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VOLUME 7 EDITION 36

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Catching some air

RECORD PHOTO BY DAVE BAXTER

Isaiah Moore catches some air while skateboarding at the skatepark in Selkirk Park last Thursday. The 14-year-old from Selkirk, who starts Grade 9 at École Selkirk Junior High this week, along with other skateboarders and BMX riders were out last week enjoying the last few days of summer holidays before the start of another school year.

news > sports > opinion > community > people > entertainment > events > classifieds > careers > everything you need to know



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City to invest \$180K in Selkirk Rec Complex repairs

Upgrades to extend life of facility for up to 30 years

Staff

Selkirk's aging arena is set to receive some much needed repairs thanks to a \$180,000 boost from the city.

In a release last week, the City of Selkirk said it will invest \$180,000 into structural repairs at the Selkirk Rec Complex over the next few months. The first of several repairs will aim to extend the life of the facility, which opened in 1992, by about 30 years, according to the city.

Dan McDermid, the city's director of operations, said the city plans to spend about \$1 million over the next 10 years on structural work at the facility.

"The 10-year investment buys us 30 years, if we do nothing, we'll have to build a new facility in five to 10 years at a cost of \$30 million," McDermid said.

Although the facility has served the community well over the years, a structural review, completed by Stantec Engineering, confirmed that by



RECORD PHOTO BY BRETT MITCHELL

Hockey players go after the puck during the Selkirk Fishermen hockey camp at the Selkirk Rec Complex last Thursday. The city plans to invest \$180,000 in structural repairs to the local recreation facility over the next few months.

investing in key repairs the city could extend the life of the building.

McDermid said some of the work is already underway and city staff are replacing hand-rails and repairing doorways.

The outdoor stairs leading to the lobby will be replaced and other work includes masonry work, re-

setting loose blocks, repairing panels and other mechanical work.

Longer-term projects include replacing mechanical room pipe supports, replacing the metal roof, repairing grade beams, overhead door flashing, retaining walls and stairway and sidewalk repairs.

City staff will handle some of the work while other projects will be contracted out.

More recently the city has completed some geothermal upgrades to the

"THIS IS OUR PREMIERE RECREATION FACILITY BUT IT WAS BUILT 25 YEARS AGO."

ice plant and the ice surface lights are scheduled to be replaced as well.

The city's CAO Duane Nicol said the investment into the facility falls in line with the Capital Asset Management Program that helps identify city buildings, the condition they are in and what maintenance is required to maximize the value of that building.

"This is our premiere recreation facility but it was built 25 years ago," Nicol said. "We're currently developing our Recreation Strategy and in that we're identifying all our facilities and their lifecycle. We've got older facilities and part of our strategy is determining how to maintain them properly. The Stantec review of the Rec Complex showed there is enough life in the building for us to continue to invest in it. It's the same philosophy as our Capital Asset Management Program, we're making strategic investments in assets to extend their useful life and reduce the net cost to the city overall."

The Selkirk Rec Complex, which is owned by the city, is home to a variety of sport and recreation activities including hockey, ringette, figure skating, speed skating, fitness classes, and special events.

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Selkirk declares Sept. Prostate Cancer Awareness Month

Staff

The City of Selkirk has officially proclaimed September as Prostate Cancer Awareness Month in Selkirk.

One in eight Canadian men will be diagnosed with prostate cancer in their lifetime, according to Prostate Cancer Canada.

Prostate Cancer Awareness

Month is a time dedicated to public education regarding the most common cancer in men.

"Statistically comparable with breast cancer, it is of vital importance that we increase our collective understanding about a disease that, when detected early, is more than 90 per cent treatable," a Prostate Cancer Canada spokesperson said in

a release last week. "In 2015, an estimated 24,000 Canadian men were diagnosed, and this number is expected to double by 2030 due to an aging population."

For more information visit prostatecancer.ca or call 1-855-PCC-INFO (1-855-722-4636) or email support@prostatecancer.ca.

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Gerdau celebrating a century of steel in Selkirk

Local mill offering public tours for the first time on Sept. 12

By Lindsey Enns

When you've worked for the same company for nearly 30 years, you get a front row seat to all kinds of firsts.

For Rob Sternat, who has been working at the Gerdau Manitoba Mill located at 27 Main St. in Selkirk since 1987, being around to help create new products has never lost its luster.

"It was a truly exciting time when we were making a new product. It was everybody pulling on that rope at the same time," said Sternat who is currently the mill's maintenance and reliability manager. "We used to have a saying, 'we don't sell what we roll we roll what we sell' and that was really entrenched in our culture.

"It was very exciting times here when we were evolving because it was do or die,"

What started out as a horseshoe business in Winnipeg's St. Boniface area in 1906 has now grown into what is now commonly referred to as the Manitoba Rolling Mills or Selkirk Steelmill.

This year the mill, which officially opened in 1916, is celebrating a century of steel in Selkirk and Gerdau is marking 110 years of doing business in Manitoba.

In honour of Gerdau's 110th anniversary, the mill will be hosting an open house community event on Monday, Sept. 12 from 2 p.m. to 6 p.m.

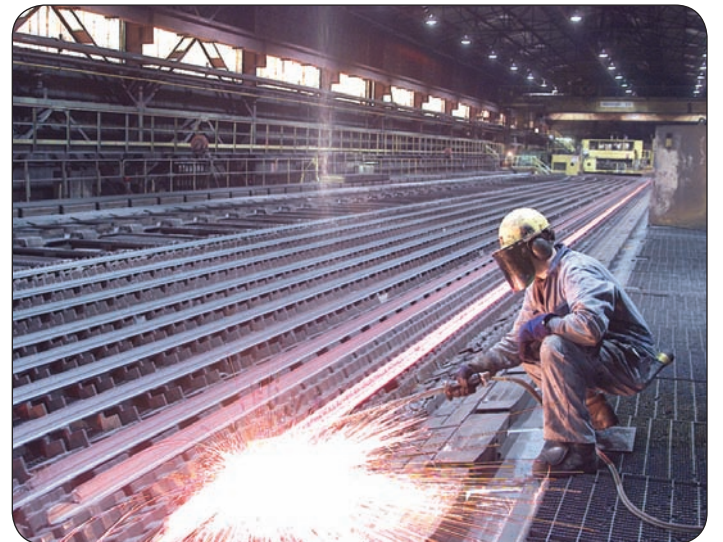
The event will include historical and product displays and walking tours for those who registered by Sept. 2. Current and past employees and their families are also invited to attend a special gathering on Sunday, Sept. 11.

Julie Moffat, who is the Selkirk mill's human resources manager and has



RECORD PHOTOS BY LINDSEY ENNS AND SUBMITTED

ABOVE LEFT AND RIGHT: Gerdau Manitoba Mill human resources manager, Julie Moffat, pictured centre, leads a tour of the Selkirk mill in March. This year Gerdau is celebrating 110 years in Manitoba and the Manitoba Mill is marking a century of steel in Selkirk. BELOW LEFT AND RIGHT: The picture on the left shows how workers used to manually move bars at the mill's cooling bed before to how they automatically move them today.



been with Gerdau since 2003, said to her knowledge this is the first time the local mill is opening up its doors to the public.

"It's the only time we've opened it up like this," Moffat said. "There's some people in the community who don't even know we're here or know we're here but have no idea what we're do-

ing so we're giving that opportunity to the community to see what we do and what we make."

In the 1980's the mill made a business decision to move away from commodity products to specializing in special sections.

Special sections are primary steel sections that are specific to an in-

dustry using unique steel shapes or grades. At the Manitoba Mill the special sections consist of four main product groups: ground engaging tools, materials handling, elevator guiderails and trailer beams.

Continued on page 7



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HOURS

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Bed and breakfasts to host open houses Sept. 18

By Dave Baxter

Local bed and breakfasts will swing their doors open to the public next weekend, as they look to show residents and tourists what the B&B experience is all about.

The Manitoba Bed and Breakfast Open House event, which is put on by Bed and Breakfast Manitoba will take place on Sunday, Sept. 18 from noon till 5 p.m.

The event will see 23 B&B's across Manitoba open their doors to the public.

Selkirk-based B&B's Evergreen Gate, Bridgeview B&B, Harlequin House B&B, The Fidler House, as well as St. Andrews based Cloverdale B&B will all take part in the event, and will invite community and area members to look around and enjoy some refreshments.

Evergreen Gate sits at 1138 River Rd.

in Selkirk and has been in business for 20 years.

The B&B has three rooms all with different themes, as well as a large lot that lets guests spend time outdoors near the Red River.

Evergreen Gate owner Laurel Sarginson, who owns and runs the business along with her husband Rob, said the open house is important because they want to show that their business and many B&B's look to offer something different than the average trip to a hotel or a motel.

"It's the feeling like you are in a home," Sarginson said. "But you only spend as much time with the hosts as you want to."

"Some will choose to do their own thing, while others like to spend time with us."

She said that when she has guests at her business her and her husband are actively working as best they can to take care of their needs.

"You have the personal approach of a host, and we are here when people come and make sure they feel comfortable," she said. "We are here to help them solve their problems. Some people are completely independent and some need to be helped along, but for many travel-



RECORD PHOTO BY DAVE BAXTER

Evergreen Gate owner Laurel Sarginson sits in the screened in porch at the Selkirk-based bed and breakfast where they often serve breakfast to their guests. Local bed and breakfasts will open their doors to the public on Sunday, Sept. 18.

lers when you find someone that will actually help you, it can just make things more comfortable."

She said the type of guest that typically stays at their B&B is a "considerate and curious person who is open to new experiences and likes to interact with other people."

Sarginson hopes the open house will show people what it would be like to stay at a B&B, but also work to get rid of some of the misconceptions about B&B's that she said many still hold.

"Many think there would be a total lack of privacy, but how much privacy guests get is completely up to them, so the main thing is guests always get what they want out of it."

Bed and Breakfast Manitoba president Susan Proven said she also hopes the event gives residents a better understanding of B&B's.

"We know from our guests over the years, that some people may not have a true understanding of what it is like to stay in a B&B," Proven said.

To encourage guests to come to some of the B&B's during the open house, there will be a prize draw for a one-night stay at a member B&B of the winner's choice.

For more information on the Manitoba Bed and Breakfast Open House, and to get the location of each participating B&B go to bedandbreakfast.mb.ca.

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Province seeks public's input on recycling programs

Staff

The province wants to hear what you think about new five-year plans for various industry-led programs that handle the collection, recycling and disposal of designated materials.

Producer responsibility organizations (PROs) have submitted program plans for products such as paper and packaging, paint, fluorescent lights, electronics, batteries, unused medications, mercury-containing thermostats, tires and more. Currently the province has 12 industry-led stewardship programs that divert approximately 120,000 tonnes of designated materials from landfills and generate about \$42 million in revenue annually, Cox said.

The deadline for comment on the plans is Oct. 4. Submissions can be sent via email to stewardship@green-manitoba.ca or submitted in writing to:

Green Manitoba
Manitoba Sustainable Development
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Winnipeg, MB R3C 1A5

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City reminds motorists to slow down near school zones

Staff

The City of Selkirk wants motorists to start off the new school year without a speeding ticket by reminding drivers reduced school zone speed limits are now in effect.

Reduced speed zones of 30 km/h around four Selkirk schools including École Bonaventure, Robert Smith, Ruth Hooker and Centennial came back into effect on Sept. 1.

Dan McDermid, the city's director of operations, said the city wants to remind motorists that after a summer without the speed zones in effect they now need to adjust their speed downwards for the safety of school children.

The City of Selkirk adopted a Reduced Speeds in School Zones Bylaw last year, following changes to the Highway Traffic Act, which allowed local governments to reduce speed limits in school zones.

The regular posted speed limit within the City of Selkirk is 50 km/h. The reduced speed zones, which are in effect from September to June, require motorists to reduce their speed to 30 km/h from 7 a.m. to 5:30 p.m., Monday to Friday.

Reduced speed signs will be posted in the zones as well as advance warning signs to alert motorists to the reduced speed limit.

RCMP will enforce the reduced speed limits and those convicted of speeding will face a fine under the Highway Traffic Act.

Insp. Dave Kalist said RCMP will be patrolling the reduced speed zones prior to the start of school to remind motorists to slow down. They will issue warnings, he said, but motorists shouldn't consider it a free pass.

