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VOLUME 10 EDITION 34

THURSDAY, AUGUST 22, 2019

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Vitretz dancers take flight

RECORD PHOTO BY STEPHANIE DUNCAN

The Rossdale Ukrainian dancers kicked off opening night for the Kyiv Ukrainian Pavilion at the 50th anniversary of Folklorama. The Vitretz group performed the hopak. Folklorama began in 1970 as a one-time celebration of Manitoba's centennial but has since grown to be the largest and longest-running multicultural festival of its kind in the world.

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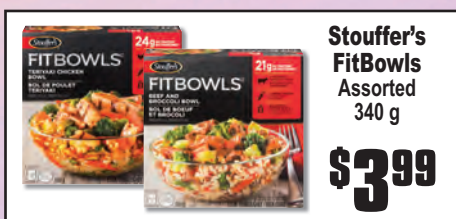
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Cadbury bike winner



RECORD PHOTO BY BRETT MITCHELL

From left to right, Mary-Anne, Ed, Harry (store manager), and Kelly from Selkirk's Safeway along with Raymond and Cheryl from Inclusion Selkirk. Raymond was the lucky recipient of a new bike from the Cadbury Bicycle Factory promotion and was very grateful to receive the news.

A splashing good time



RECORD PHOTO BY BRETT MITCHELL

Selkirk Park Pool was a happening place last Friday with families taking advantage of the 29 degree weather as summer begins to wind down. Left to right, Mila and Liam of Lockport, Coen and Kienan of Selkirk and Heidi and Holly of Brandon.

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Big DOLLAR

Interlake family brings heat to local farmers markets with Indian spices

By Gabrielle Piche

The flavours of India are coming to local farmers markets thanks to one family from the Interlake.

Jayashri Shetty sells homemade canned goods through her business, Jaya's Preserves. She sells pickled carrot and lemon spreads that are rich with spices often used in India. Shetty's wares are only sold at local farmers markets.

Shetty and her family live on a property bordering St. Andrews and West St. Paul. However, the cook spent the first 19 years of her life on the south-west coast of India, in Karnataka.

Pickled foods are common in India, Shetty said. She grew up pickling mangoes, lemons and limes. Her family would eat the pickled goods with rice and yogurt.

Shetty started to pickle new foods when she moved to Canada with her husband.

"We're so used to eating pickles with our meals, so I started making, trying, experimenting, and seeing what would go well," Shetty said.

Shetty tried pickling cauliflower, green beans and carrots. She experimented with different spices to get the right flavouring.

Sapna Shetty-Hees, Shetty's daughter, grew up with homemade pickled goods around the house. Shetty has been making her signature spicy carrot pickle for years, Shetty-Hees said.



Jayashri Shetty has made her spicy carrot pickle for years, but she only started selling it last summer.

"It's been a family favourite for a long time."

Shetty-Hees's husband is German. When he tried Shetty's recipes, he said she needed to sell it.

"He would take it into work, and people at work would try it," Shetty-Hees said. "They all loved it, and so it kind of grew from there."

Shetty set up Jaya's Preserves at the Wellness Institute Farmers' Market last summer.

"Because our product is pretty unique, it takes a bit for people to be adventurous and try it," Shetty-Hees said.

The family's first time selling at the farmers market was slow, but they had a loyal customer base by the end of the summer, Shetty-Hees said.

This year, Shetty and her family have sold their goods at several farmers markets, including Harvest Fest and Pineridge Hollow's farmers market.



RECORD PHOTOS BY GABRIELLE PICHE

Sapna Shetty-Hees stands in Jaya's Preserves' tent at Harvest Fest on Aug. 17.

Jaya's Preserves sells Shetty's spicy carrot pickle and a less spicy version. It takes two days to make a batch because the carrots need to ferment. Shetty adds black mustard seeds, garlic and Indian spices to make the carrot pickle truly her own.

"This recipe is my mom's unique creation," Shetty-Hees said. "Nobody was doing carrot pickle in the area (of India) that we were, so she just kind of came up with this."

The family roasts and grinds their own chili powder, which they add to

the spicier carrot pickle.

Customers have gotten creative with how they eat the carrot pickle. People have used the condiment in potato salad, soup, spicy mayonnaise and salad dressing.

Jaya's Preserves also sells a lemon pickle, and homemade marmalades, butters and jams. The family puts a list of the farmers markets they're attending on their company website, www.jayaspreserves.com



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Selkirk pool going to the dogs for K9 Swim and Splash

Submitted

Selkirk Pool will become a dogs' playground to close out the summer on Aug. 27 with the fourth annual K9 Swim and Splash.

The final day for public swimming at the pool is Sunday, Aug. 25 and make-up swimming lessons will take place on Aug. 26. The dogs take over the following day from noon to 6 p.m.

The K9 Swim and Splash has become a popular event over the years, and Mayor Larry Johannson says providing a day at the pool for the dogs has become an event everyone looks forward to.

"The K9 Swim and Splash is a fun event and we know that people really like to give their dogs the chance to take a dip in the pool," Johannson said.

"We've had great success with this over the last three years and I'm sure dogs and their owners will have a great time this year as well."

Selkirk CAO Duane Nicol says people look forward to the Swim and Splash every year and enjoy being able to bring their dogs to the pool to meet other canine friends.

"It's definitely an event that the public embraces and it's nice to see the city's four-legged citizens enjoying the pool for the last day of the season," Nicol said.

"We know that pets are part of the family and we opened the city's first fenced off-leash park in Selkirk Park earlier this summer so people can have a safe place to exercise their dogs. The K9 Swim and Splash is another opportunity for people to treat their dogs to a fun outing."

While the dogs are taking over the pool for the afternoon and evening, there are rules the dogs, and their owners, will have to follow.

The pool and splash pad will be open to all dogs, but owners must bring proof of current vaccinations

to the pool entry gate upon registration (no pre-registration required). A vaccination certificate from your vet is the only acceptable proof of vaccination. The certificate must show rabies, distemper/parvo (DA2PP) and bordetella vaccination.

Dogs must be accompanied by an adult handler over the age of 18.

The swim will end at 6 p.m. and the pool will be cleaned and drained for the season.

Pool Rules:

- You are responsible for your dog and its behaviour while in the pool, including your dog's interaction with other dogs.

- For the safety of all dogs visiting the pool & splash pad, The City of Selkirk requires all our canine visitors to be vaccinated for rabies, distemper, parvo and Bordetella. Proof of vaccinations must be submitted when registering your canine. (Dog tags are not sufficient)

- Please attend to your dog at all times. There is no doggy lifeguard so this is especially important while your dog is in the water.

- Dog must be on a leash while outside the gated pool area.

- Each dog must be accompanied by an adult handler age 18+.

- No human swimming!

- No food or treats inside the pool area.

- Incontinent dogs are not permitted in the pool area for health reasons.

- No dogs in heat.

- Clean up after your dogs. Poop bags are provided.

- No muddy dogs in the pool. A rinse hose will be provided.



RECORD PHOTO SUBMITTED

The Selkirk pool is open for our furry K9 friends on Aug. 27.

For more information contact: Rick Aisman, Marketing & Communications Coordinator, 204-785-4946
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That was an unusually great fishing day

By Arnie Weidl

Hello good friends.

If you caught my column last week you may remember Mick Fyfe's "two-fer" fishing story where some time ago a walleye tore his rod out of his hands only to be re-caught on his second rod that had a sturgeon on it!

Well, Henry Dolenuck of Matlock who I met on the Hnaua pier last Friday got a "three-fer"- on two hooks! Back in the eighties he was shore fishing off Lake Manitoba's Silver Bay west of Ashern using a pickerel rig. He got a hard bite and as he began reeling in it looked like a number of fish were caught on his baited hooks. He quickened reeled in literally dragging the hooked fish along the top of the water onto shore. He knelt down beside his catch and saw in disbelief one walleye had taken the upper hook while a second walleye had taken the lower hook but in swallowing it, the hook had passed through and out its' gill where a third walleye grabbed it! As Henry finished his story he looked at me smiling, saying, "That was an unusually great fishing day!"

Later in the week, I went over to the Selkirk pier and met Joshua Starchuk and his wife Stephanie from Richer who had a very unusual story. The week before he and Stephanie were fishing here and all of a sudden everyone around them began shouting. An angler beside them was reeling in what he thought was a snagged log or something and up from the depths came a tangled mass of broken off fishing lines, weights and hooks. The angler was a bit upset as he lay the mess on the pier deck and started to separate his line from the "hodge-podge". Then something black caught his eye. He worked his hand into the jumble of fishing gear not wanting to get pierced with an old rusty hook and felt a long rough piece of metal.

**RECORD PHOTO BY ARNIE WEIDL**
Joshua Starchuk with one of his many catches off the Selkirk waterfront pier

He gingerly gripped it and carefully worked it back out of the bundle of lines. There in his hand rested an ancient highly ornate dagger! The many anglers around him offered to buy it on the spot but our brother who will remain nameless would have none of it and quickly packed up for home.

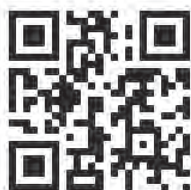
It was a bright windy day on the Balsam Bay pier late last week where well out on the very end I could see a lady sitting, holding a long fishing rod. I walked out to her and said, "I can see fish jumping out of the water by your hook. Any bites yet?" She shook her head sideways, her long blond hair in ringlets swinging outward. Her ever shifting eyes told of a woman completely at home in the outdoors. "You from around here?" I asked opening up a conversation. "No," she replied, "I'm from Morden. I have in-laws

with a cottage at Grand Beach and I come to fish around here all the time." "Well, if you've spent a lot of time fishing, did anything unusual ever happen?" I asked? "Yeah, once, a few years ago I was shore fishing at Grand Beach and had caught a medium size jackfish."

She set her rod in its holder beside her as she told me her name was Cheryl Kehler then continued with her story. The bright sun was beating down on her as she sat in her chair at the water's edge. She had pushed her bare feet into the cool wet sand glancing at the jack she had just caught and put onto her stringer. Then from her right she saw the water rise and spill away from the back of a huge walleye. It charged at the jackfish clamping onto its' tail. The two fish frantically rolled over each other in a desperate fight.

Cheryl angrily jumped up. She grabbed a baseball bat sized piece of driftwood close by her and stomping into the water over the battling fish began hitting the unwelcome pickerel. Suddenly it sprang away from the jack and swam for deeper water. Cheryl stood her feet in the cool water calming down, and then started walking up the sandy beach to her chair when behind her she heard a great splashing. She turned and in shock saw the walleye had returned! It was attacking her jackfish again! Down into the water she strode once more! This time her aim with the stick was true. She struck the walleye stunning it. She bent down grabbing it and tossed it up onto the sandy beach. She grabbed the stringer with the jackfish still on it-minus its' tail and tossed it ashore. After she calmed down, she packed up and went home. That was enough fishing for one day!

Until next week, so long for now.

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

Manitoba PC Party to crack down on rural crime with new crime reduction teams

Submitted

A re-elected Progressive Conservative government will invest \$2.8 million from its Safer Streets, Safer Lives Action Plan to crack down on rural crime by establishing new RCMP Crime Reduction Teams throughout Manitoba and supporting police efforts to dismantle street gangs, PC Party Leader Brian Pallister announced Monday.

"A re-elected PC government will move rural Manitoba forward on public safety by supporting the RCMP to crack down on criminals and street gangs," said Pallister.

According to recent statistics, Manitoba's rural crime rate was 42% higher than its urban crime rate, with violence, drugs and property crime being major challenges in rural communities.

A re-elected PC government will provide the RCMP with the supports they need to reduce rural crime, including:

- Creating two new Crime Reduction Teams in the eastern and western

RCMP districts to target prolific offenders and drug dealers;

- Adding officers to the existing northern district Crime Reduction Enforcement Team;

- Adding new officers to the D Division Enforcement Team – a centralized enforcement unit that uses criminal intelligence to target criminal organizations and street gangs that traffic drugs and guns; and

- Investing in two new crime analysts to help the RCMP identify criminal trends and crime hotspots.

