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Magic at the waterfront

RECORD PHOTO BY LINDSEY ENNS

Todd deGroot, pictured left, of East Selkirk performs a magic trick for a group of young viewers during the Selkirk Waterfront Farmer's Market along the waterfront last Wednesday afternoon. The 13-year-old has been a member of the Society of Young Magicians in Manitoba for more than one year. The Selkirk Waterfront Market runs Wednesday afternoons in August. For more photos, see page 10.

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Friends mourn Winnipeg man who drowned at Birds Hill

Second search in one week at nearby beach ends in tragedy

By Dave Baxter and Lindsey Enns

Rescue workers searched the waters at Birds Hill Provincial Park beach for the second time in less than a week last Saturday, but this time the search ended in tragedy.

RCMP said they were called to Birds Hill beach around 3 p.m. last Saturday afternoon, and a man was found unresponsive in the water around 4:45 p.m.

The man was then taken to hospital where he was pronounced dead.

Friends on social media have since confirmed the drowning victim is 22-year-old Jean-Baptiste Ajua of Winnipeg.

Ajua was a former member of the University of Manitoba's Bisons



FACEBOOK PHOTO

Jean-Baptiste Ajua is seen standing by the Canadian flag, after becoming a Canadian citizen back in January. Friends and family members are now mourning the University of Manitoba track star after he drowned at Birds Hill Provincial Park beach last Saturday afternoon.

cross-country team and is a graduate of Elmwood High School.

Originally from Rwanda, Ajua became a Canadian citizen last January.

Abdu Ali of Winnipeg posted a message on his Facebook page about his friendship with Ajua, and Ajua's athletic goals.

"Man I really still can't believe you are gone, it was just yesterday that we were talking about the future and how you wanted to be in the Olympics," Ali said in a post written last Sunday. "I seriously am so lucky to have had you as a friend, you taught me a lot and I always will look up to you. You are always gonna be my brother, I love you and will miss you every second."

"It's not fair that you're gone, but you're in a better place now."



RECORD PHOTOS BY LINDSEY ENNS

ABOVE AND BELOW: Dozens of beach goers watch as emergency crews search the waters arm-in-arm at Birds Hill Provincial Park beach last Wednesday afternoon. The search, which lasted nearly three hours, turned out to be a false alarm.



Ajua was referred to as "a kind and gentle person" by Manitoba Bisons track and field coach Claude Berube in a statement released on Sunday by the U of M Athletics Department.

"JB as he was known by his teammates was well liked by all," Berube said. "He also had a busy and balanced life juggling school, work, family life while performing very well."

Several Winnipeg media outlets have reported that Ajua was at Birds Hill beach on Saturday with friends from his church when he disappeared

in the water.

Dozens of emergency workers, including members of the East St. Paul Fire Department, combed the same waters for nearly three hours last Wednesday afternoon for what turned out to be a false alarm.

A beach goer told members of the media last Wednesday that a search was suddenly triggered after a Birds Hill Park safety officer believed she saw someone swim out into the water, go under and not resurface.

Continued on page 6

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Selkirk senior dies in hospital months after home invasion

By Lindsey Enns

One of two seniors seriously assaulted in their Selkirk home in April died in hospital over the weekend.

"As a result of the injuries sustained in the assault, an 86-year-old female victim has been in care at the Selkirk General Hospital ever since," RCMP Sgt. Bert Paquet told the *Record* via email on Monday.

Paquet said the woman died in hospital last Saturday morning.

"It is unknown at this time what the cause of death was," he said.

Paquet added the woman's body has since been transported to Winnipeg for an autopsy scheduled for some-

time this week to determine the cause of death.

"Once the cause of death has been determined it will dictate whether the accused in this matter will have his charges upgraded," he said, adding this is an ongoing investigation. "Too early at this time to know what they will be exactly."

A 22-year-old man is facing multiple charges including several counts of assault and breaking and entering with intent after allegedly breaking into the elderly couple's home in Selkirk on the evening of April 3.

Both the elderly woman and her 88-year-old husband had been "seri-

ously assaulted and were suffering from injuries" inside their home when RCMP arrived.

The elderly couple were transported to hospital in stable condition and the woman remained in hospital for months after the attack before she died last Saturday.

Shortly after the assault in April, local businesses and community members stepped up to help the elderly couple.

Noventis Credit Union's Selkirk branch was collecting monetary do-

nations for the couple and Brown and Sons Construction agreed to help better secure their home.

Although she couldn't reveal how much money was raised for the couple, Sylvia Magyar Brambilla, Selkirk's Noventis Credit Union branch manager, said the Selkirk community was very generous with their donations.

"The family was very touched," she said on Monday. "It was heart warming and the family was really taken by how many people donated."

Festival filled with magic, music



RECORD PHOTO BY DAVE BAXTER

Magic and music filled the Selkirk Waterfront last Saturday evening during the city's Waterfront Festival. The event saw Ryan Price Magic, pictured above, put on his magic show, and rock cover acts Mother Groove and Dreams and Rumors perform on the Noventis Credit Union Stage on a warm and sunny evening in Selkirk.

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HOURS
MONDAY - FRIDAY 9-9
SATURDAY 9-6 SUNDAY 12-5

BIG DOLLAR

Debt buyback aims to ease burden on WSP ratepayers

By Dave Baxter

West St. Paul's mayor says the RM has made a decision that will ease the financial load on the municipality's

ratepayers.

In a statement released last week the RM of West St. Paul announced that council voted unanimously to purchase back \$1.7 million of its \$4.5 million debenture, which was obtained in 2013 for the construction of the Main Street Sewer Trunk Line.

The line will provide sewer service by connecting homes in West St. Paul to the North End Water Pollution Control Center in Winnipeg, with the project being completed in phases.

"The debenture purchase will save ratepayers \$597,552.77 over the 20-year life of the debenture, as that interest will not be required to be paid. This will reduce the total municipal debt by 19.9 per cent of all long-term debt," the municipality said in a statement released last week.

Mayor Bruce Henley said West St. Paul was able to pay down the \$1.7 million because of a payment they received from the neighbouring RM of St. Andrews, which will allow St. Andrews to hook up to the sewer line.

"The cost for St. Andrews to buy into our main sewer trunk line along Main Street has allowed us to do this," Henley said. "We were able to take a portion of the money we received from St. Andrews to pay down the debt."

Henley said St. Andrews has a payment arrangement with West St. Paul

to pay \$2.3 million towards the trunk line, and they have already made an initial payment of \$1.1 million.

"That \$1.1 million plus money taken from the West St. Paul's reserves were used to pay the \$1.7 million," Henley said.

Henley said that in 2013 as mayor, he made a presentation to West St. Paul residents and told the community in that presentation "council was committed to delivering a permanent wastewater solution in the most affordable manner possible."

Henley believes the announcement that they are now putting \$1.7 million back onto the debenture "confirms to all ratepayers in the community we are delivering on that promise."

"By doing this we have just saved more than \$600,000 in interest charges, and we have been able to reduce our debt load," Henley said.

West St. Paul council approved the purchase of \$1.7 million of the \$4.5 million debenture unanimously at a council meeting on Aug. 11.

This debenture purchase reduces the original borrowing for the project by 37 per cent, leaving the municipality with a debt of \$2.8 million, according to the RM.

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Filmmaker sets sights on Selkirk for mini doc series



SUBMITTED PHOTO

Winnipeg-based independent filmmaker Aaron Peters is setting his sights on Selkirk for the topic of his next mini doc series.

By Lindsey Enns

A Winnipeg-based musician turned independent filmmaker is setting his sights on Selkirk for the topic of his next mini documentary series.

Aaron Peters, who called Selkirk home for about two years back in 2008, said the community's friendliness inspired him to make a film about the city.

"When I make films I try to come up with ways to get people excited about them," Peters said. "When I was thinking about making a film about Selkirk I knew that the people there would appreciate it."

"Those people like their hometown."

Peters said he plans to interview about five people with close ties to the community for the roughly 20 minute short film which he hopes to release sometime in September.

"I've got my eyes on getting five people at least to talk about the town and just asking them questions about the town," he said, adding he plans to focus on positive aspects of the city. "It's going to be very lighthearted."

Peters is also currently working on short films about Stonewall and Portage la Prairie. He has mini trailers up for all three films on his YouTube page under "Aaron Peters."

Those interested in being interviewed for either of the short films can contact Peters directly by calling 204-807-0540 or via email at brownjovi@yahoo.com.

"I'm looking forward to getting more people to come into Winnipeg and get in front of my green screen," Peters said, adding he plans to do some filming in Selkirk in upcoming weeks. "This isn't your run of the mill documentary."

Peters said he works on all of his films independently and without any outside funding.

"It's a challenge but it's a challenge that excites me," he

said. "I film, I edit, I write, I interview, I mix audio, everything. Nobody does anything I do everything."

The 45-year-old said he got his start in filmmaking while he was in a band. He said while they were filming music videos he would try and soak up as much knowledge about filmmaking during their video shoots.

Peters has now grown his independent filmmaking business to include a recording studio in Winnipeg, five cameras, a drum kit, backdrops and a long list of video equipment.

Peters said he has plenty of fond memories of

when he lived in Selkirk.

"There are some great people who live there and they would have a lot of really cool things to say about their town."

"Selkirk has great people in it so it was an inspiration for this film."

He added once he finishes the film, he will be reaching out to local businesses and organizations to help sponsor and market it. Those that help sponsor the film will then be featured in the film, he said.

He also hopes to have a screening of the film in Selkirk once it is released.



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> GOV'T COMMITS TO SAFETY OF BEACHES, FROM PG. 2

The province posted on Twitter that the search was “precautionary” after “bubbles” were spotted in the water.

During the busy beach day, hundreds of swimmers were told to get out of the water while emergency crews taped off an area along the beach.

Dozens of beach safety officers searched the water arm-in-arm repeatedly alongside two boats from the East St. Paul Fire Department. STARS air ambulance also landed near the beach and was on standby for about two hours.

The Manitoba government has committed to a province-wide safety review of its beaches following the drowning deaths of a 12-year-old boy and 11-year-old girl at Grand Beach on Aug. 1.

Although Grand Beach, Birds Hill and Winnipeg Beach all have safety officers that are trained as lifeguards, they aren’t responsible for monitoring the waters but are on hand to provide water safety tips.

According to the Canadian Red Cross, children ages one to four and men ages 15 to 44 are at the greatest risk of drowning.

“A small child can disappear in seconds and can drown in only a few centimetres of water-enough to cover the mouth and nose,” according to the Red Cross’s website. “Typically these drownings occur in backyard pools, toddler pools, the bathtub, or at the beach.”

Some swimming safety tips from the Red Cross include constantly supervising children in the water, wearing a life jacket or personal flotation device while on a boat, swim in life guarded areas and check weather conditions before venturing out into the water.

Open house for WSP water project set for Sept. 14

Submitted

A public open house to provide information about the West St. Paul Water Project will take place on Sept. 14 at the Sunova Centre from 5 p.m. to 8 p.m.

Approximately 80 people attended a similar open house on the project on Aug. 10, where the public could see storyboards explaining the project, and ask questions.

Staff from Manitoba Water Services Board and Stantec joined West St. Paul Council and administration at the open house and were available to answer questions, and will be present at the Sept. 14 meeting.

Syrian boy's photo hits home for local advocate

By Dave Baxter

A St. Andrews man helping bring refugees into Canada says a heart-breaking image of a Syrian boy has put a "human face" on the global refugee crisis.

Last week a haunting video and pictures were released of five-year-old Omran Daqneesh sitting quietly in the back of an ambulance covered in blood and dust.

The boy had just been rescued from the rubble of his home after an air strike in Aleppo, Syria.

Daqneesh appears stunned and remains quiet in the video, at one point calmly wiping blood off the side of his head.

The images of the boy went viral last week and reaction came pouring in on social media.

CNN anchor Kate Bolduan openly wept on-air while discussing the image of the boy.

Daqneesh survived his injuries and he has since been released from hospital in Syria, according to reports.

Don Forfar, the chair of the Red River Churches Refugee Team said he hopes the disturbing image ultimately reminds Canadians why so many people are looking to come to this country for a better life.

"MOST REFUGEES ARE JUST FAMILIES THAT WANT WHAT YOU AND I WANT. THEY WANT A GOOD LIFE AND THEY WANT OPPORTUNITIES FOR THEIR KIDS, AND SAFETY FOR THEIR KIDS."

"Most refugees are just families that want what you and I want," Forfar said. "They want a good life and they want opportunities for their kids, and safety for their kids."

The local team is a group of more than 15 local churches that have joined forces to raise money, collect donations and round up volunteers to help bring refugees to the Selkirk area.

Since joining forces, the team has worked towards a goal of raising \$100,000, and also to get the word out about the volunteers that are needed to help refugees once they get to Canada.

Forfar said if the photograph of



TWITTER PHOTO

Last week a haunting photo was released of five-year-old Omran Daqneesh sitting in the back of an ambulance covered in blood and dust after his home in Syria was hit by an air strike.

Daqneesh gets any more residents on board with helping to settle refugees

than the image has helped, despite its disturbing imagery.

"In the Selkirk area that support is already overwhelmingly there, but this just reinforces what we're doing," Forfar said. "If it even converts five more people in Selkirk that's all-the-better."

The team recently helped bring two refugee families to Selkirk from Sudan, and Forfar said he is impressed by the way Selkirk has embraced and supported them since their arrival.

"I am blown away by the support Selkirk has given in terms of money, donations and volunteers," he said. "But what has really impressed me is when the family is out in the community people have been really receptive and really welcoming to them."

"Many have walked right up to them and said 'welcome to Canada,' and neighbours have made a point of knocking on their doors to welcome them."

He also said the two families, who spent 11 years living in a refugee camp are so far enjoying life in Canada, and in the City of Selkirk.

"They are happy to be here, and they are really just a happy and gregarious family."

School supply drive helps students get ready for class

By Dave Baxter

Sophie Mazur flashed a huge smile when she was handed a brand new backpack filled with school supplies last Saturday at the Selkirk Waterfront.

"I am so excited because now I'm going to go to school with all this awesome stuff," said the nine-year-old who will start Grade 4 in Selkirk early next month.

The backpack had everything in it from a calculator and a ruler, to binders, pencils and paper.

There were a whole lot of happy young faces at the waterfront during the Waterfront Festival last Saturday, as Selkirk-based business Custom Remote Starters held a school supply giveaway.

"It's just to help out," Custom Remote Starters owner John Kobak said while handing out school supplies last Saturday. "We've got kids going back to school soon, and we've got families in town that can use a hand at this time of year."

"We want to do our little bit to get the kids going and get them started with their school year."

The business purchased a variety



ABOVE LEFT: Nine-year-old Sophie Mazur was all smiles after she was handed a brand new backpack filled with school supplies at the Selkirk Waterfront last Saturday. Selkirk-based business Custom Remote Starters held a school supply giveaway during the Waterfront Festival handing out supplies to dozens of children and youth. **ABOVE RIGHT:** Ellie Longbottom, pictured right, who is spending the summer working for the City of Selkirk, helped hand out school supplies during a giveaway at the Selkirk Waterfront last Saturday organized by Custom Remote Starters.

of school supplies and brought them down to the waterfront during the festival.

Contests were held to decide who would get backpack prize packs, but no families were turned away from

getting their hands on free school supplies.

After the contest was finished families lined up and were handed school supplies.

This is the second August in a row



RECORD PHOTOS BY DAVE BAXTER

Custom Remote Starters has held a school supply giveaway in Selkirk, and Kobak said they hope to turn the giveaway into an annual tradition in the city.

Selkirk Record



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Sharing is caring but not for the birds

Hi folks, glad you could join me.

One of the places in Selkirk that makes fishing a bit easier on the pocketbook is Rosalie Shantz's Big Dollar store. I was in there looking at an anglers' vest sometime ago when Rosalie began talking about one of her favorite Selkirk customers, Chris Tonn, who eats, sleeps and breaths fishing. I felt I had to meet this lady so I reached out and soon we were sitting across from each other at Roxi's at the Selkirk Motor Hotel.

Talk about a happy bundle of energy full of fishing stories. Wearing her Manitoba Master Angler bracelets and t-shirt she shared a story where she was boat fishing in Malachi Lake with her mom, dad and her young daughter.

Dad caught a tiny pickerel and as he was reeling it in a big jack came streaking in trying to steal it but lost its' grip. Seeing an opportunity, he cast the pickerel out again and sure enough the jack clamped onto it. Dad smiled at his craftiness as he reeled in the huge fish.

In the meantime on the other side of the boat mom and granddaughter were dealing with the little girls' twisted up line in her reel but the baited hook was still in the water. Suddenly there was a terrific pull on her rig. Grandma and granddaughter both forgot about the fouled line and with their hands fumbling over each other, they grabbed the line and together landed a jack even bigger than granddads'.

Later, before we parted company I had to do something a little different to get us a picture of Chris with a fish she had caught. She had brought a lot of them so I selected one and she held it up while I snapped a picture. She chuckled remembering hanging on to that sturgeon was worse than handling an angry baby.

Finding someone fishing along the



PHOTO SUBMITTED
Chris Tonn holding a pic of herself holding a sturgeon she caught in the Red off the Selkirk Park

Winnipeg River last week was quite the chore but eventually I found Joel Salalaga, an affable fellow in his 40's from Winnipeg at McArthur Falls. He shared an experience of when he came here from the Philippines and went fishing for the first time at Lockport.

He began catching fish after fish and was convinced he had found the greatest fishing spot in the world. The guys around him tried to tell him it was just a fluke but he wasn't listening. Day after day he would come back to the same place catching only a

few fish. Finally, he said it sunk in and today he still shakes his head over being naïve.

Every time I ran over to the Hnaua pier last week the wind was kicking the waves up keeping anglers away. Back there on Wednesday, I met a tall, grey haired chap, Ron Schmecht, from Arborg who had a humorous habit of talking while his tongue played with a toothpick in his mouth. We casually talked fishing and he told me something interesting. I had heard lately that the perch weren't biting and Ron told me that an old Islander from Riverton told him when the fishflies seed their eggs in the water the perch will eat little else.

On Friday I went back to the Hnaua pier to fish and again a cool hard wind made restless waves. The sun was bright though and I met a most delightful couple Norm and Pat Pruden from Selkirk.

As we discussed fishing they had also heard that perch apparently do like to eat fishfly eggs. Norm remembered when he and his friend were boat fishing in Catherine Lake when they had noticed a huge eagle and its' young one flying overhead all afternoon.

At the end of the day they decided to catch one more fish and throw it to the eagles for a feed. They caught a pickerel and Norm asked his friend Keith to back the boat up so he could toss the fish where the eagles could get it. Keith started to back the boat up but soon there was an agonizing squeal and snapping sound as the motors' prop cut the thin rope holding the men's days catch.

In wide eyed shock the guys watched as their loose fish either dove for the depths or were scooped up by the eagles.

Gosh, I guess being considerate at times can be costly. Well, hope you come by next week, bye for now.



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TROUBLE WITH PAPER DELIVERY?

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Malathion is safe despite agency's findings, expert says

By Dave Baxter

The City of Selkirk says it plans to continue using malathion to battle mosquitoes, despite a health agency suggesting the insecticide is "probably carcinogenic" to people.

City of Selkirk director of operations Dan McDermid said the city has used malathion in mosquito fighting operations twice so far this summer, and there have been no discussions among city council or administration about looking at a different option.

"We go by what is recommended by our contractor," McDermid said. "With malathion, Health Canada and the province still say it's OK to use, and that is why we are choosing to stick with malathion, and there are no thoughts of a switch."

"Unless Health Canada, the province or my contractor suggests something different than most likely we will continue to go ahead with malathion."

In 2015 an agency of the World Health Organization (WHO) announced findings that stated that malathion, an insecticide used in both Selkirk and Winnipeg to kill adult mosquitoes, is "probably carcinogenic" to people.

However, one insect expert says he believes residents should not be concerned that the chemical is still being used to fight the annoying pests.



SUPPLIED PHOTO

The City of Selkirk says it plans to continue using malathion to battle adult mosquitoes, despite a health agency's concern the insecticide is "probably carcinogenic" to people.

Poulin's Pest Control director of technical operations and former City of Winnipeg entomologist Taz Stuart said as long as malathion is stored correctly its use should not be a concern for Selkirk citizens.

"Government agencies have proper chemical storage and they test malathion before they use it so yes, it's ok to use it," Stuart said.

He said the only concern would be

if private citizens purchase malathion and don't store it correctly.

If a homeowner buys malathion, stores it and it heats up, that will cause the breakdown of the product and will create what Stuart called "nastier and more toxic byproducts."

He added cold weather and freezing would also cause a similar breakdown of the chemical.

Stuart said municipalities are man-

"UNLESS HEALTH CANADA, THE PROVINCE OR MY CONTRACTOR SUGGESTS SOMETHING DIFFERENT THAN MOST LIKELY WE WILL CONTINUE TO GO AHEAD WITH MALATHION."

dated to have chemicals in a chemical storage house that is "climate controlled."

"So what we see is governments and cities store their products properly and safely," he said.

He added that table salt actually could actually have more dangerous toxins than malathion, as long as that malathion has been stored properly.

Stuart said he did not like the wording that WHO used back in 2015 when they said the product was "probably carcinogenic."

"The wording of that is vague fluffy," he said. "The group that released this did not use strong wording."

Stuart said any private resident that purchases malathion at Poulin's is given strict instructions on how to use it properly and reminded that it is the law to follow all directions when using the product.

Province continues to remind travellers to be wary of Zika virus

Submitted

Manitobans travelling to locations in Africa, southeast Asia, the Ocean Pacific Islands, South America, Central America, southern Florida and the Caribbean are reminded to take precautions to avoid contracting the Zika virus.

Zika virus infection is caused by a virus related to dengue and West Nile virus. It is primarily transmitted from the bite of an infected Aedes mosquito, in particular species such as Aedes aegypti and Aedes albopictus (Asian tiger mosquito) commonly found in tropical and sub-tropical regions.

While most spread is linked to the bite of an infected mosquito, less common types of spread have been reported. These include mother-to-child transmission, transmission via transfusion of infected blood and sexual transmission. Further research regarding these types of spread is still ongoing.

Common symptoms may include a low-grade fever, rash, muscle pain, short-term joint pain, conjunctivitis (red eyes), eye pain, chills and head-

ache. Less common non-specific symptoms may include weakness, lack of energy, sore throat, diarrhea and nausea/vomiting.

Only 20 per cent of infected individuals develop symptoms and these usually appear between three and 12 days after the bite of an infected mosquito. Symptoms are typically mild and last between two and seven days.

Preventing mosquito bites is key to limit the risk of infection with Zika virus. Travellers to regions affected by the current outbreak should use appropriate insect repellents (e.g., those containing DEET and Icaridin), wear protective clothing, use bed nets and make every effort to keep mosquitoes out of living areas by keeping doors closed, window screens in good repair and using air conditioning.

Given the association between Zika virus and the

elevated risk of serious health effects on unborn children, it is recommended that pregnant women avoid travel to areas where Zika virus is presently circulating.

Those attempting to become pregnant who cannot delay travel are encouraged to discuss their risk with their health care provider. In situations where travel cannot be avoided or postponed, individuals are encouraged to adopt strict mosquito prevention measures.

Presently, it is unknown whether local mosquito species could play a role in Zika virus transmission. However, research is ongoing.

For a current list of countries with reported locally-acquired Zika virus, see the Public Health Agency of Canada's Zika site: healthycanadians.gc.ca/diseases-conditions-maladies-affections/disease-maladie/zika-virus/risks-countries-pays-risques-eng.php.

For more information on Zika virus, visit gov.mb.ca/health/publichealth/diseases/zika.html.

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Waterfront entertainment



RECORD PHOTOS BY LINDSEY ENNS AND DAVE BAXTER

ABOVE: Double the Trouble performs during D.O.G Days at the Selkirk Waterfront last Wednesday afternoon. D.O.G Days runs every Wednesday throughout the month of August from 11:30 a.m. to 1:30 p.m. BELOW: Denice Franco and Pam Joseph show off some of the hula-hoops they sell at the Selkirk Waterfront Farmer's Market through their business Barn Hoop Dance on Aug. 10. The farmer's market runs Wednesday this month from 11 a.m. to 2 p.m.



The Selkirk Record

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Letters

City helps make garage sale for refugees a success

The Evangelical Lutheran Church of Selkirk hosted a garage sale in support of the Red River Churches Refugee Team on Aug. 11, 12 and 13.

It became apparent very early into the preparations for this event that the volume of items being donated for this sale could not all be accommodated in the Lutheran Hall alone as planned.

The organizers in desperation, contacted the City of Selkirk last Monday morning asking if we could be accommodated in the Selkirk Barn as a second location. This was all set up in a timely manner on very short notice, and the sale was a huge success.

It needs to be said that the refugee committee and the Evangelical Lutheran Church are very grateful and appreciative of all the City of Selkirk did for us in order for this sale to continue and be the success that it was. The city did indeed go above and beyond to help us out in a time of extreme desperation and need. To this

end we are extremely grateful and thank the city for all they did to help us out.

We do live in a great city and I am proud to be a citizen here.

In addition, I would like to send my sincere thanks to everyone who volunteered their time to make this garage sale a huge success. Hours upon hours were spent sorting, unpacking, picking up donations, making food for the volunteers, packing up and helping out in so many ways. I would also like to thank the members of the refugee committee who came to my aid in my moment of need, and supported me in this adventure. You kept me grounded.

Thanks to everyone who came and bought items and gave donations towards this event. Without your support, it would not have been the success that it was.

With thanks and gratitude,
Cathy Sveinson
Evangelical Lutheran Church

Soaking up some fun on Water Day



RECORD PHOTO BY BRETT MITCHELL

Corbin, pictured left alongside his sister Lydia and mother Lia Semenowich, pictured far right, learn about erosion through one of the many activities offered at the Gaynor Family Regional Library during Water Day last Wednesday.

Bob Jefferson Memorial Golf Tourney set for Sept. 8

Annual event to raise funds for Selkirk and District Community Foundation

By Dave Baxter

Organizers of the Bob Jefferson Memorial Golf Tournament say although the long-time Selkirk businessman and philanthropist is no longer with us, it's important to keep his name alive.

"Bob's passing was certainly unexpected, and it just felt like keeping this alive was the right thing to do," Bob Jefferson Memorial Golf Tournament chair Michael Buhr said.

The Bob Jefferson Memorial Golf Tournament, presented by Investors Group, will take place at the Selkirk Golf and Country Club on Thursday, Sept. 8.

Jefferson, a long-time Selkirk-based real estate agent, passed away suddenly in December 2013 while visiting with family in the United States.

Before his passing, Jefferson had organized an annual golf tournament in Selkirk for almost two decades, and all proceeds from the tournament went to the Selkirk and District Community Foundation (SDCF).

Two years ago Investors Group Financial Services in Selkirk decided they should keep the golf tournament alive to continue honouring Jefferson, and raising cash for the SDCF.

Buhr, who works for Investors Group in Selkirk and is the chair of the tournament's committee, said both himself and Investors Group have always been involved with the tournament when Jefferson was running it.

"I was personally involved with the tournament since the 1990's both as a participant and as a sponsor," Buhr said. "And certainly Bob's path and my path had crossed many times over the years."

Buhr also said he knows how much the annual tournament has done to help the SDCF, as he formerly sat on the organization's board.

