
¼ tsp salt
2 tbsp butter
3 tbsp rum

Place sugar, corn syrup, cream and salt in heavy saucepan, stirring constantly. Cook over medium heat until sugar dissolves and mixture boils. Cook without stirring till your candy thermometer reaches 244F. Mixture comes to a medium boil. Add butter. Continue to cook until candy thermometer reaches 262F or until hard boil. Remove from heat. Stir in rum. Pour into buttered 8x8 inch pans. Cool, then chill. Break into small pieces and enjoy.

Deb Wolfe, Winkler

Cranberry Pie

4 cups cranberry juice
1 ¾ cups water
2 cups sugar
½ cup plus 2 heaping tbsp cornstarch

Cook until thick. Cool. Fill two baked pie shells. Top with a high pile of sweetened whipped cream (no substitutes!)

Pick wild cranberries, cover with water and cook for 20 minutes. Pour juice through a pillowcase. This makes the best juice for this pie!

Becky Plett, Arborg

Betty's Maple Cream Fudge

Over low heat the following:
3 cups brown sugar
2 tsp corn syrup
2/3 cup pacific evaporated milk (canned milk)
2 tbsp butter (no substitute)

Boil gently, without stirring to soft ball stage (236°F) Cool gradually while beating mixture by hand to a creamy texture.

Add:
1 tsp vanilla
½ cup walnuts (optional)

Stir and pour into well buttered 8 x 8" glass pan. Cool, cut into squares and enjoy.

Joan & Karrie Burzuik, Selkirk



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1ST ANNUAL 2020 HOLIDAY FAVOURITE

Recipes



Baking & Desserts

Gum Drop Cake

1 cup butter 1 cup sugar
4 eggs ½ tsp vanilla
2 ½ cups flour ½ tsp salt
1 tsp baking powder 1 cup milk
¾ lb. (2 cups) gumdrops (no black ones),
chopped
1 cup candied cherries, cut in half
1 cup light or white raisins
¾ (1 ½ cups) mixed peel

Beat butter and sugar. Add eggs and beat. Add vanilla and mix. Sift flour, salt and baking powder. Add this alternately with the milk. Stir in gumdrops, cherries, raisins and peel. Pour into 2 loaf pans and bake at 275 degrees F for 2 ½ hours. Place a pan of water underneath the cakes in the oven.

Lal Froebe, Carman

Mini Cheese Muffins

Combine:

2 cups flour (500 mL)
¼ cup sugar (50 mL)
1 tbsp baking powder (15 mL)
1 tsp salt (5 mL)
2 tsp dill weed (10 mL)

Stir in:

1 ½ cups shredded cheddar cheese (375 mL)
1 finely chopped onion
Mix together:
2 beaten eggs,
1 cup plain yogurt
¼ cup melted margarine (50 mL)

Add wet ingredients to dry mixture. Stir until mixture is moist. Spoon batter into greased or paper lined mini muffin tins, filling ¾ full. Top each muffin with shredded cheddar cheese.

Bake at 350F for 18-20 minutes. Serve warm or cold. Yield 24 mini muffins or 12 medium.

*Tips - add some fried bacon crumbled or chop pepperoni or ham

- Use a different cheese for different flavour
- If you don't have yogurt, use sour cream or milk.

- Can also make in larger muffin tins and enjoy them with a bowl of soup

Helen Glowienka, Selkirk

Almond Roca Bars

1 cup butter ½ cup sugar
½ cup brown sugar 1 egg yolk
1 tsp vanilla
1 ½ cups all purpose flour ½ tsp salt
1 ½ cups chocolate chips
¾ cups chopped almonds

Preheat oven to 350F. In mixing bowl, cream butter and sugars, add egg yolk and vanilla and beat until light and creamy. Add flour and salt and mix until well blended. Press dough evenly into 15 x 10" greased jelly roll pan and bake for 15-18 minutes or until lightly browned. Remove from oven and immediately sprinkle with chocolate chips. As the chips melt, spread evenly using a knife or metal spatula. While the chocolate is still soft, sprinkle chopped almonds on top, then refrigerate. Cut or break into pieces. Store in refrigerator.

Sandra Pott, Lundar

Chocolate Coconut Mousse

Aztec warriors have long used high protein chia seeds as an energy booster. These tiny black seeds are also high in protein and will stimulate bowel function. Cayenne pepper stimulates the production of endorphins, is the body's natural pain killer and kills the bacterium in the stomach known to cause ulcers. Cayenne can be used liberally for its antioxidant and cardiovascular benefits as well as an expectorant and decongestant.

