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The Selkirk Record

THURSDAY, DECEMBER 9, 2021

VOLUME 12 EDITION 49

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RECORD PHOTO BY BRETT MITCHELL
RCMP Constables Knelsen-Thiessen and Gendron were out in front of Safeway Friday evening taking donations for the Big Hearts Hamper Drive. Patrons donated groceries, toys and cash to the cause.

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PRICES IN EFFECT: THURSDAY, DECEMBER 9 - WEDNESDAY, DECEMBER 15, 2021

COVID outbreak on medicine unit at Selkirk hospital

By Patricia Barrett

A COVID-19 outbreak at the Selkirk Regional Health Centre last week resulted in visiting restrictions on its medicine unit, but other health-care services, including the emergency department, are unaffected.

The Interlake-Eastern Regional Health Authority's medical officer of health declared the outbreak on Nov. 30 on the medicine unit.

The IERHA informed patients, families and staff about the outbreak and alerted the media.

The IERHA's chief executive officer Dr. David Matear said the health region feels it has contained the outbreak and has enhanced monitoring and infection prevention protocols. The medicine unit has 30 beds, divided between a 15-bed unit for acute care (short-term care) and another 15-bed unit for surgical patients.

"We have six confirmed positive cases and those were all patients. No staff tested positive. We feel we've contained the outbreak and we're continuing to monitor all staff and patients on a day-to-day basis," said Matear last Friday. "There was a hint today that the number is going down. We know when we could lift the outbreak declaration, which – if all goes well – would be in 10 days' time. We're reviewing that every day."

All patients on the unit are being monitored and screened for respiratory symptoms, he said, and staff are being screened before and after their shifts. Staff who remain unvaccinated are subject to the provincial government's COVID testing protocol.

The health authority is also doing an audit of personal protective equipment (PPE).

"We do that normally but we make sure there's a heightened level of scrutiny within the outbreak units to make sure we're doing everything appropriately and we have those checks and balances in place," said Matear.

Visiting is restricted on the medicine unit, but other hospital services are up and running as the outbreak was contained to that one area.

"Surgeries, day surgery, hospital programs, dialysis, the diagnostic imaging lab, the cancer care program, the emergency department – they're not affected at all," said Matear.

There were 147 new COVID-19 infections last Friday (Dec. 3). Twelve (half in people not fully vaccinated) were confirmed in the Interlake-Eastern region. A total of 1,328 Manitobans have so far lost their lives to the virus, according to provincial data. As of that date, no cases of the omicron variant have been confirmed in Manitoba although it has spread into other Canadian jurisdictions.

Omicron, which has an alarmingly high number of mutations that current COVID vaccines may not be able to recognize, is expected to eventually spread around the world despite travel precautions. It has been found in at least 38 countries since it was first reported to the World Health Organization on Nov. 24.

Unvaccinated people are ideal incubators for COVID, providing an unfettered playing field where the virus can learn how to outmanoeuvre immune

defences and strengthen itself against vaccines. Scientists are currently trying to establish just how much more transmissible omicron is over other variants such as delta and its effect on human immunity. Vaccine-makers are investigating whether they'll have to tweak their vaccines to specifically address omicron's numerous mutations.

Some experts say the planet is nowhere near the end of the COVID pandemic, and that omicron could perhaps set us right back to the beginning should it prove able to evade vaccine-induced immune defences.

Globally, there have been over 263 million confirmed cases of COVID and more than 5.2 million deaths as of Dec. 3, according to the World Health Organization. The

Americas (north, central, south) followed by Europe have the highest numbers of infections.

In addition to humans, the COVID virus has spread to several animal species, including cats,

dogs, ferrets, mink, several types of big cats, and certain primates, according to the U.S. Centers for Disease Control and Prevention. It has also been confirmed in white-tailed deer in several U.S. states and was recently confirmed in white-tailed deer in Quebec.

The Selkirk supersite for COVID-19 and flu vaccinations remains open to walk-in and appointments. It's located at 100 Easton Dr.

Selkirk also has a COVID testing site at 100 Easton Dr. (in the former hospital). It's open Monday to Saturday from 9 a.m. to 4 p.m. People are encouraged to get tested if they experience symptoms. To make an appointment at a testing site, call 1-855-268-4318.

Manitobans who are eligible for their third dose of a COVID vaccine can reserve an appointment on the province's online booking site or call 1-844-626-8222 (1-844-MAN-VACC).

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Coca-Cola came to town



RECORD PHOTOS SUBMITTED BY ASHLEY SUTHERLAND AND BY BRETT MITCHELL

Selkirk Safeway arranged to have the Coca-Cola truck visit their parking lot last Friday night. Santa and his helpers arrived to give kids a chance to meet him and take photos. Pictured left: Aliyah and Kailyn Sutherland pose with Santa. Right: Madison McLeod and Jillian Michalik take their turn at the north pole.

M&M Food Market Franchise Opportunity Now Available in Winnipeg

M&M Food Market is looking for Franchise Partners who want to grow their own business in a re-franchised location in Winnipeg.

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As long-time owners are looking to sell their business and begin the next chapter of their career, now is the time to re-franchise an established location with an existing customer base and proven revenue. An opportunity is currently available in Winnipeg to Franchise Partners who are passionate about the brand and are ready to grow alongside it.

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M&M Food Market products are sold in over 2,100 locations across Canada. Since the first store opened in 1980, M&M Food Market has adapted to economic downturns, changing consumer tastes, and an increasingly competitive retail environment to emerge as Canada's largest frozen food retailer.

It's this history that guided M&M Food Market through the worst of the COVID-19 pandemic.

Even as other industries were impacted by restrictions and public health policies, M&M Food Market Franchise Partners remained open, serving Canadians as an essential service. Most stores achieved stable revenues and strong margins during an unpredictable period.

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With Canadians spending more time at home, many turned to the convenience of great-tasting, nutritious, and easy-to-prepare frozen meals.

In response to this surge in demand, M&M Food Market accelerated investments in key strategic initiatives such as eCommerce and other digital capabilities. By providing more flexibility to customers, Franchise Partners expanded their reach and established new revenue streams to offset any short-term decline in in-store traffic.



Recently, the company launched a new eCommerce website that makes it easy for customers to purchase online, input dietary restrictions, and discover new products through personalized recommendations.

New pickup options have also been implemented across the country. Click & Collect, Curbside Pickup, and Delivery programs are now available in most stores, allowing customers to choose how they receive their orders.

Additionally, an expanded loyalty program, powered by a robust point-of-sale system, rewards customers and provides tailored discounts based on their preferences.

Combined, these new digital initiatives demonstrate how M&M Food Market is continuing to innovate and enhance the customer experience across all channels.

Supporting Franchise Partners Every Step of the Way

M&M Food Market provides the tools, training, and support needed to achieve success with the brand.

All Franchise Partners go through comprehensive classroom and in-store training prior to opening their own location. Cloud-based daily training programs, operational manuals and guidelines, ongoing development opportunities, and regular calls with local Area Managers ensure Franchise Partners always have a place to turn to for help.

Throughout the pandemic, M&M Food Market has stepped up support for Franchise Partners to help them navigate a challenging and evolving situation.

Stores implemented enhanced safety policies early in the pandemic. In addition to these national policies, Head Office worked closely with local Franchise partners to understand and enforce the changing requirements in their market.

M&M Food Market has also taken significant steps to mitigate the impact of supply chain and labour market disruptions. While these challenges have affected every business to some degree, M&M Food Market has been able to keep products on the shelves and available to customers by working closely with suppliers and managing frozen inventory to reduce the risk of shortages.

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If you're interested in learning more, please contact Liz Riley (lizr@mmfoodmarket.com or 905-814-2420) to inquire further about the opportunity to own the M&M Food Market store in Winnipeg.

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FOOD
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Gaynor Family Library gets ready for the holidays

By Katelyn Boulanger

The Gaynor Family Regional Library gives residents in Selkirk and surrounding RMs a great place to find free resources, programs, and provides a gathering place in our community and this December they've continued to provide those services and more.

"The big news in December is we're having library amnesty month," said Director of Library Services, Ken Kuryliw. "So in the month of December, there will be no fines for books that are returned, even if they've been long overdue. You will be able to return your books and the fines will get waived, even if they're like a year overdue."

The aim of this initiative is to get books that people might be putting off returning because of a fine back into circulation at the library so that everyone can enjoy it.

"The other part of it is if you have existing fines already that are old, or lost books, charges, we'll cut that in half if you pay your half," he said.

People stopping by the library that may not have been there recently

should know that COVID-19 guidelines are in effect which means that masks must be worn at all times but borrowing, browsing and using the computers have all returned to normal.

This book amnesty event is something that the library does periodically but hasn't done in a little while.

"It's an opportunity for patrons that were feeling bad about overdue items and not coming into the library to return to the library. We want to make it as easy as possible on people to clear up their accounts and get back in good standing," said Kuryliw.

In addition to the book amnesty, the library has brought back their secret stories program. Call the library after hours at 204-482-3522 to discover some secret holiday fun — hint press 5, 6, 7 or 8.

"We've kind of started [the secret stories] as a COVID alternative but they turned out to be popular and there are still people in the RM's that don't have fast internet so using the old telephone system kind of works well," said Kuryliw.

Kuryliw says that they aren't do-

ing any in-person holiday events this year, however.

"We've got our regular children's program, but we're not having any major events. Because of COVID. It's just not a wise thing to do to bring together lots of people," he said.

With that said in the New Year the library is increasing their children's programming. Register Jan. 2 for the winter children's programming sessions starting Jan. 9.

They will have BabyTime on Thursdays at 9:45 and 10:45 a.m. and Sundays at 1p.m., StoryTime on Tuesdays from 10-11 a.m. and Wed. 1 to 2 p.m. and Kids Unplugged on Sundays from 2:30-3:30 p.m. Interested patrons can call the library during business hours or email library@gfrl.org for more info.

Kuryliw encourages residents to check out the library this month and find a book to read.

"The library is still one of our most popular community places and reading is really critical to the community with long term benefits. So, we encourage everybody to come out and use the library. It's free for all Selkirk, St. Andrews, St. Clements, and Dunnottar [residents]," he said.

Residents should also know that the library will have slightly shorter hours New Year's Eve and Christmas Eve and be closed for Christmas and New Year's Day but other than that will have normal hours during the holiday season.

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Simply Irresistible!

Province announces expansion to Selkirk Hospital

By Katelyn Boulanger

Premier Heather Stefanson and Health and Seniors Care Minister Audrey Gordon were in Selkirk last Friday to announce an investment of \$31.6 million, which will expand the Selkirk Regional Health Centre.

Gordon started by thanking health-care workers in Selkirk and across the province before discussing what this investment would mean.

"I'm excited to be here for this announcement that I'm sure will improve the quality of care for all Manitobans not only now but well into the future. Investment in health care services and communities throughout

the province will improve the physical health and well-being of Manitobans and their mental health as well. Our government's investment at Selkirk Regional Health Center is an investment in improving patient care for people living in the community and the Health Region. By improving services in Selkirk, we are supported the delivery of more health care services that are more convenient for patients living in this area," said Gordon.

She said that the announcement is part of Manitoba's clinical and preventative services plan, which looked at population growth, community needs, distance to specialized services,

and the stability and reliability of the province's health workforce.

The premier then stepped up to the podium to explain exactly where the \$31.6 million would be spent.

"This investment will add 30 acute care inpatient beds. Inpatient beds position this facility to play a bigger role in the province's surgery and medicine programs while supporting the region's growing needs. The new beds will support more inpatients from across the region locally. In addition, these new beds will help enhance this facility's capacity to treat and monitor sicker patients. Surgeries performed at the site, including general procedures, gynecology, urology, plastics, and endoscopy, will be increased as part of this significant expansion. This project will also include updates to improve patient flow, expand treatment capacity within the emergency departments and allow more residents in the community and health region to get the care that they need closer to home," said Stefanson.

This announcement comes after a recent story in the Winnipeg Free Press's Dec. 4 edition where an 86-year-old woman was transferred from Selkirk's Hospital to Notre-Dame Health Centre, which meant a roughly two hour round trip for the family visits.

In a statement sent out by Manitoba Liberal Leader Dougald Lamont, he agrees with the need to invest in rural healthcare but questions how this decision will help residents now.

"Not one person in Manitoba on a waitlist [of] 136,000 procedures long is going to be helped by this. We have to ask where the PC's priorities are because this is a re-announcement of a construction project. Not one dime of this announcement will pay even a single person to provide health care," Lamont said.

It is anticipated that this expansion will be completed in 2024. According to Dr. David Matear, chief executive officer for the Interlake-Eastern Regional Health Authority, the number



RECORD PHOTO BY KATELYN BOULANGER

Premier Heather Stefanson sharing that \$31.6 million will go towards 30 new beds at Selkirk Hospital.

of staff to be hired will be determined using a phased-in approach. This will be used to determine which surgeries would be involved in the expanded surgical program and from there, they will build a surgical staffing plan and acute care staffing one based on those needs.

This announcement is one of 38 healthcare projects that the provincial government has or will be announcing as part of an \$812 million investment.

"As the Premier described, there are a lot of projects ongoing. So this is one of many, [but] we are making sure that we're integrated in our planning, and that will be — capital funding, equipment, planning, staffing, etc. — to coincide with the opening date," said Matear.

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Ice on Red River and Lake Winnipeg still thin

If you need to go out on the ice make sure to take proper precautions to make sure that you come home safely

By Katelyn Boulanger

With ice fishing season right around the corner and a few eager fishers being spotted out on the water, residents should know that the ice on the river is still very thin and should be avoided for now.

"Generally, we're saying it's still a little early in many parts of the province [to be out on the ice], and so you should be staying off," Dr. Christopher Love, Water Smart Coordinator for Lifesaving Society Manitoba.

Love understands that some people will inevitably go on the ice at this time of year, and his second piece of advice for people is if they are going to go out, they should be prepared to fall through the ice and into the cold water.

"We just have not had consistently cold temperatures for long enough to ensure quality ice formation everywhere, especially on places like the Red River where there is a current flowing," said Love.

He said that to have ice formation for doing activities, you ideally want consistently cold air temperatures between -10 C and -20 C for three to ten days. However, since it's not just air temperatures determining ice formation, this is an approximation more than a strict rule. Other considerations that affect ice formations: is the water still or flowing, is it calm or is the wind moving the newly forming ice, is there a dam or bridge support pillar nearby, or how dirty is the water freezing.

If you need to get out on the ice, Love says that his first recommendation would be to make sure that you are wearing something that helps you float.

"That either means you're wearing a life jacket over your winter clothes, and a lot of people look at me funny when I say that, or you need to be wearing what is very often called a floater coat or a flotation snowmobile suit. That is essentially a winter jacket/winter snowmobile suit/ski suit that is built in the same way as a life jacket or flotation device in addition to providing you insulation to keep you warm," said Love.

