

RECORD PHOTO BY AUSTIN GRABISH

Selkirk's Lindsay Ball holds a photograph of her grandfather Blair Gunter, who has now been added to the list of Dufferin Gang members. The gang's members are all from a small block on Dufferin Avenue in Selkirk that went overseas together to serve in the Second World War. The list of members has now reached 35 and organizers behind the push for a monument recognizing the war veterans wants to make sure no name is left behind. For the full story see page 13.

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Fisherman faces \$757 fine for hiding surplus catch in car

By Austin Grabish

A fisherman who was caught with more than seven times the amount of fish he was allowed to take reeled in a \$727 fine on Saturday in Lockport.

Natural resource officers from Selkirk were doing a spot check at the St. Andrews Lock and Dam when they made the discovery.

A statement on the Manitoba Natural Resource Officers' Association Facebook page said the man was stopped for inspection when he walking towards his vehicle carrying fish



and a cooler.

Once his cooler was inspected, 18 sauger were found inside.

Then, another officer inspected the man's vehicle and found 10 more sauger in the vehicle's spare tire well, as well as one hidden in a plastic shopping bag, a statement said.

A provincial spokesman confirmed the seizure happened over the weekend and said being caught with 29 sauger is more than two dozen over the limit of four a licensed angler is allowed. The Manitoba Natural Resource Officers' Association said it's "very common" for people to catch a number of fish, place them in a vehicle, then walk back to the river and continue fishing. Conservation officials are asking anyone who has information about illegal activities to call a local Conservation and Water Stewardship Office or Turn in Poachers (TIP) line at 1-800-782-0076.

The name of the fisher wasn't released.

Wet weekend across the province



RECORD PHOTO BY LINDSEY ENNS Rain pounds the pavement as a vehicle drives along Clandeboye Avenue during a storm last Saturday afternoon.





Foster Martin Band brings crowd to Country Carnival



RECORD PHOTOS BY LINDSEY ENNS

ABOVE: The Foster Martin Band performs during the City of Selkirk's fourth annual Country Carnival on Saturday night. Although rain moved the event indoors to the Selkirk Arena, that didn't stop a good sized crowd from coming out to enjoy the evening entertainment. ABOVE RIGHT: Six-year-old Ricky Lefteruk, pictured above, and his sisters Ceilidh and Sierra took turns riding the mechanical bull during Saturday's Country Carnival. BOTTOM LEFT: Four-year-old Kassidy Smith of Selkirk enjoys an ice cream cone during the Country Carnival on Saturday. BOTTOM RIGHT: Country music fans get up and dance while the Foster Martin Band performs on Saturday.









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Community foundation puts out call for Citizen of the Year

By Austin Grabish

The annual hunt for the local community's greatest citizen is officially on.

The Selkirk and District Community Foundation is accepting nominations for the annual Citizen of the Year Award, which is now entering its 30th year.

Individuals as well as organizations are being encouraged to think of someone who has gone the extra mile for the community and submit a nomination in writing documenting how the individual's actions have impacted the community.

The foundation's executive director Bev Clegg said the award is meant to recognize hard-working volunteers





RECORD FILE PHOTO

The 2014 Citizen of the Year Award recipient Connie Rapko, pictured centre, in green, stands with family members after receiving the award last April. Nominations are currently being accepted for this year's award.

that have had a lasting impact on the community.

Past award recipients have typically been people who have been longtime contributors to the community, she said.

The award will recognize someone who has made a meaningful difference in Selkirk, St. Andrews, or St. Clements.

A confidential selection committee separate from the community foun-

dation will make the difficult decision of choosing this year's award recipient.

Clegg said anyone can be nominated and self-nominations are also being accepted.

Applications have to be submitted in writing, but don't need to be long.

"It can be one page long, it can be 20 pages long it's up to the nominator," Clegg said.

Although the citizen award is now in

its 30th year, this will be the first time the community foundation is handing it out.

The Selkirk Biz was previously behind the award, but handed over the reigns after last year's award was given out.

The move appeared to be welcomed by the foundation's board.

"We will continue to uphold the integrity of the award and event," board member Michele Polinuk told the *Record* via email.

Selkirk Mayor Larry Johannson said the award is a great chance to recognize some of the important volunteer work by citizens that often goes unnoticed.

"My only wish would be that we could give out more than one a year," Johannson said.

The Citizen of the Year will be chosen in mid-October and recognized at a dinner on Nov. 10 at the Selkirk Golf and Country Club.

Nominations can be sent via email to selkirkfoundation@shaw.ca, and further info can be found by calling the foundation at 204-785-9755.

The deadline for nominations is Sept. 30.





Enjoying summer by the water



RECORD PHOTO LINDSEY ENNS Nancy Lee of Winnipeg visits the Selkirk Waterfront on a hot Thursday afternoon on Aug. 13 to do some fishing.

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Floating barrier at Lockport fishing spot to mark boundary

Conservation officer says fishers need to be cautious where they cast their lines

By Lindsey Enns

A floating barrier near a Lockport fishing hot spot could help wash away any misconceptions about the rules, one local conservation officer says.

Robert Belanger, a Selkirk district natural resource officer for Manitoba Conservation and Water Stewardship said fishers are allowed to cast their lines 23 metres or 75 feet from the inlet of the Lockport Fish Ladder. But the problem is nobody really knows exactly where that boundary is.

