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RECORD PHOTO BY BRETT MITCHELL

Pictured from left to right, Matthew Yanick of Edmonton, Alta., Lindsay Cannon of Prince Albert, Sask., Jess Watson of Peterborough, Ont., and Allyssa Murphy of Fredericton, N.B., show off their skills during the 2015 Canadian National Field Championships in East Selkirk last Wednesday. For a full story see page 4.

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

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Federal Tories agree to support Freedom Road 'in principle'

By Austin Grabish

Outgoing Conservative MP Joy Smith appeared successful in making a call for her fellow Tories to fund a road that would allow members of a remote First Nation community to escape isolation, at least for a few hours on Monday.

Smith, who is retiring from federal politics as the MP for Kildonan-St. Paul, boldly called on her own Tory government to pay for part of the construction of Freedom Road on the Shoal Lake 40 First Nation

If built, the all-weather road would connect the community, which lies along the Manitoba-Ontario board, to the Trans-Canada Highway.

Currently, the only way members can get in or out of the First Nation is by boat, and in the winter by using a treacherous icy road.

"They didn't ask to be an island," Smith said during a press conference in Winnipeg on Monday, less than two hours before Natural Resources Minsiter Greg Rickford told the MP the government would agree to support the road "in principle."

Rickford could not be reached for comment on Monday, but Megan Murdoch, a Conservative Party spokesperson, confirmed the Harper Government would be supporting Freedom Road"in principle."

Murdoch did not provide further details or say how much funding, if any, the Feds would give to the project.

Smith said she got a call shortly after





RECORD PHOTOS BY AUSTIN GRABISH AND COURTESY OF CHRISTIE MCLEOD

ABOVE LEFT: Outgoing Kildonan-St. Paul MP Joy Smith boldly called on her fellow Tories to fund Freedom Road for the Shoal Lake 40 First Nation at a press conference on Monday. ABOVE RIGHT: This ferry connects the community of Shoal Lake 40 to the mainland during the summer months. It broke down earlier this year causing the remote First Nation to declare a state of emergency.

her press conference from Rickford, who is the MP for the Shoal Lake area.

She said she had spoken to her fellow Tory about Shoal Lake on Saturday, but didn't know he would be backing the project prior to speaking with reporters, and said it was "unusual" how quickly his call came.

"I was hoping for a quick turn around, but I didn't think it would be quite this quick, but I'm so glad," she said.

But Smith quickly recanted her statements after speaking to reporters again for the second time. She told Winnipeg media Rickford is not promising any new funding for Freedom Road and is only agreeing to its construction"in principle."

Shoal Lake 40 was cut off from the mainland a century ago when an aqueduct was built so the City of Winnipeg could have fresh water.

The community has been under a boil-water advisory for 17 years, due to a dam, which pushes dirty water away from the aqueduct and towards the First Nation.

Both the City of Winnipeg and province of Manitoba have each commit-

ted \$10 million in funding for the construction of Freedom Road, but during a June visit to the community, Rickford refused to say if Ottawa would chip in for the project.

Instead, he reiterated the federal government's commitment of \$1 million for the design phase of the

road, which all three levels of government have chipped in for.

Smith said while a design plan is important, federal funding for construction of a road is what's needed in the community.

"I would just like to see a commitment in principle, because it's very important," she said. "We have to give hope to the community.

"Their hearts are breaking."

Smith's announcement on Monday follows her trip to Shoal Lake earlier this month.

She said visiting the community opened her eyes.

"The big reason why I'm speaking out about this right now is the people out there have lost hope," Smith said.

Off-reserve band member Sharon Redsky has elderly family members who live in Shoal Lake. She said she worries about her relatives and the isolation they live in.

"It's very difficult when there's an emergency to get off the community," Redsky said.

Smith said winter in the community is especially dangerous for band members.

Continued on page 6





'Surge' of patients seek QuickCare following clinic's closure

By Lindsey Enns

Selkirk's QuickCare location is seeing an influx of patients following the Red River Medical Clinic's closure.

"Recently we do know there's been a surge coming to QuickCare as a result," Interlake-Eastern Regional Health Authority regional director of public health Shannon Montgomery said. "Staff has said it's picked up for

Being down a local health care provider has had an "impact" Montgomery said, forcing them to bring in an extra nurse practitioner.

"We have on most shifts been able to double up on the nurse practitioner," she said.

Although Montgomery couldn't provide up to date numbers, from April 2014 to March 2015, Selkirk's QuickCare Clinic saw anywhere between 700 to more than 1,000 patients per month. Annually the location sees more than 10,000, she said.

The Red River Medical Clinic shut its doors on June 28. The walk-in clinic, which was located inside Selkirk Town Plaza, announced its closure with a sign on its door apologizing to patients who were later left in limbo.

When the QuickCare Clinic first opened its doors in Selkirk, it was operating on a first come, first serve basis. However, Montgomery said since January of this year they have moved to a same day or next day appointment system where community members are asked to phone ahead.

"It gives us better control of the flow through the clinic and gives the consumer a better ability to know they have an appointment today or next day," she said, adding QuickCare has never been a walk-in clinic. "Unfortunately we can't meet everybody's needs but it works much more efficiently than just showing up."

But that's exactly what 64-yearold Ed Chrapchymski did on July 27 when he entered Selkirk's Quick-



RECORD PHOTO BY LINDSEY ENNS

The Interlake-Eastern Regional Health Authority says Selkirk's QuickCare Clinic, located along Manitoba Avenue, is feeling the pressure after the Red River Medical Clinic abruptly closed it's doors on June 28.

Care Clinic hoping to get his blood pressure checked.

"It was very hot that day and I felt kind of woozy," Chrapchymski said."I just wanted to make sure I was OK."

The RM of St. Andrews resident said he was unaware he needed to make an appointment ahead of time but offered to wait in case there was a cancellation.

"I told them that I would wait because it was early in the afternoon," he said."They told me that I can't wait there and I had to leave."



Montgomery said it isn't uncommon for the clinic to direct patients elsewhere to obtain care either locally or in Winnipeg.

She said QuickCare locations offer non-urgent health care to those who can't wait to see their regular doctor. The clinics, which are staffed by nurse practitioners and primary care nurses, also shouldn't be used for ongoing care. Montgomery encourages residents to register for a regular care provider if they haven't done so al-

"It's your best way of having good continuity of care so the person knows you well," she said.





Archers make their mark at championships in East Selkirk

By Austin Grabish

The 2015 Canadian National Field Championships brought archers from across the country to East Selkirk last Wednesday.

The five-day tournament wrapped up on Sunday and brought competitors of all ages from coast to coast to the Tri-S area for one day before moving onto Winnipeg.

More than 100 archers could be seen scattered through the bush at the East Selkirk Archery Range last Wednesday as they shot 24 field targets one by one.

It's the first time the championships have ever been brought to East Selkirk, and Interlake Archers president Ed Wilson said the East Selkirk Archery Range, which boasts roughly 40 acres of land, was a great spot for the tournament to start.

"It went well," Wilson said. "We had a great turnout."

He added the weather was good enough to keep the tournament going well into the afternoon.

"It was wonderful the whole day," he said.

Wilson said one of the day's biggest highlights came when sharp shooter



RECORD PHOTO BY BRETT MITCHELL

Members from the Manitoba team from Winnipeg and Birtle take aim during the 2015 Canadian National Field Championships stop in East Selkirk last Wednesday.

Brody Wilson set a new Canadian record.

Tournament participants ranged in age from eight to 70-years-old. The

102 competitors were broken up into several classes, but all shot the 24 field targets.

"There's a lot of divisions in archery

"JUST GETTING TO KNOW A LOT OF PEOPLE ACROSS CANADA, BASICALLY A GOOD GET TOGETHER."

... there's everything from youth divisions to adult divisions to master division," Wilson said.

St. Andrews resident Randy Aran said he had a lot of fun at the tournament meeting people from out of town.

"Just getting to know a lot of people across Canada, basically a good get together," the 42-year-old said.

Montreal resident Dany Létourneau, 16, also had high praise for the tournament. Létourneau finished second in the competition's cadet level making him "really happy," he said.

Wilson said there's so much more to the sport than just shooting an arrow.

"Obviously there's technique and there's mental strength and there's experience."





Car enthusiasts help raise funds for Compassionate Friends

By Austin Grabish

Organizers of the 12th annual Memories Show N' Shine Car Show were kept busy on their feet Sunday as thousands of car enthusiasts rolled into town for annual event held in honour of Candice Morgoch.

The sun didn't stop shining on the thousands of spectators who flooded parts of Eveline Street, Selkirk's Waterfront, and Manitoba Avenue for the event.

Roughly 500 vehicles including classic and newer sports cars along with the odd motorcycle were on display throughout the afternoon.

"The car guys really support us big time," said Lockport resident and organizer Johnny Morgoch, who started the show 12 years ago with his wife Sharon in memory of the couple's late daughter Candice.

"The attendance is always good," added longtime event volunteer Doug Zawada, who was one of 40 volunteers who helped make Sunday's show a success.

Candice was remembered on Sunday as a talented artist who was outgoing and excited for her last year in high school. She was 17 when she drowned to death in 1995 on a beach



RECORD PHOTO BY AUSTIN GRABISH

Lockport residents Johnny and Sharon Morgoch say the 12th annual Memories Show N' Shine Car Show, which drew thousands of spectators and hundreds of classic vehicles to Selkirk in honour of their late daughter, was another success.

in Matlock and Saturday marked 20 years since her passing.

The idea behind the car show is based on Candice's love for a treasured 1962 Impala, which her parents still own today.

"She just liked the car," Johnny said.

Choosing the charity that would receive all the proceeds from the first and subsequent car shows was easy.

Compassionate Friends, a grief support group for parents who have lost a child with a Winnipeg-based chapter, was the couple's choice.

Unfortunately the couple didn't find out about the group until some time after their daughter's death and had to cope with the cost of counselling and emotional burden of losing a child something no one truly understands unless its happened to them.

"Even family members don't get it," said Del Brydges, whose 16-year-old son Cody died in a car accident in 2001."They don't understand."

Del and her husband Rick showed up to the show on Sunday in a semi with a picture of their late son displayed on the side of it.

Brydges said she found support through Compassionate Friends, which publishes a bi-monthly newsletter filled with poems and other coping material for parents.

Sharon Morgoch said the group was instrumental during her grieving pro-

"When I would get really down I would pull it out and read some of the poems or some of the letters that parents had in the newsletter, and it made me feel better," Morgoch said.

All of the proceeds raised from entrance fees on Sunday will go to Compassionate Friends.







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Certified instructor bringing yoga to **Selkirk Waterfront**



RECORD PHOTO BY LINDSEY ENNS

Certified yoga instructor and Lockport resident Jennifer David is bringing her yoga class to the Selkirk Waterfront on Aug. 23 and Sept. 20 at 11 a.m.

By Lindsey Enns

A local certified yoga instructor is hoping to introduce community members to the practice by hosting two outdoor flow classes at the Selkirk Waterfront.

On Aug. 23 and Sept. 20 at 11 a.m., Lockport resident and self-proclaimed yogi Jennifer David will be leading community and area members through an outdoor yoga flow class.

David, who has been practicing yoga for more than 10 years and has been a certified instructor since December 2014 said the outdoor classes are for men, women and children of all ages and skill level.

"Yoga is all about a mind, body connection and I feel like people are really able to tap into that ... when you're by the mighty Red River and it's flowing down the channel," David said."I thought the waterfront and the flowing river was just a really nice way to tie in yoga and the community of

Those interested in taking part are being asked to bring a \$5 participation fee, their own mat, a bottle of water and an open heart.

"You get to know yourself when you meditate and when you flow and when you kind of come together as a community," she said. "I just really wanted to expose people in Selkirk to what it is ... and what it might offer them."

David said if there's enough interest, she is hoping to make this an annual event and perhaps in the future partner with a local charity.

> LIBERAL CANDIDATE QUESTIONS SMITH'S ANNOUNCEMENT, FROM PG. 2

"It's a problem when people cross the icy water and the ice isn't strong enough to hold them, and they fall into the ice," she said.

Kildonan – St. Paul Liberal candidate MaryAnn Mihychuk questioned the timing of Smith's announcement, and reiterated a campaign promise made earlier this year by Liberal leader Justin Trudeau to build an all-weather road for Shoal Lake.

"For a recent MP, just retired, to now say that she's just become aware of the situation raises the question where has she been for the last decade," Mihychuk said.

Shoal Lake 40 Chief Erwin Redsky could not be reached for comment Monday.