Being able to float helps to counteract the first thing that happens to people when they fall into the ice, cold shock. When you experience cold shock, you hit the water, and the change in tem-

perature between the relatively warm air and the icy water makes you gasp and hyperventilate for about the first minute. If you aren't floating, there's a good chance that you could be gasping in water, which can quickly turn into drowning.

If you can float you have about ten minutes to get yourself out of the water before the cold water affects your muscles to the point that you can't use your smaller muscle groups. Love says not enough people realize is that even if you can't get yourself out of the situation on your power as long as your head is above water, you have about an hour before hypothermia kicks in and makes you go unconscious.

"They're going to be hypothermic. They're going to be cold, but they're going to be alive," Love said.

This means that as long as you can float, you can be saved, which is why Love's second recommendation is if you're going to go out on the ice you should bring a buddy.

"That way, if one of you gets into trouble, the other one can help," he said.

His third recommendation is excellent advice no matter where you're going – to make sure that you tell someone where you're going and when you'll get back. That way if both you and your buddy get into trouble, someone will know to call for help.

Love also recommends you have a personal safety kit attached to you. This kit would be waterproofed inside a few resealable plastic bags or another watertight container and would have things like something to start a fire, a multi-tool, and a signalling device like a whistle.

"In addition to that, we also say take some rope, take some ice picks and take what's often called an ice staff or a walking stick," he said.

You can use the walking stick to tap the ice in front of you to ensure there isn't a crack or thin spot.

That being said Love's recommendation with the inconsistently cold temperatures is to wait until the ice is more solid before venturing out.

The province of Manitoba also cautions everyone of the dangers of thin ice in a recent newsrelease. "Snowmobilers, skiers and others are advised not to venture onto rivers and lakes if at all possible due to the danger of falling through."



RECORD PHOTO BY KATELYN BOULANGER

A recent photo from the Red River where newly forming ice can be seen alongside open water.

"I'm not trying to spoil people's fun. That's not our intent, but we do want people to be thinking about what they're doing so that they can have an enjoyable time, but also make every trip out there a return trip," said Love.



PARENTS, IT'S TIME!

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Manitoba 

The Selkirk Record



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get informed

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Southern Health test positivity rate over double rest of MB

Unvaccinated make up 92 per cent of cases in intensive care

by Staff

Public health officials Monday announced six more deaths due to COVID-19 and 539 new cases.

Saturday saw the case count jump by 191, Sunday it was 211 (the highest it's been in months), and Monday's new cases numbered 137. Manitoba's active caseload at press time was at 1,613.

Breaking it down by region, Winnipeg added 186 cases over the weekend followed by Southern Health-Santé Sud with 176, Northern with 79, and Interlake-Eastern and Prairie Mountain with 49 each.

A total of 152 Manitobans are in hospital due to COVID-19, including

104 with active COVID-19 (still infectious). A further 30 people are in intensive care, including 24 who are still actively contagious.

Of the active hospital admissions, 67 per cent of patients were either not vaccinated at all (62 per cent) or only partially vaccinated (five per cent).

In intensive care, the unvaccinated make up 92 per cent of the active cases.

With the weekend's reported deaths, a total of 1,334 Manitobans have died due to COVID-19.

The five-day COVID-19 test positivity rate was 6.3 per cent provincially and 4.1 per cent in Winnipeg on Monday.

Last week, the province updated its regional test positivity rates. Southern Health, which has the lowest vaccination uptake in Manitoba, had a test positivity rate of 15 per cent.

No cases of the new omicron variant have been detected in Manitoba yet.

In the Interlake-Eastern region, a total of 130 active cases were reported as of Monday. Winnipeg Beach/St. Andrews reported 29 cases, followed by Arborg/Riverton and Springfield, both reporting 20, Selkirk and Stonewall/Teulon both 12, Fisher/Peguis eight, Beausejour, Gimli and the Unknown district all six, Powerview/Pine Falls five, St. Laurent three, St. Clements two, Northern Remote one and Whiteshell, Pinawa/LacduBonnet and Eriksdale/Ashern all reporting zero.

RCMP investigate two separate fatal collisions

Dark road conditions considered factor in both collisions

Submitted by Manitoba RCMP

On Dec. 1, at approximately 7:15 p.m., Beausejour RCMP responded to a vehicle versus pedestrian collision on Highway 44 in the RM of Brokenhead.

A truck, driven by a 61-year-old male, was travelling on Highway 44 when a couch he was transporting fell out. The driver stopped and was attempting to retrieve the couch from the middle of the road when he was struck by an oncoming vehicle, driven by a 23-year-old male from the RM of Springfield.

The 61-year-old male from Oak-

bank was pronounced deceased at the scene.

The driver of the other vehicle was not physically injured.

Alcohol was not a factor in the collision.

Beausejour RCMP, along with a Forensic Collision Reconstructionist and our Criminal Collision Investigation Team, continue to investigate.

On Dec. 1 at approximately 7:20 p.m., Oakbank RCMP, along with Springfield Police Service, responded to a collision involving a cyclist on Highway 12, near the intersection of Highway 15, in the RM of Springfield.

A vehicle, driven by a 41-year-old female from the RM of Springfield, was travelling on Highway 12, when it collided with a cyclist.

The 77-year-old male cyclist from Anola was pronounced deceased at scene.

The driver was not physically injured.

Alcohol was not a factor in the collision.

Oakbank RCMP and Springfield Police Service, along with a Forensic Collision Reconstructionist and our Criminal Collision Investigation Team, continue to investigate.

Dark road conditions are considered a factor in both instances.

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

Send your letters to the editor or acts of kindness to news@selkirkrecord.ca. Please include your name, address, and phone number for confirmation purposes.



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View the Selkirk Record online at
selkirkrecord.ca

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

TROUBLE WITH PAPER DELIVERY?

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

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Selkirk Parks soccer balls are featured in gift guide

Selkirk kicks it up a notch with sustainable, fair trade gift recommended by Manitoba Council for International Cooperation

By Sydney Lockhart

Handmade in Pakistan and sold in Selkirk, the Selkirk Parks fair trade soccer ball has been featured in the Manitoba Council for International Cooperation (MCIC) sustainable gift guide.

"Fair trade means it essentially prevents the risk of child labour and exploitation. It ensures fair wages and working conditions for the workers as well," said marketing and communications coordinator for the City of Selkirk Vanessa Figus, "So, by having the Fair trade label on something, it means that what you're buying meets social, economic and environmental standards."

The soccer balls were purchased with a 10 per cent premium that went directly to the workers who made them to make sure their family's socio-economic situations have the chance to improve.

"If you go to any retailer, you couldn't find a Fair trade soccer ball there. So, it's something that we wanted to offer people at a competitive price," said Figus, who also designed the soccer ball.

Selkirk is one of only approximately 2000 Fair trade communities globally and has been since 2017. Figus said lots of businesses in the community offer Fair trade options which helped them hit the benchmark for that designation.

The soccer balls can be bought at the civic office, or online at shop.myselkirk.ca.

"Making better choices, not just around the holidays, but anytime a year is always a good idea. Whether that's sustainable, whether it's recycled, whether it means Fair trade, it's about making a difference," said Figus.

She said the City of Selkirk is always incorporating sustainable decisions in all aspects of their work. Not just in programs and recreation, but in their shop as well.

The MCIC sustainable gift guide that the ball was featured in shows a collection of local, sustainable options available this year.

"One of the MCIC's goals is to generate a culture of sustainability and working around the Sustainable Development Goals, which are goals to create a sustainable world," said Ben Dearing, communications specialist

at MCIC.

The gift guide contains ideas for Fair trade, zero waste and experiential options.

"We put together this guide to kind of showcase the sustainable options and organizations in Manitoba that are already doing this amazing work that's it's really easy. To live sustainably every day, thanks to a lot of these organizations and we want to showcase them and support them in doing that," said Dearing.

This is the second year that MCIC has put together this gift guide, Dearing said they plan to continue it for future holiday seasons.

"Our sustainability specialist reached out to a lot of local businesses. We wanted to really find small and local organizations and so that's through our Fair trade Manitoba community and through checking out and trying to develop those community connections," he said.

Other items included in the guide are Conscious Step Socks which help plant trees, Colombian Roast Fair trade Organic coffee beans and much more.

To look at the sustainable gift guide go to MCIC.ca.



RECORD PHOTO SUBMITTED

Four-year old Cole Harrison with a fair trade soccer ball.

Gleaming Bright!

Local young entrepreneur finds niche and aims to give back

A former student of the Lord Selkirk Regional Comp high school is embracing the local entrepreneurial spirit with his own vehicle detailing business – Gleam Auto Aesthetic. A car enthusiast even before earning his driver's license, Jack Jehle, 19, is working hard to make sure our community's cars are clean and shiny. "When I bought my own car, I really got kind of obsessed with keeping it clean," says Jack, currently an Asper School of Business student at University of Manitoba. "It started out as a hobby but the more I learned, I thought - I could be doing this as a business!"

Having spent many hours researching and studying techniques and products, Jack works alone and can spend

upwards of 10 hours on a vehicle depending on the detail package ordered. "It's so satisfying to have a car come in dirty and neglected and I get right to work and turn it around – and it's better than showroom ready."

And so far, customers are impressed and very satisfied, with many of them coming back for repeat service. With the holiday season upon us, Gleam Auto Aesthetic is selling gift cards. Additionally, Gleam will be donating a portion of holiday proceeds to the Salvation Army, "Ever since I was young, I've had a compassion for the homeless, I really want to give back and help those people now that I can."

Gleam gift cards are a great gift for that special someone on your list that might be hard to buy for – select the right package and the receiver gets their car professionally detailed at their leisure.

Visit www.gleamautoaesthetic.com for details or call Jack at 204-481-3619.



Pictured above: Jack Jehle puts the final rinse on one of his freshly detailed vehicles.



Gleam Auto Aesthetic gift cards make the perfect holiday gift with proceeds going to the Salvation Army.

Advertorial

East Side Toy Drive collecting for kids

Toys for any age child accepted

By Katelyn Boulanger

The East Side Toy Drive is collecting toys for children currently in the Children's Hospital and has drop off locations so that residents in our community can conveniently donate.

"Basically, five years ago, I had spinal surgery. I had a spinal fusion to cure my scoliosis. I was put in the Children's Hospital. From there, that's when I kind of wanted to give back," said Rilyn Carey, East Side Toy Drive organizer.

Carey praised the work of the nurses at the Children's Hospital but also re-

alized that giving the kids a gift is a way to brighten the days of children that probably don't want to be in the hospital.

This toy drive has been going on for five years in our community but with COVID it needs to be a bit different as all donated toys need to be able to be wiped down before being given to the kids. That means that soft items like stuffed animals won't work this year.

The toy drive also collects for children all the way from babies to teenagers so a wide variety of toys are needed.

"Barbies, craft sets, anything like that," said Carey.

Carey's hoping that donating these toys to the kids that it helps give them some holiday spirit this season.

"With their parents, I'm not sure how much their parents [can] work being at the hospital with them all the time. So, they may not be able to afford all those toys. Giving is nice to both the families [and kids] and relieves some stress," said Carey.

This year because of the pandemic and visitor restrictions to hospitals toys can't be dropped off directly at the hospital but they will be dropped off so that Santa can bring them to the

children.

There are a few different locations in the region that residents can drop donations off at which includes Happy Thought School for students who attend there and Papa Carlo Pizzeria in Lockport. The last date for donation drop-offs will be Dec. 13.

Carey encourages residents to donate if they can.

"Just because of COVID, we all need a little bit of a pick-me-up. Especially the kids in the hospital. I'm sure it hasn't been easy with restricted visitors. [This way] they [get their] own a little bit of Christmas spirit."

New mental health resources for education staff

Submitted by Canadian Mental Health Association

Employers and employees throughout Manitoba who work in the educational sector will now have access to vital mental health and well-being resources with the creation of a new education-centred web portal and a team of dedicated wellness support specialists to assist in navigating access to resources and services.

This first phase of Canadian Mental Health Association (CMHA)-Manitoba & Winnipeg's education workforce initiative was made possible as a result of over \$500,000 in funding from Manitoba Education in partnership with Manitoba Mental Health, Wellness and Recovery to provide essential mental health supports and care targeted specifically for all staff working within Manitoba's education sector.

"It is imperative that we provide these mental health supports and resources to our education workforce now, more than ever," said Marion Cooper, Chief Executive Officer, for

CMHA-Manitoba & Winnipeg. "The extended pressures of the pandemic have been especially hard for staff in all of Manitoba's education system. We are proud to partner with the Departments of Education and Mental Health, Wellness and Recovery in supporting our Manitoba's educational staff."

Evidence supporting the initiative is based on a 2020 University of Winnipeg research study on the increase of burnout in Manitoban teachers. The study's initial findings show that teachers in Manitoba were not coping as well as those in other provinces. According to the study's most recent results, 46% of Manitoban educational staff were in the "red zone" of mental exhaustion and withdrawal, compared to an average of 27.2% of study respondents across Canada as a whole.

"The unprecedented impacts of the continued pandemic have significantly increased stressors on education staff and students, and their path to well-being and recovery," said Edu-

cation Minister Cliff Cullen. "Our investment in these services will help people get the supports they need to cope with stress, address mental health issues and take care of themselves and others."

In answer to this call for help, CMHA's Care for All in Education web portal provides a range of tools to help address common workplace mental health and psychological safety concerns, such as anxiety and depression, bereavement, COVID-19 exposure fears, coping with stress, and more. It provides concrete steps for staff at all levels to improve overall mental health, as well as navigation support from a team of wellness support specialists to connect to other mental health services, as well as resources to support the workplace to address factors that enhance the conditions to foster psychological health and safety.

"The pandemic means teachers have had to work harder than ever to maintain a sense of normalcy for children and youth, and this has taken a toll on

their mental health and well-being," said Manitoba Mental Health, Wellness and Recovery Minister Audrey Gordon. "We hope they can use these resources to help take care of themselves outside the classroom while continuing to provide a quality education to young Manitobans."

In the coming months, the web portal will expand to include peer wellness support services, French online resources and peer support for Francophone educational staff. CMHA-Manitoba and Winnipeg extend sincere gratitude to CMHA-BC for providing the original guidance in creating a mental health website dedicated to the wellness needs of front-line workers like Manitoba's educational workforce. To access the web portal, visit: <https://careforallineducation.com/> To connect with the portal's wellness support specialists call: 1-877-602-1660 or email at: info@careforallineducation.com.