In a small blender combine:

1 can of full fat organic coconut milk
3 tbsp chia seeds
2 tbsp cacao powder
pinch of cayenne pepper

Blend well in a small blender like the magic bullet. Fold in 1/2 cup unsweetened shredded coconut and divide into 4 small serving dishes and chill for 1-3 hours. Enjoy!

Elizabeth Logan R.H.N.

Nutritional Counselling and Workshops

Caramel Toffee Squares

The hard part is not eating them before you freeze them!

Base:

½ cup (125 mL) plus 2 tsp (10mL) soft butter
¼ cup (50 mL) white sugar
1 ¼ cups (300 mL) all purpose flour
Mix well and press into 9"x9" (22cm) pan
Bake at 350F (180C) for 20 minutes. Cool.

Filling:

½ cup (125 mL) brown sugar
½ cup (125 mL) butter
dash of salt
2 tbsp (30 mL) corn syrup
½ cup (125 mL) Eagle Brand sweetened condensed milk
½ tsp vanilla
Combine in a double boiler and bring to a boil. Boil and stir for 5 minutes. Remove from heat, beat and pour over cooked base. Refrigerate until set.

Topping:

1- 6oz (175g) package semi-sweet chocolate chips
2 tsp (10mL) butter
Melt chips and butter over low heat. Pour over the now cooled filling layer. Refrigerate or freeze. Cut into 36 squares.

Marion E. Hodgson, Roland

Nana McRae's Rum Sauce

¼ cup butter
1 cup brown sugar
melt together in small pan on low heat, while stirring add slowly
¼ cup flour, mix well until combined then add
1 ½ to 2 cups boiling water

Stir and let simmer 1 to 2 minutes until bubbling. Remove from heat and add 1 tbsp of Brandy, rum extract or liqueur to taste. Pour over plum pudding and enjoy.

Joan & Karrie Burzuik, Selkirk



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1ST ANNUAL 2020 HOLIDAY FAVOURITE Recipes



Filet of Beef

1 whole filet of beef (4 - 5 lbs), trimmed and tied
2 tbsp. unsalted butter at room temperature
1 tbsp. kosher salt
1 tbsp coarsely ground black pepper

Preheat the oven to 500F. Place the beef on a baking sheet and pat the outside dry with a paper towel. Spread the butter on with your hands. Sprinkle evenly with the salt and pepper. Roast in the oven for exactly 22 minutes for rare and 25 minutes for medium rare. Remove the beef from the oven, cover it tightly with aluminum foil and allow to rest at room temperature for 20 minutes. Remove the strings and slice the filet thickly.

June Letkeman, Plum Coulee

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Chicken George

4 chicken breasts
shredded cheese
salt
pepper
lemon pepper
garlic powder
1 can cream of chicken soup
1 ½ soup cans milk
1 tsp chicken bouillon
Stove Top Stuffing Mix prepared

Place boneless chicken breasts, sliced in half lengthwise to make them thinner, in a 9x13-inch pan. Sprinkle generously with shredded cheese and next with salt, pepper, lemon pepper and garlic powder. Mix soup, milk and bouillon. Pour over chicken. Sprinkle prepared stuffing mix on top. Cover with foil and bake at 375F for 1 hour. Serve over mashed potatoes. My family loves this!

Becky Plett, Arborg

Stovetop Casserole

This only works in a heavy bottomed frypan

1/8 cup peanut oil
1 to 2 lbs hamburger, chicken pieces or pork chops
Brown meat and stir in:
1 cup raw rice
1 cup carrot slices
1 cup shredded cabbage
1 can peas and liquid
1 pkg Lipton's Chicken Noodle soup
1 tsp salt
½ tsp pepper
2 cups water

When mixture bubbles, cover tightly turn heat down to simmer. Cook 25 minutes. Add 1 cup shredded cheese on top of casserole. Cover. Turn off heat. Wait 5 minutes and serve.

Christine Dann, Gimli

Spaghetti Squash Au Gratin

Tastes like a Potato Casserole without all the carbs!

1 medium spaghetti squash
3 tbsp butter
1 small yellow onion, very thinly sliced
1 tsp red pepper flakes
¼ tsp garlic salt
Salt and Pepper to taste
¾ cup sour cream
1 cup shredded cheddar cheese

Cut the spaghetti squash in half and remove the seeds. Place in a covered dish with a ¼ inch of water and microwave for 10-12 minutes. In a medium sized skillet over medium heat, add the butter, onions, red pepper, garlic salt, salt and pepper and cook until the onions are brown in color. Using a fork, scrape the insides of the squash and transfer to a small bowl. Mix the squash, onions, sour cream and half the cheese together and mix well. Transfer the mixture to a buttered baking dish and top with remaining cheese. Place into a pan and bake at 375F for 20-25 minutes. Put on broil for the last minute until golden brown on top.