Pallister was joined for the announcement by Alan Lagimodiere, PC candidate for Selkirk, home to the RCMP eastern district office, which will receive funding to support the new Crime Reduction Team for the RCMP's eastern district.

"Only Manitoba's Progressive Conservatives will take real action to reduce crime and protect Manitoba families and communities in eastern Manitoba," said Lagimodiere. "The Manitoba RCMP do tremendous



RECORD PHOTO BY BRETT MITCHELL

PC Party Leader Brian Pallister, PC candidate for Selkirk Alan Lagimodiere and PC candidate for Interlake-Gimli Derek Johnson were in Selkirk Monday to announce an investment of \$2.8 million to support RCMP to reduce rural crime if re-elected.

work keeping Manitobans safe and we welcome this substantial invest-

ment to reduce crime in Selkirk and across eastern Manitoba."

PC party unveils Manitoba works jobs plan to add private sector jobs

Submitted

A re-elected Manitoba Progressive Conservative government will implement a comprehensive Manitoba Works jobs and economic growth plan to add 40,000 private sector jobs over the next four years, Manitoba PC Leader Brian Pallister announced today.

"We have a plan for sustained economic growth and are setting an ambitious target of 40,000 new private sector jobs in our second term," said Pallister. "Manitoba Works will build on the foundation we have established and success we have achieved since forming government."

The Manitoba Works jobs plan will implement faster permitting systems with clear service standards and appeal mechanisms to unleash private sector investments and encourage expansion of commercial space, industrial facilities and residential real estate.

It will act on the recommendations of the Review of Planning, Permitting & Zoning in Manitoba which identifies problems with these activities across the entire province, including with

Manitoba Hydro, the Office of the Fire Commissioner, the City of Winnipeg, as well as all other municipalities and rural planning districts. The review was undertaken with a view towards unlocking new growth and development opportunities in the province.

Pallister noted removing these barriers will unleash new investments representing \$5.1 billion per year or around 7 per cent of provincial GDP. For every day we can reduce unnecessary permitting delays, our provincial GDP will grow by \$17 million, municipal tax base revenues will grow by \$400,000 and provincial tax revenues will increase by \$1.7 million, he said.

Other components of the Manitoba Works plan include the following:

- Building on our Strengths: increasing support for tourism and the film industry, and establishing sector strategies in key areas of opportunity like food processing and commercialization, advanced manufacturing and aerospace;

- Growing Manitoba with 'Team Manitoba': enhancing Manitoba's new Economic

Development Office and working

with partners to form strategic teams to attract new investment to the province;

- Paving the Way for Growth: establishing a ten-year strategic capital plan and increasing the provincial highways program by 14 per cent from \$350M to \$400M over the next four years, with dedicated funds for infrastructure projects that enable private sector job creation;

- Accelerating Talent Acquisition and Business Expansion: fast-tracking the development of Manitoba's skills, talent and knowledge strategy, and strengthening partnerships between employers and training opportunities;

- Making Winnipeg the Growth Capital of Western Canada: partnering with the Winnipeg Metropolitan Region on a new plan to make the region more attractive for business and an even better place to live;

- Enhancing Connectivity: developing an innovative broadband strategy to expand connectivity and support job creation in rural, northern and remote communities;

- Advancing Look North: delivering new money to stimulate mineral

exploration and development in the North;

- Spurring Green Innovation: working together with the private sector to create new clean technology jobs; and

- Freeing the Beer: bringing forward regulatory reforms to enable growth and expansion of local distillers and craft brewers.

Pallister noted Manitoba Works will focus on private sector job creation and build on the current economic development strategy and 'Team Manitoba' approach announced by the PC government in December 2018. It will be supported by ongoing work to , reduce job-killing red tape and eliminate internal trade barriers that cost investment

"Parents want to know that their children will have opportunities waiting for them when they finish school, so they can succeed and build a bright future here in Manitoba," said Pallister. "Manitoba Works will help create the well-paying jobs of the future."

"Our plan will ensure more Manitobans are working and finding good jobs than at any other time in our province's history."

Kinew would make buying a first home more affordable

\$1000 off land-transfer tax for first-time home buyers

Submitted

Wab Kinew would make buying a first home more affordable by offering a \$1,000 reduction on the land-transfer tax for first-time homebuyers and people with disabilities. It is part of the NDP's commitment to keep life

affordable for families.

For an average home in Winnipeg with a selling price of \$310,000, land transfer taxes are \$3,920. This policy would reduce the land-transfer tax by 25.5% for first-time home buyers.

"One of the best things about living

in Manitoba is that a good quality of life is within reach for everyday families. We want to help young people build a future here, and that's what this commitment is all about," said Kinew. "Brian Pallister has made your life more expensive, on everything from Hydro bills to tuition to auto insurance. But we have different priorities. We will help keep life affordable."

"As we prepare to welcome our first child we are looking to move out of

our rental apartment and into our first home. There are many additional costs associated with purchasing a house, and this cut would make a real difference to us as first-time homebuyers," Mandeep Gill said.

Manitoba's NDP estimates this commitment will benefit approximately 8,000 people and cost the provincial government \$8 million per full year, based on data from the Canada Revenue Agency.

Manitoba Liberals launch Green Growth, Renewal campaign

Submitted

Manitoba Liberals officially launched their 2019 campaign Tuesday in St. Boniface, with a 25-page plan for "Green Growth and Renewal." Leader Dougald Lamont says it is the boldest and most ambitious climate change plan of any party this provincial election.

The Manitoba Liberals' plan sets out a series of steps that would make Manitoba "carbon neutral" by 2030 – so by that year, Manitoba will no longer be contributing to climate change.

Liberals say the PCs have backtracked on their plan, increased emissions and have no timelines or targets. The NDP has proposed a law to make Manitoba carbon neutral by 2050,

without details. The Green party only commits to setting targets, without saying what they will be.

"We have an obligation as leaders to act on climate change – and what's more, Manitoba has an opportunity to show Canada and the world how it can be done," said Lamont. "We need to show our children that the climate is a priority, that their futures are a priority, and that's what our plan does."

A Manitoba Liberal Government will take back control of carbon revenues from the federal government, making Manitoba a leader in low-carbon and no-new-carbon fuels, ease the shift to electric for transportation, and working with farmers and nature

alike to soak up carbon dioxide from the atmosphere.

The Manitoba Liberal Green Plan promises 50,000 hectares of new wilderness – including urban forests and restoring grasslands. Grasslands are the single most endangered environment in North America and can store as much or more carbon as a forest can.

The Manitoba Liberal Plan will convert the Red River Floodway into grasslands, following an award-winning plan prepared by landscape architect Glen Manning.

In addition, Manitoba Liberals will encourage Manitobans to plant five trees apiece – 6-million trees by 2023. A new report in Science suggested

that the lowest-cost and most effective way to slow and reverse climate change is by planting trees and Canada is one of the top countries in the world where it can be done.

Manitoba Liberals will re-establish a tree nursery to provide low-cost or free seedlings to families, businesses and municipalities. The PCs sold off Pineland Forest Nursery, which used to provide the service.

"We have said that our goal, as Manitoba Liberals, is to govern by "the campsite rule" – that we want our children to inherit a better province than we did," said Lamont. "We can get a lot done working with nature instead of against it."

Interlake-Eastern RHA seeks board advisors with Local Health Involvement Groups

Submitted

Interlake-Eastern RHA (IERHA) is seeking applicants who want to be a part of health-care decision making in one of the region's two Local Health Involvement Groups (LHIGs). Interlake-Eastern RHA residents who have an interest in improving health care in the region and who are able to commit the time required to participate in the Local Health Involvement Group are encouraged to apply.

"I wanted to become a member of the Local Health Involvement Group to have a voice. A voice about the delivery of health care services that are so important to the residents of our region," says Shawna Cromie, LHIG member and executive director of Growing Years in Selkirk. "I wanted the opportunity to do my part to encourage health care that reflects the needs of the diverse group of people who live here."

IERHA board chair, Margaret Mills, says LHIG members will explore ideas and provide advice to the board

of directors on issues that impact the delivery of local health services.

"It's always beneficial to hear from the people we are delivering the health-care services to. It helps us make informed decisions about health care in their area," Mills said.

Successful applicants will be working with other Local Health Involvement Group members to discuss and identify issues that affect the delivery of local health services. Each group summarizes their comments for presentation to the board of directors.

The time commitment for LHIG members is four, two hour meetings per year. LHIG members will also receive an orientation to the RHA. Each group can determine if they'd like to take advantage of conference calling and webinars to reduce travel requirements during winter months. LHIG applications are available to residents in the Interlake-Eastern Regional Health Authority who have an interest in improving health care in the region and who are able to com-

mit the time required to participate.

Cromie sums her experience up as a LHIG member as truly meaningful.

"Being a part of the LHIG for the last few years has made me feel like I can make a difference. It has given me insight into how challenging managing health care can be and having the opportunity to share community feedback with the people who need to hear it has been very valuable. The Board of Directors supports and encourages our contributions and has responded positively to the input from the LHIG. I believe the LHIG has influenced positive change and I am optimistic it will continue to do so. This group is so passionate about health care and it is such a privilege to be a part of it."

Community members are encouraged to apply by downloading an application from www.ierha.ca "About Us" "Community Involvement" "Local Health Involvement Groups/ Les Comités consultatifs en santé communautaire" or by contacting Pamela

McCallum by emailing pmccallum@ierha.ca for an application form. The deadline is apply is August 30th.

All applications will be reviewed by a committee of the RHA's board of directors. People who are selected will participate in one of two LHIGs across the region.

LHIG Member Composition (West): Arborg, Ashern, Eriksdale, Fisher Branch, Lundar, Gimli, Riverton, St. Laurent, Teulon and areas including the Rural Municipalities of: Grahamsdale, Bifrost, Eriksdale, Armstrong, Coldwell, St. Laurent, Gimli.

LHIG Member Composition (Central/East): Stonewall, Selkirk, Beausejour, Oakbank and areas including the Rural Municipalities of: Rockwood, Woodlands, Rosser, St. Andrews, Selkirk, St. Clement, Springfield, Lac du Bonnet, Pinawa, Pine Falls, Whitemouth and areas including the Rural Municipalities of: Brokenhead, Lac du Bonnet, Whitemouth, Alexander, Reynolds.



PROVINCIAL ELECTION DAY

TUESDAY, SEPTEMBER 10

A provincial general election has been called. Here's what voters need to know:

VOTER INFORMATION CARD

- You will receive a voter information card confirming that you are registered to vote and telling you when and where you can vote.
- Bring the card and your ID when you come to vote.

DIDN'T RECEIVE A VOTER INFORMATION CARD?

- Find your voting place at electionsmb.ca or by contacting your returning office.
- You can still vote if you are not on the voters list. Just bring ID.

ID TO VOTE

Everyone must show ID to vote, either:

- one piece of government-issued photo ID, like a driver's licence, or
- two other pieces of ID.

If your ID does not show your current address, you can sign a voter registration form at the voting place.

CONTACT US FOR INFORMATION ABOUT:

- Voting from home
- Accessibility services
- Voting if you will be away
- Personal security voting



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Voter Information Card Provincial General Election		
Electoral Division: MCPHILLIPS		
Election day Date and hours: Election date 8:00 am to 8:00 pm	Voting location: Garden City Collegiate 711 Jefferson Avenue Winnipeg Voting Station 47	Bring this card and your ID when you vote. If your name appears on this card, you are registered to vote in the provincial election. If this card contains errors, contact Elections Manitoba right away. You must show identification (ID) to vote. Option 1: One piece of government-issued photo ID, like a driver's licence. Option 2: Two other pieces of ID.
Advance voting days Dates and hours: Advance dates 8:00 am to 8:00 pm Sunday, noon to 6:00 pm		
Voting locations: Returning Office Unit 133 - 2305 McPhillips Street Red River Community Centre 293 Murray Avenue		VOTER'S NAME 704 LANSLOWNE AVENUE WINNIPEG MB R2X 1S4
For more advance locations, visit electionsmb.ca . For information about accessibility of voting locations, contact Elections Manitoba. Phone: 1-204-945-5555 Toll-free: 1-855-555-5555 Email: ROMcPhillips@electionsmb.ca		

YOU CAN VOTE IF YOU:

- are a Canadian citizen
- are at least 18 years old on election day
- have lived in Manitoba for six months before election day.

