



The Selkirk Record

THURSDAY, DECEMBER 10, 2020

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Holiday soup's on

RECORD PHOTO BY NICOLE BUFFIE

Holiday Alley volunteers Sharon Holmes (left) and Tracey Cyncora prepare soup packages for the Gaynor Family Take-Home Soup Cook-Off, an event as part of Holiday Alley's 12-ish Days of Christmas.

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<p>SPECIAL SEASONAL GROUP LUNCH & DINNER MENU (FOR YOUR WORK and HOME BUBBLES) Available Dec 4th - 18th</p>	<p>GROUP LUNCH PRE-ORDER <i>All accompanied by House made Coleslaw</i></p> <p>Chicken Stir-fry with Garlic and Chive Basmati Rice \$16</p> <p>Pistachio and Panko Crusted Pickerel with Roasted Red Pepper Tartar Sauce \$18</p> <p>Braised Beef Brisket and Mushroom Pie with Pan-fried Potatoes \$18</p>	<p>GROUP DINNER PRE-ORDER <i>All accompanied by Caesar Salad, Baby Roast Potatoes & Chef's Vegetables</i></p> <p>Apricot and Cranberry Stuffed Chicken Breast with Beet Horseradish Cream Sauce \$27</p> <p>Crispy Atlantic Salmon Fillet with Caper and Lemon Cream Spinach \$28</p> <p>New York Cut Steak & Sautéed Jumbo Prawns with Chef's Butter \$37</p>	<p>FESTIVE FAMILY STYLE MEALS Available Dec 23rd to 26th</p> <p>WHOLE TURKEY AND TRIMMINGS Pan Stuffing, Gravy and Cranberry Sauce, Sweet and Sour Meatballs, Garlic Whipped Potatoes, Honey Glazed Carrots, Roasted Sweet Potatoes, Fresh Baked Rolls 5 people \$125 10 people \$240 Individual Meal \$30</p>	<p>PRIME RIB OF BEEF (Medium) Au Jus and Horseradish, Sweet and Sour Meatballs, Garlic Whipped Potatoes, Honey Glazed Carrots, Roasted Sweet Potatoes, Fresh Baked Rolls 5 people \$175 10 people \$340 Individual Meal \$39</p>	<p>DON'T WAIT! ORDER TODAY!</p> <p>All orders MUST be placed a Minimum of 5 days in advance.</p> <p>Gaffer's Restaurant & Lounge DELIVERY & PICK UP Phone: 204-757-2350 Lockport, MB www.gaffers.net</p>
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ST. ANDREWS CHRISTMAS HAMPER PROGRAM

The 2020 RM of St. Andrews Christmas Hamper Program will be partnering with Harry's Foods and St. Andrews Fire Department to create COVID Safe Hampers.

All monetary donations will help in building these hampers.

See in-store for details.

Store has the right to limit quantities and to add enviro and deposit where applicable.



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PRICES IN EFFECT: THURSDAY, DECEMBER 10 - WEDNESDAY, DECEMBER 16, 2020

Stan Halbesma retiring from Harry's Foods

New local owners will take over business in the new year

By Katelyn Boulanger

Stan Halbesma who has owned Harry's Foods since 1999 will be deciding what retirement looks like for him after the sale of the grocery store to new local owners in the new year.

"I started my career in the grocery business in 1975 and I've been selling pork and beans and bathroom tissue as I like to say since then. It's been an extremely rewarding career. I've had many, many life experiences that I never imagined I would have but at the same time there aren't a lot of challenges left with running a grocery store and the timing was right with my potential buyer, it was the right fit for my employees, and it was a fantastic fit for the community," said Halbesma.

When selling Harry's, Halbesma was most concerned with finding a buyer that would continue to take care of the community, as Harry's is known for partnering with many charitable organizations to benefit residents in the region, as well as someone who

would continue to support the employees working at the grocery store. He found those buyers in the new principle owners, The Baranyk Family, who just live on the other side of the river and will be taking over operations of Harry's Foods on Jan 2.

Halbesma started in the grocery business working with his father who was a store manager at a Safeway in Winnipeg. He worked his way up from a part-time employee to management.

One day his father came to him asking if he would like to buy and rebrand a store that no longer fit in with Safeway's future plans and was selling. Without hesitation, Halbesma agreed to start it as an independent family business along with his parents and siblings.

He and his family ran the store located on Portage Ave. for 23 years before selling to the current owners.

"In the middle of that, I started a small business called the mini-markets which are two satellite grocery



RECORD PHOTO BY BRETT MITCHELL

Stan Halbesma who has owned Harry's Foods since 1999 will be retiring from the business at the end of the year having sold Harry's to new local owners.

stores which are grocery stores that we ran in two old folks homes. These [were for people], certainly Lions Place is an example, who certainly had some mobility but were getting a little bit older. They had no place to do their shopping in their home and they

relied on friends or family to do their shopping for them. I was approached by the resident's associations asking what they could do," said Halbesma.

In response, he helped to create two

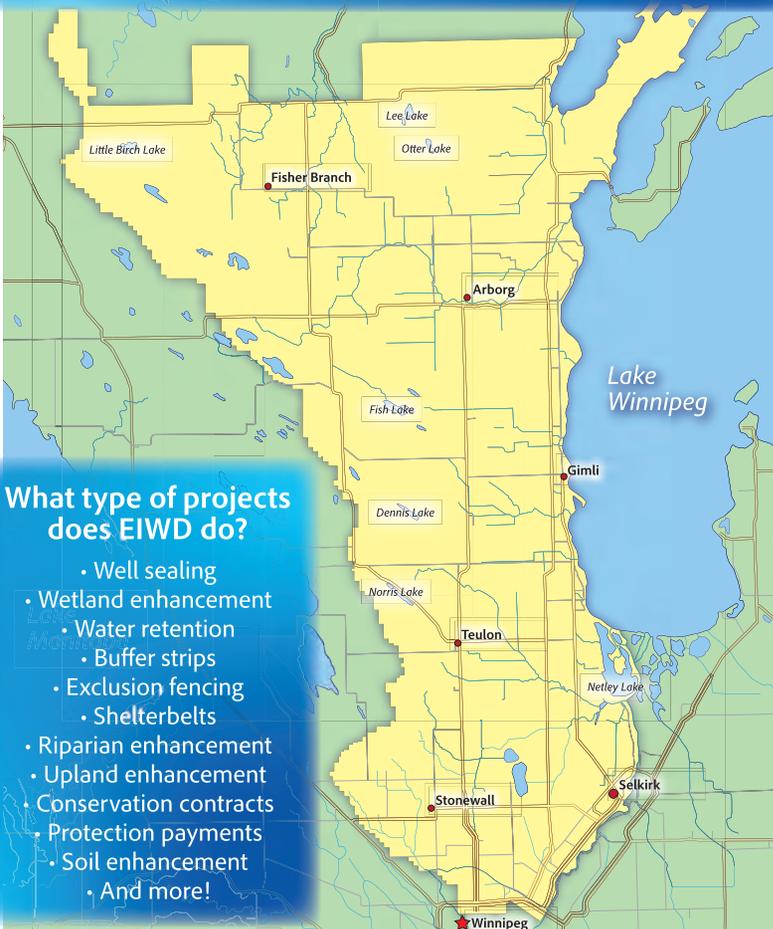
Continued on page 7

Attn: Landowners



PROJECT TYPES AND PROGRAM AREA

Who is the EIWD? In 2005, the local governments within the East Interlake partnered with the Province of Manitoba to deliver land and water conservation projects on a watershed basis.



What type of projects does EIWD do?

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STEPS TO COMPLETE A PROJECT

- 1 DISCUSS**
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- 2 DEVELOP**
EIWD staff will work with landowner and partners to develop project design and Enhancement Protection application/bid.
- 3 APPLY**
Project design and application/bid submitted for evaluation by Watershed Sub-District/ GROW committee.
- 4 APPROVAL**
Project Approved or Denied.
- 5 IMPLEMENT**
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Christmas hamper program continues on in 2020

Abundant Life Lutheran Church opting for gift card hampers this season

By Nicole Buffie

Christmas hampers from the Abundant Life Lutheran Church will not be packages filled with holiday food and a few presents this year, but rather an envelope filled with gift cards to buy essential items.

The annual evening in which volunteers come together to assemble the hampers, eat snacks and enjoy each other's company will be replaced with Jennifer Jantz and a colleague stuffing cards with the certificates.

Jantz, the coordinator for the hamper program, said while the hampers look

vastly different this year, the need for them is just the same.

"Some people get a hamper because they've come on some unfortunate circumstances in their lives," she said. "I'm guessing that this year there will be more."

The program serves those living outside of the perimeter who are not eligible for the Christmas Cheer Board's hampers. In its 10th year, the Community Christmas Hamper Program serves anywhere from 60-70 families each season. This year, Jantz anticipates the need for help will rise due



RECORD PHOTO SUBMITTED

Jennifer Jantz, program coordinator for the Community Christmas Hamper Program, with a hamper from previous years. This year, Christmas hampers will be in the form of gift cards to purchase items with instead.

to the COVID-19 pandemic.

"Anybody that needs a hamper is welcome," she said. "Everyone should get something."

Usually, the program takes donations from locals in the Interlake area, including donations from businesses and food drives coordinated by schools, but this year under direction from the Christmas Cheer Board they will only be accepting cash donations.

"It's been quite a challenge because we don't have any businesses open," she said. "So that's been a real problem for us."

Jantz said much of their promotion of the program comes from local businesses donating their products, but schools have been successful in communicating the program to area residents who may need it this year. Jantz said the hampers may not include as much as previous years, but it will be enough to help families get by.

Jantz said despite the shift to a gift card hamper instead of a traditional basket of tangible items, the intention behind them remains the same: to build community and help those who need it through the holiday season.

"These are people that go to the same school as your kids, or you can see in the grocery store, whatever it is, it's people that you know that you're helping, which can be really powerful," she said.

Cash donations can be made online or by mail addressed to Abundant Life Lutheran - 3486 Raleigh St., East St. Paul, R2E 1B9 as Christmas Hamper Program Donation. Donations will be accepted until Dec. 11 and gift card hampers will be mailed out on Dec. 14. For more information or to request a hamper call 431-778-7758.

Holiday Early Booking Deadlines

December 17 (Christmas Edition)

Booking Deadline - Regular and Classified Mon, December 14 4:00 pm
Flyer Deadline Mon, December 14 NOON

December 24 (Boxing Week)

Booking Deadline - Regular and Classified Thurs., December 17 4:00 pm
Flyer Deadline Fri, December 18 4:00 pm

December 31

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Lights, livestreams, and learning about history

Five Holiday Alley events to participate in this week

By Nicole Buffie

Another week of Holiday Alley's "12-ish Days of Christmas" is here and with that comes five more activities to partake in.

Shirley Muir, co-founder of Holiday Alley, said since level red public health orders forced the cancellation of any in-person activities, the community and participating events have adapted to the restrictions well.

"I think that's an incredible testament to community engagement, people stepping up, and getting involved, and getting out of their COVID slump, and offering to do things and to be participants," she said.

Muir said it speaks to the resiliency of the residents in the area, and the shift from the normally two-day event to 12 days of activities, along with streaming them online has made Holiday Alley more accessible to other parts of the province, and even the world.

"When you're now open to people in Winnipeg, Thompson, people in Ontario, anybody can participate in Holiday Alley," she said.

Muir also noted Holiday Alley is trying to engage with other communities bearing the same name, including the town of Selkirk in Scotland.

Many events can be live-streamed through Holiday Alley's Facebook or Youtube pages, which is top of the list for this week's Holiday Alley top 5 to do.

1. Holiday Alley TV

On Dec. 7 & 14 Holiday Alley will be streaming how the event came to-

gether, featuring light displays in the city's downtown. Dec. 18 is the big show for Holiday Alley, featuring local musicians, dancers, and a special message from the big man in red and white. All events will be streamed starting at 7 p.m.

2. Tails and Trails

Experience storytime in the outdoors: presented by The Selkirk Friendship Centre and Frontier College, take a walk down Manitoba Ave. with family and find the pages to a story posted in shop windows down the block. A contest will be held for participants to submit their favourite part of the story on Holiday Alley's social media. Participants could win one of 30 books. Tails and Trails will take place until Jan. 7 2021.

3. TIY (Tree It Yourself)

Businesses and organizations on Manitoba Ave. between Main St. and Eveline St. have gotten creative and decorated their own trees. Take a walk, check them out, pick your favourite tree and vote for it online. Voting is open until Dec. 19.