"For the first couple days of the month the RCMP will be out and of-



RECORD PHOTO BY DAVE BAXTER

The City of Selkirk and the RCMP would like to remind motorists that 30 km/h school zone speed limits, like this one along Mercy Street, are now back in effect.

icers will use their discretion to remind people of the reduced speed limit, that we're coming out of summer and back into the school season," Kalist said. "But people who are really exceeding the speed limit, there's no guarantee they won't get a ticket."

When school starts again on Wednesday, Sept. 7, Kalist said motorists who exceed the 30 km/h limit in the school zones will be ticketed.

Kalist also reminded motorists that fines for speeding in Manitoba are substantial and can result in demerits on your license, which makes the cost even higher. He encourages motorists to consider the safety of children in school zones as well.

"People really need to slow down and watch for the school zones," he

said.

RCMP will also have enhanced enforcement around the Comp which isn't one of the reduced speed zone schools, but is an area of concern.

"We're going to have enhanced en-

"PEOPLE REALLY NEED TO SLOW DOWN AND WATCH FOR THE SCHOOL ZONES."

forcement around the high school as well to ensure drivers, especially the young drivers, are driving in a reasonable manner and not breaking any laws," Kalist said. "And around the high school, that will be enforcement."

Daerwood School, which is also a Grade 6 and under school, was not included in the Reduced Speeds in School Zones Bylaw, due to its location on Main Street, a provincial highway.

The city opted to keep the speed limit on Main Street at 50 km/h, due to the fact adult crossing guards assist students crossing Main to ensure their safety. The RCMP monitor Main Street for speeding regularly and have pledged to increase patrols near the school.

Views from the Selkirk Waterfront



RECORD PHOTO BY LINDSEY ENNS

Fishermen wait for a bite on the edge of the Selkirk Waterfront while a boat makes waves along the Red River on Aug. 28.



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Waterfront market 'a huge success,' organizer says

By Lindsey Enns

Vendors and organizers are dubbing this summer's Selkirk Waterfront Farmer's Market a success.

"It's been a huge success," said Joy Sul the organizer behind the market, while looking around at the crowd during the last farmer's market of the month last Wednesday afternoon. "We've had great attendance, kind of bittersweet today with it being the last day."

Sul said the market, which ran every Wednesday afternoon throughout the month of August, helped bring thousands of visitors from across the Interlake and Winnipeg to Selkirk.

"It's from everywhere, it's just a tremendous success," Sul said, adding they averaged between 31 to 34 vendors per week.

Among the vendors during last week's market was Carmen Paul of Serving Serendipity Bakery.

Paul said the local farmer's market was a great way to showcase smaller business owners such as herself.

"It's amazing how as the weeks progressed it just got busier," Paul said, adding nice weather throughout the month also helped. "It's been great."

The farmer's market was held in



RECORD PHOTOS BY LINDSEY ENNS

ABOVE: Cloudy skies didn't stop crowds from checking out the last D.O.G Days and Selkirk Farmer's Market along the Selkirk Waterfront of the summer last Wednesday. BELOW: Bailey, a three-year-old English bulldog, was among the dozens of dogs walking along the Selkirk Waterfront last Wednesday.

conjunction with D.O.G Days and community members were encouraged to bring their pets.

Sul, who also runs the market in Lockport every Sunday, said they plan to bring the market back to the waterfront next summer.

She said they hope to host it for more than one month and extend their hours for those unable to make



it in the afternoon.

Sul added the Lockport market is

now open until Sept. 25. It runs every Sunday from 12 p.m. to 5 p.m.

FOUNDATION FEATURE



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Selkirk & District Community Foundation Is Accepting Grant Applications For the Community Grant Program

- Applicants must be a registered charity with Canada Revenue Agency, located and providing services within the City of Selkirk, or the R.M.s of St. Andrews or St. Clements.
- The Foundation's granting program supports local needs and interests, which include, but not limited to, the arts, cultural activities, heritage programs, health, education, senior services, social programs and youth activities.
- Grant submissions should reflect projects and/or programs that will occur between the months of October - March.

Grant Application Procedure

- GRANT GUIDELINES AND APPLICATIONS MAY BE OBTAINED FROM:
Foundation Office: 785-9755 Or 200 Eaton Ave in Selkirk Or email:
selkirkfoundation@shaw.ca Or www.sdcf.ca
- APPLICATION DEADLINE: Friday, September 30, 2016

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Ten of the 16 tallest buildings in the world use the mill's steel elevator guide rails to support a commercial elevator car, according to Gerdau.

And lastly, trailer beams allow the trailer industry to use high strength, low weight steel to increase the payload on tractor trailers, allowing a consumer to ship more at a lower cost.

Although their product line and various equipment and technology throughout the mill has evolved, Ryan Neskar said the biggest change he's noticed over the years is their safety culture.

"Everyone still watches out for each other, we have equipment we wear and we've added some equipment," said Neskar, who has been with Gerdau since 1982 and is now a project engineer. "There's no end to upgrading ... safety is always evolving."

Neskar said one of his first jobs at the Selkirk mill was sweeping floors.

"I started in the metal shop and I was there when they had two furnaces that were very slow," he said. "It took two of them about three hours to make 40 tonnes of steel."

"Now I think we're at 55 tonnes in 40 minutes."

Neskar said the mill was originally built oversized so over the years they've been able to make larger products without ever really having to expand.

Neskar added when he first started there were nearly 725 employees. Today the Manitoba Mill employees nearly 530 employees.

"We wouldn't have been able to compete with that much staff," Neskar said, adding their employee base has stayed steady over the years. "Any increases have been due to our technology aspect."

According to Gerdau, their challenge moving forward after a successful 110 years is remaining nimble in the face of world markets and continuing to be a world leader in special sections.

"A lot of people started here sweeping the floor," Neskar said. "It's a company where you can move forward, you can move up if you want."

Sternat said he's proud to work for a company that's been around for 110 years.

"We've changed from a standard product line to special products which has really guaranteed our future and is really exciting."

Steelers seek billet families for hockey season

By Dave Baxter

The Selkirk Steelers are looking for local families that are willing to take in hockey players and help them feel at home this hockey season.

The Steelers Junior A hockey club is currently seeking billet families for the 2016-17 junior hockey season, as some on this year's roster don't live in the immediate area and will need a place to stay for the season.

Billet families are asked to take in a player for the season. The Steelers director of business operations, Don Gilman said the 2016-17 season will start with between six and eight players needing a place to stay. So far four families have signed up to take in players.

Gilman said billet families are asked to provide a caring home atmosphere for players and they also encourage families to come out and cheer on the Steelers during the hockey season.

He added there is always the chance throughout the season that players from other communities could be signed by or traded to the Steelers, so it would ideal to have a billet family wait list.

"The outreach of this league is becoming more North America wide, where it used to be province wide," Gilman said. "We would like the luxury of a waiting list of people wanting to billet."

"Sometimes during the season play-



RECORD PHOTO BY DAVE BAXTER

City of Selkirk workers pictured from left to right, Chris Grochowski, Dennis Walker and Brett Fewchuk were busy getting the rink at the Selkirk Rec Complex ready for another hockey season in Selkirk on Aug. 25. The Selkirk Steelers are looking for local families willing to house players during the upcoming hockey season.

ers are made available, and in the decision making process of whether or not to take that player is if they have somewhere to stay, so we have to billet them in a hurry."

Families with extra space in the home and "empty nesters" work well as billet families, Gilman added.

Any family that takes in a Steelers player will get a small amount of compensation for food and other

household items, an invite to Steelers events throughout the season and are often given season tickets to attend Steelers home games.

Anyone that would like to inquire about being a billet family for the Selkirk Steelers can contact Don Gilman directly at 204-471-8844 or email Brian Cutting at brian@selkirksteelers.com.

Former St. Andrews Community Club treasurer set to be in court on Sept. 23

Staff

The case of a former St. Andrews Community Club treasurer charged with defrauding the club of more than \$200,000 has now been pushed back to Sept. 23.

During an Aug. 19 trial date at Selkirk Court of Queen's Bench, Sharon Wasny's trial was remanded and she is now expected to be in court on Sept. 23.

In April, RCMP arrested and charged Wasny, 53, of St. Andrews, with theft over \$5,000 and falsifying documents in relation to alleged fraud at the St. Andrews Community Club that dates back to January 2005 and ends in July 2012.

She is presumed innocent and none of the charges have been proven in court.

RCMP have previously said they believe more than \$200,000 was stolen from the club while Wasny was treasurer.

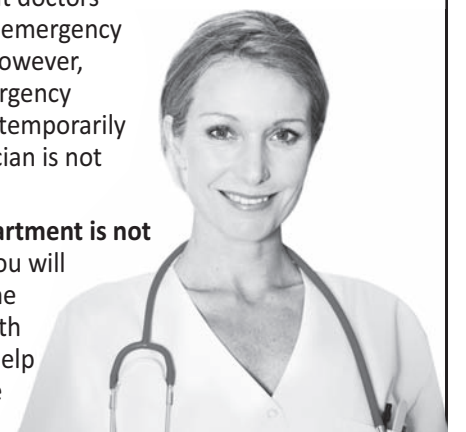
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Monthly emergency department schedules are posted online at ierha.ca (click "Care in your Hospital" and then "Emergency Department Schedules") or you can call toll-free 1-866-267-5818 and listen to schedule options.

These schedules are current when posted but are subject to last minute changes as doctors may need to accompany patients on ambulance transfers to another hospital. In these cases, staff on-site will direct you to your best care option. We apologize for any inconvenience this may cause you and encourage you to always call 911 for critical emergencies.



Interlake-Eastern
Regional Health Authority

Selkirk Record



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getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL

The one that go away

Welcome friends.

While out and about last week I had the enjoyable experience of meeting two of our angling brothers who offered stories about "the one that got away." I was slowly rolling along the winding paths of the small park at Norris Lake last Friday admiring its' rich deep blue waters while occasionally stopping to talk to campers. In time I noticed a robust chap sitting on a park bench by his trailer getting his fishing gear ready while his wife and son enjoyed swimming at the beach. I parked and walked over to our new friend who said he was Craig Smith from Petersfield. I asked if he had a story for us whereupon he laughed as he tied a spoon on his rods' line.

"You bet," he replied.

When I was riverbank fishing on the Red River with a gang years ago, we caught a giant carp that looked 5' long." Continuing his story, because he was the youngest at 16, they made him go down the embankment to land the fish so they could take a picture with it. While, there, he found himself up to his backside in water and muck wrestling this huge yellow fish.

"Grab him by the gills," his friends called from the comfort of the park grass. Looking up at them half exhausted he remembered thinking, why don't you experts come down here and do it. Try as he might, he could only grip the beasts' slimy head as it thrashed from one side to the other like a gigantic snake. Finally, Craig's arms gave out and the fish rolled over out of his grasp to freedom in the muddy water.

"He's probably still in the river today," Craig offered with a hearty laugh.

The Winnipeg River by Powerview draws anglers from around the world.

I was there a few days ago and ran into another fellow Dave Ledrew who lost a big fish.

Some years ago he was boat fishing on the north shores' rock reef with friends when he suddenly got the feeling they had run aground. The boat literally stopped dead. It took a few minutes for Dave to realize the boat was free but that he had something heavy on his line that had gone to the bottom.

He reeled in slow and hard inch by inch. It must have taken a half an hour until amazingly the white underbelly of an enormous sturgeon appeared just under the water as it wrapped itself around the anchor rope. Try as they might when they would swing the boat around to free the fish it would turn the other way getting caught again. Then it got mad and began dragging the anchor, boat and all towards shore. By now Dave's rod had snapped in pieces and his line was only holding on by its' biggest eye. The big fish, crazed, grounded itself with the boat against it. Here was a chance for the boys to get a picture with this creature but as soon as they jumped out of the boat to grab it, it went wild thrashing the water into white foam snapping Dave's line. The freed fish with great flick of its' tail shot away like lightening leaving the men hanging outside the boat empty handed.

Over by the Manitoba Hydro steam plant park area early last week I came across a bunch of guys from Acme Technical Services who had just decided to close up shop and go fishing. Now, we can all relate to that, right? I passed my card around asking for a story and one fellow, Ron Ramuscak came forward sharing about when he was young he went fishing in a small lake by Ignas, Ontario, with his buddy



PHOTO SUBMITTED

A surprised Ron Ramuscak who caught a nice pickerel on the Red and didn't quite know what to do next with it.

who was a paraplegic.