Noreen Grenier, St. Leon

Parsnip Fritters

2 large parsnips, grated
Hot water
½ tsp salt
1 tsp baking powder
½ cup milk
Shortening for frying
Barely cover parsnips with hot water and simmer 5 minutes. Drain. Sift dry ingredients together and add to combined egg and milk and beat until smooth. Stir in parsnips. Drop by spoonful into hot fat and fry until nicely browned on both sides. Cook's tip: serve with salsa.

Islay Jack, Teulon (from the Modern Encyclopedia of Cooking published in 1953)

Prize Winning Mushroom Casserole

2 pkgs white fresh mushrooms cut into T's
3 tbsp butter
1 (14 oz) can ripe pitted olives
1 cup grated old cheddar cheese
2 tbsp flour
2 tbsp butter
½ cup soft breadcrumbs
1 tbsp melted butter

Sautee mushrooms in 3 tbsp butter until juicy. Add in casserole a layer of mushrooms, layer of olives, sprinkle with cheese and flour and dot with butter. Continue layers. Top with buttered breadcrumbs. Bake at 350F for 30 minutes.

Dianne Medwid, Dauphin

Sweet n' Sour Meatballs

Meatballs:

5 lbs ground beef
2 ½ cups rolled oats or dry breadcrumbs
5 eggs, lightly beaten
1 ¼ cups milk
4 tsp salt and pepper (you gage how you like it)
1 large onion, chopped

Combine all ingredients and then make meatballs and put onto a cookie sheet. Bake in a 350F oven until gently browned and grease has come out.

Sauce:

2 ½ cups water
2 ½ cups brown sugar
1 cup ketchup
¼ cup Smoked Lime & Tequila BBQ sauce or Habanero BBQ sauce
2 ½ tbsp cornstarch
5 tbsp soya sauce

Combine. Bring to boil in a saucepan. Put browned meatballs and sauce into slow cooker and cook on low for 6-8 hours or bake in oven at 350F for 1 ½ hours.

Deb Wolfe, Winkler - Family favorite recipe

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1ST ANNUAL 2020 HOLIDAY FAVOURITE

Recipes



Ethnic Favourites Flourless German Fruitcake

Cut up the following:

½ lb glazed red cherries
½ lb glazed green cherries
½ lb dates
½ lb Brazil nuts
2 slices red pineapple
2 slices green pineapple
Mix above and add:
½ lb fine shredded coconut
Dash salt
15oz can condensed sweetened milk
Combine and place in 8 x 8 x 2" pan lined with parchment paper, greased. Bake for one hour at 350F.

Submitted by Vera Loewen, Moosehorn

Pönnukökur

Bowl 1: Beat all frequently, with a mixer, until smooth.

2 eggs
1 tsp vanilla
¼ cup oil
½ tsp baking soda that is dissolved in 1/3 cup hot water
½ cup high fat sour cream
2 and ½ cup milk & cold coffee (I do about ½ of each)

Bowl 2: Mix these together and slowly add into bowl 1 mixture- mixing well after each addition.

1 ½ cups flour
½ tsp salt
1 tsp baking powder
½ tsp cinnamon

Filling:

I use mix of approximately half brown & white sugar, sprinkle on cooked Pönnukökur.

Diabetic/Diet variation - use 1 packet of sugar substitute.

Make the batter, then cook the rounds until golden or desired colour on medium element. Thin ones are the best! It takes a few minutes only to brown each side. Loosen the edges all around before you flip. I use a Pönnukökur pan that my parents brought me from Iceland, but a 9-inch pan is good. My dad used butter before cooking each - I use non-stick spray oil. After I make all the Pönnukökur, I fill them & roll them. Enjoy!

Patsy Zdrill, Selkirk

Mom's Bannock

2 cups flour 4 tsp baking powder
1 tsp salt ¼ cup lard
1 cup half and half cream

Mix in bowl, cut in lard until pea size. Add cream. Work gently just until dough forms. Place on floured surface and work into form and roll top with rolling pin and prick with a fork. Bake about 22 minutes at 450F.

This was my mother Betty Burzuik Lee's recipe. She passed away eight years ago.

Sandra Kurbis, Selkirk

Polish Khruchiki (Nothings) Recipe

4 cups all purpose flour
1 teaspoon salt
1 cup cold butter
4 egg yolks
1 cup evaporated milk
2 teaspoons vanilla extract
Oil for deep fat frying
Confectioners' sugar (icing sugar)

In a large bowl, combine flour and salt. Cut in butter until mixture resembles coarse crumbs. In another bowl, beat egg yolks until foamy; add milk and vanilla. Stir into crumb mixture until dough is stiff enough to knead.