Manitoba artists bring colourful paintings to Gwen Fox Gallery



RECORD PHOTO BY LINDSEY ENNS

Manitoba artists Chu Pei, pictured left, and Helen Smith works are now on display until the end of this month at the Gwen Fox Gallery.

Colourful works of art by two Manitoba artists are now on display as part of a new exhibit at Selkirk's Gwen Fox

Helen Smith and Chu Pei are both painters with a passion for watercolour and are excited to bring their works to Selkirk and area residents.

Smith got her start in art as a young girl who was a fan of her uncle's spontaneous pencil drawings. Later in life she was invited to paint with eight other artists once a week at her local community club where she learned more about experimenting with oil, acrylic and watercolour.

"We were together for some time

and we always ended the year with a wine and cheese to sell our art and help support the club," Smith writes in the exhibit's handout.

For Pei, her journey began 21 years ago with fiber artwork, of which she's won several local and provincial awards for, and later held a solo quilt show at the University of Manitoba in

"Watercolour art is my new found passion," Pei writes.

Both artists' works will be on display at the local gallery until Aug. 31.

The Gwen Fox Gallery, located at 101-250 Manitoba Ave., is open Tuesday through Saturday from 11 a.m. to 4 p.m.

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Students soak up summer break



RECORD PHOTO BY LINDSEY ENNS

Ten-year-old Sequoia Mayo, pictured left, and her six-year-old sister Zyrah enjoy popsicles on a cloudy day along Taylor Avenue on Wednesday afternoon.

PUBLIC INFORMATION SESSIONS – GRAND BEACH AND WINNIPEG

Grand Beach Wastewater Lagoon Upgrade

The Manitoba government is hosting two public information sessions about the proposed upgrade of the Grand Beach Wastewater Lagoon in Grand Beach Provincial Park.

This lagoon will provide increased capacity in Grand Beach Provincial Park.

Plan to Attend

You are invited to attend these information sessions and learn more about the lagoon proposal, discharge route concepts and programming as well as the tentative schedule of the development.

The sessions will be held at these locations:

Grand Beach

Saturday, August 29, 2015 Grand Beach Community Club 6 Grand Beach Road, Grand Beach 10:00 a.m. - 2:00 p.m.

Winnipea

Wednesday, September 9, 2015 Garden City Canad Inns 2100 McPhillips St, Winnipeg 6:00 p.m. - 9:00 p.m.

Information on the proposal and comment sheets will also be posted on manitobaparks.com, or available by contacting Manitoba Conservation and Water Stewardship at 204-945-6799 or 1-800-214-6497.



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> ARNIE WEIDL

Anglers enjoy fishing on Lake Winnipeg

Hi there, thanks for dropping in. I met some very interesting anglers last week with stories that I hope you'll like as much as I did.

Over at Balsam Bay early in the week it was a warm overcast morning as I stood by the boat ramp. The water was smooth as glass. Not a breath of wind. Out in the bay a solitary white boat seemed to glide over the flat silverygrey water. The soft grating sound of a tackle box being moved in the boat came to me as though the boat was beside me. In time the almost imperceptible murmur of the motor slowly moved the runabout into harbour and

I made my way to the couple aboard as they got out of their boat. I told them who I was as the man, Jean Lebel, a slim chap in jeans, a blue plaid shirt and an old cap over grey-black hair beard began clearing their gear out of the boat. Evelyn, his wife, also with a weathered cap on her graying short hair began telling me with ease of her childhood fishing alongside her dad using a stick, string and an old hook and later as a young mother barefoot fishing on the Red River with her children to the present now catching monster walleye with her grandchildren. As she reminisced about past years of fishing with her family, my gaze turned to Jean as he quietly covered their boat negotiating it all with a noticeable limp, a good-natured smile and the occasional comment illustrating Evelyn's stories.

They hadn't caught anything but Evelyn offered her recipe for "Manitoba Salmon." She said if you bake jackfish in tomato soup, vinegar and pickling salt at 350 for about six hours till the bones fall apart you've got "Manitoba Salmon."

Thank you Evelyn for your recipe



RECORD PHOTO BY ARNIE WEIDL Gerald Henderson holds up his catch of a giant 36" catfish caught off the Selkirk pier.

and to both of you for a glimpse into your wonderful outdoor life.

Later at Lockport, I found Don Johnson a commercial fisherman from Bear Island by Matheson Island here on a"busman's holiday." He had filled his summer quota and was taking some time off to do a little angling with friends before fall fishing starts.

A few days later in Selkirk I dropped

"old red," my truck, off at Boyd's to get her ship-shape for this winters running on the snow and ice of our lakes and rivers. There I met Jennifer Henderson who told me she and her husband Gerald go fishing off the Selkirk pier every Friday and that something odd had happened the last time out.

I called Gerald and he described how after getting a strike the load on his gear was almost unmanageable and it took everything he had to reel in a 36" catfish. The unusual thing about it was he had snagged an older lure that the cat had in its' mouth. Gerald, the sportsman that he is, cleared away the old hook and line then released the big cat back to its home.

Come the weekend I drove to Norris Lake and ran into two guys you don't meet every day. Driving by a lot in the park I saw them working on their boat motor. I pulled up, got out of the car and asked them if they had gotten to fish yet. They hadn't but when I asked them where they were from, they brought me up short by responding they were from Paraguay. They said originally their Mennonite ancestors were from here but went to Paraguay and now some of the younger descendants like themselves, Winnipeggers Ovewin Dueck and Alvin Schroeder have returned.

We got to talking and the guys said that on the western side of Paraguay where they grew up there were mostly big man-made lakes to shore fish from. Their main good-eating fish looks like a perch with a suckers' head and is called a Tarey.

Boy, it's exciting always running into extraordinary folks! Bye for now.



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Beausejour farmer named region's Green Party candidate

By Austin Grabish

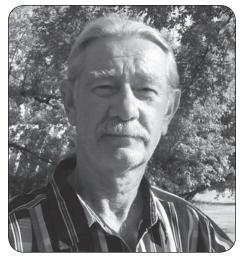
A Beausejour farmer has successfully thrown his hat in the ring to represent the Green Party in the upcoming federal election.

Wayne James, 64, was acclaimed as a candidate for the party in late July, and is now the third nominated candidate fighting for the Selkirk-Interlake-Eastman MP's seat, held by Conservative MP James Bezan, who is seeking re-election.

Other than a brief two-week stint as a federal NDP candidate for the Selkirk-Interlake riding 10 years ago, it's his first real shot at federal politics.

James is new to the Greens and joined the party after failing to pass the NDP's formal vetting process. He said he feels his views on things such as the environment are better represented with the Green Party.

"When I joined the Green Party I told them there were two things I wanted to make clear, which is one I'm a social democrat ... the other one is that I don't see global warming as being the major threat," James told the



RECORD PHOTO SUBMITTED

Wayne James, 64, is representing the Green Party for the Selkirk-Interlake-Eastman riding in the upcoming federal election.

Record during an interview in Beausejour last week.

The seed farmer said he feels society's obsession with the economy is the bigger threat, and is what in turn is causing global warming.

"I'M DISHEARTENED THAT WE'VE SHIFTED OUR FOCUS AWAY FROM BEING LEADERS WITH PEACEKEEPING."

"I see global warming as a symptom of something deeper, which is the capitalist system that we're working under," he said. "We are poisoning the planet.

"We are a species that are befouling its nest in the name of economy."

James said he doesn't agree with recent polices enacted by the Harper government including Bill C-51, the government's anti-terrorism legislation, which gives sweeping powers to Canada's spy agency and police.

The Conservatives say the legislation, brought in on the heels of last October's shootings on Ottawa's Parliament Hill and the Charlie Hebdo shooting in France, is necessary to protect Canadians from

However, James doesn't agree.

"The way it's done in my opinion is something I might expect a fascist government to do."

He also opposes Canada's militarization efforts overseas, and thinks the country needs to shift its focus back to peacekeeping missions.

"I'm disheartened that we've shifted our focus away from being leaders with peacekeeping," he said.

James has a background in the television and film industry and is a graduate of the University of Winnipeg's theatre department.

He said he decided to run because he wants change at the federal level and is vowing to represent the riding well if elected this fall.

"I can say that should I end up in Ottawa as a representative of Selkirk-Interlake- (Eastman) that I will try to honour the wishes of the community in terms of how we build a healthy society," he said.

Voters go to the polls on Oct. 19.

Selkirk-Interlake-Eastman NDP nomination meeting set for Aug. 30

By Austin Grabish

The federal NDP have put an end to a long-awaited vote and will finally let Dippers in the local riding association choose which candidate they want to represent the party in the upcoming federal election.

A nomination meeting, where NDP members of the Selkirk-Interlake-Eastman riding will vote for one of two candidates, will take place on Aug. 30 in Selkirk.

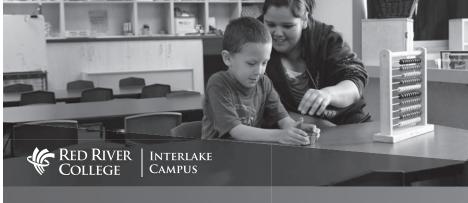
Deborah Chief, former chief of Brokenhead Ojibway Nation, and Gimli resident Marc Gourdeau, a retired translator, are both running to represent the party.

Both candidates confirmed last week NDP officials in Ottawa had set the party's nomination meeting for Aug. 30.

Both Chief and Gourdeau had already been vetted and accepted as candidates by the party, but the nomination meeting where NDP members will vote for either Gourdeau or Chief, has been delayed.

Gourdeau previously told the Record he wasn't sure why the nomination meeting wasn't set.

NDP officials in Ottawa are responsible for setting the date of the meeting, but didn't until after the election was called.



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Province opposes Liberals' pitch to lower booze prices

By Austin Grabish

The Liberals are promising to lower the cost of booze if the party wins the provincial election next year.

Liberal leader Rana Bokhari said the cost of beer, wine, and spirits in Manitoba is too high so the party is looking at changing the provincial liquor system, and lowering the retail price consumers, and commercial cost restaurants and vendors pay.

Bokhari made the announcement during a press conference in Winnipeg last Wednesday and said consultations are in the works.

"The reality is that the system's not working so we're looking to shake it up, we're looking to change it, and we're looking for a made-in-Manitoba solution," Bokhari said.

Bokhari provided few details about the Liberals' pitch, but didn't rule out the possibility of enacting a privatized provincial liquor system similar to the one in Alberta.

The system lets private retailers sell alcohol purchased from the province,



SUBMITTED PHOTO

Manitoba Liberal leader Rana Bokhari speaks to media about a pledge by the provincial Liberals to lower the cost of alcohol during a press conference in Winnipeg last Wednesday.

which takes a cut of warehouse sales. "I'm a big fan of private-public re-

lationships," she said. "We're looking at other jurisdictions. We're looking at

other countries and the way they deal with their liquor system.

"We are committed to making sure the system changes."

The province was quick to oppose Bokhari's pitch and said the cost of alcohol is not only fair, but also helps fund health care and other services.

"Our government has helped keep liquor prices reasonable," Al Foster, press secretary to Ron Lemieux, minister responsible for Manitoba Liquor and Lotteries said via email. "Publiclyrun liquor sales fund essential services for Manitobans. Those that call for privatization should come clean and admit that privatization would mean cutting nurses, doctors, teachers and other frontline workers that Manitoba families count on."

He said Manitoba's current liquor system, which sees a variety of alcoholic products sold through government-owned Liquor Marts, and beer and wine at private vendors is a "good balance" between private and public retailers.

First in-store brewing location opens its doors in Winnipeg

Staff

Manitobans interested in making their own beer and wine can now do so at Winnipeg's first in-store brewing retailer.

"Changes to Manitoba's liquor laws continue to result in positive impacts on local businesses in Manitoba," Mineral Resources Minister Dave Chomiak and the minister responsible for the Liquor and Gaming Control Act said in a release on Aug. 7. "Our focus continues to be on providing new entrepreneurial opportunities while improving public safety as part of a modern, balanced regulatory framework."

The Liquor and Gaming Authority of Manitoba (LGA) has issued its first in-store brewing authorization to Brewers Direct, located at 1400 Sargent Ave. in Winnipeg. Brewers Direct can now provide customers with the ingredients, instructional advice and equipment to produce homemade beer and wine directly at its retail location.

"We're excited for the opportunity to expand our business," Brewers Direct brew on premises manager Giovanni Masi stated in the release. "In-store brewing allows us to reach out to a brand new customer base."