They caught and released fish all day and since Ron didn't like to touch fish at the time, his friend unhooked them until it came to clean a few for supper. That his friend could not do so Ron "got tough" grabbed his filleting knife and became a true angler. Just as Ron was finishing his story another Ron, Ron Natividad came running at us over a small hill from the riverbank his rod in one hand and a fish in the other.

It was the first fish he had ever caught and all the guys laughed at his "now what do I do with it" expression.

So-long till next week folks.

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TROUBLE WITH PAPER DELIVERY?

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Guido Amsel, alleged letter bomber, fires lawyer

By Dave Baxter

A man accused with bombing incidents that took place in both St. Clements and Winnipeg has fired his lawyer.

Winnipeg-based lawyer Martin Glazer told a Provincial Court Judge that on Aug. 18 accused letter bomber Guido Amsel fired him as his lawyer.

As of the *Record's* Monday press deadline, Amsel was reportedly still on the hunt for new legal representation.

Amsel told a Provincial Court judge that he fired Glazer because he had "lost trust and confidence in his work."

Amsel is currently in custody in Winnipeg, and faces charges stemming from incidents that happened in St. Clements in 2013 and Winnipeg in 2015.

In July of 2015, a mail bomb that was sent to a Winnipeg law firm detonated and seriously injured Winnipeg lawyer Maria Mitousis.

Mitousis lost a hand as a result of the blast.

Two more bombs were also discovered and safely detonated in July of 2015 by a bomb disposal unit and there were no injuries as a result of those two bombs.



RECORD FILE PHOTO
Accused letter bomber Guido Amsel fired Winnipeg lawyer Martin Glazer, pictured above, last week. As of Monday, Amsel was still seeking new representation.

Amsel's trial in relation to the 2015 incident was expected to begin with motions on Sept. 14, with the trial set to start Oct. 26.

The trial is expected to last approximately 45 days.

A Provincial Court judge reportedly

told Amsel the trial could now be delayed because he fired Glazer.

Amsel also faces two counts of attempted murder, two counts of using explosives to cause bodily harm, possession of an explosive substance, possession of a weapon for dangerous

purposes, and mischief over \$5,000, all related to an incident in 2013 in St. Clements.

RCMP Chief Supt. Scott Kolody said during a press conference in April that in the early morning hours of Dec. 13, 2013, "what we believe to be an explosive device was detonated outside a home in the Rural Municipality of St. Clements."

RCMP said the explosion damaged the home and a vehicle.

Amsel's ex-wife and one other adult who were in the St. Clements home were not woken up by the blast and nobody that was in the house noticed the damage until later that morning.

None of the allegations from the 2013 or 2015 incidents have been proven in court.

RCMP Sgt. Jared Hall said in April that after the 2013 explosion in St. Clements Amsel was considered a suspect but RCMP had "no physical evidence to lead to an arrest of Guido Amsel."

He said the 2015 arrest of Amsel "shed new light" on the 2013 investigation and they collaborated with Winnipeg Police and shared information leading the arrest in April.

Province reaffirms participation in inquiry into MMIW

Staff

The province has passed an order in council that provides the federally appointed commissioners of the National Inquiry into Missing and Murdered Indigenous Women and Girls the authority to examine the considerable work and analysis already completed in Manitoba and to examine matters within the exclusive jurisdiction of the province.

"Like most Canadians, our government's hope is that this national inquiry will result in realistic and meaningful changes that will begin to address the systemic causes of violence against Indigenous women and girls," Justice Minister and Attorney General Heather Stefanson said in a release last week. "The tragedy of missing and murdered women is keenly felt in Manitoba and is of vital and ongoing public importance given our province's young and growing Indigenous population. The critical work of the national inquiry must build upon the work undertaken in Manitoba in order to identify and better understand and address the systemic gaps that put Indigenous women and girls at risk."

The inquiry's commissioners are ex-

pected to issue a report and recommendations for concrete and effective action, based on these perspectives and other knowledge and expertise gathered from across Canada, by the end of 2018. Manitoba has committed to support the work of the national inquiry and fully expects its processes and outcomes to be representative of and meaningful to the survivors of violence against Indigenous women and girls, the families of missing and murdered Indigenous women and girls and the larger community.

"Throughout our consultations, we have heard that the national inquiry must be culturally respectful, emotionally supportive and must also reflect the wisdom, experiences and recommendations of the many individual Manitobans, local fami-

lies, indigenous community leaders and relevant organizations who have contributed to our province's unique volume of experience on this issue," Indigenous and Municipal Relations Minister Eileen Clarke said.

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5:30 p.m. Tradeshow
The health programs and services available in our region will be featured. Our Mobile Wellness Team, our program staff and our community partners will be available to provide expert advice and to offer healthy lifestyle ideas.

6:30 p.m. Annual General Meeting
Dr. Michael Routledge, chief provincial public health officer, will present highlights from the 2015 Health Status of Manitobans Report *Healthy Environments Healthy People* with a regional perspective by Interlake-Eastern medical officer of health, Dr. Tim Hilderman.

Also on the agenda is a review of Interlake-Eastern RHA activities; the Chair's Award for Excellent Customer Service and Community Leadership award; and an open forum for questions and answers.

For more information, contact:
Toll free: 1-855-347-8500 E-mail: info@ierha.ca
Website: www.ierha.ca

Interlake-Eastern
Regional Health Authority

Paint Night fundraiser to benefit blind brothers

A GoFundMe campaign has raised over \$18K for the Selkirk brothers

By Dave Baxter

An East Selkirk woman who is working to help give her nephew the gift of sight will host an event that she hopes will bring that dream one step closer to reality.

Amanda Vitt will host a Paint Night fundraiser event at Hawthorn Estates located at 76024 Rd. 33 East in St. Clements, on Tuesday, Sept. 27 starting at 7 p.m.

More than a month ago Vitt set up a GoFundMe Page called "The Gift of Sight," with the goal of collecting \$25,000 to help her nephews Benny and Ashton Francey.

As of Monday morning, the GoFundMe page had raised \$18,254.

Both 10-year-old Benny and eight-year-old Ashton were both born with a rare condition called Leber Congenital Amaurosis, an eye condition that causes blindness at birth.

Both the boy's conditions are different, as Benny can see silhouettes and colours but no details, while Ashton lives in "total darkness," Vitt said.

Vitt has specific goals for the GoFundMe campaign, as she would like to purchase eSight glasses for Benny which could help him see people and objects for the very first time.

Because of Ashton's condition eSight glasses would not be helpful, but Vitt wants to raise money to get

him into a therapy program that involves spending time with and being around horses.

The Paint Night fundraiser is another way for Vitt to raise money for the boys, as she inches closer to her goal of raising \$25,000.

"Paint nights have become a very popular fundraiser lately, and a great way to raise money," Vitt said. "It's a great way for people to come out and have a fun night."

Tickets for the event are \$45, and \$15 from every ticket sold will go directly towards helping Benny and Ashton.

Everyone who participates will receive a canvas on which they will paint a painting that has been selected, while following along with a professional artist.

Vitt said one of the most fun parts of a Paint Night is that everyone from experienced artists to those who have never painted before can come out and have a good time.

"The painting has been picked and the artist will have a headset on and take you through it," she said. "It's fun because by the end some look great and some look not so great, but that's what makes it's funny."

She added there will be appetizers, drinks and a silent auction at the event.

Vitt said she had no idea if her Go-



SUBMITTED PHOTO

Selkirk brothers Benny, pictured left, and Ashton, pictured right, were both born with a rare condition that causes blindness at birth. The brother's aunt is now working to raise money to help the boys.

FundMe page would be successful, but now she said she has been "overwhelmed" by the support it has received.

"I am confident we will hit that \$25,000 goal," Vitt said. "At the beginning I couldn't fathom we would reach it, and now it I can feel it is getting closer and it's very exciting."

Members of Benny and Ashton's family hope to eventually fly to Toronto to personally receive the glass-

es, and get instructions on how to use them to their full potential.

"You can have them shipped, but we would like to go and get a full explanation so we can get everything we can out of the glasses," Vitt said.

For more information on the paint night and how to get tickets email Amanda Vitt at vittrealestate.com.

To donate to the Gift of Sight GoFundMe campaign go to gofundme.com/bennyashton.

Pop up market brings works of art to St. Andrews

By Dave Baxter

Artists and works of art came together at a colourful event near Winnipeg Beach last weekend.

Local artist Heidi Hunter held Prouptopia: A Pop Up Art Market at her Run

with Scissors Art Studio along Prout Road, just west of Winnipeg Beach in St. Andrews, last Saturday and Sunday.

The event saw 21 artists set up displays to show off and sell their work,

with everything from paintings and carvings, to handmade clothes and jewelry.

Hunter said she believes the event was unique because artists were selling high-end art and products on a gravel road property in a rural setting.

"I just think it's great that people will make an effort to come down a gravel road," Hunter said. "But when they come in what they see is exquisite beautiful works of art."

"We are all professional artists and we all do this for a living."

Hundreds showed up to check out the event throughout last Saturday and Sunday.

Last weekend was the second time Hunter held a Prouptopia event this year and she said the event is already growing from her original ideas and more artists want to be a part of it.

Continued on page 14

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Your FARM



Open Farm Days will be the talk of the herd

Interlake farms will be opening their gates on Sept. 18

By Natasha Tersigni

In their fourth year participating in Manitoba Open Farm Days, Ken and Iris Overby will be welcoming members of the public to tour their free-range bison herds on Sunday, Sept. 18. The Overbys have been raising bison on their farm located just south of Inwood since 1994. Today they have over 300 animals and the couple enjoys sharing their knowledge of the bison industry with visitors.

"We find most of the public is three generations removed from the farm, so Open Farm Days gives them an opportunity to see what farming is all about, how we treat animals and where their food source comes from. The tours help to give them a better idea of what it looks like to farm today," said Ken.

With only approx. 30 to 50 bison farms in the province, guests visiting the Overby's farm have the unique opportunity to see what farming the indigenous species looks like. Guests will be taken through a herd of 130 animals of all different ages to see how they live off of the land. Guests won't be able to touch or feed the animals, but will be able to see them in their natural habitat.

"We try to be very hands-off and give them their space," added Ken.

"The biggest advantage of ranch-

ing bison is that they are indigenous to North America. That is why we do not need shelters and the animals can just winter out on the pasture. Our bison operation is very hands-off; I have never personally seen a bison calf born. They are a really neat species in how well they take care of themselves and how well suited they are for our environment."

As well as giving tours of the pastures, the Overby's will discuss different aspects of their operation including how the animals are treated and how they maintain pasture management through rotational grazing.

"When we do the tour it is not just about how we treat the animals, it is also how we treat the environment. We are bison producers, but because the bison majorly feed on the grass in the pasture land we are also harvesting the grass and the sun on marginal land," said Ken.

The Overby's will be welcoming the public between 1p.m. to 5p.m., during Open Farm Days Pasture tours will begin at 1p.m. and 3 p.m. on Sept. 18.

Along with the Overby's, two additional Interlake farms participating in Open Farm Days includes Riverton's Integrity Foods and Gimli's Mission Trail Farms.

At Integrity Foods guests will be able to walk through the bakery's gar-



EXPRESS PHOTOS BY NATASHA TERSIGNI

Inwood's Iris and Ken Overby will once again open their bison farm to the public for Manitoba's Open Farm Days on Sept. 18. Along with tours of their bison pasture, guests will see firsthand how a ranch is operated.

dens and learn about conservation, growing, harvesting and preserving food. As well, there will be pets to see including goats, sheep, pigs, a miniature donkey, ducks, cats and rabbits and fresh pizza from the wood-fired oven and soup to enjoy.

At Mission Trail Farms, the dairy

farm just south of Gimli, guests will be able to tour a 50 cow milking operation as well as see milking demos at 12:30p.m. and 3:30p.m.

For information and directions on all farms participating in this year's Manitoba Open Farm Days, go to www.openfarmday.ca.



Guests visiting the Overby farm on Open Farm Days will be able to tour the pastures and see the bison up close.



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FALL & WINTER ACTIVITIES & registration section 2016-2017

How to Help Kids Find Extracurricular Activities

Sports may be the first thing that comes to mind when many parents think of extracurricular activities for their children, but not all kids are cut out for or interested in competitive athletics. But just because a youngster may not be the next star quarterback or captain of the soccer team does not mean he or she can't find an extracurricular activity to be passionate about.

Parents know that schoolwork comes first, but extracurricular activities can be important to a child's development, serving as an avenue to meet new people and an opportunity to learn the importance of teamwork. The following are a handful of things parents should consider when trying to help their children find the right extracurricular activities.