TO FIND CONTACT INFORMATION FOR YOUR RETURNING OFFICE:

Call: 204-945-3225

Toll-free: 1-866-628-6837

Email: election@electionsmb.ca

Visit: electionsmb.ca

**Elections
Manitoba**



Netley Creek Golf course supporting Kidsport

Staff

Netley Creek Golf Course held their annual KidSport Golf Classic tournament last weekend in support of helping kids play sports in the Interlake and Selkirk regions.

Since the course partnered with KidSport four years ago, they have contributed over \$7000 to this great cause.

Overall attendance was down this year but organizers provided a great event for sponsors and participants. The total number of dollars raised is still being calculated but organizers are optimistic to add more to their four year total.

This year's theme was a Circus theme with each team decorating their golf carts.

There were many games played throughout the day, including a poker derby, putting contest, Men's and Ladies' Longest Drive and Closest to the Pin along with a silent auction.

All of the games were successful. Mother Nature provided perfect weather.



The overall winners were Mike Smiley and Talon Kelly.



RECORD PHOTOS SUBMITTED
The top ladies team of Denise Parent and Breanne Smily

Oak Hammock Air Park hosting annual fly-in lunch

Staff

The Oak Hammock Flying Club is hosting their 16th annual fly-in BBQ and lunch on Saturday, Aug. 24.

Ed Gulay, president of the Oak Hammock Flying Club is inviting aircraft enthusiasts to join them.

This year's fly-in event is set to have nearly 40 planes on site, along with STARS helicopter and a number of planes from the Commonwealth Air-

craft Museum in Brandon. The museum will be offering flights for a fee.

The event creates a kind of community where aviation enthusiasts can gather, said Gulay.

This year's fly-in lunch and BBQ will be held from 11 a.m. to 3 p.m. at the Oak Hammock Air Park on 1023 Fort Garry Rd. adjacent to Oak Hammock Marsh on Saturday, Aug. 24.



RECORD FILE PHOTO
Last year's event saw over 200 people in attendance and nearly 40 planes.



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home decor, fabric art, paintings,
preserves, baking and much more!

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Dunnottar, MB**

Fatal ATV rollover in Clandeboye

Staff

A 59-year old B.C. man has died after the quad he was driving down an ATV trail crashed near a farm near Clandeboye on Tuesday, RCMP said.

A spokesperson from STARS air ambulance service confirmed their emergency crew was dispatched to an area about 1.6 kilometres west of Clandeboye, at 8:59 p.m. Tuesday evening to respond to reports of an injured man.

When the helicopter arrived, they found the 59-year-old man had been seriously hurt while

operating an all-terrain vehicle on a trail, Chad Saxon said in an email.

The man was pronounced dead at the crash site, RCMP said in a news release Wednesday afternoon. Police said three drivers were riding three separate off-road vehicles when the man lost control on Taylor Road and was thrown from his vehicle during a rollover. He was wearing a helmet at the time of the crash.

An autopsy has been scheduled.

Pickup truck fails to yield on Hwy 59

Submitted

At least one person was airlifted to hospital following a T-bone crash on Highway 59 near Selkirk, on Sunday morning.

A small car carrying three people crashed into a pickup truck towing a boat when the truck driver failed to yield to oncoming traffic while crossing the highway southeast of Selkirk, police said in an email.

Selkirk RCMP said they responded to a two-vehicle collision at the intersection of Highway 59 and C.I.L. Road, which is not controlled by traffic lights, at approximately 11 a.m.

The car was heading north along the highway

when it hit the pickup truck which was travelling east on Provincial Road 509 before it crossed the highway.

STARS confirmed one patient was transported to Winnipeg's Health Sciences Centre.

A 48-year-old man who was behind the wheel of the truck was ticketed under the Highway Traffic Act for failing to yield the right of way when entering a highway.

The passengers in the truck — two boys ages nine and ten — were uninjured, police said.

Police have not released information on the identity or medical status of the three occupants of the car.

Mayor Sul puts forward motion to revoke her removal from RRPD board

By Gabrielle Piché

St. Andrews mayor Joy Sul filed a notice of motion to revoke the previous resolution removing her from the Red River Planning District (RRPD) board.

Sul filed the motion at the rural municipality of St. Andrews council meeting on Aug. 13. Council agreed to discuss the notice of motion at the next meeting on Tuesday, Sept. 10.

Sul said her removal from the board doesn't align with Sec. 4.6 of St. Andrews bylaw No. 4206.

Sec. 4.6 states, "At the first regular Council meeting in each year, the Council must consider the recommendations for appointments to Standing Committees and other bodies of Council submitted by head of Council. All appointments to Standing Committees and other bodies of Council, including naming of a chairperson, must be approved by resolution of Council."

Ward 6 Coun. Laurie Hunt put forward the motion to replace Sul on the RRPD board at a council meeting on July 9. Councillors' reasoning behind the decision to replace Sul happened in camera.

Coun. Hunt would not comment about his decision to put forward the motion because everything spoken in camera is confidential.

At the council meeting on Aug. 13, Ward 3 Coun. Darryl Pohl suggested that some of the in camera discussion be released to the public so residents can have information about why councillors decided to remove Sul.

Interim Chief Administrative Officer Ernie Epp said council may need to agree to release the information in a new in camera meeting before any-



RM of St. Andrews mayor Joy Sul.

thing can be unveiled to the public.

Sul said many residents have contacted her with questions about her removal from the RRPD board.

"I still have no valid reason as to why," Sul said. "Residents are wondering what I may have done to warrant such a removal, and I'm not able to defend my character as this was done in camera."

Over 40 people showed up to the meeting on Aug. 13. Several citizens voiced concerns, including a lack of transparency from council.

Vivian Desjarlais, a resident of Clan-deboye, attended the meeting. She said she'd like to see a joint statement from the RRPD board and St. Andrews detailing the concerns and rationale that led council to decide upon removing Sul from the RRPD board.

Desjarlais, along with other citizens at the meeting, expressed their concerns over questions councillors had about items on the meeting's agenda.



RECORD PHOTO BY GABRIELLE PICHE

RM of St. Andrews mayor, Joy Sul put forward a motion to overturn the resolution removing her from the Red River Planning District board at the Aug. 13 council meeting.

"I had a very strong sense, just from that one council meeting, that they came unprepared," Desjarlais said.

She said members of council should come prepared to discuss and debate topics that will be covered during a council meeting.

"That way, they're making an informed decision when they put up their hand to vote."

Coun. Hunt said there can be over 400 pages in the packages given to council before a meeting. He said it's hard to absorb all the facts before they're discussed.

"To me, if there's the odd question or the odd thing we didn't catch, that's why we have administration there, and they do an excellent job of providing us that information," Hunt said.

Many citizens at the meeting voiced concerns about the way some council-

lors have treated Sul. However, some people described the citizens as going overboard in their efforts to support the mayor.

"It was very disrespectful and humiliating to some councillors," Hunt said.

Desjarlais said the crowd's comments made it hard to focus on the meeting.

"It was appalling, and it definitely shouldn't be part of our community. In no way should that behaviour be excused during a council meeting," she said.

Desjarlais said she hopes to see more community members attend council meetings. She said people should be informed and open-minded when they come to meetings, and that the objective should not be to heckle members of council.

Travel agent says gun violence not a reason to avoid the United States

By Gabrielle Piché

A local travel agent says visiting the United States is still safe despite the country's recent gun violence.

Lesli Malegus owns Marlin Travel in Selkirk. She plans on visiting the United States in December, and she has two co-workers who just came back from the country.

Malegus said the gun violence in the United States shouldn't stop people from travelling.

"Random acts of violence can occur anywhere," she said in an email. "We shouldn't put our lives on hold and allow ourselves to be hostages."

Her statement comes after human rights organization Amnesty International's American chapter released a travel advisory warning people to be careful when travelling to the United

States.

The organization issued the advisory on Aug. 7, just days after mass shootings in El Paso, Texas and Dayton, Ohio.

"The Amnesty International travel advisory for the country of the United States of America calls on people worldwide to exercise caution and have an emergency contingency plan when traveling throughout the USA," the advisory reads.

The advisory said people should be "extra vigilant at all times" and avoid areas where there's large gatherings, like places of worship, schools and malls. It said travellers should "exercise increased caution" when visiting bars, nightclubs and casinos.

Amnesty International's advisory warned that people's gender identity,

race, ethnicity and sexual orientation might make them a bigger target of gun violence.

Malegus said travellers should be cautious of their surroundings in all countries.

"Avoid travel to areas you know to be dangerous, travel in groups and be sure someone knows where you are going and when you expect to return," she said in an email.

Uruguay and Venezuela issued their own travel advisories about the United States on Aug. 5. Canada has not issued a travel advisory about the United States at this time.

The United States has the 28th highest rate of gun-related deaths in the world, according to research from the University of Washington.

Malegus said she has noticed a de-

crease in clients travelling to the United States, but it isn't because of gun violence.

"In discussion with clients that are planning holidays, it appears the decline is due to our weak Canadian dollar and not violence in particular," Malegus said in an email.

Canadians who experience emergency situations while visiting the United States should contact Canada's embassy in Washington at 1-844-880-6519 or the closest consulate office. Canadians can also call the government's emergency watch and response centre in Ottawa at +1 613-996-8885 or email sos@international.gc.ca.

A sense of community at Skinner's Locks Market

By Gabrielle Piche

Though summer days are coming to an end, Skinner's Locks Market is still as busy as its opening weeks.

Vendors and customers alike said the farmers market's sense of community keeps people coming back.

Don Swidinsky has been coming back – every Sunday, to play guitar. Skinner's Locks Market is open Sundays from 12 to 5 p.m., and Swidinsky plays there weekly.

"They treat you like royalty here," Swidinsky said. "People are very generous."

The market's organizers provide Swidinsky with a tent and the cables he needs to plug his guitar into its speaker.

Swidinsky said customers are just as friendly. Often, he'll get stopped while playing a song – probably folk or country – because people recognize him and want to say hello.

Swidinsky has been busking at Skinner's Locks Market for three years.

"The whole thing is a good memory," he said.

Christa and Robert Eyolfson have been selling their baking at the market for just as long.

"I've met a lot of people and made a lot of friends," Christa said.

She and her husband are from Lundar. Customers seem to find a connection with the couple when Lundar is mentioned, Christa said. The bakers get repeat customers, and they've gotten to know other vendors in the market.

Last Sunday was Heather Jaculak's first time at Skinner's Locks Market. She said the local vendors are what she loves about farmers markets.

"They're homegrown businesses, and I like that, because then you're supporting Manitobans," Jaculak said.

Jaculak bought body cream from



RECORD PHOTO BY GABRIELLE PICHE

Brittany Johnson sells stuffed animals she's crocheted. Johnson has been selling her goods at Skinner's Locks Market for the past two years.

Sweet Pea Natural Skincare because she was impressed with the vendor's explanation of the cream.

"It's kind of a nice getaway from the city to come out to farmers markets," Jaculak said. "It's nice to do on a Sunday."

She said she'd come back again, and she'd refer friends.

Some people get groceries at the market. There's fresh vegetables,

bread and baking. The market also has handmade goods – dresses, creams and crocheted toys, among other things.

New vendors arrive at the market weekly. Last Sunday, a new vendor was selling bison meat.

Skinner's Locks Market is next to the Lockport restaurant Skinner's. The market opened this year on June 9. Its final day will be Sunday, Sept. 8.

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East St. Paul RCMP respond to fatal motor vehicle collision

Submitted

At approximately 4:45 p.m., on Aug. 18, East St. Paul RCMP received a report of a two-vehicle collision on Henderson Highway at the north Perimeter exit ramp.