"Right now there's no actual line drawn for anybody to see like a floating device or anything,"Belanger said. "Some of them do know where it is because they cast back into the corner because that's where they get lots of the fish."

Belanger added the local conservation department has written up 55 charges since May and five of them were specific to the fish ladder. He added there's enough signage in the area but a floating barrier could be popping up in the next couple of



RECORD PHOTO BY LINDSEY ENNS

Fishers cast their lines near the Lockport Fish Ladder at the east side of the Lockport Bridge on a rainy Saturday morning. Soon a floating barrier near the popular fishing spot will help show fishing enthusiasts how far they are allowed to cast their lines, according to a local conservation officer.

weeks. Although the Lockport Bridge is federally operated, a floating barrier is something they can do at the local level, he said. However, there are some that want to see the small fishing corner at the east side of the bridge closed off completely, Belanger said.

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Stu McKay, who runs Cats on the Red, has started a petition to get the province to enforce no fishing rules near the Lockport Fish Ladder. Although the *Selkirk Record* was unable to reach McKay before press time, he told *CBC News* recently he's seen countless pelicans tangled in fishing wire at the spot where fishers are casting their lines directly into them. McKay also told *CBC* he's tried approaching people to get them to move further down the river.

"We just can't get through to them. There's not any response. Maybe a shrug of the shoulders or whatever," he said.

Belanger believes closing off the area completely is "going to be an uphill battle." He added groups tried to have it closed in the late 80's early 90's, however, outcries to Ottawa shut that idea down.

Although pelicans have always been in that area, more and more are getting caught in fishing line recently it seems, Belanger said.

"People leave garbage all over, they leave fishing line all over the shoreline," he said. "We need other fisherman to pitch in and walk over to other fisherman ... and say 'hey, can you pick that up?'"

Saying farewell to the Lord Selkirk



RECORD PHOTO BY LINDSEY ENNS A crowd enjoys live music and storytelling during a farewell gathering for the MS Lord Selkirk II on Sunday afternoon hosted by the Red River North Regional Heritage Group. Rain pushed the event indoors to the Marine Museum and donations for the Stuart House were also being accepted. For the full story see next Thursday's edition of the Selkirk Record.

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> ARNIE WEIDL

I wonder, can it be said that a family that fishes together stays together?

It surely seems to be true of the Opalko family of Winnipeg who I met on a sunny bright day relaxing in lawn chairs fishing off the Selkirk pier last week. There was dad, Ken, mom, Linda, daughter, Jayne and son, Matt. When I first met them and as we began to get to know each other Matt kind of stood out as a fun loving live wire who was the only one continually catching one fish after another. I looked at Matt and in mock seriousness asked him what was going on. In a lighthearted yet guarded attitude he proclaimed he had special minnows that he gets from a certain garage and there was no way he was telling anyone where it was. He then fell silent as he reeled in another fish. While he returned that bass back to the water I wondered how I might get Matt to reveal where he got those minnows. I looked at Ken for help and he just started to shake his head and laugh.

"Don't look at me," he said, "he won't tell us either." I pondered this predicament for a moment then said to Matt, "I'll give you the location of one of my best fishing spots if you tell me where you get that bait."

The determined smile on his face told me there was no way he was going to give up his secret. He then frustrated me further proclaiming he had caught and released 24 fish the previous day and apparently was well on his way to breaking that record when I was there. Later, as kind of a little joke I took a picture of the whole family with one little fish Matt had just caught.

I ran into Cy Larson in Lac du Bonnet the other day and he said the fishing has been great there all summer. Now, here is a guy who if he's not working in his S&H Docks business,



RECORD PHOTO BY ARNIE WEIDL Pictured from left, Linda, Matt, Jayne and Ken Opalko with one of Matt's little fish he caught off the Selkirk pier.

he's on the Winnipeg River fishing. He proudly said he had caught a 48" jackfish recently and that the goldeye, mooneye and sturgeon seem to be everywhere in the river.

I was fishing on the Hnausa pier last weekend and as I sat in my rickety old plastic chair unsnarling the line on my reel I called over to a chap who was fishing a ways down from me asking if he had a fishing story. We exchanged names; he said he was Gus Conci from Winnipeg and as I raised my attention from my pesky knotted line to Gus, his head went back a bit with a smile as he remembered something.

Gus, a retired guy with light brown hair, heavily tanned with a strong thin frame and an easy going way of talking said he had a bit of an odd story. As we sat in our chairs looking out over the restful almost glassy water in the still, warm grey, late afternoon, he recounted how a few days ago on the Hecla village pier he caught a 22" drum. After releasing it he watched it as it swam away just below the waters' surface. Swooping into view, a small

pelican saw his chance for supper and splashed into the water scooping up the drum. The fish however was too big for the birds' pouch and it fell out. At that same time a seagull decided he had as much right to that fish as the pelican and pounced on it dragging it away. The pelican not willing to give up his food sprang forward and recaptured the fish flipping it entirely into his pouch. Now the overweight junior pelican was faced with the problem of getting away with his prize. He flapped his wings furiously, his padded feet walking on the water like a goose trying to take off. Finally the bird gained flight slightly above the water with the seagull flying alongside the pelican pecking at its' pouch. Gus watched amazed as the seagull soon lost interest and the small victorious

pelican disappeared in the dusk over deep water. