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VOLUME 10 EDITION 26

THURSDAY, JUNE 27, 2019

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RECORD PHOTO BY JUSTIN LUSCHINSKI

Local youth learn how to use training spears and shields as well as how to advance in a shield wall formation during a Viking reenactment at the 53rd annual Highland Gathering at East Selkirk's Legacy Park last Saturday. The two-day event wrapped up last Sunday. For more photos, see Page 12.

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

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PRICES IN EFFECT: THURSDAY, JUNE 27 - WEDNESDAY, JULY 3, 2019

Experts aim to get Manitobans hooked on wearing life-jackets

Staff

Lifesaving Society Manitoba and the Canadian Safe Boating Council are reminding Manitobans to wear their life-jackets while out on the water this summer.

"In Manitoba, the lack of life-jacket use when they should be worn is a continuing issue," Lifesaving Society Manitoba Water Smart coordinator Dr. Christopher Love stated in a release on Monday. "Manitoba continues to meet or exceed the National average with 86 per cent of boating fatalities not wearing a life-jacket."

June 29 to July 7 marks National Fishing Week in Canada. Lifesaving Society Manitoba and the Canadian Safe Boating Council want to remind anglers wearing your life-jacket is even more important than wearing your lucky fishing hat.

According to the Lifesaving Society's Canadian Drowning Report more than half (55 per cent) of boating deaths occurred during powerboat use. The majority of these victims were males between 20 and 60 years of age, often out for a day of fishing.

The Lifesaving Society says some

anglers believe since they are good swimmers having life-jackets on-board is good enough. But a life-jacket stored under a seat or up in the bow is no help when the unexpected happens, like falling overboard while trying to net a catch.

"National surveys show recreational sport fishing is increasing yearly," Joe Gatfield, chair of the Canadian Safe Boating Council, stated in a release on Monday. "The majority of drowning deaths are the result of not wearing life-jackets and are from vessels less than 6m in length. It is important not only to have your life-jacket on the boat, but to wear it as if your life depends on it. The majority of drownings happen in lakes, rivers and streams and are within assistance range."

Today's life-jacket models are designed to suit anglers needs. They're rugged, allow for freedom of movement to cast and are constructed with pockets for gear. Anglers should also check the label to make sure the life-jacket or PFD is Transport Canada approved, the correct size and fits snugly.

PHOTO COURTESY OF METRO NEWS-PAPER SERVICE

Lifesaving Society Manitoba and the Canadian Safe Boating Council are reminding Manitobans to wear their life-jackets while out on the water this summer.



RCMP seize meth, fentanyl and \$25K cash during Interlake drug ring bust



RCMP PHOTO
Drugs and other items seized by police during a raid of a Winnipeg home on June 19. Project Deteriorate began in November 2018 and was undertaken by officers of the Selkirk General Investigation Section.

Staff

Manitoba RCMP say they have dismantled a drug trafficking network being operated from within Selkirk and the City of Winnipeg, which was believed to be supplying drugs to various communities throughout the Interlake region.

Project Deteriorate began in November 2018 and was undertaken by officers of the Selkirk General Investigation Section.

On June 19, officers executed a search warrant at a residence in Winnipeg. As a result of this investigation, officers seized more than two kilograms of methamphetamine, a quarter of an ounce of fentanyl/heroin, \$25,000 Canadian in cash, a Chevrolet Trax vehicle and a conducted

energy weapon.

"The impact of this investigation is far reaching and has affected the drug supply chain to various Interlake communities," said Insp. Allan Hofland of the Selkirk RCMP. "Our communities are seeing the negative impacts that stem from the drug trade such as property crime, assaults, robberies, and home invasions."

Larry Albert Pottinger of Winnipeg, 34, Connie Amanda Barker, 36, and Lise Chantalle Malenfant, 53, both from Selkirk, face multiple charges.

RCMP say they anticipate to make additional arrests as a result of the investigation.



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Hundreds celebrate Indigenous Peoples Day in Selkirk

By Lindsey Enns

For former Selkirk resident Sabrina Dejersey, coming to Selkirk Park to celebrate National Indigenous Peoples Day is all about celebrating her culture and community.

The Beausejour resident says she's been celebrating Indigenous Peoples Day in Selkirk for as long as she can remember.

"I used to come here all the time with my grandmother," Dejersey said while holding her 12-year-old miniature dachshund, Teddy. "I'm Métis, so I like to celebrate my Métis culture."

"I love the entertainment. It's just a great time to come and hang out with other Métis people."

Selkirk Park played host to the 14th annual National Indigenous Peoples Day last Wednesday. The festivities, which were attended by hundreds of community and surrounding area residents, kicked off with a pancake breakfast and featured a petting zoo, bouncers, cotton candy, a barbecue, vendors, all kinds of games for children as well as live Métis entertainment.

Dejersey said she's currently taking fiddling and jigging lessons and was looking forward to seeing the live entertainment during the celebrations last week.

"I want to learn, and if someday I get a little better, I'd like to come and play here," she said.

During the opening ceremonies, organizers from both the Selkirk Friendship Centre and the Manitoba Métis Federation (MMF) thanked the City of Selkirk for helping make this year's event another success. Speakers also took time to thank the volunteers both young and old that lent a helping hand.

"We're getting the youth more involved, we have over 100 volunteers that help put this event on and it's just such a wonderful event here in Selkirk Park," said Alfred Anderson, vice-president of the Interlake region for the MMF.



RECORD PHOTOS BY LINDSEY ENNS

Sabrina Dejersey of Beausejour, pictured below right with her dog Teddy, and Robert Smith School student Marley Copenace, pictured below left, were among the hundreds celebrating National Indigenous Peoples Day in Selkirk Park last Wednesday. The 14th annual event featured vendors, a petting zoo, and various children's activities just to name a few.



The event continues to grow each year, Anderson added, and this year they extended the big white tent to 110 feet.

Selkirk Mayor Larry Johannson said the annual event is about the community coming together to enjoy them-

selves.

"It's a pleasure to be able to offer the park and to be able to help out wherever we can," Johannson said on behalf of the City of Selkirk. "My hat goes off to the organizers ... to the volunteers and it's all for you guys."

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Stellar Capital breaks ground on 84-unit townhouse complex in Selkirk

By Justin Luschinski

Stellar Capital Inc. has broken ground on an 84-unit townhouse complex that will be part of Vaughan Avenue West in Selkirk.

The City of Selkirk said the project "the largest residential development in Selkirk in decades" during a ground breaking ceremony last Thursday.

Selkirk Mayor Larry Johannson said he's excited about the project.

"I'm probably one of the most excited guys in the room. I now know how my grandchildren feel on Christmas morning. It's the right development, and it's in the right area," Johannson said. "We've got investments going on all around ... there's no reason at all why people wouldn't want to move to Selkirk."

The townhouses will feature a variety of housing, including 56 three-bedroom units with single car garages.

The Stellar Capital project is part of the larger development on Vaughan Avenue West that also features the 104-single family and two multi-family-developments, the first phase of which began construction in March of this year by GRG Investments.

Together, the two properties represent the largest residential develop-



RECORD PHOTO BY JUSTIN LUSCHINSKI

Members of Stellar Capital Inc., pictured alongside representatives from the City of Selkirk, have officially broken ground on an 84-unit townhouse complex that will be part of Vaughan Avenue West in Selkirk.

ment in Selkirk in many years.

Stellar Capital co-owner Keith Thiessen said he felt good about investing in Selkirk.

"Selkirk, though it has a lot more people, reminds us a little of Niverville," Thiessen said. "It's a community of its own, still a bit of a commute to Winnipeg, but a community of its own."

Rental properties have been built in Selkirk in recent years, including Broadstreet Properties' Selkirk Meadows on Manitoba Avenue and Parkside Terrace on Sophia Street and Thiessen said Stellar Capital's townhouses will compliment them.

"We see that maybe there's a gap with townhouses, so we're putting

some townhouses into the city. Vacancy rates are low, there's lots of employment in Selkirk, so we think it's going to be very needed," he said.

Stellar Capital's townhouses will be built in two phases and feature 56, 1,250 square-foot, three-bedroom units with full unfinished basements and single car garages. There will be 28, 1,000 sq. ft., two-bedroom units with full unfinished basements. The two-bedrooms rent for \$1,445 and the three-bedrooms for \$1,595.

Thiessen said the units will work well for "people with a couple of good incomes, working people or retired people."

"They're loaded. All the appliances, five appliances, air conditioning, walk in closets and decks," he added. "The two bedrooms have front and back decks, they're very complete spaces for people."

Two of the buildings are underway now and Thiessen said they'll be leasing by November and will be finished building in the fall of 2020.

Stellar Capital buys and builds rental properties, and Thiessen's other family company, Forthright Properties, manages them.

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If you’re the “hand’s on” type, and prefer to pick-and-choose the contents of your perfect display, drop by and browse Manitoba’s largest selection of fireworks! We have over 500 items to choose from, and over 150 of these are Buy 1 Get 1 Free! Top picks include: Oh Canada!, Northern Lights, The Haunting, Canadian Pride, Warhead Launcher, Hellraiser, and – of course – Red Bomb’s infamous “Flaming Schoolbus”. From barrages, to cakes and roman candles, we’ll take the time to explain what our products do, how to use them safely, and how to create your own once-in-a-lifetime show. We’ll even provide advice on how to sequence your Canada Day display for that “unforgettable” effect that demands roars of applause from the crowd!

Looking for an easier way to host a spectacular fireworks show? Try an exclusive Red Bomb show-in-a-box. These kits are available exclusively at Red Bomb Fireworks, and are LOADED with value. There’s a package to suit every budget – from our “Neighbourhood Nonsense” kit at \$49.99 Buy 1 Get 1 Free (or \$25 each), to the MASSIVE “Weekend Survival Kit” at \$499.99 (save \$220 this weekend!).

... and for those non-pyros: while fireworks are our specialty, we also carry other Canada Day essentials like Pic-A-Pop, firewood, Campfire FX fire colorant, campfire cookout sticks, glow bracelets and necklaces, model rockets, LED balloons, sky lanterns, smoke bombs, and confetti blasters!

Let’s take back summer this Long Weekend, and show Mother Nature who’s boss! Stop by your favourite Red Bomb Fireworks location, and let our “family” help your family - we’re well-stocked, full of surprises, and ready to help you DROP THE BOMB this Canada Day! We have FIVE Manitoba locations open to meet your fireworks needs - browse the rest, then shop the best, including:

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Happy Canada Day, and all thanks for your continued support in 2019 – our 20th year in business!

Matt & Brandi Bialek
The Entire Red Bomb Fireworks Crew

Golf tourney helps send Special Olympics athletes to nationals

By Gabrielle Piché

Alysia Roy began last Thursday as she typically would, delivering newspapers to her regular circuit.

However, once she finished, Roy took a different route – she headed to Selkirk Golf and Country Club for the Golf for a Cause tournament.

Roy will be receiving a portion of the funds raised during the charity golf tournament, which raised money for Inclusion Selkirk and Special Olympics Interlake athletes last Thursday.

Inclusion Selkirk organized the entire event and sold tickets to 52 golfers.

Money raised through ticket sales will help cover costs for seven Special Olympics athletes, including Roy, to go to nationals in Thunder Bay in February of 2020. All the athletes live in the Interlake. They qualified for nationals in Winnipeg last winter.

Roy snowshoed her way into nationals last February in Winnipeg. The overall cost for her trip to Thunder Bay is \$1,500.

"I'm so excited to go over there," Roy said. "Snowshoeing is my favourite kind of thing to do."

Roy was born with Williams Syndrome, a developmental disorder that affects the brain and heart. One in 7,500 to 10,000 people get Williams Syndrome, according to the National Institutes of Health.



LEFT: Golfers take part in the Golf for a Cause tournament at the Selkirk Golf and Country Club last Thursday. RIGHT: Alysia Roy sits in a golf cart during the Golf for a Cause tournament last Thursday.