This announcement follows recent

provincial initiatives to enhance consumer choice including craft beer growler bars, licensing tasting rooms adjacent to local breweries, the licensing of liquor service at spas and salons, the removal of restrictive food to liquor ratios at restaurants, the introduction of a family-friendly option popular with rural hotels to allow their beverage rooms to operate as dining rooms until 9 p.m., and the extension of liquor service hours for major events such as the Juno Music Awards, Jets playoff games and the FIFA Women's World Cup.

In-store brewing facilities provide customers with the ingredients, in-

structional advice and equipment to produce wine and beer for off-site personal consumption in private locations. Customers purchase ingredients on site, mix their wine or beer, and leave it on the premises for fer-

After a period of time, customers return to bottle their wine or beer and remove the product from the site.

Manitoba's in-store brewing standards reflect the best practices across Canada, establish social responsibility requirements, and align with federal excise regulations. These standards require that all beer and wine produced at an in-store brewing retailer must be for a customer's personal home use and cannot be served or sold at social occasion permit events or at licensed premises.

For more information on in-store brewing, visit lgamanitoba.ca.







Business is booming for Red Bomb Fireworks

By Lindsey Enns

When Matt Bialek started selling fireworks out of a school bus on the side of a highway, he never dreamed his business would one day explode into what it is today.

"I started this as a weekend job just selling fireworks on the side of the road out of a school bus and that was our first warehouse, our first vehicle," Bialek said. "I never had the intention of getting here."

The family owned and operated business, based in Selkirk, now employs about 35 staff in the summer and roughly 20 year round. Over the years it's expanded to include two divisions - Blast Off Fireworks handles distribution while Red Bomb Fireworks deals with the retail side of things.

Blast Off now services more than 2,600 retailers across Canada and Red Bomb's primary focus is on selling fireworks that any consumer can set off at home in their very own back-

"Anything that we sell over the counter is able to be used by anyone," Bialek said.

Bialek, who is originally from Beausejour, said they are proud to call Selkirk their home, adding their products have a "community of Selkirk" sticker stamped on every box.

"The community welcomed us with open arms," he said. "We were outsiders ... we knew nobody and the community really, really welcomed us."

Bialek and his family brought their fireworks business to Selkirk in 2004 and purchased their current 18-acre state of the art distribution centre and retail store located at 609 Greenwood Ave. in 2009.

"I said we would never out grow this facility, we were literally turning vehicles around in the building ... and



RECORD PHOTO BY LINDSEY ENNS

Red Bomb Fireworks retail managers Brandi Winnicki, pictured left, Amber Winnicki, pictured far right, and sales associate Matt Bialek show off some of their products available at their retail location on Greenwood Avenue in Selkirk last Thursday. The local business is gearing up for a fireworks show during the City of Selkirk's fourth annual Country Carnival on Aug. 22.

now I could easily use another 25,000 square feet," he said.

Now Bialek and his team are bringing their fireworks and expertise to the City of Selkirk's fourth annual Country Carnival on Saturday, Aug. 22 at Selkirk Waterfront Park.

Bialek said the fireworks show, which is set to start around 10:30 p.m., will be a little different than what crowds enjoyed during Canada Day celebrations at the waterfront.

"The way we've sequenced the show ... multiple items at any given time will be up in the sky so there should not be a dead time during the display," he said. "It's going to be fastpaced and spectacular."

Along with the fireworks show, the Country Carnival will include a pancake breakfast from 8-11 a.m. at the Marine Museum, a kids zone from 4-8 p.m., live local entertainment from 4-7 p.m., bull rides from 7-10 p.m., and the Foster Martin Band is set to hit the stage at 7:30 p.m. For a full list of events, visit cityofselkirk.com.

In an effort to get people outside exploring and learning about local historic sites, Red Bomb is also giving away prizes through their Search for the Golden Football contest.

Over the course of the summer, Red Bomb has been hiding footballs in public places around town.

Clues as to where the footballs can be found are being posted on Red Bomb's Facebook page and Twitter ac-

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Crop residue burning authorization required until Nov. 15 across Manitoba

The province is reminding those looking to burn crop residue that authorization is required between now and Nov. 15.

Authorizations are issued daily by 11 a.m. based on weather, moisture and favourable smoke dispersion conditions. Night burning is banned year-round.

Producers may also require a burning permit, if located within the City of Winnipeg or in a burning permit area. Permit application forms and information are available by calling the toll-free information line at 1-800-265-1233. Information is also available from MAFRD GO offices and online

at gov.mb.ca/agriculture under Quick

Manitoba's controlled burning program is part of the Burning of Crop Residue and Non-crop Herbage Reg-

Stubble burning regulations are enforced by environment officers and the RCMP. Failure to follow the regulations could result in fines of up to \$50,000.





Treaty Day celebrations bring thousands to Brokenhead

The Berens sisters are no strangers to travelling across the province to dance at a powwow and celebrate their culture.

Tashina Berens and her sister Alisha travelled to Brokenhead Ojibway Nation from their home in Poplar River First Nation, located about 400 kilometres south of Winnipeg, to dance during Brokenhead's 11th annual traditional powwow on Saturday. The powwow, which was part of Treat Day celebrations, brought thousands of visitors from across the province and beyond to the nearby First Nations community.

The five-day event, which wrapped up on Sunday, included various family activities such live entertainment, a baseball tournament, canoe races, scavenger hunt, outdoor movie screenings, bingo and multiple pow-

During a break between dancing under the hot sun, the Berens sisters said dancing is their favourite way to embrace their culture.

"You just have fun dancing," Tashina said."It's fun."

Both sisters have been to multiple powwows of this magnitude, but said they enjoy visiting Brokenhead Ojibway Nation.

"We like to come here and dance, go to the beach," Alisha said.

Brokenhead Ojibway Nation Chief Jim Bear said thousands of visitors from all over Manitoba, Saskatchewan, Ontario, and the United States made a special trip out for the event.

"The highlight of course is always the powwow," Bear said. "What you're seeing is thousands of years of demonstration of the song and the dance and that goes back thousands of years."

During Saturday's afternoon powwow more than 150 dancers and 13 drummer circles took part from across Manitoba, Saskatchewan and Ontario.

Bear added it's important to thank various elders for preserving this traditional song and dance "that we can openly now display and share."

"It's a spiritual thing, it's a sharing thing," he said.

This year marks the 144th anniversary of the 1871 signing of Treaty 1. Every year Brokenhead's Treaty Day Celebrations committee works on planning a wide range of events for both community members and visitors to enjoy. This is also done in conjunction with various volunteers and local sponsors.

Bear said he's already looking forward to next year and welcoming more visitors to his community.



RECORD PHOTOS BY LINDSEY ENNS

One of 13 drummer circles performs following the grand entry during the 11th annual traditional powwow during Treaty Day celebrations in Brokenhead Ojibway Nation on Saturday afternoon.





ABOVE LEFT: Gorden Kent of Sagkeeng First Nation takes a break following Saturday's traditional powwow in Brokenhead Ojibway Nation. ABOVE RIGHT: Elevenyear-old Tashina Berens of Poplar River First Nation enjoys a cold drink during Saturday's powwow in Brokenhead Ojibway Nation. RIGHT: More than 150 dancers of all ages took part in Saturday's traditional powwow.

"We just hope that people keep coming back," he said. "We are part of Manitoba, we are part of Canada and they'll learn something by coming to participate in our events."



Auditor general report gives home-care system a failing grade

By Austin Grabish

Manitoba's home-care system is failing the thousands of people who rely on it daily, and isn't ready for the province's aging population, according to auditor general Norm Ricard.

A 42-page report with 28 recommendations released last Wednesday examined the management and delivery of home care services in the Winnipeg Regional Health Authority and Southern Health - Santé Sud.

Ricard found patients in Winnipeg have to wait as long as 37 days for personal care and household services after making a request for assistance.

Both regions also had "difficulties" implementing a provincial initiative that provides some homecare workers with guaranteed hours and set schedules.

The audit also found staff were not always given the proper amount of time to complete a task, and information regarding patient complaints were not easy for management to ac-

Ricard said oversight by the province's Department of Health, Healthy Living and Seniors was "limited," and the provincial government does not ensure RHA's comply with its stan-

"Strong management processes are needed at the regions but the department must also exercise effective oversight," he said.

Manitoba Government and General



RECORD PHOTO SUBMITTED

Members of the Manitoba Government and General Employees' Union protest inadequacies in Manitoba's home-care program outside a Winnipeg Regional Health Authority office in Winnipeg last Thursday.

Employees' Union president Michelle Gawronsky said the audit echo's concerns members of her union have had for years.

The amount of time workers are given to complete tasks is a key issue for workers who, for example, have complained they do not have proper time to bath a client.

"This is something our members have voiced concern about for quite some time," Gawronsky said in a release last Wednesday, a day before union members held a protest in Winnipeg. "Many aren't provided with enough time to perform the care clients need and deserve.

"Our members are also concerned about the scheduling challenges they deal with every day. These are two important areas we think the employer can do better, and hopefully this report will help remedy those issues."

Interlake-Eastern

Health Authority said it doesn't track the current wait time for new patients who require home-care, but the RHA has at least 3,000 patients who use the

"More and more people are wanting to remain in their home," said Tara-Lee Procter, regional director of Home Care for the RHA.

Procter said staff recruitment for some parts of the Interlake is an issue for the health authority, but it does have some 600 staff members already dedicated to home care.

Ashern, Pine Falls, and Lac Du Bonnet have the biggest need for more care workers, she said.

Procter said the other challenge the RHA faces is an aging demographic that is continuing to rely more and more on the service.

Ricard addressed this in his report and found the province has not properly forecast a likely spike in demand for home-care services.

"Given that Manitoba's senior population is expected to grow rapidly between 2021 and 2036, this information is needed to understand how best to deal with the challenges of sustaining the program over the long term," he said.

Health Minister Sharon Blady issued a press release moments after the auditor's report was made public, and said a new provincial team will address the audit.

Stuart House to host farewell gathering for MS Lord Selkirk

By Lindsey Enns

As the MS Lord Selkirk II prepares for its final voyage, the ship's closest neighbour wants to help mark an end of an era by hosting a farewell gather-

As a way of recognizing the last cruise ship built in Selkirk and tapping into the stories attached to these heritage structures, the Friends of the Stuart House and the Red River North Regional Heritage Group are organizing an afternoon of visiting and music on Sunday, Aug. 23 from 2 p.m. to 4 p.m. at the Stuart House grounds.

The event's theme, "Boat songs and water music," will invite local musicians, storytellers and former shipmates to share songs and tales about the Lord Selkirk, the lake and Selkirk's history.

The Lord Selkirk and the Stuart House have been neighbours for more than two decades and both have experienced their share of tough times in recent years, according to the Red River North Heritage Group's chair



RECORD PHOTO BY LINDSEY ENNS

The MS Lord Selkirk II is seen on a cloudy Wednesday afternoon from Selkirk Park. On Aug. 23 the Friends of the Stuart House and the Red River Heritage North Regional Heritage Group are hosting a farewell gathering for the ship that's set to be dismantled in coming weeks.

Rob Sarginson.

"It kind of is the last piece of that era," Sarginson said referring to the

ship. "It is the last remnant of an era where Selkirk dominated the economy of Lake Winnipeg."

Although it has often been referred to as an eyesore, Sarginson said there are plenty of community members who will be sad to see the ship go.

"There's lots of people connected with it," he said. "Many people in Selkirk have relatives who either crewed that vessel or were involved in servicing it in some way."

On July 10, the province announced it will be matching the City of Selkirk's \$200,000 to help cover cleanup costs associated with the ship that has been rotting in a local slough since 1990.

The dismantling of the ship is set to begin in coming weeks and pieces of it will be sent to and salvaged at the local steel mill before winter.

Sarginson said he also hopes the gathering later this month will rekindle the community's interest in fixing up the Stuart House.

The event will be held outside at the Stuart House unless rain moves it to the Marine Museum.

2nd annual Relay For Life set for Sept. 12 at the Comp

By Austin Grabish

Selkirk's second annual Relay For Life may be less than a month away, but it's not too late to sign up and take part in the event.

Walkers, runners, cancer survivors, sponsors, and volunteers are all still needed for the relay set for Sept. 12 at the Comp's outdoor track.

Selkirk Relay For Life chair Melissa Partridge said last year's inaugural event was a roaring success, and organizers would like to topple the \$48,000 it raised.

Roughly 70 people have already registered for this year's walk, but there's still room for hundreds more to sign up.

Last year some 200 people came out to the rally for cancer, and "we're just hoping to surpass that," Partridge said.

"Last year it kind of all came together (during) the last month so we're hoping that happens again this year and it picks up," she added.