The investigation has determined that a vehicle, being driven by an 82-year-old male from the RM of East St. Paul, was heading south on Henderson Highway when it attempted to take a left-hand turn onto the north Perimeter exit ramp. The vehicle was subsequently struck by a northbound vehicle

being driven by a 58-year-old male, also from the RM of East St. Paul.

The 82-year-old driver, who was not wearing a seatbelt, was transported to hospital with life-threatening injuries and later pronounced deceased. The 58-year-old male driver, who was wearing his seatbelt, suffered only minor injuries.

It appears at this time that the driver of the vehicle attempting to turn onto the exit ramp, failed to yield the right of way. Alcohol is not a factor in the collision.

East St. Paul RCMP, along with a Forensic Collision Reconstructionist, continue to investigate.



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Thrift shop supporting women leaving domestic abuse

By Gabrielle Piché

A thrift store supporting women leaving abusive relationships is back in business after undergoing renovations.

Twice Over reopened its doors on Manitoba Avenue on Aug. 13. The shop had been closed to the public since June 24.

Twice Over got a makeover during the month and a half. Contractors put in LED lighting. Some of the shop's walls were painted gray, and now, some bear Twice Over's new logo, which is printed in black.

The revamped store is organized a bit differently. There's new signage labelling different sections.

The shop's backroom has been completely redone. Contractors put in tile floors and a new ceiling. The walls were cleaned and repainted.

The idea for new renovations came about while Twice Over's roof was being repaired in the spring. Owners discovered problems in the backroom due to a leaky roof.

"They didn't realize there was anything wrong with the roof because we'd had it done a few years ago," said Tammie Bedard, Twice Over's manager.

She said most of the new renovations have been structural.

Bedard has worked at Twice Over for five years. She said her favourite part of the shop's makeover is the new lighting.

"It's so much brighter in here, and it's so much nicer," Bedard said.

She and two women from Nova House painted the store's walls. Bedard said she's proud of her group's work.

Twice Over is run by Nova House, an Interlake shelter for women and kids who've fled domestic and family violence.

Bedard is the only paid staff at Twice Over. Most of the money the shop makes goes to programming at Nova House. Lisa Karol, the staff supervisor said funds could go towards children's programming, new supplies or bringing in guest speakers, among other things.

Women from Nova House can shop at Twice Over for free. They get a voucher with a certain amount of money.

"It's almost like a gift certificate," Karol said.

Users can write what they're looking for on the voucher. For example, someone might write that they need shoes or baby clothes. Women leaving Nova House's quarters can shop for home supplies before moving into a place of their own.

Nova House's staff shopped for Nova House clients while Twice Over went through renovations.

"If we did have clients who needed something, we would be able to go over and see if there was something in their size," Karol said.

People who want to donate to Twice Over can donate at the thrift store on Manitoba Ave. in Selkirk.



RECORD PHOTOS BY GABRIELLE PICHE

Tammie Bedard stands in a newly renovated Twice Over on Aug. 13.



Twice Over is found at 214 Manitoba Ave. in Selkirk.



RECORD PHOTO SUBMITTED

The Selkirk Community Youth Choir at their spring concert.

Submitted by Denise Jacobs

Singing in a choir is definitely a team activity – everyone has a part to play. Put all those parts together in a cohesive team with great coach and amazing things can happen. Also, it's fun,

rewarding and good for you. Research has shown that singing can be very therapeutic emotionally and physically.

Selkirk Community Choir's coach, Kendra Obach, leads this choir with

Choral singing – a team sport

enthusiasm and skill. With a Master's in Choral Conducting and a music and drama teacher at Stonewall Collegiate, she's warm and welcoming, encouraging hard work, discipline and a commitment from members to give their best. Kendra loves to explore new musical horizons and encourages the members to come along with her in trying unfamiliar selections and techniques. Newly formed last year is the Selkirk Community Youth Choir under the shared and very talented leadership of Beth Emmers and Carrie Schellenberg-Wilson. Young folks in the middle-school age range are encouraged to join with a view to continuing into the adult choir when they are old enough.

Anyone can join and there are no auditions. All that is required is a love of singing. There is a small membership fee to cover expenses. For adults, the group meets from 7-9 p.m. on Tuesdays starting Sept. 3 at the Lutheran

Church of the Good Shepherd on Sawchuk Dr. at Main Street. For the children, same place, same day at 5-6:30, but starting a week later on Sept. 10. For more information (adults) contact Thea Ostermann at (204) 757-4411 or selkirkcommunitychoir@gmail.com and for children-Beth Emmers (204)482-9314 or scyc2018@gmail.com



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Local vendors and customers visit Lower Fort Garry for Harvest Fest

By Gabrielle Piche

People milled through over 75 vendor booths and food trucks at Lower Fort Garry National Historic Site last Saturday.

Friends of Lower Fort Garry hosted Harvest Fest, a farmers market, at the historic site.

Customers could purchase home-made goods, including necklaces and

paintings, from Manitoban vendors. Some people took a break from shopping by grabbing food, like hamburgers and fries. The event was free for all to attend.

Adults could stay for Glitter by the River, a social, later that evening. Money raised at the social went to the Andrew Henderson Memorial Scholarship.



Aubrie, left, and Ellie enjoy frozen treats at Harvest Fest on Aug. 17.



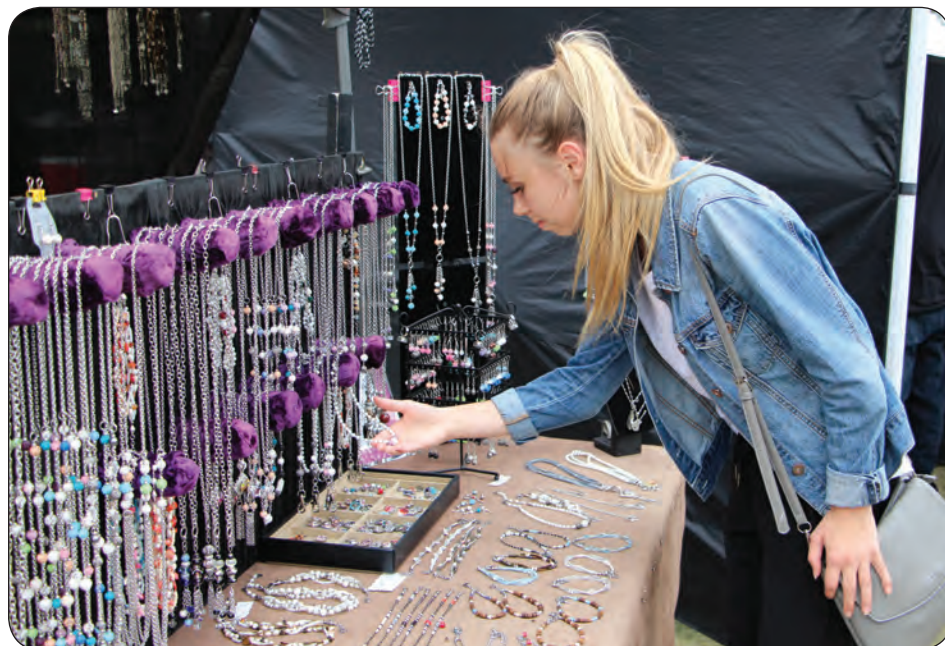
Randy Fiebelkorn displays his homemade yard decor.



Yurkowski Family Farm gives out free honey samples.



Lucy Sirtonski paints the lettering on Chalk Couture's signs.



Sammi Robertson looks at necklaces at Lower Fort Garry's Harvest Fest on Aug. 17.



From left: Dana, Elias, Archer, Declan and Steve Sawatzky enjoy hamburgers at Harvest Fest on Aug. 17.

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Time: From 8am to 11am

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All money raised goes towards display development and museum restoration.

Cost: \$8.00 for adults
\$4.00 for children (12 & under)

FALL & WINTER ACTIVITIES & registration section 2019-2020

3 fun ways families can get fit together

The buddy system is widely used to help men and women get in shape. Friends can encourage their workout partners to get off the couch on days when their motivation might be waning, and partners can return that favor when the roles are reversed. And the benefits of the buddy system are not exclusive to adults, as families can rely on it to make sure moms, dads and kids each get the exercise they need.

According to the Centers for Disease Control and Prevention, ongoing exercise can help people of all ages control their weight, improve their mental health and mood and reduce their risk for various diseases, including heart disease and type 2 diabetes. And the benefits may go beyond those normally associated with exercise, particularly for young people.

Getting fit as a family can be easy. The following are just a few ways par-

ents and their children can get in shape together.

1. Start dancing.

Dancing isn't just a fun activity, it's also a very healthy one. While dancing might often be categorized as a recreational activity, such a categorization overlooks the many health benefits of cutting a rug. Dancing is a great cardiovascular exercise that works multiple parts of the body. Routine cardiovascular exercise has been linked to reduced risk for heart disease and other ailments. In addition, a 2009 study from researchers in South Korea found that hip hop dancing can boost mood and lower stress.

2. Schedule daily exercise time.

Parents and their children are as busy as ever, so it makes sense to schedule family exercise time just like you schedule family meals or outings to the museum. Kids who compete in sports may already get enough physical activity each day. The CDC recommends children participate in at least 60 minutes of physical activity each day, so kids who aren't playing sports can spend an hour each day sweating alongside mom and dad.

3. Walk after dinner.

Families who routinely dine together can delay doing the

dishes to walk off their meals. A walk around the neighborhood after dinner provides solid family time, but it's also a great way to stay healthy. A 2017 study from researchers at the University of Warwick that was published in the International Journal of Obesity found that people who took 15,000 or more steps each day tended to have healthy body mass indexes, or BMIs. That's an important benefit, as an unhealthy BMI is often a characteristic of obesity.

Getting fit as a family can be fun and pay long-term dividends for parents and children alike.



Gordon Howard Centre - "The Place for Active Living"

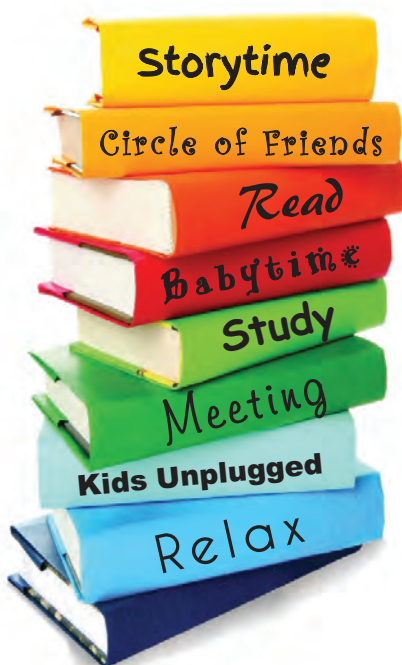
Please call the Centre at 785-2092 to register for any of our weekly activities or to purchase your fall supper ticket.

The Gordon Howard Centre provides opportunities for adults, aged 45+, to become actively involved and live healthy life-styles. It is also a place to stay connected to the community, to meet new friends and mingle with people who share the same interests.

Some of the weekly activities include fitness classes, floor curling, pickleball, painting, woodcarving, bridge, cribbage, and whist.

- **Annual General Meeting - Sept. 18th at 12 noon** - Light lunch provided.
- **Fall Supper - Sunday, Sept. 22nd**
2 settings 4 pm & 6 pm

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FALL & WINTER ACTIVITIES & registration section 2019-2020

Why kids should start playing sports today

Children can benefit in various ways by participating in sports. These benefits, both physical and mental, can help kids in all aspects of life, and even lay the groundwork for a successful transition into adulthood.

Playing sports goes beyond just be-

ing physically active. Important lessons are learned on the court, field and pitch. Kids who participate in sports can learn about discipline, how to handle winning and losing with grace, and the importance of setting and achieving goals.

The Fitness Industry Council of Canada encourages all children to participate in sports. These activities are good for the mind and spirit. They help teach children accountability, dedication, leadership, and many other skills. These are all traits that can be used throughout life, helping people cope with the demands of life that seemingly have little to do with sports.