4. City of Selkirk Family Quiz Night on Holiday Alley TV

The City of Selkirk will be hosting a virtual trivia night hoping to stump residents on their knowledge of local art, history, recreation and culture. Participants can play alone, with members of their household or invite a friend to participate remotely. More information and registration can be found at myselkirk.ca/quiznight.

5. Lights, lights, and more

lights...

Despite the cancellation of the annual in-person festival, Holiday Alley continues to lite up Manitoba Ave. and Eveline St. with over 130,000 LED lights spanning over 40 buildings to be enjoyed with family and friends. Lights will be up on buildings until the end of January 2021.

Muir said while the community cannot gather for the festival this year, the pivot to providing the usual in-person

events and activities in an online fashion opens up opportunities for future Holiday Alley festivals and what they might look like in years to come.

"We've learned so much about how we can support and engage this community that I think we now realize the opportunities are limitless."

"I THINK THAT'S AN INCREDIBLE TESTAMENT TO COMMUNITY ENGAGEMENT, PEOPLE STEPPING UP, AND GETTING INVOLVED,"
- SHIRLEY MUIR

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Taking a negative and turning it into a positive

Grade 3 students pen letters of support for healthcare workers

By Nicole Buffie

After closing for a day of cleaning due to COVID-19 at school, grade 3 students at Happy Thought School found a way to cope with their stress by sending letters to healthcare professionals working the front lines.

After a confirmed case of the virus was announced in the school, the

classrooms shuttered for one day to undergo a deep cleaning. Linda Andres, a teacher at Happy Thought School, said when her students returned, she could tell they had worries about it but didn't quite know how to express them.

"I was trying to figure out a way to acknowledge the kids' feelings, and to

give them someplace they could put them so that it didn't build up inside," she said. "And as I was going to school, I had heard someone on the radio talk about writing letters to healthcare workers, something that people had done back in the spring. And I thought, 'That's perfect, that's what we'll do.'"

The idea aligned with the computer programs Andres was teaching her class how to use in the event there was another extended shutdown of in-class learning. The kids got to work on the digital postcards and letters and Andres found an address to send them out to.

Many of the cards included words of grati-



RECORD PHOTO SUBMITTED

Grade 3 students at Happy Thought School wrote letters in support of healthcare workers as a way to help with their fears surrounding the COVID-19 pandemic.

tude for the healthcare workers, and some aired their fears of the virus in the notes as well.

"Dear health care workers, I (hope) you find a cure for COVID-19 (soon). I (hope) there will not be (another) case," one student's letter wrote.

"I found that the kids were a lot calmer, and they could talk about what was going on and what they were thinking a lot easier in class because it had been opened up to them," Andres said of the effect of the letter-writing on the students.

Andres said after writing the letter she started noticing students expressing their feelings in other assignments as well, including COVID in the form of monsters in one student's work.

"I learned long ago that it's worse if you don't face your worry. Your worries actually grow inside and can cause more problems," she said.

The letters reached healthcare workers across the province and even earned a shoutout from Shared Health's Chief Nursing Officer Lannette Siragusa during a Nov. 27 COV-

ID-19 press briefing. Siragusa offered words of gratitude on behalf of the healthcare workers to whom the letters were penned to.

"These messages provide a much-needed boost to staff morale, at a time when they are feeling stressed and tired, and sometimes scared," Siragusa said. "Knowing their work is appreciated by some of our youngest Manitobans is a great motivator."

"It was really powerful for all of us to know that what we did mattered," Andres said of the shoutout.

Andres is now working with her class on handmade Christmas cards for those living in personal care homes under strict visitation limits. She said she hopes the cards will further help students express themselves in a positive way, and help someone else along the way.

"It's what makes it worth coming to school every day, because I get to make a difference for them," Andres said. "I get to be a force for good and positive for them, I get to be a support for them."

Lord Selkirk School Division
Educational Care & Excellence

Thank You

The Board of Trustees and Senior Administration Team of Lord Selkirk School Division would like to take this opportunity to thank the staff, students and families who have been working through exceptional and challenging circumstances.

The creativity, resilience, flexibility, and dedication we have witnessed from the staff in Lord Selkirk School Division is inspiring and has not gone unnoticed. We want to take this opportunity to let everyone know that we value all that they have done and continue to do to make things work in their buildings. We also extend our gratitude to families for supporting your child/children during remote learning and transitioning back to school. Your effort and support continue to be very much appreciated!

We are grateful for our community, and we look forward to the time when we can once again meet together.

Merry Christmas and best wishes for the New Year!

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NEW YEARS EVE 6AM - 7PM		
NEW YEARS DAY 12PM - 5PM		

Inflatable Rudolph stolen in Selkirk

Residents asked to watch out for each other over holiday season

By Katelyn Boulanger

When Michelle Anderson put out her inflatable Christmas decorations this year, she didn't think that her 4 ft. tall Rudolph would be taken from her yard one night, but the reindeer that nobody wanted to join in the reindeer games was in demand in Selkirk, being stolen late in on Nov. 22 or the early morning of Nov. 23.

"Someone came into the yard unplugged it, took all the pegs out and took it. It was right beside another in-

flatable that I had but they just wanted Rudolph," said Anderson.

The Rudolph decoration was the smallest of three inflatable decorations that she had in her yard with one being 8 ft. long and the other 6 ft. high.

"I'm not sure why someone would just come in and take an inflatable and out of all the inflatables I wouldn't have taken that one. It was the cheapest one that I had but the kids loved it. The nose blinked so that's why they

loved it," said Anderson.

When she discovered the theft and was disappointed as she had bought the Rudolph last year at the end of the holiday season and so this was the first year that it was up in her yard.

"I was upset and discouraged that someone in town would come and steal my Christmas stuff that I put out on my yard for people walking by to enjoy," said Anderson.

She encourages residents to keep an eye on the things that you're putting out and not put decorations too close to the street where they might be more vulnerable to getting taken, however, when she posted on Facebook to warn others to be cautious she felt an outpouring of support from the community.

"The kindness that I was shown after that happened was incredible. So many people offered to donate their inflatables to me or buy me a new one. I was just overwhelmed with the kindness and support after I posted," said Anderson.

Cst. David Wong, a Community Policing Officer with Selkirk RCMP ad-

vises that residents keep properties well lit because most criminal activities happen in dark spaces and cameras do help them find the culprits if something were to occur.

He also asks that residents report anything that seems like it could be suspicious activity so that they can check it out because they can't be in all places at all times.

"Definitely call us. If it's suspicious in nature give us a call. There's no problem with us taking those calls. We've actually caught a few repeat offenders from people calling in," said Wong.

If the call is non-emergent Wong suggests that residents call their local detachments but of course if the situation is an emergency please call 911.

He would also like to remind residents that we are entering the time of year when vehicles are sometimes stolen because residents leave their keys in the car to keep it warm when running errands and to be aware of this risk.

> HARRY'S FOODS, FROM PG. 3

miniature versions of Harry's Foods to help meet the needs of the residents of those buildings. He sold that business to another family who is still operating in the city.

Wanting his children to be able to grow up outside of Winnipeg, Halbesma decided to move to St. Andrews and in 1999 the local grocery store came up for sale.

"I decided to buy it because, being a community member and knowing that the community was going to grow, and also realizing at that time that the community was maybe a little underserved — the economics were good and we made a fair deal for both of us — but what I did see was a little 3500 square foot store on a 2-acre piece of property and knew one day that I would like to expand the store here. I took that opportunity in 1999 and then expanded the store to where it was in 2007 and the business continued to grow as the neighbourhood grew and our services grew in the community and I'm just thrilled to say that I took it from a small store in 1999 to where it is today," said Halbesma.

In addition to expanding the store's size, he's been able to expand Harry's impact in the community working with groups like the

St. Andrew's Fire Department on hamper programs, Inclusion Selkirk, and Nova House to name a few.

He says one of his favourite opportunities was being invited to local schools to be able to read to students particularly Robert Munch books.

Halbesma's not sure what's next for him but feels that he still has something to give back to the community and absolutely intends to answer the next opportunity that comes his way.

Halbesma appreciates the support that the community has shown to him and Harry's Foods throughout the years and would like residents to know how much he appreciates them and also thanks his staff for all the hard work that they have put in making the business what it has become.

"Thank you for your patience while we established ourselves in this community. Thank you for making my family feel so welcome in this community. Thank you for continuing to support my business in every way that you have and just thank you for giving me the ability to give back to this community. It's been deeply rewarding and I love you all," said Halbesma.



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get informed

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

Ashern's Lakeshore General Hospital outbreak declared over

Test positivity rate is 13.7%

By Staff

Public health officials advise 12 additional deaths due to COVID-19 have been reported as of Dec. 7 including:

- a female in her 60s from the Southern Health-Santé Sud health region, linked to the outbreak at Health Science Centre unit GA3;
- a female in her 70s from the Southern Health-Santé Sud health region;
- a male in his 70s from the Prairie Mountain Health region, linked to the outbreak at Grandview Personal Care Home;
- a female in her 70s from the Interlake-Eastern health region;
- a female in her 70s from the Winnipeg health region;
- a male in his 80s from the Winnipeg health region, linked to the outbreak at the Golden Links Lodge;
- a female in her 80s from the Northern health region, linked to the outbreak at Acute Care Inpatient Unit of The Pas Health Complex, St. Anthony's General Hospital;
- a female in her 80s from the Winnipeg health region;
- a female in her 80s from the Winnipeg health region;
- a male in his 80s from the Winnipeg health region;
- a male in his 90s from the Winnipeg health region, linked to the outbreak at the St. Norbert Personal Care Home; and
- a male in his 90s from the Northern health region.

The five-day COVID-19 test positivity rate as of Dec. 7 was 13.7 per cent provincially and 14.6 per cent in Winnipeg. As of 9:30 a.m. Monday, 325 new cases of the virus were identified. The total number of lab-confirmed cases in Manitoba is 19,131.

Monday's COVID-19 data shows:

- 38 cases in the Interlake-Eastern

health region;

- 37 cases in the Northern health region;
- 20 cases in the Prairie Mountain Health region;
- 39 cases in the Southern Health-Santé Sud health region; and
- 191 cases in the Winnipeg health region.

The data also shows:

- 5,462 active cases and 13,262 individuals who have recovered from COVID-19;
- there are 310 people in hospital with 39 people in intensive care due to COVID-19; and
- the number of deaths due to COVID-19 is 407.

Laboratory testing numbers show 1,736 tests were completed yesterday, bringing the total number of lab tests completed since early February to 373,260. Case investigations continue and if a public health risk is identified, the public will be notified.

The Interlake-Eastern total case breakdown by district as of Monday, is as follows: A total of 1,285 cases, up by 162 from last Monday: 275 active cases, 991 recovered, 21 currently in the hospital with five of those in ICU and 19 deaths.

Arborg/Riverton 4 active cases, 42 recovered; Beausejour 20 active cases, 37 recovered; Eriksdale/Ashern 27 active cases, 72 recovered and 7 deaths; Fisher/Peguis 36 active cases and 250 recovered, 2 deaths; Gimli 9 active cases, 14 recovered; Northern Remote 58 active cases, 71 recovered and 1 death; Pinawa/LacduBonnet 33 recovered; Powerview/PineFalls 19 active case and 19 recovered; Selkirk 12 active cases and 42 recovered and 2 deaths; Springfield 29 active cases and 92 recovered and 2 deaths; St. Clements 16 active cases and 34 recovered;

St. Laurent 9 recovered; Stonewall/Teulon 13 active cases, 108 recovered and 3 deaths; Unknown District 15 active cases and 73 recovered, 1 death; Whiteshell 8 recovered and Winnipeg Beach/St. Andrews 12 active cases and 87 recovered and 1 death.

On Sunday, Dec. 6 a male in his 70s from the Interlake-Eastern health region, linked to an outbreak at Kin Place Personal Care Home in Oakbank passed away.

Currently there are 12 active cases, 2 recovered and one death at Kin Place PCH.

IERHA regional medical officer of health declared at midnight on Dec. 7, that the outbreak at Ashern's Lakeshore General Hospital was over. There were no transmissions of COVID-19 to any inpatients and no evidence of COVID-19 transmission among staff.

Public health officials advise COVID-19 outbreaks have been declared at the Swan Valley Health Centre in Swan River and Action Marguerite - St. Joseph's Residence, Kildonan Personal Care Centre and Convalescent Home all in Winnipeg. The sites have been moved to Critical (red) on the #RestartMB Pandemic Response System.