Anyone who has had cancer is being encouraged to come out to the relay, which raises money for Canadian Cancer Society research and support programs.

"They're really our guests of honour," Partridge said. "We're looking for anybody that is a survivor."

Survivors will be honoured at the start of the relay as they walk around the track during a survivors' victory lap, and those who have lost their lives to cancer will also be honoured through personalized luminaria bags placed around the track.

The 12-hour relay begins at 12:00 p.m. and ends at midnight.

Participants collect pledges and can walk or run for as little or as long as they wish during the relay.

Those interested in registering or for more information visit relayforlife. ca or call Melissa Partridge directly at 204-481-1654.



RECORD FILE PHOTO BY AUSTIN GRABISH

Cancer survivors, pictured above, walk during a special survivors' victory lap at last year's Relay For Life in Selkirk. The second annual event takes place Sept. 12 at the Comp.

Harlequin, 59 Divide rock Selkirk Waterfront stage



RECORD PHOTOS BY BRETT MITCHELL

ABOVE: George Belanger, pictured right, and Derick Gottfried of Harlequin perform for thousands of fans at the Selkirk Waterfront stage during the City of Selkirk's Rock the Waterfront event on Saturday evening. RIGHT: Selkirk's own 59 Divide opens for Harlequin on the Selkirk Waterfront stage Saturday.



St. Andrews Rectory hosts travelling trunk exhibit



RECORD PHOTO SUBMITTED

Until Aug. 29, the St. Andrews Rectory will be hosting the Unlocked Travelling Trunk Exhibit. The exhibit includes 10 trunks, some of which are pictured above, created by various museums throughout the Interlake region.

Staff

A travelling exhibit has made its way to the RM of St. Andrews.

Until Aug. 29, the St. Andrews Rectory, located at 374 River Road in St. Andrews, is hosting the Unlocked Travelling Trunk Exhibit. The exhibit is comprised of 10 trunks created by various museums throughout the Interlake region. Each trunk holds its own story or notable educational

component from each institution.

Every month the entire exhibit will be travelling to a different host museum so that visitors have the opportunity to experience a small part of 10 different museums at once.

The St. Andrews Rectory is open Monday through Wednesday, Friday and Saturday from 10 a.m. to 5 p.m., Thursdays from 10 a.m. to 7:30 p.m. and on Sundays from noon to 5 p.m.

Bezan defends email re-highlighting funds for Interlake project

By Austin Grabish

Conservative MP James Bezan is standing by an email that was sent from one of his campaign volunteers highlighting federal funding given to an Interlake municipality even though the announcement was sent after the writ was dropped.

The email, containing a new photo and old press release from July 31, was sent last Wednesday to reporters and re-highlighted \$28,900 in funding given to the RM of West Interlake for the construction of washrooms and showers in McEwen Park.

The July 31 announcement was just one of several Bezan made in the weeks leading up to the federal election being called.

MPs are strictly prohibited from making any kind of federal funding announcements during the election, Bezan said, but the MP maintains there was nothing wrong with the email, since the release was sent out to media a week prior.

He said despite the election being called he still has a job to do as an MP.

"Even though the writ is on I wear two hats here," Bezan said. "I can't make any announcements, but from an Elections Canada standpoint I'm the Conservative candidate, for the Parliament of Canada Act. I'm the Member of Parliament and still have to carry out my duties as a Parliamentarian to my constituents."

However, the email sent last week was not from his MP's office, and was instead released by a volunteer with his campaign staff, which raises questions about whether the announcement was really coming from Bezan as an MP, said Liberal candidate Joanne Levy, who is running against Bezan in the Selkirk-Interlake Eastman riding.

Levy said the email wasn't fair to other candidates since they can't make federal funding announcements.

"It just shows the spirit of the way the campaign by the Conservatives is being run," she said.

Bezan said the email was fair and was only sent out because there were requests by reporters to have a photograph go along with the July 31 media release sent a week prior.

He added during the election he won't be using his normal MP's email and was simply re-highlighting the announcement, which he is proud of.

"I don't want to send anything out of my MP account because I don't want people to think it was an official announcement so that's why it was sent out from one of my volunteers," Bezan said. Continued on page 26

(((SiriusXM))) caravan Kids













Optimism prevails at TPP discussions

No agreement made after Hawaii meeting, but global representatives expected to meet again soon

By Harry Siemens

With so much of what Canadian farmers produce going for export, trade agreements have become more and more vital to the long-term viability for those who directly make their living off the farm in

With that in mind, Manitoba Pork chair George Matheson remains confident Canada will be a full participant in the Trans-Pacific Partnership.

Representatives of the 12 nations involved in negotiations aimed at securing a Trans-Pacific Partnership Free Trade Agreement met in Hawaii recently. They failed to finalize a deal but are expected to meet again, possibly as soon as later this

Matheson says the stakes for Manitoba's pork industry are high, and given the progress they made at the last meeting, he remains in good spirits.

Matheson says they'd like to see the discussions completed but, at the same time, are fully cognizant it's more important they complete the negotiations satisfactorily, however long it takes.

"In the end, really what we want, at the very least, are the same tariffs on our exports that the U.S. has," he says. "The U.S. is the world's largest pork exporter. We're number three behind the European Union, so we do not want to be in any way disadvantaged in regards to these other main exporters."

Matheson says Manitoba exported \$67 million worth of pork to seven of the 12 TPP members in 2014. He notes Canada exports close to \$1 billion worth of pork to Japan, making that country a key player in these negotiations.

Martin Rice, the executive director of the Canadi-

an Pork Council, says he's also optimistic a suitable agreement is close at hand.

"It was disappointing to not see the agreement completed last week," he says. "Clearly the negotiators and the ministers came with the idea of bringing it to a close. It is not a case though of us being left out of a deal that others were going to join and that was something that many participants in the agri-food exporters sector were concerned about."

"Certainly they would have finished the deal in Hawaii had there not been a couple of areas of very significant challenge to finish up, and that includes autos, it includes some agri-food sectors, likely dairy, and it probably was a little bit too far a bridge to cross without certain governments going back to confirm an opportunity to negotiate further," Rice

Rice doesn't particularly put Canada in that category, feeling our nation was ready to bring the negotiations to a close.

"I think there were some other countries that didn't seem to have the mandate for the negotiators to finish up in some key areas," he says.





























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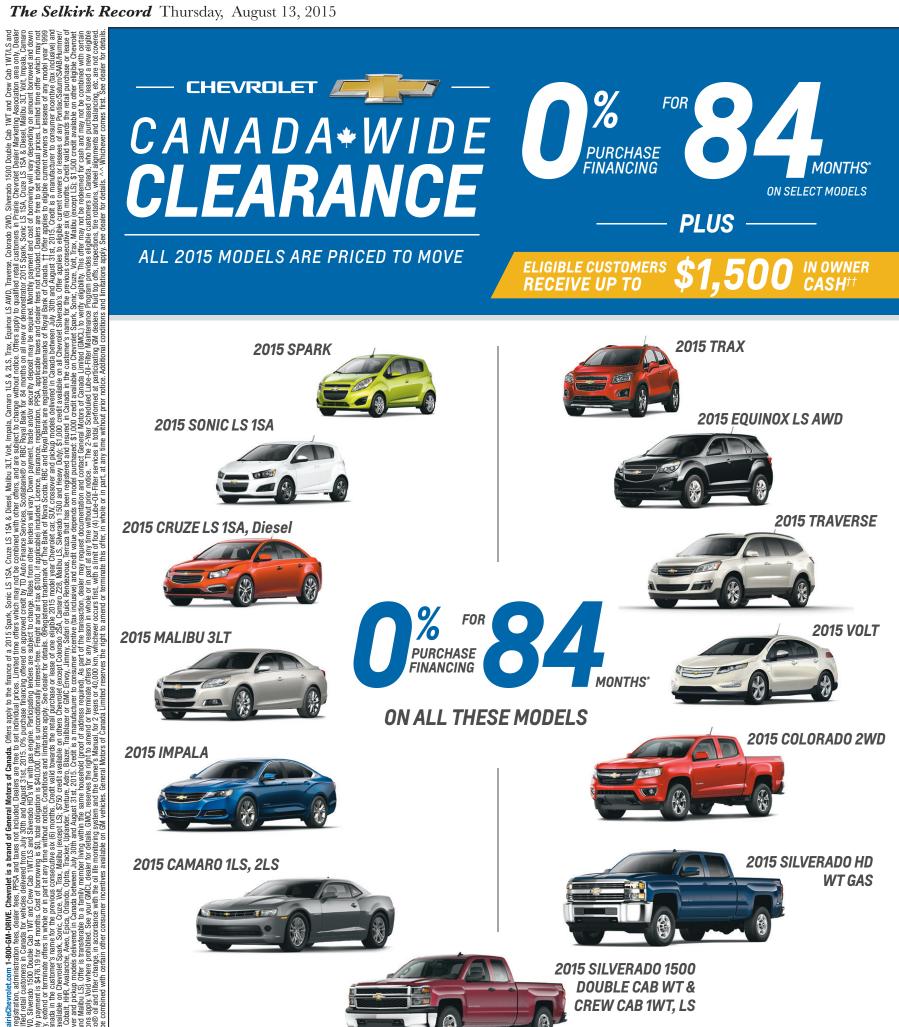
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Survival Guide for Renovating couples

You hate the ceramic tiles, the leaky faucet is driving you crazy and that colour on the walls, which was all the rage in 2002? Well, you'd rather not think about it. You've been dreaming of renovating your home for ages, but be careful — home renovations are often the cause of friction within a couple. Here are a few great tips for avoiding fights with your better half during your renovations.

1. COM-MU-NI-CATE. Yes, this is still and will always be the key to successful renovating. Be open to your partner's needs and express your own without imposing your ideas. No one wants to be told what to do and what to like. Instead, explain what is motivating your choices.

2. ASK FOR ADVICE. You can't come to an agreement? Talk to an architect, designer or even a friend — if he or she has good taste, of course. Let them play the role of mediator and help you both decide.

3. PLAN. Before you start work on your project, schedule each step of the renovations, deciding exactly what has to be done and when.

Changing your mind about the position of the sink isn't a good idea when the only bathroom in the house is under construction and your nerves are stretched to the breaking point.

4. MAKE COMPROMISES. Obviously, you don't want to have to look at yellow walls for the next few years if you happen to hate that particular colour. But is it really so important that the cabinets have oval rather than round handles? Choose your battles based on what's most important to you.

5. EXPECT THE UNEXPECTED. Surprise expenses during a renovation are practically inevitable and, as you probably already know, money can be a major source of conflict within a couple. So plan your budget accordingly and make sure you're both on the same wavelength. Big expenses and important decisions; stress; workers in and out all day long; no privacy; dust everywhere: all these factors make for an explosive cocktail. During your home renovations, take some time for yourself to de-stress and be sure to hire competent professionals. Otherwise, you may end up needing to hire a marriage counsellor.









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tops and floors. **MARBLE AND SLATE**

Renowned for its use by world-famous sculptors, marble can also be used for more practical ends such as floors and countertops. Slate, on the other hand, is a grained stone used for memorial stones and decorative surfaces. In construction, slate is also very practical as roofing material.

Continued on page 21







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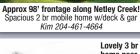
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Do you have a suggestion for our news team? Is there someone you would like to see recognized in the newspaper for their accomplishments athletic, academic or community service.



How to be a good youth sports parent

Extracurricular and summer season sports leagues keep thousands of children occupied. Youth sports promote physical fitness and teamwork while helping children acquaint themselves with sportsmanship and camaraderie.

Sports are meant to be sources of enjoyment for children, but parental pressure and poor adult behavior on the sidelines can make kids reluctant to compete. Parents who behave poorly may inadvertently pass on bad habits to their children or cause kids to prematurely abandon their athletic pursuits. The following are a few tips for parents who want to encourage their kids' passions for sports in positive ways.

Show respect for coaches and officials. Parents should not act like they are the final authority on calls or how team members should play. Respect should always be shown to coaches and referees.

· Let your child have fun regardless



Parents can take several steps to make their kids' experiences with sports as positive as possible.

of his or her performance. Too often parents get swept up in how their children are performing when the goal for young athletes should be to

enjoy themselves. Resist the urge to focus on performance and focus instead of whether or not your child is having fun.

Recognize college scholarships may not be in the cards. Although

some children are destined for athletic greatness, many will not play sports after high school. Pressuring older children to improve their per-

Continued on page 25



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FAIL & WINTER ACTIVITIES & CONSTITUTION SECTION 2015-2016

How to help kids find extracurricular activities

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

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

Interests

One of the easiest ways to help kids find an extracurricular activity they



Extracurricular activities can help youngsters develop into well-rounded adults.

can be passionate about is to discuss their interests with them. Youngsters

Continued on page 25





Fall Registration Begins August 18th!

