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THURSDAY, AUGUST 23, 2018

VOLUME 9 EDITION 34

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Painting the downtown

RECORD PHOTO BY LINDSEY ENNS

Fifteen-year-old Julie Stevenson puts the finishing touches on a mural on the side of the Selkirk House of Economy building located at 246 Manitoba Ave. last Wednesday afternoon. The mural is part of a larger project which aim is to brighten up downtown Selkirk. For a story, turn to Page 10.

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

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'We'll always love him'

Family mourns
St. Andrews
teen killed by
impaired driver

By Lindsey Enns

Ben Harris was a caring, honest and generous young man wise beyond his years.

He loved spending time with his family, his girlfriend and his friends.

He was looking forward to returning to high school in the fall and was ex-

cited to finally be getting his drivers license.

As a gifted guitar player, Ben dreamed of one day playing the instrument he loved so dearly professionally.

But all of that came to a screeching halt the evening of Friday, Aug. 10 when the 15-year-old and his 15-year-old friend were hit by an impaired driver while riding their bikes just minutes from Ben's home in the RM of St. Andrews. Ben died at the scene while his friend, who was rushed to hospital with serious injuries, is currently recovering at home.

John and Brenda Harris say they are still waiting for their son Ben to come



SUBMITTED PHOTO AND RECORD PHOTO BY LINDSEY ENNS

A memorial has been set up at the corner of Highway 9 and Donald Road near Lockport where 15-year-old Ben Harris, pictured below, was killed in a hit-and-run on Aug. 10.

home.

"We're still in shock," John said while sitting inside the *Record* office last Thursday. "We don't believe this has happened."

"We got to hold him and kiss him and say goodbye yesterday but it still feels completely unreal."

John said the support they have received from the community and beyond is what has been carrying them through this very difficult time.

"Lots of visits, we've had people that we don't know giving us sympathy cards, leaving food at our doorstep."

A memorial was also set up at the crash site, at the corner of Highway 9 and Donald Road, shortly after the news of Ben's death spread throughout the community. Stuffed animals, cards, flowers and Ben's acoustic guitar surround a simple white cross with Ben's name and picture on it.

"We go there and we pass by there a few times a day ... and really it's the only thing that does give us comfort just seeing how much people care," John said.

Brenda said her son had many friends and would have been starting Grade 11 at the Comp next month.

"He made a big impact on people," Brenda said while holding back tears.

"He wanted to get good grades, get a good job and do good things ... that



was the plan," John added.

John said Ben loved his mom and made sure to hug her every day. He also loved his two older sisters, Stephanie, 23, and Hannah, 20, along with their pet cat, Mr. Cudlz and his dog, Pretzel.

John said his son would often tell him how much he loved his girlfriend.

"I was so happy for him," John said with a smile. "They were both head over heels in love."

Continued on page 3

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> 'HE JUST LOVED TO PLAY,' FROM PG. 2

John said his son also loved playing electric guitar, so much so that he rarely put it down and had a growing guitar collection.

"He just loved to play," John said. "Some days ... he was coming home from school to practice his guitar and looking back now really, I'm glad he did."

"I'm glad he did what he loved in the time that he had."

John added they were often in awe of Ben's talent.

"I've never seen anyone with that degree of talent," he said. "It just came naturally to him. His fingers could just fly naturally against that guitar."

"We knew he was going to be famous one day."

In an effort to honour their son's memory, the Harris family is in the process of setting up a music scholarship in Ben's name. A GoFundMe page called "Ben's Guitar Award" is currently raising money for the award. As of Tuesday morning, \$2,300 of their \$5,000 goal had already been reached. For more information, visit gofundme.com/ben039sguitar-award.

RCMP say Justin Joseph Little, a 29-year-old man from Calgary, Alta., is facing a total of 14 criminal offences in relation to the hit-and-run death of Ben Harris.

Little is accused of being high on drugs while he was driving a stolen 2009 GMC Canyon pickup truck from Winnipeg. RCMP say he fled the scene on foot after his vehicle hit the ditch but police dogs tracked him down on Donald Road.

Little's first court date was held in Winnipeg last Tuesday. His next court date is scheduled for Aug. 31 in Selkirk provincial court.

John said the family plans to attend every court date on Ben's behalf.

Lord Selkirk School Division Supt. Michele Polinuk said last Thursday and Friday students and friends of Ben's were invited to Lockport School to meet with trained counsellors and social workers.

"Our thoughts are with the families



SUBMITTED PHOTO

Brenda and John Harris are pictured with their three children pictured from left to right, Ben, Stephanie and Hannah during a family trip to Texas roughly eight years ago.

at this most difficult time," Polinuk said in an email to the *Record*. "Our thoughts are also with our grieving students and we would like to offer emotional support and a safe gathering place for those who need it."

Supports will also be put in place at Ben's funeral and at the start of the school year, Polinuk added.

Ben's funeral took place last Tuesday afternoon in Selkirk.

"He's the best son that a dad could have and we'll always love him, always miss him," John said.

Selkirk man dead after being hit by multiple vehicles on Hwy 59

Staff

A 21-year-old man from Selkirk is dead after he was struck by multiple vehicles along Highway 59 in the RM of St. Clements, according to RCMP.

RCMP say that at around 2:30 a.m. on Sunday, Aug. 19, Selkirk RCMP responded to a report of a body found on Highway 59 near Provincial Road 304 in St. Clements. Upon arrival, officers located a deceased male lying on the northbound lane of Highway 59.

"The initial investigation has determined that a 21-year-old male from Selkirk, Manitoba, was at a location near the collision scene when he left for a walk on the highway. He was last seen at 1 a.m.," RCMP stated in a release last Sunday. "Investi-

gators believe that he was struck by multiple vehicles prior to a witness pulling over and calling 911."

The family of the 21-year-old man has identified him

as Adam Fey of Selkirk.

According to reports, Fey was attending the wedding of his girlfriend's uncle in a Lake Winnipeg community, but left to go for a walk sometime around 2 a.m.

Selkirk RCMP are asking anyone who may have been in the area between the hours of 1 a.m. and 2:30 a.m., and may have seen something or have information related to this incident to call 204-482-1222.

Anyone with information can also contact Crime Stoppers anonymously at 1-800-222-8477, submit a secure tip online at manitobacrimestoppers.com or text "TIPMAN" plus your message to CRIMES (274637).



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SUBMITTED PHOTO

The Selkirk Community Renewal Corporation partnered once again with Take Pride Winnipeg for a Team up to Clean up last Thursday in Selkirk. The group is hoping to plan another cleanup in the Fall.

Memorial Walk helps community members honour lost loved ones



RECORD PHOTO BY JUSTIN LUSCHINSKI

Walkers and runners take part in the eighth annual St. Clements Church Memorial Run/Walk last Sunday.

By Justin Luschinski

A small group of dedicated community members spent much of their afternoon Sunday remembering and honouring lost loved ones during the eighth annual St. Clements Church Memorial Run/Walk.

The walk started in the parking lot of the St. Clements Church. The walk is an annual fundraiser with funds going towards maintaining the church and nearby cemetery. The walk has raised more than \$40,000 throughout its eight years of operation.

Linda Rosser, one of the organizers for the event, said that although this year had a low turnout, she's happy with the support they've received.

"We're always happy with whatever

support we receive. We get a lot of donations from businesses for silent auction prizes, the food was donated, and it's still a wonderful time," Rosser said. "The cemetery is an important part of this community."

The event began with a block party, where attendees enjoyed a potluck dinner with hot dogs, chili, and home-made cookies for dessert. They also had silent auction prizes donated by local businesses, which is where a majority of their donations came from.

Selkirk Mayor Larry Johannson said events like these help keep the community strong.

"Events like this make us stronger, and helps the community come together," Johannson said.



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Made with love

Project Linus volunteers help brighten a child's day with handmade blankets

By Lindsey Enns

Making handmade blankets to help comfort children in times of need is truly a labour of love for the more than 30 Project Linus volunteers living in Selkirk and area.

"Just seeing the look on the children's faces, when they're at their lowest moments, they get a blanket and a small toy, that is absolutely the best feeling you can have," said Sharon Sutton, the Selkirk regional coordinator for Project Linus. "It's the brightening of a child's day just by getting a blanket."

The Selkirk chapter of Project Linus is one of 44 across Canada. Project Linus was started in the U.S. and the first chapter in Manitoba was the Stonewall chapter in 2006. Since then, Project Linus has donated approximately 10,000 blankets to children who are seriously ill, traumatized or otherwise in need of a hug across Canada. Since 2011, the Selkirk chapter has handed out 1,222 blankets to children ranging in age from newborn to 18 years.

Sutton, who has been with the local chapter for seven years, says blankets handmade in Selkirk and area have been given to children living in Ontario, Alberta as well as Northern Manitoba. They also work with various local organizations including Growing Years Resource Centre.

Sutton said their volunteers range in age from teenagers to some in their

eighties and nineties. She said one of the perks to being a Project Linus volunteer is you can work on your blankets at home.

The group gathers every third Thursday of the month at 1:30 p.m. from September to May at the Gaynor Family Regional Library. Their next gathering is scheduled to take place on Thursday, Sept. 20.

"It's mainly just a social event," said Project Linus board member Anne-Marie Kurbis. "It's just for us all to get together, we bring our sewing or our knitting or our crocheting."

The gatherings are also a good opportunity for those interested in learning how to knit, crochet, quilt or sew, Sutton added.

"There's always somebody who teaches," she said.

Kurbis said being a Project Linus volunteer is "very heartwarming."

"Just seeing the reaction of the children when they get something that's given to them," she said with a smile.

Cathy Sveinson has been making blankets for her family members for many years which is what led her to becoming a Project Linus volunteer.

"My kids were blanket babies and I know how much a blanket means to a child," she said.

Sutton said they receive lots of support from the community and they recently received a \$670 grant from



RECORD PHOTO BY LINDSEY ENNS

Pictured from left to right: Project Linus Selkirk chapter volunteers Cathy Sveinson, Anne-Marie Kurbis, Sharon Sutton and Lyn Hotchkiss check out some of their handmade blankets inside the Gaynor Family Library last Wednesday afternoon. Since 2011, the Selkirk chapter has handed out 1,222 blankets to children who are seriously ill, traumatized or in need of a hug.

the Selkirk and District Community Foundation to go towards purchasing materials to make blankets.

Those interested in more information or volunteering with Project Linus can visit projectlinuscanada.org or contact Sharon Sutton directly by calling 204-482-4348 or

via email at sesutton@shaw.ca.

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Pedaling to make wishes come true



SUBMITTED PHOTO

The eighth bi-annual Victoria Beach Police Pedaling for Wishes "Century" Ride took place last Thursday. This year's event sponsored by the South Beach Casino and Resort and Alter Ego Sports started and finished at the South Beach Casino. The one-day ride had participants cycling down Hwy 59 into Selkirk, Lockport, East/West St. Paul, Birds Hill and Birds Hill Park before returning to South Beach for a celebration dinner. The event raises funds for the Children's Wish Foundation and this year's 25 participants hope to raise more than \$20,000 to fund two heartfelt wishes. Since its inception, this event has raised more than \$100,000 for Children's Wish.

Keep safety a priority during harvest season

Submitted

With harvest underway across much of the province, Manitoba Agriculture is reminding farmers, farm families, employees and motorists to keep safety as a top priority during this extremely busy period, recognizing there are many tasks to be completed when the weather co-operates.

Planning and taking appropriate precautions can help limit the health and safety risks connected to the harvest season, with the goal of reducing the likelihood of injury.

To help improve safety on and around the farm, Manitobans can:

- Take extra precautions when driving past or near slow-moving farm equipment;
- Be respectful of other drivers, as long lineups of slow-moving vehicles can cause frustration;
- Ensure all lights are working and properly adjusted before moving farm equipment on public roads;
- Be aware of height, length and weight restrictions on farm vehicles and when permits may be required;
- Recognize the risks associated with fatigue when driving or handling other tasks;
- Regularly inspect and maintain farm equipment;
- Create a safe, separate and supervised play area for children on the farm; and
- Identify which farm tasks may be appropriate for young people, based on their age, skill levels and the youth work guidelines available at www.cultivatesafety.org.

The Manitoba Farm Safety Program provides training, resources and support to producers to ensure they understand workplace safety requirements and provide a healthy, safe workplace. For more information, visit www.manitobafarmsafety.ca or follow the Twitter channel at [www.twitter.com/MBFarmSafe](https://twitter.com/MBFarmSafe).

If harvest becomes stressful for producers and their families, free confidential support is available through Manitoba Farm, Rural and Northern Support Services at 1-866-367-3276 (toll-free) or online at www.support-line.ca.

For more information about over-size vehicles and necessary permits, visit www.gov.mb.ca/mit/mcd/mcpd/mfes.html, or call 204-945-3961 or 1-877-812-0009 (toll-free).

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Clandeboyne brothers inducted into Manitoba Ag Hall of Fame

By Mark T. Buss, Clipper Weekly

Clandeboyne brothers Bill and Fred Streich were recently inducted posthumously into the Manitoba Agriculture Hall of Fame for their contributions to improving how combines work and the development of the rotary separator.

The Streichs, journalist John Morris and Versatile cofounder Peter Pakosh (also posthumously) were the four nominees inducted into the Hall of Fame at a ceremony at Winnipeg's Victoria Inn in June.

Established in 1976, the Manitoba Agriculture Hall of Fame honours those who have made a significant contribution to the welfare and improvement of Manitoba agriculture and to a better way of life for farm families.

William (Bill) Streich (1911-1977) and his brother Frederick (Fred) Streich (1917-2006) were the sons of Adolphe and Otilie Streich of Clandeboyne, where the boys grew up and where they too made their living as farmers.

Bill married Meta (Mae) Drewlo in 1935. They had three sons, James, Garry and Herb. Fred married Freda Sanderson in 1941. They had two sons and a daughter, Ron, Dale and Karen.

The Streich brothers acquired exceptional carpentry and mechanical skills on the farm. It was these skills that would serve them well as they worked tirelessly to come up with changes and improvements to the way combines operated.

The brothers combined efforts to test, retest and modify machinery. They came up with an idea that would use a rotating drum instead of conventional shaking action to separate kernels from chaff, which improved the quality of separation over the vibrating



PHOTOS COURTESY OF MANITOBA AGRICULTURE HALL OF FAME AND WESTERN DEVELOPMENT MUSEUM
 ABOVE LEFT: Clandeboyne brothers Bill, pictured left, and Fred Streich were recently inducted posthumously into the Manitoba Agriculture Hall of Fame for their contributions to improving how combines work and the development of the rotary separator. ABOVE RIGHT: Fred, pictured left, and Bill Streich, right, pose with a prototype combine, circa 1962.

conveyor systems commonly used in mechanical threshers of the day.

Garry Streich recalls his father Bill spending his winter months working in the shop, first with a drum hanging from the ceiling and throwing grain and straw inside.

"The whole concept came about while Dad was ploughing and he watched the straw fall off the front tire," Garry said. "Back then, the shaker decks they used had a lot of spillage and a lot of grain went out the back end with the straw. He thought why not use a rotary method?"

The first prototype combine they built was a pull-type model and their second model was self-propelled. Along the way they made many modifications and worked hard to seek out

investor interest in their prototypes.

Western Roto Thresh Ltd. was set up in Saskatoon to manufacture their new combines. Beginning in 1973, the company produced the first of approximately 50 combines.