But Roy doesn't let illness stop her from participating in the sport she loves. Before provincials in Winnipeg, Roy would train three or four days per week.

"You just say, 'I'm going to do this no matter what,'" Roy said.

She said competing in provincials didn't scare her – and she isn't worried about nationals either.

At provincials, Roy came second in her division for the 200 metre snowshoe race. She came third in the 100 metre snowshoe race, and she participated in the snowshoe relay.

Roy is part of the Interlake Athletics club, and she credits her coach, Rea-

gan Croy, for helping her improve. Roy added she's most excited to spend time with her fellow athletes at nationals.

"It's going to be a lot of fun," Roy said. "We're going to spend some quality time in Thunder Bay."

Six other Special Olympics athletes from the Interlake qualified for nationals. They, too, will receive funds from Golf for a Cause to help pay the expenses that come with the trip.

Roy said she's friends with the other six athletes. Joining her in snowshoeing are Shirley Lavalley, Nolan Penner, Steven Walcer and Alec Baldwin. Kim Jones qualified for five-pin

bowling, and Savannah Thompson made the cut in speed skating.

Inclusion Selkirk will also be receiving some of the funds raised during the tournament. Merilee Mollard, of Inclusion Selkirk, said this was the company's first time running the event. She said Inclusion Selkirk plans to make the tournament an annual affair because of its success this summer.

The total amount raised during this year's Golf for a Cause tournament was still being tallied by press deadline on Monday.

July art show at Gwen Fox Gallery to feature works by three new artists

Staff

Three new artists will have their pieces on display during the month of July at the Gwen Fox Gallery.

Dana Race is a water colour artist-in-training. Dana mixes realism with the abstract to create a fresh look in her paintings. Dana draws on her love of the natural world for inspiration.

Dana is also a licensed arborist and will also be giving a free seminar on Growing Fruit Trees in Manitoba on July 25 from 6 p.m. till 8 p.m. at the Gwen Fox Gallery.

Kristin Mallet is another emerging artist who works primarily with resins and acrylics. She has taken many courses over the years in glass work, photography, drawing and painting. She is still searching for her signature artistic style, but is taking what she has learned at the Winnipeg Art Gallery, and loving every step of the process.

New to exhibit at the gallery is Roberta Liberty, who is a well-known artist from Pine Falls, and will be showing off her talents with an array of her work in mixed media.

Bernice Phillips is our fourth member who has shown her work at the gallery before. Bernice loves to paint in watercolour, acrylic and mixed media, and on many different surfaces including glass, wood, and canvas. She draws her inspiration from the beauty that surrounds her in the garden and in the boreal forest and tries to capture that beauty in her work.

Bernice will also be giving a free class in Pressed Flower cards on July 13, from 1 p.m. to 3 p.m. at the gallery.

An opening reception for the July art show will take place on Saturday, July 6 from 1 p.m. to 4 p.m. Oriole A. Vane Veldhuis, who is also a new member of the local gallery, will be doing a reading from her book "For Elise" unveiling the forgotten woman on the Criddle homestead. This is a true story of Oriole's grandmother.

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Notice of Environment Act Proposal

Manitoba Sustainable Development has received a proposal pursuant to The Environment Act regarding the following operation and invites public participation in the review process:

RURAL MUNICIPALITY OF SPRINGFIELD – SUPPLEMENTAL MUNICIPAL GROUNDWATER SUPPLY: FILE: 6013.00

A proposal has been filed by the Rural Municipality of Springfield for a supplemental municipal groundwater supply system to meet municipal water supply needs in Oakbank and Dugald. The project involves the installation of two wells in the Winnipeg Formation Sandstone Aquifer on the south side of SW 32-10-6E, approximately four miles east of Dugald and one mile south, with a pipeline connecting the wells to the existing water supply system in Dugald. The existing water supply system using water from wells northwest of Oakbank will continue in operation.

Anyone likely to be affected by the above operation and who wishes to comment on the proposal should contact the department, in writing or by email to Bruce.Webb@gov.mb.ca, not later than JULY 25, 2019. Further information is available from the online Public Registry located at: www.gov.mb.ca/sd/eal/registries/index.html or by contacting Bruce Webb, Environmental Engineer at Bruce.Webb@gov.mb.ca or 204-945-7021.

Information submitted in response to this proposal is considered public information and will be made available to the proponent and placed on the public registry established in accordance with Section 17 of The Environment Act.

Environmental Approvals Branch
Manitoba Sustainable Development

1007 Century Street
Winnipeg MB R3H 0W4
Toll Free: 1-800-282-8069

Fax: 204-945-5229

Website: www.manitoba.ca/sd/eal/registries



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Don't let just anyone touch the fish

Hi anglers, how was your week?

I was in the Health Sciences Center in Winnipeg last week visiting someone very dear to me when this not too tall, blond haired, bustling, happy, bundle of energy came whirling into the room. It turned out she was Nurse Marianna and as she attended to the fine lady in the bed she began talking endlessly about fishing. I sat silently, listening to her stories, and when I felt it was appropriate I reached into my pocket and offered her my card. "Oh" she said looking at it, "If you want a story I've got one!"

She carried on attending her patient as she recalled back in 1996 she went fishing with her "then husband" on their honeymoon on the narrows between the Big and Little Whiteshell Lakes. It was a sunny, windy day with choppy waves bouncing their small boat all about. Marianna's line had not been out that long when she felt a nervous tug. She hauled up sharply. The trembling line drew tight. Young exuberance took over and she reeled in furiously, squealing with excitement, seeing a large perch with its wet green-black stripped sides glistening as it leapt, twisting wildly in the air. Marianna wrapped her legs around the tossing boat's bench seat and leaning overboard, grabbed the perch by the gill holding it high, its slimy length slapping against her forearm.

"There's a master!" Marianna shouted with great satisfaction. Her husband took it from her and examined it for a moment. Then to her shock he threw it overboard! "No," he said, "too small!" Marianna, though upset said nothing but bent to her tackle box bringing out a fish measuring tape. She laid it against her forearm which was covered with the perch's slime and as far as she was concerned that fish was a master! As Marianna continued to care for my loved one, she uttered, "That was the last time I let



RECORD PHOTO
Corey Kowalchuk and son Ryder of Oak Hammock with Ryders' catch at Hnausa.

my "then husband" touch my catches!"

Few things warm my heart more than witnessing a trembling child screaming with joy when they first catch a fish. It was a warm, hazy, calm day on the Hnausa pier not long ago where a chap waved for me to stop my car as I arrived to visit with the many anglers pursuing their favorite pastime. He bent toward me as I lowered my window saying, "My son Ryder just caught a walleye. He saw the sign on your car that you write the fishing column in the Selkirk Record, the Express and Stonewall Tribune and really wants to be in the papers with his fish." "You bet," I said getting out of the car. "I'm Corey Kowalchuk from Oak Hammock and that proud young fisherman is my son Ryder," he exclaimed. The lad was so excited,

he was shaking as he tried to gaff and hold up his catch. "Take your time," I tried to calm him. His dad came to his side and when he felt Ryder had a good grip on the fish, signaled me. I quickly took the picture. Corey and I got to talking after and he told me that his fun is teaching the young ones in the family to have patience when fishing.

Anglers were elbow to elbow along the Red River bank by Lockport last Sunday when I stopped by to pass the time with some of them. As I parked, I saw a tall, heavily built chap taking a long fishing rod and tackle box out of the back of his truck. A young lad who looked much like him stood beside him. "You going to try your luck?" I called out. Our new dark bearded friend looked over to me and the sign on the door of my car illustrating my fishing column, smiled, saying, "Hope to." He and the boy casually strolled over to me as I asked if he had a fishing story for the papers.

"Well," he started, staring out at the roaring, frothy water spilling over the dam, "I remember a fishing incident with my dad upstream from here when I was a kid that brought us closer together." "By the way I'm Brad Muise and this is my son Kingston. We're from Argyle," he put in as he went on describing how his dad had bought a brand new rod and had taken him, with his little kid's rod for their first fishing outing. At the river's edge his dad cast out while Brad watched. Dad's baited hook barely hit the water when the head of a jackfish appeared taking it with a vicious swipe. It turned, diving, tearing dad's rod out of his hand. We stood there, shocked! When dad recovered he was tempted to strip down and go after his new rod but Brad implored his father not to. "I don't want you to get hurt dad," he cried out!

See you next week my friends.

View the Selkirk Record online at selkirkrecord.ca



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

TROUBLE WITH PAPER DELIVERY?

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

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Winnipeg teen arrested following St. Andrews home invasion

Staff

A Winnipeg teen is facing multiple charges following an early morning home invasion in the RM of St. Andrews last week.

On June 18, at approximately 3:10 a.m., Selkirk RCMP responded to a robbery on Norwood Road in the RM of St. Andrews.

While RCMP were en route to the call, the 911 operator continued to update the officers advising that a male had broken into the residence, had a knife, and lots of yelling could be heard.

Selkirk RCMP members responded immediately and located a male suspect leaving the scene wearing a hood tied tightly around his face. The male took off running and was apprehended a short distance away.

A 17-year-old male from Winnipeg was arrested and numerous charges are pending including Robbery with a Weapon, Breaking and Entering with Intent, Disguised with Intent to Commit an Offence, Forcible Confinement, Possession of a Weapon for Dangerous Purpose, Uttering Threats and Theft.

The homeowners, a 78-year-old male and a 77-year-old female, were treated and released on scene by paramedics.

RCMP say the investigation has determined that the suspect was involved in the theft of a vehicle in Winnipeg and drove the vehicle to the location on Norwood Road. The stolen vehicle was recovered at the residence.

RCMP Police Dog Services attended the scene and did a search which re-

sulted in locating stolen property and the knife involved in the incident.

RCMP continue to investigate.

The RCMP is reminding homeowners to be aware of any suspicious vehicles or persons in their area and to report anything of concern to police.

Additional home safety tips:

- Always keep your doors locked. This includes ensuring that your garage door is closed and secured.

- Close and lock all windows each time you leave your home.

- If you have an alarm, ensure to set it before you leave home.

- Always keep your vehicle locked even if it's parked in your garage or driveway.

- Use timers on indoor lights and tamper-proof, motion sensor lights around the perimeter of your home. Lighting is the most effective crime prevention tool since criminals do not want to be seen.

- Make sure your house number is visible during the day and night. In an emergency you want emergency crews to find your house number as soon as possible.

- Install a door viewer so you know who is at your door before you open it. Know who is there before you open your door and home to a stranger.

- Join or start a Citizens on Patrol group in your area to encourage everyone to keep an eye out for suspicious activity and share the information with each other and with the police.

- Follow the Golden Rule of community safety: If you see something, say something. Always report suspicious activity to the police.

Poppy Campaign helps local legion donate over \$23K



RECORD PHOTO BY LINDSEY ENNS

Last year's poppy fund campaign helped the Selkirk Legion donate more than \$23,000 to various local organizations last Wednesday. Members of the Selkirk Legion, pictured above, presented a \$12,574 donation to Pamela McCallum, pictured second from left, of the Selkirk Regional Health Centre Interlake-Eastern Health Foundation last Wednesday. Selkirk Legion members also presented a \$5,900 donation to Tudor House in Selkirk as well as \$5,400 to Red River Place. Every year, Royal Canadian Legion's across the country conduct their own Poppy Campaign's at the local level to raise funds in support of veterans and their families. To learn more about the Poppy Campaign, visit legion.ca.

Manitoba Hydro warns of new type of telephone scam

Staff

Manitoba Hydro is warning customers of a new type of scam phone call.

These phone calls are sophisticated, using recordings that sound like Manitoba Hydro representatives and "spoofing" Manitoba Hydro's 1-888-624-9376 number, according a release sent out to media last Friday.

These scammers call to say your account is in arrears and requires immediate payment. They may leave a voicemail asking you to call a different number back. If you talk to them, they will pretend to look up your address and account number, and they'll try to

"arrange payment" at non-Hydro locations.

Manitoba Hydro has four phone numbers: 1-888-624-9376, 1-866-890-3856, 204-480-5900, and 204-480-5901. You should never call any other number about your Hydro account. Manitoba Hydro does not accept payments over the phone, over PayPal, using credit cards, or from wire transfers. A full list of payment options is available at hydro.mb.ca/accounts_and_services/payment_options/.

Manitoba Hydro is working with the Winnipeg Police Service to stop these scammers.

Public
Utilities
Board

Public Notice

You're Invited

to share your views about the proposed rate increases from Manitoba Public Insurance

The Manitoba Public Insurance Corporation (MPI) has applied to the Public Utilities Board (Board) for a 0.1 per cent increase to Basic Autopac vehicle insurance rates and premiums, effective on March 1, 2020 through March 31, 2021. This 13-month rating period is required to align with a revised fiscal year-end.

For further details, please contact MPI at inquiries@mpi.mb.ca or visit the Board's website at www.pubmanitoba.ca.

A public hearing on the proposed increases will be held on:

Monday, October 7, 2019 at 9:00 a.m.
Public Utilities Board Hearing Room
4th Floor, 330 Portage Avenue,
Winnipeg, MB R3C 0C4

If you are interested in learning about these rate increases, you are encouraged to attend the hearing, observe the hearing via live streaming, or provide your perspectives through the Board's on-line comment tool.

If you wish to speak at the hearing or make a written submission, please contact the Board secretary at 204-945-2638 or toll free 1-866-854-3698, no later than **September 1, 2019**.

For more information, visit www.pubmanitoba.ca.

Manitoba Public Utilities Board
400-330 Portage Avenue,
Winnipeg, Manitoba R3C 0C4
Phone: 204-945-2638
Email: publicutilities@gov.mb.ca

Growing Futures aims to help BON residents live more sustainably

By Justin Luschinski

A group of health workers in Brokenhead Ojibway Nation is hoping to teach residents how to garden, hunt and fish in an effort to raise awareness about healthy eating in the community.

The Brokenhead Ojibway First Nation Health Centre held an open house for their Growing Futures Project on June 12 and they'll be hosting another one on Tuesday, July 2 at the Brokenhead Ojibway First Nation Health Centre located at 246 Bison Drive East. For more information, contact the Health Centre at 204-766-2740.

Angela Dumas of the Growing Futures Project said they're returning to the old ways, teaching residents how to live sustainably like their ancestors did.

"It is going back to the old ways. We're teaching people how to grow their own food, how to hunt. At some point, we lost our own ways, of living sustainably," Dumas said. "The older ways were healthier. After our people started to rely less on the land, we started to see (diseases) like diabetes skyrocket."

Dumas said in the past, Indigenous Peoples were relatively healthy, as they would eat natural plants and ani-

mals in their environment. Around the 60s, as more and more of their rights and protections were stripped away by the Canadian government, the people adopted more "western" foods high in fat and sugar. The treaties also forced the Indigenous population to adopt a sedentary lifestyle.

This, among other factors such as isolation and poverty, has lead to a sharp increase in health problems such as diabetes. A 2011 Government of Canada study found that 17.5 per cent of Indigenous Peoples on reserve had diabetes, they specifically note that diabetes has reached "epidemic levels" in some communities.

Dumas added that a lot of residents are living on social assistance, which barely covers their cost of living.

"When you live on social assistance, you get maybe \$200 for food ... that will last you maybe a week. Two if you're really good at budgeting," Dumas said. "Most people eat meat and potatoes, no vegetables ... they're too expensive, and when they get here, they're not good. If we start growing our own food, we can have fresh vegetables right here and we can live sustainably."

Dumas added their group provides plants and other materials for anyone who joins the project.

Rotary hosts 27th annual Lobsterfest



SUBMITTED PHOTOS

More than 1,000 fresh lobster arrived by aircraft on May 24 to be cooked up and served by members of the Selkirk Rotary Club Selkirk during their 27th Annual Lobsterfest Extravaganza held on May 25 at the Selkirk Rec Complex. The Rec Complex was decorated in a nautical theme with lobster traps and the aroma of freshly steamed lobster wafting throughout the building. A total of 550 hungry seafood lovers feasted on the fresh New Brunswick catch. Piped in by Rotarian Jim Kidd, and led by President Sharon Moolchan, and Past President Lee Hanson, was "Big Red," a 14 pound giant lobster who was later raffled off and fed a group of seven. Following the feast, there were silent auctions, live auctions and draws. Proceeds from the evening will be given to several local causes. If you have never been and wish to get tickets for next year, please email vjoliver@mymts.net or visit selkirkrotary.org for more information.



SERVICE CLUBS - Serving our Communities		<i>Selkirk Record</i>	
<p>ARMY, NAVY & AIR FORCE VETERANS IN CANADA</p> <p>Selkirk Unit 151 LADIES AUXILIARY Club Room 482-3941 231 Clandeboye Ave. Selkirk MB R1A 2B2</p> <p>Meetings are 2nd Wednesday of each month (except July & August) at 6:30pm in downstairs clubroom. New members welcome.</p>	 <p>Rotary Club of Selkirk Lesli Malegus, Sec. 204-482-3113 www.clubrunner.ca/selkirk</p> <p>Motto: "Service Above Self" Meetings 2nd & 4th Mondays 6:00pm at Selkirk Golf & Country Club 100 Sutherland Ave, Selkirk, Mb. Rotarians provide humanitarian service, encourage high ethical standards in all vocations and help build goodwill and peace in the world. Guests are always welcome.</p>	 <p>ROYAL CANADIAN LEGION NO 42 & LADIES AUXILIARY</p> <p>Office: 482 4319</p> <p>403 Eveline St. Selkirk, MB R1A 1N8 Bingo Mondays at 7:00pm and Saturdays at 1:00pm</p>	<p>THE SELKIRK & DISTRICT LIONS</p> <p>Membership Chairman Herb Dubowits 766-2385 Motto: "WE SERVE" A non-profit organization, serving Triple "S" communities.</p> <p>The Lions meet on the first & third Monday of the month at the Selkirk Lions Centre, 320 Christie Ave. Guests and new members are always welcome.</p>
 <p>LISGAR LODGE #2 SELKIRK</p> <p>Stephen Gwynn 204-482-6656 lisgarlodge@outlook.com Free Masonary way of life Second oldest Masonic Lodge in Manitoba. Meets every third Wednesday of the month except, July and August Meetings begin at 7:30.</p>	<p>REMORA #26</p>  <p>ODD FELLOWS Meets 1st Tuesday of each month John 204-482-5989</p>	 <p>Your area Chamber of Commerce since 1901 Our mission is to promote and expand economic trade and commerce along with civic and social needs of the Selkirk, St. Andrews, St. Clements and West St. Paul regions: Events include Networking Sessions, Speaker Series, Business Awards, Black Friday Weekend and many other community initiatives. 200 Eaton Ave, 482-7176 www.selkirkbiz.ca</p>	<p>WEST ST. PAUL LIONS CLUB</p> <p>Glen Rossong Membership & Sponsorship</p> <p>204-338-7291</p> <p>Meetings first Monday of every month.</p>



217 Clandeboye Ave., Selkirk

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

Booking Deadline **Mondays at 4 p.m.**

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



St. Andrews building design firm celebrates 30 years in business

By Justin Luschinski

DGH Engineering Ltd., a building design firm located in the RM of St. Andrews, celebrated its 30th anniversary by unveiling their expanded office and break rooms earlier this month.

The company held a 30th anniversary celebration on June 13 at their headquarters located at 12 Aviation Boulevard near the St. Andrews Airport. They decided to combine the event with a grand opening of their newly constructed office wing, which includes a large lunch/break area complete with a fully operational kitchen.

Dennis Hodgkinson, president of DGH Engineering, said they're happy to celebrate this milestone in St. Andrews.

"We've been 30 years in the business, we've got about 50 staff now. Time really goes by so quick, it didn't seem so long ago we were operating out of my property in West St. Paul," Dennis said. "We really like working here in St. Andrews ... We've been out here so long, our employees have gravitated to this area. They're coming out here to buy houses and raise families."

Dennis started the company with his



RECORD PHOTO BY JUSTIN LUSCHINSKI

Dennis and Betty-Lynn Hodgkinson, founders of DGH Engineering, pose for a picture during the company's 30th anniversary celebration in their new dining/kitchen area on June 13. The company recently expanded its headquarters, which is located at 12 Aviation Boulevard, near the St. Andrews Airport, adding new offices and a large dining/meeting room.

wife, Betty-Lynn, in June 1989. Dennis renovated one bay of his garage into an office, he had two employees in there, while someone else would work in the kitchen. Once their busi-

ness had outgrown their home, they bought their current headquarters near the St. Andrews Airport in 1994.

The company moved into the St. Andrews property with 25 employees,

now they have around 50, with some summer design students also taking up space. They needed to expand.

Sam Hodgkinson, chief operating officer and the Hodgkinsons' son, said the team needed more room to work.

"In the old building, everyone was really packed in. We wanted to build something that could handle our growth for another 15 years," Sam said. "We had to take lunch in three shifts, otherwise it would be way too crowded ... We are an integrated design firm. We wanted an open office, where guys aren't living in silos. We needed to give them spaces to work together, as well as spaces to get away from work."

Sam said the new wing contains new offices, meeting rooms, as well as a few spaces that let employees relax. One of the new rooms is made up almost entirely of windows, with some tropical plants and a guitar. The room temperature is entirely controlled by natural sunlight and ventilation, no heating.

Sam said the room automatically balanced the temperature by opening the windows or activating the vents, and it could retain room temperature even in the winter.

City's first fenced off-leash dog park to open in Selkirk Park in early July

Staff

Selkirk's first fenced off-leash dog park is set to officially open in Selkirk Park in early July.

An exact opening date wasn't available by press deadline on Monday.

Ruth Rolfe, the City of Selkirk's manager of parks and recreation facilities, says the park will be open to dogs and their families in early July. The location in Selkirk Park, across the road from the campground office, was selected for several reasons.

"There was consideration for other sites, such as the fields by the Recreation Complex, and other areas of Selkirk Park," Rolfe stated in a release on Monday. "The site in Selkirk Park has the best topography, and the most suitable location for access to existing foot and road travel."

The dog park will feature two double gate entries, allowing the dog owner to open the first gate and close it behind, allowing owner and dog to stand in a waiting area while the other dogs approach and sniff out the new arrival. Once everyone is acquainted, the owner can open the second gate to enter the dog park.

"One of the main things is dogs are very social, so when a new guy comes all the other dogs run to meet it," Rolfe



PHOTO COURTESY OF METRO NEWSPAPER SERVICE

Selkirk's first fenced off-leash dog park is set to open in early July.

said. "We didn't want to create a situation where the dogs can get out eas-

ily."

There will be a double gate entry off the roadway and another on the other end of the dog park, off the walking trail.

The dog park will be 1.75 acres and contained within a four-foot high chain link fence. There will also be a 12-foot equipment gate so the city can maintain the area. Public washrooms are nearby in Selkirk Park.

Rolfe said there are trees and small hills within the park and there will be bags available for owners to pick up dog waste and garbage cans for them to dispose of the bags.

Rules will be posted in the dog park as well.

The City of Selkirk identified the establishment of a dog park as a priority in its 2016 Recreation Strategy and allocated funds to complete the project within three years.

According to the city's CitizenVoice

survey in October 2018, more than 65 per cent of Selkirk residents are dog owners and 85 per cent of respondents wanted an off-leash area that was fenced, with 82 per cent wanting the area to include natural features, like trees, to provide shade. The survey also indicated people would like to be able to access the dog park by walking.

Rolfe said the contract to erect the fence has been awarded and work will begin this week.