(Don't miss out! Classes fill up quickly)!

Registration Hours (In-Person)

Tuesdays & Thursdays 5:00 – 8:00pm
August 18th to September 10th
(No Registration September 8th)
Classes begin Monday, September 14th!

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> SPORTS PARENT, FROM PG. 23

formance in the hopes of landing college scholarships can make the little time they do have to play their favorite sports less enjoyable.

Take cues from the child. Children are often great indicators of parental behavior at sporting events. Parents whose children seem unenthusiastic about mom and dad attending their sporting events may be trying to tell you they don't appreciate your behavior at the games.

· Provide constructive criticism. Early coaching and practice with parents can give kids a leg up on the competition. But keep your advice constructive. Parents who become pushy or force constant practices can make sports unenjoyable.

Place emphasis on fun and learning skills. Find out what the kids hope to accomplish by playing sports and help them to achieve those goals. Focus on being supportive rather than emphasizing winning, as doing so can help children view sports participation in a more positive light.

If children seem to have lost interest in sports, parents can ask why in an effort to make sports fun again or encourage other pursuits. Many sports now require year-round participation, which can cause burnout in some youngsters. Sometimes a brief break and some fine-tuning may be all that's needed to rekindle a child's passion for sports.



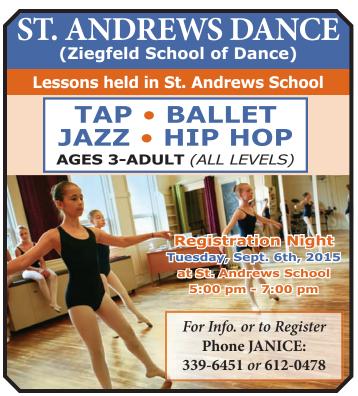
> EXTRACURRICULAR ACTIVITIES, FROM PG. 23

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

Availability

Parents know that school comes before extracurricular activities, but kids may not be so wise. Keep in mind kids' existing workloads when helping them find the right afterschool activities. Many organizations are especially flexible with teenage volunteers or employees, but parents still must keep a watchful eye to ensure kids do not overextend themselves. Kids who overcommit to extracurricular activities may end up feeling burnt out, which can have a negative impact on their schoolwork. Encourage kids to find activities they care about, but emphasize that these ac-





tivities should not become bigger priorities than schoolwork. Let kids know that they can get more involved during summer vacation, but make sure kids don't devote too much of their time to afterschool activities during the school year. A couple of hours per week and even some additional time on the weekends should not distract kids from their responsibilities at school, and that's still ample time for kids to explore their interests.

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







Entertainment with a view



RECORD PHOTO BY AUSTIN GRABISH

Selkirk resident Orvis Thomas performs "Honky Tonk Blues" during last Wednesday's Dawg Days of Summer at the Selkirk Waterfront. Free live entertainment courtesy of the City of Selkirk will continue every Wednesday from 11:00 a.m. to 1:00 p.m. until the end of August.



Public meeting raises awareness

RECORD PHOTO SUBMITTED

Founders of the Selkirk Drug Awareness Group and other local organizations held a meeting on June 8 at the Selkirk Recreation Complex aimed at educating the public about prescription drug abuse among other drug related topics. Pictured from left to right: the group's founding members Sharon Langlois, Curtis Thomas, Sean Hourie, Linda Grieves of the Southeast Resource Development Council Corp., Elan Jury of Additions Foundation Manitoba and Selkirk RCMP Cst. Paul Human.

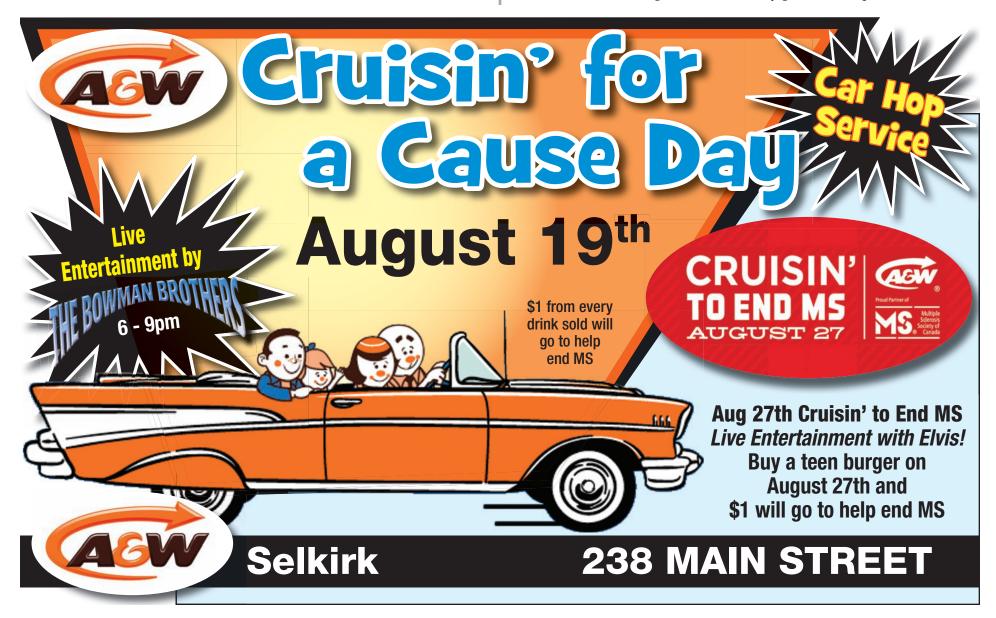
> GREEN PARTY CANDIDATE QUESTIONS MOVE, FROM PG. 15

Diane Benson, an Elections Canada spokesperson, said she couldn't comment on the matter because Elections Canada rules regarding advertising don't apply to the situation.

She said the House of Commons handles rules pertaining to what MPs can and can't do during an election that would instead apply to the matter.

Wayne James, the Green Party candidate for Selkirk-Interlake-Eastman riding, also questioned the move.

"I think it's fairly obvious that they're doing what they can to make sure that they get back into power."



First annual Duck, Run at Oak Hammock Marsh a success

By Stefanie Lasuik

The honks and quacks cheered them on, as 150 runners and walkers took to the trails at Oak Hammock Marsh on August 9 for a morning of activity for a cause.

Sunday was the first time a Duck & Run event has been held in Canada. and it allowed participants to sign up for a 10 km race, a 5 km race, or a 2 km $\,$ family walk.

Organizers of the event hope that it will become a mainstay and will catch on in other provinces across Canada as well. They came up with the idea

"IT'S GREAT TO SEE SO MANY PEOPLE OUT HERE HAVING FUN AND **ENJOYING EACH OTHER'S** COMPANY..."

after local staff members enjoyed lunchtime jogs in the marsh.

"Oak Hammock Marsh is a great

place to be active outdoors. We have a great, extensive network of trails around the marsh and actually, there's a lot of people in our staff who are runners, so we thought we'd open it up to the entire community of runners," Ashley Lewis, communications specialist at Ducks Unlimited explained.

Participants thoroughly enjoyed their day, and received participation medals and t-shirts for their efforts. The top three female and male runners in the two races took home gold, silver, and bronze medallions.

The total amount of money raised was not released at press time, but the day was a success.

The wetlands on which the participants strode were examples of the areas that their fundraised money will strive to conserve through Ducks Unlimited Canada.

"It's so great to see so many people out here having fun and enjoying each other's company, and its all for a great cause, conserving these great areas that provide us the opportunity to be active outdoors," said Lewis.

Interlake infrastructure projects receive joint gov't funding

Provincial and federal funds are helping fuel three projects in the Interlake region under the New Building Canada Plan's Small Communities Fund.

The Small Communities Fund is part of the \$10-billion Provincial-Territorial Infrastructure Component of the New Building Canada Fund. It aims to provide \$1 billion to municipalities with fewer than 100,000 residents for priority public infrastructure projects that deliver on local needs.

With the funding announced on July 31, the RM of West St. Paul will be used to connect the municipality to the Cartier Regional Water Co-op's new Headingley Water Treatment Plant by installing approximately 26 kilometres of waterline from the Rosser reservoir to a new reservoir and pump house in West St. Paul.

The RM of Brokenhead will construct one new secondary cell and two new primary cells with the dikes built to support an aeration system. The existing primary cell will be converted

into a secondary cell and the existing forcemain will be diverted to deliver wastewater evenly to each of the two new primary cells.

Lastly, the RM of Powerview-Pine Falls will address wastewater capacity and management issues as well as alleviate an Environmental Protection Order that was put in place in 2013. Project components include; the installation of a new forcemain and relocate and upgrade an existing lift station.

The Government of Canada and

the province will each provide up to \$3,642,052 through the Small Communities Fund for the three projects. The total eligible cost of the three projects is \$15,426,158.

"This funding will make sure Manitobans across the province benefit from investments that improve their everyday quality of life, and the longterm stability of their communities," Selkirk-Interlake MP James Bezan stated in the release.

Due to declining ridership Beaver Bus Lines will be increasing our prices effective August 31st, 2015. All prices include GST.

Top Figures: ONE-WAY TICKETS Age 4 & Under: FREE (one free

child rate per accompanying adult)

Age 5 to 11: ½ FARE Age 12 & Up: **FULL FARE**

Blind Card: 1/2 FARE if alone, two for one with an escort

RETURN TICKETS **Bottom Figures:** (Valid for 30 days)

Bottom Figures:

Top Figures: Adult Commuter Books (20 tickets/book) Valid for six months. Student Commuter Books (20 tickets/book) Valid for six months. A valid student card **MUST** be shown when purchasing Student

Commuter books from the driver.

To:	MIDDLECHURCH	RIVERCREST	ST. ANDREWS	LOCKPORT	SELKIRK
WINNIPEG	7.50	8.00	8.50	9.00	9.50
	14.00	15.00	16.00	17.00	18.00
MIDDLECHURCH		7.00	7.50	8.00	8.50
		13.00	14.00	15.00	16.00
RIVERCREST			7.00	7.50	8.00
			13.00	14.00	15.00
ST. ANDREWS				7.00	7.50
				13.00	14.00
LOCKPORT					7.00
					13.00
SELKIRK					6.00
					11.00

To: From:	MIDDLECHURCH	RIVERCREST	ST. ANDREWS	LOCKPORT	SELKIRK
WINNIPEG	120.00	128.00	136.00	144.00	152.00
	105.00	112.00	119.00	126.00	133.00
MIDDLECHURCH		112.00	120.00	128.00	136.00
		98.00	105.00	112.00	119.00
RIVERCREST			112.00	120.00	128.00
			98.00	105.00	112.00
ST. ANDREWS				112.00	120.00
				98.00	105.00
LOCKPORT					112.00
					98.00
SELKIRK					96.00
					84.00

PUBLIC NOTICE

Due to declining ridership, Beaver Bus Lines is making a schedule adjustment to **discontinue** the Saturday schedule and **reduce** the weekday schedule, as seen below, to be effective August 31st, 2015.

WEEKDAY SCHEDULE

PRESENT SO	PRESENT SCHEDULE				
<u>SELKIRK</u>	WINNIPEG				
6:15am	7:05am				
7:00am	8:00am				
7:30am	10:00am				
8:00am	1:00pm				
9:30am	2:30pm				
11:30am	3:30pm				
2:30pm	4:15pm				
3:30pm	4:45pm				
4:30pm	5:00pm				
6:00pm	7:00pm				
9:00pm	10:00pm				
9.00pm	10.000				

DDECENT CCHEDITIE

NEW SCHEDULE					
<u>SELKIRK</u>	WINNIPEG				
6:15am	7:05am				
7:00am	8:00am				
7:30am	9:30am				
8:00am	1:00pm				
9:30am	2:00pm				
11:30am	3:30pm				
2:00pm	4:15pm				
3:00pm	4:45pm				
4:30pm	5:30pm				
6:30pm	7:30pm				

Beaver Bus Lines relies solely on the ridership and parcel express revenue received to operate the Selkirk to Winnipeg Commuter run and apologizes for any inconvenience that may be caused due to the above schedule changes.

Gov't funds help fuel improved access projects

Staff

The federal government made several investments aimed at improving access for Manitobans with disabilities to programs and services across the province recently.

Selkirk-Interlake MP James Bezan made the announcements on behalf of State for Social Development Minister Candice Bergen.

Through the Enabling Accessibility Fund, the East Beaches Senior Centre is receiving \$19,297, the Tyndall Village Community Center is receiving \$14,817, and the South Interlake Regional Library in Stonewall is receiving \$7,136.