"We knew they wanted to see it live on because it was a significant source of funds for the foundation every year, but they don't have the capacity to run it themselves so through discussions it was decided Investors Group would take it over," he said.

The first summer after Jefferson's passing, Century 21 ran the tournament, and last year was the first summer Investors Group ran the event.

Buhr said during last year's tournament they felt a lot of appreciation from the community for keeping it alive.

"We wanted to maintain it and honour Jefferson's memory," he said. "It has been a mainstay on the calendar for almost 20 years."

"Bob was an icon in the community and supported many worthy causes and we are pleased to continue on his legacy."

SDCF executive director Bev Clegg said money raised from the annual tournament is always a "big deal" for the organization.

"Right from the get-go of the tourna-



RECORD FILE PHOTO

Bob Jefferson, a long-time Selkirk-based real estate agent passed away suddenly in December 2013. The Bob Jefferson Memorial Golf Tournament, presented by Investors Group, is set to take place Thursday, Sept. 8 at Selkirk Golf and Country Club.

ment all money raised was given to us for operations and funds," Clegg said. "The tournament helps us with operations which is very helpful."

She said last year the tournament brought in more than \$10,000 for the foundation.

"It's a big deal and always a big day for the foundation," Clegg said.

Registration for the tournament is \$500 per team or \$150 per person, which includes a golf cart.

Buhr said if anyone still wants to register to participate they can, but they should do so soon to ensure they get a spot in the tournament.

"People can still register, but it is getting close to full," Buhr said. "But at this point we are still in a position to take on participants, and also to take on sponsors."

"Our goal is to have a full slate of golfers which is 144, and I believe we will reach that goal."

To register for the Bob Jefferson Memorial Golf Tournament presented by Investors Group on Sept. 8, or to inquire about becoming a sponsor, contact the Selkirk and District Community Foundation via email at selkirkfoundation@shaw.ca or by calling 204-785-9755.

Selkirk Biz seeks noms for 5th annual business awards

By Lindsey Enns

Nominations are now open for the Selkirk Biz's fifth annual awards evening.

The deadline to submit nominations is Thursday, Sept. 22 and nomination forms can be found on the Selkirk Biz's website at selkirkbiz.ca.

This year the local business chapter is accepting award nominations for the following categories: Customer Service, Community Spirit, New Business of the Year, Business of the Year, Woman Entrepreneur of the Year, Business Philanthropist of the Year, Brand and Marketing as well as Farm Family of the Year. A new category this year is the Inclusive Business award sponsored by Community Living Selkirk.

This year's business awards will be handed out on Wednesday, Oct. 26 at the Selkirk Golf and Country Club.

A champagne reception will begin at 5:30 p.m. with dinner to follow at 7 p.m.

For tickets and more information, call 204-482-7176.

"The 2015 Selkirk Biz Awards night was a massive success in celebrating the people and their businesses that have been leaders in customer service, philanthropy and much more in our area," Selkirk Biz president Brett Mitchell said. "Because our attendees really enjoyed networking time, this year we have decided to add half an hour to it."

"We will also have a guest speaker this year. All of this without extending the evening. We are very excited about the event coming up during small business week in October."

Last year more than 100 community and area members gathered to celebrate local businesses during the

awards evening.

A total of 14 businesses were nominated for the fourth annual event.

Selkirk Biz, the area's Chamber of

Commerce, represents more than 200 businesses from St. Andrews, St. Clements, West St. Paul and the City of Selkirk.

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Tri-S animal advocate hopes support remains for rescues

By Dave Baxter

The co-chair of a local pet rescue says she hopes a recent case of dogs being mistreated at an unlicensed rescue in Winnipeg doesn't lead to Manitoba's pet rescues getting a bad name.

"It really bothered me to hear about this," Pawed Pals Animal Rescue co-chair Karen Keppler said on Monday. "It's very bad because there are so many people that are volunteers in this, and it hurts those volunteers when the public finds out that these kind of rescues exist."

Manitoba animal care officials said on Aug. 10 they launched a full investigation following the death of a puppy as well as the seizure of four dogs at what is being called an unlicensed pet rescue in the Valley Gardens area of Winnipeg.

The Manitoba's chief veterinarian and the Winnipeg Humane Society investigated the home in Winnipeg after receiving a tip and said the animals were living in unsanitary conditions.

Keppler said she doesn't want rescues to get a bad reputation because of what she called "one rotten apple."

"The fear now is that people will become suspicious of rescues until we move on from that story," she said.



TWITTER PHOTO

Animal protection officers and the Winnipeg Humane Society removed four dogs and found one puppy deceased after they inspected a home in the Valley Gardens area of Winnipeg, and discovered animals, like this dog pictured above, living in unsanitary conditions.

She added that just because a resident takes stray animals into a home, "that does not mean they should automatically be considered a rescue."

"Some may go into this with the right intentions, but there is so much more to it than most realize."

She said if any home has a large numbers of cats and dogs in it, that

home must have a kennel license, and all the animals in that home must be licensed.

"And there are federal rules on how to take care of animals in terms of things like minimum kennel size, and even minimum time spent interacting with a dog or cat per day," she said.

If dogs or cats don't get social inter-

action, they are harder to adopt out because they will likely not be socialized, Keppler said.

Pawed Pals, which is based in and rescues animals in the Tri-S area doesn't have a rescue building but instead fosters out animals until they can find homes where they can be permanently adopted.

Keppler said any residents that want to offer a foster home or adopt any of their animals have to go through a "screening and application" process to determine if they are fit to take care of the animal.

She said there are many factors to consider including how much time possible foster families spend outside of the home, or if they have other animals that could harm or stress the animals.

She added Pawed Pals always charges a fee for the adoption of their animals because they never want the animals they rescue and adopt out to be deemed "disposable" once they are adopted.

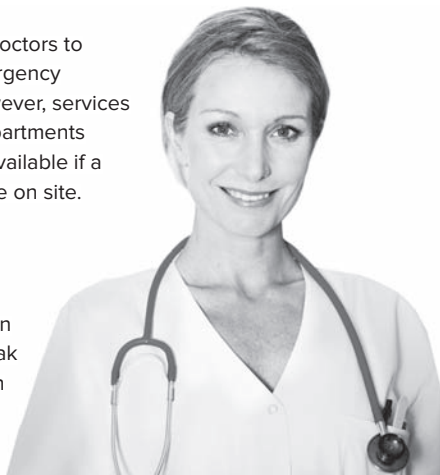
Those interested in more information about fostering or adopting an animal through Pawed Pals Animal Rescue can call Karen Keppler directly at 204-771-8828.

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Sexual assault crisis centre seeks volunteers in Selkirk

Staff

The Survivor's Hope Crisis Centre is seeking volunteers in Selkirk and area to train as sexual assault crisis intervention workers.

"We are happy to share that we are expanding the SARAH Program into the Selkirk area in 2017 through a pilot project at the Selkirk Hospital," a release last week stated. "Women living and working near any of our support centres are invited to find out more about volunteering as SARAH Workers."

"Our workers offer respectful support as they validate a victim's experience with sexual violence and help them navigate the many decisions that follow such a traumatic event."

While offering emotional support, the program also helps the survivor sort through their options as they gather their strength to move forward in a healthy manner.

The program is unique in rural Manitoba as it is the only rural support service specifically dedicated to supporting victims of sexual assault and have been providing support services in eastern Manitoba since 2003.

The program is established in Powerview-

Pine Falls, Pinawa/Lac du Bonnet and Beausejour/Oakbank through the local hospitals, RCMP detachments and two drop-in offices. The program also supports victims coming from many surrounding communities.

Training takes place over 40 hours in October (weekends and evenings). Interested women can contact their office at 204-753-5353 or email director@survivors-hope.ca for more information and the application package.

The application process must be completed by Sept. 18.

**"WOMEN LIVING AND
WORKING NEAR ANY OF
OUR SUPPORT CENTRES ARE
INVITED TO FIND OUT MORE
ABOUT VOLUNTEERING."**

Matlock Festival of Music transitions to yearlong events

By Katilin Vitt

This year, people aren't limited to visiting the Matlock Festival of Music, Art and Nature only once this summer, but rather they can attend events throughout the year.

There is no single weekend for the festival this year, which had its sixth annual festival last year.

Matlock's Micah Erenberg, who will host an upcoming songwriting retreat, said the festival's board decided, "they would rather do several smaller events rather than having to put so much effort into a big event once a year."

The day long songwriting retreat will be Sept. 2 on Ash Ave. in Dunnotar. Brett Nelson, a singer songwriter from Alberta, will mentor those in attendance.

"For some people, they can write their first song," Erenberg, 23, said. "You can just sort of be part of a writing process, something you didn't have the opportunity for before."

The retreat will start with a sharing circle of songs, and Nelson will give some constructive criticism and tips to the writers, Erenberg said.

Later in the day, people at the retreat will go into groups to collaborate and help with the writing process.

If someone feels nervous about sharing their songs, it's not required, though it is encouraged, he said.

"You might be inspired to share what you have when you see that everyone around you is."

People are welcome to take breaks from the workshop and explore the surrounding area to "be on the land and write and do whatever you need to do," Erenberg said.

Erenberg, who is also a musician, recorded some of Nelson's songs in Matlock for an upcoming album. Instead of Nelson paying Erenberg for the work, Erenberg asked him to do something for the festival. Nelson thought of hosting this retreat, Erenberg explained.

Contact Erenberg to register for the retreat at micaherenberg@gmail.com or 204-223-2313. If there's enough interest, organizers will add another day to the retreat.

Festival organizers hosted a nature walk on the retreat's land Aug. 14. People learned about wild plants in the area and their medicinal uses.

Though there aren't plans to do a weekend-long festival in the near future, it's not out of the question, Erenberg said.

"We're just saying we want to take a break and refocus our energy to make more use of the space than just a festival."

Erenberg said organizers will continue to host music, art and nature related events throughout the year at

this space.

Erenberg also hosts an open mic at Gimli's Ship & Plough Sundays 8-11

p.m., where he said people can meet him or watch him play.

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<ul style="list-style-type: none"> • Unistone • Retaining Walls • Sand (all types) • Lawn Dressing, Grass Seed • Limestone, River Stone • Red & Black Granite • Shale (all types of soil) • Gull Lakestone • Nursery Sod 	<ul style="list-style-type: none"> • Mulch (all Colours) • Gravel • Water Features • Asphalt & Concrete • Landscape Fabric • Fences (all types) • Excavations & Driveways • Patios, Driveways
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CHUCK'S RENTALS
• Loaders • Trucks • Tillers • Hand Tools
• Miscellaneous Garden Equipment

CITY WIDE DELIVERY

FREE ESTIMATES

Purchase All The Products You Need For Your D.I.Y. Project Or Have Chuck's Do A Professional Installation of Your Dreams!

2303 Main St. (beside Chief Peguis Bridge) 204-334-5119 or 334-5146
Hours: Mon - Sat 7-9 Sundays 10-6

Interlake to host WAVE Artist Studio Tours next month

By Lindsey Enns

WAVE Artist Studio Tours are inviting the public to meet Interlake artists face-to-face in their own creative spaces next month.

Warren Wenzel, the tour's chairperson, said the two-day event is all about giving those interested in art a rare experience.

"Artists open their studios so people can come and see what they do for entertainment and for fun," Wenzel said. "They get to see how their work is done in some places, they get to experience all of it."

Dozens of artists inspired by the Interlake including painters, photographers, jewelry makers, sculptors and more are taking part in the tours scheduled for Sept. 3 and 4.

Studios will be open from 10 a.m. to 6 p.m. both days. For more information, visit watchthewave.ca.

Wenzel said this will be the last tour of the season and they are hoping for larger crowds than what they saw in

June.

"It's a great idea," he said. "It's a great entertainment idea for the weekend."



Presented by **CITY OF Selkirk & The Selkirk Record**

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Every Wednesday in August
at the Waterfront

From 11:30am - 1:30pm **BRING YOUR DOG**
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FALL & WINTER ACTIVITIES & registration section 2016-2017

7 Ways To Make Mornings Less Hectic

Many families find the rush is on to make it to school and work on time each morning. Feeling rushed in the

morning is a recipe for added stress. Rushing through things is a poor way to begin a day, and those feelings of uneasiness can put a damper on the rest of the day ahead.

Making mornings less hectic involves a few different strategies that parents and kids can easily incorporate into their daily routines.

· Wake up slightly earlier. Getting up earlier than normal, even if it's just 15 to 20 minutes before you're accustomed to getting out of bed, can help reduce morning stress. Resist the temptation to hit the snooze button over and over again. A few extra minutes each morning can make you feel more relaxed and make for a smooth,

stress-free start to the day.
· Get some work done the night before. Prepare lunches the night before and have them ready in the refrigerator. In addition, lay your clothes for the following day out each night. This saves time and takes a couple more

Continued on page 15

SELKIRK Rhyme and Reading Circle
A FREE Parent/Child (0 - 5 yrs) Program
REGISTRATION
FALL OR WINTER SESSION (11 weeks)
SEPTEMBER 14th
10:00 TO 11:30
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202 McLean Ave
JOIN US WEDNESDAYS FOR:
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Arc Industries (basement) 306 Jemima Street, Selkirk
Hours: Tues., Thurs. 6:30-8:30 pm
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Monthly and Family Rates.
Open to Registration all year.
Classes start Tuesday, September 6th, 2016
WTF, CTF, MTAI Certified Instruction/School/
Taught by 6th Degree Master
For more info call: Richard Cain (204) 738-2367

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Fall Registration Begins August 16th!

Registration Hours (In-Person)
Tuesdays & Thursdays 5:00 – 8:00pm
August 16th to September 8th
Classes begin Monday, September 12th!

Ballet	Tap	Jazz	Hip Hop
Creative Movement	Two's & You	Pre-Dance	Adult Dance
Adult Fitness	Musical Theatre	Ages 2 – Adult	Recreational & Competitive

Open to all levels, ages and abilities!

www.EvolutionDance.ca

**TRI-S**
Indoor Soccer
Registration

Online registration
will take place
August 20th to
September 4th.
Registration will be
for all players born
from 1998 to 2008.
Teams will play in the
U9-U18 Recreational or
Developmental divisions
of the Winnipeg Youth Soccer
League and play games in Winnipeg with practices
in the Selkirk area. To register or more info go to
www.trissoccer.com as well as
www.winnipegyouthsoccer.com
Age groups may be combined to form teams and
to accommodate as many players as possible.
Payment must be made by September 4th or a \$35
late fee will apply. Teams will be formed based on
the paid registrations as of September 4th.

FALL & WINTER ACTIVITIES & registration section 2016-2017

> MORNINGS LESS HECTIC, FROM PG. 14

things off your morning to-do list.

· Ease back into a routine. As a new school year dawns or a long vacation comes to an end, begin going to bed earlier and start waking up earlier as well. This can make the transition from carefree mornings to busy mornings go more smoothly.

· Prep backpacks in the evening. Look through folders, sign paperwork, check assignments, and do whatever is you need to do the night before to save your family from having to scramble in the morning. This ensures those permission slips get signed and items make it back into school bags.

· Opt for school lunch a few times. Look ahead on the school lunch menu and speak with children about which meals

they enjoy. Let kids purchase school lunch on those days to give yourself a day off from lunch detail.

· Have quick breakfast foods available. Smoothies, cereal bars, oatmeal, and whole-grain cereals are fast and nutritious ways to start the day.

· Carpool whenever possible. Busy families can save themselves extra work by proposing a neighborhood carpool. Sharing school dropoff detail frees time up for parents once or twice a week, and kids may enjoy traveling to school with their friends.

Mornings can be tricky when family members are getting ready for school and work at the same time. By practicing a few daily rituals, it's possible to curb the rush and start the day happier and more relaxed.

ing a few daily rituals, it's possible to curb the rush and start the day happier and more relaxed.



LANGUAGE CLASS

SELKIRK FRIENDSHIP CENTRE IS OFFERING LANGUAGE TRAINING IN CREE, OJIBWAY & MICHIF.

The classes will start in September 2016 and each and each language class will last for 8 weeks. A Certificate of Achievement will be awarded upon completion of the language class. Please call Marie Walker at the Selkirk Friendship Centre at 204-482-7525 to register.

REGISTRATION

St. Andrews gymnastics

**Tuesday,
September 6th, 2016**

5:30-7:00pm

St. Andrews School (in the Library)

Kindergym (30 minute class) \$80.00
4 Year Olds (45 minute class) \$100.00
Cangym (60 minute class) \$120.00

Pre-Competitive and Regional Stream Competitive Program

For further information call: Brenda 334-6646 or Linda 338-7198

Classes held Tuesday & Wednesday evenings

Lockport River's Edge Run

for NF

NEUROFIBROMATOSIS

30k	1/2	10k	5k
MARATHON	MARATHON	RUN/WALK	RUN/WALK
8 am	8 am	10 am	10 am

Saturday, September 17th, 2016

Start & Finish at Skinner's River Road in Lockport, MB

Manitoba's Beautiful Run

BROUGHT TO YOU BY **Running Room** inc.
www.runningroom.com

Register online at www.runningroom.com
lockportriverrun@shaw.ca

Selkirk & District Ukrainian School of Dance Inc.

Ukrainian Dance Classes for everyone ages 3 and up

Register online at www.selkirkzorya.ca

For more information e-mail: sdukdanceschool@yahoo.ca or phone 204-785-0677

Classes start September 12, 2016!

Selkirk Ringette Registration

Selkirk Rec Lobby

Wednesday, Aug. 24th 5:00 pm - 8:00 pm

Tuesday, Aug. 30th 6:00 pm - 8:00 pm

(Need to be registered for "A" Try-outs)

Ringette 4 U Program (2009-2012)

Fall Conditioning Camp starts Sunday, Sept. 4th

Come Try Ringette Saturday, Sept. 17th 1:15pm - 2:15 pm Selkirk Rec

• Please pre-register by emailing t.clegg@mymts.net

Registrations can be done on-line at our website: www.selkirkringette.com

Payment can be made in person on registration dates, by e-transfer or mail to:
Selkirk Ringette, c/o Tanya Zorniak 655 Pigeon Bluff Road, St. Andrews R1A 4K2 dtks@outlook.com

Discover the joy of making music together with your family!

Evolution Dance Company,
200-366 Main Street, Selkirk MB
(204) 661-8930 • i-love-music.ca

Contact us to visit a class!

Music Together.

I Love Music

2016-2017 FALL & WINTER ACTIVITIES & registration section

Why Music Education Matters

The benefits of music education extend far beyond getting kids to tap their toes. The National Association for Music Education lists the following benefits among the many reasons to support music education in schools.

- Music training helps develop language skills. Studies have shown that music training contributes to the physical development of the part of the left side of the brain associated with processing language. A 2005 study from researchers at Stanford University found that mastering a musical instrument may also improve reading skills, which can benefit students both inside and outside the classroom.

- Music training can improve hand-eye coordination. Studies have linked long-term music training to improved hand-eye coordination. That is likely connected to the motor skills children develop when playing musical instruments. Without those instruments, those motor skills may not develop as strongly.

- Music improves concentration. Even students who cannot play a musical instrument can still benefit academically from simply listening to

music. In 2007, a research team from the Stanford University School of Medicine found that music engages the areas of the brain involved with paying attention. Today's students deal with numerous distractions, from smartphones to tablets to social media, but those who routinely listen to certain types of music might find it easier to block out those distractions and focus on their work.

- Music can improve self-esteem. In a study examining 117 fourth grade students attending public school in Montreal, a researcher at the University of Texas at Austin found that children who received piano lessons weekly for three years had higher self-esteem than children who were not given piano lessons during the same period. Neither group had participated in formal music instruction before the study, and students in both groups reported similar levels of self-esteem prior to participating in the study.

Music education can enrich the lives of young students in a myriad of ways, potentially contributing to happier, more fulfilling lives.


PET

of the

Month


Winner

August 2016



Molly

Fun Fact: Molly is a Yorkiepoo. She is 7 years old and such a sweetheart.



Molly has won a prize pack from Canvasback Pet Supplies!

To submit your pet for the Pet of the Month 2016 contest, send a photo and a fun fact to: ads@selkirkrecord.ca



Selkirk Judo Club

Classes for ages 7 and up on Tuesday & Thursday evenings beginning September 8th at the High School Upper Gym



FREE

TWO WEEK TRIAL MEMBERSHIPS AVAILABLE
Affordable for families

Ask about our 8 week program for 5—6 year olds

For more info, call Brian 782-9785

www.selkirkjudoclub.com

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to make an appointment today or visit www.selkirkanimalhospital.ca



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EDUCATION

*The Flame of knowledge lights
the path to your future*

Fall

2016 PROGRAM

JOIN US AND HAVE SOME FUN!

Phone 785-7312 www.selkirkconed.com

- All classes run subject to enrolment.
- Please register early to avoid cancellation and disappointment!
- All classes held at the High School unless otherwise noted.
- Classrooms subject to change.

REFUND POLICY

- Refunds must be requested **three days prior** to course start date less \$15 admin fee.
- For courses cancelled due to insufficient enrollment you will be notified and money will be refunded in full.
- Please note start date, time and location of course. You will **not** be sent a confirmation of registration **unless** registering on-line. You will be contacted **only** if the course is cancelled due to insufficient registration.

CONTINUING EDUCATION PROGRAMS
REGISTER NOW!

SWIM REGISTRATION BEGINS ON LINE AUGUST 30
IN PERSON AND TELEPHONE SEPTEMBER 1

Continuing Education ~ Lord Selkirk School Division
221 Mercy St., Selkirk, Mb. R1A 2C8 Phone: 785-7312

Registration Hours: 9:30 – 4:00

Melissa Nietrzeba ~ Program Director • Diane Thicksen ~ Assistant

Check out our new WEBSITE www.selkirkconed.com

HEALTH & WELLNESS

HATHA YOGA

\$90
With Cecilia Malcolm
For Stretching and Relaxing
Work at your own Level!
Mondays, Sept. 12 – Nov. 21
NO CLASS: Oct. 10
5:30 – 6:30 pm
(Continuing Beginners)
OR
6:45 – 7:45 pm (Beginners)
(10 sessions)

Explore the ancient practice of yoga asana (poses). Learn to balance the asana with the breath to unite the body, mind and spirit. Benefits: develop bone density, balance, stress release, increase blood circulation, ease of joint movement, overall general health. Beginners will be taught the basic foundation of yoga while the continuing beginners learn refinement to the poses to take your yoga one step closer to balancing the mind, body and spirit. Bring a Yoga Mat!

Library

BEGINNERS MIND... A COURSE IN MEDITATION

\$65
Tuesdays, Sept. 13 – Oct. 18
7:00 – 8:15 pm
(6 sessions)

Meditation is an ancient psycho-spiritual energy healing art widely practiced today. The health and well-being benefits are many, and studies have shown that meditation, mindfulness, and deep relaxation can reduce your stress, improve your cognitive focus and function, and affect your emotions in positive ways. This class will offer a clear base of theory and practice for you to build a meditation practice upon.

Library

REIKI LEVEL I

\$100
With Bonnie Ryall, Certified Usui Reiki Master
Thursdays, Oct. 6 – 27 7:00 – 9:00 pm (4 sessions)

Are you stressed or feeling anxious? Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is based on an unseen "life force energy" that flows through us. Level I includes an overview of what reiki is, the history of Reiki, attunements, hand placements and self and group practice. Opening the energy channels on a physical level, through initiation to the energies.

Library



INTRO TO ESSENTIAL OILS

\$35
Monday, Sept. 12
6:00 – 7:30 pm
(1 session)

This very informative workshop will explain what essential oils are, their history of use, where they come from, the types of oils, how they can be used to enhance health and well-being, the role of essential oils in modern medicine, as well as what 12 oils every person should have in their medicine cabinet.

Room 183

NATURAL CLEANING with Essential Oils

\$45
Monday, Sept. 19
6:00 – 7:30 pm
(1 session)

In this informative and hands-on workshop you will learn the basics to creating your own non-toxic/environmentally friendly but still very effective household cleaning products. You will go home with tons of recipes and two products that you will make in this class.

Room 172

ROCK YOUR MIND, BODY AND SOUL WORKSHOP

\$62
Saturday, Sept. 24
9:30 am – 12:00 pm

Fundamental techniques to reduce stress and anxiety and live a life of balance, prosperity and joy. Improve your mental/emotional, physical and spiritual wellbeing. This is a hands on workshop so come with comfy cloths, a yoga mat, water and a journal. Take home notes on everything learned including a guided visual meditation, easy yoga poses, healthy eating tips, recipes and a dream board. A healthy snack and tea will be provided.

Library

FITNESS



ZUMBA and ZUMBA TONING with Melissa

\$100 for One Class (12 classes)
\$170 for Two (24 classes)
ZUMBA CRAZY Bonus - \$210 for ALL Three Classes (Best Value!)
(36 classes)

ZUMBA

Mondays, Sept. 12 – Dec. 5
NO CLASS: Oct. 10
7:00 – 8:00 pm
AND/OR
Thursdays, Sept. 15 – Dec. 8
NO CLASS: Nov. 10
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. 12 – Dec. 5
NO CLASS: Oct. 10
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

STRENGTH AND CONDITIONING

\$75
Mondays, Oct. 17 – Dec. 5
5:15 – 6:15 pm
(8 sessions)

Improve your fitness by building strength, increasing joint mobility, and pushing your conditioning limits. Bodyweight circuits will be the main focus to improve your fitness condition. Proper skill and technique for movements will be a priority. Men and women of all fitness levels are welcome.

Indoor Track

ARTS AND CRAFTS

INTRO TO ZENTANGLE

\$40
BONUS: Register for Intro and Beyond the Basics for \$70! Save \$8
Saturday, Sept. 24
10:00 am – 12:30 pm
(1 session)

Zentangle is a fun and easy-to-learn method of creating intricate abstract images using simple repetitive patterns. If you can print your own name, you have all the skill required for this fascinating art form! Supply kit included!

Room 162

ZENTANGLE – Beyond the Basics

\$38
BONUS: Register for Intro and Beyond the Basics for \$70! Save \$8
Saturday, Sept. 24
1:00 – 3:30 pm
(1 session)

Take your Zentangle practice to the next level with more complex tangles, shading techniques, tangle enhancers, transitions and more tips to develop your skills. Please bring your Intro to Zentangle kit. New Pen included.

Prerequisite: Intro to Zentangle®

Room 162

ZENTANGLE – Renaissance

\$38
BONUS: Register for Renaissance and 3D Star for \$65! Save \$6
Saturday, Nov. 5
10:00 am – 12:30 pm
(1 session)

Tangle on tan coloured tiles with black and brown ink, shading with grey and highlighting with white. Please bring your Intro to Zentangle kit.

Prerequisite: Intro to Zentangle®

Room 162



ZENTANGLE BEYOND THE TILE – 3D Star (ZIA)

\$33
BONUS: Register for Renaissance and 3D Star for \$65! Save \$6
Saturday, Nov. 5
1:30 pm – 4:00 pm
(1 session)

In this Zentangle Inspired Art (ZIA) class, we will create a 3-Dimensional Paper Star that will be beautiful hanging in a window or on a Christmas tree. This is NOT a beginner class - please bring your Zentangle supplies.

Room 162



OIL PAINTING

OIL PAINTING – THE BICYCLE

\$80
Saturday, Sept. 17
12:30 – 4:00 pm

This is a mixed media class, using tissue and paste and topped with oil. Done on an 11" x 14" canvas. Beginners always welcome, no experience required. All supplies included.

Room 162

OIL PAINTING – INDIAN SUMMER

\$80
Saturday, Oct. 15
1:00 – 4:00 pm

Complete this beautiful fall scene in oils on a 16" x 20" canvas. Beginners always welcome, no experience required. All supplies included.

Room 162

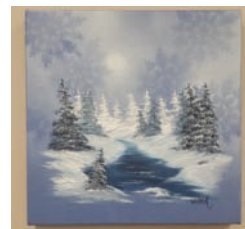


OIL PAINTING – SNOWFALL MAGIC

\$75
Saturday, Nov. 19
1:00 – 4:00 pm

This beautiful winter scene makes a perfect Christmas gift! Done on a 12" x 12" canvas, mixing stencils and oils. Beginners always welcome, no experience required. All supplies included.

Room 162



BASIC KNITTING

\$45
Tuesdays, Oct. 4 – 18
7:00 – 9:00 pm
(3 sessions)

Have you ever wanted to learn to knit? This is the course for you!

Skills covered include casting on, garter stitch, purl, basic increase and decrease, casting off and finishing. Develop the skills to make a dishcloth and start an infinity scarf!

MATERIALS REQUIRED: 1 set of 6 mm needles (suggested) and one ball of Bernat Handicrafter Cotton in the color of your choice.

Room 141

LEATHER WORKS with Amber Cook

All Premium Supplies included!
 Many different material choices!

Room 149

BEAD ART

\$50
Thursdays, Sept. 22 & 29
6:30 – 9:00 pm
(2 sessions)

An introduction class to beading with seed beads.



MOCCASINS

\$135
Thursdays, Oct. 6 – 27
6:30 – 9:00 pm
(4 sessions)



MUKLUKS

\$295
Thursdays, Oct. 6 – Nov. 17
NO CLASS: Nov. 10
6:30 – 9:00 pm
(6 sessions)



AVIATOR HAT

\$125
Thursdays, Nov. 24 – Dec. 15
6:30 – 9:00 pm
(4 sessions)



MITTS

\$125
Tuesdays, Oct. 18 – Nov. 8
6:30 – 9:00 pm
(4 sessions)



GAUNTLETS

\$165
Tuesdays, Oct. 18 – Nov. 15
6:30 – 9:00 pm
(5 sessions)



PERSONAL INTEREST

LATIN DANCE with Martin
– Cha Cha and Rumba
\$75/person
Tuesdays, Sept. 20 – Nov. 8
7:00 – 8:00 pm
(8 sessions)

Come for the fun, for the exercise or just a fun couple's night out! Cha Cha and Rumba are among the more popular dances you will hear musical rhythms to at social events and have the chance to practice and show off your new moves! Learn frame, lead and follow tips, social dance etiquette and simple but showy moves and how to put them all together. **The Pit**



WELDING
\$130

Tuesdays, Oct. 4 – Nov. 8
7:00 – 9:00 pm
(6 sessions)

For Males/Females ages 16 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 and dirty, 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

WOOD WORKING
at E.S.M.S
\$120

Thursdays, Oct. 6 – Nov. 24
NO CLASS: Nov. 10
7:00 – 9:00 pm
(7 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 all woodworking shop tools. Projects will be up to you, make what you like or copy the instructor's project. Project material not included.
Please bring safety glasses.
Wood Working Lab at East Selkirk Middle School

DOG OBEDIENCE
Wednesdays, Oct. 12 – Nov. 16
(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.
Front Hall Near Theatre

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.



GUITAR for Beginners
\$45

Wednesdays, Dec. 7 & 14
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 beginners 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 & TRIX
\$35

Thursdays, Oct. 6 & 13
7:00 – 9:00 pm
(2 sessions)
Basic knowledge & procedures to take great photos & saving/printing pictures.
Room 141

TAKE IT TO THE NEXT LEVEL
\$35

Thursdays, Oct. 20 & 27
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 141

GENTLE TEACHING
\$125

Mondays, Sept. 19 – Dec. 5
NO CLASS: Oct. 10 & 31
6:00 – 8:00 pm (10 sessions)
Gentle Teaching is a non-violent approach to interacting with people with challenging behaviors and/or special needs. Learn how to deal with stressful situations both in the classroom and in the community as well as helping individuals feel safe in their environment.
Room 142

AUTISM SOCIAL SKILLS GROUPS FOR KIDS with Kristian Hooker
BONUS: Register for both Social Skills Games and LEGO Sessions: \$335 per child. Save \$15!

Mondays, Sept. 19 – Dec. 5
NO CLASS: Oct. 10 & Oct. 31
(Halloween Open House)
(10 sessions each)

SOCIAL SKILLS GAMES
\$170

5:30 – 6:30 pm
Your child will learn and have fun with Kristian Hooker, a graduate of the University of Winnipeg, as they will work to decode the many unwritten social rules and put them to practical good use. In these sessions, Kristian will bring a variety of newer and classic board and card games and encourage your child to learn new activities that can open doors to new communications and friendships.
Room 132

LEGO BASED SOCIAL SKILLS GROUP
\$180

6:30 – 8:00 pm
Kristian Hooker brings his fun-filled LEGO® Based Social Development Therapy sessions. Sessions involve engaging groups of children on the Autism Spectrum and teaching them the value of teamwork, strategic thinking and friendship all the while enjoying LEGO activities.
Room 132



COMPUTERS with Brad

COMPUTER INTRO
\$100

Wednesdays, Oct. 5 – Nov. 2
6:30 – 9:30 pm
(5 sessions)

NEWLY REVISED! Come out for this interactive 5 night class and learn about the basics of using your computer. We begin with an exploration of what makes up a computer before moving on to learning how to navigate Windows, common programs, the Internet and Email, and finally backing up and protecting your computer. Interactive handouts and activities are included every night. Bring out your own laptop if you want, and as many questions as you need answered!
Room 276

COMPUTER TROUBLESHOOTING AND REPAIR
\$25

Wednesday, Nov. 9
6:30 – 9:30 pm
(1 session)

Come on out and learn how to take care of your computer. From regular maintenance, to basic upgrades, this night will help you understand how your computer works and what you can do to extend its life. Please bring a Flash Drive. Extensive handouts, discussions and FREE software are included in this night!
Room 276

SOCIAL MEDIA AND INTERNET SECURITY
\$25

Wednesday, Nov. 16
6:30 – 9:30 pm
(1 session)

Today it seems the news is filled with warnings about computer safety and internet fears. Come out for this one night class to learn about what the threats really are. Learn how to protect your identity and computer from today's modern threats of spyware and malware. Bring a flash drive and get a copy of some free software to help protect your computer. Free handouts included in this open, casual class. Bring along your laptop, if you want also!
Room 276

iPad, iPod and iPhone Workshop
\$45

Wednesdays, Nov. 23 & 30
6:30 – 9:30 pm
(2 sessions)

Attention iPad, iPod, and iPhone users! Come out for a fun filled night of learning your new toy. Learn how to download apps, create folders to organize your icons, shortcuts, and configurations. Learn about iTunes and synchronizing your device with your photos and music. Handouts included!
Room 276

YOUTH CLASSES

DANCE (Ages 6 and up)
\$90

Mondays, Sept. 12 – Dec. 5
NO CLASS: Oct. 10
5:00 – 6:00 pm
(12 sessions)

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

INTRO TO ACTING & THEATRE Ages 7 & Up
\$80

Thursdays, Sept. 22 – Nov. 24
NO CLASS: Nov. 10
6:00 – 7:00 pm
(9 sessions)

"Have you ever wondered how to play a specific character for a play? Or how to mime? Or are you simply wanting to just gain confidence? Come join us on Tuesday 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

YOUTH SAFETY

BABYSITTING SAFETY
\$55

Ages 11-15
Saturday, Sept. 24
9:00 am – 4:00 pm

Youth Ages 11 - 15 come learn to be a safe, Red Cross certified Babysitter.
Be a fun babysitter while keeping babies, toddlers, pre-school and school age children safe. Learn to recognize household hazards. Red Cross program teaches safety to be home alone, how to handle emergencies such as choking and injuries, how to contact emergency rescue workers or 911 operators. Class includes textbook and laminated wallet certificate. Bring a bagged lunch. Please drop off and pick up children on time. No additional supervision before and after class.
Room 145

HOME ALONE – PEOPLE SAVERS
\$30

Ages 8 & up
Wednesday, Oct. 12
6:00 – 8:30 pm

This Red Cross program will teach important safety awareness & basic first aid to elementary school aged children. Students will receive a workbook to follow through the class, learning to recognize a variety of everyday situations that could be dangerous. Students will learn to be prepared, check for safety, call for help and care for a person in an emergency situation such as choking or injury with first aid skills.
Please drop off and pick up children on time. No additional supervision before and after class.
Room 145

SAFETY FIRST

FOOD HANDLERS
\$115

Includes work book
Saturday, Oct. 15
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
\$125

Includes Canadian Red Cross First Aid & CPR Manual
Saturday & Sunday, Nov. 5 & 6
Saturday 9:00 am – 5:00 pm & Sunday 11:00 am – 4:00 pm
(2 sessions)
Certification is valid for three years and includes CPR C and AED. Canadian Red Cross Certification is recognized by all employers. Some self study required between classes.
Room 145

CANADIAN FIREARM SAFETY COURSE (CFSC/PAL Course)
\$95

Saturday, Oct. 8
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 142



S.C.P. Selkirk Community Pool

SCHOOL - COMMUNITY - POSSIBILITIES

2016 Fall Programming

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

Registration On Line August 30, 2016
selkirkcommunitypool.weebly.com
/in person/phone September 1, 2016
Pool closed Oct. 9, 10 & Nov 11

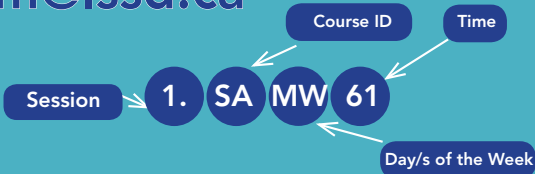
Questions or concerns contact pool manager. mstamm@lssd.ca

Registration: Please note call if there is a discrepancy in courses advertised and those open for 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 2-4 week sess.

F1. Sept 19 - Oct 24 2. Nov 2 - Dec 5

Sea otter 5:15	Salamander 5:15	level 1 5:15
Sun Fish 5:50	Level 1 5:50	Sea Otter 5:50
Level 1 6:25	Salamander 6:25	Level 2 6:25
Level 2 7:00	Level 3 7:00	Level 4 7:00
Level 5&6 7:35		Level 7&8 7:45

MONDAY
Starfish/Duck 5:30

WEDNESDAY
Seaturtle 5:30

Tuesday & Thursday 2-4 week sess.

F1. Sept 20 - Oct 20 2. Nov 1 - Dec 1

Sea Otter 5:15	Salamander 5:15	Level 1 5:15
Level 1 5:50	Sea Otter 5:50	Salamander 5:50
Level 2 6:25	Sunfish 6:25	Level 1 6:25
Level 3 6:30	Level 4 6:30	

Friday 8 Weeks

Sept 23 - Dec 2

Starfish 10:30	Duck 10:30	Sea Otter 10:30
Sea Turtle 11:00	Salamander 11:00	
Sea Turtle 5:15	Level 1 5:15	Sea Otter 5:15
Salamander 5:50	Sunfish 5:50	Level 2 5:50
Level 3 6:25	Level 5/6 6:25	Level 4 6:25
	Level 7/8 7:10	Level 9/10 7:10

Sunday 8 Weeks

Sept 25 - Dec 4

Starfish Duck	Level 4 11:15	Level 1 11:15	Sea Otter 11:15
Sea Otter 11:50	Level 7/8 12:00	Level 3 11:50	Level 1 11:50
Sunfish 12:25	Level 5/6 12:50	Level 2 12:25	Salamander 12:25
Level 4 1:00	Level 3 1:35	Sea Turtle 1:00	Salamander 1:00
Level 9/10 1:45	Sea Turtle 2:15	Sea Otter 1:35	Level 2 1:35

Programs

Pool Rentals available on
Saturday and Sundays throughout the year.
Contact the Pool office for times
{\$90.00 +gst per hour lifeguard included}

Lap Swim

Morning and afternoon lap swim opens
September 6 Mon, Tues, Wed, Fri 7:00-8:30am
Tues Thur 4:00-5:00pm
Mon - Wed 7:00-8:00pm Opens Sept 19

Open Swim

Open Sat Sept 24 1:00-3:00pm
Sun Sept 25 3:00-4:00

Stoke Camp School PD Days Adult programming

Adult
Lap Swim
Aquafit Mon Fri am
Aquaboxing
Learn to swim
Water Safety
PADI Scuba



Children
Stroke Camp Sept 6-8 5:00-6:00pm
Red Cross Swim Lessons
Monday morning Preschool lessons
Private Lessons (contact Pool)
School PD Aquatic camps
PADI scuba
Dolphins



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SelkirkCommunityPool.Weebly.com

Passes

(for lap swim only, please call pool office for schedule updates or check the website)

Adult 10 visits - \$35.00	Senior 10 visits - \$20.00
20 visits - \$60.00	Teen 20 visits - \$35.00
30 visits - \$80.00	30 visits - \$50.00

***Passes are to be purchased on deck or at the pool office.
Lifeguard must punch your pass for entry to the pool.

Adult drop in \$10.00 Aquafit
Adult drop in \$5.00 Lap swim.

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

Bronze Medallion, Cross
Sept 17 - Nov 12 11:00-3:00pm
Water Safety Instructor
Red Cross Lifeguard program.

Unsure what level to register for?

Contact mstamm@lssd.ca or call
204-785-7310 to schedule a screening

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. Children under 7 who cannot swim must be accompanied by Parent, Guardian/Caregiver and over 16. 1:4 ratio.