Royal Canadian Legion Branch 42

403 Eveline Street, Selkirk
Office: 482-4319 Bar: 482-6015 www.selkirklegion.org

July Events Calendar

July 1 – Horseraces 1pm July 1 – NO BINGO July 5 – Rock the House Band 8pm July 12 – Uncle Basic Band 8pm July 13 – NO BINGO July 13 – Uncle Basic on the Patio 2pm July 19 – Buster Keys Band 8pm July 20 – Steak & Lobster Dinner 6pm July 20 – Buster Keys Band 8pm July 26 – Bowman Bros Band 8pm	Open Sundays 12 Noon-7:00 pm CHASE THE ACE \$10,149 As of June 21/19 • 37 cards remaining MUG, SPUD, & STEAK fundraising dates available HALL RENTAL dates available BINGO Mon. 7:00 pm, Sat. 1pm
--	--

Mondays	Tuesdays	Thursdays	Fridays
Afternoon crib 1:00 pm	All day Member Specials, Dart League Sept-Apr 7pm	Texas Hold'em Poker 7pm	Meat Draw & Chase the Ace 4:30-8pm

Everyone Welcome! Members-Only Specials

Red River North Garden and Art Tour tickets on sale now

Staff

The 2019 Red River North Garden and Art Tour was officially launched with the release of tickets for sale at select locations throughout the Red River North Region and Winnipeg earlier this month.

The 2019 Tour features nine unique private gardens in St. Andrews, St. Clements and Selkirk.

The one-day self-guided tour will take place on Sunday July 21 between the hours of 10 a.m. and 4 p.m.

In addition to horticultural guides in many gardens, artists and authors will also be located throughout the tour sites with items available for sale.

A new feature this year will be the inclusion of some local youth musicians providing ambient background in some gardens.

Public spaces on the tour include Red Feather Farm Memorial Park, the Columbarium at St. Clements Cemetery, and The Rectory in St. Andrews. Naturalist and nature artist, Heather Hinam, will introduce visitors to the

award winning prairie habitat at the Gaynor Family Regional Library at 11 a.m., 1 p.m. and 3 p.m. and will be available to answer questions and talk about her natural illustration throughout the day.

Other bonus features on the tour include the Lock's Market at Lockport and an Indigenous Art display at the Riverside Grill near the Selkirk waterfront.

Tickets for the 2019 Garden and Art Tour are \$30 and are now available at Cambrian Credit Union locations on Main Street in Selkirk, and 2136 McPhillips Street and 1366 Henderson Highway, in Winnipeg, as well as at Harry's Foods and the Gaynor Family Regional Library.

Early-Bird tickets are available, on-line only, for the discounted early-bird price of \$25 until June 30.

Visit redrivernorthtourism.com and click on the link to purchase early-bird tickets and for further information regarding the tour.



RECORD PHOTOS BY JUSTIN LUSCHINSKI

East Selkirk's Legacy Park played host to the 53rd annual Highland Gathering last Saturday and Sunday. The event featured pipes and drums, live reenactments, a sheep herding demonstration, multicultural entertainment and children's activities.



Selkirk Diesel celebrates 30 years



RECORD PHOTO BY BRETT MITCHELL

Selkirk Diesel Repair and AutoCare Centre celebrated their 30th anniversary with a barbecue at their location along Lily Avenue on June 14. To learn more about Selkirk Diesel, visit selkirkdiesel.com.



Poplar piers ready for the season in Dunnottar

By Lindsey Enns

Almost all of the iconic poplar piers along the shoreline of Lake Winnipeg in the Village of Dunnottar are now up for the summer season.

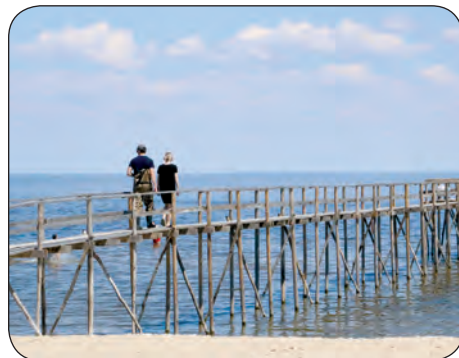
Each year, during the months of May and June, the piers are erected and are usually taken down during the months of September and October. The piers not only allow lake lovers to get over the rocky shoreline and onto a nearby sandbar, they have also always been a large tourist attraction for the area.

The public and private piers have now been around for more than 100 years.

"We're seeing more and more people from Selkirk come," Village of Dunnottar Mayor Rick Gamble stated during an earlier interview with the Record. "They seem to be a favourite in the artist world whether they're photographing them or painting them and they seem to sell well to the public."

Gamble added over the years the piers have been subject to some vandalism but for the most part they are a beloved part of the community.

"I don't think anybody's looking forward to the day when we don't put them up," Gamble said, adding the village budgets to cover the cost of putting up, taking down and replac-



RECORD PHOTO BY LINDSEY ENNS
The sun shines over the iconic poplar piers along the shoreline of Lake Winnipeg in the Village of Dunnottar last Wednesday afternoon.

ing the piers when needed.

Dunnottar will also be hosting a long list of events to help celebrate Canada Day on Monday, July 1. In Ponemah, festivities will begin at 9:30 a.m. with the marshalling of the parade. The parade will begin at 10 a.m. and following the event, there will be celebrations and birthday cake. There will also be a horseshoe tournament at the Ponemah Sportsplex beginning at 1 p.m.

In Matlock, Canada Day celebrations will begin at noon at the Matlock Hall. There will be a bake sale, whist tournament, children's races, kiddies scramble, adult grocery scramble as well as an auction and 50/50 draws.

For more information, visit the Village of Dunnottar's website at dunnottar.ca.



For the Record... the bomb is ticking



Find the "Red Bombs" located throughout the Selkirk Record and bring your completed entry to Red Bomb Fireworks, 609 Greenwood Avenue, for your chance to win a Lakeside Luau, valued at \$100!



Name: _____

Email: _____

Phone: _____

Date of Paper: _____

Bomb #1 Page: _____ Bomb #2 Page: _____ Bomb #3 Page: _____



Communities in Bloom 2019

Here are some of the judge's observations from 2018 in the Tidiness Category: Initiatives such as the successful Commercial Property of the Week, sponsored by The Flower Child, is a great start to encouraging businesses to care for their properties. The judges understand that the municipal Weed Control program has the jurisdiction to mow private property (and charge the owner) however when asked it was not clear what municipal program is responsible for trimming of unsightly weeds. Perhaps an Adopt a Street, empty lot, or school yard could be taken on by schools, churches or the Fine Option Program. The Selkirk Communities in Bloom initiative with Big Dollar and the Community Networks Fine Option is an excellent example of this, consider expanding this idea.

If you would like to vote for a Yard of the Week or a Commercial Property of the Week please visit the Customer Service counter at Home Hardware Selkirk and fill out a ballot.



Yard of the Week sponsored by Selkirk Home Hardware.
Commercial Property of the Week sponsored by The Flower Child.

Making Selkirk Beautiful... One yard at a time



NEW SUMMER HOURS

Monday – Friday 7am – 8pm

Saturday 8am – 6pm

Sunday 11am – 5pm

917 Manitoba Ave., Selkirk
204-785-2773



TASTE YOUR TOWN Two Restaurants at a Time

Get a taste of our region by eating someplace new or visiting your favourite go-to place when you're hungry. Whether you're shopping for shoes at that close-by boutique, getting a haircut at the salon or buying eggs from the grocery store, you're supporting local business while tasting the best the area has to offer. If you're a foodie, treating yourself to a gourmet meal just around the corner is a great way to invest in your local economy.

THIS MONTH'S FEATURED RESTAURANT

Vinnie's South Indian Food

During a very hot summer day, we decided to turn up the heat at Vinnie's South Indian Food. Our reporter Justin Luschinski, sales rep Michelle Balharry and Taylor (The Flower Child) sat down at Vinnie's South Indian last week for lunch. You might think we're crazy, but we just couldn't pass up on some authentic south Indian cuisine that was so tasty, it's become one of our new favorite spots.

The owner, Nandan, greeted us at the door and showed us to our table. Nandan was very kind and very passionate about the recipes he brought over from his home region of Kerala, on the southern tip of India. He guided us through each dish, explaining the history and flavour behind everything we ate.



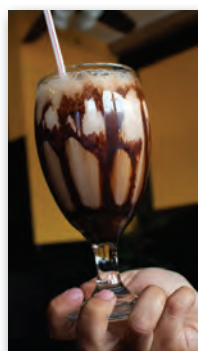
We started off with some Fish Cutlets, which has become Michelle's go-to finger food. The cutlet batter was deep fried, with a very satisfying crunch, while the inside was a mixture of fish and savoury spices that made it a very nice appetizer. The delicious dipping sauce that accompanied the cutlets was cilantro chutney. The cutlets were pretty big, so you're getting a lot for your money.

Then Nandan brought out our main dishes. Michelle ordered the Chicken Curry Dosa, I ordered the Beef Ularthiyathu, and Michelle's friend Taylor ordered some Butter Chicken.

I feel like a lot of people think that Indian food is super spicy. While the food certainly had a kick, the truth is the food was very tasty and it's sure to satisfy even the most sensitive pallets.

The Chicken Curry Dosa was soft, tender and delicious. It was a little spicy, but it was balanced out by the fresh herbs and moist chicken. The dosa, a crepe, which is made from rice and lentil, was covered with two chutney sauces (tomato and coconut with mustard seed), then topped off with the chicken curry. This is an amazing dish that belongs on a top 10 list somewhere.

We can't forget about the Beef Ularthiyathu. It's a beef fry/stew native to Kerala, which is cooked with coconut slices, curry leaves, and Indian spices. It's got a nice blast of flavour that really won me over, with just the perfect balance of spicy and savoury. Seriously, you need to give this a try.



After the meal, we decided to try one of their deserts: The Sharjah Shake. This is absolutely the best milkshake I've ever had, the perfect summertime treat. It's a mixture of bananas, coffee, ice cream and chocolate sauce that is Kerala's best kept secret. The drink originated in Nandan's home province and variations have popped up all over India and Dubai, a way for residents to beat the intense heat.

If you're a vegan, Vinnie's is your new lunch destination. Many of the foods are vegetarian and some of the dishes only use plant-based natural ingredients. Vinnie's is the second restaurant in Manitoba to get a certificate from PlantPure Communities for their vegan and oil-free dishes.

Why are you still reading this? Vinnie's is a hidden gem in the Selkirk restaurant scene, everybody should know about it.



**Exceptional Food
@ Reasonable Prices**



**Filipino or our
Regular Ranch
House Breakfasts**

**DAILY
SPECIALS**

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THIS MONTH'S FEATURED RESTAURANT

Larter's Golf Course

On a bright, sunny day, we stopped by Larters Golf Course to enjoy some high-class dining in St. Andrews. Our reporter Justin Luschinski and our sales rep Brett Mitchell sat down for lunch on Thursday, June 20th, where they enjoyed fantastic service with some very tasty dishes.



Our server, Bri, greeted us with a smile and encouraged us to try one of the appetizers. I ordered the Fireball Whisky BBQ Bacon Wrapped Meatballs, which Brett and I shared. The name was a mouthful, but the meatballs lived up to the hype. The dish had a tangy kick that woke you up, while the meatballs and crisp bacon calmed everything down with savoury flavours. These weren't small meatballs either, they could have been a meal on their own. If you like a



savoury dish with a little spice, the meatballs are a perfect pre-golf snack.

Since Larter's serves breakfast and lunch all day, Brett and I decided to try both menus: I got lunch, while he got breakfast. Brett tried out the Italian Muffizza and I decided to try one of their specials: An open faced prime rib of beef with fries.

"The Muffizza was magnifico! Chock full spicy Italian sausage, spinach, this very fancy Italian style eggs benedict aimed to please. Accompanied by fresh cut hash browns this meal was perfect for a big appetite. Bri delivered it with a big smile and we enjoyed a fantastic panoramic view of the Larter's Grounds," Mitchell said.