While they had an unwavering belief in a more efficient adaptation of the conventional combine, the small company did not have the money to compete with the big manufacturers and the company ultimately failed.

Although Western Roto Thresh was not a commercial success, most modern combines use axial flow technology, a concept that evolved from the rotating drum idea.

"Throughout their lifetimes, brothers Bill and Fred (Sreich) worked tirelessly to come up with changes and

improvements to the way combines operate," Manitoba Agricultural Hall of Fame executive director Garth Rogerson stated in an email. "We look back and applaud the work they both conducted to change the way full-line machinery manufacturers design combines for current markets all over the world."

"There is great satisfaction with Dad and Uncle Fred being named to the Hall of Fame," Garry said. "They went through so much. They obviously didn't have capital to take it to the manufacturing stage, but they certainly did a lot of development."

The Manitoba Agricultural Hall of Fame gallery is located in the Keystone Centre in Brandon.

Baking helps Selkirk market vendor pay homage to her German heritage

Submitted

Angie Neeth's love of baking started the same way it did for many – watching and learning from her mom and getting familiar with that beloved 'Easy' oven.

"Baking has been a part of my life since I can remember," Neeth says. "Helping (watching) my Mom when I was still in diapers as I got the treat of licking the beaters, Christmas baking a month before the Christmas festivities, to her showing me how to decorate special occasion tortes after I baked my first cake when I was five years old in the Easy Bake Oven I got from Santa that Christmas."

She's still baking and paying tribute to her family heritage with her German inspired baked goods offered through her business – Kake Fraüelein. Neeth's



ANGIE NEETH

treats can be found every Wednesday during the month of August at the Selkirk Port Market, part of the D.O.G Days of Summer at the Selkirk Waterfront.

Neeth not only sells her delicious creations, she's also running the market this year as well.

You'll find homemade traditional German baked goods at the Kake Fraüelein table, along with things like cake pops, cupcakes and fancy cookies.

Neeth likes to say all her goods are "German engineered," because she applies everything she learned from her mom, and her grandfather – a baker during wartimes who brought his recipes and traditions with him to Canada.

Neeth has been selling her baking at markets for the past five years, and has 10 years experience as an events and wedding co-ordinator and food and beverage manager and she brings all that experience to the Selkirk Port Market.

Neeth's baking as well as several other vendors will be at the market, which runs from 11 a.m. to 2 p.m. ev-

ery Wednesday in August, during the D.O.G Days of Summer.

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'Luckiest fisher in the whole family'

Hello my good friends.

It was pleasant sitting in folding chairs on the bridge over the Brokenhead River in last Thursday's early morning sun with a cool breeze at our backs.

Lawrence Proulx and I played our baited lines over the bridges edge with other anglers participating in the Brokenhead Ojibway Nation Fishing Derby. Junior Manitoba Ice Fishing Association members, Teagan and Keenen Park sat close by their baited hooks dropped against the reeds hoping for a perch catch. The ladies who were helping run the derby in conjunction with last week's Treaty Days were busy under cabanas selling tickets and tormenting the anglers on the bridge with the wonderful smell of BBQ hot dogs. Johnny Bear, the local MIFA board member stopped by to say hi and as the morning turned to early afternoon a little girl wearing a cap with "Princess" on it came skipping by to the weigh in Event Coordinator, Tanis Bolten with what turned out to be the winning bass. Excited with her success, she charged back to her fishing spot along the rivers bank only to return a bit later with an almost three foot long and first place winning walleye! "She's the luckiest fisher in the whole family," her tall, thin, dark haired father, Darrell Bear, exclaimed. Darrell told how his daughter, Netaysiah, almost lost the fish when just as she landed it, it slipped the hook and was wiggling back toward the water in the sloping mud. Darrell stopped it with his foot until Netaysiah got it by the gills. Good for you Netaysiah!

On the waterfront pier in Selkirk last Friday, I noticed a big man with short, curly graying hair. We introduced ourselves and Mr. Sawatski given to speaking in short phrases, remembered a time when he and his father went fishing on Royal Lake in Ontario. After hours of not catching anything they prepared to load their boat in



RECORD PHOTO BY ARNIE WEDIL
Netaysiah Bear with her trophies for best bass and walleye catches awarded by Shawn Kent at the Brokenhead Ojibway Fishing Derby.

very choppy waves. As the boat tilted backwards on the trailer still in deep water a pickerel flipped out of a cresting wave right into the boat!

Driving over the Netley Creek bridge through Petersfield, one cannot help glancing at the winding creek on either side with its slow moving green waters and marsh fields. On a particular day last week I happen to see two women beside their cars that were nosed up to the edge of the creeks water pulling out their fishing gear. Never willing to lose the opportunity to find us a fresh fishing story, I left the road and turned onto the short grass by them. One of the women was already at the banks edge about to cast out. I left "old red" and

walked down to her past the other gal who I later learned was her daughter, Alysh. I held out my card saying, "Hi, I was wondering if you might have a fishing experience you would share with our fellow anglers?" "Give me a minute," she said quickly with an accommodating smile as she put her fingers to her lips looking skyward in thought. "Yes, I have one," she burst out. "Could I have your name?" I hastened to keep up with this surprising, rather small, yet extremely fit tornado of energy. In a strong voice, she began, her thoughts organized before she spoke. She emphasized the points of her story with emphatic nods, pacing as she spoke, her back arched in tension. Though her cheeks and chin were round and full, her eyes under blond sun bleached eyebrows were soft and searching. Her hair lightened from many days under the sun was pulled back tight under a well used bright colored cap. "I'm Ruby Schilke from St. Andrews," she began, launching into her story of years ago when she and a boyfriend, Ed, went on a fishing trip in northern Ontario. Young and fearless, they hauled quads east of Nopiming Park until mud washes stopped them then they used the machines to get to an untouched lake devoid of man except for an old abandoned conservation boat with a small hole in it. To them, it was a found treasure! They stowed their gear in it, making sure they had a bailing can and set out for the best and fastest limit filling fishing experience of their lives! Ruby almost immediately caught a 33 1/2 jack and she knows that for sure because on the inside of the conservation boats' side, a measuring rule was mounted for that purpose. Then her speech slowed, became lower and standing hands on hips, the picture of independence, uttered "I released that jack very quickly and come to think of it, Ed, later also!" Have a great week, bye for now.



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

TROUBLE WITH PAPER DELIVERY?

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

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East St. Paul celebrates Centennial Plaza grand opening



RECORD PHOTOS BY BRETT MITCHELL

Dozens of RM of East St. Paul community members as well as local and area dignitaries helped celebrate the grand opening of East St. Paul's Centennial Plaza, located at 3021 Birds Hill Road, last Thursday evening. The event included the unveiling of five historical panels that tell the story of the ESP community as well as a bell from a local Anglican church which was closed several years ago. The facility was built to help commemorate the 100th anniversary of ESP, and will be a modern venue for performances and public gatherings. The project also received significant funding, including \$ 319,000 from the federal government and \$30,000 from the province. The new venue also has a sponsorship wall with private donations totalling approximately \$50,000 to date as sales are ongoing.

Shooting tournament brings international talent to Selkirk

By Justin Luschinski

Sharp shooters from across Canada, and from as far as the Czech Republic, gathered in East Selkirk last week to compete in the 2018 International Practical Shooting Confederation Canadian Championship.

Shooters and vendors set up at the Selkirk Game and Fish Association Range in East Selkirk, just off of Highway 59 North. Competitors shot in "stages," where they had to hit targets around barriers or under obstacles as quickly as possible.

Paul Little, a shooter from Selkirk, said it takes a lot of work to compete in the sport.

"I'm a proud Selkirk guy, been here for 10 years, it's good to represent my hometown ... I do live fire shooting one to two times a week. Then I practice dry fire training, where I just practice the fundamentals," Little said. "It's repetition, it's like every other sport."

"You practice the smallest thing a hundred times before it works."

Little finished last Friday in seventh place, out of 22 other competitors, and he said it's "the safest sport he's ever been a part of." He got into the sport around five years ago, when a friend brought him to the range and let him try shooting a pistol. He's even got sponsors now including Fast Toys Performance and CamPro Projectiles.

Matt Hipwell, a Manitoba competitor and sponsor, said the province



produces a lot of talent.

"This is a growing sport, and the fact that we have competitors coming from the Czech Republic and the Philippines, it shows the caliber of the shooters here," Hipwell said. "Some Manitoban shooters have competed at the Pan-American games, I'm proud to see the event grow."

The competition is held in different provinces each year. Last year it was held in Alberta, and next year it will be hosted just north of Quebec City.

Hipwell said safety is always at the forefront, and the competitions have a big rule book on what shooters can and cannot do. If any competitor breaks the "90 degree rule," where they aim a gun at someone within 90 degrees in any direction, they are disqualified.

For more information, visit ipscmanitoba.com.



RECORD PHOTOS BY JUSTIN LUSCHINSKI

Paul Little of Selkirk, pictured left, competes in the 2018 International Practical Shooting Confederation Canadian Championship in East Selkirk last Friday.

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Tennis Manitoba eyes West St. Paul to host upcoming tournament

By Justin Luschinski

A professional tennis tournament near a popular recreation centre in West St. Paul could soon be in the community's future.

Tennis Manitoba held an open house for its development plan in the RM last Tuesday evening. The plan involves building several new tennis courts, including some indoor courts, behind the Sunova Centre in time for the National Bank Challenger tournament in July 2019.

Mark Arndt, Tennis Manitoba's executive director, said the organization was looking to expand, and West St. Paul has the land they need for the tournament.

"Our tournament has grown quite a bit, but with that growth comes a need to find a bigger space. We saw that West St. Paul was looking for some investment, so we sent an expression of interest," Arndt said. "We're looking for room for growth in the future, we're not land-locked here, and (the Sunova Centre) is practically brand new. This just suits the tournament."

Arndt said the organization is look-



RECORD PHOTO BY JUSTIN LUSCHINSKI

Tennis Manitoba held an open house for its development plan in the RM of West St. Paul at the Sunova Centre last Tuesday evening.

ing to finish the outdoor courts as soon as possible, so they can hold the next tournament in the RM. Phase 1 involves building eight outdoor tennis courts as well as bike trails and a pond, for \$1.2 million, which they hope to complete by July 2019. Phase 2 will build the indoor courts behind the Sunova Centre, and will cost \$2.3 million.

The project will be funded through several sources as Tennis Manitoba is applying for federal and provincial grant money, with some assistance from Tennis Canada as well as their own reserves. They will also be doing a capital campaign, and all they need is the RM to provide the land.

West St. Paul resident Allan Lytwyn says this would be a good addition to

the community.

"I'm a long time tennis player, and I'm very interested in having courts here. It's needed in this part of town, it's good for adults, it's good for kids, hopefully it materializes," Lytwyn said. "We don't have any indoor courts in this area,"

Brent Olynyk, CAO of West St. Paul, said this initiative could put the RM on the map.

"People talk about our baseball team. Years ago, we started off with just a rural baseball program. Now we're starting to see championship players coming out of West St. Paul," Olynyk said. "They became baseball players by coming to the diamond, watching the winning teams play."

The courts will be available for public use, and the pond in the centre will serve as a skating rink in the winter. The National Bank Challenger tournament is "the fifth largest professional men's and women's tournament in Canada," with a prize pool of \$100,000. For more information, visit tennismanitoba.com.

Muralist, young volunteers helping brighten up downtown Selkirk

By Lindsey Enns

A talented muralist and a group of young volunteers are helping beautify downtown Selkirk one paint stroke at a time.

For the past several weeks, artist Mandy van Leeuwen of Garson and a group of Selkirk youth have been busy creating a colourful mural paying homage to a secondhand store with items such as a tricycle, bird house, gnome and various household items on the side of the Selkirk House of Economy Building located at 246 Manitoba Ave.

"It touches on a traditional art form, still life, it also honours the shop that's inside here, which is House of Economy," said van Leeuwen who has been creating murals all over Manitoba for more than 20 years. "All of these items ... are in the vain of positive social change and just making you think and positive perception."

The green tricycle, for instance, serves as a symbol for the children of the today and the future of tomorrow, she said.

A group of young volunteers have also been helping van Leeuwen throughout the project, which was expected to wrap up late last week.

"They get to come here learn and grow," she said. "It's very important to include the youth in exciting things like this."

For fifteen-year-old Julie Steven-



RECORD PHOTOS BY LINDSEY ENNS

Artist Mandy van Leeuwen, pictured left, and Julie Stevenson of Selkirk put the final touches on a mural on the side of the Selkirk House of Economy building in the city's downtown core last Wednesday afternoon.

son, this was the second mural she's helped out with in Selkirk and she said it's been a great learning experience.

"It's absolutely phenomenal working with Mandy," Stevenson said. "We've all learned so much just being out here and having people stop by and ask questions and just getting covered in paint it's fun."

This was van Leeuwen's first mural in Selkirk and she's looking forward to doing more in the future. She said

they are currently fundraising for their next mural, which will be going up along the side of the Aboriginal Head Start Program building located at 222 Manitoba Ave.

These murals are part of an ongoing art project being spearheaded by a group of volunteer artists known as the Interlake Art Board, who are hoping to paint more murals in Selkirk and across the region. Artists are also collaborating with Selkirk's Gwen Fox Gallery and the City of Selkirk along

the way.

"It will be art that you'll never see anywhere else," Joanie English, one of the project's co-ordinators, said during an earlier interview with the *Record*. "It's kind of all about how we can improve our community, strengthen it through art."

Those interested in more information about the project or getting involved can contact the Gwen Fox Gallery by calling 204-482-4359.

Aboriginal art on display at Gwen Fox Gallery



RECORD PHOTO BY LINDSEY ENNS

Artist Brenda Hedberg checks out some of Desiree Loutit's painting at the Aboriginal Art Exhibit and Sale at the Gwen Fox Gallery last Wednesday afternoon.

By Lindsey Enns

Community and area members are invited to come check out some striking works of art during this month's Aboriginal Art Exhibit and Sale at the Gwen Fox Gallery.

The show, which runs until the end of August, includes pieces such as carvings, bead work and paintings from a total of 10 Aboriginal artists from Selkirk and surrounding areas.

Although artist and Lockport resident Desiree Loutit says she's been painting since she was a young girl, it didn't always come naturally to her.

"It's a skill ... it takes time to learn techniques and learn new things and gain enough confidence to actually show somebody," Loutit said, adding this is her first time showcasing her paintings at the Gwen Fox Gallery. "There are some fantastic artists, I've met so many amazing artists."

Loutit is most noted for her portraits and explorations of various Aborigi-

nal themes and motifs.

"I kind of found myself dropped into Aboriginal artwork," she said. "Whether it's an eagle or a bear, or a landscape, it's still Aboriginal artwork."

Loutit said there are plenty of young, talented artists living in the area. She said her advice to them is to just keep creating.

"Just keep doing it and no matter how awful it is you can always paint over it or begin again," she said. "I find that people who are truly talented they underestimate themselves so when you go into a gallery or something like that and you see things sometimes you have to think to yourself 'I could do that.'"

The Aboriginal Art Exhibit and Sale runs until the end of August at the Gwen Fox Gallery located at 250 Manitoba Ave. For more information and gallery hours, visit gwenfoxgallery.com.