Children 7 and older who are not 44" tall must also be accompanied as noted above. Children 7 and older must change in gender specific change rooms. Lifeguards have complete authority – safety first. Lifeguards are to provide a safe and enjoyable experience at our pool. The primary function is to provide accident prevention through patron education, awareness and directing patrons' behaviour. They are to work with patrons to ensure they understand the pool rules, entrance requirements and identify potential risks and to be water smart at the pool.

No credit after start of classes. No refunds after start of class. 3 day prior \$15 admin fee. No transfers.

Pool Rentals

The pool is available on a first come /first serve basis for birthday parties, windups and private functions. The rate is \$90 per hour plus GST. This includes 2 lifeguards. For rentals, please contact Michelle at 204-785-7310 or email mstamm@lssd.ca. Booking requests available on-line selkirkconed.com

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Pancake Breakfast

Saturday, August 25, 2016

Time: From 8am to 11am

You are invited to attend a Pancake
Breakfast at the Marine Museum.
Come and enjoy a hearty breakfast of
pancakes and sausages with your choice
of coffee or juice at a reasonable cost.
Tour of museum included with price of admission.
**All money raised goes towards display
development and museum restoration.**



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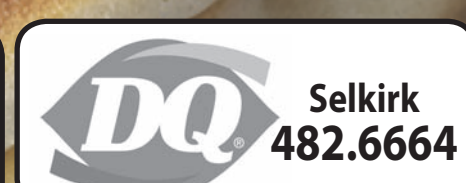
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Winnipeg woman bringing Music Together classes to Selkirk

By Lindsey Enns

A Winnipeg woman is helping bring Music Together classes to Selkirk for the first time.

Terri Myers will offer Music Together classes in Selkirk starting Sept. 28.

"Music Together's success in other locations has been phenomenal and I wanted to expand to offer families our wonderful program in other communities," said Myers who has been teaching music for 30 years and has been teaching Music Together classes for more than 10 years.

The next 10-week semester of classes starts on Wednesday, Sept. 28 at Evolution Dance Company located at 366 Main St. in Selkirk. Myers also currently teaches six classes in Winnipeg at Grace Lutheran Church.

Now in its 29th year, Music Together is an internationally recognized early childhood music and movement program for children from birth to age seven.

The Music Together curriculum was coauthored in 1987 by found and di-



SUBMITTED PHOTO

Two-year-old Wyatt Gunter of Selkirk plays the drums during a Music Together class in Winnipeg in this recent photo. A Winnipeg music teacher is now helping bring Music Together classes to Selkirk starting Sept. 28.

rectory Kenneth K. Guilmartin and Education Dr. Lili M. Levinowitz and Rowan University Professor of Music offers programs for families, schools,

at-risk populations, and children with special needs, in more than 2,000 communities in 40 countries.

"All children can learn to sing in tune, keep a beat, and participate with confidence in the music of our culture, provided that their early environment supports such learning," Myers said. "Music Together brings families together by providing a rich musical environment in the classroom and facilitating family participation in spontaneous musical activity at home within the context of daily life. Families get so much out of these classes."

I Love Music offers 10 classes each week and has served more than 1,400 families in the Winnipeg area since 2005 for babies, toddlers and pre-schoolers.

The fall semester begins Sept. 28. For more information or to register visit i-love-music.ca, contact Terri at 204-661-8930 or via email at terri@i-love-music.ca.



End of Summer

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> MEAL IDEAS

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One Potato, Two Potato Double-Layered Mash



- 1-1/2 lbs/750 g)
- 2 sweet potatoes, (about 2 lbs/1 kg)
- 3 cloves garlic
- 1 cup (250 mL) 1% milk
- 1/2 tsp (2 mL) pepper
- 1/2 cup (125 mL) non-fat plain Greek yogurt, divided
- 1/2 cup (125 mL) fresh whole wheat bread crumbs
- 1 cup (250 mL) shredded lower fat Canadian old Cheddar or Swiss cheese or 1/2 cup (125 mL) shredded regular Canadian old Cheddar or Swiss cheese
- 2 tbsp (25 mL) chopped fresh parsley
- Directions

Peel yellow and sweet potatoes and cut into chunks (keep separate). Combine yellow potatoes and garlic in one saucepan; add cold water to

cover. Repeat with sweet potatoes in another saucepan. Bring both pans to a boil over high heat. Reduce heat and boil gently for 10 to 15 minutes or until fork tender. Drain; return potatoes to pans.

Meanwhile, in a saucepan or in a microwave-safe measuring cup, combine milk and pepper. Heat over medium heat on stovetop or on Medium (50%) power in microwave until steaming, for about 3 minutes.

Lightly oil an 11 x 7-inch (28 x 18 cm) or 8-inch (20 cm) square glass baking dish.

Mash yellow potatoes and garlic while gradually adding 3/4 cup (175 mL) of the warmed milk and half of the Greek yogurt. Spread into baking dish. Mash sweet potatoes while gradually adding remaining warmed milk and remaining Greek yogurt. Spoon on top of yellow potatoes and gently spread to cover. (Can be cooled, covered and refrigerated up to 2 days).

If casserole has been refrigerated, preheat oven to 350°F (180°C). Cover baking dish with foil and bake for 45 minutes to 1 hour or until heated through.

Preheat broiler. In a bowl, combine bread crumbs, cheese and parsley; sprinkle over hot potatoes in dish. Broil for about 3 minutes or until topping is crisp and golden.

Homemade Ice Cream

- 2 cups fresh blueberries
- 2 tablespoons water
- 2 teaspoons grated lemon zest
- 2/3 cup sugar, divided
- 1 1/2 cups half-and-half or milk
- 1 cup heavy (whipping) cream
- 1 tablespoon freshly squeezed lemon juice
- 1 teaspoon vanilla extract
- 2 tablespoons honey liqueur or framboise (optional)

Rinse the berries and pick out any bad ones. Place in a small saucepan with the water and cook over low heat until tender, about 10 minutes. Let cool slightly and purée in a blender or food processor.

In a small bowl, mash the zest with 1 teaspoon of the sugar to release the oils. In a small saucepan, combine the half-and-half with the remaining sugar, stirring until dissolved; let cool to room

temperature. Stir in the blueberry purée, cream, sugared zest, juice, and vanilla. Transfer to a container, cover, and refrigerate until thoroughly chilled, about 3 hours.

Freeze in an ice cream maker according to the manufacturer's instructions. When the ice cream is almost frozen, spoon in the liqueur, if desired, and churn until blended in, about 1 minute more. Transfer to a container, cover, and freeze until firm, about 2 hours.

Sliced Steak With Crispy Polenta



- 1 1-pound lean flank steak, trimmed
- 1/2 teaspoon ancho or regular chili powder
- 1/2 teaspoon salt
- 1 16-ounce tube fat-free polenta, cut into 12 slices
- 1 1/2 cups fresh or thawed frozen corn kernels
- 1 red bell pepper, chopped
- 1/2 red onion, chopped
- 1 jalapeño pepper, seeded and minced
- 2 tablespoons chopped fresh cilantro

1. Spray ridged grill pan with nonstick spray and set over medium-high heat. Sprinkle steak with chili powder and salt. Place steak in pan and cook until an instant-read thermometer inserted into side of steak registers 145 F for medium, about 5 minutes on each side. Transfer steak to cutting board and let stand 5 minutes. Cut on a diagonal into 16 slices.

2. Meanwhile, spray boiler rack with nonstick spray and preheat boiler. Arrange slices of polenta on rack and broil 5 inches from heat until crispy and heated through, about 2 minutes on each side.

3. Spray medium skillet with nonstick spray and set over medium

heat. Add corn, bell pepper, onion, and jalapeño pepper; cook, stirring, until softened, about 5 minutes. Remove skillet from heat and stir in cilantro.

4. Place 3 slices of polenta on each of 4 plates and top each serving with 4 slices of steak. Divide corn mixture evenly among plates.

Do it faster: To neatly and quickly remove the kernels from an ear of corn, place a bowl in the sink, stand the corn on end inside the bowl, and cut off the kernels with a knife. Any fly-away kernels will end up in the sink.

BINGOS

BINGO
SUNDAY NIGHT BINGO
Pots are as follows:

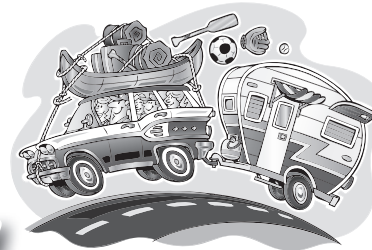
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Lenton to be inducted into Manitoba Golf Hall of Fame

Staff

Gord Lenton will be one of four individuals inducted into the Manitoba Golf Hall of Fame & Museum next month.

Lenton, who was born in Stonewall and now lives in Selkirk, will be inducted in the Athlete and Builder categories along with Selkirk-born Dean Goodbrandson, who will be inducted in the Builder category. Two members - Mauriel (Bremner) Rogers and Casmir "Kas" Zabowski, both in the Athlete category - will be inducted posthumously.

The 14th-annual induction ceremony will take place on Sept. 19 at the McPhillips Station Casino in Winnipeg.

"As Golf Manitoba enters its second century of service to golfers in the province, we are pleased to be able to recognize the outstanding accomplishments and contributions to the game over many decades by this year's honoured members," said Don MacDonald, Manitoba Golf Hall of Fame and Museum Inc. president in a

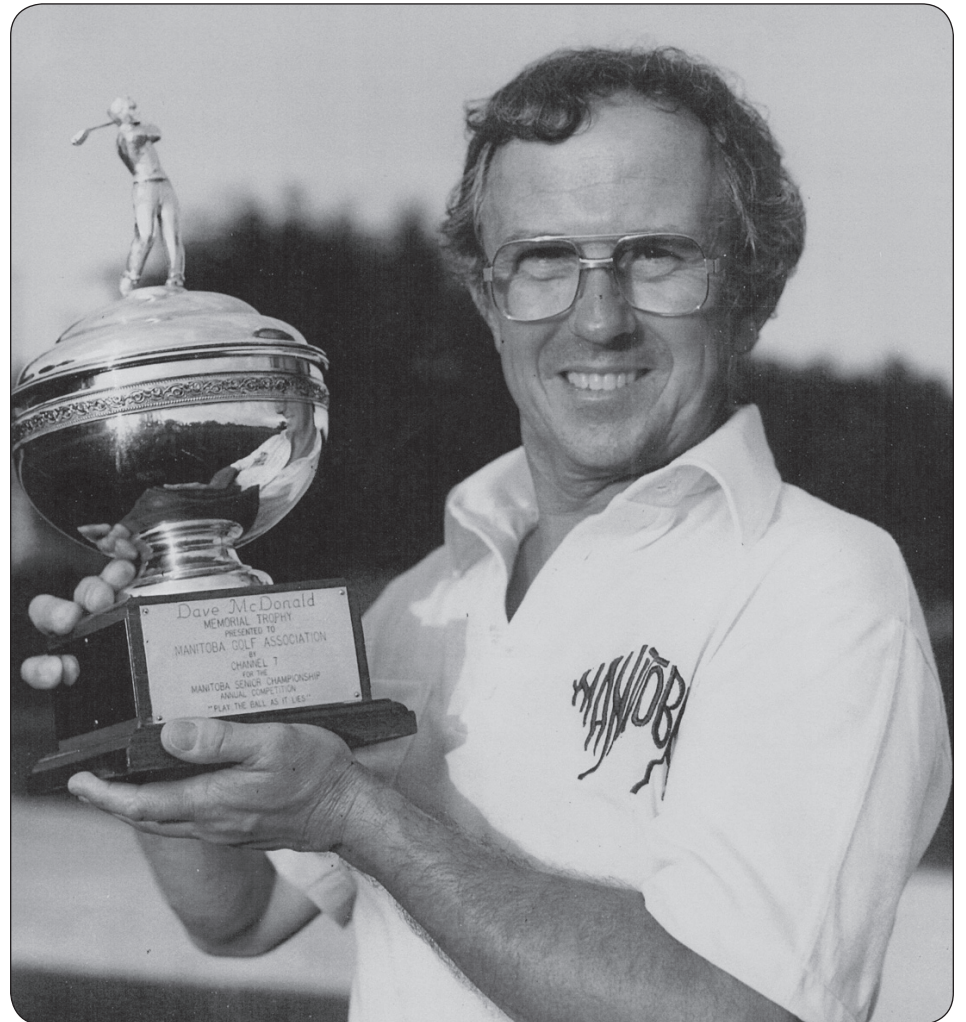
media release.

"Their inclusion in the Manitoba Golf Hall of Fame is public and permanent recognition of all that they have done to advance the game of golf in the province."

Here are Lenton's career highlights:

Born in Stonewall in 1927

- Golf Professional at Selkirk Golf Club in 1959 and 1960;
- Low Amateur in Manitoba Open (1965 and 1966), Low Amateur Quebec Open (1971)
- Manitoba Senior Champion (1982, 1987)
- In final round of 1982 Manitoba Senior, had 18 consecutive pars at Pine Ridge and won with a birdie on the first hole of a playoff with Bill Pidlaski
- Manitoba Rural Senior Champion (1984, 1985)
- Senior "A" Group Winner in 1982 Canadian Senior
- From 1996 to 2016, has shot his age or better 187 times



RECORD PHOTO SUBMITTED

Gord Lenton will be inducted into the Manitoba Golf Hall of Fame & Museum at the 14th annual induction ceremony Sept. 19 in Winnipeg.

Interlake girls lead Manitoba to silver at nationals

By Brian Bowman

Team Manitoba, which featured three Interlake girls, won a silver medal at the 2016 16U Girls Invitational Baseball Championships in Vaughan, Ont. last weekend.

Manitoba earned their silver medals after losing 11-1 to Ontario in the gold-medal game on Sunday.

"They did a fantastic job," said Team Manitoba coach Marc Bissonnette from Toronto late Monday evening. "We went there with the idea of coming home with a medal and we did."