In addition, public health officials advise that a person who has tested positive for COVID-19 attended a funeral in Sapotaweyak Cree Nation on Nov. 27 when they were in their infectious period. People who attended the funeral should self-isolate and call the local health centre for further instructions.

Contact Health Links-Info Santé at 204-788-8200 or 1-888-315-9257 (toll-free) if you're experiencing symptoms of COVID-19.

> 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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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 recognized for accessibility

Selkirk recognized as inclusive community with 2020 Manitoba Accessibility Award

By the City of Selkirk

The importance of being an accessible community is underscored by the realization that one in four Manitobans is affected by a disability.

Selkirk Chief Administrative Officer Duane Nicol says working to ensure the city is open and available to all of its citizens is crucial to its success, as well as its citizens' success.

"One in four Manitobans face accessibility challenges, that means 25 per cent of our citizens face barriers to making full use and benefit of the services and amenities we offer," Nicol said.

"It also means that as a community we risk missing out on getting the full benefit of the ideas and skills and passion and engagement of a quarter of our people."

The City of Selkirk was named the recipient of the Province of Manitoba's 2020 Manitoba Accessibility Award for large and small municipalities during a virtual ceremony Dec. 3.

The awards celebrate leadership and innovation in meeting the needs of the one-in-four Manitobans affected by disability and to create awareness about The Accessibility for Manitobans Act.

Mayor Larry Johannson's pride for his hometown is immense and making sure the city takes a lead role in welcoming and accommodating everyone is important to him.

"I'm so proud of our staff and council for really taking the steps needed to make sure all our citizens can access all that Selkirk has to offer," Johannson said.

"It's obvious things like the push-button door openers but it goes beyond that, with staff doing all they can to accommodate everyone, whether it's helping out on CitizenSupport or communicating by writing information down rather than speaking. They really do whatever is needed to make sure our city is accessible to all."

Edie Henrichsen, Director of Corporate Services, has led the development of the city's Accessibility Plan, which aims to provide equitable treatment and benefit of city services, programs and facilities in a manner that re-



RECORD PHOTO SUBMITTED

The City of Selkirk was named the recipient of the Province of Manitoba's 2020 Manitoba Accessibility Award for large and small municipalities during a virtual ceremony Dec. 3.

spects the dignity and independence of people with disabilities.

Henrichsen was key in making service animals welcome in all city buildings, a policy that came into effect in 2018.

Service dogs shine a light on the reality that there are visible and invisible disabilities and the public needs to be aware of that.

"We want the public to be aware that if you see someone with a dog, for example, inside a city building, that it is a service animal and it is permitted to be in the building with the person for whom it is providing service," she said.

Accessibility is factored into all city departments and Dan McDermid, Director of Operations, said infrastructure, from buildings to streets, can and have been made more accessible to everyone.

"It's very important to make buildings accessible so that all people with all needs can use those facilities to the best of their ability. By adding accessible doors, every public-facing door can be accessible to everybody," McDermid said.

"Those little differences can have a big impact to people who need those kinds of resources when they're using our facilities."

Nicol said improving accessibility isn't just a moral imperative, it's a strategic opportunity. The city uses its award-winning and innovative asset management program when renewing infrastructure and makes adjustments to ensure that accessibility and

equity are top of mind.

If a street or sidewalk has to be dug up to upgrade pipes in the ground, accessibility is considered when putting the infrastructure we walk and drive on back in place.

"When we do a sewer project or a water project, we're also looking at the sidewalk infrastructure so that when we repair we can do so in a way that makes it more accessible to our citizens, to a proper grade when we're doing those kinds of projects," McDermid said.

The city's CitizenSupport program is an example of the ways Selkirk is open for business to all. A CitizenSupport representative helms the phone and handles e-mails that come from the public with questions about city services.

"Our CitizenSupport representatives offer a human touch and will work with our citizens to navigate our systems and access the services that they need," Nicol said.

"We've adopted the Web Content Accessibility Guidelines 2.1 for our website and continue to develop and offer more self serve options online that add flexibility and convenience to better meet the needs of our citizens."

To truly be accessible, city staff must be well-versed and educated and the city itself must be open to adapting the way it operates. All new city staff undergo accessibility training during orientation and policies are created, or changed, to consider equity as an intended outcome.

Coun. Kelly Cook is the city's rep-

resentative on the Age Friendly committee, and he says the volunteer group, co-chaired by Lee Hanson and Pat Pruden, should be commended for its efforts in informing the city and others on how more accessibility can be achieved.

"The Accessibility Award is a credit to the Age Friendly committee, the work they do advocating for the needs of those that have accessibility issues and council's commitment to ensuring we grow Selkirk as an Age Friendly community."

Brady Clark, Director of Culture, Recreation and Green Transportation, says gaining a different perspective helps the city be more inclusive and ultimately, allows the city to better serve citizens. Clark said the city consulted with Age Friendly during the development of its Recreation Strategy to help inform staff on various program implementations, including the Trails Concept Plan.

"This led to the city enlisting the help of an expert in trail concept planning and design so we can make our trails more accessible and how that looks for us going forward and how we can make that happen," Clark said.

Nicol says becoming more inclusive will be a plan that is always in motion and the city will strive to improve all the time.

"There's a lot more to do, but we are moving forward on our accessibility journey with intention and holding the firm belief that a more accessible Selkirk is a stronger Selkirk," he said.

Region sees increase of COVID cases in Nov.

Monthly COVID data for region shows upward trends

By Nicole Buffie

As Manitobans moved into November, it was another month of uncertainty surrounding if, and when, restrictions would be loosened or tightened depending on how many cases of the novel coronavirus would spring up in communities.

On Nov. 2, Premier Brian Pallister publicly discussed the possibility of a curfew during a press conference after positive case numbers showed no signs of abating.

"When we were abiding by the fundamentals, we were beating COVID, then some of us lost our way, and now COVID is beating us," Pallister said. "We need to get back to the fundamentals to flatten the COVID curve and we need to do that now."

Some speculated a mask mandate and forceable closure of businesses was not enough, some argued it was overkill.

Selkirk, having been one of the communities lumped into the Winnipeg Health Region's mandatory mask order as a result of level orange restrictions in September, was no stranger

to the rule when the entire province moved to the critical level due to rising case numbers on Nov. 12.

At the start of November, the Interlake-Eastern Regional Health Authority reported 653 cases of COVID-19. As of the 28th, that number nearly doubled to 1104, accounting for 6.7 per cent of infections in the province.

Mayor Larry Johannson said one case is too many with the number of infections in the Selkirk region, which sits at 56 total cases.

"Even though our cases did go up since [level red], I think it did help us," he said. "I give our citizens 100 per cent credit for doing the right things. They're doing everything that's asked of them."

The St. Andrews/Winnipeg Beach health region has seen an uptick in cases of their own, reporting 60 new cases of the virus in one month.

Mayor Joy Sul said St. Andrews is not immune to the virus as a community and everyone must step up to play their part. She noted the province must be growing tired with implementing restrictions that seem to

be having little effect.

"It must be frustrating when they're trying everything all these measures are taking and people just aren't complying," she said.

Neighbouring St. Andrews and Selkirk, the St. Clements health district more than tripled their total case count in November, going from 13 total cases on Nov. 3 to reporting a total of 43 one month later. The area has seen no deaths to date.

The province ramped up enforcement efforts in November by raising fines for individuals and businesses flouting public health orders. Tickets range from \$1,296 to \$5,000 for noncompliance.

While the province hopes enforcement of public health orders will have residents going back to following the fundamentals, schools remain a top issue for Manitobans.

In November, the province reported multiple positive cases at five different schools within the Lord Selkirk

School Division: East Selkirk Middle School, Happy Thoughts School, Lockport School, Lord Selkirk Regional Comprehensive Secondary School and William S. Patterson School.

LSSD gave parents of Kindergarten to grade 9 students the option to pull their children out of in-class learning and pivot to a remote model. The temporary move will last until at least after the two-week remote learning for all grade 7-12 students in the province after Christmas break, starting on Jan. 5.

As of the beginning of December, the death toll for the Interlake-Eastern region stood at 16 individuals. During a press conference Dr. Brent Roussin, Manitoba's chief public health officer, pleaded with residents to abide by the fundamentals as hospitalizations and deaths continued to be unsustainable for the healthcare system.

"I think we all know we cannot continue along these lines."

**"I GIVE OUR CITIZENS 100 PER CENT CREDIT FOR DOING THE RIGHT THINGS. THEY'RE DOING EVERYTHING THAT'S ASKED OF THEM."
- LARRY JOHANNSON**

Mistaken calls to RCMP dispatch put demand on resources

Residents asked to stay on line if call is accidental

By Manitoba RCMP

In a 19-hour period on Nov. 26, RCMP Manitoba emergency call takers received 12 emergency calls when there was no emergency. These calls were made to 911 or the local emergency number in areas that do not

have 911.

In this small window, the non-emergent calls RCMP operators received were:

- 3:00 a.m. – hang up from Winnipeg Beach area
- 5:30 a.m. – a child accidentally dialed the emergency line from Cross Lake area
- 8:30 a.m. – a call made in error from Selkirk area
- 9:30 a.m. – a

call made to 911 to ask about a criminal record check from the Fort Alexander area

- 11:30 a.m. – phone issues resulting in a call to 911 from the RM of Bifrost area
- 11:30 a.m. – phone issues resulting in a call to 911 from Teulon area
- 1:00 p.m. – a hang up from the Headingley area
- 3:00 p.m. – a misdial from the Selkirk area
- 4:00 p.m. – a hang up from the RM of St Andrews area
- 5:00 p.m. – a child accidentally dialed the emergency line from Gil lam area
- 6:00 p.m. – a call made in error

from Cross Lake area

- 10:00 p.m. – a prank call from Easterville stating someone was trying to break into a residence with a machete

RCMP emergency call takers must create a police file for every call that comes in. The call taker then dispatches the call to a police officer, who follows up to ensure public safety. A misdial or prank call ties up the emergency call taker and police officer, which means they are unable to respond to legitimate calls for service.

"We do not want to discourage anyone from calling for help in an emergency. That's what we are here for," said Chris Melnyk, RCMP Operational Communications Centre Manager. "If someone has called in error, or their child has misdialled, please stay on the line until you have spoken with an emergency call taker so we are aware there is no need for police attendance and we are not trying to locate you to ensure your safety."

Making a prank call to initiate a police response is an offence under the Criminal Code, and the caller can be charged with Public Mischief.

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Ryan Souter releases his debut novel *Little Devil Inside*

Selkirk born filmmaker branches out on a new writing adventure with a physiological thriller

By Katelyn Boulanger

Former Selkirk resident Ryan Souter has released his first novel *Little Devil Inside* a thriller that dives into questions about morality.

"It really follows the story of John Marvin who's a teenager. He's in grade twelve and he would be considered the flawed hero. He's just trying to make it through life and it's a story that deals with a lot of issues that teenagers are going through now with bullying and eating disorder issues and it's about how his life spirals out of control," said Souter.

Souter calls Marvin a flawed hero because the reader might empathize with him in the beginning but as the story progresses and he makes more decisions he becomes less of a sympathetic character.

He started his writing journey making movies and writing screenplays and found that those skills translated over when he started writing this book.

"There's a lot of cross over in terms of the world of story structure. Writing novels and screenplays you kind of have a set amount of time for the beginning to start it off, writing the middle and then wrapping it up in a timely fashion. So there's definitely that story structure. In terms of novels, usually, people who like to write novels are avid readers. You read a lot and you just take it in by osmosis you read it in and soak it in and you kind of learn and then when you sit down you just decide to give it a try," said

Souter.

He said that in the process of writing in general but also writing this book he learned the value of constructive feedback and that there was no place for ego when writing.

Souter felt that it was also beneficial to him to let the characters based, on what's influencing them in the story at the time, drive the plot forward as opposed to having a strict plan for his story.

The book was self-published and came out just before Halloween.

"I hope that when people read it that they have that emotional experience and that they really enjoy the ride," said Souter.

Souter is now working on his second book, which is a future dystopian novel that still fits into a suspense or thriller genre and will be coming out next year.

Little Devil Inside is available on Amazon at amazon.ca/Little-Devil-Inside-Ryan-Souter-ebook/dp/B08KSJ9PDM in paperback and ebook form. To keep up with Souter follow his website at ryansouter.ca.