Interests

One of the easiest ways to help kids find an extracurricular activity they can be passionate about is to discuss their interests with them. Youngsters with a love of animals might enjoy volunteering at a local animal shelter or hospital, while those who love to write may find writing for the school newspaper is a great way to apply that passion in a practical setting. Even kids with a passion for video games might be interested in learning about computer graphics and what it takes to design games. When trying to find extracurricular activities for your children, resist the urge to write off any of their interests. Instead, use those interests as jumping off points to further engage their passions.

Availability

Parents know that school comes before extracurricular activities, but kids

may not be so wise. Keep in mind kids' existing workloads when helping them find the right afterschool activities. Many organizations are especially flexible with teenage volunteers or employees, but parents still must keep a watchful eye to ensure kids do not overextend themselves. Kids who overcommit to extracurricular activities may end up feeling burnt out, which can have a negative impact on their schoolwork. Encourage kids to find activities they care about, but emphasize that these activities should not become bigger priorities than schoolwork. Let kids know that they can get more involved during summer vacation, but make sure kids don't devote too much of their time to afterschool activities during the school year. A couple of hours per week and even some additional time on the week-

ends should not distract kids from their responsibilities at school, and that's still ample time for kids to explore their interests.

Internships

Internships were once exclusive to college students, but many organizations now offer internship opportunities to high schoolers as well. Kids who find themselves interested in particular subjects at school, whether it's graphic design or a beginner's course on finance, may be eligible for internships with local companies. Such opportunities may even encourage kids to pursue a particular course of study once they enter college.

Extracurricular activities can help youngsters develop into well-rounded adults. Parents can help kids find the right activities while still encouraging them to keep schoolwork atop their priority lists.

Swimming More Than Just a Recreational Activity

Many people view swimming as a purely recreational activity, but the health benefits of swimming should not be overlooked.

Swimming is a great way to get fit, providing great cardiovascular exer-

cise that's easy on the joints. Swimming engages a variety of muscle groups, making it a great way to get a complete workout. The following are some additional benefits of including swimming as part of your exercise regimen.

- When swimming, muscles are worked hard, which can help build strength. Much of that work can be traced to

the fact that water is far more resistant than air, forcing a body in water to work harder to move than it would if it were walking on solid ground.

- Water buoyancy can enable people to do exercises that would be jarring on land. In water, roughly 90 percent of the body is buoyant. That means working out in the water will put less strain

on the knees and hips when it comes to performing high-impact jumping exercises.

- Swimming is a great cardiovascular workout. Swimming can elevate the heart rate to an optimal level and work the lungs, too. Pushing oneself harder and harder can help to burn calories and lead to weight loss.

- Just about every muscle is used when a body is swimming. Swimming targets the shoulders, back, arms, legs, hips, and gluteals without requiring compli-

Continued on page 13

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Decreasing Family Screen Time

Smartphones and tablets appear to have staying power. The Pew Research Center confirms that smartphone penetration has surpassed the 50 percent mark among mobile subscribers. Many others are routinely using tablets to access books, television shows, movies, and magazines. In multi-screen homes, televisions are still king. According to a 2012 Nielsen report, the average American over the age of two spends more than 34 hours a week, or more than 4 hours per day, watching live television. Those findings should raise an eyebrow, as health experts warn that excessive screen time can be hazardous to one's health.

A sedentary lifestyle spent in front of computers and video game consoles contributes to poor health. Of the leading industrialized countries, the United States has the highest obesity statistics, and Canada is not far behind. Obesity can impact cholesterol, cardiovascular health, risk for type 2 diabetes, and risk for stroke. Excessive screen time can lead to sleep and eating disorders, interfere with a person's ability to focus and negatively affect a person's performance at school or work. Getting a family active and reducing time spent in front of a screen can have profound effects, and reducing screen time doesn't have to be difficult.

- * Gradually implement changes. Families immersed in electronic devices can cut down on screen time slowly and over the course of several weeks rather than tuning out cold turkey. Start by reducing time spent watching television or playing video games by one hour per week, and gradually reduce time spent devoted to such activities in the ensuing weeks.

- * Hide devices. The mantra, "out of sight, out of mind" can work with respect to digital devices. If tablets or smartphones are tucked away, family members may feel less inclined to reach for them at any given time. Just as you wouldn't stock your pantry full of fattening foods while trying to lose weight, don't make digital devices readily available throughout the day.

- * Keep televisions out of the bedroom. Children who have televisions in their bedrooms tend to watch an additional 90 minutes of programming per day than those who do not have televisions in their room. Keep the television in a shared area of the house so that time spent watching the TV can be monitored and adjusted.

- * Establish guidelines. Set firm limits on how much screen time will be allowed per day and stick with it. Adults can lead by example.

- * Plan more family activities. Boredom can easily give way to time spent fooling around on the Internet or channel surfing. Parents should have a cache of ideas at the ready that promote active family time. Neighborhood walks or tossing around a baseball in the yard are enjoyable activities that cut back on time spent being sedentary. Encourage indoor activities, such as puzzles or board games, if the weather is not cooperating.

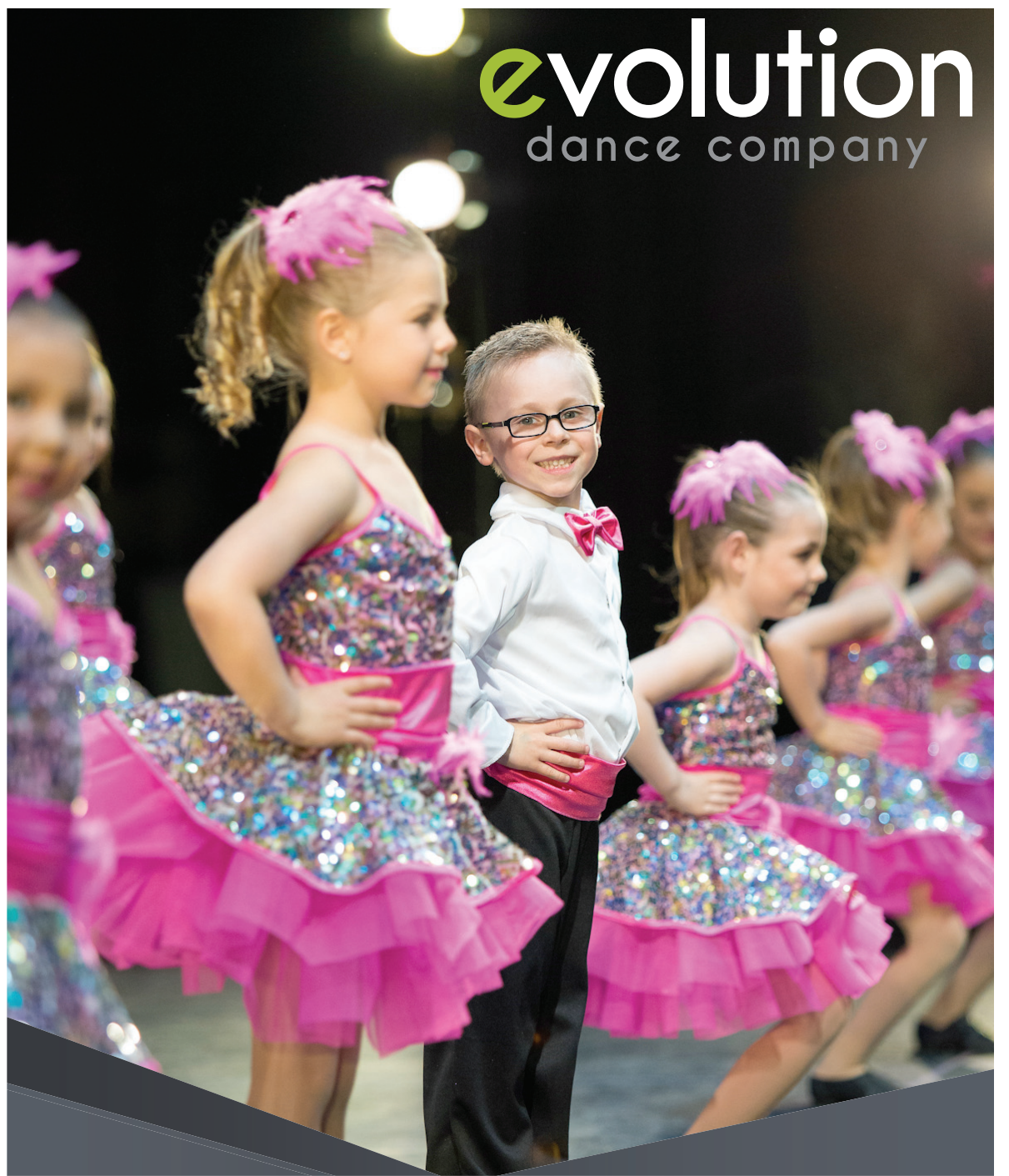
- * Be steadfast. Do not throw in the towel too soon. Families should stand their ground when attempting to decrease their screen time in favor of healthier activities.

> SWIMMING, FROM PG. 12

cated workout equipment.

- Swimming may help improve coordination, balance and posture. Swimming also may promote greater flexibility by stretching the body through fluid movements.

While swimming is often considered a relaxing activity tailor-made for warm summer days, it also provides a complete and demanding workout that can benefit the body in a variety of ways.



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Displays aim to bring Manitoba's marine history to life

By Dave Baxter

Interactive displays are helping bring Manitoba's marine history to life at a local museum.

Local historian Fraser Stewart, who is one of the founders of the Marine Museum of Manitoba, said a new exhibit now housed in the historic S.S. Keenora at the museum, uses interactive displays to tell the story of "Manitoba's steamboat era on Lake Winnipeg and the Red River."

Built in 1897, The S.S. Keenora was a freight and passenger steamship that sailed Lake Winnipeg, the Red River and Lake of the Woods.

Fraser said the museum has always allowed visitors to look at exhibits inside their many ships that celebrate the history of Manitoba's marine life, but the new exhibits allow visitors to touch history.

"We have always had pictures and exhibits, but what we are trying to do now is really tell a story," Stewart said.

One of the new displays lets visitors spin an arrow that can land on any number of outcomes of what could have happened to a steamboat that would have sailed Lake Winnipeg, due to the lake's unpredictable and often hazardous conditions.



RECORD PHOTO BY DAVE BAXTER
Local historian Fraser Stewart, who is one of the founders of the Marine Museum of Manitoba, shows off one of the new interactive displays now housed inside the historic S.S. Keenora at the Selkirk museum.

Possible outcomes in the display include being wrecked in a storm, crushed by ice or sunk, and the chance of landing on different outcomes is

base on real data, Fraser said.

Another display lets visitors hear the sounds that would have been heard on a steamboat years ago, as visitors can pull a steamboat whistle cord, and hear the sounds that would have been used to send messages to other boats or ships on the water.

The exhibit also includes displays that give what Fraser called a "chronological history" and a story of steamboat history in Manitoba, as a number of displays walk visitors through different decades of what Stewart called the steamboat era of the mid to late 1800's.

The exhibit with its interactive displays opened in July, and Stewart said he has heard nothing but positive comments about it.

"From what I have heard people are enjoying it," Stewart said.

Stewart, along with a group of volunteers and Marine Museum employees are hoping to set up more displays in the future, and are currently working on a second exhibit that will also be housed in the S.S. Keenora.

The Marine Museum of Manitoba sits along Eveline Street in Selkirk, right next to the entrance to Selkirk Park.

> 'IT'S REALLY TAKEN OFF,' FROM PG. 10

"I've always invited my favourite artists and my favourite people to my studio, but I thought this year I was going to do something different," she said.

"So I invited more friends and it got bigger and bigger, so I even had to turn some artists away because we are full.

"It's really taken off."

She added the name of her street was the inspiration for the name of the event.

"It's Prout Road and this is the utopia of Prout Road."

Hunter plans to continue hosting the event next

spring
and
summer.



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RECORD PHOTO BY DAVE BAXTER

Chris Larsen of Carman, Man. based River's Edge Studio showed off and sold her paintings during Proutopia: A Pop Up Art Market last weekend in St. Andrews.

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Bob Barker backs Rockwood black bear rehab

By Jennifer McFee

Several noteworthy backers are bearing down to bring Manitoba's first ever black bear cub rehabilitation centre to Rockwood.

Former Price is Right host Bob Barker would bear the brunt of the estimated \$75,000 cost through a \$50,000 donation towards the centre that is proposed for Judy and Roger Stearns' property north of Stonewall.