The prime rib was a hearty, well-cooked meal that was so big, I had to take half of it home with me. It came as a large steak, cooked to medium, with a huge bed of homemade french fries. The steak was seasoned perfectly, with a light sauce that made it very delicious. The special was a classic, high-end lunch dish that will leave you very satisfied. And the portions! You definitely get your money's worth at Larter's.



We also need to mention the view: Larter's restaurant gives a panoramic view of the course, which offers a beautiful backdrop to any lunch date. I could sit there all day, just watching a golf tournament and enjoying the view.

There's more to Larter's than its golf course. The restaurant delivers great food with healthy portions. You need to stop by and try it once.

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Canada Day



Canada Day - God keep our land, glorious and free

By Linda Hancock

Recently I decided to visit my sister and her family who live about 800 kilometres from my home.

I didn't have to get permission from anyone to make the trip. I was able to fill the tank of my car with gas using money that I had earned myself. My start time was one that I chose on my own.

As I drove, I was able to enjoy the countryside that had not been ravaged by war or weather disturbances. In fact, the natural beauty was enhanced by the sight of farmers who were diligently planting the spring crops with hope for a fall harvest.

At various times I could use my iPhone to communicate with my sister who was eagerly anticipating the arrival.

There weren't any border crossings or questioning soldiers to stop me on the highway. I hadn't been required to obtain or present a Passport to anyone in order to travel.

I could choose where I would stop to shop or eat along the way. Never was there any sign of discrimination or favouritism in the venues. In fact, the service was accompanied by smiles and good wishes.

As I journeyed down the number one highway I took the opportunity to drive

through my hometown to relive memories of my youth. I passed through a neighbouring town and by the house where my grandparents had welcomed me for visits as a child and thought about the values they had demonstrated through their life choices.

I took advantages of a map which I had been given to me without charge and even considered the best route to my destination with my GPS.

Clean bathroom facilities which were accessed as needed along the way were all provided without charge.

We had three days of visiting and sharing an abundance of good food. Farm neighbours drove over for visits and the laughter would make any listener believe that we did have a care in the world.

And then it was home again. Tanks of gas, purchased without concern for the cost. A stop for a luxurious lunch at a spa.

Good roads, attractive scenery and peace.

We live in an amazing country!

As we approach Canada Day we need to consider our blessings. We don't have to worry about hurricanes, tsunamis, typhoons or damaging oil spills. Our earth has been protected from wars and riots. We have an economy that provides work opportunities and governments at different levels that invest in infrastructure which makes our lives easier. Most of all, however, we enjoy the beauty associated with living in a free country where we can make individual choices about how we will live.

It's time to celebrate, give thanks and honour our country. Remember to hold the words of our national anthem in your heart as a prayer not just on July 1st but every day of the year.

God keep our land glorious and free.

Happy Canada Day

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Up in Flames
North 49
Ali and the Kool Kats

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CITY OF Selkirk Event Itinerary

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Telus Kids Zone 4:00pm – 7:00pm

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Live Entertainment 4:00pm – 11:00pm

4:00 Gameshow
4:15 Up in Flames
5:00 Gameshow
5:15 Fiddler & Jigger
5:45 Gameshow
6:00 Teakle Family Circus show
6:45 North 49
7:30 Gameshow (ARE YOU SMARTER
THAN THE MAYOR?)
7:50 Selkirk Dance

8:00 Gameshow
8:00 Ali and the Kool Kats
8:45 SUNOVA takes the stage
8:50 Pop Vegas
9:50 Soul Train
11:00 O'Canada and FIREWORKS



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Happy Canada Day from all of our local community sponsors!

Unique ways to celebrate Canada Day inspired by our national icons

There are many ways to celebrate Canada Day and fireworks, community events and backyard barbecues are all commonly enjoyed on July 1. But if you're looking to do something a little more unique, consider incorporating these national icons into your festivities.

The maple leaf

While the red leaf on our flag is that of the sugar maple, there are in fact 10 species of maple that grow across the country. This Canada Day, why not plant one of these trees in your yard? Alternatively, you could simply slather some pancakes with maple syrup and call it Canadian pride. Bonus points if you serve them with Canadian bacon.

Hockey

While its exact origins are hotly debated, hockey as we know it today is firmly rooted in Canadian history and culture. Since your neighbourhood rink is likely closed for the season, consider playing a game of street hockey to work up an appetite for your Canada Day barbecue.

The beaver

While a number of animals serve as Canadian symbols, it's the beaver that's most recognized as a national icon. This isn't surprising given that our country was largely founded on trading beaver pelts. Since you probably won't see a real beaver on Canada Day, why not indulge in a Beaver Tail pastry instead? This quintessential Canadian treat is a delicious way to celebrate our country.

Happy
Canada
Day!



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Annie

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Brokenhead Wetland Trail ready to welcome visitors

By Justin Luschinski

The Brokenhead Wetland Interpretive Trail is officially open for the season and is ready to welcome visitors.

Debwendon Inc. held their third annual Discovery Day open house along the trail giving attendees a chance to learn about Indigenous medicinal plants along with native orchids and carnivorous plants.

The trail is located roughly 45 kilometres north of Selkirk on Highway 59 and is considered a sacred area by the local Ojibway people, as it's unique environment contains many rare plant species.

Debwendon Inc. is a non-profit organization formed in 2007 to promote and preserve the Brokenhead Wetland Ecological Reserve, raise awareness of the historic cultural connection between the Brokenhead Ojibway Nation and the Brokenhead Wetland as well as construct and maintain the boardwalk and interpretive trail adjacent to the Brokenhead Wetland Ecological Reserve. The word Debwendon means "trust" in Ojibway.

Carl Smith, the chair of Debwendon Inc., says he remembers walking along the wetlands as a child.

"We'd come here all the time. We used cedar for our ceremonies, we'd use the pines to make tea ... My parents used this area, my grandparents, my great grandparents, we're still passing it down to our kids," Smith said. "We're trying to create an awareness of how (Indigenous) people lived here, and why we need to protect and preserve this area."

Smith went on to describe several of the plants that would be used by the Ojibway people. The area is full of edible plants, such as the high bush cranberries, which are white berries that could be used for making jam. Some of the trees secreted a white, glue-like sap that could be used as an adhesive, a salve for bug wounds, or



RECORD PHOTOS BY JUSTIN LUSCHINSKI

Carl Smith, pictured above, touches some high bush cranberries along the Brokenhead Wetland Interpretive Trail during the trails Discovery Day and open house last Saturday. Smith helps educate visitors about the area, and the special significance it has to Ojibway people.



even as a source of food.

The trail teaches visitors about how

everyone on the planet is connected, emphasizing respect for the environment. Smith said the Ojibway nation were just the latest people to arrive here, there's evidence that other tribes lived in the area hundreds of years ago, who probably left once the European settlers spread throughout North America.

Peggy Bainard Acheson, a director and treasurer for Debwendon Inc., said their annual Discovery Days are always a success.

"We were a little nervous. When we got out here this morning it was raining. But now it's not raining, it's cool, it's a perfect day," Bainard Acheson said. "We've had a steady stream of people come through."

Bainard Acheson went on to explain why there are so many unique plants

in the area. The water in the wetlands has a slightly higher pH content, which means it's more mineral-rich and allows for a wide diversity of plants. The wetlands are home to 28 native Manitoba orchids, eight carnivorous plant species and 23 other rare plant species.

For the Ojibway people, they use the area to collect plants for their ceremonies, such as cedar, and according to Smith, the Ojibway learned which plants were edible by watching the animals move through the area.

Guided tours of the trail are will be available Wednesday through Sunday until the end of August. For more information about the Brokenhead Wetland Interpretive Trail, visit debwendon.org.

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get inspired

> MEAL IDEAS



RED RIVER CO-OP FOOD STORE

Braised Pork Buns with Quick Pickled Cucumbers & Bean Sprouts

Yields 11 servings

For pork:

2 teaspoons expeller-pressed grape-seed or canola oil
3.15 pounds Boston butt, cut into 3 pieces along natural muscle separation, trimmed of surface fat
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper

1/4 cup vermouth, rice wine or dry sherry

2 1/2 cups thinly sliced red cabbage
1 small onion, sliced (about 1 cup)
3 tablespoons molasses (or honey)
2 tablespoons reduced sodium soy sauce

2 tablespoons minced garlic
2 tablespoons minced ginger

1 tablespoon toasted sesame seeds

For cucumbers:

1 tablespoon honey
1/8 teaspoon salt
3 tablespoons rice vinegar
2 large cucumbers, peeled, cut in half lengthwise, seeded with a spoon, thinly sliced
1/8 teaspoon freshly ground black pepper

To assemble:

11 soft whole-wheat hamburger buns

2 3/4 cups mungbean sprouts

To make the pork: Heat a large skillet over medium heat and add the oil. Season the pork on all sides with salt and pepper. When oil begins to shimmer, add pork and brown on all sides, about 4 minutes per side. Add browned pork to a slow cooker. Off of the heat, add the vermouth and then place on low heat, scraping up any brown bits from the bottom of the skillet with a wooden spoon. Add contents of the skillet to the slow cooker, along with cabbage, onion, molasses, soy sauce, garlic, ginger, and sesame seeds. Cover and cook on high for 1 hour; then reduce heat to low and cook for 4 hours (alternatively, cook the pork on low for the entire duration, 6 to 7 hours).

To make the cucumbers: One hour before serving, in a medium bowl, stir and dissolve the honey and salt into the rice vinegar and then add the cucumbers and pepper. Chill.

To assemble: Toast the buns cut side up under a broiler or in a toaster oven. Fill the buns with pork, drained cucumbers and bean sprouts.

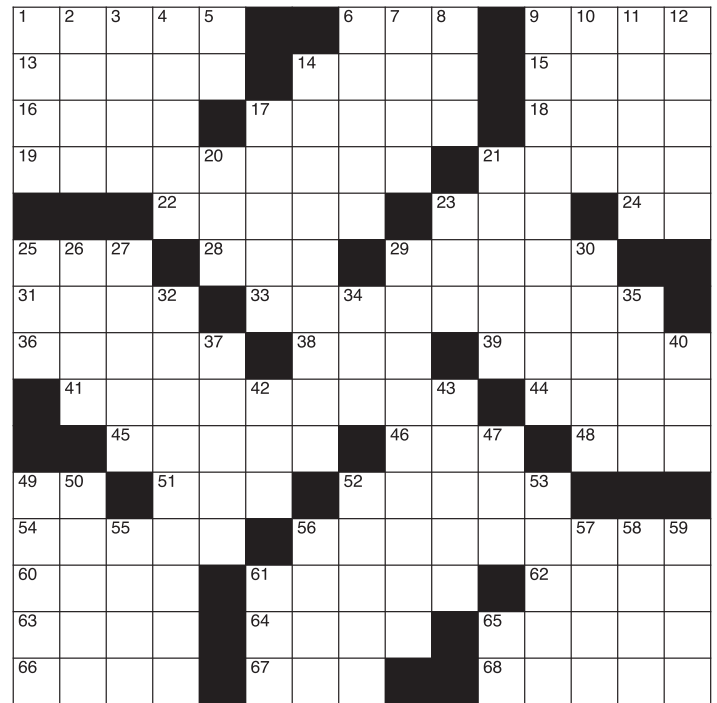
CROSSWORD

CLUES ACROSS

1. Stores
6. Worthless entertainment
9. Where scientists work
13. Pretty flower
14. A way to act
15. Double-reed instrument
16. Type of acid
17. Famed astronomer
18. Smooth, shiny fabric
19. Profited from
21. Secret clique
22. Infections
23. Crony
24. Teens go here every day (abbr.)
25. Suitable
28. Fresh Price of ___ Air
29. Ancient city of Egypt
31. Basketball move
33. Polished
36. There's a north and a south
38. Egg of a louse
39. Once-ubiquitous department store
41. Portray precisely
44. Thick piece of something
45. Period between eclipses
46. Indicates near
48. Investment account
49. England, Scotland, N. Ireland, and Wales (abbr.)
51. Beak
52. Void of skill
54. Walked back and forth
56. A display of passion
60. Geological times
61. Type of restaurant
62. Spacious
63. Edible seaweed
64. Utah city
65. Tropical tree
66. Nervous tissue compound
67. Body part
68. Muscles and tendons

CLUES DOWN

1. Draw out wool



2. Give someone a job
3. Chemical and ammo manufacturer
4. Footsteps
5. The Palmetto State
6. Books have lots of them
7. Diverse Israeli city
8. It's mightier than the sword
9. Confines
10. First month of the Jewish ecclesiastical year
11. Idaho's highest peak
12. Prevents from seeing
14. Determine time
17. Father children
20. Tab on a key ring
21. Dog genus
23. Peter's last name
25. Request
26. Walk heavily
27. Allowances
29. English football squad

30. Fish-eating aquatic mammals
32. South Pacific island region
34. Unaccounted for
35. Small taste of whiskey
37. Ventilated
40. Helps little firms
42. One of means
43. Fencing swords
47. Inches per minute (abbr.)
49. Turn upside down
50. S. African semi desert
52. Dutch names of Ypres
53. Instruct
55. Oily freshwater fish
56. Italian river
57. Sneaker giant
58. The men who man a ship
59. Some need glasses
61. Body part
65. Indicates position

Please see classified section for Answers

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Heritage group continues fight to fix up Captain Kennedy House

By Justin Luschinski

A group of St. Andrews residents are working to keep historical buildings alive and well in the area before they fall into disrepair.