Correction

In the August 16 edition of *The Selkirk Record* the "Selkirk Rotary Club seeks book donations for upcoming fundraiser" story on Page 16 should have read the eighth annual Selkirk Rotary Club Book sale will take place inside the old Selkirk arena, commonly referred to as "The Barn," on Sept. 6, 7 and 8 as well as on Sept. 13, 14 and 15. An incorrect date appeared in the previous article. The Record apologizes for the error.

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RECORD PHOTOS BY JUSTIN LUSCHINSKI

Pictured from left to right: Jade Vitt, 11, Violette Bashchuk, 7, Lilly Bashchuk, 10, and Jase Vitt, 8, (not pictured, four-year-old Jewel Vitt) were busy selling lemonade in East Selkirk on Aug. 10. Their lemonade stand helped raise a total of \$416.30, which has been donated to the Wildlife Haven Rehabilitation Centre.



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FALL & WINTER ACTIVITIES & registration section 2018-2019

How to improve flexibility

Improving flexibility is a goal for many athletes, whether they're daily exercise devotees or weekend warriors. Taking steps to improve and maintain flexibility has numerous benefits that can pay dividends for athletes of all ages.

According to the Harvard Medical School, well-stretched muscles more easily reach their full range of motion. That benefits athletes by improving their performance, and it can also improve daily life for non-athletes by making it easier to reach, bend or stoop to perform everyday tasks.

As beneficial as being physically flexible can be, many people, no matter how hard they try, struggle to improve or maintain their flexibility. Fortunately, there are some ways that devoted men and women can improve their flexibility and enjoy all of the benefits that increased flexibility provides.

- Choose the right activities. Harvard Medical School notes that activities that lengthen and stretch muscles can help active men and women reduce their risks for injury while potentially preventing back pain and issues that may affect their balance. When done correctly, yoga can improve balance and flexibility. In addition, numerous studies have linked yoga to additional health benefits, such as stress reduction, that can make people less tense, thereby improving their flexibility.

- Drink more water. Drinking water helps to prevent tightness and muscle cramps. In fact, tightness or muscle cramps in the large muscles of the leg may be indicative of the early stages of dehydration. Drinking plain water is the most effective way to stay and remain hydrated. Don't count coffee, tea or sports drinks as water, as such beverages many contain caffeine. Caffeine is a diuretic, and while diuretics

cause the increased passing of urine, they also decrease the amount of water that is absorbed by the kidneys, potentially contributing to dehydration. Drink plenty of water before, during and after workouts.

- Start over after an extended break. If it's been awhile since you last worked out, resist the temptation to push yourself when returning to the gym. Depending on how long it's been since you last exercised, you may need to start back at square one, which means reducing the amount of weight you lift and decreasing the resistance during cardiovascular exercises. Putting too much strain on muscles that have been sedentary for an extended period of time can cause aches, pains and even injury. Muscle tightness also may develop if you go too hard too quickly, greatly reducing flexibility.

- Get up and go. Poor flexibility may be a byproduct of your lifestyle. Men and women who live sedentary lifestyles are less likely to enjoy the full range of motion from their muscles



than those people who are more active. Get off the couch when spending time at home, and if you work in an office, take routine breaks to stand up and walk around.

Poor flexibility can be painful and inconvenient, but there are many ways for men and women to improve their flexibility and, as a result, their quality of life.

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FALL & WINTER ACTIVITIES & registration section 2018-2019

How to help kids learn to love reading

Reading is a passion for many people. But even avid readers may not know just how far back their love of reading stretches.

According to the American Academy of Pediatrics, children who find pleasure in reading have the potential to become lifelong readers. In addition, studies have shown that reading to children can help kids become familiar with sounds, words and language, helping them in their earliest stages of cognitive development. So adults who love books might be able to trace their passion for page-turners to those times their mothers and fathers read aloud to them as youngsters.

Parents who want to their children to learn to love reading can rely on various techniques to accomplish that goal.

- Make reading a routine. Routine is a necessity for parents, helping children learn when it's time to eat, play and go to sleep, among other things. Parents can include reading to their children as part of their daily routines. As noted, doing so will promote language skills and cognitive development while also acclimating children to books and providing valuable time for them to bond with their parents.

- Create a distraction-free reading environment. When reading to children, parents can create an environment with little to no distractions. This allows kids to focus on their parents' voices as well as the story they're being told. Parents can turn off the television and the radio when reading to their kids. In addition, moms and

dads should leave smartphones or tablets in another room so they aren't distracted by alerts or tempted to check for incoming messages or emails.

- Read aloud together. Some children may shy away from reading if they struggle in their initial efforts to read. That does not mean kids won't ultimately enjoy reading, it just means a little more effort may be required on parents' part to help kids overcome any issues they have. Reading aloud to children can help little ones learn how to become good readers, as they will learn how to pronounce words and form sentences. Kids who know how to read can be encouraged to read to their parents, which can instill self-esteem. If kids struggle with certain words or sentences when reading aloud, parents can read those words and/or sentences aloud to them and ask them to repeat the

Continued on page 14



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FALL & WINTER ACTIVITIES & registration section 2018-2019

Back-to-school ice breakers to ease first day fears

Parents and educators can sometimes underestimate children's anxiety over the dawn of a new school year. Many students feel nervous when wondering if their teachers will be nice or if they will make new friends. These worries may be compounded by the return to routine and the end of an enjoyable period of rest and relaxation.

To help students transition to the classroom with fewer worries, teachers and parents may want to initiate ice breakers and other stress-reducing interactions. Here are some ideas.

Buddy up

Many schools will give out classroom assignments a few days before the first day of school. Parents can investigate who is in their child's home-room and initiate contact with the parents of one or more of those students. Collectively, parents can make

a buddy plan for students to arrive to school together and enter the classroom as a team. Coordinate clothing colors or have students wear another unifying symbol. This may allay fears and make the first day of school more fun.

School selfie

Students can craft "school selfies" on a piece of paper using a smartphone image template. This selfie illustration will give the class key facts about each student and present an interesting, creative and enjoyable way for students to get to know one another.

Student word search

Word searches are entertaining and educational tools that can be put to use in the classroom. Parents or teachers can create word searches featuring the first names of all the students in the class. Children often enjoy searching for their own names, and then they can help others, opening up

lines of communication.

Word searches also can be customized for any subject. Therefore, if student names aren't desired, the theme can be classroom items or school terms.

Personal introductions

Students may worry about teachers mispronouncing their names or using a full name instead of a nickname. Rather than a traditional roll call, teachers can encourage students to introduce themselves to classmates, using their preferential name and including a brief synopsis of their interests and what makes them unique.

Teachers also can initiate other ice-breakers by giving students a sheet with various questions, which students then have to complete by asking around among the other students. For example, "Who has a pet fish?" or "Find someone who has blue eyes."

The first day of school can be difficult for some children. Fun activities and some extra effort from parents and teachers can make the return to the classroom less stressful.



> LOVE READING, FROM PG. 13

phrases back.

- Let kids pick their own books.

When reading to youngsters, whether they're babies, toddlers or already in school, parents can let sons and daughters choose their own books. Children might be especially enthusiastic about reading if they're allowed to choose their own books and stories.

Reading can benefit children from the earliest stages of their lives all the way through adulthood. Parents can take various steps to foster a love of reading in their children.




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ALL Ingredients Included for a Meal Each Class!
Wednesdays, Sept. 19 – Oct. 10
6:00 – 9:00 pm (4 sessions)

Make Wednesday Night Fun! So Much Food to Enjoy!
Enchiladas, tortillas, carne molida, peppers, Mexican rice, frijoles, mole, pozole, cochinita pibil. At least one vegetarian dish offered each class, such as, nopalitos tacos, coliflor en chipotle salsa, frijoles refritos, tostadas, spinach poblano.
Room 172



SMALL ENGINE REPAIR \$100
Tuesdays, Oct. 9 – Nov. 6
6:00 – 9:00 pm (5 sessions)

Come with equipment such as weed whacker, lawnmower, tiller, snow blower or ice auger. Hands on maintenance for beginners. In a few easy lessons learn how you can save on repair and maintenance. Covers basic operating principles and trouble shooting in a relaxed environment. **Must be a take home project each week.** Please bring a ratchet set, oil, gas, a flat screwdriver, rags, flashlight and pencil.
Room 199 Power Mech. Lab



WOOD WORKING at E.S.M.S \$110
Tuesdays, Oct. 9 – Nov. 13
6:30 – 8:30 pm (6 sessions)

Ages 18 to 95, and for all levels of skills. First class covers safety and project plans. Includes instruction on the safe use of the table saw, band saw, drill press, planer, air nailer, jigsaw and all hand tools for woodworking. Projects will be up to you, make what you like or copy the instructor's project. Material cost not included. *Please bring safety glasses.*
Wood Working Lab at East Selkirk Middle School

WELDING \$130
Wednesdays, Oct. 10 – Nov. 14
6:30 – 8:30 pm (6 sessions)

For Males/Females ages 18 to 95! No Experience Necessary!
You will learn how to do basic welding procedures in Gas + Mig, plasma cutting, & brazing. Shape metals and weld them together to make a project to take home. Please wear clothing that you don't mind getting holes in or coveralls. The welding material you will be using can be purchased through the instructor or can be brought from home. Will be discussed at first class. **Safety glasses and welding glasses #5 or 6 need to be brought to 1st class.**
Metals Shop Room 191



GUITAR for Beginners \$45
Wednesdays, Nov. 14 & 21
6:30 – 9:30 pm
(2 sessions)

A small booklet of songs is provided along with your two nights of fun! Come on out with your acoustic guitar to these beginner classes of playing. Spend the two evenings learning the basic cords and a couple of strum patters to play a few tunes. Bring along your favorite requests and learn how to play along in minutes. **Limited class size!**
Room 141



DIGITAL CAMERA FUN
with Brent

Smile – Bring your camera!
BONUS: Take \$5 off second class!

TIPS & TRICKS \$35
Thursdays, Oct. 4 & 11
7:00 – 9:00 pm
(2 sessions)
Basic knowledge & procedures to take great photos & saving/printing pictures.
Room 142



TAKE IT TO THE NEXT LEVEL \$35
Thursdays, Oct. 18 & 25
7:00 – 9:00 pm
(2 sessions)

You've mastered the basic settings; now seek its full potential. Explore creative settings, lighting techniques, composition & studio photography. Bring camera, take photos & make prints for a homework assignment.
Room 142

DOG OBEDIENCE
Tuesdays, Sept. 25 – Oct. 30
(6 sessions each)

Please see website or call the office for full course info. Dogs must be up to date on shots, please bring proof of vaccinations to the first class. Please come equipped with a well fitted collar, 6 foot leash, and lots of tasty treats. No Flexi-Leashes allowed.
The Pit

PUPPY CLASSES \$75
6:00 – 7:00 pm

BASIC DOG OBEDIENCE \$75
7:00 – 8:00 pm

All ages are accepted. But recommend very young dogs do a puppy class first.



INTRO TO ACTING & THEATRE
(Ages 7 – 12) \$85
6:00 – 7:00 pm

"Have you ever wondered how to play a specific character for a play? Or how to mime? Or are you simply wanting to gain confidence? Come join us on Monday evenings for a glimpse into the theatrical world! This class is for beginners, so do not worry if you have no experience. All you need is an open mind and a little creativity!"
Theatre

***NEW - AIKIDO – Ages 13 - 17**

\$100
Wednesdays, Sept. 19 – Nov. 28
NO CLASS: Oct. 31
5:00 – 6:00 pm
(10 sessions)

A Japanese Martial Art created during the 1920s by Morihei Ueshiba. It is a form of self-defense that uses locks, holds, throws and the attacker's own movements. Aikido has no competition; the goal is not perfection of a step or skill, but improving one's character according to the rules of nature.
Adult class available at 6:10 PM.
Indoor Track



YOUTH CLASSES

Bonus – Save \$20 and Register for Back to Back Dance and Intro to Acting! \$150 for Both!

Mondays, Sept. 24 – Dec. 3
NO CLASS: Oct. 8
(10 sessions each)

DANCE (Ages 6 - 12) \$85
5:00 – 6:00 pm

Come move to the groove with Gabby! Introduction to Jazz, Ballet and Hip-hop dancing. Performance for parents on the final evening!
Cafeteria

CREATIVE SIDE

***NEW – PAPER CRAFTING** \$65
Sundays, Oct. 28 & Nov. 4
1:00 – 3:00 pm
(2 sessions)

All Supplies Included! Ages 13 and up please. Join Susie in a fun, creative, relaxed environment! Christmas themed projects, just in time! Class #1: two Christmas cards and matching tags. Class #2: two individual handmade gifts
Room 175

BASIC KNITTING \$45

Tuesdays, Nov. 6 – 20

7:00 – 9:00 pm (3 sessions)

Basic Knitting is back with a new learn-to-knit project. Simple fingerless gloves. You will learn to cast on, knit in garter stitch and cast off to create fingerless gloves/wrist warmers. If time permits, we can create a matching cowl or infinity scarf. Materials required: 1 skein of Bernat premium yarn in any color; 4.5 mm knitting needles (longer ones); Tapestry needle or any needle with a large eye Mini gloves to be worn with the fingerless gloves Scissors

Room 141

INTRO TO SEWING

\$70 Wednesdays,
Sept. 19 – Oct. 24

7:00 – 9:00 pm (6 sessions)

Learn the fundamentals of sewing. Including, learning to thread a bobbin, thread the sewing machine, sew a straight seam, and overcast seam, blind hem, installing a zipper. Bring your own machine or try out a school machine if you don't have one yet. No experience necessary.

Room 175



LEATHER WORKS with Amber Cook

All Premium Supplies included! Many different material choices! See Website for Full Class Details. Group Instruction, Please Be On Time Room 149

***NEW - BEAD EMBROIDERY INTRO** \$50

Thursdays, Oct. 4 & 11 6:30 – 9:00 pm
Learn the technique of bead embroidery & design. Beginners to intermediate. Kit included & additional supplies will be available for purchase. (2 sessions)

***NEW - BEAD EMBROIDERY - POPPY** \$50
Thursdays, Oct. 18 & 25 6:30 – 9:00 pm

Learn the advanced technique of raised beading with the beautiful Poppy design. Kit included & additional supplies will be available for purchase. (2 sessions)

***NEW - HOW TO PRICE HANDMADE ARTISAN CRAFTS** \$27

Thursday, Nov. 15 6:30 – 8:30 pm
A discussion & open forum on how to price handmade items. Feel free to bring pictures and or items for discussion. (1 session)

MOCCASINS \$145

Tuesdays, Oct. 2 – 23
6:30 – 9:00 pm (4 sessions)

PAINTING

Bob Ross Oil Painting. Beginners always welcome, no experience required. All supplies included.

Room 162

BONUS* - Register for Both Same Day Classes and Save \$5!