Anyone wanting to read this book should know that it contains mature content and could be upsetting to some readers.



RECORD PHOTO SUBMITTED
Ryan Souter a Selkirk born film maker published his first novel 'Little Devil Inside'.

Safe at home program launched for holiday season

Submitted by Manitoba government

The Manitoba government has launched a new Safe at Home Manitoba grant, which will enable people staying home this holiday season to enjoy creative cultural, artistic, and fitness activities delivered by Manitoba organizations and businesses, Sport, Culture and Heritage Minister Cathy Cox and Municipal Relations Minister Rochelle Squires announced Monday.

"We are excited to invite organizations from across the province to create programs that bring Manitobans together while we are physically apart," said Cox. "Manitoba is home to

so many diverse artists, cultural organizations and festivals, and I look forward to enjoying all the creative ways they can bring safe at home ideas into our own homes."

The Safe at Home Manitoba grant will provide \$3 million in grant funding to a wide variety of Manitoba organizations and individuals who are able to produce free programming for Manitobans to stay safe at home, such as live streaming of the performing arts, cooking classes, at-home fitness programs, and home-based art programs for children.

Continued on page 12

Red River North *Holiday Yards of the Season* Contest
SELKIRK • ST. ANDREWS • ST. CLEMENTS

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

Enter your home or business to WIN in the following categories:
 "Best Overall Light Display" "Best Overall Theme"
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Deadline to enter is December 15, 2020
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 Online Form will also be available on each communities Municipal Website or pick-up a paper copy of the Registration Form at these participating locations
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"We recognize that staying home this holiday season as we fight the pandemic, and not being able to see our friends and family will be difficult," said Squires. "This gives us an additional reason to stay home with our family, enjoy these home-grown Manitoba activities together and help make this time easier for us all."

The province has partnered with five organizations that will adjudicate the grants, as well as actively seek out organizations to take part in the program. Partners include the Manitoba Arts Council, Sport Manitoba, The Winnipeg Foundation, Manitoba Chambers of Commerce and the United Way of Winnipeg.

Eligible applicants for the grant include Manitoba municipalities, First Nations, local authorities, not-for-profits, charitable and for-profit businesses, government agencies, post-secondary institutions, and individual artists and are eligible to apply for up to \$50,000 per project.

Grant requests may include the following:

- new projects that support social inclusion, mental health and physical wellness while staying home;
- expansion or additions to existing projects including the removal of fees

or costs to participate;

- equipment or supplies required to deliver a program or project; and
- administration or event costs directly related to program delivery.

A number of programs are already scheduled to begin in December including:

- Legislative Building Open House – Manitoba's holiday tradition will go online with a live broadcast of music, live performances and messages from Manitoba's elected officials on Dec. 18 at 6 p.m.

- Royal Manitoba Theatre Company – A pre-filmed variety show featuring dozens of artists will be available to all Manitobans for download and streaming beginning Dec. 19; and

- Skills Manitoba – Manitoba families will be invited to complete a gingerbread house making exercise that tests creativity and geometry skills.

As well, special initiatives are in store from Festival du Voyageur, Sport Manitoba, The Manitoba Museum, and Manitoba Parks.

For more information on how to apply, as well as additional online programming listed above, visit the Safe at Home Manitoba website at www.SafeAtHomeMB.ca.

Oh Fishmas Tree



RECORD PHOTO SUBMITTED

Not wanting to go out for unessential items during level red COVID restrictions, Selkirk's Luisa and Roy Gallop decorated their Christmas tree this year with fishing lures, floats, and a few reels creating a wonderful and very regionally appropriate homage to their favourite hobby this year.



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A historic holiday season at the rectory

St. Andrews Heritage Centre providing safe activities despite restrictions

By Nicole Buffie

The St. Andrews Heritage Centre is keeping busy despite level red restrictions forcing the closure of the building and cancellation of in-person events and activities.

From take-home craft kits to live-streamed performances, Meredith Boerchers said the rectory is bustling with business.

Boerchers, program planner for the museum, said since the weekly craft days were cancelled they wanted to find a way to continue their programming and provide things to do for children.

"People are looking for something to do with their family," she said. "And it's been pretty well received so far."

The craft kits, ranging from \$3-5, have all the materials to make holiday-themed crafts. The four different kits being offered are a Christmas Banner kit, an Ornament painting kit, a Christmas Elf kit and a pinecone birdfeeder kit. Boerchers said they offered similar kits in November and they were so popular they decided to keep the program going into December.

"With the holidays arriving, it's just a really good way of keeping the kids busy," she said of the available activities.

Along with the take-home craft kits, the heritage centre will be streaming monthly concerts from local acts dubbed Parlour Performances.

The shows, broadcast through the centre's YouTube page, had their debut in November when Boerchers and her sister got online to play guitar, piano and sing some tunes for the internet. She said they plan to continue the shows as a way to showcase local talent and give musicians who would

normally be booked and busy with gigs at bars and concert halls an outlet to perform on.

Boerchers also noted the live streams on their YouTube channel include a segment they call Heritage Highlights, a weekly series telling the stories of the area and visiting the history of the rectory. The series covers aspects such as the construction of the rectory, the history of agriculture in the area and how the design of the rectory reflects the social status of those who lived in the community.

"It's another way of sharing local history and it's for free, so it's just kind of a fun thing for people to do," she said.

And as if the heritage centre didn't have enough happening for them this month, they are also hosting a Christmas cookie contest. Participants can submit a photo of their favourite holiday treat with a recipe to be entered in to win a prize package from the rectory. Entries for the contest run until Dec. 15.

Boerchers said keeping the community engaged and busy during the pandemic is important, and these activities are just one way to give back.

"People have been pretty open and pretty enthusiastic because we are all kind of looking for something to do," she said. "So people have been very nice."

The St. Andrews Heritage Centre plans to keep the programming going for the month of December. Craft kits will be available while quantities last. For more information on events, programs or to order a take-home craft kit call 1-204-339-6396 or visit www.standrewsrectory.ca.



RECORD PHOTOS SUBMITTED

Top: A Christmas elf decorating kit is one of the take-home craft kits being provided by the St. Andrews Heritage Centre to those looking to get crafty with their children over the holidays.

Above: The St. Andrews Heritage Centre parlour where performances will become a monthly, live-streamed event featuring local musicians in the parlour exhibit at the St. Andrews Heritage Centre.

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Simple ways to prolong the life of poinsettias



The red foliage on poinsettias are actually modified leaves called bracts. The flowers are the small, yellow buds in the center of the plant.

The red foliage on poinsettias are actually modified leaves called bracts. The flowers are the small, yellow buds in the center of the plant.

Poinsettias and their rich red, white or variegated color schemes are the ideal backdrop for Christmas celebrations. In fact, poinsettias are among the most popular decorative flowers during the holiday season.

According to the 2013 USDA Floriculture Statistics report, poinsettias accounted for about one-quarter (23 percent) of all flowering potted plant sales that year. Roughly 34 million poinsettia plants are sold in a given season. Indigenous to Central America, the plant was introduced to North America in the 1820s when Joel Roberts Poinsett, the first United States Minister to Mexico, brought the red-and-green plant back with him from a trip abroad.

While millions of poinsettias will be purchased for the holiday season, many mistakenly think their utility ends once New Year's Day has come and gone. But with proper care poinsettia plants can continue to thrive and bring warmth and beauty to a home long after the holiday decorations have been tucked away.

Choose a hearty plant. Experts with the University of Vermont Extension Department of Plant and Soil Science say that many people mistake the plant's leaves for its flowers. The red, white or pink bracts are actually modified leaves. The flowers of the plant are the yellow clustered buds in the center called "cyathia." Choose poin-

settia plants that have buds which are, ideally, not yet open.

- Keep the temperature consistent. Poinsettias prefer a room temperature between 60 and 68 F during the day and 10 degrees cooler at night. Humidity levels between 20 and 50 percent are ideal. Group plants on water-filled trays full of pebbles to help increase humidity levels.

- Place near sunlight. The United

Kingdom-based Perrywood floral company advises placing poinsettia plants near a bright window-sill but not in direct sunlight. Do not let a poinsettia touch cold window panes.

- Avoid drafts. The plants are sensitive to drafts and changes in temperature. So it's best to keep poinsettias away from drafty doors, windows, radiators, or fireplaces.

- Don't drown the roots. Wait until the surface of the compost dries out before watering the plant anew. Also,

the decorative foil wrapper that covers pots can trap water and lead to root rot. Remove it or poke holes in the bottom to allow for drainage.

- Cut back plants. Come mid-March, cut back the plant by half to encourage new shoots, suggests the University of Illinois Extension. The plants also can be placed outside in the spring after the risk of frost has passed. Bring poinsettias back in around mid-September to early October to force them to bloom again.

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Small kitchen improvements that maximize functionality

Many homeowners wish for expansive kitchens. Modernized kitchens that include sought after features and showcase the latest trends go a long way to improving the overall value of a home.

As desirable as such kitchens may be, some homes simply don't have enough space for a centerfold-worthy kitchen featuring an island, wine refrigerator and walk-in pantry. However, homeowners with small kitchens can still improve the form and function of their existing spaces.

Reconfigure and revamp cabinetry

Homeowners whose kitchens are small often lament their lack of storage. Redesigning the layout of cabinets, and possibly adding some more cabinetry, may take care of certain storage issues. The experts at Merit Kitchens suggest utilizing corner space with LeMans units, lazy susans and other gadgets to make access to these areas easier. Going vertical with wall cabinets that extend to the ceiling also can add more storage, as can roll-in work carts.

Work with the walls

Small kitchens require clever usage of vertical space. Vertical storage units, hooks, shelving, and more can move items out of drawers and off of counters. Consider an under-the-cabinet toaster oven and microwave to create more counter space.

Use scaled-down appliances

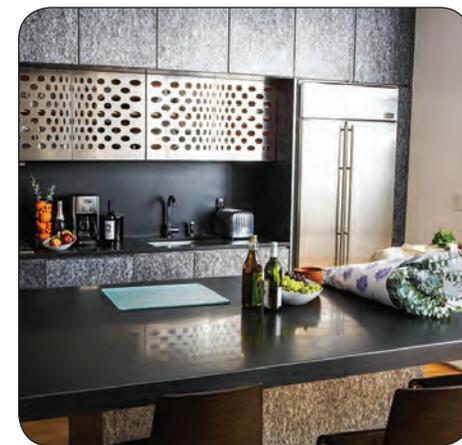
Shop with size in mind when looking at new appliances if you have a small kitchen. Compact versions won't take up as much space as larger alternatives. Homeowners should consider the ultimate function of the kitchen and then think about which appliances will serve them well. Homeowners with small kitchens may not need a large stand mixer or an oversized commercial stove.

Add some glass

The DIY Network recommends incorporating glass to improve the perception of space in small kitchens. Glass lets you see through the objects, thereby enhancing the feeling of spaciousness or what designers call "negative space." Glass also can be reflective, visually expanding the space.

Embrace high-end materials

It costs less to renovate small spaces than bigger areas,



so homeowners may be able to afford high-end materials that really add personality to a kitchen. Flooring, counter materials and quality fixtures can really set small kitchens apart.

Small kitchens can be culinary havens with the right improvements to maximize the space.

How to create a durable gingerbread house

Gingerbread cookies and houses are one of the many symbols of the holiday season, alongside Christmas trees and twinkling lights. In fact, few confections symbolize the holidays more so than gingerbread.

Many a child (or a child at heart) has spent hours carefully trying to create decorative gingerbread houses. Although gingerbread recipes span various cultures, gingerbread houses originated in 16th century Germany. The fairy tale "Hansel and Gretel" helped solidify the popularity of gingerbread, which became part of Christmas traditions.

Even though gingerbread houses can be fun to make, there's no denying it can be exacting work - especially for those who strive for perfection. Prepackaged kits attempt to take some of the guesswork out of the equation, but those who are crafting from scratch can employ these tips as they build their gingerbread houses.

- Go for form and not flavor. Few gingerbread houses ever get eaten, so focus on finding a dough that will bake up rock hard as opposed to one that tastes good.

- Get the right icing texture. Pastry

Continued on page 17



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Holiday gifts to spark home improvement ideas

People have spent more time at home in 2020 than they likely have in years past. This has provided homeowners with plenty of time to ponder potential upgrades to their homes. After taking inventory of their lifestyles, surroundings and furnishings, people have embarked on construction projects or home interior design renovations in record numbers.