For the past four years, Judy Stearns has been concerned about the lack of options for orphaned bear cubs in Manitoba.

"There's a missing option that most other provinces have for a bear cub to go to a rehabilitation centre. Manitoba is one of the only provinces that doesn't have one currently," says Stearns, a certified wildlife rehabilitator accredited through the International Wildlife Rehabilitation Council.

"I've been waiting and watching to see if anybody else is going to be doing it. We were thinking about it ourselves and we just got more serious about it last year. We've got the space here where we live, we've got the time and we've got the interest in the project."

She approached Zoocheck, a Toronto-based national charity that promotes and protects the well-being of wild animals in Canada and around the world. Zoocheck got involved and will contribute \$15,000 towards the



Former Price is Right host Bob Barker donated \$50,000 towards the black bear rehab centre.

project, while the Stearns fund the remaining \$10,000.

Julie Woodyer, Zoocheck's campaigns director, said if all goes according to plan, the one-acre facility would open in next spring. Bear cubs would mainly arrive at the centre in the early spring, where the Stearns would bottle-feed them when they are very small.

As the cubs get bigger, they would be weaned and put into an outdoor enclosure.

"At that time, they would start to



RECORD PHOTOS SUBMITTED

Orphaned black bears will have a new home just outside of Stonewall if the project is approved by Rockwood council and the province.

develop their other physical skills like climbing and foraging for food," Woodyer said.

"They're released at about 80 pounds, or the size of a large dog. According to experts, that's the age when they would normally separate from their bear family if they were living in the wild. They would be released in the late fall after bear hunting season in a remote location where there's lots of natural food."

If the project is approved, experts from the Wildlife and Fisheries branch

would determine the location and would be present for the release. Due to the remote area, the bears would not wander back or get into conflict with humans, Woodyer added.

The final plans will go to the RM of Rockwood and the provincial Wildlife and Fisheries branch for approval.

Rockwood Reeve Jim Campbell said the proposed centre doesn't fit the current zoning for the area. As a result, it would have to go through a rezoning process, which includes a public hearing.

Antique sale helps raise over \$5K



SUBMITTED PHOTO

Homes for the Holidays House and Heritage Tour volunteers helped raise more than \$5,000 during their antique auction on Aug. 15. Back row pictured from left to right, Homes for the Holidays volunteers Raymond Kashuba, Lois Wales, Gregg and Margaret-Anne Carels and Debbie Kashuba. Proceeds from the sale went to support Homes for the Holidays, Nova House and a new fund at the Selkirk and District Community Foundation entitled "Homes for All." Jim and Betty Gaynor are the program's patrons and will match all sponsorships by donating \$1 for every \$2 raised. So the Wellink's helped the \$5,000 of antiques stretch to \$7,500.

Grand Beach honours Winnipeg nurse



RECORD PHOTO BY LAURA TUTLIES

Sandra Marriott-Silver was honoured by the Grand Beach Cottage Owners Association (GBCOA) on Aug. 27 in the Community Hall within Grand Beach Park. Marriot-Silver, who is a nurse practitioner in Winnipeg, was recognized for her work revitalizing the nearly defunct doctors office in the park of Grand Beach, organizing and managing the annual Sun Run to raise funds for the facility, working in nearly every executive capacity for the GBCOA, as well as participating in the lively events that take place daily and weekly in Grand Beach Park.

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> MEAL IDEAS

THE Marketplace
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Wild Rice Soup



- 2 tablespoons unsalted butter
- 3 carrots, finely diced
- 2 leeks, white and light green parts, finely diced
- 2 celery stalks, finely diced
- 1¼ cup all-purpose flour
- 2 quarts Chicken Broth (see below)
- 3¼ cup wild rice
- 1½ teaspoon salt, or to taste
- 3¼ cup heavy cream, hot
- 3 tablespoons dry sherry
- 1¼ cup minced chives
- 3 tablespoons chopped parsley

Heat the butter in a soup pot over medium heat. Add the carrots, leeks and celery. Cook until softened, about 5 minutes.

Reduce the heat to low, add the flour, and stir well. Cook gently, about 3 minutes, stirring constantly.

Add the broth gradually, whisking well with each addition to eliminate flour lumps. Bring to a simmer.

Add the wild rice and salt. Continue to simmer until the rice is tender but still somewhat chewy, about 45 minutes.

Stir in the heated cream and sherry. Season with salt. Serve in heated bowls, garnished with chives and parsley.

- Chicken Broth
Makes about 2 quarts
- 4 pounds stewing hen or chicken parts or meaty bones, such as backs and necks
 - 3 quarts cold water
 - 1 large onion, diced
 - 1 carrot, diced (about 1⅓ cup)
 - 1 celery stalk, diced (about 1½ cup)
 - 5 to 6 whole black peppercorns
 - 3 to 4 parsley stems
 - 1 bay leaf
 - 1 sprig fresh thyme
 - 1½ teaspoons salt, or to taste

Place the chicken and water in a large pot (the water should cover the chicken by at least 2 inches; add more if necessary). Bring the water slowly to a boil over medium heat.

As the water comes to a boil, skim any foam that rises to the surface. Adjust the heat once a boil is reached so that a slow, lazy simmer is established. Cover partially, and simmer 2 hours, skimming as often as necessary.

Add the remaining ingredients. Continue to simmer, skimming the surface as necessary, until the broth is fully flavored, about 1 hour.

If using hen or chicken parts, remove

- seeded
- 1 tablespoon extra-virgin olive oil
 - ¼ teaspoon kosher salt

1. In a medium saucepan, bring 2 inches of water to a boil. Place the green beans in a steamer insert and set them over the boiling water. Cook the beans for 5 to 7 minutes, or until they are bright green and tender when pierced with a fork. Steam them a little less if you prefer your beans on



- 1 lb (500 g) extra lean ground beef
- 1 tsp (5 mL) canola oil
- 1 onion, finely chopped
- 4 cloves garlic, minced
- 1 jalapeno pepper, seeded and minced
- 1 tbsp (15 mL) chili powder
- 1 tsp (5 mL) dried oregano
- 1 tsp (5 mL) ground cumin
- 1 can (28 oz/796 mL) diced tomatoes (no salt added)

them and cool slightly. Dice or shred the meat, and reserve to garnish the broth or save for another use. Discard the skin and bones.

Strain the broth through a fine sieve or cheesecloth-lined colander into a large metal container. Discard the solids.

If you are using the broth right away, skim off any fat on the surface. If you are not using the broth right away, cool it quickly by transferring it to a metal container (if it's not in one already) and placing the container in a sink filled with ice-cold water. Stir the broth as it cools, and then transfer it to storage containers. Store in the refrigerator, up to 5 days, or in the freezer, up to 3 months. Label and date the containers clearly before putting them into the freezer

the crunchy side. Drain the beans and give them a bath in a large bowl of ice water to bring back their color. Drain again and place in a large bowl.

2. Add the kumquat slices, oil and salt to the beans. Toss to combine.

3. Serve immediately.

Tip: Kumquat trees are hard and compact, making them perfect for container gardens in the winter months.

Bowl of Chili Soup

- 1 can (19 oz/540 mL) no salt added red kidney beans, drained and rinsed
 - 3 cups (750 mL) sodium reduced vegetable or beef broth
 - 1 green bell pepper, chopped
- Directions

In a soup pot, brown beef, stirring to break up meat. Scrape into colander and let fat drain out.

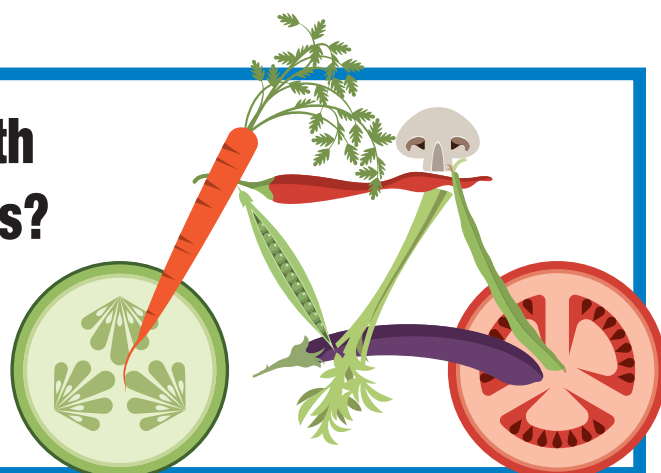
Return pot to medium heat and add oil. Cook onion, garlic and jalapeno pepper for 3 minutes or until starting to soften. Stir in chili powder, oregano and cumin and cook, stirring for 1 minute. Return beef to pot and stir to combine.

Add tomatoes, kidney beans and broth to pot and bring to a boil. Stir in pepper; cover and simmer for 15 minutes for flavours to blend.

Kumquat Salad

Serves 4

- 1 pound green beans, trimmed and cut into 2-inch pieces
- 1 cup kumquats, thinly sliced and



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Newborn hearing screening program coming to all RHAs

Staff

A universal hearing screening program for all Manitoba newborns is currently being implemented in all regional health authorities.

"Early detection and diagnosis helps children with congenital hearing loss get the treatment they need as early as possible," Health, Seniors and Active Living Minister Kelvin Goertzen stated in a release late last month. "Manitoba families will benefit from a universal program with consistent screening services across the province, so children with congenital hearing loss have the opportunity to develop strong cognitive, speech-processing and learning skills."

There are between 16,000 and 17,000 births in Manitoba each year, and every year between 17 and 102 children are born with some hearing loss, according to the province.

The hearing screening program is now available at 13 health-care facilities across the province including:

- Selkirk and District General Hospital in the Interlake-Eastern Regional Health Authority;
- Health Sciences Centre Winnipeg and St. Boniface General Hospital in

Winnipeg:

- Portage District General Hospital, Bethesda Hospital in Steinbach, Ste. Anne Hospital and Boundary Trails Health Centre in Morden-Winkler in the Southern Health - Santé Sud health region;

- Brandon Regional Health Centre, Dauphin Health Centre and the Neepawa Health Centre in the Prairie Mountain Health region; and

- Thompson General Hospital, St. Anthony's General Hospital in The Pas and the Flin Flon General Hospital in the Northern Regional Health Authority.

"The first two years of a child's life are the most important for language development," said Diana Dinon, regional manager, Universal Newborn Hearing Screening Program, Winnipeg Regional Health Authority.

"Providing hearing screening to all babies born in Manitoba and referring those at need for early intervention will help to ensure the best outcomes as they grow."

Infants born at home or in facilities with fewer than 75 births per year will be referred to the nearest outpatient hearing centre for screening. A common database will ensure individuals born in one region and living in another will have co-ordinated care.

The Universal Newborn Hearing

Screening Act was introduced in 2013 and received all-party support. Since that time, regulations and standard processes and procedures were developed and the necessary equipment was installed throughout the province to provide services, the minister noted.

The province has invested more than \$3 million in the program to date including equipment, staff, training and operating costs.

Manitoba Council on Aging seeks award noms

Submitted

Nominations are now open for the Manitoba Council on Aging Recognition Awards that specifically celebrate seniors, journalists and intergenerational groups for their extraordinary commitment to their communities.

"Manitoba seniors continue to contribute to their communities in meaningful ways," Health, Seniors and Active Living Minister Kelvin Goertzen said. "Acknowledging this ongoing volunteerism, service, mentorship, leadership, community influence and advocacy make Manitoba a place in which we all are proud to live."

The intergenerational group category features Manitobans of different generations collaborating to address community needs.

"This is a key factor in age-friendly communities," said Dave Schellenberg, chairperson, Manitoba Council on Aging. "The whole community benefits when we work together to address common concerns."

The awards also celebrate journalists who promote positive images of aging.

The Manitoba Council on Aging was created in 1980 as an advisory body to government to ensure seniors' perspectives are reflected in government programs and policies. In 1996, the Manitoba Council on Aging Recognition Awards were created to recognize the many seniors who are leaders in their communities and to celebrate their contributions.

The call for nominations is open until Tuesday, Sept. 13. Nomination forms and more information on the Manitoba Council on Aging Recognition Awards are available by calling the Seniors Information Line at 204-945-6565 in Winnipeg, 1-800-665-6565 (toll-free), or by e-mailing seniors@gov.mb.ca.



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INSIDE > OUTSIDE > UPSIDE DOWN

Thunder Midget struck down by Mustangs

By Brian Bowman

The St. Vital Mustangs are currently the best team in the Midget Football League of Manitoba.