Army Navy and Air Force Veterans Club #151

231 Clandeboye Ave., Selkirk Ph. 204-482-3941

December 18, 2021

Ugliest Sweater Contest, Meat Draw & Evening

Prize for best ugly sweater & door prizes

Regular Meat Draw - 5 pm 50/50 Chase the Card

Big Ja Jablonski - Acoustic Hour at 8 pm

General Meeting

Wednesday, December 15, 2021 at 7 pm

All members encouraged to attend

Province of Manitoba health regulations are followed. You must be double vaccinated and show proof, along with identification. Masks are required when entering and moving around the building. Masks may be removed when seated.

Everyone Welcome 18 and Over Lic. 717

RCMP investigate local fatal collision

Submitted by Manitoba RCMP

On Dec. 3, at approximately 6:30 p.m., Selkirk RCMP responded to a three-vehicle collision on Highway 8, just south of Meadowdale Road, in the RM of St. Andrews.

A pickup truck going north on Highway 8 crossed the centre line and collided head-on with a SUV travelling south on Highway 8. A third vehicle, which was driving south, rear-ended the SUV.

The driver of the SUV, a 36-year-old female, along with an 11-year-old male passenger, both from the RM of West St. Paul, were taken to hospital.

The driver of the pickup truck, a 58-year-old male, along with a 57-year-old female passenger, both from Winnipeg, were taken to hospital.

The driver of the third vehicle, a 70-year-old male from Winnipeg, was not physically injured.

On Dec. 4, the 36-year-old female succumbed to her injuries in hospital.

Icy roads are believed to be a factor in the collision.

Selkirk RCMP, along with a RCMP Forensic Collision Reconstructionist, continue to investigate.

Virtual Selkirk Community Choir Christmas Sing-Along returns

Come all ye' who like carols to this year's performance

By Katelyn Boulanger

The Selkirk Community Choir are at it again spreading cheer this winter season with their annual holiday concert, however, this year like last will be a bit different as they are hosting the concert virtually so everyone stays safe in their homes while following COVID-19 guidelines.

Denise Jacobs, PR Representative for the Selkirk Community Choir says that the original idea to host the concert virtually came from the choir's Conductor Kendra Obach who is also a music and drama teacher in Stonewall.

"She's been the director for a number of years and because we couldn't meet in person, she was very interested in trying to maintain some kind of a choral experience. So the choir started meeting by zoom last year in September of 2020, which was quite successful," said Jacobs.

"It was very enjoyable. A lot of people signed up that otherwise may not have joined the choir at all, because they could do it from home. At Christmas time, we normally as a community choir put on a Christmas concert and [Obach] just came up with the idea that we're doing this by Zoom. Why don't we see if anybody wants to just sing along with us?"

The concert will take place on Dec. 14 at 7:30 p.m. and though in the same format as last year will be a bit more exciting.

Last year because COVID restrictions were very strict, the Emmers family led the performance. This year with restrictions eased up the choir has been able to rehearse together in person this season which means that they will be able to host a masked and distanced performance with about 15 members over Zoom.

Jacobs said that they decided to continue to host the event virtually this year to accommodate people who don't want to attend in-person events.

"We still have choral members who prefer to not meet in person. Singing in a choir with a mask on and in a group, you have to keep your six feet apart and really maintain social distancing. Singing with a mask on is quite difficult compared to just regular singing, it takes a lot more breath and you're projecting more air around you. So there were some members who just still felt more comfortable with doing it over Zoom," said Jacobs.



RECORD PHOTO SUBMITTED

The Selkirk Community Choir performing a Christmas Concert before the COVID-19 pandemic.

She said that despite this being a choir from Selkirk anyone from anywhere can sign up to attend the event.

"We have somebody signed up from Mexico. We have somebody signed up from Delaware and a few people from British Columbia," she said.

Jacobs thinks it's important to keep community activities like this going on even if they have to be a bit different.

"I just think we're not able to do that

as much as we are used to doing it and I think it just fostered some [more] community spirit and togetherness. I think people are happier if they can participate in something like that," she said.

There is no cost to sign up for the event, you just need an email address and internet connection. Attendees should email selkirkcommunitychoir@gmail.com by Dec. 12 with their name and email and it will be

added to the choir's list. The Sunday before the event, they will send out a link to log into the Zoom as well as a program and lyric package to attendees.

Jacobs hopes to see the Zoom call filled with participants.

"Come and enjoy the joy of the season because there's so little of joy these days. We have to grab the things that make you feel joyful," she said.

Grab your winter gear and get outside

New trail adds to region's wealth of wonderful outdoor activities

Submitted by the RM of St. Clements

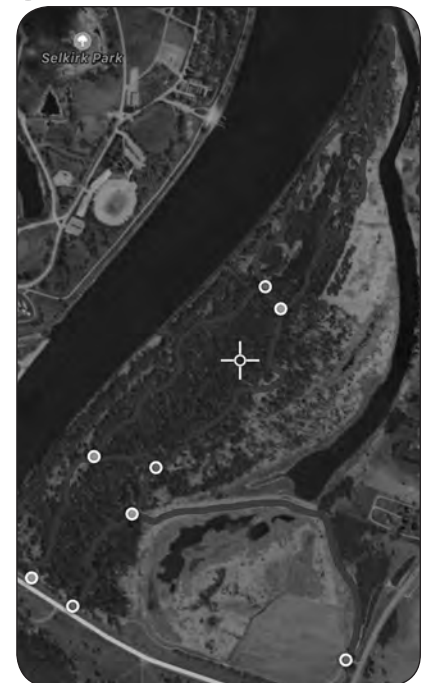
The RM of St. Clements Council and the Red River North Trail Association are pleased to announce the completion of an extension to its active transportation network which is located just east of the blue provincial bridge to the City of Selkirk. As you enter St. Clements heading east out of Selkirk, the new trail is on the north side and is part of the Trans Canada Trail system. This extension is carved into a beautiful old growth ash tree forest and meanders 3 kilometers to the end of the flood plain peninsula. This beautiful hike has you completely under the old growth canopy of forest where you will see an abundance of birds and deer.

Approximately 1.2 kilometers is a limestone trail and the additional 3-kilometer portion is a grass nature

trail that has an additional .85-kilometer return loop that comes out close to Colville Road and continues onto the Trans Canada Trail through the village of East Selkirk.

Our St. Clements Council is committed to continue its network of active transportation trails that allows our residents to move freely through the Municipality. You can stay fit and safely enjoy the beautiful scenery our community has to offer by walking, hiking and biking our trails.

We encourage you to check out this new trail which is accessible from the City of Selkirk and various parts of the village of East Selkirk.



RECORD PHOTO SUBMITTED

New trail gives residents in Selkirk and St. Clements a new winter activity this holiday season.

Emergency resolution in WSP addresses safety issue

Construction damage quickly fixed

By Katelyn Boulanger

On Nov. 25 West St. Paul passed an emergency resolution to repair the trails on the east side of Main Street. This trail was destroyed during the province's reconstruction of Main Street.

This project was part of the first phase of a project to modernize Main St. from the perimeter highway to St. Andrews which runs through West St. Paul. The area that was damaged was between 3615 Main Street south to the Trails of West St. Paul.

"They come in and they're doing this work. They've removed the shoulders on a number of parts of the trail and when they removed the shoulders, they made turning lanes. They widen the ditches and they made them with a steeper pitch and that resulted in some of our trails disappearing. When provincial contractors left the job site, a significant portion of the trail in front of the Middlechurch home no longer existed," said Brent Olynyk

CAO of West St. Paul.

Many people use these trails to ride their bikes.

Olynyk realized that this had become a problem when he received calls from residents asking what was going on and why the trails that they use every day were no longer there. He even witnessed a resident having to walk on the roadway, which he mentioned when he brought the issue to council.

"We came to council and asked council for their help to get us in a position to re-establish the trail," said Olynyk.

The RM was not consulted by the province prior to the trails destruction but once the issue was brought to the attention of the RM they acted quickly unanimously approving the resolution as it was determined to be a safety concern that needed to be addressed.

"What's really interesting was getting the work done at this time of

year. We were able to mobilize our Director of Infrastructure and our public works manager and get this done over the weekend. We only had a small window of time to get it done and then the frost would be too far into the ground, and we wouldn't be able to do it," said Olynyk.

Because of the timeline and safety issue, work started very soon after the resolution was passed with the trail being fixed by Nov. 29.

"We were able to do it all and we've got a lot of feedback from the public [saying] thank you and how important that trail is to them. Even [in] Middlechurch, there are workers and children that use the trail. We've got calls from parents and students that use that trail to walk to school" said Olynyk.

This trail is part of trails in the RM that connect to the city of Winnipeg and will connect to the northmost point of the RM next year. They are also working on an East-West connection through the RM.

Olynyk feels that it's important that the RM have a strong system of trails

for its residents, especially now.

"It's about the health and well being of citizens. With COVID, it's important that people keep themselves healthy and during these trying times, you can't necessarily go to community centres to pickleball or all these activities. They're happening, and then they're not happening. They get cancelled. This is one of the few ways people can stay healthy during the crisis we're having," he said.

Olynyk plans to meet and discuss the matter with the province further but who will ultimately pay for the repair has not yet been determined.

Even though there will be ongoing work on Main St. as part of this project Olynyk doesn't think this situation will come up again.

"We're putting things into place with the province to make better things happen in the future," he said.

To learn more about West St. Paul's trail system visit <https://www.westst-paul.com/p/local-trails>.

Spreading around the holiday cheers



RECORD PHOTO BY KATELYN BOULANGER

Eric Robb, Executive Assistant at the Friends of Lower Fort Garry taught residents how to make a traditional Victorian chocolate drink this year at Holiday Alley. Holiday Alley just finished a a successful 5th year in Selkirk.

Empty grain bags and used baler twine can still be recycled in Manitoba

Submitted

If Manitoba farmers have empty grain bags or used baler twine around the farm, there is still time to tidy up and recycle them before the full onset of winter, Cleanfarms says.

"It doesn't matter if the grain bags were purchased this year, or if they were left over from previous years," says Cleanfarms Executive Director Barry Friesen. "As long as farmers take steps to make sure they are free of grain and debris and rolled, we'll take them at our collection sites for recycling."

Directions for preparing grain bags and twine for recycling are included on cleanfarms.ca

Cleanfarms, a non-profit industry stewardship organization that has developed similar recycling programs for used ag plastics across Canada, has operated a multi-location pilot recycling collection program for used empty grain bags in Manitoba since 2013. It also developed and operates the successful small and large pesti-

cide and fertilizer container recycling programs.

In 2020, Manitoba Conservation and Climate asked Cleanfarms to transition the grain bag and twine pilot to a province-wide permanent recycling program that will give Manitoba farmers broader access to recycling for these used ag plastics year-over-year. Under the regulation, responsibility for the permanent program now rests with the companies that supply grain bags and baler twine into the province.

Beginning on Dec. 1, the regulated program includes a non-refundable environmental handling fee (EHF) that helps cover the cost of recycling. It is applied to grain bag and baler twine sales at the time of purchase, which usually begins in early summer. For grain bags the EHF will be 25 cents per kilogram; for baler twine of all sizes it will be 33 cents per kilogram.

A similar program that includes an EHF has been in place for the past

three years on the sale of grain bags under the provincially-regulated program in Saskatchewan. During this time, Saskatchewan farmers there have consistently surpassed year-over-year recycling rates. The Manitoba-regulated program will help to harmonize the recycling programs across the two Prairie provinces.

Cleanfarms has set up 35 recycling collection sites across Manitoba. Details about the location and hours of operation of each recycling collection site, along with instructions on how to prepare the materials for recycling can be found at cleanfarms.ca/what to recycle and where. Recycling collection centers are located in the following municipalities:

RM of Armstrong - Chatfield Transfer Station

RM of Armstrong - Inwood Transfer Station

RM of Armstrong - Meleb Waste Disposal Grounds

RM of Coldwell Eriksdale - Waste Disposal Grounds

RM of Grey - R-Way AG Ltd.

RM of Grey Landfill

RM of Norfolk-Treherne, Rathwell Transfer Station

RM of Norfolk-Treherne, Treherne Transfer Station

RM of Portage la Prairie, The Portage la Prairie Landfill

RM of West Interlake - Ashern

RM of West Interlake - Oakview Waste Transfer Station

Recycled grain bags are used to make new products such as plastic construction sheet products and industrial garbage bags. Recycled baler twine is made into car parts, composite decking, flowerpots, dimensional lumber and similar items.

Cleanfarms is a non-profit, agricultural industry stewardship organization that contributes to a healthier environment and a sustainable future for present and future farm families by recovering and recycling agricultural and related industry plastics, packaging and products. It is funded by its members in the crop protection, fertilizer, seed, animal health medication and grain bag industries. It has staff located in Moose Jaw, Saskatchewan; Lethbridge, Alberta; Etobicoke, Ontario; and St-Bruno, Quebec.

letter to the editor

Letters to the Editor: letters@selkirkrecord.ca

I am writing this letter to inform citizens of the living conditions tenants are being forced to live in, in Manitoba Housing.

We are being overrun with bedbugs and cockroaches. I have had to dispose of my bed, couch and bedroom suite. My clothes are now in plastic bins, cockroaches and bedbugs are in the halls and in the elevator. Even when you put your clothes in the laundry room, you carry bedbugs back to your suite.

I don't feel a person should have to live like this just because your income doesn't allow you to afford a decent place.

I am a senior citizen, 76-years-old, in what are supposed to be my golden years. There is nothing golden about finding 18 bedbugs biting you when you try to sleep.

Even our cat has his ears bitten by bedbugs.

One of our tenants passed away and Manitoba Housing allowed another tenant to enter

the suite and haul stuff out and give it to other tenants, all while knowing she was totally infested with bugs. The bedbugs were in clusters in the 91-year-old's suite.

Shame on you Manitoba Housing.

- Mrs. Lesley Edwards
Selkirk MB



RECORD PHOTO SUBMITTED

A ziplock bag of bedbugs collected by Edwards.

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Safe Driving Week takes aim at distracted driving

By Lorne Stelmach

Focusing entirely on the road when driving is not a part-time responsibility.

It may seem to be a simple message, but it is unfortunately something too many people still lose sight of, so it is the focus of this year's National Safe Driving Week.

The initiative for Dec. 1-7 is a joint promotion of the Canada Safety Council, Manitoba Public Insurance (MPI) and the Insurance Brokers Association of Manitoba (IBAM).

You simply can't watch the road and check your smart phone at the same time, as even a quick glance can lead to a preventable collision, said Grant Wainikka, CEO of IBAM, who noted people in general are mindful of the dangers, but the statistics show it is still a concern.

"I think there's a certain fear of missing out ... the tendency is to want to check [your phone], and we've become such an immediate culture that you want to check it as soon as possible," said Wainikka.