The proposed project in East Beaches consists of constructing an exterior ramp, installing automated door openers, building an accessible washroom and improving lighting in the basement to improve accessibility for persons with disabilities.

In Tyndall, the project consists of constructing an exterior ramp and installing automated door openers to create barrier free access to their community centre, and in Stonewall they plan on retrofitting an existing washroom for improved accessibility.

"Our government is committed to ensuring that Canadians of all abilities have the chance to contribute to our communities and be included in all aspects of society," Bergen said in a release. "We are continuing to support Canadian families and individuals to improve accessibility and create opportunities."

The Enabling Accessibility Fund commits \$15 million per year to improving accessibility in facilities across Canada, according to the release. Since it's inception in 2007, the fund has help fuel more than 2,200 projects.

Communities in Bloom judges get a taste of history



RECORD PHOTO BY BRETT MITCHELL

Rob Sarginson, chair of the Red River North Regional Heritage Group, pictured far left, gives visiting Communities in Bloom judges a bit of a Selkirk history lesson during a gathering at Benjamins Gourmet Foods in Selkirk last Wednesday.

Francophone tourism promotion gets \$243K boost

Staff

The province is investing \$243,000 in an effort to help promote francophone tourism attractions and experiences.

"Our francophone tourist and cultural attractions draw thousands of visitors from around the globe, creating jobs and stimulating economic growth,"Heritage, Sport and Consumer Protection Minister Ron Lemieux said in a release late last month. "This investment will help showcase our francophone heritage and traditions, and help related organizations and businesses share our unique story."

The Economic Development Council for Manitoba Bilingual Municipalities (CDEM) will receive \$172,100, with \$71,800 going to Tourisme Riel, a division of Entreprises Riel.

"We are pleased to receive funding to support our efforts to promote tourism in Manitoba's bilingual municipalities, to further develop and improve new products and position Manitoba through strategic representation and participation out of province," CDEM executive director Louis Allain stated in the release. "Our partnership with the Manitoba government gives a significant boost to the added value of bilingual services and products in the province."

CDEM, established in 1996, is an economic development council whose role is to stimulate, encourage and coordinate economic development in Manitoba's 17 bilingual municipalities. Through its tourism component, CDEM develops and promotes the value of French language and culture to Manitoba's tourism industry and economy, showcasing bilingual municipalities and the Franco-Manitoban heritage.

Entreprises Riel, launched in 1998, is an economic development and destination marketing and tourism

product development agency. It promotes the added value of French language in business and tourism in the Riel district of the city of Winnipeg, which includes the communities of St. Boniface, St. Norbert and St. Vital. Entreprises Riel's board of directors include corporate leaders from all three communities.

"Our statistics show a continued increase in tourism offerings, in visitors and visitor spending, and in the demand for francophone products which extend beyond the boundaries of the Riel region," Entreprises Riel CEO Norm Gousseau said. "Tourisme Riel appreciates this financial assistance as it helps us to further increase visitor spending by providing tourism services and products to the francophone markets as well as to anyone interested in the unique cultural characteristics and offerings of our region."

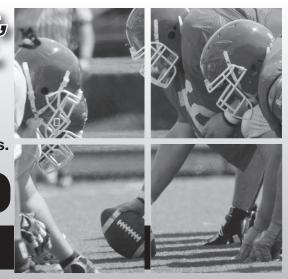
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Former Gimli resident, American friend complete 13 hour 'bucket list' swim across Lake Winnipeg

By Patricia Barrett

Lake Winnipeg wasn't in the best of moods when former Gimli resident Brad Sawa and Michigan resident Adam Ellenstein waded in and began a gruelling 30-kilometre swim on

But as they swam from Hillside Beach on the east side of the lake to Pelican Beach, north of Gimli, on the west, the troughs and crests began to subside and the sun made a welcome

"I love this lake," said 39-year-old Sawa, who grew up in Gimli and still has close ties to the town. "I added (this swim) to my bucket list."

Sawa lives in Calgary with his family and works as a real estate agent and he's no stranger to physical challenges. Since 2010, he has competed in various triathlons, in which athletes swim, run and bike over hundreds of kilometres. And as if that's not enough, Sawa also runs the odd marathon.

The farthest he has swam in competition was 10 kilometres, he said. That's the case for Ellenstein, too. This is the first time both men have taken on a swim of this magnitude.

"I owe Adam a lot because he pushed me out of my comfort zone," said Sawa.

The two athletes met at a 2014 Ultraman event in Florida, in which competitors had to swim six miles, bike 261 and run 52, a total of about 320 miles over the course of three days. On the run portion of the event, they found themselves shoulder-to-shoulder and began swapping stories, said

Six months later, they competed in Ultraman Canada in Penticton, B.C., and Sawa broached the subject of swimming his hometown lake.

The two friends trained for about a year in their respective cities.

"I got 99 per cent of my training in a 25-metre pool," said Sawa. "I would swim on tired arms, 30 to 40 kilometres a week."

Ellenstein also trained in swimming pools and moved outdoors when the lakes around Detroit thawed in spring.

"I tried to pick the roughest spot on the lake," said the 38-year-old triath-

On the morning of the swim, the two men left Gimli by boat, crossing over to Hillside Beach. At about 6:30 a.m., they started swimming back.

All day, Sawa's family provided encouragement and support to the two



ABOVE: Brad Sawa, formerly of Gimli, and Adam Ellenstein of Michigan spent 13 hours in the water swimming 30-kilometres from Hillside Beach to Pelican Beach on Aug. 4. Pictured above, the duo stop for a nutrition break.

RIGHT: Sawa and Ellenstein completing their 30-kilometre swim across Lake Winnipeg on Aug. 4.

"My sister hopped in the water for a few kilometres," said Sawa. "So did

They were kept on course by two kayakers - Ellenstein's wife, Amelia, and Sean Mourre, a local paramedic.

What started out as a personal endurance test turned into a fundraiser for CancerCare Manitoba.

When a number of Gimli residents found out there was no charity attached to the swim, they took it upon themselves to make pledges on the swimmers' behalf. Bergen said she's pretty confident the town raised about \$5,000.

"It fuelled our fire to get across the lake," said Sawa.

Anyone interested in making a donation to CancerCare Manitoba on their behalf can visit cancercarefdn. mb.ca/netcommunity. and type in "Grand Beach to Gimli Swim Across Lake Winnipeg" when describing your donation.



As for the athletes' plan to defeat other lakes, tossing they're around the idea of Lake Manitoba, among others.

Both swimmers said their success was down to the great team they had. Sawa said the bonds forged between them was the highlight of his swim.

And Ellenstein said,"I'll take a lot more away from the people and the friendships I made here than swimming the 30 kilometres."

Professional office space for rent in downtown Selkirk

Two professional companies are looking to share office, boardroom, switchboard and receptionist with a third.

Free Parking Available

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Det Sarecreation INSIDE > OUTSIDE > UPSIDE DOWN

Bantam Thunder bash Nomads in opener

By Brian Bowman

The Interlake Thunder could not have asked for a better start to their Bantam football season.

Interlake visited the Nomads in north Winnipeg on Saturday and spanked the home side 43-8 in the season opener for both teams.

"I thought all of the players played great," said Thunder assistant head coach Jayson Fredette. "We were definitely undersized versus this larger Nomads' team. But both the offence and defence came through and made a ton of big plays.

"I was very proud of all of the kids."

The Thunder victory was a huge one on the Nomads' home field. The win should give the Interlake players plenty of confidence going forward.

"It was a nice way to start the season," Fredette said."It's always nice to get that first win under your belt."

Offensively, Interlake moved the ball very well and had a nose for the end zone, finishing with six rushing touchdowns and a passing TD.

Running back Colton Nedotiafko had two rushing touchdowns and a receiving major. Running back Justin Suitters and tight end Anthony Joynt each had a touchdown on the ground while quarterback Dominyck Fredette had a pair of rushing TDS and a passing touchdown strike.

On the defensive side, the Thunder had a fumble recovery and an interception by Connor Henry. But Interlake had many standout defensive performances in the win.

Fredette noted that Miguel Larabie, Isabelle Mc-Donald, Brandyn Linklater, and Callum Montgomery made some big plays on defence while Colton Meisner had a huge 40-yard punt return.

The Thunder (1-0) are back in action this Saturday (10 a.m.) when they visit the Valour Patriots (1-0).

"It should be a strong game," Fredette predicted. "They're a competitive team."



RECORD PHOTOS BY LANA MEIER

Thunder quarterback Dominyck Fredette (14) of East Selkirk recovers the ball and later completes a pass for a two-point conversion.

The Thunder PeeWees opened their league action last weekend with a shootout loss to the Fort Garry Lions while the Interlake Atom team trounced the Transcona Nationals 60-8.

All five Thunder teams will be in action this Saturday. Besides the Bantams, the Midgets will host the Sunrise Coyotes at Stonewall Collegiate (4:30 p.m.) in their first action of the season while the Atoms will play at Valour (12:30 p.m.).

The Thunder PeeWee squad will play at Transcona (12:30 p.m.) and the Interlake cruncher team will head south to play the St. Vital Mustangs (4:30 p.m.).

















Friday, August 21 9:00 a.m. to 8:00 p.m.

Saturday, August 22 9:00 a.m. to 5:00 p.m.

417 Main Street, Selkirk, Manitoba

SDOPTS&recreation INSIDE > OUTSIDE > UPSIDE DOWN

Blizzard headed to Founders Cup

By Brian Bowman

Manitoba may be known for its outlandishly cold weather during many months of the year.

Still, it's very rare that a blizzard warning would be in effect in August.

But lacrosse teams have certainly taken notice of the Manitoba Blizzard, whose roster includes Selkirk's Tanner Singleton and East St. Paul's Austin From and Ryden Marsh.

The Blizzard recently captured the Rocky Mountain Lacrosse League North Division title - defeating the Red Deer Rampage - and then earned silver medals in the Rocky Mountain Championships in St. Albert, Alta.

"We had the best record in the league this year," Singleton said last week. "We're definitely proud (of our season)."

Singleton, an offensively talented 19 year old, scored twice in the win over Red Deer but later broke his hand in a game against Saskatchewan after getting slew footed.

"I missed the last game of the round robin and the two playoff games,"Singleton, who has 27 points this season, explained.

Next up for Manitoba, which post-





RECORD PHOTOS SUBMITTED

Selkirk's Tanner Singleton and the Manitoba Blizzard recently captured the Rocky Mountain Lacrosse League North Division title in St. Albert, Alta.

ed a 14-6 record this season, is the Founders Cup, a Junior "B" national championship, which will take place in Calgary from Aug. 17-23.

That means Singleton, most likely, will not play in the national tournament. Still, he expects to make the trip out west with the team.

The Blizzard, formerly known as the

Gryphons, advanced to the bronzemedal game last year at the Founders Cup. Singleton was not part of that team as he took a year off from the

"It was pretty easy (to come back) with the coaches," he said. "It wasn't too tough to get back into high intensity (action)."

Singleton was part of the Gryphons' team that won the consolation side at the Founders Cup two years ago, which was hosted at Billy Mosienko Arena in north Winnipeg.

The Founders Cup will include all of the teams that have won their respective leagues this season. Players are aged from 16 to 21.

Carter wins Bantam Girls' golf championship

By Brian Bowman

Reece Carter of St. Andrews won the Manitoba Junior Bantam Girls' Championship on Aug. 5 at the Tuxedo Golf Course in Winnipeg.

Carter, who golfs out of Larters, fired rounds of 81 and 84 to finish at 25-over 165. That was 10 strokes better than Kate Gregoire, who golfs out of The Links at Quarry Oaks, and 23 in front of Shilo's Hayley Shanks.

Carter had a 10-stroke lead over Gregoire going into the final round of the 36-hole event.

Larters' Ryan Carter, meanwhile, finished at 207 (105-102), followed by Bel Acres' Mckenzie Batacan (119-111) at 130. Ryan Carter was the 12-and-under girls' winner.

At the Bantam boys' championship, Niakwa's Bailey Bjornson won the title by one stroke over clubmate Nicholas Fernandes. Bjornson shot a pair of 76s to finish at 12-over 152 while Fernandes had rounds of 76 and 77.

Rounding out the top five were Minnedosa's Zane MacDonald (80-76-156), St. Boniface's Jacob Armstrong (77-80-157) and Rossmere's Blake Jacques (76-81-157).