Holiday gifts that cater to projects around the house are likely to be highly valued this holiday season. Here are some ideas for home improvement-related gifts.

- Home improvement retailer gift card: Home improvement centers are one-stop shopping for do-it-yourselfers. To help offset the cost of supplies, gift-givers can give a gift card to a neighborhood hardware store.

- Magazine subscription: There are plenty of ideas on the internet, but a subscription to a home re-

modeling or interior design magazine puts inspiration right in homeowners' hands. Pages can be marked or cut out and used on idea boards.

- Tools and supplies: Homeowners just starting out may benefit from the basics. Stores often sell starter tool kits that can be used in home improvement-themed baskets. Experienced DIYers may have a special tool in mind that is outside their budget right now, like a chop saw or cordless power drill. Purchasing one of these items can help projects move along more smoothly.

- Expert consultation: Who can't use a little help with their home remodeling efforts? Give the gift of a consultation from an interior designer or professional contractor to help complete plans that may be a little out of reach for the average DIYer.

- Big-ticket item: Some friends and family members may want to pool their resources and offer loved ones an over-the-top gift. This can include a



backyard playset for children, a storage shed, a pool installation, or even a new appliance package. Gift ideas are endless and only limited by budget.

- Room re-do: All it may take is some new linens or accents to transform a room. From throw pillows to curtains to wall art, give the gift of an easy room makeover.

Riding the momentum of increased home improvement projects from the past several months, holiday shoppers can choose home-related gift ideas to keep the projects and ideas flowing.

> GINGERBREAD HOUSE, FROM PG. 16

artist Catherine Beddall says royal icing is the preferred "glue" to adhere gingerbread pieces. Beddall says icing should be thick like peanut butter and not runny.

- Mind the dough. Do not roll out the gingerbread dough too thin or it may become brittle after being cooked. Always cut out shapes before the gingerbread is baked. Let the baked pieces sit overnight to cool completely before using them to build.

- Patience is key. Allow the icing to dry for at least a couple of hours after adhering each piece and before moving and handling the house, says Beddall. Work in stages so that in-

dividual items can be decorated and allowed to dry. Then the walls can be put together, followed by the roof pieces.

- Kids likely will need help. Children may not have the patience or steadiness to handle complete gingerbread construction. They can decorate the separate pieces of the house while the components are laying flat, which is easier for kids. Adults can do the main assembly later on.

- Utilize a template. Free-handing may not be easy. Cut out templates using cardboard or posterboard for various gingerbread pieces.

One of the most important tips is to have fun. Don't take gingerbread house making too seriously as a novice. Rather, enjoy the experience and the centuries-old tradition.



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Get Better Together is now being offered online

By Marilyn Sitar
Community Wellness Facilitator

For the first time ever, Get Better Together, a peer support program for people with chronic health conditions, will be offered online by the local health authority, along with a number of other health and wellness classes. All classes are free.

"In our new world of adjusting to living with COVID-19 and focusing on the Public Health fundamentals, we need to be able to still offer health programs and services, but in a way that is safe to do so," said Shannon Montgomery Regional Director Public Health and Community Wellness.

"We've had to change a number of the ways that we do things. We know there is still a need for these supports, but we also know that we need to offer them in a way that makes sense, both for the individual, and the community."

"This fall marks the first time we have offered our programs on-line", said Community Wellness Facilitator and Wellness Newsletter lead, Jan Keryluk. "We started in October with our Intro to Relaxation Series, which consisted of three 1 hour sessions on practical strategies for stress management, as well as another three session class called Intro to Exercise."

In the New Year, there are more options lined up, including: Commit to Quit, a program to aid those looking for information and support in quit-

ting or cutting down on tobacco use, Craving Change, a program to help understand why we eat the way we do and how to change unhealthy habits, and Get Better Together, a support program for people living with chronic health conditions. Each of these programs is offered once a week, for a set number of classes.

"I'm thrilled that we can now offer Get Better Together online," said Caroline McIntosh, regional lead for the program. "Peer support is so helpful for people who cope with ongoing health conditions. Since we can't meet in person, online is a great way offer classes. People get the support they need, while still being "COVID-careful.""

Classes are open to anyone to attend. All you need is a digital device (laptop, tablet or cell phone), internet, and an easy-to-download software program called, "MS Teams". All classes are confidential; participants are asked to commit to being in a private room when participating in the program and to respect confidentiality with information that is shared in the group.

For more information on any of these programs, please go to <https://is.gd/WellOnline>. (Or go to www.ierha.ca and click on Care in Your Community/ Community Wellness Team/ Free Classes).

Registering is easy! Call Toll Free 1-877-979-WELL (9355) or email wellness@ierha.ca.



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Shannon Montgomery IERHA Regional Director Public Health and Community Wellness.

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Ruth Hooker School takes virtual field trip to OHM

Oak Hammock Marsh creates new way to share wetland education

By Katelyn Boulanger

Students in Ruth Hooker School's grade three-four classrooms got to take a field trip in 2020 while staying safely in their classrooms thanks to Oak Hammock Marsh's virtual field trip options, which bring wetland education out of the marsh.

"Because we can't do field trips this year because of COVID they actually contacted us and asked if it was something that we would be interested in and luckily enough we teach two grade three-four classes and both of them got to experience it," said Caitlyn Shaw, one of the grade three-four teachers whose classes participated.

The students were connected via live video to educators at Oak Hammock Marsh on Nov. 19 who talked to them about the wildlife at the marsh specifically explaining how owls digest their food differently than we do.

"He lead us through what owls look like. What different owls sound like. The kids got to pick a couple and they played it on their screen and we could hear it on there. It was super interactive and I think that it gave the kids some normalcy about what school would normally be like being able to go on a field trip," said Shaw.

This learning fits well into the grade four curriculum which has a unit on animals and their adaptations which among other things teaches students about how animals traits, like the way that owls wings allow them to fly very quietly, are beneficial to their survival.

Oak Hammock Marsh also had owl pellets, which is undigested food that the owls regurgitate, sent to the class which the students broke apart to see if they could identify what the owls had been eating.

"We actually got to look through them in our classroom and [the instructor] had a bone chart so that we could try to compare what we had to what animal it might relate to so a mouse or something like that. If there was a bone that we weren't sure based on our description, I then emailed him a photo and he would explain what part of the animal it came from and so the kids got to make some discoveries," said Shaw.

The students in Shaw's class were each able to look through their own owl pellet.

She thinks that it's important to continue to pursue field trips like this in a safe way because it's important for students to continue to have the ex-

periences that they would have in a normal year.

"Kids used to be able to walk around all the time, touch things in the classroom for discovery, play games with their friends, and now we have to stay at our own desks and do our own thing so it made [school] feel more inclusive in that way," said Shaw.

The program that they participated in is one of six of Oak Hammock Marsh's programs that have been adjusted to be able to be given virtually.

"We do a Virtual Marsh Walk, we do Critter Dipping, What's for Dinner which is dissecting owl pellets, we do Story Time for little kids where we read stories to little kids and we talk about that, World of Wetlands because we're a wetland and Surviving the Freeze which going into winter here is specifically a winter program," said Paula Grief, the resident naturalist at Oak Hammock Marsh.

She felt that continuing to do their programs virtually was important for spreading the word about wetland awareness.

"Field trips were always exciting when we were kids and we see the excitement when they come. They aren't quite as excited as they are being here but having someone new in your classroom is a good break for the kids as well," said Grief.

Shaw hopes that the school will be able to bring more experiences like this to students this year.

"School felt like it would if it was any other year," said Shaw.



Oak Hammock Marsh's virtual presentation at Ruth Hooker School.



RECORD PHOTOS SUBMITTED

A student examining their owl pellet.



Bones found in the owl pellets sent to Ruth Hooker School from Oak Hammock Marsh.

Keep on rocking in the COVID-world

Musicians are making do during pandemic

By Nicole Buffie

Challenging. A hard time for dreamers.

Those are the descriptors some would use for the current state of the music scene in Manitoba amid the COVID-19 pandemic.

For months, halls and clubs remained empty. But, for months those same musicians have been putting the energy they would have otherwise expelled on stage into writing songs, slinging merchandise and producing music.

CJ Loaner, frontman for the award-winning rock band The Bloodshots, said just as the band signed with Australian-based music label Golden Robot Records and plans were in the making to tour any place their songs caught popularity, the COVID-19 pandemic shuttered borders and bars, among other things.

"It's a bit of a slap in the face, you know," said Loaner of the cancelled plans. "It's like a carrot dangling in front of you."

The reality of their situation was grounding for the band, said Loaner. It served as a reminder of where they came from and the hard work it took to get there.

During the months of isolation, The Bloodshots reworked an old song of theirs and released it to the public, an homage to the current situation.

"With all the day-to-day stress, or frustrations or boredom it really puts a new spin on things in your head, it definitely comes out in some of the writing," Loaner said. "And I just wanted to make a song that everybody could kind of relate to, given the circumstances in the times we're in."

The single caught popularity in Europe and even made some noise in their label's home country of Australia. However, Loaner said due to public health orders they've been forced to sit idle on the song's rising success.

During the summer months, the band did manage to release some of that pent up energy in the form of playing a few socially-distanced shows at music festivals when the public health measures allowed them to do so. However, Loaner said it just wasn't the same as shows that preceded the pandemic.

"To have people sitting at tables like a social, but it's supposed to be a rock show was weird and strange," he said.



"It was good to play for people again, but it definitely wasn't the same."

Dan Scramstad, frontman of The Deeds, feels similarly towards the change in atmosphere.

While one show the local band played in the summer in only allowed for crowds to form from their vehicles, Scramstad said he could still feel the gratitude from honks and headlights flashing in lieu of claps and whistles.

"It was just nothing but strange," he said of the performance. "It was nice to play, but it was weird, because it was a big stage and production, but nobody was allowed to come up to the stage."

But, with opportunities to play shows during summer months and a curbside concert here and there, Scramstad said there's been plenty of chances to play music, both old and new.

The musician is currently working on a solo project while new music from The Deeds is in post-production.

"Good things always come out of bad things," Scramstad said. "For artists, we were going to be creative no matter what anybody does, so there's definitely something that will be born out of this with the creativity."

The singer plans for his solo album release in the new year and The Deeds are actively working on a virtual release of a music video and new music.

While Loaner and his band are riding the wave of a popular single and Scramstad's group are finding creative ways to continue to work, they both say the best way to support musicians in a time with minimal income is to buy merchandise.

"If they've got hoodies or anything

RECORD PHOTOS SUBMITTED

The Bloodshots during a performance before COVID-19 restrictions shut down bars and music festivals, leaving musicians no where to play.

buy it, because that money adds up quick," Loaner said. "And when you're trying to make a goal of this, you need to have like a bed of money for things

to help push whatever it happens to be that you're working on."



Merry Christmas

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> MEAL IDEAS



Coconut Popcorn Snowballs

8 candy canes or candy cane sticks (about 3-4 inches)

Place large sheet wax or parchment paper over work surface. Spread coconut on paper.

Spray large mixing bowl lightly with nonstick cooking spray and place popcorn inside.

In medium saucepan, melt butter over low heat. Stir in marshmallows until melted and mixture is smooth. Pour over popcorn and mix well until coated.

Spray hands with cooking spray and press mixture firmly to form into balls. Place balls on coconut; roll and press coconut to coat. While holding popcorn balls, gently press candy cane into each ball.

Serve immediately or wrap individually in plastic wrap for storage.

Yield: 8 balls (4 inches)
 2 cups shredded or flaked sweetened coconut
 nonstick cooking spray
 3 quarts popped popcorn
 4 tablespoons (1/2 stick) butter or margarine
 3 cups miniature marshmallows
 1 teaspoon coconut or vanilla extract



Jingle Balls

Spray large mixing bowl lightly with nonstick cooking spray. Add popcorn.

Spread plastic wrap on cookie sheet; set aside.

In medium saucepan, melt butter and marshmallows; stir until mixture is smooth. Stir in peppermint extract. Pour over popcorn, mixing until well coated. Let cool 2 minutes.

Spray hands with nonstick cooking spray and form popcorn mixture into 3-inch balls. Gently press colored sugar onto balls. Let sit on prepared cookie sheet until cool and set.