And the Interlake Thunder saw why last Saturday.

St. Vital improved its record to 4-0 after defeating the Interlake 48-6 in Stonewall.

"They are a very, very good football team, no doubt about it," said Thunder head coach Kris Johnston. "They have veterans in a lot of key areas and they have a tremendous quarterback, who I have a lot of respect for."

The Mustangs took a 14-0 lead on their first two possessions of the game and then added a pair of touchdowns and a field goal late in the second quarter to go up 31-0 at the break.

"They were solid drives and they moved the ball down the field," Johnston said. "They chewed up a lot of time off the clock in the first quarter and gave our offence very little time on the field."

Mustangs' quarterback Joshua Jamieson did a real good job moving St. Vital down the field. He finished the game 17-for-26 for 234 yards and three touchdowns. Those TD passes were caught by Garrison Trinder, Nick Liang, and Colin Pantos.

Liang also added a TD on the ground along with Drey Warde and Breydon Stubbs.

Defensively, the Mustangs did a great job game planning for the Thunder's offence. Outside of Interlake quarterback Thomas Dunlop, the Thunder rushed the ball just nine times for a paltry 13 yards.

"The fact that we were down early obviously had a significant effect on our play calling," Johnston said. "We came into the game with very much a goal of running the ball."

Dunlop, meanwhile, had a good game throwing the ball. He completed 12 of 17 passes for 126 yards and he scored the Thunder's lone touchdown on the ground in the third quarter.

"Thomas Dunlop played a fantastic game," Johnston stressed. "They did everything humanely possible to limit him throwing the ball and completing passes. But, despite all of that, he was absolutely magical in a number of situations by creating plays."

"He was monumental in any, and all success, we had on offence."

Alex France was the Thunder's top receiver in the game, hauling in seven catches for 81 yards. Germain Waldner was Dunlop's next favourite target, adding three catches for 38 yards.

"Overall, our receivers played well," Johnston said. "They were there for our quarterback when he needed them to be and they made some catches, they made some plays."

With last Saturday's loss, the Thunder



RECORD PHOTO BY JO-ANNE PROCTER

The Thunder's Kevin Lister (25) of St. Andrews and Stonewall's William Page (10) take down a Mustangs player last Saturday.

der are now 2-2 and remain in sole possession of third place in the five-team league. Interlake will hit the road this Saturday (7 p.m.) when they battle the fourth-place Southwest Wolves (1-3).

Interlake has already forgotten the

loss to St. Vital.

"We have to make sure that we're looking forward and it's a long season," Johnston said. "We get two cracks at everybody and we have to move on from this past week."

Playoffs a possibility for Selkirk FC soccer team

By Brian Bowman

Selkirk FC will most likely have to win their final two regular-season games – and get some help from other teams – to advance to the MMSL Division 2 playoffs.

Selkirk FC currently sits in sole possession of sixth-place in the 10-team league. The local squad is just a single point behind AC Fiorentina (7-9-1) and Borussia Dortmund (7-9-1) heading into this week's slate of games.

"It should be interesting in the next couple of weeks," said Selkirk FC head coach Michael Bruenig. "We need to

win and we need help, but we can't control what other teams do. We can only control our own destiny and we need positive results.

"Ties, I don't think, will do it for us."

Selkirk FC will have to leapfrog two teams – and hold off Scorpions FC – to make the playoffs this season as only the top four clubs advance to the post-season. There will be no quarter-final games this year as many games earlier this summer were postponed due to inclement weather.

Selkirk FC will close out their regular season with a home game against

United Weston FC this Sunday (6 p.m.) and then will battle the Kildonan Athletic Club on Sept. 20.

Those two teams have just five combined wins this season.

"We have a soft schedule but other teams (we are battling for a playoff spot with) also have soft schedules," Bruenig warned.

On Aug. 30, Selkirk FC played to a 1-1 draw with Borussia Dortmund in Winnipeg.

"It was a very good game and our goaltender (Daniel Preun) reminded us how (good) he is," Bruenig said.

"He was awesome in the second half and allowed us to get the tie."

Selkirk FC led 1-0 on a goal by Garrison Lefteruk and played well in the first half. But Borussia Dortmund controlled the majority of the play in the second half by putting constant pressure on Selkirk FC.

"I thought we should have won, but if you would have asked Borussia Dortmund, they would have thought that they should have won, too," Bruenig said. "They knew exactly where to put the pressure and made us run after them quite a bit."

Fishermen very pleased with rookie camp

By Brian Bowman

The Selkirk Fishermen could not have asked for a better showing at their rookie camp.

The numbers were real good - and so was the talent out on the ice - last week. The Fishermen had 36 players come out for the three-night camp at the Selkirk Rec Complex.

"It was fantastic," said Fishermen head coach Chris Poponick. "It was the most that we've ever had. We had a couple of 96s, some 97s, 98s, 99s, and 2000s."

Poponick was very impressed with the skill level of the rookies. In fact, he expected to invite about 18 of those young players to the Fishermen's main camp, which begins this week.

"We'll bring in 18 and the guys looked good in the rookie camp against the young kids," he said. "But let's see how they look with the older guys."

Prior to last weekend, Poponick was unsure as to how many veteran players his club was going to have at their main camp. Players are battling injuries while others have work and school commitments.

"I probably need three or four forwards and two or three defencemen," he guessed. "And possibly two goalies."

The Fishermen's main camp began last night and continues tonight. Next week, Selkirk will be on the ice Monday and Tuesday evening.

The Fishermen will play their first exhibition game Sept. 20 against the North Winnipeg Satellites at Billy Mosienko Arena.

That's a pretty light schedule for the first few weeks of September.

"We try to get guys eased into it," Poponick said. "There are guys that do four or five (nights) a week and they're sore and that's when injuries happen."

"I like doing it a couple days a week until we get



RECORD PHOTO BY BRETT MITCHELL

Gordie Longbottom (16) of Selkirk protects the puck from Dawson Courchene of Sagkeeng First Nation during the Selkirk Fishermen's rookie camp last week at the Selkirk Rec Complex. The Fishermen's main camp begins this week.

into games and then we're doing it three, four, five times a week."

It should be an interesting year in the Keystone Junior Hockey League this season. The league has decided to divide itself into three divisions. Selkirk will be in the South Division along with North Winnipeg, St. Malo, and Lundar.

As well, the winner of the KJHL will not have to travel very far for the Keystone Cup this season as

the Arborg Ice Dawgs will be hosting the western Canadian junior "B" championship.

Arborg is expected to ice a very good club this season.

"They'll be trying to find guys to build themselves a contender," Poponick predicted. "I'm sure they have already been shaking the bushes to try to see who falls off and maybe there will be guys who don't want to play Junior 'A' anymore."

Posthumus signs pro contract in Japan

Staff

Chad Posthumus has signed a one-year pro basketball contract with Kagoshima Rebnise of the newly-formed Japanese "B" League.

Posthumus is eager to return to Japan and play a big role for Kagoshima.

"It is wonderful to be back in Japan playing basketball with the Kagoshima Rebnise," said Posthumus in a media release. "I am looking forward to an excellent, win-filled season."

Posthumus, a 6-foot-11 centre from East St. Paul, recently completed his second professional season, in which he played for two teams in the National Basketball League of Canada.

He played 22 games for the London Lightning before he was traded to the Island Storm. Posthumus averaged 11 points per game and ranked ninth in the NBLC in both rebounds (6.9) and

blocks (0.8) blocks per game.

The Island Storm lost to the eventual-champions Halifax Hurricanes in the first round of the playoffs.

Posthumus played for three teams in his rookie season in 2014-2015. He started the year with the Levanga Hokkaido Sapporo in Japan, where he averaged 10.1 points and 8.1 rebounds over 16 games, before moving to the Mississauga Power in the NBLC mid-way through the season.

In three games with the Power, Posthumus averaged 24.3 points and 15.3 rebounds per game. He then finished the season with Athletico Argentino Junin of the Argentinian Liga A.

He helped the team to a fourth-place regular-season finish in the South Division, averaging 9.7 points, 4.9 rebounds, and 0.8 blocks in just 17.9 minutes per game.



RECORD PHOTO SUBMITTED

East St. Paul's Chad Posthumus has signed with Japan's Kagoshima Rebnise basketball team.

Steelers hold successful rookie camp last weekend



Milan Horanski was one of many young hockey players showing off their skills at the Selkirk Steelers Rookie camp.



RECORD PHOTOS BY BRETT MITCHELL

The Selkirk Steelers held their annual rookie training camp last weekend at the Selkirk Rec Complex.

By Brian Bowman

The Selkirk Rec Complex was a busy place last weekend as the Selkirk Steelers held their annual rookie training camp.

"We had a good turnout," said Steelers' GM/director of hockey operations Ken Petrash. "Lots of guys had interest and we're happy with the turnout. We got a chance to see some real good young guys between our drafted guys and other guys that came out."

Selkirk had four full teams of young players that each played four exhibition games in the two days.

"If you had a bad start, then you had three more games to redeem yourself," Petrash explained. "And some kids had a good start and then faded away."

Petrash said there were no drills or practice sessions at the rookie camp.

"I've been doing this since I started and you have to see the guys play," he said, noting the Steelers' prospects from the past two Bantam drafts played really well last weekend.

"You can put a guy through a drill and he could look like a superstar in the drill. But when the puck drops,

you want to see him in game situations."

The Steelers expect to have 18 returning players at their 40-player main training camp.

"There's not a lot of spots open," Petrash admitted. "But if somebody shines then we won't be afraid to bring in a young guy for one of our older guys. Put it this way, we didn't go very far in the playoffs last year, so if we see guys that look like they are going to take us further, then we're going to replace what we have."

"No job is secure here."

The Steelers hosted the Steinbach Pistons in a rookie game this past Tuesday and will then play a home-and-home series with the Winnipeg Blues this weekend. Selkirk will host Winnipeg Friday (7:30 p.m.) and then the same two teams will hook up Saturday (7 p.m.) at the MTS Iceplex.

The Steelers will host the Pistons in an exhibition game on Sept. 16 and then will visit Steinbach the next evening.

Selkirk will begin its regular season Sept. 23 when it visits the Blues.

2017 Canada Summer Games volunteer recruitment started

Submitted

The 2017 Canada Summer Games Host Society needs 5,500 Games-time volunteers for one of the largest multi-sport and cultural events ever hosted in Winnipeg from July 28 to

Aug. 13, 2017.

"We want to emphasize the human legacy these Games will bring to our city and province," said 2017 Canada Summer Games Host Society Co-Chair Mariette Mulaire. "Behind ev-

ery exciting moment at the 2017 Canada Summer Games you'll find our volunteers. They will represent the best of the Games and the benefits to the community will extend long past August 2017."

Volunteers can register online at canadagames.ca/2017 or in-person at the volunteer recruitment centre. The centre is located at 296-240 Graham Avenue and is open Monday to Friday from 9 a.m. to 3 p.m.

CATCH THE EXCITING NEW TEAM FOR THE 2016-2017 SEASON



**EXHIBITION
HOME GAME**

**EXHIBITION
AWAY GAME**

vs Winnipeg Blues
Friday, September 9th 7:30 pm

vs Winnipeg Blues
Saturday, September 10th 7:00 pm



www.selkirksteelers.com

the Steelers Box Office is open 1 hour before game time
SELKIRK RECREATIONAL COMPLEX

GAME TICKET OUTLETS: Selkirk Chrysler, Red River Coop, Sunova, TD Canada Trust, and Quickstream Wireless (St. Andrews)

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Adams competes well at canoe kayak nationals

Staff

Zachary Adams had a solid performance recently at the Canadian Sprint Canoe Kayak Championships in Dartmouth, N.S.

The Selkirk product competed in several races at nationals, including the under-17 200-metre, 1000m, and the 6 km. In the under-19 age division, Adams raced in the 200m, 500m, and 1000m.

"Although I didn't podium, I felt really strong and as fast as those other boys," Adams said in an email. "I was so close on making my finals but the east was that strong. My coach Jarome was impressed when I went up against the under-19 (group because) they had three or more years of paddling (experience).

"It takes a lot of courage to go against

boys who have made world's."

Adams had a great experience at the nationals. But he also suffered a major setback in the under-19 1000m race when his footboard broke 200 metres into the race.

"That was the last race (and) I was very disappointed but I know next year I will be faster and better," Adams said. "I did get better and improved my times. My coach Jarome told me I will be better next year (as) all of those boys who are under-19 will be older and I will have the upper hand."