COUNTRY CREEK \$70

16" x 20" Stretched Canvas
Saturday, Sept. 22
9:00 am – 12:00 pm

PEACEFUL \$65

12" x 16" Stretched Canvas
Saturday, Sept. 22
1:00 – 4:00 pm

PRIARIE MOON \$55

10" X 20" Stretched Canvas
Saturday, Oct. 20
9:00 am – 12:00 pm

NITE TIDE \$70

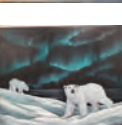
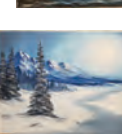
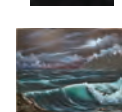
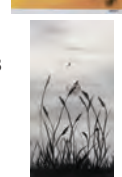
16" X 20" Stretched Canvas
Saturday, Oct. 20
1:00 – 4:00 pm

WINTER'S GRACE \$70

16" X 20" Stretched Canvas
Saturday, Nov. 17
9:00 am – 12:00 pm

POLAR BEARS \$70

16" X 20" Stretched Canvas
Saturday, Nov. 17
1:00 – 4:00 pm



MUKLUKS \$300

Tuesdays, Oct. 2 – Nov. 6
6:30 – 9:00 pm (6 sessions)

MITTS \$140

Tuesdays, Nov. 13 – Dec. 4
6:30 – 9:00 pm (4 sessions)

GAUNTLETS \$160

Tuesdays, Nov. 13 – Dec. 11
6:30 – 9:00 pm (5 sessions)

FUR AVIATOR HAT \$140

Thursdays, Nov. 22 – Dec. 6
6:30 – 9:00 pm
(3 sessions)

YOUTH SAFETY

BABYSITTING SAFETY \$55

Saturday, Sept. 29
9:00 am – 5:00 pm

Youth ages 11 - 15 come learn to be a safe, Red Cross Certified Babysitter. Class includes textbook and wallet certificate. Bring a bagged lunch.
Library



HOME ALONE \$40

Wednesday, Sept. 26
6:00 – 8:30 pm
The Home Alone Program is designed to provide children with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied. Topics covered include, establishing a routine, house key is your responsibility, strangers, telephone, emergencies, basic first aid and internet safety. Kids 8 and up can attend however, the Canadian Gov't recommends kids under the age of 10 should not be left home alone.
Room 144

LET'S GET MOVING!

ZUMBA, ZUMBA TONING and STRONG by ZUMBA
\$90 for One (10 classes)
\$160 for Two – Save \$20 (20 classes)
\$210 for Three – Save \$ 60 (30 classes)
ZUMBA CRAZY Bonus - \$250 for ALL Four Classes (Best Value! Save \$110) (40 classes)

ZUMBA
Mondays, Sept. 17 – Nov. 26
NO CLASS: Oct. 8
7:00 – 8:00 pm
AND/OR
Thursdays, Sept. 20 – Nov. 29
NO CLASS: Nov. 8
6:00 – 7:00 pm
Ditch the workout, Join the party! Zumba is a dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating and effective fitness system in a party like atmosphere. No dance experience necessary.
\$10 Drop ins Welcome!
Cafeteria



ZUMBA TONING
Mondays, Sept. 17 – Nov. 26
NO CLASS: Oct. 8
6:00 – 6:45 pm
 Party while putting extra emphasis on toning and sculpting to define those muscles! Adding resistance by using lightweight maraca-like Zumba® Toning Sticks, helps you focus on specific muscle groups, including arms, core and lower body, so you (and your muscles) stay engaged! Please bring maximum 3 lbs. dumbbells.
\$10 Drop ins Welcome!
Cafeteria

***NEW – STRONG by ZUMBA**
Thursdays, Sept. 20 – Nov. 29
NO CLASS: Nov. 8
7:00 – 8:00 pm
 STRONG by Zumba is a revolutionary high-intensity workout led by music to motivate you to crush your ultimate fitness goals. Music is the ultimate motivator. It pushes you through your workout, through one last rep - and then one more. Knowing how powerful the effect of music is on a workout, we wondered – what would happen if we synced the moves in a high-intensity workout to a beat? So we reverse-engineered the music for STRONG by Zumba® to match every single move.
\$10 Drop ins Welcome!
Cafeteria



STRONG AND LEAN \$120
Tuesdays, Sept. 25 – Nov. 27
6:30 – 7:30 pm (10 sessions)
***Bring a Friend Bonus Available Online!**
 Complete and total body workout, utilizing resistance and cardio training, which masterfully combines resistance, intervals, power and plyometrics - all of these components will help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective. Great for all fitness levels.
Cafeteria

TRIBAL STYLE BELLY DANCE
\$80 Tuesdays, Sept. 25 – Nov. 27
7:00 – 8:15 pm (10 sessions)
 Come learn how to shake, undulate and roll! Our new Tribal Style Belly Dance class is a great way to learn to belly dance (something you've always said you wanted to try!) and have a ton of fun while staying active. TS Belly Dance appeals to all ages with our mix of dance steps from around the world and music from all eras and genres.
No experience or special equipment is necessary, just wear some comfy clothes and prepare to dance, dance, dance!



MUAY THAI KICKBOXING \$110
Saturdays, Sept. 22 – Nov. 17
10:00 – 11:00 am (9 sessions)
 This exciting class will be dedicated to providing you with an intense workout while you learn the "art of eight limbs", the martial art known as Muay Thai. Our instructor has over 15 years of experience in the fighting arts and has competed for 7 years. We look forward to providing everyone with a safe, fun, engaged and energized environment. Let's kick start your day properly! Ages 12 and up - come out, throw some kicks, feel amazing and have fun! Students will need to purchase a pair of gloves for the second class.
Indoor Track



AIKIDO - Adults \$100
Wednesdays, Sept. 19 – Nov. 28
NO CLASS: Oct. 31
6:10 – 7:10 pm (10 sessions)
 A Japanese Martial Art created during the 1920s by Morihei Ueshiba. It is a form of self-defense that uses locks, holds, throws and the attacker's own movements. Aikido has no competition; the goal is not perfection of a step or skill, but improving one's character according to the rules of nature. **Ages 18+ please. Youth class available at 5 PM.**
Indoor Track



LANGUAGE

BEGINNER SPANISH \$90
Thursdays, Sept. 20 – Nov. 29
NO CLASS: Nov. 8
6:00 – 7:30 pm (10 sessions)
 Designed for adults who want to learn Spanish but have no previous experience. Learn basic vocabulary and sentence structure. Each class will have a listening component where students will have the opportunity to practice listening and speaking in Spanish. No experience necessary.
Room 153

BASIC FRENCH \$100
Wednesdays, Sept. 19 – Nov. 14
NO CLASS: Oct. 31
6:00 – 8:00 pm (8 sessions)
 Learn to speak French in a fun and stress-free setting!
 Our experienced teacher, Marie-Lyne, will help you develop a strong foundation of the French Language. The course focuses on oral comprehension and production. Participants will have lots of opportunity to practice and become confident using their French skills. This course is ideal for parents with children in the French Immersion program or anyone who would like to learn French. No prior knowledge required.
Room 145

HEALTH & WELLNESS

HATHA YOGA
***Bonus – Save \$25 When You Register for Any Two Classes! \$175**
Bring a Yoga Mat!
Library

BEGINNERS \$100
Mondays, Sept. 17 – Nov. 26
NO CLASS: Oct. 8
6:45 – 7:45 pm
OR
Thursdays, Sept. 20 – Nov. 29
NO CLASS: Nov. 8
5:30 – 6:30 pm (10 Sessions each)
 This class is slow moving with long holds in a Yin or restorative style, inviting the body and mind to respond. Coming home to within. Please bring small blanket or large towel.

FOUNDATIONAL \$100
Thursdays, Sept. 20 – Nov. 29
NO CLASS: Nov. 8
6:45 – 7:45 pm (10 Sessions)
 First time to yoga or returnees, learn the foundation of yoga poses in a safe, intelligent manner with compassion towards ourselves.

FLOW \$100
Mondays, Sept. 17 – Nov. 26
NO CLASS: Oct. 8
5:30 – 6:30 pm (10 sessions)
 For those who are familiar with yoga poses continuing to work on strength, stamina and refinement in a Vinyasa or flow style.

ONE WISDOM - BUDDHA DHARMA MEDITATION \$65
with Emyo Seien Darlene Tataryn
Tuesdays, Sept. 18 – Oct. 23
7:00 – 8:15 pm (6 sessions)
 Meditation practices are many, and this series of Buddha Dharma talks will help put the various kinds of meditation practices into an understandable context, lessening confusion and helping a person choose their practice according to what he or she is seeking. Whether a regular practitioner or just beginning to meditate, there will be progressive guidance for your practice in silent and talk through meditation. Pure awareness is embodied, and opportunity is given to learn to work gently and easily with body and mind and emotion in these classes.
Library



SAFETY FIRST

FOOD HANDLERS \$115
Includes work book
Saturday, Oct. 20
9:30 – 4:30 pm (1 session)
 Recommended for anyone looking for a job or presently working in the food services industry. Learn the principles of safe food handling and upon successful completion, receive a **Province of Manitoba Level 1 Food Handling Certificate** (valid for 5 years). There is a short lunch break (30 minutes).
Room 141

RE-CERT \$70
Exam only
3:30 – 4:30 pm
Room 141

STANDARD FIRST AID \$135
Saturday & Sunday, Nov. 17 & 18
9:00 am – 5:00 pm Saturday AND 10:00 am – 4:00 pm Sunday (2 sessions)
 Certification is valid for three years and includes CPR C and AED. Canadian Red Cross Certification is recognized by all employers.
Library

HUNTER EDUCATION \$70
Saturday, Sept. 22
9:00 am – 5:00 pm (1 session) Minimum Age 10
 In Manitoba, thousands of hunters take to the field each year. Hunter education courses have contributed to a significant decrease in hunting accidents and an increased understanding of the responsibilities each hunter accepts while hunting. The primary goal of the Hunter Education Program is to help you understand the important role you, as a hunter, have in wildlife management and conservation. Equally important is the safe use and handling of firearms and the ethical and responsible behaviour of all hunters. Students are required to pass the exam to acquire the Hunter Education Card.
Room 149



CANADIAN FIREARM SAFETY COURSE (CFSC/PAL Course)
\$100
Saturday, Sept. 29
OR
Saturday, Nov. 10
8:30 am – 6:30 pm (1 session)
Minimum Age 12
All students need to bring ID and a lunch. Students age 12-17 need to have consent from their parent.
 To be eligible to apply for a Possession and Acquisition License, classroom participation in the full CFSC is mandatory for first-time license applicants. Once the course is completed, individuals will then have to pass the tests. For full course information please visit www.selkirkconed.com or call the office at 204-785-7312.
Room 141



COMPUTERS

QuickBooks TRAINING \$75
Tuesdays, Oct. 2 – 23 7:00 – 9:00 pm (4 sessions)
 QuickBooks, Canada's #1 accounting solution for small business, saves time on invoicing, bookkeeping and billing. If you run a small business, or are a rental property owner, and are looking for an easy, streamlined, up to date business managing tool, this course is for you! Introductory course covering the basic operating systems and procedures for the most recent version of QuickBooks online. Basic computer skills essential.
Room 284



EXCEL \$100
Wednesdays, Oct. 3 – Nov. 7
NO CLASS: Oct. 31
6:30 – 9:30 pm (5 sessions)
 Learn the basics of this important program. Through handouts, as well as examples we will cover cell formatting, templates, basic functions and formulas, as well as charts.
Room 277



S.C.P. Selkirk Community Pool

2018 SCHOOL - COMMUNITY - POSSIBILITIES

Fall Programming

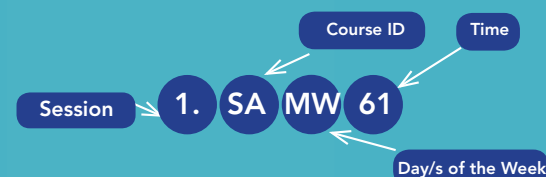
The Comp 221 Mercy Street | Selkirk Mb | 204 785 7310

Registration: The following schedule may not exactly reflect the online courses open at the time of registration.

Step 1: Prior to registering > Select the activity – Learn to swim level that best suits the participants needs.

Step 2: Prior to online registering > search for and note the course codes for courses of interest.

Step 3: Select the course you want to register for and register.



RED CROSS SWIM SCHEDULE

Monday Wednesday

Sept 24 – Oct 22
Nov 5 – 28

| | | |
|----------|----------|-----------|
| SA 515 | SK1 515 | SO 515 |
| SK 1 550 | SO 550 | SF/Cr 550 |
| SK 2 625 | SA 625 | SK 1 625 |
| SK 3 700 | SK 4 700 | SK 2 700 |
| | SK 6 745 | SK 5 745 |

Tuesday Thursday

Sept 25 – Oct 18
Oct 25 – Nov 20

| | | |
|-------------|------------|------------|
| SA 515 | SK1 515 | SO 515 |
| SK 1 550 | SO 550 | BB/LB 550 |
| SK 2 625 | SA 625 | SK 1 625 |
| SK 3 700 | SK 4 700 | SK 2 700 |
| SK 9/10 745 | SK 7/8 745 | SK 5/6 745 |

Friday

Oct 5 – Nov 23

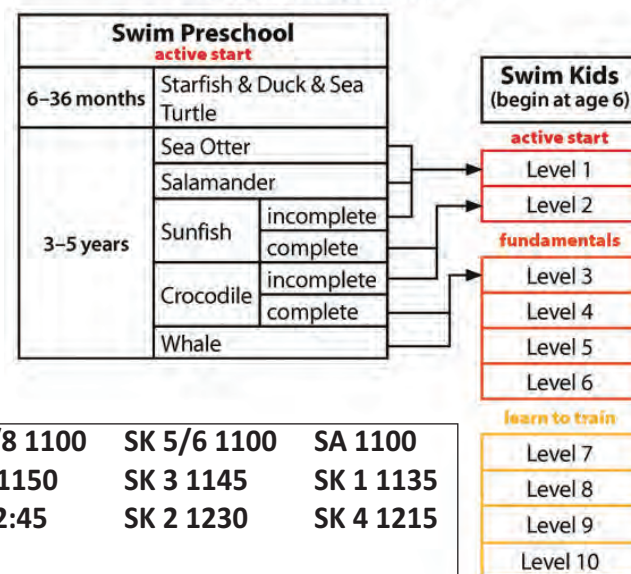
| | | | |
|----------|-------------|----------|-------------|
| Sk 1 500 | Sk 3 500 | SA 500 | BB/LB 5:00 |
| SO 535 | SK 4 545 | SK 2 535 | Bronze Star |
| SK 2 610 | SK 7/8 630 | SK 3 610 | 5:30-7:00 |
| SK 1 645 | Sk9/10 7:20 | SO 655 | SK 4 715 |
| SK 6 730 | | SK 5 730 | |

Sunday

Oct 14 – Dec 9

| | | | | |
|------------|-----------|-------------|-------------|-----------|
| SO 1100 | SK 1 1100 | SK 7/8 1100 | SK 5/6 1100 | SA 1100 |
| SA 1135 | SK 2 1135 | SK 4 1150 | SK 3 1145 | SK 1 1135 |
| SF 1215 | SK 3 1235 | SO 12:45 | SK 2 1230 | SK 4 1215 |
| BB LB 1245 | | | | |

Red Cross Swim



LEADERSHIP COURSES

Bronze Medallion, Cross Saturday Sept 29 – Dec 1 11:00-2:00 pm

Life Saving Instructor Course Oct 1 – Nov 12 No class Nov 11

Sunday 10:30 – 5:00 pm Monday 5:00-9:00 pm

National Life guard NLS Oct 25 – Nov 17

Thur 5:00-9:00 pm Sat 9:00-5:30 pm

Programs

Pool Rentals available on Saturday and Sundays throughout the year. Contact the Pool office for times (\$100.00 +gst per hour lifeguard included)

Lap Swim

Morning, evening weekend lap swim
Mon - Fri 7:00-8:30 am
Tues Thur afternoon 4:00-5:00pm
Sat 11:00-1:00

Open Swim

Friday Toonie Swim 7:30-8:30pm
Saturday 1:00-3:00pm
Sunday 2:30-4:00pm



Special Programming

Friday Night Adult

Workout Pool Party

Oct 26th Masquerade

Nov 23 Black Friday

Snorkeling Lessons

Scuba Lessons Discover, PADI

Manitoba Swim Ability

Swim with Santa

Saturday December 15

Christmas Movie Night

Friday December 14



SelkirkCommunityPool.Weebly.com

Registration On Line August 28, 2018 6:00am
selkirkcommunitypool.weebly.com
/in person/phone August 30, 2018

Pool Closed Oct 8, Nov 11,
Dec 22, 2018 - Jan 6, 2019

Questions or concerns contact pool manager: mstamm@lssd.ca

Lap Swim passes purchase online or at the pool.