Yield: 12 cups
 Nonstick cooking spray
 12 cups popped popcorn
 6 tablespoons butter or margarine
 3 cups mini marshmallows
 1/2 teaspoon peppermint extract
 assorted colored sugars

Chocolate Popcorn Reindeer

Servings: 8
 8 cups unsalted, unbuttered, popped popcorn
 2 1/2 cups mini marshmallows
 1/2 cup chopped dark chocolate or dark chocolate chips
 2 tablespoons butter or light olive oil
 1/4 teaspoon salt
 16 pretzel sticks
 16 eyeball candies
 8 red candy-coated chocolate candies
 Place popcorn in large mixing bowl.

In saucepan over medium heat, heat marshmallows, chocolate, butter and salt, stirring often, until smooth. Toss marshmallow mixture with popcorn until well combined.

Scoop 3/4 cup popcorn mixture into ball. Repeat with remaining mixture to make eight balls. Place each ball in paper muffin cup liner.

Insert one pretzel stick on each side of ball to resemble antlers, attach two eyeball candies for "eyes" and one red chocolate candy for "nose." Repeat with remaining balls. Let cool completely.

Holiday Season Fitness Cheat Sheet

By Fitness & Nutrition Expert Julie Germaine

This month, wouldn't you like to enjoy Grandma's adorable, chocolate-sprinkled, candy-covered, sugary cookies without putting on extra weight?

Some of us head into the holidays without much thought about our fitness goals, accepting that putting on fat is inevitable. Many people will tell me they plan to start their workout regime in the New Year, however I will warn you that this mindset is a mistake. Worrying about the consequences of over-indulgences in January is not the path to take. It's been studied that the couple pounds that creep up on people each year add up to 10-20 pounds per decade! Instead, I encourage you to do just a little pre-planning, and I will show you that it is entirely possible to arrive in 2021 feeling healthy, refreshed - and wearing the same pant size!

This doesn't mean toting along your chicken and broccoli Tupperware meal to parties, either! And yes, my love, you may treat yourself to a few 'real' drinks. After all, the holidays are a time to celebrate life and relax with loved ones. So here are some small habitual tweaks to consider to offset the caloric-dense foods you will be savouring.

6 Tips for Healthy Holiday Eating

- Exercise in the morning before your social events. This can mean a walk with the dog, or a great home workout with body-weight resistance or using some gym equipment (I can some great mini bands sets and hip resistance loops available at <https://www.juliegermaine.com/shop> and some free workouts for you to follow along to!). This will give your metabolism a boost and get fitness on your mind. Starting the day out on such a positive note will lead you to make better choices later.

- Don't starve yourself! Don't cut back on your calories because you know you'll be eating big later. Instead, eat a little meal (ie: an egg white omelette or chicken salad) shortly before you go to a get-together so you aren't overly hungry.

- Use a smaller plate. It will make you feel like you are eating more, appear to others that your plate is nice and full, and limit how much food you can serve yourself.

- Budget your carbs. Fill your plate with protein and veggies first, then select only your favourite sides (no need to waste calories on mashed potatoes unless you absolutely love them). Only select one dessert, or 3 dainties. Sugars are quickly converted to body fat, so you truly want to avoid indulging in this area if possible.

- Stick to 2 drinks. Set a limit for alcoholic drinks you will consume and stick to it. Try to choose hard bar and diet soda or water as mix, rather than sugary cocktails, wine, or creamy liqueur. Also, drink a big glass of water with your meal and in-between cocktails.

- Bring a healthy option to share. If you are concerned that the host won't provide many low-calorie options to choose from, consider bringing along a large side to share, such as a garden salad, veggie & dip tray, a light appy like shrimp cocktail, or low-fat cheeses with light crackers.

If you are looking ahead to your New Year Resolutions, please sign up now for my 30 Day VIP Fat Loss Challenge and mention this article to enjoy a 25% off discount! You will lose 2" from your waistline in 4 weeks with 30 minute workouts! Clients choose to begin now or by Jan. 4/21.

Looking for a Christmas gift idea? The 90-Day Weight Training Plan is my brand new book, available at www.juliegermaine.com. This workout-at-home with minimal equipment book is great gift idea for anyone wanting to train at home.

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EIWD launches compensatory Enhancement Protection Program

By Patricia Barrett

The Eastern Interlake Watershed District (EIWD) is preparing for submissions to the Enhancement Protection Program (EPP), which puts in place environmental safeguards throughout the district's catchment area and provides compensation on an annual basis.

EIWD manager Armand Belanger said the district is hoping to identify EPP projects it can carry out next year in collaboration with both landowners and leaseholders.

"The district would like to start talking to them now to be able to hit the ground running come spring of 2021," said Belanger by email last week.

The EIWD works with local governments and the province to carry out land and water conservation projects throughout the watershed district, which encompasses the municipalities of Arborg, Armstrong, Bifrost-Riverton, Dunnottar, Fisher, Gimli, Grahamdale, Rockwood, Rosser, St. Andrews, Selkirk, Stonewall, Teulon, West St. Paul, Winnipeg Beach and Woodlands.

The EIWD's major projects include wetland enhancement, well sealing, water retention, soil and riparian (riverside) enhancements, buffer strips, the restoration of native grasses, shrubs and trees and the fencing of farm animals to protect water sources.

Under the provincially funded EPP, which the watershed district is overseeing, participants are eligible for "protection payments," which are paid out from another program, Growing Outcomes in Watersheds (GROW).

To participate in the EPP, a landowner can contact the EIWD to discuss possible projects and get help completing an application or expression of interest. The program is competitive, meaning applications will be graded, so to speak, on the basis of greatest environmental benefit.

The application is evaluated by a watershed sub-district and a GROW committee. If accepted, EIWD staff will create a custom management plan for the landowner/lessee and work with them to complete the project. Projects will typically last for 10 years and are inspected and evaluated regularly with reports submitted to an executive board.

"The expression of interest [application] is the simple part," said Belanger. "It could entail calling the EIWD office or sending in a one-page form saying they have a project idea. From there the EIWD will work with the landowner to make a full proposal to the sub-district and GROW committee. The proposal will outline the details of the project."

The EIWD may cover some EPP project costs, such as engineering, licensing and contractor costs for wetland and water storage projects.

The EIWD's primary environmental priorities include improving surface water quality and quantity, improving drinking water quality, reducing nutrients (phosphorus, nitrogen etc.), protecting fish, wildlife and riparian habitats, enhancing biodiversity (variety of plant and animal life), improving soil quality and increasing carbon sequestration. These benefits can be achieved by altering land and water management practices or by limiting the use of a site.

Landowners/leaseholders can benefit in many ways from the EPP, including an overall improvement in the general condition of a property, im-



PHOTO COURTESY OF EIWD

Rather than use deadly pesticides to manage plant growth at Gimli High School's wetland and tallgrass prairie, the EIWD teamed with a local farmer and his goats.

proved herd health and increased knowledge of farming and business planning.

Although the EIWD outlined seven major project types in its EPP reference guide, landowners/lessees aren't necessarily limited to them.

"If a landowner has a project idea that they think will improve soil, water or wildlife habitat, we want to hear about it and find out what it would take to get completed," said Belanger.

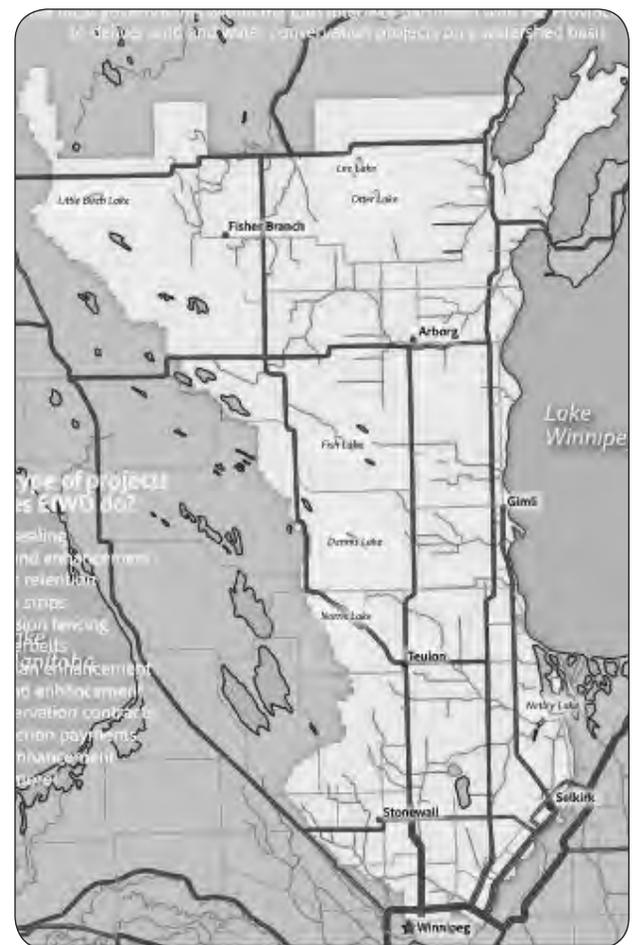
Despite the presence of COVID-19 for much of 2020, EIWD staff didn't lay down their tools.

"Even through this terrible pandemic, we were able to complete several great projects," said Belanger.

Among them were enhancing a large wetland and water storage project near Poplarfield in the RM of Fisher, seeding native grasses and flowers in over 15 miles of drains in the RM of Bifrost-Riverton, establishing eco-buffers and planting trees in Riverton, Arborg and West St. Paul, creating interpretive signage in Gimli to help people reconnect with nature, restoring native prairie grass in Stonewall with a volunteer youth group, surveying waterways, and sealing over 28 abandoned wells (to protect ground and surface water quality).

"But if I had to pick a favorite, it would be getting goats in to help maintain our wetland and tallgrass prairie project at Gimli High School," said Belanger, referring to a herd of goats a Gimli-area farmer brought to the school in July for a spot of environmentally friendly mob grazing.

For more information about the Enhancement Protection Program, call the East Interlake Watershed District at (204) 642-7578.



MAP COURTESY OF EIWD

The EIWD encompasses 16 Interlake municipalities, from Grahamdale and Bifrost-Riverton in the north to Rosser and West St. Paul in the south.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Manitoba Golf Hall of Fame and Museum announces the 2020 class

Staff

The selection committee for the Manitoba Golf Hall of Fame and Museum announced the class of 2020 on Monday afternoon. This year's honoured inductees include Brian Gilhuly (builder), Tom Kinsman (builder), Rhonda Orr (athlete) and the 1967 Manitoba Junior Men's Interprovincial Team Champions.

Gilhuly had an extensive golfing resume. He was a Selkirk Golf & Country Club member of the Board of Directors (1960-1974 and 1986-2017) and Selkirk Golf & Country Club Treasurer (1988-2017). He was also a Golf Manitoba volunteer from 1980 to 2017, a Golf Manitoba member of the Board of Directors (1989-2010), Finance Chair for Golf Manitoba (1980-2005), a Golf Manitoba Course Rater (1991-2017), Golf Manitoba Handicap & Course Rating Chair (2001-2017), and he rated over 300 golf courses in Manitoba and northwestern Ontario.

Gilhuly bequeathed over \$100,000

to the Selkirk Golf & Country Club and donated over \$100,000 to the Golf Manitoba Scholarship Fund.

Kinsman was a PGA of Canada head professional at the Southwood Golf & Country Club from 1991-2018.

He was named the PGA of Manitoba Professional of the Year (1995) and was a PGA of Manitoba member of the Board of Directors (1995-2002). Kinsman was also a PGA of Manitoba President (1998-2000) and a four-time PGA of Manitoba Teacher of the Year (1999, 2000, 2004 & 2011) while winning six PGA zone professional titles.

Players he coached won 39 provincial championships and four national titles.

Orr, meanwhile, is a seven-time Manitoba senior women's champion (2013-14, 2016-20) including 12 top-10 finishes between 2004-2020.

She is a seven-time Manitoba senior women's interprovincial team member (2013-19) and qualified for the USGA Senior Women's Champion-

ship (2018 & 2019) - making it to the round of 32 in 2019.

She has five top-20 finishes in the Canadian Senior Women's Championship (T13 - 2013, T19 - 2014, eighth - 2015, T4th - 2016, T11th - 2019) and is a three-time Golf Manitoba Female Amateur Golfer of the Year award winner (2016, 2018 & 2019).

The 1967 Manitoba Junior Men's Interprovincial Team Champions feature Winnipeg's Steve Bannatyne, Dave Hill, Ken Redfern and Dr. Dwight Parkinson (non-playing captain), and Port Arthur, Ont.'s Manfred Broavac.