Turn onto a lightly floured surface; knead 8 to 10 times. Divide dough into four pieces. Roll each portion in a ¼ inch thick rectangle; cut into 4 inch x 1 ½ inch strips. Cut a 2 inch lengthwise slit down the middle of each strip; pull one of the ends through the slit like a bow.

In an electric skillet or deep fat fryer or pot. Heat oil to 375 degrees. Fry dough strips, a few at a time until golden brown on both sides. Drain on paper towels or brown paper. Dust with confectioners' sugar.

This recipe has been in our family for many years and goes back to our Great Great Baba Maria (Noga) Konopacki Born May 20, 1873, Died November 26, 1946, Great Baba Pauline (Konopacki) Grzenda Born May 21, 1915, Died December 27, 2000 and our Mumzy Petrease (Grzenda) Kowalski Born June 29, 1938, Died April 13, 2006. They used to make these Polish cookies called, "Khruchiki". In English they are called, "Nothings". This was a family tradition that was always made part of our Christmas and Easter dinners every year or any other occasion in our families. This recipe goes back to the early 1900's and we make them today. I submit this recipe in memory of these ladies in our family.

Fran Kowalski-Mickey, Beausejour

Vinarterta

Dough:

1 cup butter
1 ½ cup sugar
3 eggs
1/3 cup whipping cream
¼ tsp salt
1 tsp almond flavouring
1 tsp vanilla
3 tsp baking powder
4 cups flour (+)

Filling:

750 gram pitted prunes
1 cup sugar
1 tsp vanilla
1 tsp cinnamon

Boil prunes until tender about 20 min. Add rest while warm and mix. (I use mixer) Cool. Cream butter with sugar. Add eggs one at a time. Add flavourings. Bake each dough/cookie layer until only light brown. 325F oven for 5-6 min. A vinarterta should be 7 layers. 7 layers of cooked dough with 6 layers of the prune filling between each.

* Tips - make small Vinarterta so they are easier to make, freeze and take
- bake on parchment paper circles
- use a 5.5" pot lid as a cutter

This recipe is from my father Laurence S.G. Johnson. He was the Mr. Johnson who taught at the high school in Selkirk. Also noted as Selkirk Citizen of the Year, he was a past president of the Selkirk Bruin Chapter and of the Icelandic National League of North America. They have a Lifetime Achievement Award named after him.

Patsy Zdrill, Selkirk

Ukrainian Christmas Kutya

2 cups cleaned wheat berries
3-4 quarts water
1 cup cleaned poppy seed
1/3 cup honey
2/3 cup sugar
1/2 cup hot water
1/2 cup chopped walnuts or 1/2 cup pecans

Wash wheat in cold water and soak overnight in the 3 to 4 quarts of water.

The next day, bring the water to a boil then simmer for 4 to 5 hours, stirring occasionally to prevent sticking.

The wheat is ready when the kernels burst open and the fluid is thick and creamy.

Chop the poppy seed in a food processor (or coffee grinder) (or you can buy ground poppy seeds in some deli's) and set aside. Mix honey, sugar and hot water.

Mix the honey mixture, poppy seeds, and chopped nuts and wheat. More honey can be added to taste. Keep in refrigerator.

Welsh Cakes

3 cups flour
1 cup granulated sugar
½ tsp baking soda
½ tsp salt
1 cup currants
1 ½ tsp baking powder
1 cup butter (hard)
2 eggs
¼ cup milk

Mix dry ingredients and currants together in a large bowl. Cut in butter with pastry knife until finely crumbled. Whisk together eggs and milk, then add to dry mixture. Form a dough and roll out to 1/2-inch thickness on a floured surface. Cut into small round shapes. A juice glass works well. Dry fry each cake at 350 degree setting for an electric frying pan. Use semi-high heat if using a regular fry pan on the stove top. No need to oil the pan because the cakes contain butter. Cakes will rise while cooking and cook quickly. Fry each side until golden brown. Enjoy!

I learned this recipe from my children's paternal grandmother who had this recipe passed down to her. It is an instant favourite 'cookie' for everyone who tries these.

Erika Hanneson, Gimli



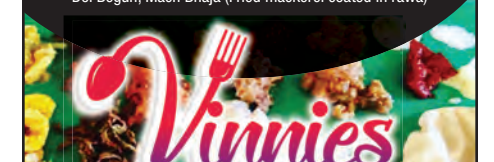
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