Sports also can help students in the classroom. Sports require learning and remembering the rules of the game. These are skills that are relevant to class work or even on the job when children become adults in the workforce.

Of course, a discussion of the benefits of sports play would not be



complete without addressing the enormous physical benefits of participating in sports. According to the Journal of the Public Library of Science, the health benefits of playing sports include an increase in lean body mass, an increase in basal metabolic rate and an increase in bone density, which promotes healthy body composition. Physical activity by way of sports participation may help the body strengthen over time, increase endurance, help control cholesterol levels, improve blood circulation, and even lower stress levels.

Scholastic sports also are a great catalyst for making friends and encouraging positive behavior. Sports give kids an outlet for energy and a gathering place after school. Children can find like-minded individuals who have the same interests, which may help solidify years-long relationships.

Parents, educators and coaches can encourage children to become involved with sports. The benefits of doing so are numerous and can lay the foundation for them to be successful in life.

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FALL & WINTER ACTIVITIES & registration section 2019-2020

Tips for finding the right athletic footwear for kids

When buying athletic footwear for themselves, many men and women know precisely what to look for in terms of style and fit. But parents recognize that buying athletic footwear for their children is different. Kids may prioritize style over fit, preferring a shoe worn by their favorite professional athlete instead of the sneaker that provides the most support.

The Canadian Podiatric Association notes that the right athletic footwear can prevent pain and injury. In addition, the association notes that what constitutes the right athletic footwear depends on the sport a youngster will be playing.

Basketball

Young basketball players should wear sneakers that have thick, stiff soles, which provide support while running and landing after jumping.

Sneakers with high ankle construction can support ankles during the quick direction changes that are common in basketball.

Football & Lacrosse

Football and lacrosse players benefit from wearing cleats that offer significant high ankle support. The association notes that such shoes are especially helpful for linemen and other players who tend to make lots of sideways movements during competitions. Football and lacrosse games are sometimes played in the rain, so players should wear cleats that provide ample traction on wet and dry fields.

Soccer

The right soccer cleats can reduce risk for ankle sprains, turf toe and ingrown toenails, which are common foot injuries suffered by soccer players. Soccer cleats should not have

more than a half-inch of space between the big toe and the end of the shoe. Soccer cleats feature different stud types, such as soft, hard or firm, and parents should look for the stud type that matches the type of turf kids will be playing on most often.

Running

Shock absorption is important when choosing running shoes. Maximum shock absorption can help prevent common injuries suffered by runners, such as shin splints. Arch type is important as well, so parents should consult a po-

diatrist to help them determine which type of arch (high, medium or low) their child has and then look for an appropriate match.

For a great selection and expert advice on all sports footwear visit Keystone Sporting Goods in Selkirk today!

The right athletic footwear can help kids avoid injury and stay on the field, track or pitch.



Selkirk Dance Fall Registration

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Questions: dtksz@outlook.com

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7:00 - 7:45pm FREE Hip Hop Class (Ages 10+)



Families hit the deck at Marine Museum of Manitoba's Free Admission Day



Chloe, 8, steers the Joe Simpson.



The S.S. Keenora has a diving equipment display for museum attendees to view.



RECORD PHOTOS BY GABRIELLE PICHE
Sandy Kerns looks at the Marine Museum of Manitoba's collection of vessels from his spot on the S.S. Keenora. Kerns took a trip on the S.S. Keenora when it used to carry passengers on Lake Winnipeg.



Shay Nordal, the manager of the Marine Museum of Manitoba, poses with Mabel, left, and Tommie, right, during Free Admission Day on Aug. 13.



Guests board the Chickama II during Free Admission Day at the Marine Museum of Manitoba.



A man observes the SS Granite Rock at the Marine Museum of Manitoba on Aug. 13.



Young families came out to the Marine Museum of Manitoba on Aug. 13 for Free Admission Day.



From left: Austin and Wyatt Field ride a Snow Cruiser on the Lady Canadian during the Marine Museum of Manitoba's Free Admission Day.

get inspired

> MEAL IDEAS



Prep time: 25 minutes
Cook time: 10 minutes
Serves: 6
1 Smithfield Roasted Garlic & Herb Pork Loin Filet, cut into 1 1/4-inch cubes
3 small zucchini squash, cut into 1/2-inch thick slices
2 large red bell peppers, cut into 1 1/4-inch pieces
1 large red onion, cut into 1 1/4-inch wedges
bamboo skewers, soaked in water 30 minutes
olive oil
2 medium cucumbers, peeled
1 clove garlic, minced
1 1/2 cups whole milk Greek yogurt
1/2 lemon juice

RED RIVER CO-OP FOOD STORE

Grilled Pork Kebabs with Tzatziki Sauce

2 teaspoons chopped fresh dill weed
1/2 teaspoon sea salt
freshly ground black pepper
chopped fresh parsley
Heat grill to 375 F. Alternately thread fresh pork cubes, zucchini, peppers and onions onto bamboo skewers. Brush kebabs lightly with olive oil.

In food processor, process cucumbers and garlic until finely chopped. Drain liquid from cucumbers. Stir cucumbers with yogurt, lemon juice, dill, sea salt and pepper. Refrigerate until ready to use.

Grill fresh pork skewers approximately 10 minutes, turning occasionally, until char marks form and pork is cooked through.

Garnish skewers with parsley and serve with tzatziki sauce for dipping.



Prep time: 5 minutes
Cook time: 22 minutes
Serves: 4
Nonstick cooking spray
2 Smithfield Roasted Garlic and Cracked Black Pepper Pork Tenderloins
2 pounds Yukon Gold or red potatoes, cut lengthwise into 3/4-inch-thick slices
2 tablespoons canola oil
3/4 cup shredded reduced-fat or regular sharp cheddar cheese

Grilled Pork and Potato Planks

1/2 cup sour cream
1/4 cup finely chopped green onions

Heat charcoal or gas grill to medium; spray grates with nonstick cooking spray. Grill tenderloins until internal temperature reaches 150 F, turning occasionally, about 20 minutes.

Brush both sides of potato slices with oil; grill 15-20 minutes until just tender, turning occasionally. Remove potatoes and pork from grill.

Top potatoes with cheese, sour cream and onions. Serve with tenderloins cut into 1/4-inch thick slices.

CROSSWORD

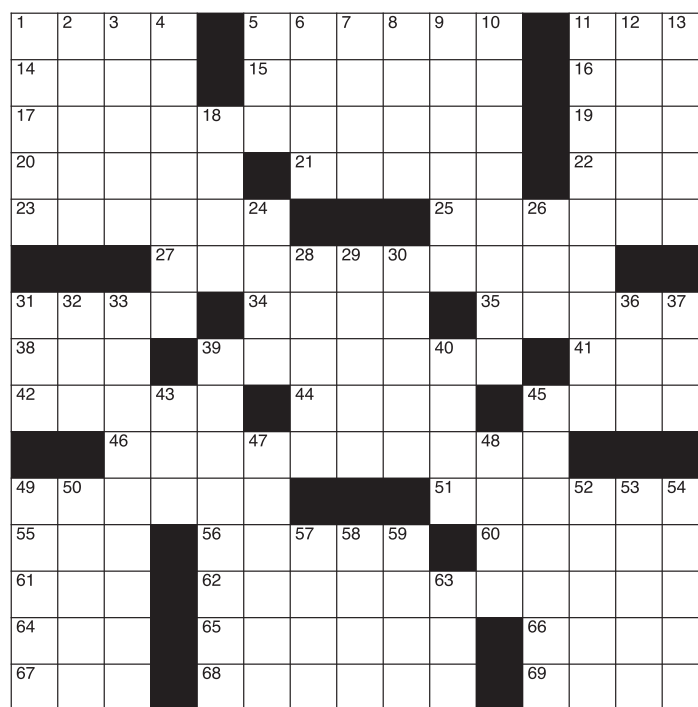
CLUES ACROSS

1. Scottish tax
5. Filled with horror
11. Type of music
14. Variety act
15. Half-conscious state
16. Discontinued European money
17. Formal declaration
19. Shaft horsepower (abbr.)
20. A way to express concentration
21. Airline
22. Goes well with a carrot
23. Length of pant leg
25. Mark with a cut
27. One who destroys completely
31. Greek sophist
34. Thomas Hobbes's "De _"

35. Copyreads
38. Talk
39. Endangered
41. Snag
42. Comedienne Tyler
44. Castrate a male animal
45. Taj Mahal site
46. Tending to concede
49. One who accepts
51. Albanian capital
55. Takes kids to school
56. About Moon
60. _ Seamounts: underwater volcanoes
61. _ Lilly, drug company
62. Not working
64. Alaska nursing board
65. Howl
66. Muslim ruler title
67. Famed arena
68. Back again for more food
69. Cheek

CLUES DOWN

1. Raccoonlike animal



2. Small
3. Separates
4. Parties
5. Automated teller machine
6. One who earned his degree
7. Dislike
8. Flowering plant
9. Nova __, province
10. Inhabited
11. Breathing
12. Partner to pains
13. Immature insects
18. The back
24. Heavy club
26. Edible fish
28. Lament for the dead
29. Woody climbing plants
30. Small rooms for prisoners
31. Ottoman military commander
32. "The Crow" actress Ling

33. A way of lopping off
36. Cigarette (slang)
37. Helps little firms
39. Member of small discussion group
40. Copyread
43. V-shaped open trough
45. Pokes holes in
47. Beloved "Captain"
48. Resume
49. On a line at right angles
50. Light up lamps
52. Part of the psyche
53. Leeward Island
54. 1960s counterculture activist
57. Edible seaweed
58. Imitator
59. Look at and comprehend
63. Root mean square (abbr.)

Please see classified section for Answers

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Selkirk slo-pitch champions



RECORD PHOTOS SUBMITTED

The Selkirk slo-pitch playoffs were held last weekend at the Rec Complex. Once again, it was a great weekend of ball. The Pace Electric Division 1 champions were The Dingers while the Steeltown Ford Division 2 winners were Gang Green. The Brew Jays won the Merch Division 3 title.

Keep These Questions Handy

When you run into a candidate, whether through social media, walking down the street, or knocking at your door, ask them these questions that directly affect your community:

1. What will you do to have Main Street north of Manitoba Ave. (Provincial HWY 320) renewed?

The Province invested in the renewal of Main Street from Heap to Manitoba. Main Street north of Manitoba is a provincial highway in poor condition.

2. What will you do to have the Selkirk Bridge repaired, repainted and resurfaced?

The historic Selkirk Bridge connects the City of Selkirk to East Selkirk, the east side of Winnipeg and the beaches. Thousands of people use it every day. It has been allowed to deteriorate and needs to be renewed.

3. What will you do to make the intersection of Manitoba Ave. and Easton Dr. safer and less confusing by aligning it with Agnes Ave?

The Province and Selkirk Council's Manitoba Avenue Taskforce recommended in 2017 the intersection of Manitoba Ave and Easton Drive be relocated to connect with Agnes Avenue making the intersection, a part of Highway 9A, less complicated and much safer.

4. What will you do to support making Manitoba municipalities exempt from paying PST, saving Selkirk over \$800,000 per year?

Manitoba municipalities are exempt from paying GST. If the Province of Manitoba exempted municipalities from paying the PST, Selkirk would save \$800,000 or more annually, money that could be better used to repair our roads, sewers, parks and recreation facilities.

5. What will you do to help return the amount of funding Selkirk receives from the province for road renewal from \$249,000 to \$400,000 per year?

Prior to 2017, the City of Selkirk was eligible to receive \$400,000 per year to support the improvement and maintenance of our roads. In 2018 this program was eliminated and in 2019, the Province, pressured by the Association of Manitoba Municipalities (AMM), created a new funding system that provides Selkirk with only \$249,000 per year.

6. What will you do to support the creation of a multi-year program to increase the Municipal Assistance Grant at the rate of growth in Manitoba's GDP?