The Scott House roof caved sometime around April 2019, which has some historians concerned about the other heritage buildings in St. Andrews. The Scott House was built around 1865 for William Scott, a Hudson's Bay Company employee, and was closed off by the province a few years ago.

Residents are concerned that a similar fate awaits the Captain Kennedy House, which has been closed for repairs since 2015. Residents have petitioned the provincial government, wanting to take over the house and repair the building themselves.

Rob Sarginson, chair of the River North Heritage Group, said it's the government's responsibility to preserve heritage buildings.

"The government needs to take care of these buildings, they're obligated to do it. Without proper maintenance, any 100-year-old building would fall a part," Sarginson said. "There's got to be a better way than having small groups of (seniors) applying for grants, petitioning the government, reminding them that this is their responsibility."

"They should be providing money for this."

A petition to save the historic Captain Kennedy House, which was launched online at Change.org in September 2018, has garnered nearly 3,000 signatures. To view the petition or for more information, search "Save Captain Kennedy House" on Change.org.

Sarginson said there are examples of community groups taking over historic buildings and maintaining them. He's on the committee for the Manito-



RECORD PHOTO BY JUSTIN LUSCHINSKI

Rob Sarginson, chair of the River North Heritage Group, is pictured outside the shuttered Captain Kennedy House on June 13. Sarginson hopes the province will give control of the building over to a volunteer group, who could take care of the house and possibly open it up for tourism.

ba Marine Museum in Selkirk, which was able to obtain enough grant money to start repairs on the Chickama ship.

Sarginson says finding a contractor who can work on heritage buildings is very expensive, much too expensive for a provincial government's bottom line. But the Marine Museum has volunteers who were experienced carpenters, and under Sarginson's guidance, they were able to repair the bottom half of the Chickama and restore it to its former glory.

Manitoba's Sustainable Development department said they're looking into some options for the Captain

Kennedy House.

"Sustainable Development has been reviewing options for the building. The popular gardens are open to the public as a stopping point along this heritage parkway," a spokesperson stated in an email response earlier this month. "There are no immediate plans for restoration."

Sustainable Development would need to receive a detailed proposal from a volunteer committee before they would consider handing the building over. St. Andrews Mayor Joy Sul said the RM has opened a dialogue with the province, but there have been no new developments.

The province announced a Heritage Resources Fund on June 11, which would put \$15 million dollars towards preserving Manitoba's heritage structures. According to Sustainable Development, that fund would not be available for restoring the Captain Kennedy House, as it's a government controlled building.

Sarginson said without regular maintenance, these historic buildings will continue to deteriorate.

"If you leave this building alone for five years ... things like black mold and rats, those things don't wait," Sarginson said.

Palliative care receives \$15K donation



SUBMITTED PHOTO

The 26th annual Pro Am was held at Larters at St. Andrews Golf and Country Club on June 3 and a total of \$15,000 was presented to the Selkirk and District Foundation in support of the Selkirk Hospital Palliative Care Program.

Selkirk Biz 10th annual networking night



SUBMITTED PHOTO

The Selkirk Biz hosted their 10th annual new member and networking night on June 12 at the Royal Manitoba Yacht Club in West St. Paul. The evening event included new member recognition and plenty of time for networking.

Winnipeg Beach School dedicates new sandbox to Nicolina Ammazzini

By Patricia Barrett

Staff and students at Winnipeg Beach School, along with members of community organizations, unveiled a memorial on Monday in honour of six-year-old Nicolina Ammazzini, who passed away from cancer last July.

With the generosity of community donors, the school installed a sandbox in its playground in Nicolina's memory, and her family donated a beautiful stone-carved bench.

Nicolina developed cancer when she was two years old and battled the disease while she attended junior Kindergarten, Kindergarten and Grade 1.

The sandbox memorial was spearheaded by Nicolina's kindergarten teacher Beverley Braga in remembrance of Nicolina's love for a sand table that was set up in her classroom.

Because the school did not have an outdoor sandbox for the kids to play in, Braga pursued the idea of having one built, thinking it would be a loving tribute to the "vibrant" girl.

"She was full of life and was so well natured. She was a happy, bubbly little girl who brought smiles and laughter everywhere she went," said Braga during the dedication and ribbon-cutting ceremony, which was attended by Nicolina's family, friends, classmates, teachers and members of the community. "She bravely fought cancer for five long years. She was the toughest and bravest little girl you ever met."

Last September, the school organized a Terry Fox Run in Nicolina's honour. They made banners with



Kindergarten teacher Beverley Braga and Nicolina Ammazzini.

photos of the young girl and carried them through town and along the boardwalk overlooking the lake. They also unveiled a memorial plaque in her honour and helped gym teacher and counsellor Posie McDevitt create a "wall of love," which contained photos of Nicolina with her friends and teachers and heartfelt messages to their cherished friend.

Braga said supportive and generous local and area businesses stepped up to help her make the "dream come true," and the Evergreen School Division gave the school permission to have it built on the grounds.

Braga singled out Marc Palsson, owner of Gimli's RONA Building Centre, for supplying all the building materials, Eddie's Gravel Supply owner Kevin Bochoruka for supplying



EXPRESS PHOTOS SUBMITTED

Winnipeg Beach students play in the new sandbox.

the sand, gravel and geotextile fabric and her "wonderful neighbour Dave Magnusson" for building and assembling the sandbox on site.

Bus driver Larry Banks got out his Bobcat to prepare the space for the sandbox, and the school's parent advisory committee donated money for sandbox toys. The Winnipeg Beach Lakeside Lion's club supplied two plaques dedicated to Nicolina.

"It is because of the great community spirit and support here at Winnipeg Beach and Gimli that this was all possible," said Braga. "It is much appreciated."

Braga also thanked her husband Cris for helping her launch the project, helping build the sandbox and spreading the sand, and WBS principal Jamie Gilbert for "believing in me



The memorial bench was donated by Nicolina's parents. It's inscribed with the words: Nicolina. Brave and Strong. October 21, 2011 - July 27, 2018.

and all of his understanding and support."

"Nicolina is greatly missed by all," said Braga, "especially her little friends Ryder, Carson, Kailyn, Matthew, Brooke, Asher, Knoxley, Mya, Maximus, Richard, Tanner and her best friend Lily."

Arborg tractor pull organizer looking forward to this year's competition

By Gabrielle Piché

Summer crops are planted, school is winding down, and Arborg is preparing for a crowd of antique tractors to roll through its town once again.

The antique tractor pull will happen on Saturday, July 20, and Sunday, July 21, but Darryl Hoepfner has been planning for it since last summer.

Hoepfner is on the Arborg Ag Society board of directors. He's been in charge of the tractor pull for over a decade, and he's been participating in the event for just as long.

When the antique tractor pull first began, only 14 tractors participated, Hoepfner said. In 2018, 88 tractors came to the show.

Participants choose a weight class for their tractor to compete in. The tractor then pulls its selected weight on a skid and tries to travel 300 ft. The minimum weight class is 4,000 lb. and

under.

Though the general competition stays the same, Hoepfner said he's always looking for things to improve.

"I'm always trying to please every age in the crowd," he said.

To entertain a younger audience, Hoepfner hired motocross stuntmen to perform in between tractor pulls last year. Keith Sayers FMX Shows will be back again this summer.

Over the years, Hoepfner has bought his own antique tractors. To participate, pullers' tractors must have been made before 1960.

Hoepfner has four tractors now, but when he started in 2007, he borrowed one.

"It stalled and sputtered," Hoepfner said. "I didn't get that far."

That evening, other pullers from the competition tinkered with the tractor and fixed it up for Hoepfner.

"The next day, I made it about three-quarters of the way down the track," Hoepfner said.

Hoepfner said it was this camaraderie that got him involved in Arborg's tractor pull. He owns Arborg Livestock Supplies and talks daily with locals. Participants of the tractor pull would come in and talk to him about the event, and they sparked his interest in the competition.

Now that Hoepfner's in charge of the tractor pull, people come into his shop and ask him questions about the event.

"Every day, they talk about it," Hoepfner said.

He said people ask about the rules and offer to volunteer.

"A big part of the success is the volunteers that make it possible," Hoepfner said.

He has volunteers to cut grass, keep

records, and ensure everyone's in the right weight class, among other things.

"It's an awesome weekend because everybody just pulls together, works together, makes it all happen," Hoepfner said.

Hoepfner sees volunteers and fellow pullers at the tractor pull – and he sees his family too. His nieces and nephews come to the event every year. He said he's trying to teach them his hobby.

"I let them drive my tractors," Hoepfner said. "It brings the younger generation to the circle."

People 12 and older can drive in the tractor pull, but if they're under 16, they need a parent or guardian to sign for them.

Arborg's tractor pull weigh-in begins at 9 a.m. on Saturday, July 20.

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RECORD PHOTO SUBMITTED

Hannah Shortridge (left), Laura Treleman (middle) and Shereise Fetterly have been training three times a week at Top Notch Crossfit with their trainers that helped train them all last season. These three girls played with the Magic U16 team last season and will be on the same team again for this upcoming season.

Local players invited to high-performance ringette summer camp

Staff

Four ringette players were invited by Ringette Manitoba to attend a high performance summer camp in Edmonton next month.

Those players include Courtney Kenyon (East St. Paul), Hannah Shortridge (Narol),

Lily Kantyluk (Garden City) and Hannah Aitkens (Eastman).

Two more players - Lockport forward Shereise Fetterly and St. James goalie Laura Treleman - were scouted at the Canadian Ringette Championships that were held in PEI in April and were invited to attend by Ringette Canada.

Ringette Canada's La Relève event will serve as an entry point into the

high-performance pathway for athletes, coaches and officials. This annual event will allow graduating U16 athletes (born in 2003) the opportunity to take part in an environment which will include practice sessions, games, classroom sessions and fitness testing.

The goal is to introduce next generation high-performance athletes to the requirements and the lifestyle they can expect should they wish to pursue the high performance pathway as an athlete.

This three-and-a-half day event will also include coaching and officiating development all while remaining athlete centered to provide these athletes with a once-in-a-lifetime experience.

Gurney wins Credit Unions of Manitoba Scholar Athlete Award

Staff

The Lord Selkirk Regional Comprehensive Secondary School's Asha Gurney was one of four winners of the 2018-19 Credit Unions of Manitoba High School Scholar Athlete Awards.

These \$1,000 scholarships are awarded to graduating high school student-athletes who maintained a minimum 85 per cent average and competed in at least two interscholastic sports.