"We know that distracted driving is

very dangerous ... distracted driving is a leading cause of fatalities on Manitoba roads ... so this is still a thing to be cognizant of and to raise awareness about.

"We're concerned about our customers and want them to be safe when they drive ... sometimes minor behavioural changes can help lead to that," said Wainikka. "Consumer protection is top of mind. This is what insurance brokers do for their clients. We can think of no better way of promoting consumer protection."

Transport Canada estimates that distraction, which is often attributed to cell phone and device use, contributes to 21 per cent of fatal collisions and 27 per cent of serious injury collisions.

Overall, driver distraction is a lead-

ing contributor to fatal crashes in Manitoba, linked to nearly 50 per cent of all fatalities and 37 per cent of all serious injuries last year, according to MPI data.

In 2020, there were a total of 44,339 reportable traffic collisions on public roadways in Manitoba—70 of these were fatal collisions, while there were 5,667 injury collisions.

A 2018 survey by CAA reported Canadians view distracted driving as the number one threat to their personal safety on the road. Manitobans acknowledge the risk of distracted driving, but some still make the choice to do it.

In MPI's 2021 traffic safety culture survey, 95 per cent of Manitobans express that using or checking a hand-held cellphone while driving is unac-

ceptable. Of various behaviours that could cause a collision, checking/using a hand-held cellphone while driving was the highest rated potential hazard, with 86 per cent indicating it is likely to cause a collision.

Yet, in the same survey, 25 per cent admitted to driving while using a hand-held cellphone.

When your attention is not fully on the road, the impacts can be numerous—less visual scanning of your surroundings, reduced opportunities to identify visual cues, less time to react to your surroundings and a reduction in critical brain resources needed to assess the road ahead.

"Technology has made the task of driving easier in many ways," said

Continued on page 17

Online budget consultation survey up now

Staff

The provincial government wants to hear from Manitobans about the 2022 budget.

Public meetings kicked off across the province last week and an online survey has gone up at EngageMB.ca for people to weigh-in on Manitoba's upcoming financial plan.

"It's important as we prepare for Budget 2022 that we hear from as many Manitobans as possible on

their priorities," said Finance Minister Scott Fielding. "The online survey is an accessible way for those wishing to participate in the budget process to provide their feedback and share which government priority is most important to them and their families."

In addition to the survey, Manitobans can pre-register to reserve a spot for an in-person meeting or to receive a phone call to participate in a telephone town hall.

To register by phone for a budget public engagement meeting, call Manitoba Government Inquiry at 204-945-3744 or toll-free at 1-866-626-4862.

Manitobans can also email comments and ideas to budget2022@gov.mb.ca or mail written submissions to: Minister of Finance c/o budget engagement, 103 - 450 Broadway, Winnipeg, Manitoba, R3C 0V8.

CORRECTION

This recipe had an error that was published in our November 25th edition. The last ingredient should have read green dill (not green pepper).

Our apologies to Margaret.

2nd ANNUAL 2021 HOLIDAY FAVOURITE *Recipes* Perishky

Mix:

7 cups flour
1 tbsp instant yeast (fast rising)
1 tsp salt

Beat:

2 ¼ cups water
½ cup sugar
2 eggs
1 cup oil

Add to flour mixture, mix and let dough rise until it doubles in bulk.

Filling:

4 hard boiled eggs, mashed fine
Salt and pepper
1tbsp butter
1 bunch finely chopped green onion
1 tbsp finely chopped green dill
(or more to taste)

In frying pan add 1 tbsp butter (more if needed). Add green onions and dill and fry until soft and wilted. Remove from heat and cool. Add to egg mixture, mix well. Make buns by rolling out dough to ¼ inch thick, use round cookie cutter. Put about 1 tsp of filling in dough depending on size. Do not stretch dough. To seal, wet dough all around, fold in half press together and poke in ends. Bake in a 350 degree oven until golden brown, about 25 minutes.

Margaret Hryciw, Selkirk

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Labour crunch affects Canadian agriculture sector

40 per cent of farm operations short-staffed

By Cam Dahl, General Manager, Manitoba Pork Council

The availability of labour is a critical factor in determining the long-term growth and profitability of Canadian agriculture. The ongoing viability of many farm businesses will be determined by labour. Farms, rural communities, value added processing, and key support sectors like transportation, are all struggling to find and keep staff. This is not a new story, but the problem is growing and must become a primary policy focus for industry and governments alike.

The root causes of the agricultural labour shortage are many. At the beginning is a shrinking rural population and a reduction in the number of farm family members wanting to carry on in the business. Combine this with difficulties experienced by all parts of the value chain in convincing urban Canadians to take on jobs that are often located in rural Canada and which are often, erroneously, viewed as unskilled. Accessing foreign workers in a timely manner is complicated, challenging, and often out of the reach of many independent agricultural operations.

How critical is the situation? Work by the Canadian Agricultural Human Resource Council (CAHRC) shows that over 40 percent of farm operations indicated they did not have sufficient staff in 2020. That number is even higher for hog farmers, with over 50 percent of pork producers not being able to fill all the positions they need. CAHRC reports indicate that in 2017 labour shortages cost agriculture 2.9 billion dollars in lost revenues. Across the country the demand for agriculture employment exceeds what the domestic workforce can fill. By 2029 it is projected that the indus-

try will be short 123,000 people.

The availability of skilled labour extends beyond the farm gate to include specialists, like large-animal veterinarians and the technical support they need to run their practices. Challenges in recognizing foreign credentials are needlessly limiting our ability to support this critical labour pool.

What needs to be done to address the labour crunch? Most importantly, all of agriculture needs to face this problem together. Fractions between sectors or within value chains will result in overall policy failure. Resolution will not be found by a single industry segment or company. Agriculture needs to deliver a unified message to federal, provincial, and municipal governments on the need for practical solutions.

We also need to get beyond the perception that agriculture employment means just hewing wood and drawing water. Today's agriculture industry is seeking people to fill careers, not just jobs. We need to work together to better inform those entering our universities and colleges about the skilled and diverse opportunities agriculture has to offer. Agriculture today is on the cutting edge of genetics, nutritional sciences, health of animals, environmental sciences, international marketing, and more.

The private sector needs to work with government and our education institutions to build the technical training programs that are needed to fill the growing labour gap. This programming needs to be made available to both Canadians as well as potential immigrants. Opening skills training to future Canadians will mean changing our immigration policies to reflect the fact that modern agriculture is seeking skilled labour and not unskilled

workers.

Increased engagement by Canadians must be part of the solution to agriculture's growing labour shortage. We should begin by exploring ways to remove barriers to participation in the sector by those who are currently underrepresented in our industry. For example, we should be exploring opportunities to forge partnerships with organizations that represent women, youth, Indigenous communities, and others who may not view agriculture as a viable career choice. We must become more creative in our business practices in areas like flexible work hours and accessible childcare.

Agriculture's labour gap means the industry needs to look beyond our borders for staff, yet rules and regulations impede the recruitment of foreign workers. Regulatory red tape means it can take six to eight months or more to navigate the process required to bring in a new worker from abroad. This creates problems when a vacancy is opened by a two-week notice. Can we be more innovative in meeting the needs of both immigrants as well as employers? For example, could industry associations

like Manitoba Pork speed up the process by facilitating a pool of foreign skilled labour that would be accessed by the industry as needed?

There are signs that the seriousness of the crisis has been recognized. At their recent meeting, federal, provincial, and territorial agriculture ministers set labour attraction and retention, training, and automation as priority areas for the next agriculture policy framework. We are also seeing agriculture representatives reach across sectors to help resolve the issue in a cooperative way. For example, in Manitoba, commodity organizations have come together under the umbrella of the Keystone Agricultural Producers to form the Labour Task Group. Nationally we see organizations like CAHRC attempting to develop common industry messages.

There is still more to do on this front. Sectors are still largely approaching the problem from an individual commodity point of view. We must develop collaborative and unified action if we are going to resolve one of the greatest barriers to modern agricultural growth and development.

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- 3 APPLY**
Project design and application/bid submitted for evaluation by Watershed Sub-District/ GROW committee.
- 4 APPROVAL**
Project Approved or Denied.
- 5 IMPLEMENT**
EIWD staff will work with landowner and partners to complete project as designed.
- 6 EVALUATE**
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- 7 REVIEW**
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RECORD PHOTOS BY BRETT MITCHELL

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Digging up the past

By Nicole Brownlee

Artifacts found in Manitoba may be mistakenly credited to the wrong historical groups because of an outdated provincial act.

To approach this issue, the Manitoba Métis Federation is drafting a list of suggestions to protect their cultural autonomy.

"Our government has always made it a priority to protect the cultural and heritage resources of our Red River Métis citizens," said Jack Park, MMF minister of infrastructure and energy, in a statement.

Archeological material significant to Métis history, development and citizens is being generalized as First Nations artifacts, said an MMF spokesperson.

The Manitoba Heritage Resources Act protects heritage resources like historical sites, objects or remains from being changed, moved or restored without permission from gov-

erning bodies.

"The act does not recognize Red River Métis as rightsholders on the same level as the First Nations," said Park.

The act came into force on May 12, 1986, and has not been updated since. An MMF spokesperson said the act is not inclusive.

With the help of Dr. Kisha Supernant, the MMF is creating a process to protect culture inherited resources like artifacts. Supernant is an anthropology professor and director of the Institute of Prairie & Indigenous Archaeology at the University of Alberta.

The MMF has been working on this project to protect Métis historical items for around two years with help from the federal government.

The Manitoba-Minnesota Transmission Project has also raised concerns about the disturbance and misappro-

priation of historical artifacts for the Métis government.

The MMTP is a transmission line that runs from the Winnipeg area to the U.S. border in southeastern Manitoba to export renewable energy to Minnesota Power's Great Northern Transmission Line.

"Industry development in southern Manitoba impacts the rights, claims and interests of our citizens," said

Park.

The drafted study will be added to a federal impact assessment on the licensing conditions set out in the approval of the MMTP.

"Through this work, we can document defined cultural heritage values, along with mechanisms to protect that cultural heritage and a process for cultural heritage consultation by the Métis government for own citizens."

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Gareth Jones, president and CEO of the Canada Safety Council. "But when technology pulls our attention away from the road, we are taking on risk and need to carefully consider how and when technology is used."

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How to reduce risk of home fires this holiday season

Safety might not be the first thing people think of as the holiday season approaches. Faith, celebrations, decorations, and holiday dinners all come to mind when considering the holiday season. But that doesn't mean safety should be left out of holiday planning.

Fire safety bears special consideration during the holiday season, when the prevalence of fire hazards like Christmas trees, holiday lighting displays and other decorative items increase the risk for home fires. Such tragedies can be averted with a few simple safety measures.

- Tend to your tree. Live Christmas trees are awe-inspiring, but they also pose a significant fire risk. The National Fire Protection Association urges celebrants to purchase only healthy trees with fresh, green needles that do not fall off when touched. Such trees are less likely to dry out, especially when well-watered throughout the season. Dry trees can catch fire more easily than healthy trees if embers from nearby fireplaces or candles drift in their direction.
- Recognize that location matters when decorating. The



NFPA notes that Christmas trees should always be placed at least three feet away from any heat source, including fireplaces, space heaters, heat vents, candles, and even overhead lights. If decorating with candles, never place them on the tree or on tables where other flammable decorations have already been placed. Chanukah menorahs should never be placed near curtains or other decorations.

- Turn off all lights and extinguish all lit decorative items when leaving the home or going to bed. Lit candles and menorahs should never be left unattended. The NFPA recommends turning tree lights and exterior decorative lights off when leaving the home or going to bed.

- Utilize a fire screen on fireplaces. Embers can catch on trees, decorations or anything else that's flammable if they escape the fireplace. Fire screens prevent that from happening by ensuring embers from burning logs stay in the fireplace. Like candles and menorahs, fires burning in a fireplace should never be left unattended. Make sure all embers have been extinguished before leaving the home or going to bed.

- Keep discarded trees away from your home. A 2014 analysis from the NFPA found that none of the ten days with the largest share of Christmas tree fires were before Christmas. Dried out trees still pose a fire risk even after they've been removed from a home. When discarding a tree at the end of the holiday season, place it at the curb or keep it a safe distance away from your home and garage until you can.

Fire safety measures are an important component of the holiday season that can prevent this joyous time of year from turning tragic.



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How to care for fresh holiday wreaths

Majestic Christmas trees garner the lion's share of the decorative fanfare when the holidays arrive. Trees may be the focal points of holiday decor, but the humble wreath adorning the front door is the first decoration guests are likely to see when visiting a home. Wreaths may need some care to maintain their beauty all month long. Here are some tips to help holiday wreaths last as long as possible.

Choose a wreath wisely

When shopping for a wreath, choose freshly cut greenery that you assemble yourself; otherwise, look for wreaths made from freshly cut boughs with their foliage intact. Make sure not too many needles or leaves are falling off. Heavily decorated, preassembled wreaths may be convenient, but ornaments can make it challenging to give the wreath the moisture it needs to survive.

Moisture/water

Access to moisture will help to keep the wreath fresh. While a Christmas tree trunk may sit inside of a stand filled with water, wreaths require a little ingenuity. According to the wreath and garland retailer Club Botanic, if you will not be hanging a freshly purchased wreath right away, keep it in a plastic liner in a cool, dark place to help it retain moisture. Just make sure you don't seal that liner closed. Before hanging, lay the wreath in a couple of inches of water for about an hour or

up to a day so that the cut stems can soak up water.

Once the wreath is hanging on a door or elsewhere, spritz it with water every few days to prevent it from drying out.

Location, location, location

Where you hang the wreath is key to its longevity. Wreaths and garlands hung indoors likely won't last as long as those hung outside, advises the floral retailer Bouqs.com. Evergreen boughs tend to require a colder climate to thrive, and indoor heat can prematurely zap moisture from the wreath. Using a humidifier indoors or misting the wreath may help.

It's probably best to hang fresh wreaths outdoors, but avoid direct sunlight, which can dry out the greenery. Slightly shaded spots are best. If your front door is bathed in full sun for hours, hang an artificial wreath here instead of a fresh one.

Maintain airflow

Another factor that can affect the wreath's longevity is an ample flow of oxygen. Wreaths tend to last much longer when kept on an outer door, indicates Harbor Farm in Ellsworth, ME. Wreaths sandwiched between a front door and a storm door will probably perish faster due to lack of oxygen.

Following these tips can help keep fresh wreaths as vibrant as the day they were brought home.