Arborg's Laura Kilbrei scored Manitoba's lone run in the top of the fourth inning. Kilbrei and Arborg's Jamie Johnson each had a hit in the five-inning game.

Johnson also pitched three innings against Ontario, allowing six hits and five earned runs.

"Jamie is the type of player that puts a lot of pressure on herself and really

wants to perform at all cost," Bissonnette said. "Jamie had a fantastic tournament....and she will be one of our leaders for next year."

Garson's Brittney Langlais was 0-for-3 in the game.

"All three Interlake girls did a fantastic job," Bissonnette said. "For Brittney and Laura, it's their last year, and of the three I would have to say that Laura improved the most over the last year."

Manitoba's loss to Ontario was their only one at the nationals. Team Manitoba started play with a 4-3 win over Nova Scotia last Thursday as Johnson was perfect on the mound in three innings of relief (striking out four) to earn the win.

"We knew this year that we were pretty deep with pitching," Bissonnette said.

Kilbrei, meanwhile, scored twice in the win and had a pair of stolen bases.

Manitoba's bats were red-hot on Friday as they blitzed Saskatchewan 22-0. Kilbrei, Johnson, and Langlais each had three hits in the game. Langlais scored four times and had three RBI while Johnson also crossed the plate four times and had a pair of RBI.

Kilbrei, meanwhile, had a run batted in and scored once.

"We had a decent defence and the big question was if our bats would do the job and they did," Bissonnette said. "The girls were hitting the ball hard and better than I expected."

Manitoba kept on swinging the bats well as they doubled Quebec 12-6 - scoring six runs in the fifth inning - on Friday. Johnson scored three runs while Langlais was 3-for-5 with two runs scored and three RBI.

Langlais was also real good on the hill, allowing just two earned runs in seven innings of work. She also recorded seven strikeouts.

Team Manitoba then earned a spot in the gold-medal game after beating B.C. 6-5 as they scored the winning run in the bottom of the seventh inning on Sunday morning.

Langlais had a pair of hits in the win - including the game-winning RBI - while Johnson added a hit, scored a run, and had an RBI.

Langlais was also extremely good on the defensive end as she was selected as the top pitcher at nationals.

"Brittney, in my mind, was the best pitcher at this tournament," Bissonnette said proudly, noting Langlais has a great changeup. "She was the best pitcher and deserves all of the accolades that they have given her."

"I have seen her over the last four years and she is so much stronger mentally. She's matured, has gained some experience, and she was a fantastic leader all weekend."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Adams awesome in the water in Regina

By Brian Bowman

Zachary Adams made a major splash in the water at the Prairie Divisional Qualifier in Regina earlier this month.

The Selkirk native paddled his way to eight top-three finishes and will soon be headed to the nationals in Dartmouth, N.S. Adams competed in both the 17U and 19U divisions in Regina.

"I qualified in all of my races," said Adams, 16, last week. "I can say, for sure, that I am one of the fastest in western Canada for my age."

Despite that great performance, Adams feels he can still get much quicker in the water.

"I think every athlete thinks that they can be faster in every single race," he said. "But, overall, I'm happy with my races there. There was one particular race that I was extremely happy with and it was the 6 km race."

"Last year, I completely blew it and didn't qualify for that race but this year I vowed to qualify for that race and I managed to place third."

Adams credits his vast improvement in the sport to his coach, Mike Delorme, and Zane Clarke, another

tremendous paddler from Selkirk. He also wanted to thank his mom, Hollie, for all of her support over the years.

"(Mike) has made a huge impact on my development," Adams stressed.

Both Adams and Clarke headed east to Montreal earlier this summer to try out for Team Canada. Although, he didn't make the national team, Adams said the experience of going there was a great one.

"It really felt like I was in the Olympics," Adams said. "There was so much pressure but it was the greatest experience of my life. I felt like one of the pros...and even though I didn't make it, I was glad that I was able to race and it's something that I can look forward to next year."

By next year, Adams hopes to be bigger – and stronger – as strength plays a vital role in becoming faster in the water.

"That's a key factor in kayaking," said the 5-foot-6, 155-pound Adams. "The stronger you are, the better you can pull your boat through the water. Last year, I wasn't as big as I am this year and when I first started kayaking, I couldn't do a pushup, couldn't do a



RECORD PHOTO SUBMITTED

Selkirk's Zachary Adams will soon be competing at the national championships in Nova Scotia.

sit-up. I couldn't do anything that everybody was doing."

As Adams continues to improve, he expects to do well at nationals.

"I guess this is my year to shine," he

predicted. "We're always competing against the top guys from the east, so it will be a challenge this year but I expect great things out of myself."

Thunder shuts out Southwest Wolves

By Brian Bowman

For the third consecutive week to start the 2016 Midget Football League of Manitoba season, the Interlake Thunder have been involved in a game that ended in a shutout.

And, for the second straight week, the Thunder have been on the winning end of the final score.

Interlake continues to play some outstanding defensive football as it crushed the Southwest Wolves 35-0 on Saturday in Stonewall.

"We continue to play very good football on the offensive side of the ball, defensive side of the ball, and special teams," said Thunder head coach Kris Johnston.

The Thunder jumped out to a commanding 21-0 halftime lead and continued to dominate in the second half.

Thomas Dunlop had a great game

at quarterback, finishing 11-for-16 through the air for 155 yards and a pair of touchdowns. On the ground, he rushed six times for 43 yards and a TD.

"He's really growing into his role as the quarterback on our team," Johnston said. "He had an opportunity to throw the ball a little more and he made good decisions."

Southwest made a major commitment to stopping the run and they did a good job of that. But the Thunder countered nicely by exploiting the Wolves' secondary as Southwest was so focused on containing Interlake's running attack.

Thunder receiver Germain Waldner had a strong game, finishing with five catches for 86 yards and a TD. Alex France hauled in six catches for 46 yards while Mitchell Rogoza had an

18-yard TD reception.

"Waldner and France had really good games," Johnston noted.

The Thunder's special teams, meanwhile, were also real good. Austin deLaroque raced in for a touchdown from about 25 yards after recovering a fumble on a kickoff in the second half while the Thunder also blocked a punt.

On another punt attempt, Interlake had great pressure which forced the Southwest punter to fumble the ball to give the Thunder tremendous field position.

Defensively, the Thunder continues to play some outstanding football as evident by the two consecutive shutouts. Interlake's speed on defence has really been noticeable the past two games.

"They continue to play lights out,"

Johnston stressed. "Defensive-wise, they are playing fantastic football right now. But we're still growing as a defence...and there is still room for improvement."

With last Saturday's win, the Thunder is now 2-1 and is tied for second place with the Falcons Football Club in the five-team league behind the unbeaten St. Vital Mustangs (2-0).

The Thunder has a bye this weekend and then will host St. Vital in Stonewall on Sept. 3. Kickoff is 3:30 p.m.

"The bye could potentially be a huge advantage or it could be a curse," Johnston admitted. "It's a double-edged sword coming out of a bye. The bye gives us the opportunity to have five practices leading up to the Mustangs, which is an advantage compared to our normal three."

Geard leads Manitoba to a medal at lacrosse nationals



PHOTO SUBMITTED

Selkirk's Ethan Geard and Team Manitoba won a B-side gold medal at the lacrosse nationals in Whitby.

By Brian Bowman

For just the third time in its history, the Manitoba PeeWee lacrosse team won a medal at the nationals.

Team Manitoba, which featured Selkirk's Ethan Geard, won the B-side gold at the nationals in Whitby, Ont. earlier this month. Manitoba defeated Nova Scotia 6-1 in their final game of the tournament.

"It was my first time going (to nationals) and the teams were really good," said Geard, who scored a goal against Team B.C. "It was an awesome experience to go."

Manitoba played well throughout the nationals, said Geard, noting that they scored plenty of goals.

Geard said their team made vast

improvements over a short period of time as they held 20 practices after each player's club season ended.

"Our first practice was pretty sloppy with passes because we really didn't know each other," explained Geard, whose club team is the Wizards. "But as the practices went on, we got a lot better as a team and started communicating a lot more."

The trip to the nationals was a real good one for the players, who were able to spend time at Canada's Wonderland and the Hockey Hall of Fame in Toronto.

But, like all trips, there was a major cost factor involved. Team Manitoba raised the entire \$40,000 cost of the trip through plenty of hard work. The boys held raffles, T-shirt sales, a car wash, barbecue, a Boston Booster, and ad book sales.

"It was a lot of hard work but the boys worked hard, on and off the court, to ensure that they were ready for the tournament," said Ethan's mother, Lisa, in an email.

Geard also received plenty of financial help from Selkirk businesses - Frank's Pizza, Steeltown Ford, Selkirk Tire, CAPS International Auto Sales, Selkirk Petroleum Products, Lakeway Marine, The Canadian Hockey Expo, and Selkirk Travel - that graciously helped him in fundraising for the trip.

Bantam Pirates finish 1-3 at westerns

By Brian Bowman

The North Winnipeg Pirates finished with a 1-3 record at the Western Canadian "AAA" Bantam Baseball Championships in Spruce Grove, Alta. last weekend.

"Pitching-wise, the boys pitched pretty well but the biggest factor was our errors," said Pirates' head coach Donnie Smith. "That created longer innings for our pitching staff and those unearned runs really hurt us in the long run."

The Pirates started the westerns off with an impressive 10-3 win over Team Saskatchewan 2 but then was defeated by Team Alberta 1 from Okotoks 10-4.

North Winnipeg was then forced into a must-win situation against B.C. 1 to advance to the medal round. The Pirates were doubled 4-2 as B.C. scored three unearned runs.

North Winnipeg managed just three hits against a very tough lefthander from B.C.

In their final game of the tournament, the Pirates were outscored 10-6 by Saskatchewan 1 from Regina. North Winnipeg led 4-1 in the third inning before giving up six runs.

B.C. won the western title with a 1-0 victory over a very good Okotoks team in the championship game.

Despite the 1-3 record, Smith saw plenty of positives from competing at a western championship in mid-August.

"It's good to get that exposure," Smith said, noting the team had a chance to visit the West Edmonton Mall. "We bussed down there as a team and I think the boys really enjoyed that experience although it was a bit of a haul there and back."

"Overall, we were looking to do a little bit better with our record but I was pretty happy with us getting there. We definitely didn't play our best baseball, much like we did at provincials, (but it was a great experience)."

Adult soccer teams kicking the competition

By Brian Bowman

Tanner Markevich had a game he probably will never forget.

Markevich was outstanding - scoring five goals - in Selkirk FC's 7-0 thrashing of Stonewall Impact FC last Thursday evening in Stonewall. He now has 12 goals on the season, which ties him for second in league scoring.

"It was evident right from the start of the game this was going to be Selkirk's night," said Selkirk FC head coach Michael Bruenig in an email. "Before the game, I switched Tanner's position to a striker position, putting him up front with Yaya Adam."

Adam also scored while Marshall Carter netted his first goal of the season.

At the other end, Selkirk FC keeper Devin Racicot made some unbelievable saves to preserve the shutout.

"Although the score didn't show it, Stonewall has a good team with qual-

ity to which they can (and) should build on," Bruenig said.

The club hosted AC Florentina in a pivotal game Monday evening and both teams played to a 0-0 draw. Selkirk FC's (6-7-2) next game is Tuesday (6:30 p.m.) versus Borussia Dortmund at the Buhler Rec Complex in Winnipeg.

In Division 5 action, the Tri-S Strike Force doubled Red Devils United 4-2 on Aug. 17 in Selkirk.

Michael Cameron, Nikia Maxfield, Jordan Bekkering and Sean Hinatsu scored for the Strike Force.

Tri-S (8-3-3) remains in third place in the division standings. The Strike Force played second-place Mobb United last night but no score was available at press time.

On Sunday, Tri-S will battle Liberty FC Winnipeg at Buhler Recreation Park. Game time is 4:30 p.m.



RECORD PHOTOS BY JO-ANNE PROCTER

Selkirk FC goalkeeper Devin Racicot makes a save while his teammates pictured from left, Andrew Harris, Garion Lefteruk, Chris Szukiewicz and Riley Recksiedler.



Selkirk FC players, from left, Garion Lefteruk and Marshall Carter look to control the ball against Stonewall Impact FC.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Interlake ringette players have experience of a lifetime

By Brian Bowman

Four Interlake girls had the ringette experience of a lifetime recently as they participated in a pair of tournaments overseas.

Taylor Clegg, Shae Mulvihill and the sister duo of Randi and Rikki Frost-Hunt represented our province extremely well at tournaments in the Czech Republic and Finland.

"It was a really good trip," said Clegg, 17, who lives in St. Andrews. "It was amazing to see the ringette out there compared to what we have back home. Overall, it was a really good experience and a good bonding time with the girls."

"To go out to Europe for ringette and come home with a medal was something else."

The four girls won bronze medals as members of Team TrueNorth Free at the Czech Ringette Open Challenge and then placed sixth in Finland.

"We played really well and that's what got us the medal," Rikki, 15, said.

Mulvihill, meanwhile, was one of three goalies on two Manitoba teams and also won a silver medal with TrueNorth Strong in Finland to go along with her bronze medal.

The Stonewall netminder was a very busy young lady, playing in a total of 11 games during the trip.

"I got five games in the first tournament, four in the second, and the two exhibition games," she remembered.

While Mulvihill was preventing goals, the Frost-Hunt sisters from Stonewall were scoring them. Rikki led her team with nine goals and 12 points at the Czech tournament while Randi scored six times and had three

assists.

Both sisters did their offensive damage while playing on different lines with teammates that they normally don't have a chance to play with.

"We worked really well together and bonded as a team even though we usually don't play together," said Randi, who plays for the Interlake Ignite.

Clegg, a centre, scored and chipped in with several assists at the two tournaments. She really enjoyed playing against the ultra-talented Finnish team that can literally skate rings around the opposition.