10 visits - \$27.50

20 visits - \$47.50

30 visits - \$65.00

Lifeguard must punch your pass for entry to the pool.

Drop in \$10.00 Aquafit

Drop in \$5.00 Lap swim.

Aquafit pass purchase online or at the pool.

no need to commit to one class use your pass for any class.

10 visits - \$70.00

20 visits - \$130.00

30 visits - \$180.00

Open Swim (Exact change)

Adult or Student \$ 5.00 18+

Preschool child Free 0 - 4yr

Child \$ 2.00 5 - 12yr

Teen \$ 3.00 13 - 17yr

Family \$10.00

(For purposes here, we define a "family" as an adult and their immediate children to a maximum of 5).

Professional Development
Water Safety Instructor
Red Cross Lifeguard program.

Unsure what level to register for?

Contact pool manager or drop in to open swim. Call 204 785 7310 for message updates

Public admission entry requirements:

Limited unlocked lockers available. Do not leave valuables in the locker or change room. The facility is not responsible for loss or damage to belongings. No credit after start of classes. No refunds after start of class. 3 day prior \$15 admin fee. No transfers.

Swim Admission Standards For S.C.P.

| | | |
|--|---|---|
| <p>Children 5 & under</p> <p>Guardian must remain within arms reach at all times.</p> | <p>Children 6 to 9 years unable to pass swim test</p> <p>Guardian must remain within arms reach. If any children in the group are 5 and under, a ratio of 2:1 for your group is required.</p> | <p>Children 6 & 7 years who pass swim test</p> <p>Guardian must remain in the pool. Child must complete the swim test each time. Red band is received. Child can use the deep end.</p> |
| <p>Children 8 & older who pass swim test</p> <p>Child can swim alone and use the deep end and the diving boards. Blue Band is received</p> | <p>Children 10 & older may swim alone</p> <p>Must pass the swim test in order to use the deep end and use the diving board.</p> | <p>Guardians must be: 14+ - 14 years and older - Within arms reach at all times - Responsible for direct supervision in and out of the water - In appropriate bathing attire</p> <p>Facility Swim Test - Successfully swim continuously on front, four widths of the pool in a comfortable manner - Face and head must submerge - Body must stay near horizontal</p> |

Hazy skies hover over Selkirk



RECORD PHOTO BY LINDSEY ENNS

Hazy and orange coloured skies hover over the Selkirk Bridge last Friday morning. Wildfires burning in British Columbia and Alberta made for some smoky conditions and prompted air quality warnings across much of Manitoba last week.



Car show benefits soup kitchen

RECORD PHOTO BY MICHELLE BALHARRY

Pictured from left to right: members from the Lily Pad Cruisers Bob Leah, George Ball, Dale Hiscock (Treasurer), Laurie Hunt, Faye Drummond (Vice-President), Marcel Lemire (President), Rene Gauthier (Our Daily Bread) and Bruce Wachal gather to present Our Daily Bread Soup Kitchen with a substantial donation on Monday morning. The 18th annual Car Show raised \$2,000 for the soup kitchen and an additional \$2,000 was also donated to A&W's Burgers to Beat MS last week.

Coffee sales benefitting St. Andrews Heritage Centre



By Justin Luschinski

The St. Andrews Heritage Centre and Black Pearl Coffee have brewed up a new way to help raise funds for the local centre.

The centre's gift shop is selling four specialty flavours of Black Pearl Coffee, a premium coffee seller in Winnipeg, until September. The four flavours are named after historical figures and elements of the St. Andrews community, and all the money goes to funding the programming at the local centre.

Nicole Siller, the centre's museum coordinator, said the committee wanted to try something new when it came to fundraising.

"This is something you can sit down and enjoy," Siller said. "I think you get a little more out of it. It's good for visitors who want to take something home, but it's also good for the local residents, because who doesn't love

good, high quality coffee?"

The four blends of coffee include Settler's Trail, a colombian decaf, Red River Mud, a full body dark roast, St. Andrews Homebrew, a medium-dark roast and lastly, Captain Kennedy Kicker, a medium roast that's organic and fair trade.

Siller said the coffees have been selling well, and if they continue to be successful, they will bring them back next year. One bag costs \$14, with the Captain Kennedy Kicker costing \$15, because it's fair trade.

Bags can be purchased at either the centre's gift shop, or at Harry's Foods. For more information visit standrews-rectory.ca.

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Gwen FOX
ART GALLERY & GIFT SHOP

CASH, DEBIT, CREDIT CARD PAYMENT AVAILABLE!

Tues•Wed & Fri•Sat 11am-4pm
OPEN LATE on Thursdays! 11am-8pm

See us on Facebook! **SELKIRK COMMUNITY ARTS CENTRE**

watchthewave.ca

WAVE
Interlake Artists Studio Tour

See the world from our creative perspective!
the WAVE Interlake Artists' Studio Tour 2018

Join artists in their unique spaces, up close and personal, a step away from the ordinary. The WAVE rolls in June 9 & 10, Sept 1 & 2.

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get inspired

> MEAL IDEAS



Honey-Balsamic Glazed Salmon

1 tablespoon Dijon mustard
1 clove garlic, minced
pinch of chili pepper flakes
1 tablespoon chopped fresh tarragon (optional)

Heat oven to 400 F. Season salmon with salt and pepper; place on parchment paper-lined baking sheet. Whisk together vinegar, honey, mustard, garlic and chili pepper flakes; brush over salmon.

Bake 18-20 minutes, or until fish just starts to flake easily with fork. Sprinkle with chopped tarragon, if desired.

Tips: Substitute maple syrup for honey, if desired. Omit chili flakes and season with freshly ground pepper.



Are you an independent thinker? Are you raising your children to be independent thinkers? These are important questions. More than ever before, because of its pervasiveness, the media and the marketplace become major determinants of our culture. Think about the influence of action figures or toys like Pokemon or beanie babies. Consider the huge impact of shows like Seinfeld or Friends. Catch phrases from those shows became incorporated into our everyday language. Regardless of age, our consciousness itself can be shaped in ways so subtle we barely notice it.

It is easy to become immersed in the flow of the culture so that we become who we are 'supposed to be', at any given age. The problem is, that is not who we really are. It takes courage to question the way things are, or to challenge the status quo on any issue. Before that courage is required however, there must be an ability to think the thoughts. If we do not think our own thoughts have value, regarding them as secondary or inferior to "what others think", we gradually lose the ability to think creatively. This is unfortunate,

Independent Thinking Should Be Encouraged

for that ability to think creatively, that is, to think our own thoughts, is programmed into us.

We are the only species with the ability to reflect upon our thoughts and behaviors. If we 'follow the crowd' or rely on sources outside of ourselves exclusively for ideas about how to be, or even grow, then we miss out on a profound and uniquely human experience. Those who have been most influential throughout human history are those who expressed ideas, which were different, even contrary, from what, came before. Interestingly, creative thoughts continue to arise in consciousness throughout our lives but are often dismissed before they are even expressed. We censor them out of existence. The way to develop good independent thinking is to begin paying attention to all thoughts as they arise. Particularly notice the ones you do not say, because of what others might think. Risk speaking them. Encourage your children to share all their thoughts on an issue, without judgement. If we validate their thinking when they are young, they will not, as adults, have to 'work' at something that should be so natural.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books, cds or MP3's, visit www.gwen.ca. Follow Gwen on FaceBook for daily inspiration.



Greek-Style Roasted Sweet Potato Salad

2 cloves garlic, minced
1/2 teaspoon salt
1/4 teaspoon pepper
2 pounds sweet potatoes, sliced into 1/2-inch rounds

1 cup shredded romaine lettuce
1 tomato, chopped
1/3 cup sliced pitted Kalamata olives
Heat oven to 400 F.

To make Red Wine Dressing: Whisk together olive oil, vinegar, parsley, honey, garlic, salt and pepper.

To assemble Roasted Sweet Potato Salad: Whisk together olive oil, vinegar, oregano, mint, garlic, salt and pepper; toss with potatoes until well-coated. Arrange in single layer on parchment paper-lined baking sheet. Roast about 30 minutes, or until golden brown and tender.

Arrange sweet potatoes on serving platter. Top with lettuce, tomato and olives; drizzle with dressing.

Tips: For traditional Greek flavor, sprinkle with crumbled feta cheese before serving. Alternatively, cut sweet potatoes into wedges.

Green Bean, Asparagus and Goat Cheese Salad with Honey Dijon Vinaigrette

Prep time: 10 minutes
Cook time: 3 minutes
Total time: 13 minutes
Servings: 4

Honey Dijon Vinaigrette:
2 tablespoons Filippo Berio White Wine Vinegar

1 shallot, minced
1 tablespoon finely chopped fresh tarragon

2 teaspoons Dijon mustard
2 teaspoons honey
1/4 teaspoon salt

1/4 teaspoon pepper
1/4 cup Filippo Berio Extra-Virgin Olive Oil

Green Bean, Asparagus and Goat Cheese Salad:

1/2 pound green beans, trimmed and cut into 1-inch pieces

1/2 pound asparagus, trimmed and cut into 1-inch pieces

6 cups baby arugula
1/2 cup crumbled goat cheese
1/4 teaspoon salt

1/4 teaspoon pepper
1/4 cup diced sundried tomatoes in oil
2 tablespoons chopped fresh chives

To make Honey Dijon Vinaigrette:

Whisk together white wine vinegar, shallot, tarragon, mustard, honey, salt and pepper; whisk in olive oil.

To assemble Green Bean, Asparagus and Goat Cheese Salad: In steamer basket, steam green beans and asparagus 3-5 minutes, or until tender-crisp. Rinse under cold water and drain well. Transfer to large bowl; add arugula and goat cheese. Season with salt and pepper.

Toss salad with vinaigrette. Garnish with sundried tomatoes and chives.

Tip: If desired, omit green beans and double asparagus.

Prep time: 15 minutes
Cook time: 30 minutes
Total time: 45 minutes
Servings: 8
Red Wine Dressing:
1/4 cup Filippo Berio Extra-Virgin Olive Oil
2 tablespoons Filippo Berio Red Wine Vinegar
2 tablespoons chopped fresh parsley
1 teaspoon honey
1 clove garlic, minced
1/4 teaspoon salt
1/4 teaspoon pepper
Roasted Sweet Potato Salad:
3 tablespoons Filippo Berio Extra-Virgin Olive Oil
1 tablespoon Filippo Berio Red Wine Vinegar
1 teaspoon dried oregano
1/2 teaspoon dried mint

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Fredborg's summer golf schedule a busy one

By Brian Bowman

It's been a hectic last couple of days for Selkirk's Travis Fredborg.

Fresh off playing in the Players Cup in Winnipeg last week - shooting rounds of 77 and 68 while missing the cut - Fredborg was back in Tucson on Monday starting his first day of school at the University of Arizona.

"I didn't do as well as I would have liked (at the Players Cup)," Fredborg, 22, said Monday afternoon. "I struggled the first day but bounced back nicely. I just didn't make any putts the first day, which was kind of frustrating. I hit the ball great but just didn't post the score."

Fredborg has played in the Players Cup - the local Mackenzie Tour - PGA Tour Canada stop - three times. He was one of 156 players and six sponsor's exemptions this year.

There was, once again, a ton of talented golfers at this year's event.

"The thing for me is that you see more concentration and more commitment with those guys," Fredborg said. "It's the same for me but this time around I didn't feel out of place at all. I felt like I belonged there and I could beat those guys on any day of the week. It was a cool experience, for sure, but I definitely felt like I fit in this year."

Fredborg was home quite a bit this summer, he said, but he was also all "over the map" playing golf.

"It was nice to see family and friends but I was in the States a few times, in Victoria for the Canadian Amateur, and in Calgary a couple of times," he explained. "I travelled quite a bit."

He had some highs - and lows - on the golf course this summer.

"It was kind of a weird summer," he admitted. "I thought I played a lot better than I scored. I didn't have the finishes that I would have liked but I had a couple of good ones."

Fredborg has high expectations as he wraps up his final year at the University of Arizona. He previously spent two years at the University of Nevada-Reno before switching schools in the fall of 2017.

Fredborg had three top-10 finishes and two top-five placings during last year's college season.

"I played pretty solid and had some



good finishes and good learning experiences," he said. "I'm looking forward to getting even better this year."

After the school year, Fredborg plans to play one more summer of amateur golf before turning pro. He would be very interested in going overseas to play professionally.

"My best years are definitely ahead of me," he said confidently. "I've learned a lot since I've been in Arizona and the experience as a whole. I'm really looking forward to the next step for me, especially this year and next - it's going to be fun."



RECORD PHOTOS SUBMITTED

Selkirk's Travis Fredborg fired rounds of 77 and 68 at the Players Cup in Winnipeg.



sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Pirates win silver at western Canadian 'AAA' baseball championship

By Brian Bowman

The North Winnipeg Pirates won silver at the Bantam "AAA" Western Canadian Baseball Championship in Winkler last weekend.

North Winnipeg reached the final where it lost 11-0 to Langley, B.C. on Sunday.

It as a tough way to end a great week-end of baseball for North Winnipeg.

"I was very proud, they played fantastic," said Pirates' head coach Derrick Mudge of his squad. "B.C. is a powerhouse - there is no shame in losing to those guys."

Langley scored three runs in the first inning and then added three more in the second. North Winnipeg, meanwhile, left 10 players on base in the game.