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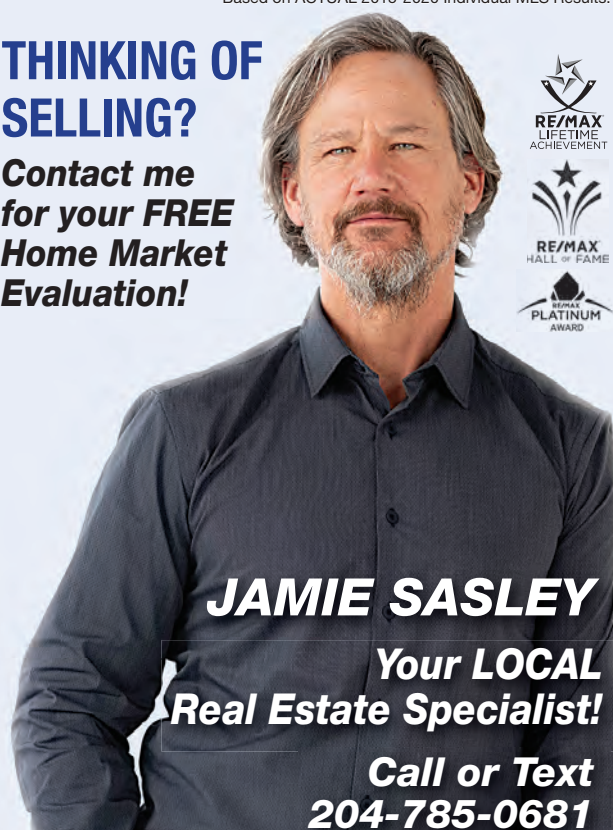


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Selkirk facing tax increase after federal negotiations

Police contract renewal puts municipalities in difficult positions

Submitted by City of Selkirk

Selkirk residents could be facing a minimum tax increase of 4.31 per cent next year due to increased policing wages negotiated during a collective bargaining process the city was not invited to participate in.

The agreement was negotiated between the federal government and the National Police Federation (NPF). Municipalities were not invited to take part in the collective bargaining negotiations, despite being paying contract partners.

Selkirk CAO Duane Nicol said the hit to the city will be significant, and it's making the 2022 budget process extremely difficult.

"We are working with estimated dollar values right now because the federal government hasn't released actual numbers at this time, but the increase could be around \$101 for the average home," Nicol said.

"That's just for the extra policing costs, no improvements of service, no projects getting done, and not a meter of roadwork. This comes at a time

when we're seeing inflation drive up all our input costs, like fuel and natural gas, and the price of insurance is skyrocketing. The 4.31 per cent is just for the new costs. It alone is twice as much of an increase as we've had in years and it's making the budget process probably the most challenging that we've seen in a decade."

Furthermore, a 23.7 per cent retroactive pay increase is being downloaded to the city, and the fiscal shock will further threaten the finances of the community, which is focused on recovering from the financial impact of the ongoing COVID-19 pandemic.

The City of Selkirk's estimated share of these costs would be a retroactive payment of \$762,775 in addition to its regular estimated policing costs for 2021. The retroactive payment alone is equivalent to 7.8 per cent of the city's net municipal taxes.

The anticipated increase for 2022 is estimated at \$539,236 which represents an increase to property taxpayers for this item alone of 4.31 per cent. This per cent increase translates into



RECORD PHOTO SUBMITTED

Aerial view of Manitoba Ave. and Main St. in Selkirk.

an average property tax increase of \$101.10 to each residence in our city.

The Association of Manitoba Municipalities (AMM), of which the City of Selkirk is a member, is encouraging its members to contact the federal government directly to ask that any retroactive pay increases be absorbed fully by the federal government.

Not only were negotiations conducted exclusively between the federal government and NPF, but municipalities also had no say in the collective bargaining process, and updates from the federal government were often irregular and did not include any detailed information to relevant stakeholders, including municipalities.

The AMM says passing the increased costs onto municipalities would be "unreasonable and unfair", especially as all municipalities are focusing on COVID-19 recovery efforts.

Nicol said city council has approved a letter that will be sent to Bill Blair, Minister of Public Safety and Emergency Preparedness, asking the fed-

eral government to reconsider putting the financial burden solely on municipalities.

"The City of Selkirk has a strong working relationship with local RCMP leadership and we get great service, our issue is not with the local detachment, the quality of service we receive or their right to collective bargaining. Officers deserve a fair wage like everyone else," Nicol said.

"Our issue is that we were not part of the process and this is a very large hit to municipalities and will put a lot of pressure on the city budget."

The city's budget is made up of two components – the capital budget that is dedicated to project-specific investments and the operating budget that is used to deliver programs and services to the community.

In 2021, \$2.73 million of the city's operating budget was dedicated to policing costs – that's just over 20 per cent of the city's total operating expenses and the single largest operating budget of any single service area.

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A Maze in Corn in **St. Adolphe** is home to the world's largest snow maze that holds the official Guinness title. The maze will take a family over 45 minutes to navigate, and warm-up fire pits and snow sculptures will help you navigate through the snowy corridors. Other activities include a sky-high toboggan run, horse-drawn sleigh rides and an ice bar.



↑ Assiniboine Park Zoo

JOURNEY TO CHURCHILL, ASSINIBOINE PARK ZOO

📍 WINNIPEG

From Arctic foxes and ringed seals to wolves and polar bears, Journey to Churchill is the perfect winter activity, especially considering these animals love the cold weather. See polar bears swim in the underwater Sea Ice Passage or play outside your window at the Tundra Grill. The indoor Polar Playground is a great place for kids to burn more energy.

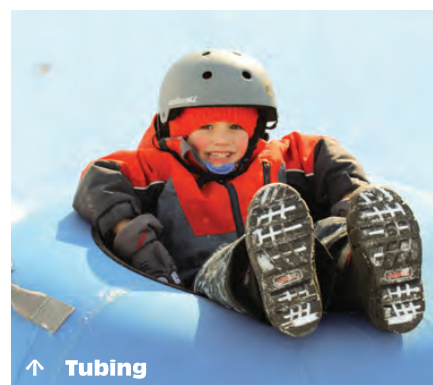


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Plan a getaway to Elkhorn Resort or Hecla Lakeview Resort, two all-inclusive family resorts that boast top water parks, including outdoor pools and hot tubs. Check into a hotel with a waterslide, such as Days Inn (**Steinbach**), Canad Inns Destination Centre (**Brandon**) and Fairfield Inn & Suites by Marriott (**Winnipeg**). Or plan a day trip for affordable family fun. **Swan Valley** and **Portage la Prairie** have great indoor pools at their recreation complexes.



↑ Tubing

VALLEY VIEW TUBING HILL

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Slide to your heart's content at the Valley View Tubing Hill located in the **Assiniboine River Valley**. Valley View is a perfect day trip for families with little ones who don't feel comfortable on skis or snowboards just yet. Kids of all ages will love swooshing down the hill and spinning in delight. The groomed run includes a tow rope system and tube rentals.

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Manitoba encompasses Treaty 1, 2, 3, 4 and 5 Territory and communities who are signatories to Treaties 6 and 10. It is the original lands of the Anishinaabeg, Anish-Ininiwak, Dakota, Dene, Ininiwak and Nehethowuk and the homeland of the Métis. Acknowledging these original caretakers is a reminder of our unique heritage, our important relationships and our obligations to and shared responsibilities with Indigenous peoples.

Manitoba
CANADA'S HEART BEATS

IERHA's spends nearly \$1.8 million on agency nurse costs

By Patricia Barrett

With nurse shortages in Manitoba's rural and northern regions, the use of agency nurses by provincially funded regional health authorities is being questioned by the NDP.

The official opposition NDP says the Progressive Conservative government has resorted to paying private companies for nurses to cover for health-care cuts after revealing the government has spent over \$22 million on agency nurses.

Agency nurses are temporary hires from private agencies. Health authorities pay a nurse's wage and a fee to the agency for their use.

"The nursing shortage in rural and northern communities has reached a breaking point and families are suffering," said NDP leader Wab Kinew in a Dec. 1 news release. "We need more nurses, but the PC leader won't hire them. Overpaying for private nurses is bad for patients and fiscally irresponsible. We need the staffing capacity to care for Manitobans in good times and bad."

The NDP filed requests for agency nurse spending under the Freedom of Information and Protection of Privacy Act.

The party obtained data from the Interlake-Eastern Regional Health Authority for the first three months of this year. The IERHA spent \$600,722.21 in January, \$601,332.16 in February and \$595,254.54 in March on agency nurses, for a total of \$1,797,308.91.

The Prairie Mountain Regional Health Authority spent \$10.5 million on agency nurses between January and September 2021. It also broke down costs by individual health facility. The Northern Regional Health Authority spent \$7.5 million from January to August 2021, breaking down agency costs by community such as Flin Flon, The Pas and Thompson. The Southern Regional Health Authority spent \$2.4 million on agency nurses between January and August 2021.

The data show the government has so far spent a total of \$22.2 million in the four health regions.

An IERHA spokesperson told the *Record* in mid November that over the last three months, its average use of agency nurses has ranged from 23 to 36 per cent of nursing staff regionally whereas in 2019 its use of agency nurses from August to October ranged from 9 to 13 per cent.

The IERHA's chief executive health

officer Dr. David Matear said agency nurses cost about 25 per cent more than the cost of top-of-the-scale nursing staff employed full-time with benefits.

But with pressure on the health-care system from the COVID-19 pandemic and the need to protect its nursing workforce from burnout, the IERHA needs to use agency nurses.

"The options you've got if you don't have safe baseline nurse staffing levels are that you either bring in agency staff or you look at overtime for existing staff. And given the overtime rates, it [agency nurses] may be a slightly less expensive option than overtime," said Matear last Friday.

"The other thing we're trying to do is if agency staff are available – given the stresses on the health-care system and the workload on our staff on a day-to-day basis – we are looking wherever possible to bring them in. The last thing we want to do in this climate [COVID] in terms of workload is to burn our staff out."

Whether the IERHA will actually spend more money on agency nurses is yet to be seen as that cost could be offset in the budget in a number of ways, including financial savings from position vacancies and underspending in areas that aren't under pressure and still maintaining service.

"You will have savings from vacancies that exist even though we are trying to hire into those positions. So that would balance it out a little bit. And it will depend on how many agency staff we'll be bringing in and where they're deployed. All that would go into the calculation," said Matear. "We're trying to have as many staff as we need to cover shifts and care for patients we

have in the house [in a facility]."

The use of agency nurses over the long-term is not something the health authority plans to do, and it monitors its budget every month so it knows where it overspent and underspent, he said. It also submits monthly and quarterly financial and performance data to the government so it knows the status of RHA spending.

"With agency staff we know we're spending more in the short-term. That may be more than we have in our budget over the long-term," said Matear. "But as we hire into [vacant] positions, agency costs will go down and overtime costs will go down. That

would contain costs and enable a balanced budget. We're not cutting services."

The reason the IERHA was able to provide only three months' worth of 2021 data on agency nurse spending is that the data had been audited.

"Our finance lead has advised that we only release financial information that has been audited," said an IER-

HA spokesperson regarding agency spending between 2021 April and November. "Our fiscal year ends at the end of March so that is why you have data up to the end of March."

Matear said the IERHA wants to be as transparent as it can so that the public understands current staffing issues and pandemic pressures.

"We're trying to be as transparent as we can be and we don't want to confuse anybody," he said. "We want people to understand what we're trying to do and, hopefully, reassure them we're doing the best we can for all the residents in our region and other residents in the province."

"WE'RE TRYING TO BE AS TRANSPARENT AS WE CAN BE AND WE DON'T WANT TO CONFUSE ANYBODY,"



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Interlake - Eastern Regional Health Authority				
Agency Dollars				
2021-51				
Month	January	February	March	Total
Year	2021	2021	2021	
Total	600,722.21	601,332.16	595,254.54	1,797,308.91

* if there are any outstanding unpaid invoices for this date range then the related dollars are not included

RECORD GRAPH COURTESY OF THE NDP

The NDP obtained IERHA spending on agency nurses from January to March 2021. Data for April to November was unavailable as it has not been audited.

Duo to perform enlightening song with WSO

By Nicole Brownlee

A Gimli-born singer-songwriter and provincially recognized traditional signer and drummer have paired up to reflect on reconciliation.

In a chance partnership, Kael Sauerborn and Ray "Co-Co" Stevenson created a meaningful relationship discussing the concept of reconciliation, which is the attempt to raise awareness about the impact of colonization on Indigenous peoples, personal experiences and the meaning of friendship.

"I wanted (to write) something worth saying," said Sauerborn.

Sauerborn, 23, and Stevenson, 52, met through a Winnipeg Crankie Festival series called Prairie Panorama. The series paired artists from rural Manitoba communities with local visual artists to illustrate songs.

Emerging performers were mentored by established artists to pen an original song.

"I was a little scared to do it because I've never written a song with anybody," said Stevenson.

"When it came time for me and Kael to collaborate and come up with a song I mentioned at the beginning it would be nice to do something about reconciliation."

The duo convened for over 20 hours discussing the discovery of 215 Indigenous children's remains at the former Kamloops Indian Residential School in Tk'emlúps te Secwépemc, Indigenous teachings and reconciliation through the lens of an ally.

"(Kael) took everything that I talked about, and he put it down in his own words, and he came up with the music for it," said Stevenson.

"I was totally blown away."

Sauerborn considered Stevenson's stories, reconciliation and creating new relationships when he was working on the lyrics to what would become "Comes to Light" but knew he couldn't write the song from an Indigenous perspective.

"Ray gave me every liberty to follow what I was feeling with either the music or the lyrics... He truly handed it over to me, but I didn't feel that was right for the project," said Sauerborn.

"Ray recognized that it's a song about two friends supporting each other, and it started to demonstrate what allyship could be when that can be a fragile topic."

After Sauerborn played Stevenson a draft of the song, Stevenson added his own elements, like integrating Cree hymns.

"It became more of a story of a relationship," said Stevenson.

"That's the true reconciliation..."

because it's supporting one another regardless of whether you're First Nation or not."

After five weeks of writing and rehearsing, Sauerborn and Stevenson performed "Comes to Light" at the Crankie Festival at the Gimli Dance Pavilion on Oct. 3. Their performance was accompanied by a moving panorama, also known as a Crankie, created by James Culleton.

"It was just a blessing and something that was meant to happen," said Stevenson.

The duo is set to perform their breakout song on Dec. 10, 11 and 12 at the Centennial Concert Hall in Winnipeg, accompanied by the Winnipeg Symphony Orchestra as a part of the WSO Holiday Pops! event series.

The WSO event will showcase several artists performing songs, dances and aerial routines.

Stevenson was already a featured performer at the WSO event when he played "Comes to Light" to Julian Pellicano, associate conductor of the WSO.

"(Pellicano) liked it. He showed it to his boss, and the next day I get an email," said Stevenson.

Though performing with the WSO is nothing new for Stevenson, the opportunity to join Stevenson on stage was hard to believe for Sauerborn.

"I don't think it set in for a couple of days," said Sauerborn.