"They were runners-up for the world championship this year and the first couple of games that we played against them were pretty rough," Clegg noted. "Then, the last game we played against them, we ended up tied the whole game and then they scored with just a couple of minutes left."

Mulvihill agreed playing against Finland was a real treat.

"The Finnish team knew exactly what to do," said the 16 year old, who plays on the Magic "AA" team during the winter season. "Their passing was awesome and watching them play was super cool."

Randi said the Finland competition was much better than in the Czech Republic.

"In Prague we played against older girls but they weren't as strong," she observed. "Ringette is fairly new in the Czech Republic while Finland usually wins the worlds."

The experience of playing against international competition in distinct countries was a pretty cool one for



RECORD PHOTO SUBMITTED

Taylor Clegg of St. Andrews had the ringette experience of a lifetime recently in Europe.

the girls. In fact, Team TrueNorth Free played the first-ever ringette game in Iceland against the Calgary Rockies.

"It was cool showing people out there what ringette is," said Clegg. "And I heard a goalie's dad out there now wants to start ringette out there."

Although the girls played in four different countries, they actually had a chance to visit seven of them.

"It was so much fun," Rikki enthused. "It was a trip of a lifetime. All of the buildings that we got to see were super cool. Most things in Canada aren't as old as in Europe. Everything over there was super pretty."

Mulvihill agreed that the trip was a

special one.

"It was absolutely amazing," Mulvihill said. "We had so much stuff to do and we definitely could have been there so much longer because there was so much to do."

"Every day we had walking tours and we got to see the sights of every city we went to."

Randi said she had never travelled outside of North America before this trip. She really enjoyed visiting Austria for the very first time.

"It was a really good experience," she said. (People there) don't really speak English and, if they do, it's really bad."

Pirates place fifth at PeeWee 'AAA' westerns

By Brian Bowman

There was no quit in the North Winnipeg Pirates at the Western Canadian PeeWee "AAA" Baseball Championships in Saskatoon last weekend.

After starting 0-2, the Pirates won their final two games at the tournament to place fifth overall.

North Winnipeg defeated the Parkland Twins from Alberta 7-3 in the fifth-place game. Bennett Freiter of St. Andrews had a great offensive game, finishing 4-for-4.

"Our pitcher pitched a really good game," said Pirates' head coach Derrick Mudge.

The Pirates were placed in an extremely tough pool. North Winnipeg started the tournament with an 11-2 loss to the eventual-gold medalists from B.C. and then was defeated 4-2 by Saskatchewan. Saskatchewan won the silver medal at westerns.

"That was a tough (4-2 loss) to take," Mudge admitted. "It was heart-breaking. We knew if we would have won,

then we would have had a great shot of getting into the medal round.

"That one hurt and the boys knew they were out of contention but they came back and won two straight."

North Winnipeg started to get that winning feeling after a solid 14-3 win over the St. Albert Cardinals.

"We finished fifth but, realistically, we were in the top three," Mudge said. "We got stuck in a pool with two teams that won a medal. The 4-2 game could have gone either way and we're

in the gold-medal game."

The experience of competing at a PeeWee "AAA" western championship was a real good one for the Pirates. It was a great way to end a very successful season.

"It was fantastic," Mudge enthused. "That was our goal from the start, to get (to westerns) and let the kids experience it. We had a nice steak dinner for all of the teams before it started and the kids got to see all of the other teams. It was really good."

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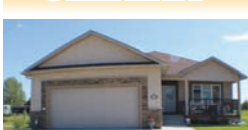


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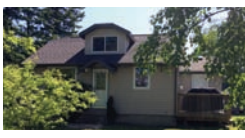


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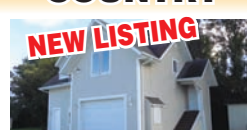


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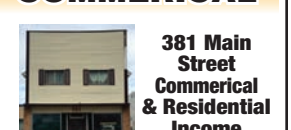
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ANNOUNCEMENT

CARDS OF THANKS

The family of the late Victoria Surowich would like to thank everyone who offered support with kind condolences, visits, cards, flowers and baking following her recent passing. We would especially like to thank the Selkirk home care workers whose caring, assistance and visits meant the world to her. Our appreciation goes out to Stephanie, Theresa C., Marie, Susan, Lisa, Glisell, Diane and Dan, also to Kim from OT. Your support enabled Victoria to remain as independent as possible and for that we are so grateful.

-Casmir Surowich and family

ANNOUNCEMENT

CARDS OF THANKS

Panasky 50th Anniversary

Wasn't that a party! We were so thrilled to have all of you join us on Saturday, August 13 to celebrate our 50th Anniversary Party. It was so good to have you celebrate such a milestone in our life. We are so blessed and grateful to each and every one of you. The Hunt's Country Roadhouse and Museum is a very special and unique place to gather. Thanks to Laurie and Monica for the delicious meal and all their help in making our party such a great success. We especially have to thank our family for all their help with ticket sales, and running errands and all the special touches to make this day even more special. Thanks to all our out of town guests who made the trip to come and party with us. We so appreciated your presence and effort to be there. To our dear son, Wes, daughter-in-law, Lisa, grandsons Xander and Willem for being there for us, as they always are. We love you so much. To all of our guests, family and friends, we sincerely thank you for all the generous donations to the Pediatric Brain Tumour Research Fund which is so near and dear to our heart. All the beautiful cards, with words of love and good wishes and the gift cards and bottles of wine and champagne. We love you all and are fortunate and blessed to have each and every one of you in our lives in the past, present and now into the future.

-All our love,
Len and Sharon

ANNOUNCEMENT

CARDS OF THANKS

Special heartfelt thanks to family, friends, and the communities of Clandeboye, Petersfield, Selkirk, St. Andrews and St. Clements for the love and support for Uganda through Change 2 Change (C2C) during the last few months. Thanks to all at St George's Wakefield Anglican Church, Gaynor Family Regional Library, the Petersen/Bell family for your endless love and support, especially my parents Maureen and Harry Petersen, and of course thanks to the greatest of all - God Almighty. May each and every one of you reap the blessings you have sown into the Change 2 Change/Soweto Youth Fellowship Uganda ministry.

-Sincerely,
Kurt Petersen

ANNOUNCEMENT

BIRTHDAY



Rayne McBride
Happy 1st Birthday on August 24th

To the "smiliest" baby we know!
This year has made our family's
One to be very thankful for.
Excited to see what our future years have in
store!

Love you Boots.

-Love Mom and Dad and family xoxo

ANNOUNCEMENT

ANNIVERSARY



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August 25, 1956

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21,915 days together
Three loving children
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One great-grandchild
1000's of laughs
Countless memories made
A never ending love story.
Happy Anniversary

-Love the family

ANNOUNCEMENT

IN MEMORIAM



Marin May Fryza
(nee Einarson)

September 5, 1937 - August 25, 2011

It's been five years since God has
Taken you away from us.
Time has erased many memories,
But the memory of your smile
Will never be forgotten.

-Frank and family



OBITUARY

Roy Kent Vosper

It is with great sadness that the family announces the sudden passing of Roy on August 17, 2016 at the age of 76.

He was a loving husband, father, grandfather, brother and friend. Left to cherish his memory is his wife of 52 years, Marie; their sons Ken (Jenn), Darryl, Paul (Paula); brother Greg (Janice); sister Zelda as well as numerous nieces and nephews. He will be greatly missed by his grandchildren Matthew, MacKenzie, Taylor and Allie.

Roy was predeceased by his parents Alvina and Herb Vosper, infant sister Marilyn and faithful companion Lacey.

As per his request, his body has been contributed to the U of M for the advancement of medical studies.

A private family service will follow at a later date.

Goodbye Dad. May God keep you and bless you. Till we meet again



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 and very dear.
-Forever loved and remembered by
sister Jo-Ann, niece Lesley Dawn (Kurt),
great niece Alyssa and great nephew Kael

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OBITUARY



In the Arms of an Angel Victoria Surowich

In the early hours of August 13, 2016 Victoria Surowich aged 83 years, wife of Casmir, passed away peacefully in her sleep at Selkirk and District Hospital.

A gentle, caring individual who will be greatly missed by her husband; sons Stan (Joyce) and John (Carol); grandchildren, Kevin (Christa), Jennifer (Dan), Neil (Dawn), Mark (Lindsay) and Ryan, as well as five great-grandchildren.

In 65 years of marriage she became a strong matriarchal presence who led by example and loved her family unconditionally. Her love of others extended to her work as a highly respected health care aide for over 20 years. She gained much satisfaction in her career and was proud of her ability to comfort those in their senior years.

Mom had an active retirement, helping her children when she could, travelling with Casmir, gardening, crafts, baking, and cooking great meals for the family get togethers. Above all she loved to be with her grandchildren and great-grandchildren as much as they loved to be with Granny.

The family would like to thank the health care aides from Selkirk Home Care who helped her maintain her independence at home up to a week before her passing. She looked forward to their visits and cared so much for them.

Cremation has taken place and according to her wishes a private family interment is planned. All those whom you loved and loved you will miss your presence and look forward to when we meet again.

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



OBITUARY



Helen Hastman

It is with great sadness that our family announces the sudden passing of Helen Hastman, of Lockport, MB, aged 71, on August 18, 2016, from complications following a motor vehicle accident. Helen is survived by Lawrence Hastman, her loving husband of 15 years. Also left to mourn is her daughter Helena Currie and three granddaughters, Charly, Emma and Lara who all live in England. Step children Tim, Leslie and Laurie, her husband Pierre and their children Katrina and Erik.

Over the years Helen had several interesting careers. When she retired from being a lab technologist in Beausejour she achieved a lifelong dream writing her memoirs and self-publishing her book which was sold across Canada. Helen enjoyed her weekly reading sessions with the residents of Betel Home in Selkirk. Helen had a zest for life and enjoyed many pursuits. Each year, along with her

husband she enjoyed sowing and harvesting a vigorous garden and taking professional photographs at every opportunity.

Over the years she very much enjoyed travelling with Lawrence. She would plan and map out their lengthy journey and as Lawrence drove she would take pictures along the way and collect other local memorabilia. Months later, when she was home again she would create very detailed and interesting travel journals so they could remember their trips with vivid clarity. In her younger years she enjoyed scuba diving in the Caribbean, horseback riding and travelling throughout Europe.

A celebration of Helen's life will be held at 10:00 a.m. on Friday, August 26, 2016 in the Gilbart Funeral Chapel, Selkirk, MB.

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



OBITUARY

Dorothy Mae Chamberlain

On Saturday, August 20, 2016 at the Selkirk General Hospital, Dorothy Chamberlain, aged 86 years of Selkirk, MB, beloved wife of John, passed away.

A graveside service will be held on Tuesday, August 30 at 2:00 p.m. in the St. Andrew's on the Red Cemetery with a Memorial Luncheon to follow in the Gilbert Reception Center (309 Eveline St, Selkirk, MB) at 3:00 p.m.

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



OBITUARY

Dorothy Isabel Burzuik (nee Sutherland) April 23, 1925 - August 20, 2016

Mom passed away peacefully with her family by her side into the arms of Jesus.

She is survived by her daughters Sharon (Lenard) Panasky, Angela (Grant) Settee; sons Ken, Dale (Marge), Kim (Jackie) and her daughter-in-law, Diana. She was so proud of her 15 grandchildren, seven great-grandchildren and four great-great-grandchildren. She is also survived by numerous nieces and nephews, especially Marie and Linda as well as her dear friend, Linda Rosser.

She was pre-deceased by her husband Peter; son, Terry and grandson Shane. Also remembering her parents, William Colin and Rosabel Sutherland; her siblings Lillian (John) Wasnie, Gertrude (Wilfred) Massey, Irene, Robert (Nellie) Sutherland, Walter Lorne ((Helen) Sutherland and Maud (Jack) Massey, and numerous relatives and friends.

Mom married our dad, Peter, on September 20th, 1946 at St. Clements Anglican Church. They lived in a little one bedroom house on #9 Highway close to dad's parents, and built their home on Calder Road in 1960. Mom stayed home to raise her six children. Dad passed away August 6th, 1972 leaving mom with four children at home. Mom then went to work as a companion at Betel Home, studied and worked as a Health Care Aide until 1990 when she retired. She was involved in the Service Employee Union and travelled with her friend Anne Cyr to Nursing Homes around Manitoba. She volunteered at the Selkirk and District General Hospital and House of Economy. She was a member of the AN&AF Ladies Auxiliary. She loved bowling with the Senior League as well.

She so enjoyed her crocheting and knitting and loved to make crafts. She was in craft sales, with her daughter Sharon for many years. She made scarves, mitts and socks, which the grandchildren loved. Mom also enjoyed and loved making perogies, her famous bannock and perogy buns and fried bread that were gone in a flash. One of her greatest accomplishments was crocheting "The Lord's Prayer" which took her over 20 years to complete. It is now framed and displayed in St. Clements Hall.

Mom had a strong worth ethic and was always willing to lend a helping hand. She loved to walk everywhere and enthusiastically participated in every charity walk. Mom was very committed to her faith, a life-long member of St. Clements and St. Matthews Anglican Churches. She was part of the choir, the Vestry and Altar Guild at St. Clements for many years.

Mom was honoured with the Citizen of the Year Award in 2011 from the City of Selkirk.

She enjoyed several trips to Grey Cup Games, in Edmonton and Vancouver, Blues Jays game in Toronto and travelling to England and Scotland and many trips to visit family in BC and Bothell, Washington.

The family would like to thank staff at Home Care, the Gordon Howard Vintage Club, and the Selkirk Hospital. Our gratitude to Rev. Godfrey Maweije and Rev. Ken Pawluk, and all who came to visit at the hospital.

Donations can be made to St. Clements Anglican Church Memorial Fund or St. Matthew's Anglican Church Memorial Fund.

Celebration of Life will be held on Thursday, August 25th, 1 p.m. at St. Clements Church, 1178 River Rd., Selkirk.

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