Adams is already thinking about next season. He will be aiming to perform well at the 2017 Canada Games Junior World's Nationals and Dragon Boat World Championship in Morocco.



RECORD FILE PHOTO

Selkirk's Zachary Adams gained some very valuable experience at the Canadian Sprint Canoe Kayak Championships in Dartmouth, N.S..

Selkirk 55+ Slo-Pitch Team winds up season

Submitted by Gerald Machnee

The Selkirk senior slo-pitch team wound up their season on Aug. 28 in a round-robin tournament hosted by the Winnipeg South Nite Owls at Century Arena.

The other two teams in their local

loop are Lee River and Anola. Selkirk won all three games in close encounters which featured good defence, great hitting and sportsmanship between the teams.

In addition, Selkirk went undefeated through regular-season games.

The last tournament for the Selkirk team was hosted by Selkirk on Aug. 23-24, featuring 12 teams in three divisions.

Selkirk won the middle division, losing the first game before coming back to win the next three. With a couple of

players missing, coming out of retirement was Walter Wood to play, and Ray Peebles assisted, on both days.

The weather was perfect and all the teams had an enjoyable series.

Locals lead Elmhurst to Men's Junior Interclub title

Staff

The Elmhurst Golf & Country Club, which included Selkirk's Wesley Hoydalo, West St. Paul's brother tandem of Adam and Brent Ingram, and Ryan McMillan, captured the Men's Junior Interclub Championship in Winkler last Thursday.

The foursome combined for a

16-over 232 for a six-stroke victory over Breezy Bend.

Rounding out the top-eight placings were St. Boniface (248), Southwood (251), Rossmere (256), Niakwa (262), Glendale (287), and Pine Ridge (304).

Portage won the rural championship after finishing at 262. That was three strokes better than Winkler.

Larters places second at Women's Interclub 'A' Championship

Staff

Larters at St. Andrews Golf & Country Club finished second at the Women's Interclub "A" Championship in Gimli on Aug. 30.

Larters team of Cathy Smolinski, Monique Bateman, Betty Ann Roy, and Kim Ward combined for a 35-over 251 to finish as the low gross runner-up.

Southwood won the event by finishing at 27-over 243.

Selkirk Golf & Country Club's team of Charlene Fox, Gloria Heft, Kim Cushnie, and Sheila Gair placed sixth. They combined for a 53-over 269.

Rounding out the top five teams were Elmhurst (252), Glendale (259), and Niakwa (268).



manitobahousing

Maintenance Tradesperson

Full-Time Permanent

Manitoba Housing, Northern Housing Operations, Selkirk, MB.

Advertisement Number: 223

Closing Date: September 12, 2016

Salary Range: \$43,764 - \$49,837 per year

All are encouraged to apply. Preference will be given to woman, Aboriginal people, visible minorities and persons with a disability. An eligibility list may be created and maintained for a period of 12 months.

Manitoba Housing is a crown corporation that provides a continuum of affordable housing services including rental housing, renovation, and homeownership programs. Manitoba Housing promotes independence and self-sufficiency by providing adequate, safe, and secure housing to people in need.

If you are looking for interesting and challenging work, this is a great opportunity to join our team.

Conditions of employment include:

- Legally entitled to work in Canada
- Possess and maintain a valid Manitoba Class 5 Driver's License.
- Must provide a satisfactory current Criminal Records Check and Child Registry Check prior to the offer of employment. Candidate(s) are responsible for any service charges.
- Must have the ability to travel within Selkirk, surrounding areas and provide own transportation.
- Be available to work rotating on-call evenings and weekends.
- Provide own hand tools.
- Must be physically capable to perform the duties related to the position, such as but not limited to, lifting and carrying up to 20 lbs., standing and walking on uneven ground for long periods of time, bending, crouching and crawling in a confined space.

Qualifications:

Essential:

- Experience performing minor maintenance repairs which could include: basic carpentry, plumbing related to faucet and toilets, painting and some mechanical equipment repair.
- Experience providing client service.
- Demonstrated ability to work effectively under pressure with minimal supervision.
- Strong organizational skills with the ability to prioritize critical issues and operate effectively within limited timeframes.
- Experience providing client service.
- Strong interpersonal skills and ability to work effectively in a team environment.
- Strong problem solving skills.
- Demonstrated knowledge of safety policies and procedures.
- Well developed verbal communication skills.

Desired:

- Experience working in a property management environment.

Duties:

Reporting to the District Manager, the Maintenance Tradesperson is responsible for the completion of maintenance tasks within an assigned portfolio, while ensuring that Manitoba Housing's policies, procedures and guidelines are being followed. Performs related duties such as inspections and preparing scopes of work for maintenance and repairs; prepares and submits required documentation connected to the performance of duties, and maintains inventories of materials, supplies and equipment.

Apply to:

Advertisement No. 223

Manitoba Civil Service Commission

Human Resource Services

300 - 305 Broadway

Winnipeg, MB, R3C 3J7

Phone: 204-945-4394

Fax: 204-948-2193

Email: govjobs@gov.mb.ca

Your cover letter, resumé and/or application must clearly indicate how you meet the qualifications.

We thank all who apply and advise that only those selected for further consideration will be contacted.

Employment Equity is a factor in selection. Applicants are requested to indicate in their covering letter, resumé and/or application if they are from any of the following groups: women, Aboriginal people, visible minorities and persons with a disability.

Find out about other current job opportunities — click on the Jobs button at manitoba.ca.



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METAL RECYCLING

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

AUTOS

1995 Ford F150, 4 x 4, 5.8, 285,000 kms, complete with electric brakes and trailer towing package. Sold as is. \$700 obo. Call Grand Marais 1-204-754-2619.

APARTMENT FOR RENT

Quiet 55+ 1 bdrm. riverview suite in Selkirk, MB. Avail. immediately. No smoking or pets. Please inquire at tollakplace@outlook.com or 204-482-2751.

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4 new 16 x 80, 3 bdrm., 2 bath. Starting at \$89,900. Altona Mobile Homes, 1-800-582-4036, 1-204-324-6776 Email amhl@mymts.net

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AQUACULTURE TECHNICIAN

To work within our land based Steelhead Trout facility.
Located at #117 PTH #67 near Warren, MB

Responsible for all daily operational activities as directed and overseen by management

Qualifications:

- Previous aquaculture and or animal husbandry experience an asset, a strong work ethic, positive attitude and a commitment to the ongoing development of land based aquaculture is a priority.
- Ability to assess and manage key environmental conditions, enforce biosecurity and adhere to protocols is required.
- Successful applicant will be required to live within 15-20 minutes of facility as there will be on call duties.
- Salary starting at \$2800.00 + / month depending on qualifications.

Please apply with resume to info@watersongfarms.com
[No phone calls]

Only those interviewed will be contacted

DUPLEX FOR RENT

2 bedroom duplex for rent. Remodeled, no pets, no smoking, \$895./mo. plus utilities. Available immediately. Ph. 204-292-4526.

HOUSES FOR SALE

2 bedroom, 820 sq. ft. bungalow plus sun-room with recent siding & flooring. On 10.5 acres, yard site with bush, shelter belts & land seeded to pasture. Quiet & private setting located on PR 435, between Hwy 59 & Hwy 12. \$199,000. Pls. call 1-204-268-2853.

To be moved - 14X60, Bowes 1970's, newer windows and doors throughout, peaked roof, Petersfield, MB. \$15,000 obo. 1-204-482-3001.

GARAGE SALES

Sat., Sept 10 & Sun., Sept 11th, 10 a.m. - 5 p.m. 5650 Hwy #9 (Main St.) between Donald Rd & Mirey Creek.

HELP WANTED

Caretaking couple required for 95 ste building on Eveline St. in Selkirk, MB. Must be bondable and supply criminal record check. Duties include, but not limited to cleaning common areas, rent collection, minor maintenance, snow clearing, etc. Ideal candidates will have a working knowledge of plumbing, painting, repairs, etc. 2 bedroom ste plus wage in return for caretaking duties. Resume can be emailed to tollakplace@outlook.com or call 204-482-2751 for more information.

MUNICIPALITY OF
KILLARNEY - TURTLE MOUNTAIN

Finance Manager

Responsible for the financial affairs of the Municipality including budget development, financial reporting, revenue collection, etc.

Deadline: September 12, 2016

Please see www.killarney.ca for a full job posting.

For more information:
Jim Dowsett, CMMA
Chief Administrative Officer
Phone: 204-523-7247
Email: tmkly1@mts.net

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The Disability Tax Credit

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For more info please contact
Christy at 1-204-467-5836

Steeltown Ford Sales requires a

LUBE TECHNICIAN

Steeltown Ford Sales is in need of a Lube Technician to meet the growing customer maintenance and repair volumes.

Assignments include performing scheduled maintenance, tire installs and tire repairs. Our candidates must have quality workmanship, excellent communication skills, and be highly motivated.

We offer a supportive team environment in a clean and comfortable (in floor heat) building. We provide a competitive compensation package, including production incentives, guaranty, comprehensive Health Benefits, Ford Factory training, and the latest in diagnostic equipment.

Steeltown Ford is located in Selkirk, Manitoba, only 20 minutes north of Winnipeg. If you are interested in working with us at our award winning Dealership, please send your resume to:

Rob Johnson, Fixed Operations Manager
Steeltown Ford Sales (rob@steeltownford.com)



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4 p.m.
prior to
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publication.**

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Sunday, Sept 18 @ 10AM
Beausejour, MB
South 10 Miles on Hwy
302 #61129

02 Dodge 3500 4x4 Cummins
Wet Kit * Welding Equip *
Farrier Equip * Acreage Equip
* Trailers * Tractors * Equip *
Livestock Items * Yard * Tools *
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Service Ltd**
**ESTATE &
MOVING SALE**
Wed Sept 14th @ 4:00 pm

Stonewall, MB
Yard Items * Tools *
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HUGE ESTATE OF
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Saturday Sept 10th 10:00 a.m.
Steep Rock, MB
2 1/2 Miles East on Hwy 239
Contact: Erwin (204) 768-0183
Modern & Vintage Items
* Over 25 Tractors *
Crawlers * Wheel Loader
* Haying & Grain Equip
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Trailers * Saw Mill *
Farm Misc * Tools *
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Construction/Agriculture
Marilyn Mateychuk**

Sat, Sept 17th 10:00 am
Steinbach, MB - 15 Miles
South On Hwy 12 #38019
Contact: (204) 434-6622
Internet Bidding available
@ www.bidspotter.com

Crawlers, Excavators &
Screener * Wheel Loaders,
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& Skid Steer * JD 6605
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AUCTION SALE
**ESTATE OF ANDREW &
DONNA KACHKOWSKY**
Sunday Sept 11th @ 10:00 am

Lockport, MB
253 Rockhaven Rd
Contact # (204) 295-9730

MF 35 Utility 3PH w
MF200 FEL * Ford 8 N 3PH
* 01 GMC Safar Cargo Van
* 96 GMC 1500 4 x 4 * 75
GMC 3 Ton Truck w 14' B
& H * BH 16' Flat Deck
Trailer * AI 14' Boat &
50 HP Mercury * BH 14'
Camper * JD 160 R Mower
* JD Snowblower * JD 50
Metal Trailer * Air Comp
3 HP * Gas Port Air Comp
* Power Tools * Air Tools
* Onan Engine * Sleeper
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Outboards * Navy Boat
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Hall Mirror * Airplane
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* Pocket Watches * Lamps
* Cocks * Lincoln Truck
* Magazines * 2) Coca
Cola Coolers * Post Office
Sign * Pepsi Sign * Pepsi
Clock * Coca Cola Sign * 7
Up Signs * Traffic Signs *
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Fridge * 2) Deep Freezers
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More- Go To Web!!!!

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Little Joe's Auctions

**Saturday, September 17th, 2016
Auction Starts at 11:00 AM**

**For Joe Grabowski
3516 Main Street
West St. Paul, Manitoba**

From HWY 101 and 9 in Winnipeg

3/4 mile North on HWY 9 on West side of HWY.

WATCH FOR SIGNS!!

Everything goes to the highest bidder!