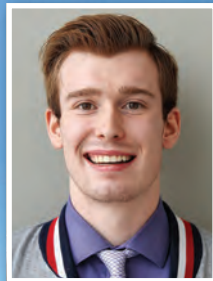
"I've been doing this now for over 30 years, so it's nice to be able to help somebody young, upcoming and be able to give them the recognition they deserve for the talent that they have," said Stevenson.



RECORD PHOTO SUBMITTED BY MATT DUBOFF

Kael Saurborn and Ray "Co-Co" Stevenson are performing their song, "Comes to Light" at the Winnipeg Symphony Orchestra Dec. 10-12.

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get inspired

> MEAL IDEAS



Prep time: 20 minutes
Cook time: 20 minutes
Servings: 4
12 button mushrooms
2 tablespoons olive oil, divided
1 large sweet onion, diced
2 medium zucchinis, diced
4-6 sun dried tomatoes, chopped
2-3 garlic cloves, minced
1 large handful spinach
1 pinch rosemary
salt, to taste
freshly ground black pepper, to taste

RED RIVER CO-OP FOOD STORE

Vegan Stuffed Mushrooms

1 pack Violife Just Like Cheddar Shreds
finely chopped chives
Preheat oven to 350 F.
Use damp kitchen towel to clean mushrooms. Remove stalks from mushrooms. Rub with 1 tablespoon olive oil and place on lined baking sheet with empty sides up.
In frying pan, saute onions in remaining olive oil until soft then add zucchinis, tomatoes and garlic. Add spinach until wilted. Remove from heat and add rosemary, salt, to taste, and pepper, to taste.
Stuff each mushroom with vegetable mixture and sprinkle with cheese shreds. Bake 15-20 minutes. Sprinkle with finely chopped chives.



Prep time: 20 minutes
Cook time: 10 minutes
Servings: 8
35 ounces Brussels sprouts
3 green onions, finely chopped
1/4 cup gluten-free all-purpose flour
2 teaspoons salt

Vegan Brussels Sprouts Fritters

1 teaspoon black pepper
pink pepper
1 teaspoon paprika
1/4 teaspoon garlic powder
1 flax egg (2 tablespoons flax and 2 tablespoons water)
1 pack Violife Just Like Cheddar Shreds
2-4 tablespoons olive oil
mint, roughly chopped
Wash Brussels sprouts and finely slice. Place in bowl with green onions.
In separate bowl, whisk flour, salt, black pepper, pink pepper, paprika and garlic powder.
Add dry ingredients and flax egg to Brussels sprouts mixture then add cheddar shreds. Mix well and let rest in refrigerator 10 minutes.
In frying pan, heat olive oil. Use hands to make one patty with 2 tablespoons of mixture.
Shallow fry 4 minutes on each side. Remove and place on plate with paper towels to drain excess oil. Repeat with remaining mixture. Garnish with mint.

Healthy Holidays (without Sacrifice!)

By Fitness & Nutrition Expert Julie Germaine Coram

Can I share a secret with you? Around the holidays, I have a slight addiction to Ritz crackers and Ferrero Rocher. If these are at a party, I cannot NOT have some. And why wouldn't I? The holidays are a time for celebrating with loved ones and indulging in life's joys, including deliciously sinful foods.

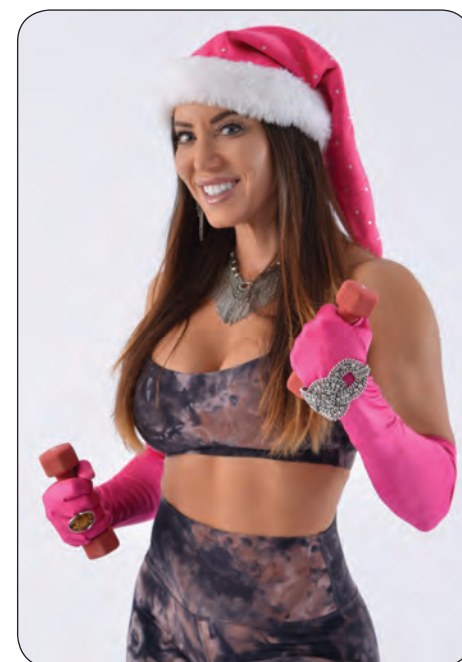
The downside, of course, is that when January rolls around, your clothes are feeling a bit snug and you suffer from regrets about your dietary decisions.

I have two solutions for you that have both worked well for me and my clients. The first involves self-control, research, and lifestyle changes to help you maintain your figure all winter-long. The second suggestion is my best advice to allow you to live it up this month without accepting that your 2022 wardrobe is going up a size.

Solution 1: portion control

Once upon a time I religiously counted calories before anything passed my lips, but I will never do that again. This kind of obsession is not healthy and is unrealistic as a long-term solution to fitness. Instead, I preach portion control. A quarter of your plate should be protein, such as meats, beans, or eggs (or a combination that could include nuts and cheeses). Whole grains should also be approximately the same size, including brown rice, whole wheat breads and pastas, or quinoa. The remaining half of your plate can heap with vegetables and fruits of all colours. Check out <https://food-guide.canada.ca/en/> for a visual representation of this, and to try their many nutritious recipes.

Solution 2: commitment immedi-



Health and Wellness Fitness expert Julie Germaine Coram

ately to a fitness program

If you sign up NOW (not on January 1) and invest in a fitness program, then you'll have support from a nutrition expert immediately who can give you tips and tricks to overcome cravings and eat well 90% of the time during all of December, so your events don't take over and make a train wreck of your healthy regime. You will also be guaranteed to shed off any weight you did put on immediately because you are getting Pro advice on how to adjust your daily food intake to enhance fat loss in a healthy, lasting way.

Would you like to connect with me to discuss your personal fitness goals and struggles? Visit juliegermaine.com or schedule a free 15 minute diet consultation at www.calendly.com/juliegermaine

Coach Julie Germaine Coram is a fit mom, 2x Pro Fitness Champion, Certified Nutrition & Fitness Expert - and local here in Manitoba. She has helped thousands of men and women improve their health since 2005.

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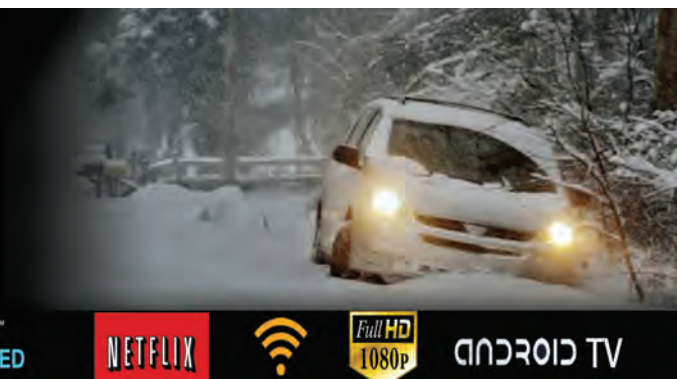
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Docs answer questions about the COVID-19 vaccine for children

By Lorne Stelmach

An online town hall last week gave Manitobans a chance to ask questions and hear from medical experts on the pediatric COVID-19 vaccine.

The session hosted by Doctors Manitoba Nov. 30 focused on the vaccine recently authorized by Health Canada for children aged five to 11, and it covered such topics as the benefits and risks of vaccination and the effectiveness of the vaccine.

The hope was to help ensure parents have the facts to make a fully-informed decision about vaccinating their children.

The panel of five doctors stressed the vaccine offers the best protection against COVID-19 and related complications, and they also sought to offer assurances about its safety and particularly about the risk of side effects.

"Immunizing your child helps to add that added level of public health security in managing the pandemic," said Dr. Ruth Grimes, president of the Canadian Paediatric Society. "With the evidence that we have so far, it seems that those major complications can be dealt with quite handily."

"The best thing I can say is that we know a lot about the immune system and how it responds to vaccines, how it responds to infections ... and what we see in every other infection and every other vaccine is a lack of long term surprise side effects," said Dr. Joss Reimer, medical officer of health and medical lead for the Manitoba Vaccine Implementation Task Force.

"We don't see people five years, 10 years, 20 years later having some unexpected damage to their body because of their immune response, and so we're very reassured that this will

be the same thing because the immune system hasn't changed."

"Collectively, pediatricians are very good at looking for signals that would warn us about safety in this particular age group, and we haven't seen anything to date ... so that's reassuring," noted Dr. Jared Bullard, section head of pediatric infectious diseases and associate medical director of Cadham Lab. "In addition, we'll be continuing to monitor for any sort of safety concerns or signals going forward."

The hour and a half long session covered a lot of ground, including even the doctors' thoughts on talking to your children about vaccination, with Dr. Marni Hanna, president of the Manitoba Pediatric Society, touching on her experience with her own daughter.

"We talked about it positively at home, and she saw how excited we were to get our COVID shots, and she knows that this means something big for her," said Hanna. "If you know your kid is really anxious, try to book their appointment in an environment where they feel safer ... in a place they feel familiar with."

Do whatever is needed for them to feel comfortable and give children some degree of control over the environment and situation, added Grimes.

Hanna addressed a question about whether the vaccine might in any way affect a child's development or even future fertility, and she stressed there was no basis to support that thought and that the risk instead is from getting COVID.

"If you get really, really sick [with COVID-19], in a child, that can lead to developmental delay ... so it really makes a lot more sense to get the vaccine."

Bullard addressed a youth's questions about the smaller dose for children and age considerations.

"When we were looking at this particular vaccine, we actually did look at different amounts, and we looked at all sorts of kids," he said. "There's really no reason to put off getting that vaccination ... the sooner you get the vaccine, the sooner you're going to see the benefits of getting that vaccine."

The doctors then went on to the waiting period for the second dose, noting that their current recommendation is an eight week period even though Health Canada has approved it a 21-day period.

"The reasoning for spacing it out by eight weeks instead is that a longer interval provides longer lasting and stronger protection," suggested Hanna.

"There can be some flexibility because everyone's treatment plan is a bit different," added Ashley Chopek, a pediatric oncology and bone marrow transplant specialist.

"Overall, we really do want kids to get that eight week interval because it works better and we think it's safer ... it's probably still worth waiting ... I wouldn't rush that second dose," said Reimer, who noted one exception is related to First Nations communities where there is elevated risk. In that instance, they want to get the second doses done sooner because of the more severe outcomes being seen in some of these locations.

Hanna also noted that they don't want families to wait too long if their children have recently had other vaccinations, but they are recommending other vaccines not be given within two weeks of the COVID-19 shots.

"The main reason for that is to moni-

tor for potential side effects ... it makes it very confusing if they've had multiple vaccines at one time ... however, there may be special situations."

Addressing further questions about side effects, Hanna said they are primarily local where they received the injection (a sore arm), but there can be some systemic side effects such as fever, chills, muscle ache and fatigue, although they are believed to be much less common in the younger age group of children.

Reimer reiterated that studies did not show any more severe outcomes among younger children than any other age group, but it is something they continue to watch very carefully.

"We're talking about incredibly low numbers ... it's still such a low risk compared to what this infection is doing in our communities," she said.

Reimer also touched briefly on the most recent COVID variant of concern and noted that they still have more to learn about it.

"I think it's very clear that experts are worried about it, but we don't know how much more transmissible it is; we don't know the impact that it will have on how well the vaccine works, but what we do know is that the vaccine will work against this variant," she said.

"Is it going to be a little bit lower effectiveness? Maybe. We're far too early to know," she said. "If you're vaccinated, you still have an army ready to go ... don't hold back on being as fully protected as you can be."

For more information, you can go online to ManitobaVaccine.ca. The site, created by physicians about COVID-19 vaccines, will be updated with answers to common questions about the pediatric vaccines.

Weather phenomena throughout the Interlake

By Staff

Mother Nature has been providing very interesting sights on the lakes throughout the Interlake.

A weather phenomenon has left Lake Manitoba near Steep Rock covered in balls of ice.

Experts believe snowflakes freezing on top of the water, mixed with waves or wind can cause everything to turn and create snowball shapes.

Meanwhile in Winnipeg Beach and York Landing ice pancakes have been spotted.

Greg McCullough, a geographer at the University of Manitoba, said the formations are created when ice crystals start gatherings in little groups on the water's surface in slightly wavy

conditions.

"They'll tend to grow outwards in roughly a circle, and then gradually the ice will form up and these groups will be jostling around together. So they will rock around and they will knock any rough edges off and you end up with a whole lot of fairly rounded pancake shapes," said McCullough.

He added with the waves, the ice doesn't get the opportunity to stick together and form one big sheet and that will only happen as the water calms.

McCullough said these formations are neither rare nor common and that if people search for them, they will find them eventually, adding the right



RECORD PHOTO BY ADRIENNE HALKOWICH PHOTOGRAPHY
Ice balls formed on the water at Steep Rock recently.

conditions are needed to make the shapes. (with files from Devon McKendrick - CTV News Winnipeg).

IERHA updates municipal officials on nurse shortages, patient transfers, PCH beds

By Patricia Barrett

Although there has been a good uptake of COVID-19 vaccines in the Interlake-Eastern Regional Health Authority, the region needs a shot in the arm as Manitoba's 4th wave magnifies its lack of health-care resources and sees patients getting moved hundreds of kilometres away for care.

The IERHA's chief executive officer Dr. David Matear held virtual briefings for municipal leaders recently to update them on the condition of the health-care system in the region.

The briefing and a question-and-answer session on Nov. 24 addressed bed closures at three hospitals (Gimli, Stonewall and Beausejour), a shortage of acute care nurses, patients transferred out of the region in order to free up acute care beds, personal care home beds at maximum occupancy and the impact the unvaccinated are having on the system.

The uptake of COVID vaccines in the IERHA is the third highest in Manitoba at 83.2 per cent behind the Northern RHA at 85 per cent and the Winnipeg RHA at 89.5 per cent. But that doesn't mean the vaccinated can rest easy because the virus can still infect them (hence the continuing need for facemasks and physical distancing), and they can pass it on to others.

But being vaccinated greatly reduces a person's chances of becoming seriously ill and dying from the virus, which has killed 1,304 Manitobans (as of Nov. 25).

Matear said COVID case numbers are expected to rise.

"The [COVID] case numbers are rising and they're predicted to continue to increase in the current modelling," he said. "Major features of this particular wave are younger populations affected, a heavy reliance on vaccination and we also have the impact of the unvaccinated on our health-care system."

Between December 2020 and the present, the unvaccinated were six times more likely to be infected with COVID than the vaccinated. They're nine times more likely to be admitted to hospital beds (non-ICU) and 22 times more likely to be admitted to ICU beds. They're also 13 times more likely to die than the vaccinated, according to data Matear shared.