Other criteria included school, community, volunteer, and citizenship activities.

"High school sports are a very important part of a student's high school experience, as they not only allow kids to get involved with their school and community, but also teach them crucial life lessons and skills," said Gurney in a media release.

"Personally, I have benefitted from high school sports in all these aspects and am very thankful to have had this opportunity. Through sports I've learned how important it is to have a positive attitude, a strong work ethic and a high level of commitment. Volleyball and hockey have taught me how to work with others for the benefit of the group, a skill that will serve me well when I begin a career," she added.

Gurney has met a lot of people through high school sports over the years.

"I have learned perseverance and humility through track and field," she said. "High school sports have given me the opportunity to get involved with my school by meeting other athletes, coaches, teachers and students who came out to support us."

"As well, it has helped me make contributions back to the community by volunteering and giving back to the less fortunate by fundraising in the community."

Gurney participated in cross-country, volleyball, hockey and track and field. She was co-captain of her vol-

leyball team and was named to the All-Manitoban team for volleyball.

She was the top scoring defenceman for her hockey team, a recipient of the Dr. Dale Iwanoczko Scholarship, and has signed to play with the University of Manitoba women's volleyball team next year.

Gurney was named MHSAA Athlete of the Week and was nominated for Athletics Manitoba's "Female Combined Events Athlete of the Year".

She maintained a 92 per cent average while also participating on the Grad Committee, Grad Fashion Show, was a Special Olympics coach, and took part in concert choir and band. Gurney has volunteered at the Terry

Fox Run, Marathon of Hope, Western Canada Games Prep Squad, and is a Grade 6 volleyball coach.

The other three winners were Warren Collegiate's Madeline Boonstra, Sanford Collegiate's Dawson Mann, and Oak Park's Lauren Bartlett.

The presentation took place at a ceremony hosted by Her Honour, the Honourable Janice C. Filmon, Lieutenant Governor of Manitoba at Government House.

Awards were presented by the Lieutenant Governor Janice C. Filmon, MHSAA President Mr. Chris Gudzinunas, and Mr. John Hamilton of Credit Union Central of Manitoba.

MJHL releases regular-season schedule

Staff

The Manitoba Junior Hockey League released their 2019-20 regular-season schedule last week.

MJHL opening weekend is slated for Sept. 20-22, featuring 10 games and 10 teams throughout the weekend with the exception of the OCN Blizzard who will get started September 26.

The Selkirk Steelers will play their first game Sept. 20 when they host

the Virden Oil Capitals at the Rec Complex.

The regular season will consist of 60 games in a balanced schedule, with each team competing against each other six times (three home games and three away). The regular season will conclude on March 1.

The Steelers will play a pair of off-site games at Peguis First Nation this upcoming season. Visiting opponents for the off-site games will be

the OCN Blizzard (Oct. 27) and Waywayseecappo Wolverines (Jan. 26).

In a change from recent years, the Old Dutch MJHL Players Showcase will move to the fall, hosted Sept. 29 to Oct. 1 at the Seven Oaks Sportsplex in Winnipeg. The third SJHL-MJHL Showcase will be held Jan. 21-22 in Regina with no MJHL games scheduled from Jan. 19-23.

Strikers undefeated in past three WWSL games

By Brian Bowman

It took them a few games, but the Tri-S Strikers are getting used to the level of play in the Winnipeg Women's Soccer League's 3rd Division.

After winning the WWSL Division 4 championship last season, Tri-S earned a promotion up a division this season.

"The teams that we're playing now are quite a bit tougher," said Strikers' head coach Dennis Tucker. "The lower you are, there's more inconsistency but now every team that you play, there's not a whole lot of weak (players) any more. Teams that we have been playing against have had a lot more ball control."

After starting the season with losses to the Red Hot Pink Flamingos (5-0) and Gateway Celtic (5-4), the Strikers have rebounded nicely in June to defeat the California Raisins 5-3 before playing to 2-2 draws with Gateway Celtic and the Chicas.

The game against the Chicas was played June 18 at the Recreation Complex. Sara DiLazzaro and Hannah Riskin scored for the Strikers.

Goal scoring hasn't been a problem for Tri-S this season. The Strikers have

scored 13 goals in five games, which is second-best in the division. Tucker said they have some young, talented players in the likes of Kier Fey and Abby Riskin.

That's the good news. The bad news is Tri-S on the defensive end this season. The club has allowed 17 goals so far, which is tied with Carwin United for the most in the league.

In previous seasons, Tucker's teams have always been really good defensively. What's different this season?

"I haven't figured that out because we're usually a very defensive team," Tucker said. "I think it's just how to figure out how to play with each other. I think in the last couple of games, we've gotten better at it. Whenever we run into a team with a lot of speed, we seem to have a hard time against that."

"But I think we've kind of gotten it figured out now. It's a learning curve moving up (a division)."

Tucker expects his club to improve during the course of the season and he predicts that Tri-S will be in the middle of the divisional standings, or better, at the end of the season.

With a 1-2-2 record, the Strikers currently sit in fifth place in the eighth-



RECORD PHOTO BY BRETT MITCHELL

The Tri-S Strikers' Paige Kacperski and Sara DiLazzaro chase down a Chicas' player during Winnipeg Women's Soccer League Division 3 action last week in Selkirk. The teams played to a 2-2 draw.

team division with five points. Tri-S hosted South Crew United this past Tuesday but no score was available at

press time.

The Strikers will then play Carwin United next Tuesday in Carman.

Strike Force struck down by Spurs

Staff

The start of the Manitoba Major Soccer League's Division 6 regular season for the Tri-Strike Force was a terrible one.

But the season is getting better for the local squad.

After starting the season 0-3 while getting outscored 18-2, Tri-S is a re-

spectable 2-2 in its past four games.

Last Thursday, Tri-S was defeated 4-1 by the Saint James Spurs at the Selkirk Recreation Complex.

The Strike Force started the month with a 2-1 loss to Southside FC on June 6 and then Tri-S edged Crescentwood Saturday FC 2-1 on June 13.

Adam McDermid scored both Tri-S

goals in the victory.

Goal scoring has been a struggle this season for Tri-S as it has scored just 10 goals in seven games. Defence has been another problem as the Strike Force has allowed 27 goals, second-most in the division.

The Strike Force, now 2-5, is tied for seventh-place in the 10-team division

with Grunthal SC.

Tri-S played Red Devils FC this past Tuesday in East St. Paul but no score was available at press time. The Strike Force will then battle Grunthal SC on July 4 at the Selkirk Recreation Complex. Game time is 7 p.m.

Pupp commits to Marian University

Staff

Former Selkirk Steelers' defence-man Brady Pupp has committed to the Marian University Sabres.

Marian University, located in Fond du Lac, Wis. is a Division III school. The Sabres posted a 14-10-4 record this past season and reached the NCHA Harris Cup semifinals for a fourth straight year.

"We are very excited to add Brady to our program," said Sabres' head coach Zach Gaynor. "We have had

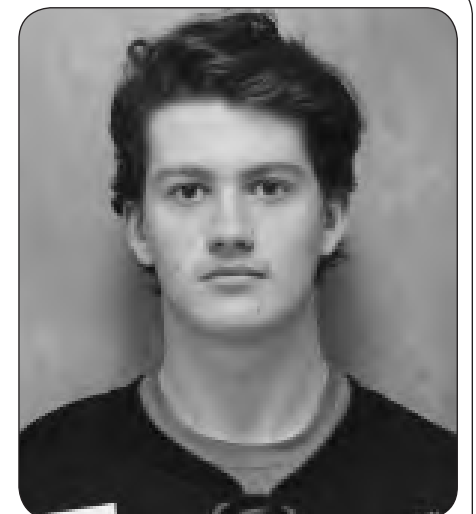
our eye on Brady dating back to his time in the AJHL. Brady's skating ability, work ethic, and leadership will make him a much valued addition to our program.

"We are excited to add Brady to our long history of Calgary players to attend Marian. I look forward to watching Brady patrol the blueline this fall."

Pupp played one season with Selkirk, scoring three times while adding 13 assists in 40 regular-season

games this past season. He also added a pair of goals in six playoff games as Selkirk was eliminated by the Virden Oil Capitals.

The 6-foot-2, 190-pounder also played in the Manitoba Junior Hockey League with the Winkler Flyers and Waywayseecappo Wolverines. In the Alberta Junior Hockey League, Pupp suited up with the Calgary Mustangs and Bonnyville Pontiacs.



Brady Pupp

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Nice move



RECORD PHOTO BY BRETT MITCHELL

Selkirk FC's Chris Szukiewicz made a great deke to get around an AC Fiorentina defender during MMSL Division 2 action last week. Selkirk FC lost the game 5-1.

Interlake Blue Jays 1-2 last week

Staff

The week started well for the Interlake Blue Jays but it ended on a sour note.

Interlake began the week with an exciting 7-6 home victory over the Altona Bisons in a game that needed three extra innings to decide a winner.

Altona forced the extra innings after tying the score at 5-5 with a run in the top of the seventh. The Bisons then added another run in the 10th but the Blue Jays battled back to score a pair in the bottom of the inning for the win.

Max Morton led Interlake with a pair of hits and a run scored. The other Blue Jays' runs were plated by Derek Petrasko, Ben Anderson, Brennan Cheasley, Andrew Everitt, and Jeremy Wasilewski.

Brandon LaFournaire pitched one inning to earn the victory.

Two nights later, Interlake was defeated 7-1 by the visiting Pembina Valley Orioles.

Pembina Valley scored twice in both the second and fourth innings and then added three more in the sixth.

Anderson was two-for-three at the plate and scored the Blue Jays' lone run in the fifth.

On Sunday, Interlake was beaten 14-5 by the Elmwood Giants. No box score was on the league website at press time.

The Blue Jays are now 5-12 on the season, nine games back of the first-place Giants.

Interlake visited the St. James A's this past Monday and will play Carillon Wednesday, Elmwood Friday, and Pembina Valley in a double-header on Sunday.

All five games are on the road.

Pirates' baseball teams having success on the diamond

Staff

It was a very good week for all three North Winnipeg Pirates "AAA" baseball teams.

North Winnipeg's 18U squad won both of its games, beating the Bonivital Black Sox 8-7 on June 18 and then blasting the St. James' A's 11-0 just two nights later.

With the two wins, North Winnipeg is now

10-8-1 and has 31 points to occupy second place. The Pirates, though, are

well behind the first-place Winnipeg South Chiefs (20-1) with two games in hand heading into this week's action.

North Winnipeg hosted the Interlake Orioles on Monday and Elmwood Giants Tuesday but no score from either game was available at press time.

The Pirates will then host the Winnipeg South Chiefs next Tuesday at Koskie Field. First pitch is 7 p.m.

In Bantam "AAA" action, North Winnipeg won two of its three games last week. After defeating the Interlake

Orioles 10-7 on June 19, the Pirates split a doubleheader with the Marlins in Brandon Sunday.

North Winnipeg lost the first game 11-0 but came back to win 13-4 in Game 2.

The Pirates, now 13-8 and in second place with 39 points (three points behind Bonivital), will play the Red River Pioneers Wednesday (6:30 p.m.) at Transcona Stadium.

PeeWee "AAA" play saw North Winnipeg play some great baseball in

winning all four of its games. The Pirates defeated Winnipeg South (7-5), Red River (20-8), and Brandon (9-2 and 10-9).

With those four wins, North Winnipeg is now 13-8 and tied for second place with Red River. The Pioneers, however, have played two fewer games heading into this week's slate of games.

The Pirates hosted the black Sox this past Tuesday but no score was available.

Local players named to Team Manitoba basketball

Staff

Basketball Manitoba formally announced the rosters for their 2019 provincial teams, which includes four local players, last week.

Selkirk's Annika Goodbrandson and East St. Paul's Emily Anderson have been selected to be part of Manitoba's U16 female team.

Goodbrandson, a guard, played high school basketball with the Selkirk Royals while Anderson, a forward, suited up for the Miles Macdonell

Buckeyes this past season.