Air Compressor; 13 Wood Tables on wheels; Pressure
Washer; Rototiller Gilson with new engine; Levels;
Saw; Laser Level Machine Kinhell; Bently IX Clock;
Saw Blades; Extension Cords; Box of Staplers; 5 Office
Dividers; Craftsman Table Saw; Stab-lock Breakers
(15,20,30 amp); Tow hitch for vehicle; Mastercraft 12"
saw; Small Chain Saws; Staple Guns; Staples; Grinders;
Cordless Drills X 6; Jig Saws; Router; Tin Snips/AIR;
Drill Bits Set up to 1"; Air Ratchet; Clamps; Doorstops;
Garden Tiller; Ladders; Mini-Workbench; Scrap
Metal; Tools; Rollers; 4 tires 265/70/16; 4 Goodyear
205/55/16; 4 Ulysses SB 115/80/13; 4 misc tires;
Window Frames; Pool Ladder; Cap for box on pick-
up truck; Fencing Rolls; Snow Fence Rolls; Ladders;
5 sheets of Plywood; Lumber; Picture Window 6'-6"
never used; Fencing for Garden; Shovels; Chains; 1
ton Chain Hoist; Garden Tools; 2 Basement Windows;
Wooden Door; Window & Screen; Wood Boards;
Planks, etc. Pipes Shelves & Much, Much More!!

Always more then listed! Food served! See you there!

**For pictures and full listing go to
www.littlejoesauctions.com**

**For more info or to book your auction call
Joe Stogrin Cell 204-642-2448 OR Home 204-664-5272**

Little Joe's Auctions

**Saturday, September 10th, 2016
Auction Starts at 11:00 AM**

For Niels Mose of SCANDIA WELDING

**5591 Henderson Hwy
St. Clements, Manitoba**

**from HWY 101 and Henderson Hwy in Winnipeg
North on Henderson Hwy on East side of HWY.**

WATCH FOR SIGNS!!

Everything goes to the highest bidder!

2006 Ford F250 HD 4x4 with Lincoln 305D Diesel
Welder in the box; 1330 Thomas Skid-steer with forks,
buckets 6ft and 5ft and tree digger; Champ 4000 lbs.
Forklift; Trailer, 16ft 7000 lbs. flat deck; 50 ton Press;
LN-25 Lincoln Arc Welder; Band Saw; Over 3 ton of
various metal, Flat sheets, Round tubes, Square Tubes,
Angle Iron, I Beams, Square tubing +++; 2 Trailer Axels;
2 ton Chain Hoist; 5 ton Jack; Plant holder; Ladders;
3 Safety Harnesses; 4 1/2" Drywall Sheets; Welding
tools, Vise Grips, Hammers, Clamps+++; Drill Bits;
Lattice; Grating; Metal Shelves; Pipes; Welding Rods;
Welding Cables; Welding Hose; Welding Ends; Torch
ends, cutting, welding; Chop Saw; 20+ ft. Floor Drain;
Saw Blades; Pipe Cutter; 3/4 Socket Set; Wrench Set;
Full Tool Box; Bench Grinder; Many Extension Cords;
Saws; Impact Tools; Nut and Bolt Shelving; 50 ft 10
G Extension Cord; Crane Hoist; Bumper Jack; Chains;
Trailer Hitch; Shovels; Tarps; Screen Doors; Whipper
Snipper; 8/26 MTD Snow Blower; Walk Behind Seeder;
Motorcycle Stand; Wheel barrow; Simplicity Lawn
Tractor with 3ft tiller and 4ft mower deck; Aerator; MTD
Rototiller; Push Lawn Mower; Cast Iron Stove; Antique
Swedish Torch; Grinders; Clamps; Workbench; Wide
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Always more then listed! Food served! See you there!

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**CONSTRUCTION/AGRICULTURE
MARILYN MATEYCHUK
LATE GEORGE**

Saturday Sept 17th @ 10:00 am

Steinbach, MB

15 Miles South On Hwy 12 #38019 or 5 Miles

North West on Hwy 12 - Zhoda Turn Off

Contact: (204) 434-6622

AUCTION NOTE: Internet Bidding will be available!

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Crawlers, Excavators & Screener CAT 225
Track Excavator 5991 Hrs * Screener 28" W
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Dozer w Winch 6714 Hrs * Komatsu 65E P
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CAT D7E Disassembled Not Complete - For
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Del. Rake * Amco 24' Tandem Disc * Hyd 48'
Diamond Harrows * Crown Hyd Rock Picker *
JD Trail 6' Rotary Mower * Flexicoil Trailer
Post Pounder * 3PH Posthole Auger * Trucks
93 Chev 2500 Gas 350 4x4 w Service Box
229,000 KM * 92 Western Star Wet Kit
1,123,038 KM * 73 Kenworth W900 Wet Kit
* 73 White Freightliner w Wet Kit * Trailers
Martin 50 Ton Triple Axle Low Bed * 82 Great
Dane 20 Yard Belly Dump Gravel Trailer * 75
Arnes 22' End Dump * Trailmobile 50' Flat
Deck Highboy w Sliding Tandem * Semi 40' 2
Room Freight Trailer * 03 ABU B H 16' Tandem
Flat Deck Trailer * WW B H 16' Tandem Stock
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ACREAGE AUCTION

SATURDAY, OCT. 1 • 10 AM

1 mile west of St. Francis Xavier on Hwy. 1, then a 1/2
mile northwest on #424. Very neat low houred equip-
ment, 1990 Chev 1500 only 120,000 one owner km's,
MF 1250 Compact tractor, White 6065 w/ loader FWA.
Paola - owners 204 864 2165.



For more complete listing www.billklassen.com

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**ACREAGE AUCTION
LEON PELLETIER**

Sunday Sept 18th @ 10:00 am

Beausejour, MB

South 10 Miles on Hwy 302 #61129

Auction Note: The Acreage is Sold!

Leon was a Welder, Farrier & Enjoyed His Hobby Farm!
Contact: (204) 866-4141

Truck & Trailer 02 Dodge 3500 4x4 Cummins
Dsl 6 Spd/Std Dually w Wet Kit 207,000
KM Sft * 2000 Custom Built 5th Wheel 24'
Hyd Tilt Flat Deck Tandem Dually Tractors,
Backhoe & Skidder JD 1120 Dsl HL 3PH
540 PTO w JD FEL 4500-5000 Hrs * Set 1/2
Tracks off 16.9-30 * Kubota B7500 MFWA
Hydrostatic 3 PH w FEL 806 Hrs * JD 540
Skidder * Case 580 Gas Backhoe w FEL * JD
920 - Not Complete * Equip JD 14' Tandem
Disc Notched on Front * JD C-14 10' Deep
Tiller * Int 1100 Trailer 7' Sickle Mower * JD
350 Side Del Rake * Sovena 3PH Rotovator *
Trailer Post Pounder * Hyd Post Hole Digger
* 9' FEL Blade * 12 Volt Seed Broadcaster
* 4 Wheel Farm Wagon * Water Tank Trailer
* Tools Hobbart Beta 2510 Mig Welder *
Hobbart 140 Amp 9 HP Gas Welder w 60'
Cable * Metal Band Saw * Air Comp Triple
* Floor Drill Press * Metal Chop Saw * 2
Pipe Benders 1) Hyd 1) Manual * Acetylene
Torches * Booster/Charger * Power Tools *
Airless Paint Sprayer * Air Impact * Welding
Clamps * Floor Jack * Hand Tools * **Livestock
Items** 2000 Custom Built 5th Wheel Tandem
* 14' Stock Trailer * Deck for 1 Ton Truck w
Hyd Drive Tilt Squeeze Chute * Farmhand
16" Hammer Mill * 22) 16' Corral Panels *
22) 10'-12' Corral Panels * 6 Ton Hopper
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Hydro 18HP R Mower w Rear Bagger * Roto
Tiller * Stihl Chain Saw * 8' Roller Conveyer
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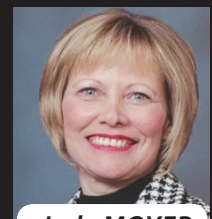
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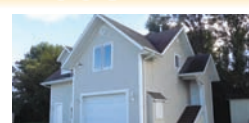
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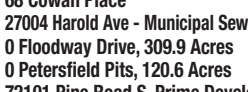
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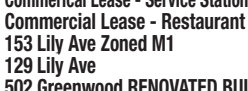
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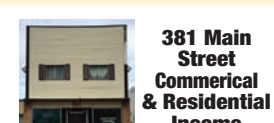
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Winners of the Cash Draw for Selkirk Rotary held on August 22, 2016 are: \$300, Brad Pennington; \$200, Lou Kinrade; \$150, Ailsa Konzelman; \$150, Rea Pennington; \$100, Lesli Malegus; and \$100, Shirley Onishko. Thank you to everyone for their support.

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The Selkirk Record

ANNOUNCEMENT

BIRTHDAY



Happy 90th Birthday
Lorna Morrisseau
September 1st
-Love from your family

ANNOUNCEMENT

ANNIVERSARY



Clarence and Margaret Mutcher
Happy 50th Wedding Anniversary
on September 10th
-With love from your family

OBITUARY

Irene Margaret Indridson (nee Carson)
March 27, 1922 – August 30, 2016

Peacefully, surrounded by her children and grandchildren, mom passed away on August 30, 2016 at the age of 94 years.

She was predeceased by her husband of 59 years, William (Bill) Indridson in 2003. She is survived by her children, June (Doug Karpish), Wilene Place (Dave), Leah Rensfelt (Doug Porter), and Carson. She will be greatly missed by her grandchildren Lorene Desmarais (Mark), Paul Jeffery (Lisa Jacobson), Dara Prychun (Patrick), Heather Beerling (Keith), Dale Place (Michelle), Karin Rensfelt (David Chalmers), and Eric Rensfelt (Brittany Kear). Mom was fortunate to have 10 very special great-grandchildren, Anna, Caroline, Preston, Tyson, William, Joey, Vivian, Madeline, Claire and Emmerson.

Mom was born and raised on a farm near Edwin, MB, daughter of Clarence and Alice Carson. She married Bill in 1944 and spent the rest of her life living in Selkirk, Manitoba. Mom was outgoing and loved to get together with family, friends and neighbours. She will be remembered for hosting many large family gatherings throughout the years. She loved to curl, play bridge, and especially loved to dance.

Mom spent her last few years at the Tudor House Personal Care Home where she was known as "The Dancing Queen".

The family would like to thank the Tudor House staff for their kindness and compassion. Funeral service will be Friday, September 2 at 10:00 a.m. in Gilbert Funeral Chapel in Selkirk, MB. Interment to take place at the Selkirk Lutheran Cemetery.

Gilbert Funeral Home, Selkirk in care of arrangements.
www.gilbertfuneralhome.com



OBITUARY



Eva Jacoba Kamke (nee Ketler)
April 18, 1927 - September 5, 2016

After a very courageous 10-year battle with cancer, our beautiful Mother and Grandmother, Eva Jacoba Kamke of Libau, Manitoba, passed away on September 5, 2016 at the age of 89 years.

Eva was predeceased by her husband William; her parents; one sister and three brothers.

Those left to cherish her memory are daughter Wanda (Len) Bergman; son John Kamke; grandsons Benjamin (Amara) Bergman and Daniel (Rachel) Bergman; three sisters and one brother along with numerous nieces and nephews.

Eva had a passion for nature and very much enjoyed the peace and solitude of her 40-acre home in Libau. There her creativity and green thumb allowed her to grow large vegetable gardens and many flowers over the years. She also had a soft heart for animals

and adopted and cared for many of them.

We take comfort in the fact that her suffering is over and that she is now safe in the arms of her Lord and Savior.

We would like to thank Dr. Demsas, Dr. Harris and all the nurses and support staff at Selkirk Hospital for the wonderful care and compassion that they have provided for Mother.

A private family memorial service will be held.

In lieu of flowers, donations may be made to Canadian Breast Cancer Foundation.

Gilbert Funeral Home, Selkirk in care of arrangements.
www.gilbertfuneralhome.com



OBITUARY

Christine Donna Lynn Settee
nee: Meger
Aged 65 years

On August 7, 2016, Christine passed peacefully at home.

Christine is survived by her children Patricia (Settee) Kollidas, Crystal Feakes (Sheldon), Rick (Colleen); grandchildren Ashley, Nathan, Bradly, Cameron, Lexy; great-grandchildren Noah and Caleb. She is also survived by her brother Larry and sister Stacy.

She was predeceased by her husband Al; parents Elmer and Patricia and sister Lori.

She will be sadly missed by the Motkaluk family and numerous family and friends she touched over her life. And a special thanks to Ann and Gordon Feakes for their love and support.

A Celebration of Life was held on Saturday, August 13, 2016 at 2:00 p.m. in Calgary, Alberta.



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