The 1967 Manitoba Junior Men's Interprovincial team finished in first place, shooting a 36-hole team score of 619. That was seven shots ahead of second place Team British Columbia (626).

The team championship was conducted during the first two days of the 1967 Canadian Junior Men's Championship that was held Aug. 21-24 at the



Brian Gilhuly

Toronto Golf Club.

An induction ceremony for the 2020 Class will be held when it is safe to do so and a further announcement will be made when a date is selected.

Manitoba Basketball Hall of Fame nominees due Dec. 15

Staff

The Manitoba Basketball Hall of Fame & Museum has announced that the next induction dinner will be held on Sept. 25, 2021.

The selection committee is now requesting nominations of worthy candidates for the next induction that meet the set criteria. The deadline to submit a nomination for the next induction is Dec. 15.

Eligibility for Nomination

All nominations are welcome. The criteria/guidelines used by the selection committee are as follows:

Player Category

Players who consistently performed at a high level over a number of years on provincial, university, national or professional teams; and (a) who played high school basketball in Manitoba, whether or not they stayed in Manitoba after graduation; or (b) who played high school basketball outside the province, but played at an elite level in Manitoba.

Builder Category

Eligible nominees are individuals, such as coaches, managers, trainers, sponsors, and media persons, who

have made a significant contribution to the development and the promotion of basketball in Manitoba.

Team Category

Manitoba based teams that have won national, international, or world championships; and high schools whose male or female varsity teams have won a minimum of three provincial championships within a six-year period.

Submitting Nominations

The Manitoba Basketball of Fame Committee invites members of the community to submit nominations in

the player, builder, and team categories of the Hall of Fame. Nominations can be submitted at any time. However, as the induction dinner is traditionally held in late September/early October, the selection sub-committee of the MBHOF Committee reviews only those nominations that are submitted no later than Dec. 15 of the preceding year.

To submit a nomination for consideration, please visit the Manitoba Basketball Hall of Fame website at www.mbhof.com/p/nominate.html.

Major curling events to be staged in Calgary bubble

Staff

It worked for the NHL and NBA so Curling Canada is hoping that it will work for them, too.

Curling Canada announced last week that it will be hosting its premier events in a bubble format in Calgary later this winter.

The Brier national men's championship, Scotties Tournament of Hearts women's championship, the world men's championship and national

mixed doubles championship will be held at Markin MacPhail Centre at WinSport's Canada Olympic Park in Calgary.

The events will be televised but no fans will be allowed.

Dates for the events will be announced later as Curling Canada works with local, provincial and national health authorities to set up the facility.

"No one can deny that these are

challenging times, and not just for curling, obviously," Curling Canada CEO Katherine Henderson said on their website. "But we also know how important these events are to the athletes, to our partners and, of course, to our fans."

Curling shut down in mid-March because of the coronavirus pandemic, cancelling the men's, women's, mixed doubles and senior world championships, among other events.

"It's been a difficult few months, obviously," Kerri Einarson, skip of the 2020 Scotties champions, told the Associated Press' Jimmy Golen. "We understand these are strange times with some accompanying challenges that go beyond sport, but as athletes we embrace challenges and will do our best to thrive under whatever circumstances we find ourselves in."

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Help Wanted East Selkirk, MB, **Apiary Supervisor** - 1 position (NOC 8252). Minimum 3 years beekeeping experience preferred. Wage range \$14.00-\$17.00/hour. Employment from November 2, 2020 to November 30, 2022. **Apiary Technician/Worker** - 3 positions (NOC 8431). \$12.25-\$14.00/hour. Employment from March 1, 2021 to October 31, 2021. Minimum 1 year experience required. Seasonal full time, days, evenings and Saturdays. Language is English. Duties would be to handle, feed and care for bees, help in replacement of hives and production of nucs, move hives, collect honey, maintain and drive vehicles, maintain bee yard; manufacture, assemble and maintain beehive equipment, maintain and operate other apiary related equipment. Must be able to handle heavy loads and work is physically demanding. Must work well with others, as well as the ability to maintain basic production records. Report to Supervisor. Would require steel toed safety boots. Send resume by email to: philip@waldbee.com or by mail to: Waldbee Honey Farms Inc. Box 9 Grp 19 RR1, East Selkirk, MB R0E 0M0.

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Selling online? Doing delivery or curbside pick-ups? Need customers? Advertise it in the 37 Manitoba weekly newspapers and get noticed! Each week our blanket classifieds could be helping YOU get noticed in over 340,000 homes! For as little as \$189 + GST, get your important messaging out! Call 204-467-5836 NOW to book or email classified@mcna.com for details. MCNA - Manitoba Community Newspapers Association 204-947-1691. www.mcna.com

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

Sealed submissions clearly marked **Tender 2020-05 2021 Equipment Rental** will be received by the undersigned at the address below until 12:00 noon on the 23rd of December, 2020. Late submissions will not be accepted.

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

All inquiries related to the Tender should be directed to Rick Friesen, Manager of Public Works by e-mail rfriesen@weststpaul.com or by phone 204-334-0092.

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ANNOUNCEMENT

BIRTHDAY



Claire Christiansen
Happy 90th Birthday!
December 12

All the best to a vibrant and loving Mom, Amma, Aunt and friend
Wishing you continued joy and adventure to build upon your memories of a life well lived

-Love your children and grandchildren

ANNOUNCEMENT

BIRTHDAY



Ed Chrapchynski
Happy birthday Ed, Dad, Gigi on December 11th

You have accomplished much in the past 70 years.

Your fiddle music and singing have been a joy to all of us.

Ed, you sure look good in your Dad's hat!
We love you very much.

-Viv, Christa, Mike, Sarah, Andrew, Susan, Mike, Julia, Layla and Darryl

ANNOUNCEMENT

BIRTHDAY IN HEAVEN



Todd Dmyterko

December 8, 1968 - November 14, 2020

Happy Birthday Todd

Today you would have been 52

But God had other plans for you.

He took you to heaven on the wings of a dove,

And there you found eternal love.

We miss you and love you so much.

-Love Mom, Dad, Dwayne, Darrin, Alan and family

ANNOUNCEMENT

IN MEMORIAM



In loving memory of our parents

Gerald and Jean Cromarty

Those we love don't go away,
They walk beside us every day;
Unseen, unheard but always near,
Still loved, still missed, and held so dear.

-Forever sadly missed by

Chris, Linda, Cathy, Diane, Tim, Andy and Sue and families

ANNOUNCEMENT

CARD OF THANKS

For your kind and continued support over the years and most recently.

To: all Family, Friends and Neighbours for "being there"; Dr. N. Elbardisy for care of my husband Gabriel for more than 10 years; Home Care Services: Coordinators, Personal Care Workers, Melanie and Dr. D. Clarke (palliative care), Gail (nursing care) and Betel Home (respite), for attentive professional care; Rev. Anthon Bouw and Jean Oliver of Knox Church for support with consideration and prayers; staff at Gilbert's Funeral Home for understanding and compassion; many others, too numerous to mention. You will be remembered with much appreciation.

-Dorothy Myhal Gely

ANNOUNCEMENT

BIRTHDAY



Janice Hamm

Happy birthday on December 12th to this WILD CHILD!

We know you were hoping your BIG day would slip by quietly but of course, we just couldn't let that happen.

We wish we could spend this milestone birthday with you Mom!
We love you so much!

-Love your family

ANNOUNCEMENT

IN MEMORIAM



Olivia Lauren Sparks

December 19, 1984 - December 12, 2015

It's impossible to forget someone who gave us so much to remember

*Your memory will live forever
Engraved within our hearts*

ANNOUNCEMENT

IN MEMORIAM



Kathleen McBride

In Loving Memory of Pearl

Who passed away December 13, 2012

If memories bring us closer,
We are never far apart;
For you are always in our thoughts,
And forever in our hearts.

-Love John and family

ANNOUNCEMENT

CARD OF THANKS

Sincerest thank you to all our family and friends who provided us with tremendous love and support during the loss of our son, Sebastian. Your kind words helped ease our pain during this difficult time. We appreciate everyone who called, texted, sent flowers, provided food and made various donations in honor of Sebastian. We experienced a terrible tragedy and your love carried us. For this we will be eternally grateful. A special thank you goes out to the wonderful staff at SMHC who generously donated funds. All monetary donations were directed to flying our son home from Vancouver Island so that we could have one last chance to say farewell. Special thanks to Gilbert's Funeral Home for the compassion and care provided to us during our loss.

-Richard, Stacy, Rorie and Reece Worth

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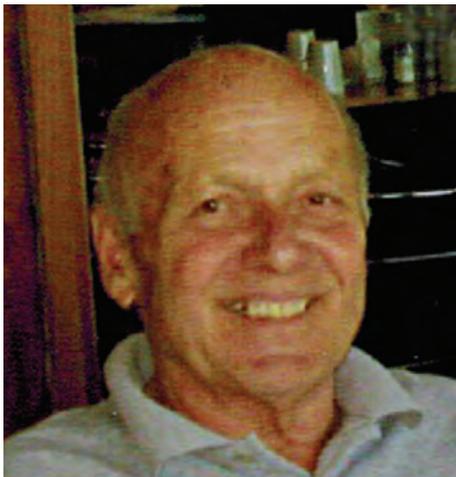
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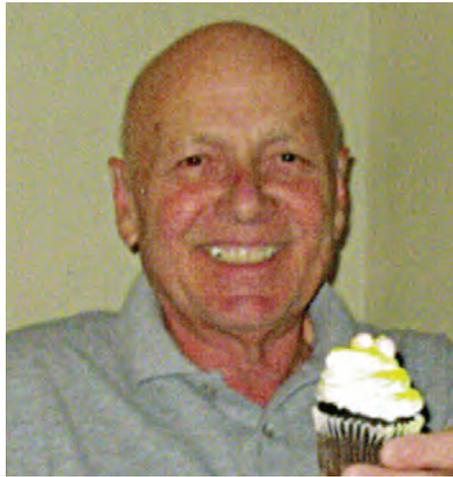
ANNOUNCEMENT
IN MEMORIAM



Pierre Rivard
In memory of our
Brother-in-law and Bestman
who passed away **December 11, 2019**
You'll always be remembered
As a man both strong and good.
You always had a smile to share,
Time to give and time to care.
A loving nature, kind and true
Who did the best he could.
You are a pleasure to recall and
We cherish the memories of the times you
shared with us.

-Bea and Ron

ANNOUNCEMENT
IN MEMORIAM



Pierre Rivard
April 5, 1939 - December 11, 2019
It's been one year since we've heard your
voice or seen your face,
When thoughts go back as they so often do,
We treasure the memories we have of you.
These days are remembered and quietly kept,
No words are needed, we shall never forget.
-Miss you, love your wife Mary,
daughter Therese and the Rivard family

ANNOUNCEMENT
IN MEMORIAM



Henry McDonald
In memory of our Brother-in-law
Henry (Spook) McDonald
December 14, 2019

Although one year has passed,
We remember the happy times together
And cherish the memories that will last forever.
- Bea and Ron

ANNOUNCEMENT
IN MEMORIAM



In loving memory of Papa
Henry (Spook) McDonald
December 14, 2019

No matter how life changes,
No matter what we do,
A special place within our hearts,
Is always kept for you.
-Love always, your grandchildren
Shantell, James and Kenny

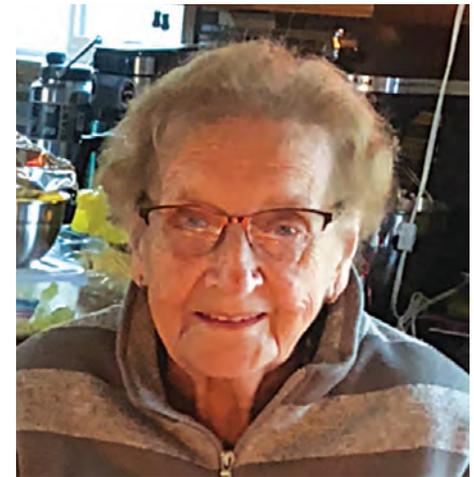
ANNOUNCEMENT
IN MEMORIAM



In Loving Memory of
Henry (Spook) McDonald
December 14, 2019

My Precious Husband
I'm so lonely Sweetheart
Since God took you away.
There is a part of me missing,
Things will never be the same.
Sometimes at night I feel you near,
I hang my head and cry,
Wishing you were here.
I want you to hold me
Like you used to do,
Why, oh why, did God choose you?
-You're in my heart always,
your wife Sharon

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Mary Irene McCombs
August 14, 1934 - December 9, 2019

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-Written by Nicole

-Lovingly remembered by
Lauri and family

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OBITUARY



Gabriel Joseph Gely
1924 – 2020

Gabriel (Gabe) passed away at home in Selkirk, Manitoba on Friday the 27th of November.