RECORD PHOTO COURTESY OF GOLF MANITOBA

St. Andrews' Reece Carter won the Manitoba Junior Bantam Girls' Championship last week.



sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Tri-S having a ball

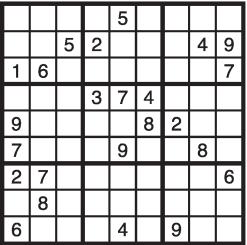
RECORD PHOTO BRETT MITCHELL

Tri-S United's Sara Burnett (left) and teammate Kjirsten Malegus chase after the ball against Fusion during Division 2 action on Aug. 4 in Selkirk. The teams played to a 3-3 draw.



take a break

SUDOKU



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!

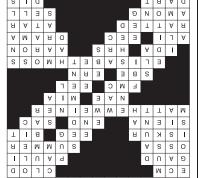
Level: Intermediate

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!

8	7	6	3	Þ	L	ŀ	G	9
G	ŀ	7	9	2	6	Þ	8	ε
9	3	Þ	G	8	ŀ	6	L	2
Þ	8	G	2	6	9	3	Ļ	۷
ε	7	2	8	L	G	9	Þ	6
ļ	6	9	7	L	3	8	7	G
۷	G	8	6	ε	Þ	2	9	ļ
6	Þ	ŀ	۷	9	2	G	ε	8
2	9	3	L	G	8	Z	6	Þ

Sudoku Answer



Crossword Answer

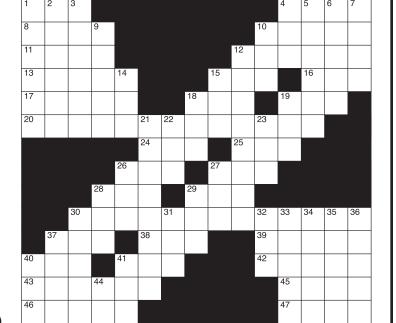
CROSSWORD

CLUES ACROSS

- 1. Munich jazz label
- 4. A lump of clay
- 8. Showy ornament
- 10. Girl, brand of beer
- 11. Aka Kissavos
- 12. Warmest season of the year
- 13. 2nd longest Bulgarian river
- 15. Records the brain's electric currents
- 16. Cutting part of a drill
- 17. Colorful Italian city
- 18. The last part
- 19. Pouch
- 20. "Mad Men" creator
- 24. No (Scottish)
- 25. Actress Farrow
- 26. Focus cars (Co. initials)
- 27. Snakelike fish
- 28. One point E of due S
- 29. Grey sea eagle
- 30. Female "Mad Men" star
- 37. Actress Lupino
- 38. Time units (abbr.)
- 39. Moses' elder brother
- 40. 4th Caliph of Islam
- 41. Treaty of Rome creation
- 42. Theatrical play
- 43. Told on
- 45. "To tie" in Spanish
- 46. Amidst
- 47. Exchange for money
- 40. Day game missile
- 48. Bar game missile
- 49. Pluto or ____ Pater

CLUES DOWN

- 1. Selfishness
- 2. Cinnamon source



- 3. Revolutionary firearm
- 4. Br. university town river
- 5. Lower back region
- 6. Relating to oil
- 7. Soil
- 9. Cause to lose courage
- 10. Pushed in nose dog
- 12. Dregs
- 14. Part of a cheer
- 15. Point midway between NE and E
- 18. Female sheep
- 19. Main
- 21. In a way, tangled
- 22. WWII female grunts
- 23. Nothing
- 26. Hoover's organization
- 27. Before

- 28. Patti Hearst's captors 29. One point S of due E
- 30. Film splicer & viewer
- 31. Something curved in shape
- 32. Possessed
- 33. Patagonian hares
- 34. Gave a formal speech
- 35. Resident of Mogadishu
- 36. Tangles
- 37. Annona diversifolia
- 40. Mures river city
- 41. Same as 15 across
- 44. Explosive

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AUCTIONS

Bud Haynes & Ward's Firearms Auction. Saturday, Aug. 29, 10 a.m., 11802 145 St., Edmonton, Alberta. Estate Stan Andruski of Manitoba. Website catalogue w/pictures online. To consign phone Linda 403-597-1095 or 780-451-4549; budhaynesauctions. com; www.WardsAuctions.com.

METAL RECYCLING

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

HALL FOR RENT

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COMMERICAL SPACE FOR RENT

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OFFICE SPACE **FOR RENT**

Office space for rent 217 Clandeboye Ave., Selkirk. Shared switchboard. Phone 204-485-0010.

APARTMENT FOR RENT

Beautiful Eveline St. Tollack Place II. 2 bedroom apartment for rent, 55+ suite \$1318 per month, plus parking 204-989-4210 or 204 951-9006 for more info.

HELP WANTED

Now Hiring Adult Literacy Instructor with the Selkirk Adult Learning Program. Hours: Tuesdays and Thursdays - 6:30 to 9:30 pm. Time: 6 hours of class, 2 hours prep = 8 hours a week. Compensation: \$25.00-\$30.00 per hour (depending on experience). Location: 221 Mercy Street (The Comp). When: September 1st to May 31st.

The Selkirk Adult Learning Program provides free literacy instruction to adults living in the City of Selkirk and the surrounding rural municipalities. The literacy instructor is the educational leader in the classroom and will ensure that the literacy program is implemented in a way that maximizes adultlearning experiences. The instructor plans, organizes and implements an appropriate instructional program following adult learning principles, and encourages adult learners to meet their learning and personal goals. Consistent with the established Manitoba Adult Learning Program framework, the adult literacy instructor will: create and regularly monitor adult learning plans, plan and run quality adult literacy classes and regularly assess learner progress. Our classes also include numeracy and document skill instruction. We are looking for an instructor who enjoys numeracy and who would teach it in a variety of ways: using math manipulatives, bringing out tape measures, and pulling out advertisements, worksheets, and website activities, etc. Learners are also introduced to documents such as: pay cards, order forms, maps, etc. Applicants should possess: strong reading, writing & oral communication skills, teaching and assessing experience, numeracy skills, computer skills. Awareness of Adult Learning Philosophy, essential skills, mathematics curricula, and GED is an asset. To apply, drop off or send a cover letter and resume with two references by August 20th to: Coordinator of SALP - Marcey Cherniak, 425 Eveline Street, Selkirk, MB., R1A 2J5 Email mcherniak@lssd.ca. Only those candidates selected for an interview will be contacted. To learn more about our programs & view the job description, go to our website at www. Issd.ca/salp

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HELP WANTED

Adult Literacy Instructor with the Selkirk Adult Learning Program. Hours: Tues, Wed, Thurs -12:30 to 3:30 Time: 9 hours of class, 3 hours prep = 12 hours a week. Compensation: \$25.00-\$30.00 per hour (depending on experience). Location: Selkirk Friendship Centre. When: September 1st to May 31st. We run two afternoon adult literacy classes. The Adult Literacy Instructor will teach one group from 12:30 to 1:45, and the other class from 2:00 to 3:30. In another room, a numeracy instructor is teaching math concepts. There is opportunity to team-teach. The class sizes average 15 people per class. We are looking for an instructor who has the skills, experience and passion to work in the field of adult literacy and essential skills.

Applicants should possess: strong oral communication, problem solving & people skills, teaching and assessment experience, literacy and computer skills, MALLA training/Level 1 Adult Literacy Credential preferred (but will train).

To apply: Email Coordinator of SALP - Marcev Cherniak: mcherniak@lssd.ca. Attach your cover letter, resume, and two references. Deadline for applications: August 20th, 2015. Only those candidates selected for an interview will be contacted. To learn more about our programs and view the job description, go to our website at: www.lssd.ca/salp

Weed Control Supervisor Selkirk Weed Control District

Qualifications

Agricultural background with agricultural diploma an asset
 Knowledge of the Noxious Weeds Act of Manitoba and ability to enforce

Familiarity with noxious weeds: identification, biology and control • Experience with pesticide application technology and related health and environmental concerns

Must have or be willing to obtain Pesticide Applicators license

Ability to recruit, supervise and ensure training of seasonal staff

 Coordinate the delivery of various weed, brush and other pest control programs · Experience in the use of sprayers, mowers, trucks, tractors and ATVs

Must be self motivated and able to deal with the public effectively and courteously
 Computer skills including MS Office and Map Info

Strong organizational, report writing and interpersonal skills

· Ability to work with various municipal councils, public works and office staffs

For further information on the required qualifications and detailed duties please email a request.

Applicants must submit a detailed resume no later than August 19, 2015 to: Selkirk Weed Control District

610 Sophia St., Selkirk, Mb. R1A 2K1

E-mail: slkweed@gmail.com Fax: 1-204-785-2331

We thank all applicants for their interest, however, only those selected for an interview will be contacted.

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The intent of the EOI is to request qualified Contractors to submit their expression of interest for undertaking the work. From the list of Contractors who show interest, St Clements will short list names and provide information to the residents, who will be responsible for calling and making the

If you are interested in being considered for the installation of "on property" works, please contact utility@rmofstclements.com for EOI documents, providing instructions to Contractors.

The responses to the EOI must be made in an electronic format, by noon on Friday the 21st of August, 2015, to utility@rmofstclements.com

The RM of St. Clements reserves the right to accept or reject any/all submission.





RURAL MUNICIPALITY OF ST. ANDREWS NOTICE OF PUBLIC HEARING

PUBLIC NOTICE is hereby given pursuant to Section 168(2) of The Municipal Act that the Council of the Rural Municipality of St. Andrews will hold a public hearing on Tuesday, September 22, 2015 at 9:00 a.m. in the Council Chambers of the Municipality at 500 Railway Avenue, Clandeboye, Manitoba to consider approval of By-Law No. 4259, providing for the closing of the Heritage Building Reserve, the creation of the Heritage Reserve and the transfer of funds from the Heritage Building Reserve to the Heritage Reserve.

The purpose of the hearing is to allow any person(s) to make representation, ask questions or register an objection to the above proposal.

Information and documents concerning this matter and the procedures to be followed at the hearing are available for public review and inspection at the R.M. of St. Andrews Municipal Office at 500 Railway Avenue, Clandeboye, Manitoba during regular office hours.

Dated this 12th day of August, 2015.

Deb Murphy Assistant Chief Administrative Officer R.M. of St. Andrews

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CANADA STAMPS

Used Canada stamps (1870+) for collectors. 200 different, \$5; 300 different, \$10; 500 different, \$15. Send money order or certified cheque to Box 2254, Winkler, MB. R6W 4B9. Cell phone 1-204-362-7770.

LOST

Set of keys, Fri. Aug 2 at Walmart or Shoppers Drug Mart in Selkirk. Has 2 fobs plus other keys, Co-op and war amps tags. Call Barb 204-785-8220.

FIREWOOD

Bonfire wood \$235 per cord, \$5 per bundle. Call 204-485-0706.

POTATOES FOR SALE

Red, Yellow & Russett potatos for sale. Sunflower seeds, wild bird seed & deer feed. Call 204-886-2676 Interlake Potato Farm.

Red potatoes for sale. 50 lb. - \$15. Located at 7293 Henderson Hwy. Ph. 204- 757-2155.

McSherry Auction Service Ltd MARSHILL'S

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UPCOMING EVENTS

"Beginner Bridge Lessons" Gordon Howard Seniors Centre. 384 Eveline St., Selkirk. Septem-Thursdays ber 3, 10, 17, 24. 9:30 - 11:30 a.m. \$65. includes text. Registration deadline: Fri., August 28 - Gordon Howard Centre 204-785 2092. For more information, call Dale Klassen (instructor) 204-642-5178, drklass@gmail.com; or Ken Hardy 204-482-6065, okhardy@ mymts.net Lessons will include an introduction to bridge basics for beginners or players who have not previously played bridge. The Selkirk Bridge Club website: www.bridgewebs. com/selkirk

FEED AND SEED

Looking for organic grain from organic certified growers, contact Jason Charles at 1-763-999-7550 or Tom Sawatzky at 1-204-272-5514.

NOTICES

July 24, 2015, Titans Baseball Team Raffle Winners: 1st R. Chevrefils, 2nd G. Davidson, 3rd. C. Ramos.

NOTICE TO CREDITORS

In the matter of the Estate of FORENCE GLORIA FROMMELT, late of Selkirk, Manitoba. Deceased.

All claims against the above estate, supported by Statutory Declaration must be sent to the attention of: Marlene Klimchuk, Estates Administration, at 155 Carlton St. Suite 500, Winnipeg, MB. R3C 5R9 on or before the 8th day of September, 2015.