Municipalities are responsible for 60% of Canadian infrastructure yet receive just 8 cents of every tax dollar to get the job done. The Province of Manitoba has frozen municipal funding at 2016 levels. The Association of Manitoba Municipalities (AMM) is calling on all parties to commit to providing annual increases to municipal funding at the rate of economic growth in Manitoba.

7. What will you do to reject the plan to move Selkirk Linen to Winnipeg and fight to keep good paying jobs in Selkirk?

In its report to the Province of Manitoba, the consulting firm of KPMG recommended closing Selkirk Linen and moving its operations to Winnipeg. This would mean losing over 50 good paying jobs right here in Selkirk.



myselkirk.ca/election2019

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Fredborg makes pro golfing debut at Players Cup

By Brian Bowman

Travis Fredborg has played a ton of golf games during his career.

But last week, he played his first round of golf as a professional.

Selkirk's Fredborg carded solid rounds of 72 and 74 but still missed the cut along with fellow Manitoban Devon Schade (77-69) at the 2019 Players Cup at the Southwood Golf and Country Club.

"I definitely played solid but there was more that I left out there," Fredborg said Monday afternoon. "I got out to a tough start. I was 3 over after three (holes) and battled back. The story was just the putter. I hit it really well and wouldn't be surprised if I led the field in driving accuracy...but I just didn't make anything and tried to force too many things and kind of got into my own head."

Playing as a pro in front of a Winnipeg crowd that was very supportive of the Manitoba players isn't exactly easy.

"I've obviously played in the Players Cup before so it was a familiar tournament but there was a lot more hype around it this year with me turning pro and whatnot," Fredborg said. "It was definitely a learning experience, for sure. But, all in all, it was awesome."

"It was pretty cool to get the first one

under the belt and deal with the media and all of that. Yeah, I had a blast."

He also had a blast playing alongside Winnipeg Jets' forward Kyle Connor. The pair instantly became friends and hung out after their rounds.

Fredborg said it was a neat experience to pick the brain of a fellow professional athlete.

Fredborg's golf story has obviously added another chapter as a pro after he recently concluded his collegiate career at the University of Arizona.

There's a different type of pressure playing as a pro. But Fredborg said talking to Tour players has helped him make the transition.

"I can say that I have definitely been a lot more focused the past probably, three or four months, leading up to this," Fredborg said. "It was weird. As soon as I made the choice to be a pro at the Players Cup, a switch turned on in my head. It was alright, this is the real deal now and my mental game has been a lot better since that moment."

Fredborg was back on the links Monday for a practice round, getting ready for the Brainerd Lakes Showcase in Central Minnesota.

He hopes to enter a couple of tournaments in North Dakota, South Dakota and Texas before the season ends.



RECORD PHOTO SUBMITTED

Selkirk's Travis Fredborg, right, made his pro golfing debut last week at the 2019 Players Cup at Southwood.

Fredborg then plans to move back to Tucson, Ariz. to work on his game during the winter months.

After that, he plans to go to the PGA Tour China Qualifying School in February and hit the Mackenzie Tour in the spring.

Derek Barron, meanwhile, won his first-ever Mackenzie Tour - PGA Tour

Championship after firing a final round even-par 72 to finish the Players Cup at 14-under on Sunday.

That gave Barron a one-stroke victory over Utah's Kyler Dunkle and New Jersey's Ryan Snouffer.

Seven Canadians made the cut, which reduced the 156-player field down to 66.

Blizzard bounced in bronze-medal game at Founders Cup

Staff

The Manitoba Blizzard were defeated 7-4 by the Coquitlam Adanacs in the bronze-medal game at the 2019 Founders Cup - Canada's Junior "B" Box Lacrosse Nationals - at the Mables Multiplex in Winnipeg last Sunday.

The Blizzard, whose roster included Selkirk's Josh Poponick and Stonewall's Seth Mandryk, started tourna-

ment play with a 16-13 win over the North Shore Kodiaks on Aug. 13.

Manitoba improved its record to 2-0 the next day with a 11-10 victory over the Seneca WarChiefs.

Last Thursday, Manitoba was crushed 17-6 by the Calgary Shamrocks.

On Friday, Manitoba outscored the Saskatchewan Swat 11-8 and then was

defeated 15-3 by the Six Nations Rebels on Saturday.

Later that evening, Manitoba was beaten 11-5 by Coquitlam.

In six round-robin games, Mandryk scored two goals and added four assists while Poponick scored once and had an assist.

Meanwhile, Calgary held off a late surge by the Rebels for a 16-15 victory

in the Founders Cup championship game on Sunday.

It's the first time a team outside of Ontario has won the Junior "B" title since the Calgary Mountaineers won it all in 2009. It's the third time in 20 years that a Rocky Mountain Lacrosse League team has won the Founders, following the Edmonton Miners (1999) and Mountaineers (2009).

Selkirk FC plays to 1-1 draw with United Weston FC

Staff

Selkirk FC gained a point after playing to a 1-1 draw with United Weston FC in Manitoba Major Soccer League 2nd Division action on Aug. 13.

Yaya Ramadam Adam scored for Selkirk FC.

With the tie, Selkirk FC is now 5-5-3 and they have 18 points. That ties

them for third place with AC Fiorentina.

The WASPS FC lead the division with 30 points while Luso Canadian F.C. is second with 19.

Selkirk FC played AC Fiorentina this past Tuesday in a huge game but no score was available at press time.

The local club will host Galacticos

FC next Tuesday at the Rec Complex. Game time is 6:45 p.m.

In MMSL 6th Division action, the Tri-S Strike Force was blanked 7-0 by Crescentwood Saturday SC on Aug. 13.

Back on Aug. 9, Tri-S was beaten 9-2 by Southside FC.

Awad Ramadam Adam scored both

Strike Force goals in the losing cause.

Tri-S, now 3-11, will play the Saint James Spurs FC on Wednesday (10 p.m.) at the Ralph Cantafio Soccer Complex.

The Strike Force will then host Red Devils FC on Aug. 29 at the Selkirk Recreation Complex. Game time is 6:45 p.m.

Pirates 1-3 at 18U 'AAA' baseball westerns

By Brian Bowman

The North Winnipeg Pirates had their great season end with a 7-2 loss to the Saskatoon Cubs at the 18U "AAA" Western Canadian Baseball Championship on Sunday morning in Red Deer, Alta.

Saskatoon scored a run in the first inning and then added four more in the fifth to break the game open.

"(Saskatoon) ended up winning the whole thing," said Pirates' head coach Gary Dear. "They are all hand-picked players from the area so they were a very good team."

With that loss, the Pirates, who picked up Stonewall's Chris Fines for westerns, finished the tournament with a 1-3 record.

North Winnipeg was outscored 21-

13 in their four games.

"Our biggest problem all weekend was hitting," Dear lamented. "The one thing that I thought would never let me down was the thing that let me down this weekend."

"The sticks have been working for us all year but, for some reason, (they were quiet last weekend)."

North Winnipeg started play with a tough 5-4 loss to the Red Deer Carstar Braves. The Pirates trailed 5-0 in the final inning but made things very interesting by scoring four runs. North Winnipeg had runners on first and third when they made the final out of the game.

The Pirates were then defeated 4-1 by the Northern Lights on Saturday afternoon.

"We managed to draw the top pitcher from every team," Dear said. "I don't know how that worked out."

Later that evening North Winnipeg picked up a nice 6-5 victory over the North Delta Blue Jays.

"That was huge considering it was in extra innings," Dear noted. "We had a 2-0 lead and then were down 4-2 but we managed to tie it up."

Saskatoon won the western title after beating the Northern Lights 9-8 on Sunday afternoon.

It's always a very good season when a team advances to a western championship.

"They exceeded my expectations," Dear said, noting the Pirates were without three key players for the westerns.

"Coming into the year with as many first-years that we had, I kind of figured that we would be in tough to compete and we wouldn't be as strong as we were (in past years)."

"But, overall, the season was great and I'm already looking forward to next year."

Dear really wanted to acknowledge the outstanding efforts made by the Red Deer hosts and the parents of the Pirates' players.

"I've always been fortunate to have a lot of great parents around," he said. "But this group of parents I had around this year went above and beyond. Staying at the hotel, they made sure that all of these kids were fed... and the moms, in particular, were fantastic."

North Winnipeg Pirates 2-3 at 15U westerns

By Brian Bowman

The North Winnipeg Pirates finished with a 2-3 record at the 15U "AAA" Western Canadian Baseball Championship in Lloydminster, Sask.

North Winnipeg wrapped up play Sunday by doubling the Red Deer Erncos 6-3.

"It was nice to wrap up the year with a win, for sure," said Pirates' head coach Donnie Smith. "I thought Alberta was a pretty good team and we were able to give some guys some playing time that hadn't had a whole

lot throughout the weekend."

North Winnipeg started the tournament with a 4-1 loss to the Carillon Sultans on Friday morning.

"We had a tough time getting there, our bussing situation was a fiasco," Smith said. "We were supposed to leave Wednesday night and then drive throughout the night and then play later Thursday that afternoon. But with the bussing issues, we actually didn't leave until Thursday afternoon so the format of the tournament kind of got juggled around a little bit."

"On our first day, we did not play (well). The jet lag for the boys didn't give us a good start on that first day."

Later that day, the Pirates were defeated 12-1 by the Sask Five Giants.

Scoring had not been a problem in several weeks for the Pirates, but it certainly was in the first two games at westerns.

On Saturday morning, North Winnipeg played well in a 6-4 win over the Coquitlam Reds. The Pirates then lost 12-8 to the North West Prairie Pirates on Saturday evening.

Sask Five won the western title after defeating North West 11-4 in the final on Sunday.

Overall, the Pirates enjoyed a tremendous season after winning both the city and provincial titles.

"Any time that you can extend your season, it's a bonus," Smith said. "And the experience of seeing some higher-calibre kids across western Canadian provinces is always nice to get that experience."

"I think, overall, it was a great experience for everybody."

Langlais throws complete-game victory at the Pan Am Women's Baseball Championship

Staff

Garson's Brittney Langlais had a complete-game victory to lead Canada to a 19-2 win over Nicaragua Monday afternoon at the Pan Am Women's Baseball Championship in Aguascalientes, Mexico.

The game was called after four innings due to the mercy rule.

With the win, Canada improved its record to 2-0 heading into Tuesday's game with Cuba.

Canada started play Sunday morning with a dominating 11-1 win over the Dominican Republic.

Round-robin games continued to be played this week. The tournament wraps up on Sunday.

Eight nations - Canada, Cuba, Dominican Republic, Mexico, Nicaragua, Puerto Rico, USA and Venezuela - sent their women's national baseball teams to compete in Aguascalientes.

Following the round-robin, the two top teams in the standings will compete in the championship game, while the third and fourth-place teams will battle for bronze. The teams advancing to the final and bronze-medal game will be qualified into the WBSC Women's Baseball World Cup 2020.

Newly crowned European champion France was the first nation to qualify for next year's Women's Baseball World Cup, the biggest baseball event for women.



RECORD PHOTO SUBMITTED

Garson's Brittney Langlais and Team Canada are competing this week at the Pan American Baseball Confederation in Aguascalientes, Mexico.

Manitoba wins silver in baseball at WCSG



Staff

Manitoba's baseball team earned silver at the Western Canada Summer Games in Swift Current, Sask.

Manitoba, whose roster included Lockport's Dylan Duguay and St. Andrews' Bennett Freiter, lost 8-4 to Alberta in the gold-medal game on Saturday.

Manitoba began action last Wednesday by losing 8-3 to Alberta before rebounding to trounce Saskatchewan 12-2.

The following day, Manitoba edged Alberta 9-8 and pounded Saskatchewan 16-7.

Manitoba wrapped up round-robin play Friday with a 6-5 victory over Saskatchewan and a 13-9 loss to Alberta.

Alberta and Manitoba each finished the round-robin with 4-2 records while Saskatchewan was 1-5. Both Alberta and Manitoba scored 55 runs during the round-robin while Mani-



Bennett Freiter had a great tournament as Manitoba's starting catcher.

toba allowed one more run (43) than Alberta (42).