He is survived by his wife Dorothy, two sons Gabriel (Christina) and Rene (Sima), three grandchildren and three great-grandchildren, many nieces and nephews, cousins and in-laws.

Gabe was predeceased by his parents and siblings in France and by his first wife Mimi, the mother of his sons.

Born in Paris, France, Gabe arrived in Canada in 1952 with the purpose of experiencing the Canadian Arctic. In 1953 he accepted a position as cook with DOT for three years. Primarily in the capacity as Arts and Crafts Advisor to the Federal and Territorial governments, Gabe spent much time in the arctic with Inuit that he loved dearly. This love was mutual and has lasted through

generations. Speaking of Inuit, Gabe said: "I never tire of the beauty of the people. They are very strong, yet gentle."

Comments made by some who knew Gabe: "I am profoundly enriched for having known Gabe and benefited greatly from his intellectual generosity. He was one of the finest gentlemen I have known"; "He was just a fabulous human being, and he painted or took pictures of everything he saw". Gabe's art-works grace many homes. His Arctic photo collection resides with the University of Manitoba Archives and Special Collections.

Since childhood Gabe adopted as his motto for life the words of Christ Jesus: "Thy will be done and not my own".

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



(Hugh) Ross Williamson
September 18, 1950 - December 1, 2020

Ross, beloved husband, father and grandfather, passed away Tuesday, December 01, 2020 at Selkirk General Hospital with family by his side, after a courageous battle with multiple health issues.

Ross was given two months to live, a few weeks before his wedding and 66th birthday. By God's grace and mercy, he made it to 4 years of marriage and his 70th birthday.

Ross was born to Hugh and Ida Williamson and raised with his sisters Sharon and Donna in Selkirk, Manitoba. He was a wild and rambunctious youngster who loved his toy cars. He attended Selkirk Collegiate Institute as a high school student. He was student body president and very popular with other students and was known as the defender of the "underdog".

Ross worked in the car business most of his career and has personally owned over 350 cars, his motto was "Don't Toss, Ring Ross". He was known as the friendly guy with the handle bar moustache. He played Selkirk's Santa Claus for generations of children. He put together an elaborate Christmas display with an old car and Santa in the front seat.

Ross was also known for his generosity and helping out anyone who needed it. He emerged as the relief to many a stranded motorist. He was always available, regardless of the situation. There was no bridge too far.

Music was a great love of his, and he taught himself how to play guitar at age 35. Ross had a beautiful and unique voice and loved playing and singing. Whether church, jam night, wedding, funeral or fireside, he will be remembered as a great talent, and for his rendition of "The Bear".

Later in life Ross met and married Darlene, the love of his life, and they were blessed by 20 happy years together. Ross and Darlene enjoyed hosting many neighbourhood gatherings and were always the first to volunteer. They lived for three years on a farm in St. Andrews, where Ross constructed a 9 hole golf course. They would host an annual "Calder Cup Golf Invitational" complete with Green Jackets and trophies.

They settled in Pelican Bay where he appointed himself as Mayor, and protector of the close-knit village. If anyone needed something Ross was the man to see. He'd have the tools, or a car or truck (take your pick!), and the snowblower, lawnmower or golf cart were always ready to roll. He was very proud of his "Garagemahal", where he had it all. He would say "If I ain't got it, you don't need it"

Ross and Darlene were together for 16 years prior to tying the knot in 2016. Family and friends gathered on a beautiful day in September to celebrate the life the two of them had built. Ross's romantic nature showed when he declared his love for Darlene by singing "Dar's song" during the ceremony at St. George's Wakefield Anglican Church. Surrounded by photos, music, cars and loved ones they danced the night away.

Ross was a proud dad to his kids Keri and Ross (who he nicknamed "Chopper") who followed in his footsteps with his love of cars. Many years were spent camping and at family gatherings. Ross and his family enjoyed life to the fullest. There were also many "Rod Run's" and car shows that occupied weekends. Thank you Dad for instilling us with respect for others and ourselves and for always supporting and believing in us.

His love for animals has always been great, and he loved each and every one, although they all drove him crazy. He will be greatly missed by his fur-babies, Thelma, Louise and Itty Bitty. He was generous supporter and believer in the work of independent animal rescue shelters.

Ross is survived by his wife Darlene; daughter Keri (Ryan) Ramsdale; son Ross Williamson (Britt); grandchildren: Maddex and Lotus Williamson, Eli, Eva and Jake Ramsdale. Sisters: Sharon Purvis and Donna (Don) Hoye, and many nieces and nephews. Brothers-in-law: David and Doug Calder, and sister-in-law Brenda.

He was predeceased by his parents Hugh and Ida Williamson, brother-in-law Ted Purvis, father-in-law Vernon Calder and sister-in-law Barb (Queenie) McKeen.

Cremation has taken place and a private celebration of life will be held at a later date.

In lieu of flowers, donations may be made in his name to St. George's Wakefield Anglican Church, Box 219, 8716 PTH#9, Clandeboye, MB R0P 0P0, or an independent pet and rescue shelter.

A special thank you to our family and friends (you know who you are) who have stepped up and helped us during this difficult time.

Good bye from the "Good Ol' Dog"

The Selkirk Record

Announcements

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OBITUARY

Carolyn Kreviazuk

Peacefully on Sunday, December 6, 2020 at the Selkirk Regional Health Centre, Carolyn Kreviazuk, aged 74 years of Lockport, Manitoba, beloved wife of Dave passed away.

Due to current health restrictions, cremation has taken place and a celebration of life will be held at a later date.

Full obituary to follow.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Victoria (Vicky) Elizabeth Huewan (Palamarchuk)

It is with great sadness that we announce the peaceful passing of Victoria Elizabeth Huewan (Palamarchuk) at the age of 94 at Red River Place on Sunday, November 29th, 2020.

Vicky was predeceased by her husband Mike (1980); parents Michael and Carrie (Pidstawka) Palamarchuk; siblings Paul, Anne (Frank) Shynkarchuk, infant brother, Marion (Gary) Gelinias.

She is survived by her sons, "the boys", Henry (friend Jana) and Bruce (Linda), daughter Wendy (Zygmunt/Ziggy); grandchildren Cyndi (Allan) Typliski, Kevin (Monik) Huewan and their mother Donna, Cara (Trevor Forkheim) Smolinski, Nicholas (Meagan) Smolinski, Ashley (Jason) and Courtney Huewan, Brandi Standing (Linda's niece); great-grandchildren Holly Typliski, Abigail, Ella and Carter Smolinski, Evan and Max Forkheim; sister Ollie (Eddie) Pomarenski and numerous nieces, nephews, cousins and a host

of friends.

Vicky was born in October in 1926 in Silver, Manitoba and lived on a mixed farm with her family. Those early years held special memories especially of summers when a favorite Aunt would visit from Nova Scotia, surprising Vicky and her siblings with toys or clothes. There were memories of bitter cold walks to Fyrer School and how grateful they were for the occasional ride on a fishermen's dog sled or a neighbour's horse that shortened their trek. Some memories were more life altering than others. When Vicky was 10 years old her mother developed TB and was sent to a sanatorium and then died. Vicky was pulled from school to care for her siblings, one being an infant brother that became ill and also died. These tragic diseases that destroyed a little girl's world, shaped the adult Vicky would become. She was always caring, compassionate, stoic, determined and routinely sacrificing to meet the needs of others. Following that dark time, when family dynamics changed, Vicky made a promise to herself that no one would ever go hungry in her house!

In August of 1946, Vicky married Michael (Mike) Huewan and they began their life on the farm west of Fraserwood. Those were happy days filled with everything that Vicky loved; the hard work and challenges of farming, raising and loving their three children, caring for the gargantuan garden and the building of lifelong relationships with nearby neighbours. In 1980, after two years of intensive homecare provided by Vicky, Mike passed away from cancer. Thirty-four years of marriage and farming, side by side, had come to an end. For the next decade, Vicky continued to live on the farm by herself with support from family and neighbours. Then the very difficult decision was made to sell the family farm. Vicky moved to Selkirk to be near her children and grandchildren.

With her usual upbeat, positive attitude, Vicky adapted to city living and made friends with all she encountered over the years in Selkirk. She was many things to many people but to everyone she met, she was a kind, loving, generous, loyal, supportive and fun loving woman. She continued her passionate support of the Winnipeg Blue Bombers, the Jets and the NDP. (She voted in the last provincial election and was always ready to discuss politics.) She was always there whenever any family member needed extra help. Vicky, who was now just "Baba" to everyone in Selkirk and area, would pack her bag to go and help out. The more physical the labour, the more she loved it. She kept her optimist nature, despite having various health crises over the past decade. This eventually led to her being in a wheelchair and needing to live at Red River Place. As with everything else that happened in her life Vicky was accepting of this reality saying, "it is what it is" and "everything happens for a reason". To say her family and friends will miss Baba is an understatement, but they know she is home now with her beloved Mike and the Lord.

"As for me, my life is already being poured away as a libation, and the time has come for me to depart. I have fought the good fight to the end; I have run the race to the finish; I have kept the faith; all there is to come for me now is the crown of uprightness" 2 Timothy 4: 6-8

May she rest in peace and may perpetual light shine upon her.

Due to COVID restrictions, a private Mass of Christian Burial will be celebrated at Notre Dame Church, Selkirk, MB. at 11:00 a.m. presided by Father Gerald Langevin. Interment to follow in St. Francis Cemetery, Fraserwood, MB.

To view the Mass live or leave a condolence on her tribute wall go to www.gilbartfuneralhome.com and the link will be on her obituary.

Honorary Pall bearers are Bobby and Barry Hudyma, Peter, Kelly and Rocky Karish and Johnny Natyna.

In lieu of flowers, donations in her memory can be made to: St. Francis Cemetery, Fraserwood MB ROC 1B0 or Harvest Manitoba to honour Vicky's wish that no one go hungry.

The family wishes to express their gratitude to the nurses and health care aides of Red River Place for the tender care provided to Vicky and her family this past week.

Vichnaya Pamyat – Eternal Memory

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

William (Bill) Kolbuch

Peacefully, on Friday, December 4, 2020, with his children by his side at the Selkirk Regional Health Centre, Bill Kolbuch, aged 79 years, of Selkirk, MB, passed away.
Full obituary to follow.

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Norman Worona

March 6, 1943 – November 27, 2020

Peacefully on November 27, 2020 Norman passed away at the Selkirk Regional Health Center. He is survived by his siblings Lawrence (Pearl), Doris, Harold, James, Val (Mike) and Richard (Mary Lu); along with numerous nieces, nephews, extended family members and friends. Cremation has taken place and no formal service will be held. Donations may be made to a charity of your choice. Thank you to all who helped him with his battle with cancer.

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

The Selkirk Record

Announcements

OBITUARY

Carol Smith (nee Dupont)

It is with great sadness the family announces the passing of Carol Smith on November 28, 2020.

Carol was predeceased by her parents Hector and Yvonne and her daughter Bobbie-Jo. Left to cherish her memory are her daughter Lana, grandchildren Justin, Jalyn and Sydney and long time friends Rick and Sue.

Many will remember Carol for her charitable ways and kind heart. Condolences can be made through the Cropro Funeral Chapel, a memorial service will be held at a later date.



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

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

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

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

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FOR SALE

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 MEZZO HOMES! COMING TO GIMLI SOON! Starting at \$229,900 - \$239,900
 Driftwood Bay Lot 4 & 5 HH TEAM
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 255 Main Street, Selkirk HH TEAM \$549,000
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 1 Acre Property & Building -613 Manitoba Avenue, Selkirk \$1,100,000
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 C-201 Melrose Avenue E, Winnipeg HH TEAM \$99,900
- LAND**
 15 Lakeshore Drive , Bifrost HH TEAM \$24,500
 0 Brimacombe Road E, Clandeboye HH TEAM \$35,175
 61, 67, 73, 79 Tom Prince Drive, Petersfield HH TEAM \$54,900
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 508 Corrine Avenue, Petersfield - .34 Acres HH TEAM \$40,000

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CONTACT US FOR YOUR FREE MARKET EVALUATION



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