With staff and resources focused on COVID care, surgical and diagnostic procedures have had to be delayed. Doctors Manitoba released an updated estimate of backlogged procedures on Nov. 22, putting it at over 136,000, up from 130,000 in mid October.

The IERHA is also burdened by a critical nursing shortage, said Mat-



Chief executive officer
Dr. David Matear

ear, and staff have been pulled from other parts of the system to support patients.

"COVID-19 has left us with a nursing shortage in hospital and acute care and that's not just in Manitoba but also across the country," said Matear. "There's no pool of nurses available to fill the gaps in the health-care system that arise from those transfers."

Because of nurse shortages, acute care beds were closed this month in three IERHA hospitals: Gimli (six beds closed), Stonewall (5 beds closed) and Beausejour (10 beds closed). Matear said the nurse shortage made it unsafe for patients.

The provincial government promised last week to have 400 new nurses trained. In 2019 the party under then-premier Brian Pallister promised to hire 200 nurses.

Matear said it will take several years to get those 400 nurses in place, as well as bring in internationally trained nurses.

"The longer type of capacity-building, the 400 nursing seats in the province and international [nurses], will be several years in the making. You won't see that additional capacity for a number of years," he said. "For internationally educated nurses, we did have a process in place and they were welcomed into our health-care system, but COVID suspended that because they were unable to travel and emigrate to Canada. We're trying to get that back on track now."

In the meantime, the IERHA is having nurses work overtime where feasible. It's also using agency nurses (temporary hires from a private organization), which Matear said are more expensive.

The health region's average use of agency nurses increased over the past

Compared to fully vaccinated people unvaccinated people are*:

- 6 times more likely to be infected with COVID-19
- 9 times more likely to be admitted to non-ICU beds
- 22 times more likely to be admitted to ICU beds, and
- 13 times more likely to die after adjusting age differences.

*From December 16, 2020 till November 11, 2021

Source: Ali Millar, Operations, Vaccine Implementation Task Force

PHOTOS/GRAPHS COURTESY OF IERHA

The odds are stacked against people who remain unvaccinated for COVID.

three months, according to follow-up information obtained from the IERHA. And it's the health region which incurs the cost of those nurses.

"Interlake-Eastern RHA relied on agency nurses to cover gaps in schedules even before the pandemic. Maintaining staffing at some health-care facilities, where we have historically had difficulty recruiting, requires us to rely on the use of agency nurses more frequently than others," said an IERHA spokesperson.

"With the current nursing shortages, we are not alone in our need to access nursing agency staff resources more frequently. Our use of agency nursing staff will fluctuate. Over the last three months, our average use of agency nurses has ranged from 23 to 36 per cent of nursing staff regionally. This compares to a range of 9 to 13 per cent from August to October 2019."

Patient transfers from IERHA hospitals to other health regions under the provincial government's mandatory patient transfer protocol (to free up acute care bed space) has sparked great concern in Ashern, said RM of Grahamdale Reeve Craig Howse, who took part in the briefing. No personal care home capacity in the IERHA meant patients were transferred out of the region.

"You said personal care home beds are almost at 100 per cent occupancy. We've had in Ashern at the Lakeshore General Hospital patients under alternative care being moved," said Howse. "Is there an immediate plan to address personal care home beds? Are you adding more or trying to find more beds because we've had concern from our residents? Some people have been moved three and a half hours away."

Matear confirmed that there is no bed capacity in personal care homes and that's why some patients were moved to other health regions under the government's scheme.

"We don't have capacity [at local PCH sites] to move patients. That's the reason we're moving patients farther away to an environment or site where they can receive more appropriate care," said Matear. "If there was a local alternative, we would use that. And we continue to explore that."

Patients that have been moved to other RHAs will not lose their place on any IERHA PCH waiting list they're on, he said. And they'll be able to return once a bed opens up for them.

Some communities are still waiting for the provincial government to approve the construction of new PCHs. Councils for the Town of Arborg and the Municipality of Bifrost-Riverton, for instance, had asked the government a number of times since 2015 for permission to construct a new 80-bed PCH in Arborg.

Matear said the provincial government is still reviewing RFPs [request for proposal] for new PCHs. And there's also a need to address other levels of care in the IERHA, such as home care, assisted living and supportive housing, which may be more appropriate than PCHs for patients.

"As far as PCH beds are concerned there were RFPs some time ago [and] some recommendations were made. They are still under consideration by government," said Matear. "Within our region ... we haven't got the capacity in a number of levels of health-care that we should. What we ought to be doing is building up home care to the level at which we can support patients safely at home ... then look at assisted living or supportive housing before we get to a point where a patient requires a PCH bed. We haven't got all those levels of care in place which would be more appropriate for patients who are currently in a PCH or sitting waiting for a PCH bed in an acute care setting."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Former Royals' clash in men's university volleyball

Staff

Former Selkirk Royals' star Spencer Grahame had a game-high 15 kills to lead the University of Manitoba Bisons men's volleyball team to a 3-0 sweep over the Winnipeg Wesmen on Friday night at the Investors Group Athletic Centre.

Manitoba won by scores of 25-14, 25-13, and 25-22.

In the second set, Ben Carleton, Owen Schwartz, another former Royal, and Grahame accounted for most of the scoring, combining for 15 kills.

Schwartz finished the match with five kills, two aces, and a block. Jack Mandryk, a former Royals' setter, had a game-high 10 digs.

Five former Selkirk players are on either the Bisons' or Wesmen's roster.

Josh Jehle also plays for the Bisons while Nigel Nielsen suits up for the



Spencer Grahame



Jack Mandryk



Owen Schwartz

Wesmen.

On Saturday, the No. 10-ranked Wesmen beat the Bisons in four sets

(25-18, 25-16, 15-25, 25-16).

Grahame had seven kills for Manitoba while Nielsen led Winnipeg with

14 kills. Mandryk had 29 assists.

The win improved Winnipeg to 5-3 while the Bisons fell to 4-4.

Selkirk loses to Westwood, upsets St. Paul's

By Brian Bowman

The Selkirk Royals had no answer for Campbell Epp last Wednesday.

Epp scored four goals - including three on the power play - to lead the Westwood Warriors to a 4-3 victory over Selkirk in Winnipeg High School Hockey League action at the Keith Bodley Arena.

Ashton Henry led Selkirk with a goal and an assist while Brennan Feschuk and Nick Magwood also tallied.

On Nov. 29, the Royals knocked off the first-place St. Paul's 1 Crusaders 4-2 in Selkirk. It was the Crusaders

first loss this season.

Clint Thomas and Magwood scored to give Selkirk a 2-0 first-period lead.

Nathan Burzynski, the Royals' leading scorer, then tallied twice in the third. Andrew Denoon assisted on both of Burzynski's goals.

Jack McFeetors scored a second-period goal for St. Paul's and then Dario Macchia tallied in the third.

Brendan Berrington earned the win in goal.

The Royals' lone game this week is a road contest in Steinbach on Wednesday. Game time is 4 p.m.



RECORD PHOTO BY BRETT MITCHELL

The Royals Andrew Denoon had two assists in Selkirk's impressive 4-2 home victory over the first-place St. Paul's 1 Crusaders in WSHL action on Nov. 29.

The Selkirk Record

217 Clandeboye Ave., Selkirk

Proof Deadline **Fridays at 4 p.m.**

Booking Deadline

Mondays at 4 p.m.

Office Hours: Monday-Friday 9:30-5:00



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Selkirk golden in St. Boniface

Submitted by Brian Jones

Eight fighters from the Selkirk Judo Club competed at the St. Boniface Open Judo Tournament held at the University of Manitoba on Nov. 27. It was the 25th anniversary tournament for the St. Boniface Judo Club and the first judo tournament held in Manitoba since February 2020.

The Selkirk Club returned with one bronze, four silver and three gold medals.

Winning gold were McKenna Stewart in U16 Women under 70 kg, Danny Ekosky in U18 Men under 81 kg and Justin Ekosky in Senior Men under 81 kg.

Silver medals were awarded to Amelia Macfarlane in U16 Women

under 70 kg, Brody Malinowski in U18 Men under 81 kg, Bailey Malinowski in Senior Men under 81 kg and Dalin Kymanick in Senior Men over 100 kg.

A bronze medal went to Beth Penner in U16 Women under 48 kg.

The tournament also featured an appearance by Catherine Beauchemin-Pinard, bronze medallist for Canada at the Tokyo Olympics in the Women's under 63 kg division. She was on hand to sign autographs and take pictures with the athletes, and also ran clinics on Friday night and Sunday for athletes.

The club's next provincial competition will be the Manitoba Open on January 22.

RECORD PHOTO SUBMITTED
The Selkirk Judo Club's Scotia Hogan, top, trained with Olympic medalist Catherine Beauchemin-Pinard at a clinic on Nov. 28.

Curling action



RECORD PHOTOS BY JOHN PODWORNIAK

East St. Paul's Morgan Maguet, left, sizes up a shot while Petersfield's Tanner Graham delivers a rock during Manitoba Junior Curling Tour action at the Selkirk Curling Club.



RECORD PHOTO SUBMITTED

The East St. Paul Skating Club's Emmet Dewar, left, recently competed in the Novice Men's category at the Skate Canada Challenge in Regina. His 16th-place finish earned him a spot at the 2022 Canadian Tire National Skating Championships in Ottawa in January. Dewar is coached by Tanya Pilat.

Steelers swept by Waywayseecappo

By Brian Bowman

The Selkirk Steelers lost a pair of close games to the Waywayseecappo Wolverines last week.

Waywayseecappo swept the two-game home-and-home series with a 3-1 win on Saturday in Selkirk.

The Wolverines' Adam Paplawski scored a first-period goal and then Selkirk's Mathieu Catellier (on the power play) and Waywayseecappo's Carson Baptiste traded goals in the second.

Colby Wotton sealed the win with an empty-net goal at 19:32 of the third period with Steelers' goaltender Hunter Tarves pulled for an extra attacker.

Last Thursday, Selkirk let a 3-1 lead slip away in a 4-3 overtime loss in Waywayseecappo.

The Wolverines' Jacob Charko tied the score at 3-3 at 19:10 of the third period and then Andrew Boucher tallied in OT. Charko scored twice in the game.

Sheldon Howard and Dane Ballarin scored for Selkirk in the first period and then Quinton Hill tallied in the



RECORD PHOTO BY MJHL
Steelers' forward Quinton Hill was named an MJHL Star of the Week for the period ending Nov. 28. He scored three goals and had seven points in four games that week.

second. Hill was named an MJHL Star of the Week for the period ending Nov. 28 after collecting seven points (three



RECORD PHOTO BY JOHN PODWORNIAK
Selkirk Steelers' forward Ryan Ostermann looks to make a play against Waywayseecappo during MJHL action on Saturday. The Wolverines won the game 3-1.

goals, four assists) in four games.

Waywayseecappo's other goal was scored by Logan Wotton.

Steelers' netminder Cole Plowman made 34 saves.

Selkirk, now 10-13-1-2 and in fourth

place in the East Division, will hit the road this weekend with games against the Swan Valley Stampede on Friday and Saturday. Start times for both games are 7 p.m.



RECORD PHOTO BY LANA MEIER

The Raiders' Brent Ingram, right, battles for the puck with Jets' forward Matt Meier during MMJHL action last Friday in Stonewall.

Raiders split weekend games

Staff

The Raiders Jr. Hockey Club skated to a 3-1 home victory over the Transcona Railer Express in Manitoba Major Junior Hockey League action on Sunday afternoon.

All four goals in the game were scored by the 8:30 mark of the first period.

Jayce Kennedy and Alex Cholakis gave the Raiders a 2-0 lead before Transcona's Michael Todoruk and the Raiders' Logan Klippenstein traded goals.

Dylan Francis made 34 saves for the victory.

On Friday, the Raiders lost 3-1 to the Jets in Stonewall.

Cole Emberly gave the Jets a 2-0 lead with a pair of first-period goals.

The Raiders' Levi Thiessen scored in the second period and then Stonewall's Hudson Chamberlin tallied in the third.

The Jets' Jaxon Blight had two assists in the game.

Raiders' goaltender Jeremy Pikel made 31 saves.

The Raiders, now 10-11-1, will visit the Railer Express this Sunday for a 12:45 p.m. game.



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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Whiteside nets hat trick for Fishermen

By Brian Bowman

Devon Whiteside played his first game of the season for the Selkirk Fishermen on Saturday.

And he made quite the debut.

Whiteside scored three goals to lead Selkirk to a convincing 6-0 road victory over the Lundar Falcons in Capital Region Junior Hockey League action.

Reece Tessier also had a strong game with a goal and two assists while Kyle Folhoffer and Nick Magwood also tallied.

Brendan Hocaluk made 21 saves for the shutout.

The win was a nice bounce back for the Fishermen after the Arborg Ice Dawgs handed Selkirk its first real loss of the season on Friday.

Jack Einarson snapped a 1-1 third-period tie with a pair of goals just 28 seconds apart to lead Arborg to a 3-2

road victory.

Braydon Stevenson scored a first-period goal for the Ice Dawgs while Jordan Donald and Braeden Hummel replied for the Fishermen.

Einarson finished the game with three points.

Brandon Kowalchuk made 32 saves for the win. Fishermen goaltender Owen Derewianchuk stopped 38 Ice Dawgs' shots.

Selkirk, which was awarded a loss earlier in the season after using an ineligible player, leads the five-team league with 36 points. Arborg is in second place with 24 points.

Selkirk played at the North Winnipeg Satelites on Tuesday but no score was available. The Fishermen will host the St. Malo Warriors on Friday at 7:30 p.m.



RECORD PHOTO BY JOHN PODWORNIAK

Fishermen forward Jordan Donald (26) scored a first-period goal but Selkirk lost 3-2 to the Arborg Ice Dawgs on Friday.

Brandon bounces Thrashers twice last weekend

Staff

The Winnipeg Thrashers lost a pair of games to the Wheat Kings in Brandon last weekend in Manitoba U18 AAA Hockey League action.

Brandon completed the sweep with a 6-2 victory on Sunday afternoon.

Dawson Zeller and Xyon Kiemeney scored for the Thrashers.

Callum Halls (two), Dylan Schrader,

Calder Crossin, Nolan Chastko, and Ethan Guthrie replied for Brandon.

On Saturday, Winnipeg was crushed 9-3 by Brandon.

Carter Bear led the Thrashers with two power-play goals while Zeller tallied at even strength.

Brandon's goals were scored by Chastko (three), Braden Keeble (two), Nolan Roberts, Clarke Caswell, Guth-

rie, and Jeremiah Jacques.

Last Wednesday, the Thrashers hammered the Thistles 9-2 in Kenora.

Bear had a hat trick for Winnipeg while Kiemeney scored twice and added an assist.