On an individual note, Duguay and Freiter were among the run scoring leaders at westerns. Duguay crossed the plate safely seven times while Freiter plated five runs.

Alberta's Hunter Shannon Porter led the tournament with eight runs scored.



RECORD PHOTOS SUBMITTED

Bennett Freiter, left, and Dylan Duguay led Manitoba to a silver medal in baseball at the Western Canada Summer Games.



Dylan Duguay was dominant for Manitoba at the plate at the Western Canada Summer Games. He hit .684 in 24 at bats with an on-base percentage of .750.

Manitoba wins bronze in female basketball at WCSG

Staff

Team Manitoba won the bronze in female basketball at the Western Canada Summer Games in Swift Current, Sask.

Manitoba crushed the Northwest Territories 71-46 in the bronze-medal game on Aug. 13.

Team Manitoba, whose roster included Selkirk's Annika Goodbrandson

son and East St. Paul's Emily Anderson, posted a 2-2 record in the five-team round-robin.

Manitoba had wins over the Yukon Territory (84-25) and the Northwest Territories (79-40) but lost to Saskatchewan (65-47) and Alberta (88-35).

Alberta won the gold after defeating Saskatchewan 80-48.



Emily Anderson



Annika Goodbrandson

Manitoba brings home silver in male indoor volleyball

Staff

Manitoba earned the silver in male indoor volleyball at the Western Canada Summer Games.

Alberta defeated Manitoba 3-0 by scores of 25-21, 25-15, and 25-11 in the gold-medal game on Sunday.

In a crossover playoff game, Manitoba defeated Saskatchewan 3-1 (28-26, 18-25, 25-21, 25-22) on Saturday.

Manitoba, whose roster included local players Spencer Grahame, Rylan Van Kooten, and Josh Jehle, began action with a 3-0 (25-15, 25-15, 25-13) win over Nunavut on Aug. 14.

Team Manitoba then won a real

battle with Yukon the following day, clawing out an exciting 3-2 (25-18, 30-32, 23-25, 25-21, 17-15) comeback win.

Later that evening, Manitoba swept Saskatchewan 3-0 by scores of 25-19, 25-13 and 25-21.

Last Friday, Manitoba was swept 3-0 (24-26, 22-25, 21-25) by Alberta before beating the Northwest Territories in straight sets (25-18, 25-13, 25-22).

That 4-1 round-robin record put Manitoba in second place, behind undefeated Alberta (5-0).

Dupre hauls in swim medals at WCSG

Staff

West St. Paul's Eric Dupre made a major splash in the water at the Western Canada Summer Games in Swift

Current, Sask. last week.

The 14 year old hauled in bronze medals in the male 1500-metre freestyle, 400m freestyle, 800m freestyle,

and the 3000m open water swim.

Dupre also placed sixth in the 200m freestyle and 400m individual medley and seventh in the 200m backstroke.

Swimming was one of several sports that were part of Phase one at the 2019 Western Canada Summer Games.

Manitoba athletes did a fantastic job

in Phase one, finishing with 80 medals (29 gold, 26 silver and 25 bronze).

Phase two of the Games, which wrapped up Sunday, included athletics, baseball, diving, golf, rowing, tennis, triathlon, volleyball and wrestling.

Manitoba wins silver in male, female soccer

Staff

Team Manitoba won the silver in male soccer at the Western Canada Summer Games in Swift Current, Sask. last week.

Manitoba, whose roster included West St. Paul's Leonardo Takahashi and Lachlan Lindsay, formerly of Stonewall, posted a 2-1-1 record in the five-team tournament.

Manitoba defeated Saskatchewan

3-1 and the Northwest Territories 5-1 before playing to a 0-0 draw with Yukon and losing 2-1 to Alberta.

Alberta claimed the gold while Saskatchewan was awarded the silver.

In women's action, Manitoba also earned the silver while Alberta took home the gold. Saskatchewan was awarded the bronze.

Manitoba wins silver in male golf

Staff

Manitoba won the silver medal in male golf at the Western Canada Summer Games in Swift Current, Sask.

Team Manitoba finished with a three-round total of 618, which was seven strokes behind Alberta.

Saskatchewan finished third in the

four-team field with a 648 while Yukon was last at 805.

In individual play, West St. Paul's Adam Ingram finished his three rounds at 240. He carded rounds of 75, 77, and 88.

Alberta's Cole Robert Bergheim was the low golfer with a 214. He fired rounds of 72, 72 and 70.

Selkirk Steelers busy on trade front this month

By Brian Bowman

With training camp right around the corner, the Selkirk Steelers have been busy wheeling and dealing in August.

Selkirk made two pretty significant trades this month. The Steelers acquired forward Brayden Clark (2001) from the Winnipeg Blues in exchange for defenceman Carson Tiede (2000), forward Matthew Hill (2000), the MJHL list rights to forward Michael Tanchak (2003), and future considerations.

At first glance, it looks like the Steelers gave up a lot to acquire Clark.

"When you give up three pieces, it's not cheap but we think Brayden is going to be a good player," said Nick Lubimiv, the Steelers' head coach and manager of hockey operations, last week. "He's been a captain before so we thought it was worth the price."

Clark played for the Winnipeg Bruins in the Manitoba "AAA" Midget Hockey League last season, scoring 18 goals while adding 30 assists in 46 regular-season games.

He also played one game with the MJHL's Steinbach Pistons.

"(Brayden) would be what you would classify as a power forward," Lubimiv said. "He can skate, shoot, hit. He's not afraid of the physical stuff and he has good hands in tight."

"For a young guy, he brings a lot to the table."

In another deal, Selkirk sent goaltender Zach Bennett (2000) to the Nanaimo Clippers in exchange for forward Hunor Torzsok (2000) and future



Hunor Torzsok

considerations.

Bennett posted a 20-10 regular-season record with a 2.66 goals-against average in Selkirk last season. He also spent some time with the Portage Terriers.

"Benny wanted to go out west," Lubimiv said. "He was really good for us and obviously we didn't want to move him but we try to accommodate the player. I have a lot of respect for him - he played really well for us."

Torzsok, meanwhile, has played 37 games over three seasons in the Western Hockey League with the Vancouver Giants.

In Nanaimo last season, Torzsok scored three goals and had two assists in 26 games.

"I think Benny is happy where he is and we got a pretty good return as well," Lubimiv said.

The Steelers, meanwhile, also picked up Drea Esposito, a Winnipeg prod-



Drea Esposito

uct, who played two seasons with the WHL's Calgary Hitmen before taking last season off.

The 6-foot-3 defenceman had a goal and 10 points in 82 games in Calgary.

"He can play," Lubimiv said. "He'll be one of the better defencemen in the league."

Other trades involving MJHL teams this month as of Aug. 14 included:

The OCN Blizzard trading goalie Kobey Clarke (2000) and future considerations to the LaRonge Ice Wolves in exchange for goalie Brendan Benoit (2000).

OCN sent defenceman Malik Ali (2000) to the Soo Eagles in exchange for futures.

The Blizzard also traded defenceman Joseph Courrier (2000) to the Red Lake Miners in exchange for future considerations.

The Waywayseecappo Wolverines acquired defenceman Matthew Ka-



Brayden Clark

sowski (1999) from the Olds Grizzlys in exchange for future considerations.

Waywayseecappo also acquired defenceman Garrett Szeremley (1999) from the Weyburn Red Wings in exchange for futures.

Waywayseecappo traded forward Kyle Uzelman (1999) to the Red Lake Miners in exchange for future considerations.

The Wolverines acquired defenceman Dane Hirst (1999) from the Lloydminster Bobcats in exchange for futures.

The Swan Valley Stampeders traded goalie Vincent Duplessis (1999) to the Whitecourt Wolverines in exchange for forward Tommy Cardinal (1999).

The Dauphin Kings acquired forward Shon Olivier-Roy (2000) from the Longueuil College Francais in exchange for futures.

Bullet Joe carried Selkirk torch

By Ty Dilello

Bullet Joe Simpson has to be one of the best hockey names of all time. He was also one of the best defencemen ever. To this day, nearly a century after his pro hockey days, Simpson is still arguably the greatest hockey player to come from the Selkirk area. The nickname "Bullet Joe" comes from being such a fantastic, fast skater who regularly made incredible end-to-end rushes, and was known for firing bullet shots from centre-ice at opposing goaltenders. It was also a reference to the wounds he suffered during the First World War.

In the early 1920's, while Simpson was playing for the Western League's Edmonton Eskimos, Newsy Lalonde called him the best player alive, which is a huge compliment since most hockey historians of the first quarter century of the 1900s consider Lalonde himself to be the game's best player.

Simpson wasn't the biggest player on the ice, but "Bullet Joe" as his nickname suggests was remarkably fast and afraid of nobody. His "corkscrew rushes" as you'll read about shortly made him very popular with fans and sportswriters. Bill Corum, a columnist with the New York Journal-American, referred to Bullet Joe Simpson as "a rollicking, rocking man, flashing down the rink with the puck on the end of his stick."

The first player signed by the New York Americans when they joined the National Hockey League in 1925, it wasn't long after he started playing in New York that the press dubbed Simpson as the Babe Ruth of hockey. It's just a shame that when Simpson finally started playing in the NHL at the veteran age of 32, he played for the worst team in the league. In six NHL seasons, Joe only got to skate in two playoff games.

Harold Edward Joseph Simpson was born in Selkirk on August 13, 1893. The youngest boy in his family, Simpson skated on the frozen pond from the time he could walk and spent close to six months of the year playing hockey every day after school with his chums. "We started to play hockey about as soon as we could walk in those days. The hockey I know was started by skating on the slough which was just down from our house where I was

born," Simpson later recalled. "In those days, there were only two schools in Selkirk, public school and high school. The boys living in the north end were the North team and south of Manitoba Avenue was the South team."

Simpson began his hockey career with the Selkirk Prep School team, and later played with the University of Manitoba club. He played intermediate amateur hockey with the Winnipeg Strathconas and Selkirk Fishermen before joining the Winnipeg Victorias of the senior ranks in 1914-15. He first started with the Victorias as a rover, but then soon after made the switch to defence.

When World War I came about, Simpson was quick to enlist in the army. Before being sent overseas, Simpson was Captain of the Allan Cup winning team from the 61st Battalion Canadian Expeditionary Force (CEF). He then served in France with the 43rd Cameron Highlanders and his unit held a part of the British front alongside a battalion commanded by none other than Major Winston Churchill. Simpson was twice wounded in the war at the battles of Somme and Amiens. "Once [it was later reported] by machine gun bullets in his legs," though "good surgery kept him from lameness." Joe survived and was decorated with the Military Medal for Valour and reached the rank of Lieutenant during the war.

The 5'10", 175-pound Simpson got back from the war in time for the final four games of the 1918-19 season for his Selkirk Fishermen. Removed from the game for nearly three years, Simpson came back stronger than ever and helped lead his team to the 1919 Allan Cup where they fell to Hamilton by one goal on a two-game total-goals series. He had a strong season the following year with Selkirk, scoring nineteen goals in ten games, which was virtually unheard of for a defenceman in those days.

Simpson was in a Winnipeg poolroom in the fall of 1920 when Kenny Mackenzie of the Big-4 league Edmonton Eskimos offered him \$3,000 to turn pro with his club. Upon hearing the offer, Simpson chalked his cue and replied that if Mackenzie could sell the deal to his father then Edmonton would

have themselves a defenceman. The Eskimos got their player in the end and Simpson was shipped off to Edmonton, playing his first game of professional hockey at the advanced age of 27.

In his second year with the Eskimos (1921-22) he was named a Western Hockey League First Team All-Star. He would win that award two more times and was also a Second Team All-Star once over his five years with the Eskimos. He earned high praise from everyone who saw him play over the course of this time, including Newsy Lalonde, who famously called him the "greatest living hockey player."

Joe's end-to-end rushes were legendary and without comparison. Known for his "corkscrew rushes" when he would dip and dodge through opposing players with plenty of dekes and feints as opposed to just skating in a straight line, no one brought the puck up the ice like he did, and the fact that he could also put the puck in the net seemingly at will was simply amazing.