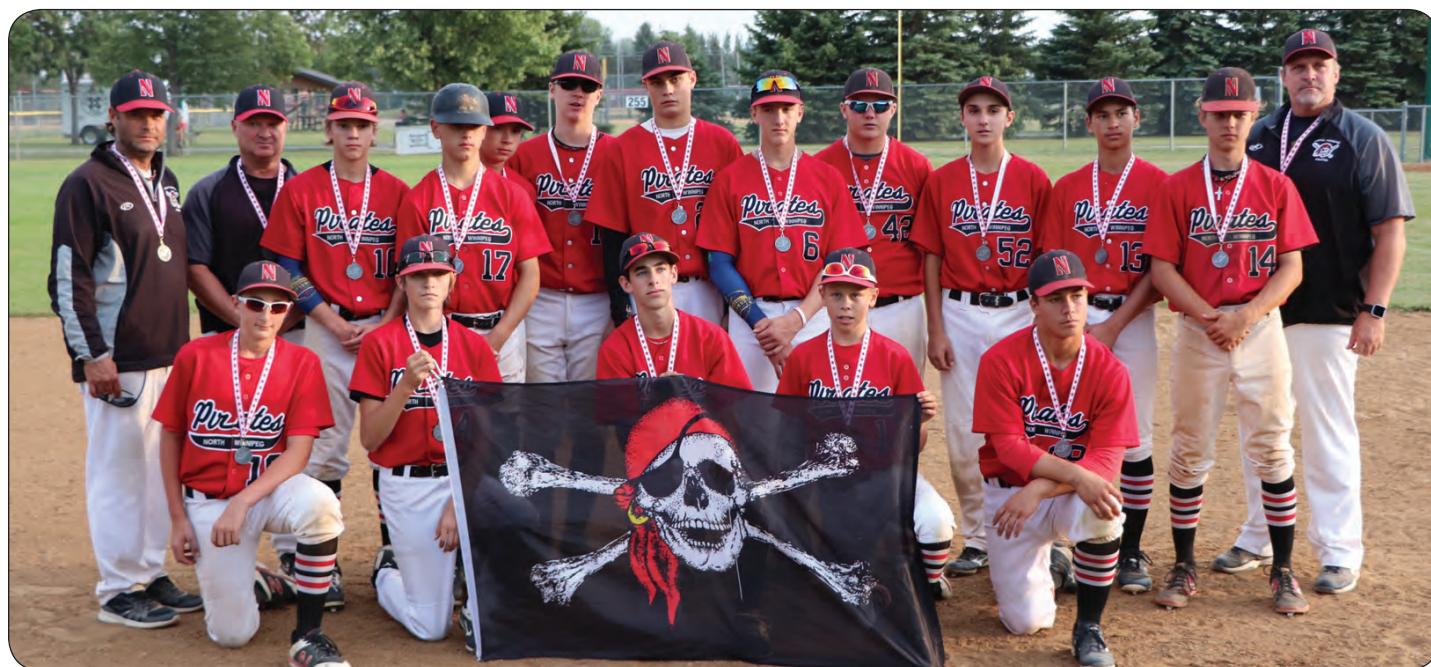
"We just couldn't get a key hit at the right time," Mudge recalled. "We got hits but we just couldn't cash them in. B.C. is like an all-star team and they had a ton of pitching left."

The Pirates reached the final after soundly defeating the Sask Five Giants 15-4 earlier in the day.

North Winnipeg was smacking the ball in the semifinal win.

"We hit the ball all weekend," Mudge said. "But sometimes it was right at guys."

North Winnipeg started the tournament with a 5-3 loss to South Central on Thursday. The Pirates led 3-0 after the first inning but South Central replied with five unanswered runs.



RECORD PHOTOS BY KEN ALLEN

Front row left to right: Ethan Minaker, Mathew Moroz, Alec Usipiuk, Keenan Allen, Jorden Birch; back row, Dan Duguay (assistant coach), Derek Mudge (coach), Ethan Mudge, Dylan Morden, Ryan Botterill, Zach Evanochko, Bennett Freiter, Brett Zeller, Liam Curtis, Jesse Postello, Noah Contreras, Dylan Duguay and Ray Moroz (assistant coach).

The Pirates then played a pair of close games, edging the Regina White Sox 5-4 Friday before losing a tough 1-0 decision to the Langley Blaze on Saturday.

Liam Curtis of St. Andrews pitched a great game in the Pirates' one-run loss, said Mudge.

Later Saturday, North Winnipeg defeated the Winnipeg South Chiefs 3-1 to finish the round-robin with a 3-2

record and in second place.

Langley was 4-1 and was the top team heading into the playoffs.

Overall, the season was a real good one for the Pirates even though they felt they had a team that could compete at nationals.

"We were fairly happy with (our season)," Mudge said.

"But our goal was nationals. We lost the provincial final to South Central.

If we had have won that then we were going to nationals in Oshawa. That was kind of our goal but we lost in the city final, provincial final, and now western Canadian final."

Just three of 13 Pirates' players are eligible to return to the Bantam team next season. The rest of the players will move up to play Midget baseball next season.



The Pirates' Bennett Freiter makes contact during the Western Canadian Bantam 'AAA' Baseball Championship in Winkler last weekend.



Pirates' shortstop Dylan Duguay makes the tag on a diving player.



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Local athletes outstanding at Special Olympics nationals

By Brian Bowman

Manitoba had several outstanding performances at the Special Olympics nationals in Antigonish, N.S. earlier this month.

Three of those exceptional athletes are from the local area and train with Interlake Athletics.

Nolan Penner competed in the 100-metre, 200m, long jump and shot put events at his first nationals. He won gold medals in the 200m and shotput.

"Nolan works very hard to improve his performance and had great results at these Games with two gold medals," said Team Manitoba head coach Janice Howe.

Shirley Lavallee competed in the 100m, 200m, long jump, and shot put. She also was part of one of the 4X100m relay teams.

Lavallee, 63, and the oldest athlete on Team Manitoba, earned a gold medal in the long jump and shot put and won a bronze in the relay.

"She improved unbelievably since we started training," Howe said. "I couldn't be more proud of her. Any athlete at that age can do well and she improved with everything."

"I have to say she was one of the hardest working athletes I have ever worked with and it showed in her performance."

Erik Andersen, meanwhile, won a bronze medal in his first time competing in the pentathlon at nationals.

"He is a natural athlete and always happy and sunny," Howe said. "He is a little bit of a joker and kept the team laughing. When he is competing he is completely focused on his event and it showed in his third-place medal."

"I'm proud of all of them," Howe said. "I took 20 athletes and all of them medalled. Everyone came home with a medal."

Overall, Manitoba won 32 medals, including 13 gold, eight silver, and 11 bronze. The Special Olympics nationals are held every four years.

This year, Manitoba will be sending one athlete to the world games in Abu Dhabi.

The athletes put in quite a bit of hard work as they trained for the nationals. They trained for 10 months prior to the Games - twice a week with their club and once a week with the provin-



Shirley Lavallee earned a gold medal in long jump and shot put and won a brozne in the 4x100 relay.



Nolan Penner won gold medals in the 200m and shotput.



Erik Andersen won a bronze medal in the pentathlon at nationals.

cial team at the University of Manitoba.

It was great to see them get rewarded for all of their hard work by winning medals.

Athletes in Special Olympics are "divisioned" and compete with other athletes of similar abilities. This gives all athletes a fair chance in competing.

"I'm so proud of them," Howe said. "I can't even tell you how proud I was of all of them." "It was one of the most amazing experiences I have ever had working with these athletes at the national level."

"To see them push and succeed, and never give up, they are so inspiring to be around."

Howe said the Manitoba athletes were a great bunch to coach.

"They were fantastic," she enthused.

"There was myself and I had four assistant coaches and then we had 20 athletes we took with us to the Games and they were absolutely amazing."

"We had so much fun with all of them."

Team Manitoba associate coaches included Ian Cook, Brittany Cook, Caitlin Ryan, and Rhonda Wiebe.

"This was my first national games as a head coach and I could not have asked for a better group of athletes or coaches," Howe enthused.



PHOTO SUBMITTED

Team Manitoba enjoyed some time away from competition in Nova Scotia.

"We had an amazing time getting to know each other and athletes and coaches from across Canada. It was an experience none of us will ever forget."

"Reagan Croy, a coach with Interlake Athletes, was a great help with training our long-jump athletes prior to the Games."

Howe really has enjoyed her time as a Special Olympics' coach.

"This is my 10th season coaching with Special Olympics Manitoba and

I have learned so much from all of my athletes," she said. "I have learned to always find something to smile about, never give up, celebrate all successes big and small, and to respect others' differences."

"These athletes will teach you all about how to live life to the fullest and to never let anyone say you cannot do something. "They never give up and push through challenges that are put in their way. Special Olympics' athletes are my heroes."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Steelers to play home games in Gimli, Beausejour this season

By Brian Bowman

The Selkirk Steelers will be expanding their brand to a pair of different locals this upcoming season.

Selkirk will play home games against Virden in Gimli on Oct. 27 and then Winkler in Beausejour on Dec. 28.

"We definitely want to expand our footprint outside of the City of Selkirk to attract more fans in the area," said Steelers' vice president Pat Chamberlin Monday afternoon.

"Beausejour has had a long history of junior hockey and a lot of hockey players have come from that Beausejour/Brokenhead region and have played for the Steelers in the past."

The Steelers have some players from the Beausejour area, which will give them a rare chance to play in front of a home crowd.

Some Beausejour minor hockey executives are either Steelers' or Flyers' alumni, said Chamberlin, and they

will be onhand for a pre-game puck drop ceremony.

"We'll be recognizing some of the local alumni," Chamberlin noted.

It's important to get the Steelers' - and the MJHL - brand out to different communities.

"The biggest thing is getting the MJHL brand out there to the smaller minor hockey regions and showing the kids the avenue to get to the next level, which usually steps through the MJHL.

Junior "A" hockey used to be in Beausejour as the Blades before becoming the Steinbach Pistons in 2009.

"Over the years, the MJHL has been in different markets," Chamberlin noted.

The Eastman Selects have enjoyed quite a bit of success at the Midget "AAA" level in recent years.

The area is producing a lot of good hockey talent.

"Outside the City of Winnipeg and Westman, Eastman is the biggest region and they have quite an extensive 'AAA' program," Chamberlin noted. "A lot of the players that have passed through the triple A program on the way to Junior 'A' or the WHL.

"This will be a good opportunity to see some exciting MJHL hockey."

If the crowd support is good at both the Gimli and Beausejour games, the Steelers would be open to hosting home games outside of Selkirk in future seasons.

"The reality of junior hockey is that it has become a game of economics and our goal every year is to break even to sustain our franchise," Chamberlin said. "We always have to look at these types of events. "We've had many requests over the years to go into different areas to play some home games. These two games themselves have been worked on for the better part of

a year now.

"There's a lot of work and planning that goes on to host these types of games outside of our regular area.

"We hope to build on this for years to come, for sure," he said.

The Steelers have been in touch with their season-ticket base, said Chamberlin, and have made arrangements to get them to the games in Gimli and Beausejour if it is necessary.

The club is currently "on par" in terms of ticket sales compared to previous seasons.

"But the question is, 'Can we always do better,'" Chamberlin questioned. "Over the past couple of years, we've had a season ticket base that's not high. We play out of a market where it's more of a walk-up crowd. "We're looking to expand our season-ticket base more from these outlying regions."

Selkirk Fishermen announce training camp dates

Staff

The Selkirk Fishermen will be hosting its annual rookie camp on Sept 4 (8 to 9:30 p.m.) and Sept. 6 (8:30 to 10 p.m.) at the Selkirk Rec Complex.

Some rookie camp participants will be asked to play in a rookie/veteran game on Sept. 9 at 7:30 p.m.

The camp is for players born from 1999 to 2002 that were not signed to

junior cards in 2017-18. Cost for the camp is \$50 per player.

Players born in 1998 that want to come to the camp, or if they were on a Junior A, B, or MMJHL card last season, please contact Chris Poponick by phone at 204-770-3540 or via email at chris.poponick@gmail.com prior to attending camp on Sept. 4.

Players are asked to register online

at selkirkjrbbfishermen.ca or on Sept. 4 at 7 p.m.

The Fishermen will be switching from the Keystone Junior Hockey League to the newly-formed Capital Region Junior Hockey League this season.

The Fishermen's main camp goes on Sept. 10, 13, 18, 20, 25 and 27.

Selkirk home exhibition games are

scheduled for Sept. 23 (7:30 p.m.) versus the North Winnipeg Satellites and Sept. 30 (7:30 p.m.) against the St. Malo Warriors.

On Oct 2, Selkirk will play the Satellites in north Winnipeg.

Selkirk also expects to play a road game at St. Malo although the date had not been finalized at press time.

Pirates winless at PeeWee 'AAA' baseball provincials

By Brian Bowman

The North Winnipeg Pirates finished with an 0-4 record at the 2018 13U National Western Baseball Championship in Brandon last weekend.

The Pirates started the westerns with a 12-2 loss to Brandon last Thursday.

Brandon scored four runs in each of the second, third, and sixth innings of the six-inning game.

North Winnipeg's Andrew Hladun of Lockport belted a two-run homer in the fourth inning, knocking in Tyson Vassart.

North Winnipeg was then outscored 18-8 by St. Albert, Alta.

St. Albert led 2-1 after the first in-

ning and then 8-6 after three. They increased their lead with six runs in the fourth and then four more in the fifth.

The game was called after five innings due to the 10-run mercy rule.

Hladun scored twice and had two RBI while Vassart chipped in with three hits and three runs scored.

Nixon Carriere also had a very good game at the plate with two hits and three RBI.

West St. Paul's Sean Sevillano Jr. finished the game with a pair of hits and two RBI while West St. Paul's Kalen Krenkewich, St. Andrews' Rylan Sliworsky, and Selkirk's Gilbert O'Connor also scored for the Pirates.

North Winnipeg then suffered an 8-0 loss to Regina.

Oildome then edged North Winnipeg 9-8 in the seventh-place game Saturday morning, scoring a pair of runs in the bottom of the seventh for the walk-off win.

The Pirates led 7-2 going into the bottom of the fourth inning but Oildome scored twice and then added three runs in the next inning.

Hladun had two hits, scored a run, and added a pair of RBI. He finished the tournament with a .583 batting average.

Sliworsky belted two hits, scored a run, and had two RBI.

Hayden Wheddon of Stonewall and Jordan Armstrong each singled and scored a run while Krenkewich knocked in a run.

St. Andrews' Colson Smith scored twice and added an RBI while Ryan Herman singled twice and scored a run.

O'Connor scored North Winnipeg's other run while Carriere had a pair of hits.

B.C. won the gold medal with a 7-3 win over St. Albert while Red Deer claimed the bronze with a 9-4 victory over Brandon on Sunday.

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Fun By The Numbers

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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!