The Thrashers' other goals were scored by Hayden Chaloner (two), Brycen Gair, and Nathan Lenoski.

Nickolas Fagnilli and Jett Mintenko

scored for Kenora. Evan Banera made 37 saves for the win.

The Thrashers will host the Thistles on Wednesday (8 p.m.) at the Gateway Recreation Centre and then will head north to Thompson this weekend.

Winnipeg will battle the Norman Northstars on Saturday (7:30 p.m.) and Sunday (1:30 p.m.).



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Thurs. Dec. 16 Lockport 7pm-8:30pm	Fri. Dec. 17 Lockport 7pm-8:30pm

14U Boys	16U Boys
Sun. Dec. 12 LSRCS 12:30pm-2:00pm	Mon. Dec. 13 Lockport 8:30pm-10pm
Tues. Dec. 14 Lockport 8:30pm-10pm	Weds. Dec. 15 Lockport 8:30pm-10pm
Thurs. Dec. 16 Lockport 8:30pm-10pm	Fri. Dec. 17 Lockport 8:30pm-10pm

For More Information Contact:
Jim Schreyer: 604-793-5529; jhschreyer@gmail.com
Jeff Scarcello: 204-482-6926; jscarcello@lssd.ca
Go to: www.royalsvolleyball.com to register for tryout.

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East Selkirk Fire Dept.

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Applications will be received for the above position until 4:00 PM Friday, January 21, 2022

Interested persons are asked to submit a resume clearly marked "East Selkirk Fire Department" by mail, fax or email to the address listed below

The East Selkirk Fire Department would like to thank all who have applied and advise that only those selected for an interview will be further notified.

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6					3	1		9
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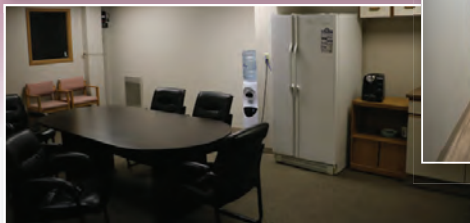
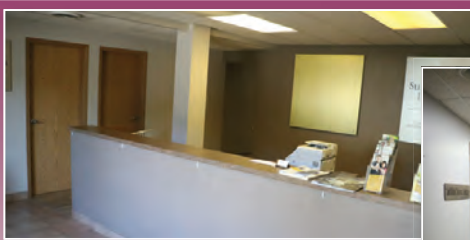
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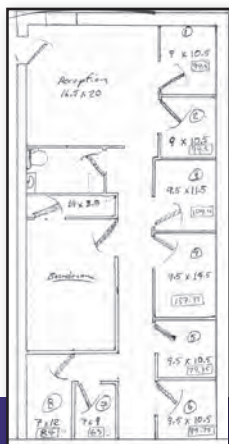
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IN THE MATTER OF THE ESTATE OF: GILBERT LAWRENCE THORSON, late of the R.M. of Alexander, in Manitoba, Deceased. ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, 72A Centre Street, P.O. Box 6500, Gimli, Manitoba, R0C 1B0, on or before the 19th day of January, 2022. DATED at Gimli, Manitoba, this 8th day of December, 2021. BAKER LAW CORPORATION SOLICITORS FOR THE EXECUTORS Attention: Grant D. Baker

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Starting in 2022 - The last Estate & Moving Auction of each month will feature Guns & Ammo along with the regular items!

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INVITATION TO TENDER

Noventis Credit Union Limited
Selkirk Janitorial Contract
(36 month term)

You are invited to tender for the above-mentioned Janitorial Contract.

Forward to:

J Collins; AVP, Operations

Email: jcollins@noventis.ca

Subject line: Selkirk Janitorial Contract

Deadline: December 24, 2021 by 4PM

Any questions regarding this tender may be referred to:

Jennifer Laramee; Manager, Branch Experience

Email: jlaramee@noventis.ca

Phone: 204.806.8823

noventis.ca



Announcements *Selkirk Record*

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

ANNOUNCEMENT

ANNIVERSARY



Cathleen and Alan Critchley
will celebrate their
65th Wedding Anniversary on
December 20th, 2021

They had two children,
sadly David unexpectedly passed in 2019.
They now live in Winnipeg to be near their
daughter Carol Robinson.
They are blessed with five grandchildren and
five great-grandchildren

ANNOUNCEMENT

BIRTHDAY IN HEAVEN



In Memory of
Darren Rivard
Happy 60th Birthday in Heaven
December 9, 2021

Auntie remembers a busy little boy and we both
remember a hard working fine young man.
- Always in our hearts,
Auntie Bea and Uncle Ron

OBITUARY

Sophie Wachniak

November 2, 1922 - November 30, 2021

Sophie passed away peacefully at The Selkirk Betel Home.
There will be no funeral service. Cremation has taken place.
Thanks to all the nurses, health care aides and Betel staff for the care and compassion she received.
Special thanks to Drs. Sexton and Brown.
Granddaughter Kristyn Karasevich was the apple of Grandma's eye. Kristyn visited every day to
check on her and offer comfort and conversation.

Your memory will live forever Engraved within our hearts

OBITUARY

Edward Swart

It is with deep sadness that the family announces the passing of Ed on November 24, 2021.
He will be greatly missed and forever remembered by his wife Denise, son Matthew and daughter
Hollie Bieber (Allan).

Ed was born and raised in Winnipeg. He had many career hats but his final one as a handyman
gave him the most satisfaction and pleasure.

A private Celebration Mass was held on December 4, 2021

Should anyone wish, donations in Ed's memory may be made to CancerCare Manitoba.

As Eddy would say,

"LOVE LIFE - BE SCREENED"

Friends and family are invited to visit Ed's memorial page at interlakecremation.ca where memories
and condolences may be shared.

"MAY YOUR FRISBEE FLY
LONG AND HIGH, EDDY!"

Arrangements entrusted to:

*Interlake Cremation
& Memorial Services*
204.482.1040

ANNOUNCEMENT

IN MEMORIAM

John Suszko

June 1, 1939 - December 11, 2020

A year ago today.
Always Remembered. Forever Missed.
Always in our Hearts.

-Your wife Linda and kids

ANNOUNCEMENT

BIRTHDAY IN HEAVEN



Todd Dmyterko
December 8, 1968 - November 12, 2020
Although your smile is gone forever,
And your hand we cannot touch;
We still have so many memories,
Of you who we loved so much.

-Love Mom, Dad,
Dwayne, Darrin, Alan and son Derek
and families

ANNOUNCEMENT

CARD OF THANKS

ANAF Unit 151 extends a sincere thank you for
the generous bonus Christmas meat draw do-
nations from the following: Graham and Deb-
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Colleen Johanson, Barb and Darren Single,
Lisa Jablonski, Lori Thomas, Barb Hanson,
Nola Fidler, Nancy and Chris Anderson.

PUBLIC NOTICE

PROPOSED XPLORNET TELECOMMUNICATIONS FACILITY SELF SUPPORT INSTALLATION

PUBLIC NOTICE:

Proposed Telecommunication facility:

- 60m Self Support tower with 1m Lightning Rod
- Located within Lot 1 Plan 16751 (in RL 67 to 69, Parish of St Clements) within the City of Selkirk and to be accessed from Greenwood Avenue using an existing access and parking lot.
- The facility will be fenced and will include a locked shelter located at the base of the tower as well as installation of Anti-Climb installed on the tower.
- The site will provide faster and reliable high speed internet and phone services in the general area of the City of Selkirk

Further information may also be obtained through
the following contact:

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c/o **Vertex Professional Services Ltd.**
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Calgary, Alberta T2G 4E6
Phone: 780-619-2758 (Mark Steiger)
Fax: 403-244-1202
Email: telcocommentsab@vertex.ca

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The City of Selkirk
200 Eaton Avenue
Selkirk, Manitoba R1A 0W6
Phone: 204-785-4900
Email: lw@cityofselkirk.com

SITE LOCATION MAP



SECRETARY-TREASURER

The Board of Trustees invites applications for the full time,
permanent position of Secretary-Treasurer for Sunrise
School Division. Duties will commence March 21, 2022
or as soon as can be arranged thereafter.

The incumbent will be responsible for the effective leadership and management of each of
the Division's operational departments within the organization. Major areas of responsibility
include but are not limited to the planning, implementation, monitoring, and reporting of all
financial practices of the Sunrise School Division.

For details and information on how to apply, visit
www.sunrisesd.ca.

Announcements

Book Your Announcement Today - Call 204-785-1618 or Email lucy@selkirkrecord.ca

Selkirk Record

OBITUARY



Joan Sylvia Setter (Sereda)
January 16, 1941 – November 25, 2021

Peacefully on Thursday, November 25, 2021, Joan Setter passed away with her loving family at her side.

Survived by her loving husband Harvey; children, Todd (Glenn) and Lisa (Doug); grandchildren Cole and Brooke and her brother Jerry (Wendy).

Joan was born and raised in Dauphin, MB on January 16, 1941 by Olga and Andrew Sereda. They moved to Brunkild, MB for a few years and later settled in Selkirk, MB. Joan met the love of her life... "HARVEY"... after courting for a few years they were married. A few years later they began their married life, where Joan spent many years at home raising their family.

As her family grew they spent many memorable summers in Detroit Lakes and Gull Lake with her family and friends.

Joan worked in the restaurant industry for many years. From being born and raised in Dauphin as a Ukrainian, she inherited the talent to make all the traditional Ukrainian dishes.

Joan's next career landed her with the Western Canada Lottery Foundation, when it was located in Selkirk; here she made many long term friendships.

In later years Joan and Harvey were blessed with two beautiful grandchildren, Cole and Brooke.

During her years of retirement, Joan and Harvey enjoyed many fun trips to the casinos in the U.S.A. Joan had a love for country music. Her dad and uncle played the guitar and fiddle. Harvey played the guitar as well, and she always loved to sing along. Many weekends were filled with friends, family and music.

Joan enjoyed the summer days in her park-like backyard sitting and doing her puzzle books. When she was inside, she loved to watch her game shows.

Her life revolved around the love of her life "Harvey" and her family.

Joan developed some health issues that kept her pretty close to home.

Something that she always enjoyed was her coffee time at A & W in the mornings and afternoon. It was the meeting place for many to enjoy coffee and a visit. Joan made friendships that she always held close to her heart.

Our family would like to thank the doctors, nurses and health care aides at Beausejour Hospital for their compassion and care. The personal connections they made helped comfort her.

On November 25, 2021, God decided it was time for Joan to be reunited with her parents. Her struggles were over and she passed peacefully with her loving family by her side.

We know you are shining down upon us and will help guide us through this painful time.

A graveside service will be held in the spring of 2022 to celebrate Joan's life. An announcement will be made at a later date.

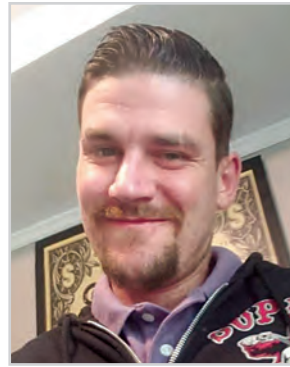
Friends and family are invited to visit Joan's memorial page at interlakecremation.ca where memories and condolences may be shared.

In lieu of flowers, donations may be made to the Manitoba Lung Association 825 Sherbrook Street, Room 204, Winnipeg, MB. R3A 1M5 or to the Beausejour Hospital Palliative Care Program, 151 First Street South, Beausejour, MB. R0E 0C0.

Arrangements entrusted to

*Interlake Cremation
& Memorial Services*
204.482.1040

OBITUARY



Bradley Timothy Monkman

It is with broken hearts that the family announces the passing of Bradley Timothy Monkman, 29, on November 30, 2021.

Everyone that knew him loved him, he was quite the entertainer.

Cremation will take place and it was his wish to have his ashes buried in Pine Dock. A celebration of life will be held in the spring where we can all enjoy and share our memories of him.

A GoFundMe page has been established for him as well as an E-transfer at joreyjveren@gmail.com.

OBITUARY

John Libich

John Libich passed away the morning of December 2, 2021 at Grace Hospital in Winnipeg.

He was predeceased by his wife Irene; his parents Michael and Eva; and his brother Peter.

His memory will be cherished and he will be greatly missed by his children Arlene, Andrew, and William and his grandson, Nicholas Abbott. He is also survived by his siblings, their spouses and children, including his brothers, Steven (Maxine) and Donald (Jane); his sister, Evelyn (Bert); and his sister-in-law, Ann.

He was delivered into this world by a midwife in Libau, Manitoba on April 28, 1934 and raised in a farm environment. Displaying mechanical interest and ability in his youth, he was inclined to the equipment and vehicle aspects of the farm, and pursued a passion for electronics. After secondary studies at Happy Thought School in East Selkirk, he left Manitoba to attend the Milwaukee School of Engineering where he graduated with a degree in electrical engineering in 1955. His career as a Professional Engineer took him to many places, but he was drawn back to his home province to work for the Manitoba Power Commission, and continued to work at the company after its name changed to Manitoba Hydro. He spent many happy and rewarding years there, and looked forward to starting his work day having a friendly breakfast with his fellow employees.

In his spare time, he enjoyed vacationing at the lake with his family, photography, card-playing, and vegetable gardening. He was a wizard at repair and maintenance, and designed his leisure home which he built while teaching his children construction skills.

When he retired in 1993, he continued his love of contract bridge and growing produce, and discovered new pastimes including tree farming and culinary arts, the latter of which his family greatly appreciated at their lively dinner table. In his later years he was blessed with time spent with his grandson.

There will be no funeral or service.

In lieu of flowers, please contribute to Harvest Manitoba, or a charity of your choice. Thank you.

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

Gilbart Funeral Home, Selkirk in care of arrangements.

Gilbart

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FEATURE OF THE WEEK!
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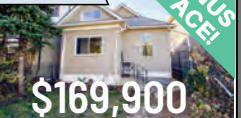
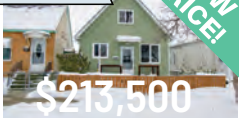




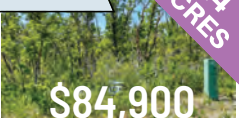



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With 8 years of experience in real estate + 4 years specializing in mortgage financing, Hunter is truly a powerhouse of knowledge & facts! The best thing about Hunter is that after every conversation with him, you will leave at least a little bit smarter than you were before. Hunter answers questions in the most thorough way possible, probably citing his sources, giving you exact dates & perhaps latitude/longitude coordinates. Despite the amount of stress he can be under at times- like when George & Kasey throw 5 contracts to him at once with no explanation or even one mere paperclip separating the bunch - there is always room for a good laugh or a celebratory “yay!” whenever something goes good. We are so lucky to have such a pleasant & amiable person on our team who is determined, solution-oriented, & most definitely one of the kindest people you will ever meet!