It really was the wild, wild west as Simpson recalled vividly playing some of his games outdoors in Edmonton and Saskatoon even when the temperature fell to such extremes as minus 45: "We used to have snow shovelled into the dressing room to warm our feet when we came off the ice. We'd tramp around in the snow in our stockings. Thaw out gradually that way and avoid frozen feet. Sometimes a fellow would have to sit with his feet in a pail of snow for twenty or thirty minutes."

Simpson got as close as he would to winning a Stanley Cup in 1923 when his WCHL champion Edmonton Eskimos fell to the NHL champ Ottawa Senators by 2-1 and 1-0 scorelines in the Cup final. The games were played in Vancouver and it was the last Cup final that was played in its entirety at a neutral site. It also marked the last time that an Edmonton team contested for the Stanley Cup until 1983.

When the WHL was forced to cease operations at the conclusion of the 1924-25 season, Simpson's contract was purchased by the New York Americans of the NHL for the record sum at the time of \$10,000. He

was a big name and was a major gate attraction for fans in New York. You could make an argument that he was partly responsible for making New York the strong hockey market it is today.

When he arrived, the Americans publicity team tried to portray him as a trap-liner from 450 miles north of Edmonton who travelled to New York City by dogsled and toboggan and was guarded by friendly Indians. They might have been exaggerating just a tinge. Simpson was 32 years old when he first got to play in the NHL, so naturally, he had a lost a step or two from this Edmonton days. Baz O'Meara of the Montreal Star wrote that, "the Joe Simpson who played in the east was only a shadow of 'Bullet Joe' who thrilled western audiences. It's too bad so few sportswriters saw him at his best. They would have seen a player who could break faster than Eddie Shore, skate faster than King Clancy, handle a stick like Johnny Gottselig, and shoot like Sprague Cleghorn. But the east did something to him. He became a wobbly skater, put on about twenty pounds that he never seemed to be able to shed, and was always too amiable to be impressive."

George Mackintosh of the Edmonton Journal replied with, "Mr. O'Meara is right. Bullet Joe was past his best by the time he went east, but when he was with Edmonton the guy was the biggest attraction in hockey. There's been no player quite like him since, and it's doubtful if another like him ever will come along. From the strict defensive angle, there have been plenty of better performers than Simpson, but none his equal at serving up rushing thrills."

Playing for the Amerks was quite the experience for Simpson as the club was run by bootlegger Bill Dwyer and because of that there were plenty of distractions for the players to deal with. One day, Simpson made a wrong turn in one of the arena hallways and walked straight into a room full of elephants and lions belonging to a circus, which was to take place at Madison Square Garden later that week. Simpson made the quickest U-turn imaginable and got the hell out of there. He fled back to his dressing room



PHOTO SUBMITTED

Bullet Joe Simpson as a member of the NHL's New York Americans in the late 1920's.

and found the team's trainer. "Where in the hell did that bad hooch come from?" Simpson asked. "Christ! I could swear I saw a herd of wild elephants out there."

Simpson retired from hockey after the 1930-31 campaign, his sixth season with the Americans. He finished with 40 points in 228 NHL games and 99 points in 113 WCHL games. When Joe retired, he stayed in the game, coaching the Americans for three years, before moving on to manage various minor league teams in New Haven, Minneapolis and Miami.

Bullet Joe moved to Florida in 1938 to promote ice hockey. He suffered a bad heart attack there in the late 1940's that kept him inactive for two years. He was down in the dumps until fellow Manitoba hockey legend Art Coulter hired him to work at the Coulter White's hardware store in Coral Gables, Florida, a position he held until 1965.

"He gave me a job selling skates in his hardware store, four hours a day," recalled Simpson. "It may sound funny, selling skates in Florida, but Coral Gables, at that time, had an arena."

In 1962, Simpson was inducted into the Hockey Hall of Fame. A little over a decade later, in 1975, he was inducted into Canada's Sports Hall of Fame. In 1994, the Marine Museum of Manitoba in Selkirk restored a 1963 flat-bottomed freighter and renamed it the Harold Bullet Joe Simpson.

In his last few years he had a lot of health problems and was nearly blind towards the end of his life. Bullet Joe Simpson passed away in Coral Gables, Florida on December 25, 1973 at the age of 80.

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3	4	7	2	1	9	8	5	6
8	3	9	5	4	6	2	7	1
7	2	5	1	3	8	9	6	4
4	6	1	7	9	2	3	8	5
9	7	4	6	2	1	5	3	8
1	8	3	4	5	7	6	2	9
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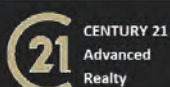
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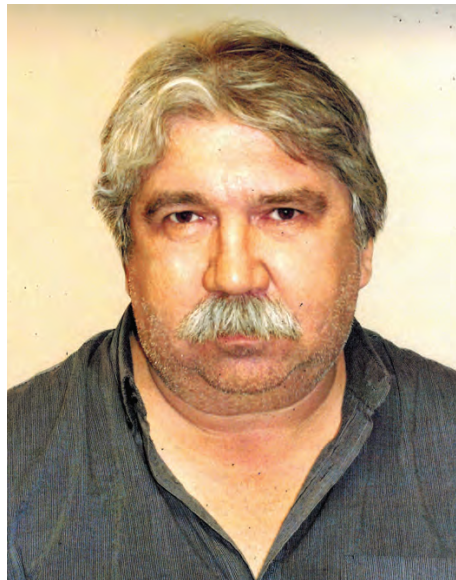


In Loving Memory of the absolute best
Dad, Gramps and Grumps,
Don Cummings
You are so missed Dad...
every single day

We hold you close within our hearts,
And there you will remain;
To walk with us throughout our lives,
Until we meet again.
We've been finding all the dimes,
None of the extra nickels you promised...
Knowing your humor, they would have
Been wooden anyways? Lol
Give Mom a hug from us, and two for you.
-With so much love 'n' stuff,
the orphans, the brats,
their offspring and the fur baby gang

ANNOUNCEMENT

IN MEMORIAM



Wesley Darren Swain
April 27, 1961 – August 21, 2013
Until we meet again.

We think about you always,
We talk about you still;
You have never been forgotten,
And you never will.
We hold you close within our hearts,
And there you will remain;
To walk and guide us through our lives,
Until we meet again.

-Love always, Sandy, Amanda, Tony,
Thomas, Kristin, and grandsons, Coen,
Kienan, Bentley and Riley

ANNOUNCEMENT

IN MEMORIAM

Wallace (Chico) Hourie
August 28, 2016

In Loving Memory of our Dad

May be the fishing be plenty,
The Bingo yelling be plentiful,
In Heaven as it was on earth.

-Love Darlene and Brad

ANNOUNCEMENT

IN MEMORIAM



Marin May Fryza
(nee Einarson)

September 5, 1937 – August 25, 2011

It's been eight years since God has
Taken you away from us.

Time has erased many memories,
But the memory of your smile
Will never be forgotten.

-Frank and family

ANNOUNCEMENT

IN MEMORIAM

Stocks, Louise
In Loving Memory of
Louise Stocks,

a much loved sister and aunt
who passed away August 25, 2013

Softly the leaves of memory fall,
Gently we gather and treasure them all.
Unseen, unheard, you are always near,
So missed, so loved, so very dear.
In our hearts your memory is kept,
To love, to cherish, to never forget.

-Forever loved and remembered
by sister Jo-Ann and family

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OBITUARY

Norman Bell

It is with great sadness that our family announces the passing of Norman Bell on August 10, 2019. Norman was born on August 9, 1934 in Woodstock, New Brunswick. He is survived by his wife Beverley; his sons Bruce (Enza), Brian (Beth), and Brad (Theresa); his grandchildren Nigel, Sergio, Francesca, Andrea, David and Erica; Ruth Bell; sister-in-law Joan Baker and several nieces and nephews. Norman was predeceased by his parents, Robert and Annie, four brothers and five sisters. Norman came to Manitoba in 1953 where he worked for the Central Gas Company for forty-three years.

Cremation has taken place and a funeral service was held on Saturday, August 17. No flowers please, if you so desire, donations may be made to the Winnipeg Humane Society, 45 Hurst Way, Winnipeg, R3T 0R3 or to a charity of your choice.

Arrangements entrusted to:

*Interlake Cremation
& Memorial Services*
204.482.1040

OBITUARY

Pearl Elizabeth Kristina Light (nee Stafford)

19 September 1932 - 17 June 2019

It is with profound sadness that we announce the peaceful passing of Pearl Light at Red River Place, Selkirk Manitoba, in her 87th year, beloved wife of the late George.

Cremation has taken place and a celebration of her life will be held on Tuesday, August 27th at 11:00 a.m. in the Selkirk United Church.

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

Gilbart Funeral Home in care of arrangements.
www.gilbartfuneralhome.com



OBITUARY

Michael (Mike) James Elliott October 23, 1959 – August 13, 2019

Our beloved Michael (Mike) James Elliott, passed away accidentally on August 13th, near Clandeboyne, MB.

Mike grew up on the family's farm in Clandeboyne, Manitoba. Much of his earlier years were spent in the Selkirk, Manitoba area where he started his own family. His later years were spent in the Lower Mainland Area of BC where he worked alongside his son Michael at LMS Reinforcing Steel Group.

Mike was predeceased by his father John, and is survived by his partner Wendy; his mother, Donna; his sisters, Susan (Terry), Sherry (Jay), Tammy (Vince); and brothers John (Kim) and Murray (Candace); his son Michael (Trish); daughters Tia (Drew), Rae (Dan); and numerous grandchildren, aunts, uncles, nieces, nephews, cousins, and friends.

At Mike's request a formal ceremony will not be held. Instead, the family will be holding an informal gathering at the family farm in Clandeboyne at 2:00 p.m. on Saturday, August 24, 2019, all are welcome. A celebration of Mike's life will be held at a date and location to be announced.

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

Gilbart Funeral Home, Selkirk
in care of arrangements

Gilbart Funeral Home, Selkirk in care of arrangements.
www.gilbartfuneralhome.com



Reporter/Photographer Wanted

Are you a natural born storyteller with an eye for photography and a passion for community news? The Selkirk Record is currently seeking a full-time reporter and photographer to join its multi award-winning weekly community newspaper. We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories and event coverage in Selkirk and surrounding area communities.

Qualifications:

- A post-secondary degree/diploma in journalism or equivalent experience in a related field
- Strong photography and writing skills with an interest in social media
- Self-starter with the ability to exercise solid news judgement
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner
- Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
- Experience covering council and school board meetings
- Knowledge of CP Style and about Selkirk and its surrounding communities would be an asset

Please forward your resumé along with three writing and photography samples to:

Lindsey Enns
Editor, The Selkirk Record
Email: news@selkirkrecord.ca
Deadline to apply is Friday, August 9.



Editor Wanted

The Selkirk Record is currently seeking a full-time editor to join its multi award-winning weekly community newspaper. We are looking for someone who is passionate about leading the best outlet of interesting and breaking news stories and event coverage in Selkirk and surrounding area communities.

As editor, you will be responsible for managing multiple reporters, assigning stories, writing news stories and taking photographs of your own as well as laying out the weekly publication. The possibilities are endless with this position so we are seeking a highly motivated individual with a fresh perspective and a passion for community news.

Qualifications:

- A post-secondary degree/diploma in journalism or equivalent experience in a related field
- Layout and design experience and knowledge of InDesign and Photoshop
- Strong photography and writing skills with an interest in social media
- Self-starter with the ability to exercise solid news judgement
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner
- Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
- Knowledge of CP Style and about Selkirk and its surrounding communities would be an asset

Please forward your resumé along with three writing and photography samples to:

Lindsey Enns
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Email: news@selkirkrecord.ca
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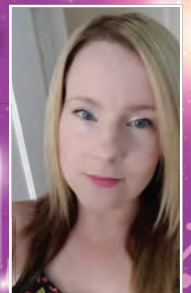
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