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Sudoku Answer

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| S | O | T | I | E | S | T | V | F | E | R | U | N |
| | | | S | E | N | V | C | | A | S | E | R |
| D | E | S | R | V | P | G | V | N | I | R | D | |
| E | E | N | V | R | | S | H | O | L | V | I | D |
| T | L | O | R | | E | T | D | I | | | E | K |
| T | V | P | | S | B | I | N | S | | | N | E |
| E | G | | T | V | N | O | I | S | S | E | F | O |
| M | E | D | E | B | | | E | N | I | T | U | O |
| D | T | O | H | V | | | S | V | L | E | S | E |

Crossword Answer



CROSSWORD

CLUES ACROSS

- One-time money in Spain
- "Got ___ of one"
- Set a framework for
- Cover with drops of water
- One who does something for a living
- Germanium
- An enclosure for confining livestock
- Locks a door
- Buddy
- Supplement with difficulty
- Not moving
- Islamic unit of weight
- Warmers
- Hindu queen
- Border river near Bosnia and Herzegovina
- Analyzed
- Caps
- Pastime
- Contrary belief
- Walking devices
- Accustom to something unpleasant
- Singing methods
- Shouts of farewell
- Hand (Spanish)
- Small constellation
- Cardinals are this
- Gives a hoot
- Chatter incessantly
- Thallium
- Making very hot
- Hours (Spanish)
- Remove completely
- Eyeglasses
- Rubbed clean

CLUES DOWN

- Blues Traveler frontman
- Found it!

| | | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | 8 | 9 | 10 | 11 | 12 |
| 13 | | | | | | | | | | 14 | | | | |
| 15 | | | | | | | 16 | 17 | 18 | | | | 19 | |
| 20 | | | | | | 21 | | | | | 22 | | | |
| 23 | | | | | | 24 | | | | | 25 | | | |
| 26 | | | 27 | 28 | 29 | | | | | 30 | | | | |
| | | | 31 | | | | | | 32 | | | | | |
| | | | 33 | | | | | 34 | | | | | | |
| 35 | 36 | 37 | | | | | | 38 | | | | | | |
| 39 | | | | | | | 40 | | | | | 41 | 42 | 43 |
| 44 | | | | | | 45 | | | | | | 46 | | |
| 47 | | | | | 48 | | | | | | | 49 | | |
| 50 | | | 51 | | | | | | | 52 | 53 | 54 | | |
| 55 | | 56 | | | | | | 57 | | | | | | |
| 58 | | | | | | | | 59 | | | | | | |

- Killed
- A helper to Santa
- Male fashion accessory
- Autonomic nervous system
- US Attorney General
- Greek sophist
- The world of the dead (Norse myth.)
- Excessive and dangerous dose
- One who receives a legacy
- Brooded
- Hindu warrior king
- Used to anoint
- One point east (clockwise) of due north
- Connecting part of the brain stem
- Most uncommon
- Do-nothings
28. Emerge
29. Neat
30. Herb of tropical Asia
32. Reviews poorly
34. Waterproof overshoes
35. Fireplace floors
36. Surround
37. Regretted
38. One who whips
40. Ticket price
41. Calming
42. Citrus fruit
43. Drooped
45. An explorer's necessity
48. Speak profanely
51. Pouch
52. A type of date (abbr.)
53. Away from
54. Large beer
56. Once more

Classifieds

The Selkirk Record

Book Your Classified Ad Today - Call 785-1618 or Email lucy@selkirkrecord.ca



NOTICE OF NOMINATIONS Rural Municipality of St. Clements

NOTICE IS HEREBY GIVEN that on the following days:
September 12, 13, 14, 17 and 18, 2018

between the hours of 8:30 a.m. and 4:30 p.m. at the Rural Municipality of St. Clements office, 1043 Kittson Road, East Selkirk, Manitoba, nominations will be received for the offices of

Mayor and six Councillors of the aforesaid Local Authority.

The nomination deadline is September 18, 2018 at 4:30 p.m. Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) of the authority or ward (as the case may be), but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person or by an agent at the above location, on the date and hours specified. To obtain a nomination paper, and / or candidate's declaration of qualification, contact the Local Authority at the telephone number listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Local Authority telephone number - 204-482-3300

Dated at East Selkirk, Manitoba on August 22, 2018.

Ernie Epp
Senior Election Official (S.E.O.)
Rural Municipality of St. Clements

HELP WANTED

Taylor & Company, Hay River, NT. Requires permanent Service Technicians for plumbing, heating, WETT and refrigeration. Relocation package available. Email resumes to info@taylorco.ca Fax 867-874-4670 www.taylorco.ca.

DAYCARE

Private in-home daycare in Selkirk has 2 full-time spots available starting in September. 10 years experience. Please contact Krista at 204-998-3591 for more information.

MISCELLANEOUS

Red, white and black lined winter suit coat overcoat fits a men's sz. XL. Has been dry cleaned EC \$100. BN never used and still in box, student desk study lamp EWO \$15. Sunbeam 2 slice toaster EWO \$15, LN sz. 9 safety shoes EC \$60. Ph. 204-785-8598.

MISCELLANEOUS

New 14 ft. Unload Bin Tube & auger. 7x41 & 8x46 Farm King augers. 1977 IHC 3-ton box hoist & roll tarp. 10 & 15 HP 3-phase motors. 3000 imp. gal stainless tanker w/wo convertor. 3-phase wheel balancer. Hot water pressure washer. Power trowel. Cement mixers. Brake drum & disc lathe. 60 sheets 12 ft. drywall. 16.9x24 Diamond Lug tires on rims. 25 ft. swather reel. Fuel tanks. 5th Wheel plate assemblies. Much more. Selkirk 204-785-0498.

Getting ready for fall? Need employees? Need to sell something? Have an event to promote? Province wide classifieds reach over 400,000 readers weekly. Call 204-467-5836 or email classified@mcna.com for more details.

MISCELLANEOUS

Batteries for everything. Automotive, farm, construction, ATV, marine, motorcycle, golf carts, phones, tools, radios, computers etc. Reconditioned, obsolete and hard-to-find batteries. Solar equipment. The Battery Man. Winnipeg. 1-877-775-8271 www.batteryman.ca

Parts & full trailer repair, trailer safeties & Autopac Trailer Repair. Sales, Leasing & Financing of flat-deck, dumpbox, cargo, gooseneck & utility trailers & truck beds. Kaldeck Truck & Trailer, Hwy #1 MacGregor, MB. 1-888-685-3127.

FOUND

Found 1 pair bifocal glasses on Sophia by Junior High School on Thursday July 19. If these are your pls. contact the Selkirk Record office 204-785-1618.

FOUND

Found set of keys on ring on Manitoba Ave. going towards Walmart approx. 2 wks. ago. Pls. contact The Selkirk Record at 204-785-1618 or drop into the office 217 Clandeboyne Ave. to claim.

STRAW

Small square prime wheat straw for sale. Ph. 204-482-5101.

LIVESTOCK

Piglets for sale, two months old, 20-30 lbs. \$10 each. Call 1-204-572-5882.

NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF WILLIAM (BILL) PENNY, late of the City of Selkirk, in the Province of Manitoba, deceased. ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices at 407 Main St., Selkirk, MB, R1A 1T9, on or before the 22nd day of September 2018. DATED at the City of Selkirk, in Manitoba, this 15th day of August 2018. PULLAN KAMMERLOCH FROHLINGER Selkirk Office-Adam Kelso Solicitor for the Executrix

Selkirk Record

Call 785-1618

PUBLIC NOTICE

Public notice is hereby given, pursuant to Section 194 of *The Municipal Act*, that the Council of the Rural Municipality of St. Clements has received the Audited Financial Statement for the year ending December 31, 2017.

Copies of the audited Financial Statement are available for pick-up by any person, during regular office hours, 8:30 am to 4:30 pm, Monday to Friday at the Municipal Office Building, 1043 Kittson Rd., East Selkirk, Manitoba or can be viewed on our website at www.rmofstclements.com.

Dated at East Selkirk, Manitoba this 23rd day of August, 2018.

DJ Sigmundson
Chief Administrative Officer

1043 Kittson Road
East Selkirk, Manitoba R0E 0M0
Telephone: Selkirk 482-3300
Winnipeg: 474-2642
Toll Free: 1-888-797-8425
Email: info@rmofstclements.com
www.rmofstclements.com



CITY OF
Selkirk

NOTICE OF NOMINATIONS

NOTICE IS HEREBY GIVEN that on the following days:

Wednesday, September 12, Thursday, September 13, Friday, September 14, Monday, September 17 and Tuesday, September 18, 2018, between the hours of 8:30 am and 4:30 pm at the City of Selkirk Civic Office, 200 Eaton Avenue, Selkirk MB, I will receive nominations for the offices of Mayor and Councillors (six to be elected) of the City of Selkirk.

The nomination deadline is **Tuesday, September 18, 2018 at 4:30 pm**. Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters. Each nomination shall also be accompanied by the Candidate's Declaration of Qualification.

Nominations may be filed in person at the above location, on the date and hours specified, by an agent, or by fax. To obtain a nomination paper, and / or Candidate's Declaration of Qualification, contact the S.E.O. at the telephone number listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Alison Sinclair
Phone 204-785-4907
Fax: 204-482-5448
Email: elections@cityofselkirk.com

Dated at the City of Selkirk on August 7, 2018

Alison Sinclair, Senior Election Official
City of Selkirk



NOTICE OF NOMINATIONS LORD SELKIRK SCHOOL DIVISION PROVINCE OF MANITOBA

NOTICE IS HEREBY GIVEN that on the following days:

***September 12, 13, 14, 17 and 18, 2018**

between the hours of 8:30 a.m. and 4:30 p.m. at the following location, Lord Selkirk School Division Board Office, 205 Mercy Street, Selkirk, Manitoba, I will receive nominations for the offices of:

- WARD I - TWO TRUSTEES
- WARD II - ONE TRUSTEE
- WARD III - ONE TRUSTEE
- WARD IV - TWO TRUSTEES
- WARD V - THREE TRUSTEES

of the aforesaid Local Authority.

The **nomination deadline** is **Tuesday, September 18, 2018 at 4:30 p.m.** Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) of the ward, but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations must be filed in person at the above location, on the date and hours specified. To obtain a nomination paper, and/or candidates declaration of qualification, contact the S.E.O. at the telephone number listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

VOTERS LIST REVISIONS

Voters may apply to have information changed on the electors list no later than **September 18, 2018**.

Application to vote by sealed envelope (formerly called mail-in ballot)

An elector, who is unable to go in person to the polling place or an advance poll for an election may apply in writing or in person to the Senior Election Official at the Lord Selkirk School Division Board Office.

Dated at the City of Selkirk this 16 day of August 2018.

Sally Cote', Senior Election Official
Lord Selkirk School Division
205 Mercy Street, Selkirk Manitoba, R1A 2C8
Phone: 204 485 - 3104

News Tips? Story Ideas?
call the Record 204-785-1618

Classifieds

The Selkirk Record

Book Your Classified Ad Today - Call 785-1618 or Email lucy@selkirkrecord.ca

ANNOUNCEMENT

BIRTHDAY



Look at me!
Guess who's 3?
August 24th
Rayne McBride
-Love Mom, Dad and
your whole family

ANNOUNCEMENT

BIRTHDAY



Happy Birthday
Danella Morin
August 22nd
Being 60 means remembering the words
to every song from the 70's, but forgetting
why you walked in the next room.
Love you Mom/Nana

SHOP AT YOUR LOCAL BUSINESSES
support the local economy

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewall Elk Ranch Ltd., 204-467-8884 or e-mail stonewoodelkranch@mymts.net

EMPLOYMENT OPPORTUNITY

AARON'S
nofrills™
SELKIRK
Now Accepting Resumes
for Part Time
SERVICE CLERKS

Please go to "Indeed" job site
to submit resumes
Search "No Frills" and
"Manitoba"

McSherry Auction Service Ltd

ACREAGE AUCTION BILL & ELSIE LYLYK

Saturday Sept 1st @ 10:00 AM

Winnipeg, MB, 85 Fraser Rd
Contact # (204) 254-8899

Tractor & 3 PH Equip * JD 850 Dsl MFWA 3PH w JD 75 1415 Hrs * JD 403 3PH 48" Rotary Mower * JD 3PH Plow * 3PH 60" Rotovator * 3PH 60" Snowblower * 3PH 5' Rotovator * 3PH 7' Blade * Yard Equip * Utility Trailers * JD 455 Dsl Hyd R Mower w 5 HP High Lift Bagger- 869 Hours * JD 14.5 38" R Mower * Ford 16 HP Garden Tractor * Rototillers * Push Gas Mower * 18 Volt Pole Pruning Saw * Misc * 83 Honda 185 Trike * 6) Guns * Camping Items * Tools & Misc * Honda Generator * Stihl Chainsaw * Air Comp * Table Saw * Home Repair * Antiques * 73 Original Equip Model 200 Double Track Snowmobile * Hartford Ins. Sign * Dresser * Telephone * Railway Lantern * Trunk * Household * LR Suite * Fridge * Filing Cabinets * Appliances * Large Quantity of Used Carpet * Various Household *

Stuart McSherry - Stonewall, MB
(204) 467-1858 or (204) 886-7027
www.mcsherryauction.com

REQUIRES

Full Time (Winter)/
Part Time (Summer)

OFFICE MANAGER

- Several Years Office Experience Required
- Valid Manitoba Class 5 Drivers License Required

EXPERIENCE REQUIRED

- Quick Books Accounting Software
- Accounts Receivable/Payable
- Staff Scheduling
- Payroll Administration
- Other Duties as Assigned

WE OFFER

- A Unique Employment Opportunity
- Excellent Remuneration

Application Deadline is 4:30 pm. Aug. 24th, 2018

Waterway Maintenance
P.O. Box 321, Selkirk, MB, R1A-2B2
Fax:: 204-785-2880 Email: nrcw@mymts.net

For more information contact the
Operations Director @ 204-482-8111

McSherry Auction Service Ltd CONSIGNMENT AUCTION

Wed Aug 29th @ 4:00 PM

Stonewall, MB, #12 Patterson Drive

Vehicles * 08 Ford F250 Dsl 4x4 Ext Cab Sft
* Equip * Int 756 Dsl Cab 540/1000 w FEL
6878 Hrs * Case IH 3640 Rd Baler * MF 1440
Rd Baler * Hesston 4600 Square Baler w Hyd
Tension * 94" Skid Steer Dozer Blade * 3PH
Rotary Tiller * 3PH Chipper * New 72" HD Skid
Steer Grapple Bucket * 3PH Disc * 3PH 5' Box
Scraper * Tools & Misc * Plumbing Contractors
Close Out Tools & Materials * 1000LB Two Post
Auto Lift * New Tire Changer * Wheel Balancer
* Plate Compactor * Tool Cabinet * Work Bench
* 2000LB ATV Electric Winch * Hausfield Iron
Worker * Engine Crane * Metal Lathe * Miller
Welder * Spot Welder * Drill Press * Power
Tools * Hand Tools * Shop Supply * Water
Pumps * 5500 Watt Generator * 10 Ton Digital
Floor Scale * New Buildings * 30'x 50' x 16'
Canopy Shelter * 20' x 30' Canopy Shelter * 10'
x 10' Com Tent * 6' x 22' Event Tent * 12' x 30'
Livestock Shed * Yard & Recreation * Hus- Ski
600 Snowmobile * 20 Wrought Iron Gates * 8' x
10' Green House * Motorized Bicycle * Quantity
of 2"x4" - Various Lengths *

Stuart McSherry - Stonewall, MB
(204) 467-1858 or (204) 886-7027
www.mcsherryauction.com

UPCOMING EVENTS

Visit Manitou, MB.
Sept. 7 & 8 Honey
Garlic Maple Syrup
Festival. Free admis-
sion, car show, crafts,
Farmers' Market, mu-
sic, kids' activities,
supper buffet. 204-
242-2703.

Dunrea Flea Market
- Rain or shine! An-
tiques, collectibles &
more! Over 75 ven-
dors. Admission \$3, 11
a.m. - 4 p.m. Sunday,
September 2, 2018,
Fair Grounds, Bois-
sevain MB.

**McSherry Auction
Service Ltd**
NICK SAMAGALSKI
Sunday Aug 26, 11:00 am
East Selkirk, MB
6 Miles North on Hwy 59 Then
2 Miles East on RD 82N Then
South 1/8 Mile on 32E #81121
Contact # (204) 326-0877
Construction & Vehicles * Yard
& Recreation * Tractor & Equip
* Tools & Misc * 5 Guns *
Antiques * Household *
Stuart McSherry Stonewall, Manitoba
(204) 467-1858 or (204) 886-7027
www.mcsherryauction.com

AUCTION SALE

For Ted & Rick Glucki of Stonewall, MB
Saturday, September 8, 2018, at 10:00 a.m.

Sale site: From PR #236 & Hwy #67 - 5 kms East on Hwy #67.

At junction of Hwy #7 & #67, turn North on Hwy #7 for 6 mi. to Road 83.

Travel East for 1 mi. (Yard site).