Dated at Winnipeg, Manitoba, this 29th day of July, 2015. DOUGLAS R. BROWN

Public Guardian and Trustee of Manitoba

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Please email resume and three samples of work to:
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SelkirkRegard Tribune

EXPR€SS

Voice

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inspired

Ingredients

- 1 1/2 tbsp (22 mL) canola oil, divided 4 skinned chicken thighs with bone in, trimmed of fat
- 1 cup (250 mL) diced onions
- 12 medium garlic cloves, peeled only
- 2 tbsp (25 mL) all-purpose flour
- 1 cup (250 mL) reduced sodium chicken broth
- 1/2 tsp (2 mL) dried thyme leaves 1/4 tsp (1 mL) black pepper

Directions

In a large skillet heat 1 tbsp (15 mL) canola oil and heat over medium-high heat. Add chicken and brown for 3 minutes on each side. Set aside on separate plate. Reduce heat to medium and add

Cajun Garlic Chicken Thighs

remaining 1/2 tbsp (7 mL) canola oil, onions and garlic and cook for 3 minutes or until onions are translucent, stirring frequently. Set aside with chicken.

Stir flour into pan residue in skillet and cook 2 minutes over medium heat or until beginning to lightly brown, stirring constantly. Stir in broth, thyme and pepper. Add chicken, onions and any accumulated juices. Bring to a boil over medium-high heat. Reduce heat to medium-low, cover and simmer for 30 minutes or until chicken is almost tender.

Place chicken to one side of skillet, add and mash garlic cloves with back of a spoon. Combine chicken and garlic and turn chicken pieces over several times or until well coated. Cover and cook 5-7 minutes or until chicken is tender.

Prep time: 10 min | Cook time: 50 min Makes: 4 servings

www.heartandstroke.mb.cat

Caribbean Honey-Spiced Chicken with Mango

Ingredients

1/4 cup honey

1/4 cup fresh lemon juice

2 teaspoons freshly grated lemon peel

- 1 ripe mango, peeled and diced
- 1 small onion, peeled and quartered
- 2 fresh jalapeno peppers, halved and seeded
- 2 teaspoons paprika
- 2 teaspoons vegetable oil
- 1 1/2 teaspoons garlic salt
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon ground allspice
- 4 boneless, skinless chicken breast halves
- 1 tablespoon vegetable oil

Preparation

In a small bowl, combine honey, lemon juice and lemon peel; whisk until well



blended. Remove 1/4 cup of mixture to food processor container; set aside.

Add mango to honey-lemon mixture in bowl; toss to coat. Store in refrigerator.

Add onion, jalapenos, paprika, oil, garlic salt, cinnamon, pepper and allspice to honey-lemon mixture in a food processor container. Process until very finely chopped; scrape down sides when necessary.

Spread mixture evenly over both sides of chicken breasts. Spread oil in a 13 x 9-inch baking pan. Arrange chicken breasts in pan. Bake at 375°F for 25 to 30 minutes or until cooked through. Remove chicken to serving platter; top with reserved mango.

Makes 4 servings



Ingredients

1/4 cup olive oil

2 tablespoons white wine vinegar

2 teaspoons Montreal Chicken Seasoning

1/2 teaspoon Italian seasoning

1 pound boneless, skinless chicken breast Assorted vegetable pieces

With Orange **Yogurt Sauce**

Ingredients

- 4 boneless, skinless chicken breasts

- 1 teaspoon (or more to taste) minced
- 2 teaspoons ground ginger
- 1 cup plain yogurt
- 2 tablespoons fresh lemon juice
- Salt and pepper
- 6 orange sections
- 1 scallion

Coat on both sides with olive oil and garlic. Marinate at least one hour or up to twentyfour hours before grilling.

low heat, reduce to one-third of the original volume (1/2 cup should remain). While juice is still hot, stir in minced jalapeno, dry mustard and ginger. Cool to room temperature and stir in yogurt and lemon

juice; season to taste with salt and pepper.

To grill, season both sides of chicken breasts with salt and pepper and cook thoroughly, about 8 minutes on each side. To serve, place chicken on a platter and spoon a few ounces of sauce over chicken. Garnish with cut orange segments and sliced scallion.

Grilled Chicken & Vegetable Kabobs Preparation

Combine first 4 ingredients in large, selfclosing plastic bag or glass bowl.

Cut chicken into 1 1/2-inch cubes; add to bag or bowl. Marinate in refrigerator 30 minutes or longer for extra flavor.

Remove chicken from marinade; discard marinade. Spear chicken and vegetables on metal skewers.

Lightly sprinkle chicken and vegetables with additional chicken seasoning.

Grill kabobs 10 to 15 minutes, turning frequently.

Makes 6 servings

Grilled Chicken



- 2 tablespoons olive oil
- 2 cloves garlic, finely minced
- Salt and pepper
- 1 1/2 cups orange juice
- jalapeno pepper
- 1 teaspoon dry mustard

Preparation

Place chicken breasts in baking dish.

Pour orange juice into saucepan and, over







at 7:30



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Announcements Selkink Regard

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ANNOUNCEMENTS

CARD OF THANKS

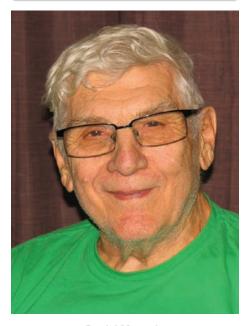
Alberdina Anderson

The families of the late Alberdina Anderson would like to extend a sincere appreciation for those that helped with Mom's memorial service that was held on Thursday, July 2, 2015. Thanks to the Reverend Brenda Fraser for officiating the service and Scott Wazney for playing the organ. To Debbie, Caitlyn, Michele and Justin for the beautiful songs that were sung to honour Mom. Special thanks to Joe and Siert for the wonderful words of remembrance they shared. Thanks to our church family that helped prepare for the lovely luncheon that we all enjoyed including preparation and cleanup of our church. We gratefully appreciate all the support everyone has given Mom and our family throughout her battle with cancer. Thanks to the hospital staff (so many to name) that cared for Mom during her lengthy stay in the hospital. You were all so special to her, as you made Mom feel comfortable, and encouraged her to fight this disease with much dignity and strength. Also, thanks for all the kind words of condolences we have received since Mom's journey has ended. Many thanks for the floral arrangements, fruit baskets, cards and for the many donations that people have given in Mom's memory. We appreciate everyone's love and support. We would like thank Anton Bouw for all his spiritual guidance he gave to Mom. Thanks to Rob at Gilbart Funeral home for the guidance and support he gave us in Mom's memorial service preparations.

-Sincerely, Craig, Randy, Laurie, Lisa, Lynda, Bill and families



ANNOUNCEMENTS BIRTHDAY



Daniel Mosquin
Happy 80th Birthday
Family and friends invite you for
cake and coffee to celebrate
the 80th Birthday of Daniel Mosquin
at the Tyndall Village Community Centre
on August 23rd from 1-4 p.m.

-Love your family and friends

ANNOUNCEMENTS

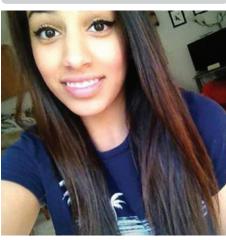
BIRTHDAY



Happy Birthday Gladys on August 11th -All my love, Don

ANNOUNCEMENTS

BIRTHDAY



August 12
Nicole Happy 18th Birthday
My girl up in Heaven
I know this was a birthday
You were so looking forward to!
Nicole, you are so terribly missed and loved by all.
Nicole, I miss you more than words can say.
We will see each other again someday.

ANNOUNCEMENTS

-Love, Hugs, Kisses, your Dad xoxo

IN MEMORIAM

Timothy William Marshall April 9, 1960 – August 9, 2014

A thousand words won't bring you back I know because I've tried.
Neither will a thousand tears
I know because I've cried.
I think of you in silence,
I often speak your name.
All I have are memories, your picture in a frame.
I hold you close within my heart
And there you will remain,
To walk with me throughout my life
Until we meet again.
I will love you always, forever.

-Lovingly remembered by Sherri

ANNOUNCEMENTS

IN MEMORIAM

Darah Joseph August 18,2013

I found a little sign today, just laying on the ground.

The feather that you sent to me, when you knew I'd be around.

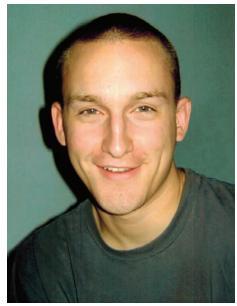
I know you're always helping, sending guidance from above, and giving reassurance that I'm surrounded by your love.

So I really want to thank you for confirming that you're there, at just the time I needed that extra bit of care.

-Love you infinitely Little Dee, Mom, Brad, Haley, Marlee, Sam, Charlie

ANNOUNCEMENTS

IN MEMORIAM



Devon William Sinclair April 2, 1984 - August 13, 2009 Little did we know that morning, God was going to call your name; In life we loved you dearly, In death we do the same. It broke our hearts to lose you, But you did not go alone; For part of us went with you, The day God called you home. You left us peaceful memories, Your love is still our guide; And though we cannot see you You are always by our side. Our family chain is broken, And nothing seems the same; But as God calls us one by one, The chain will link again. -Love you, Mom, Dad, Brooke, Wade, Odin,

ove you, Mom, Dad, Brooke, Wade, Odin, Ryder, Grayson and Nanny Betty



ANNOUNCEMENTS

IN MEMORIAM



Jeremy L. Wright
August 12/76 – August 13/09
Six years have come and gone.
In the sky you fly.
The Heavens above have gained
A beautiful soul, as we watch
You soar forever!

-We love you! Karen and Eric, Tamara and Moojoo, Adrian and Melissa, Becca and Amy Bum, and Victoria and Jayda Moo.

ANNOUNCEMENTS

IN MEMORIAM



Harold Frost
August 14, 2011
In loving memory of a dear
Husband, Dad and Grandpa
We lost you suddenly four years ago,
But still feel you're never far away from our side.

We love and miss you every day.

-Love your wife, Lorraine; your son Laurie (Madeleine); your daughter, Brenda Waytiuk (Lloyd); and your grandsons Jordan and Dennis Waytiuk

Announcements

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Hans Bryan Ekren

It is with great sorrow that the family of Bryan Ekren announce his passing on July 31, 2015. He leaves us sad but grateful for his much loved presence in our lives.

Born February 20, 1954 in Flin Flon, MB to Hans and Rose Ekren. He was brought up with a strong work ethic and love for family. He loved working on the oil rigs as a Rig Manager and then Boiler Man. His favorite rig was Rig 32. He kept meticulous rig records with his beautiful handwriting and dedicated rig hand. He was just as handy with a hammer as well. Doing carpentry work came as a second nature taught to him by his Dad and his Uncle Ole. Papa and Gramma loved taking their daughters, son and grandkids fishing and camping where they learned to love his humor. There was always more

time to go fishing, even when there was a downpour of rain. That Boler got tossed more than one time with Molly yelping him on. He made time for guitar picking and music, as well as collecting movies, and comic books and eclectic odds and ends.

Bryan leaves to mourn Marilyn (Hunt) Scott with whom he spent 23 years of adventure with; children Corine (Curtis), Bowden (Joyce), Sarah (David), Colyn (Amy) and Kylee. He was beloved Papa to grandkids, Aussie, Savanna, and Grampa to Jaelynn, Avery, and Wyatt. He is survived by his siblings, Tim and Lori (Rick). He leaves in-laws Ken, Danny (Sharon), Janice, Chi, and Brenda (Brian). He will be badly missed by friends Myles and Linda Sue and Billy. Also survived by many cousins, aunties and uncles. He is also survived by all his nephews and nieces in Saskatchewan, Manitoba and Alberta who always enjoyed his visits. He was preceded by his parents Hans and Rose Ekren and

Cremation has taken place, and no funeral will be held. Private interment will be held at a later date with his ashes spread at the joining of the Saskatchewan Rivers where he used to fish with his

In lieu of flowers, donations may be made to the ABC Store to advocate for Human Rights in Ft St John BC or the Ft St John BC Salvation Army Food Bank.

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



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OBITUARY

Leslie William Thompson September 8, 1947 - August 10, 2015

Peacefully, on Monday, August 10, 2015, at the St. Boniface Hospital, Les Thompson, aged 67 years passed away.

Les lived the life he wanted. He leaves his wife, Janet and numerous relatives and friends. At his request, there is no funeral and his ashes will be placed on his parent's grave at St. George's Anglican Cemetery, Wakefield, Mb.

What a Ride! Life is not a journey to the grave With the intention of Arriving safely in a pretty And well preserved body, But rather to skid in broadside. Thoroughly used up, Totally worn out, And loudly proclaiming WOW!! What a ride!

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









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