Petersfield's Abby Benson and East St. Paul's Alyssa Porco were picked for Team Manitoba's U17 squad.

Benson, a guard, is a Grade 11 student at the Comp while Porco, a forward, attends River East Collegiate.

Manitoba's six teams - 15U Male, 15U Female, 16U Male, 16U Female, 17U Male and 17U Female - will train and represent the province this summer at the Canada Basketball National Championships and Western

Canada Summer Games in August.

The teams were selected from try-outs held in late May. Plans for the summer of 2019 include:

15U, 16U, & 17U Female Teams - Prairie Cup Challenge vs Team Sask (Brandon) July 7

15U, 16U, & 17U Male Teams - Summer Slam* (Sioux Falls, SD) July 12-14

15U, 16U, & 17U Male Teams - D1 Summer Classic* (Minneapolis, MN) July 19-21

15U, 16U & 17U Female Teams -

North Tartan Meltdown* (Minneapolis, MN) July 19-22

15U & 17U Male - Canada Basketball National Championships (Fredericton, NB) Aug 4-11

15U & 17U Female - Canada Basketball National Championships (Victoria, BC) Aug 4-11

16U Male & Female - Western Canada Summer Games (Swift Current, SK) Aug 9-13.

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24' Portable Band Saw * Hyd
Wood Splitter * Saw Mandrel *
8 Cords Firewood * 24' Wood
Conveyor * Chain Saws * 11' x
19' Insulated Bunkhouse * 10'
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SUDOKU

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

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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

Sudoku Answer

S	M	E	H	T		R	V	E	V	D	O	D
E	E	K	O	V		W	E	R	O	I	R	O
A	B	I	V		S	V	D	V	I	S	V	R
E	O	N	E	W	E	H	E	A	D	E	O	V
V	W	S				I	D	E	S	O	R	V
B	V	T	S			E	L	V	E	N	I	T
S	V	E	S			L	I	N	V	E	H	O
S	H		T	V	D	S	E	H	O	S		
T	V	B	V	C		D	E	L	I	E	N	E
E	H	I	O			N	V	E	V	S	O	I
S	B	V	T			D	V	D		S	D	H

Crossword Answer



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ANNOUNCEMENT

GRADUATION



Nickolas Nutbean
 Congratulations on Graduating from
 U of W and CancerCare Manitoba
 With a 4 Year BSc. in Radiation Therapy
 And Diploma in Radiation Therapy
 June 13th - 2019
 We are very Proud of you Nickolas!
 Wishing you all the best in your
 Career in Radiation Therapy
 -Love Mom, Dad and brother Matthew
 and very proud Grandparents
 Amma (Thelma Bell) and
 watching from Heaven Afi (Olie Bell)
 and Grandma and Grandpa
 (Marlene and Bob Nutbean)

ANNOUNCEMENT

GRADUATION



Matthew Nutbean
 Congratulations on Graduating
 Grade 12 with Honours with Distinction
 June 27th - 2019
 We are very proud of you Matthew!
 Wishing you all the best in your
 future studies at U of M in Engineering
 -Love Mom, Dad, and brother Nickolas
 and very proud Grandparents
 Amma (Thelma Bell) and
 watching from Heaven Afi (Olie Bell)
 and Grandma and Grandpa
 (Marlene and Bob Nutbean)

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ANNOUNCEMENT

GRADUATION



Caroline Hargreaves
 Mama
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 Congratulations on your Graduation,
 and keep on following your dreams!
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 children and grand babies

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 307 MANITOBA \$244,500
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 80017 33E RD \$234,900
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WINNIPEG LISTINGS-
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 655 FORT GARRY RD \$119,000
 86027 RD 36N 1.14 acre \$34,900

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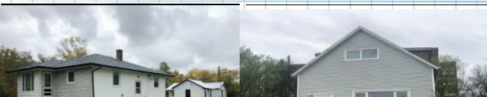
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SHADOW LAKE. 28 incredible acres, 4 bed, 3 bath home, inground pool, natural Creek, man made lake... trees, landscaping and much more.
424 SUTHERLAND AVE., SELKIRK \$277,500
 Spacious & updated 4 level split, large yard, garage & great location. Move in & enjoy!
33 MURDOCH DR. PETERSFIELD \$619,000
 Picture perfect waterfront! Built in 2013. Two story 3 bed, 2 bath, loft. DT 2 car 24x24.
405 NETLEY AVE. SELKIRK \$287,900
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3 HOUGHTON BAY RD. PETERSFIELD \$29,900 Building lot 141 ft. x 278 ft. No time restrictions on building.

2 WESLEY DR. ST. CLEMENTS \$129,000
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ANNOUNCEMENT

IN MEMORIAM



Rick Kooting
June 19, 2007

Your presence we miss,
Your memory we treasure.
Loving you always,
Forgetting you never.
Very loved and missed.

-Love your family

ANNOUNCEMENT

IN MEMORIAM



Amy Rebecca Richards
August 31, 1978 – June 30, 2011
Simon 2019 and Winnie 2018

Time has changed so many things,
But not the sadness this day brings.
Life goes on, we know it's true,
But it's not the same since we lost you.
-Dearly loved and sadly missed by,
Dad, Mom, Sarah, your pets and all of
your friends

ANNOUNCEMENT

IN MEMORIAM



Garry Peter Fewchuk
September 18, 1954 – June 28, 2014

The face we love is missing,
The voice we loved is still;
A place is vacant in our hearts,
That never can be filled.
A cluster of precious memories,
Sprayed with a million tears;
Wishing God had spared you,
If only for a few more years.
Til memory fades and life departs,
You will live forever in our hearts.
It only takes a little
To write how much we miss you,
But it will take the rest of our lives
To forget the day we lost you.
Lovingly remembered and
sadly missed.

-Your loving family

ANNOUNCEMENT

IN MEMORIAM



KGB aka Kevin Mathers
December 31, 1973 – July 1, 2011

Those we love, don't go away,
They walk beside us every day;
Unseen, unheard, but always near,
Still loved, still missed and very dear.
-Mom, Dad, Tracey and kids

Kevin Mathers
December 31, 1973 – July 1, 2011
Forever missed, remembered, and loved.
- Always Aunt Mary Jo

ANNOUNCEMENT

IN MEMORIAM



Garth Vincent Foster
March 12, 1925 – June 27, 2012
Gone but not forgotten!

-Ever remembered by
your loving wife, Irene
and all your family

ANNOUNCEMENT

MEMORIAL SERVICE

Brian and Hilda (Cookie) Rolland
There will be a Memorial Service for Brian and Hilda (Cookie) at Gilbert Funeral Home, Selkirk on Saturday, June 29th at 10:30 a.m.
There will be a tea held following the service.

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OBITUARY



Casimir Petaski
1926 – 2019

After a long, wonderful and fulfilling life of over 93 years, on June 18th, we said goodbye to a beloved husband, father, grandfather and great-grandfather.

Born and raised on the Lockport area farm that his grandfather started in 1904, Casimir was the 7th of 10 children of Ludwig and Polly (Denesiuk). In 1951 Casimir married the love of his life, Mary (Skrypnik). Together they raised two sons, Dennis and Jim, and proudly farmed potatoes and grains.

Casimir was a hard-working entrepreneurial man who added to their farm income by houses he mortgaged for others and the many years he contracted his services to the Selkirk Weed Control Department, CNR and CPR, which included cutting weeds throughout the Interlake. He was a proud lifetime member of the

Knights of Columbus and also served as a Councillor for the RM of St. Clements. Although he led a very busy life, Casimir was also very sociable and took time to relax. He thoroughly enjoyed boating and water-skiing, taking his grandchildren on a cruise, taking road trips, singing, and spending time with family and friends. Later in life, he became an avid reader and enjoyed his time at the Library, often taking home history books to read. He also made his special oatmeal recipe and brewed a great coffee, offering to anyone who would join him in what he called the morning meetings. Even as his body aged, his mind and spirit stayed young and it would be fitting to pass on Casimir's most used phrase when saying good-bye, "Keep on Smiling, and May the Good Lord Take a Liking to You".

He will be forever missed by his loving wife of 67 years Mary; sons Dennis (Kim), Jim (Marianne); grandchildren, Kristin (Ryan), Erin, Allyse (Josh) and great-grandchild Adelyn, who gave him that new sparkle in his eye. Casimir is predeceased by his brothers Joe and Mike; sisters, Rose (Bochen), Anne (Onhaizer), Helen (Semenchuk), Mary (Danko) and Blanche (Donachuk); and survived by his sisters Pauline (Banash) and Angela (Bunio).

Pallbearers are Josh Cheater, Ryan Davies, Daniel Denesiuk, Sam Donachuk, Ron Petaski and Pat Skrypnik. Honorary Pallbearers are Dennis Banash, Ron Bochen, Bill Bunio, Sharon Degroot, Joe Petaski and Sandra Rigey.

A celebration of Casimir's life was held at 11:00 a.m. on June 24th at Gilbert Funeral Home.

In lieu of flowers, please consider a donation in Casimir's name to Gaynor Family Regional Library, 806 Manitoba Ave., Selkirk R1A 2H4, or a charity of your choice.

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

Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY



Angel Thogersen
(Yakabowski)

On June 14, 2019, Angel Thogersen, aged 55 years of East Selkirk, MB, passed away. She is survived by her husband Soren; daughters Madison and Kelsey; mother Gail; sister Holly; brother Christopher; also her best friend Noodles (her dog).

Cremation has taken place and a celebration of her life will take place at a later date.

In lieu of flowers, donations may be made to the Humane Society. Condolences may be left on her tribute wall at www.gilbartfuneralhome.com

Gilbert Funeral Home,
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OBITUARY



Pearl Elizabeth Kristina Light
(nee Stafford)

19 September 1932 - 17 June 2019

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

Pearl was born in the RM of Armstrong to Erika and Joseph Stafford. She grew up in the Inwood area and moved to Selkirk, Manitoba where she married George Edward Light in 1953.

Pearl was predeceased by her parents; sister Astrid; brothers George, Edwin, Frank, William and the love of her life George for 60 years, until his passing in 2012. Pearl will be greatly missed by her daughter Deborah Plomp (Ron); son Donald; grandsons Michael Plomp (Danielle), Tyler Plomp (Christine); great-grandchildren, Benjamin, Abigail, Zoey, Dylan, Madison and Emma.

Pearl went into nurses training in 1951 and worked at the Teulon Hospital, Health Science Center and the Selkirk Mental Health Center until she retired in 1992.

Cremation has taken place. A celebration of her life will be announced at a later date.

In lieu of flowers, donations may be made to the charity of your choice.

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

Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY



Maurice Yurkiw

On June 10, while working in his beloved yard, we lost a precious husband, dad, grandpa, brother, uncle, neighbour and friend. Maurice Yurkiw, born to Sophie (Prychun) and Mike Yurkiw on January 8, 1945 in Garson, Manitoba passed away at the age of 74.

He leaves to celebrate his memory: his cherished wife Lorraine; children Donna (Grant), Mary (Karl), Karen (Rob), and Daniel (Kristin). He will also be dearly missed by his treasured grandchildren Owen, Maeghan, Drew, Trent and Isla.

Anyone who knew Maurice, would often hear him sing the praises of his family, and would see the endless love he had for his wife. They were best friends and celebrated 53 years of marriage earlier this year. The infamous Mo & Lo.

In addition to his immediate family, Maurice will be missed by his brother Leonard and sister Sylvia, in-laws, nieces and nephews, aunts, neighbours and hundreds of friends he made throughout Canada during his service as a pastor.

Friends and relatives are encouraged to share in a photo-tribute, eulogy, stories, and condolences for the family by visiting Maurice's tribute page at: www.deathcareservices.ca

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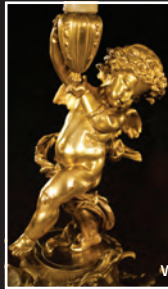
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