Included in the sale: **Tractors/Equipment/Vehicles** -1950 Studebaker Bullet, Champion 4 dr sedan; 1951 Lanz Bulldog Tractor, Model D9506; J.D. 1830 w/148 bucket, panel fork, 3pt hitch, good rubber (5324 hrs); **Car Repairs Equipment** (lots new); Portable shop station; Rhino Tire machine; Kwik-way 3/5 ton hoist; Snap-on Oscilloscope, MT-665 w/all attach; **Yard & Miscellaneous**: 9 x 22 Metal shed; (2) Kubota Riding mowers; Cub Cadet Riding mower J.D. Riding mower; Farm King 6ft Snow blower; Kubota G4100 Tiller; **Tools & Shop** - Wrangler 80 pallet jack; General Tire light sign; Allis Chalmers metal sign; **Some Household**.

For full listing go to: www.globalauctionguide.com

Sale conducted by Bergner Auction Service, Ashern, MB (204) 768-2669

Email: bergnauct@mymts.net

Trouble Walking? Hip or Knee Replacement?

Restrictions in daily
activities?

\$2,500
Tax Credit
\$40,000
refund cheque/
rebates
Disability Tax
Credit.
204-453-5372

CLASS 1 TRUCK DRIVER TO RUN CANADA

- Paid pick, drops, layovers and stat pay
- Multi drop runs
- Cell usage
- Benefit package
- Dedicated truck
- Sign on bonus
- Quarterly and annual bonus
- Reset at home
- Weekend home time
- Paid training
- Referral program

Contact Derek @
204-793-7465
Centennial
Transport & Leasing Ltd.

NOW HIRING Full Time Welders

Looking for individuals
with good work ethics,
capable of working
independently as well
as in team setting.
Offering competitive
wages dependent
upon experience.

Apply to:

Real Industries
RATHWELL, MB
1-204-749-3000 or
jamier@realindustries.com

Everything you need to promote your business

Flyers
Brochures
Business cards
Stickers
Window decals
Social tickets

Door hangers
Letterhead
Envelopes
Invoices
Estimate sheets
Posters

Memo pads
Post cards
Presentation
Folders

Call

204-785-1618

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Everything you need to promote your business

Call **204-785-1618**

| | | | | |
|----------------|----------------|--------------|-----------------|----------------------|
| Flyers | Stickers | Door hangers | Invoices | Memo pads |
| Brochures | Window decals | Letterhead | Estimate sheets | Post cards |
| Business cards | Social tickets | Envelopes | Posters | Presentation Folders |



660 Old Henderson Hwy
\$289,900



1087 Breezy Point Rd.
\$429,900



81121 Road 32E
\$264,900



16097 Minerva Rd.
\$129,900



SOLD
513 Hall Road,
2.6 acres
\$369,900



NEW PRICE
19154 Road 129N,
Hnausa
\$64,900



NEW PRICE
33 Ralph Ave.
Matlock
\$239,900



NEW PRICE
27 Couture Rd
\$159,900

Call ANY TIME to Book Your Appointment



www.frontierrealty.ca
front@mts.net

204-482-5492
374 A Main St., Selkirk



Stig Rensfelt
482-5492



Barb Linklater
485-1791

MY CURRENT LISTINGS IN THE AREA

OPEN HOUSE SAT. AUG. 25 1-3PM
191 DUNNING RD. ST.CLEMENTS
NEW PRICE \$604,500 Stunning home and property, no gravel to travel, minutes to the city! 3 car garage and DT shop included!
192 DUNNING RD., ST. CLEMENTS \$155,000
Beautiful 1.63 acre building lot in a great location, minutes to the city & no gravel to travel!
527 CHRISTIE AVE. SELKIRK. \$319,900
Nicely reno'd 4 bed, 2 bath. Private 62x262 lot, DT 2+ garage.
30059 BOUNDARY RD., ST. CLEMENTS \$407,900 Stunning 5 acre property, spacious family home, Dt 26x36 heated garage.

OPEN HOUSE SUN. AUG. 26 1-3PM
77128 ST. PETERS RD, EAST SELKIRK.
\$399,900 Quality built in 2015, 1471 sf bungalow on 1.28 Acres.
NEW LISTING 1 WESLEY DR. - \$124,900 MORE LOTS TO CHOOSE FROM - NEW PRICES - Please inquire - 4 acres, GREAT LOCATION!
#102-804 MANITOBA AVE. \$314,760
"The Brookstone" under construction. New, affordable & low condo fees! Can be ready for you in 4-6 months. Call for details.
3 HOUGHTON BAY ROAD, PETERSFIELD - \$35,000 BUILDING LOT private beach/boat launch access!

Ashley Douglas REALTOR®
204-480-2798
ashley.douglas@century21.ca

FOR ALL YOUR REAL ESTATE NEEDS CONTACT ME TODAY

For more details & listings check out my website www.ashleydouglas.ca

Century 21 Advanced Realty Brokerage®



Don't forget to send your special wishes and congratulations or pay Tribute to your friends and family

The Selkirk Record

Call 204-85-1618 or email lucy@selkirkrecord.ca

ANNOUNCEMENT

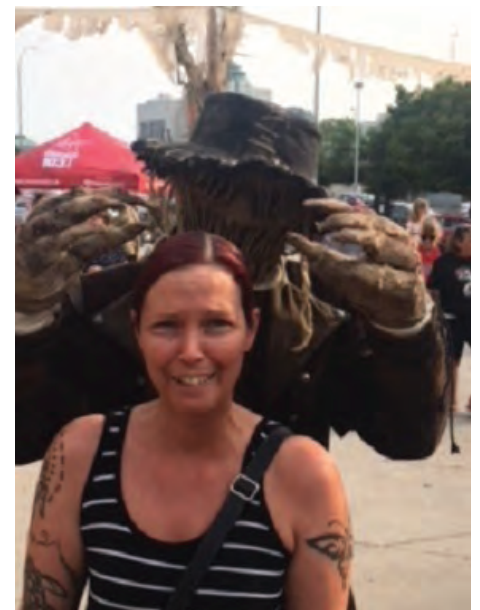
BIRTHDAY



Laura Poynter
"Happy 100th Birthday"
Wednesday, August 22, 2018
Wishing you good health and happiness
-From your "Betel" friends

ANNOUNCEMENT

BIRTHDAY



Happy Birthday
Jaymie
August 24th
You're more fun
than two 20 year olds!
-Love your kids



**DREAM BIG
+ MOVE FAST**

GEORGE HACKING

Sales Representative

Century 21 Advanced Realty

P: 204-202-1922

M/TX: 204-461-0747

E: george@ghteam.ca



NEW LISTING



39 Reynolds Rd,
Winnipeg Beach \$289,900

NEW LISTING



217 Forrest Avenue, Winnipeg
\$282,500

NEW LISTING



648 Taylor Road, Petersfield
\$184,900

PRIVATE RIVERFRONT PROPERTY



OPEN HOUSE SAT 2-4
1138 River Road
\$619,900

SELKIRK LISTINGS

SOLD 34 Louise Bay, Selkirk \$249,000
9-305 Mercy \$154,500
SOLD 512 Toronto Avenue \$229,000
520 Moody \$226,000
315 Superior Ave \$159,900

COUNTRY LISTINGS

85 Peltz Dr. East Selkirk \$325,000
SOLD 443 Cil Road, St. Clements..... \$319,900
NEW PRICE 34 Grey Cresc, Pinawa.. \$325,000
1138 River Road \$619,900
655 Fort Garry Road..... \$119,900
SOLD 77091 Rd 30E East Selkirk..... \$339,500
SOLD 8937 Hwy 9 \$225,000

COMMERICAL LISTINGS

New Listing 315 Main Street.... \$270,000

COMMERICAL LISTINGS

Profitable Garage in Selkirk..... \$755,000
66 Acres MI Development \$980,000
Netley Creek Golf Course \$2,200,000
10 Dubas Creek \$195,000
4320 1 Highway N Shop and Property Canada Way..... \$3,000,000

VACANT LAND LISTINGS

NEW 1 Hoydalo Rd 53.40 Acres \$139,000
NEW 343 Mabey Rd 32 acres..... \$90,000
655 Fort Garry Road..... \$119,000
72101 Pine Rd. S. Prime Development..... \$445,000
NEW PRICE 12 Tom Prince Dr. - Petersfield Lot \$56,900
20 White Pine - Land - Halcyon Cove \$30,000
NEW PRICE 703 Edith Ave. AVAILABLE \$21,900
New 72124 Floodway Drive S 2 Acres \$79,900
Hwy 317 & Rd 36E \$49,900
605 Cil Road 4 acres St. Clements..... \$97,500

LEASE AVAILABLE - COMMERICAL OFFICE SPACE
\$250/MONTH. WILL SHAPE TO MEET YOUR
REQUIREMENTS. CALL GEORGE FOR DETAILS.

OUR OFFICE IS OPEN Monday to Friday
9:00 - 4:30 pm at 255 Main Street by Tim's



2194 Rushman Road West
St. Paul \$619,900



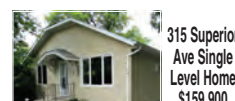
9-305 Mercy \$154,500



520 Moody \$226,000



NEW PRICE
33011 Rd 83 N St.
Clements \$ 359,900



315 Superior
Ave Single
Level Home
\$159,900



80145 Rd. 31E \$296,000 St. Clements



1 LEASIDE BEACH Road
S, Pine Dock \$319,900



85 Peltz Drive, East
Selkirk \$325,000

Starting a new business?

Call us - We have everything you need to promote your business

Call 204-785-1618

Announcements

The Selkirk Record

Book Your Classified Ad Today - Call 785-1618 or Email lucy@selkirkrecord.ca

ANNOUNCEMENT

IN MEMORIAM

Joan Hourie
August 10, 2007
In Loving Memory
of our Mom

Always on our mind,
Forever in our hearts.

-Love your children and
grandchildren

ANNOUNCEMENT

IN MEMORIAM

Wallace (Chico) Hourie
August 28, 2016
In loving memory
of our Dad

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

-Love Darlene and Brad

ANNOUNCEMENT

IN MEMORIAM

In Loving Memory
of Louise Stocks,
A much loved sister and aunt,
who passed away August 25, 2013

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

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

ANNOUNCEMENT

IN MEMORIAM



Marin May Fryza
(nee Einarson)

September 5, 1937 – August 25, 2011
It's been seven years since God has
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Time has erased many memories,
But the memory of your smile
Will never be forgotten.

-Frank and family

ANNOUNCEMENT



Carol Kryswaty
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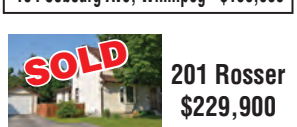
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OBITUARY



Rudolf (Rudy) Victor Holigrocki

It is with great sadness that we announce the passing of our husband, father and grandfather Rudy Holigrocki, on August 16, 2018, at the Selkirk Regional Health Centre at the age of 62.

Rudy leaves to mourn his passing, wife Beverley; sons Raymond and Rob (Michelle) and five grandchildren; brothers, Julian (Lyn), Joe, Dannie, Lawrence (Karen) and Clarence (Alice); sisters Gladys (Dwight) and Elsie; sister-in-law Florence and many relatives and friends.

Rudy was predeceased by his parents, William Holigrocki and Teenie Solowey; step-father Paul Solowey and eldest brother Casimir.

Rudy recently retired from Canada Post after 29 years, which he worked hard to provide for his family. Also he enjoyed driving tow truck in his pastime.

The family would like to thank Medicine 2 at the Selkirk Regional Health Centre for all the wonderful care he received.

A memorial service will be held on Wednesday, August 22, 2018 at 11:00 a.m. in the Gilbert Funeral Chapel, Selkirk, MB.

In lieu of flowers, donations can be made in Rudy's name to CancerCare Manitoba.

Condolences, pictures and videos may be left on Rudy's tribute wall at www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY



Bernice Onishko (Nee Stolar) 1930 - 2018

We are deeply saddened to announce the peaceful passing of our dear Bernice (Baba) Onishko at the Selkirk Regional Health Centre on August 9, 2018, at the age of 88 years old, surrounded by her family who meant the world to her. She is survived by her daughters, Sandra (Dennis) Kozoway and Tracy Onishko; her son Terry (Sherry) Onishko; her grandchildren Kaylin (Joel), Brad (Sals), Mike (Kayla); her sister Phyllis Wusaty; and numerous nieces and nephews. She was predeceased by her parents, Mary and John Stolar, and numerous brothers and sisters.

Mom was a strong, kind hearted and fiercely independent woman. She has cooked meals for over 50 years at various restaurants in Selkirk, but her favourite was cooking for her children and grandchildren at home. Although she was limited with her hearing impairment, she loved her walks and great conversations with people she met. Her Blue Jays, Winnipeg Jets and Blue Bombers were also her favourite pastimes, always cheering them on.

The family would like to thank Dr. Lindenschmidt, the staff at the Selkirk Regional Health Centre and the MAID team for their care and comfort.

As per her wishes, cremation has taken place and a private interment will take place at a later date. Arrangements entrusted to

*Interlake Cremation
& Memorial Services*
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OBITUARY



Ben Harris

Ben was born September 4, 2002. He was a perfect baby boy. He swam around in his Mommy's tummy so much that he made three knots in his umbilical cord. Ben loved his sisters Stephanie and Hannah, and they loved him beyond belief. He was the most warm-hearted brother his sisters could hope for.

Bedtime consisted of being tucked in and being told how much they loved him and how their dream of having a baby boy came true. Ben loved his Momma, he told her so and hugged her everyday.

Ben had grown a lot, making him a big boy and as tall as his Dad. He enjoyed going on adventures and holidays as a family. Ben had a soft spot for animals, he adored his cat Mr. Cudlz and his dog Pretzel.

He was madly in love with his girlfriend. Ben had many, many friends. He never lied, never complained, and he never spoke negatively about anyone. This year, unlike others, he was looking forward to returning to school in the fall. He was motivated to do well so that he would get a good paying job and do good things with his girlfriend.

But above all else he wanted to be a guitar player. He loved music and was an extremely gifted guitar player. Playing the electric guitar was his passion. He inherited his musical ability, and an old guitar, from his Grandad Cliff who passed away in 2013. Ben played and practiced everyday past midnight, sometimes even skipping school just to sneak home to practice. We encourage people to visit his Instagram page "ben_and_his_guitar." Ben was a remarkably mature young man, always calm and wise well beyond his years. He was the best son that parents could have, and the best boy a Dad could ever have.

Tragically, Ben was killed in a hit-and-run by an impaired driver on August 10, 2018. He is survived by his parents John and Brenda, his sisters Stephanie (Spencer) and Hannah (Jason), grandparents June Harris, and Brian and Gail Heywood, aunts, uncles, cousins and good friends.

We will always miss him and he will be loved forever.

Ben will never be forgotten.

There is a memorial bursary for guitar students set up in Ben's name. Google 'go fund me' and search 'Ben's Guitar Award'

A memorial service will be held on Tuesday, August 21, 2018, at 2:00 p.m. in the Gilbert Funeral Chapel, Selkirk, MB.

Condolences, pictures and videos may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY

Nick Samagalski

Peacefully, on Monday, August 20, 2018, at the Selkirk Regional Health Center, Nick Samagalski, aged 87 years, of East Selkirk, MB, beloved husband of Thelma, passed away.

A memorial service will be held on Monday, August 27, 2018 at 11:00 a.m. in the Gilbert Funeral Chapel, Selkirk, MB.

Gilbert Funeral Home, Selkirk in care of arrangements.



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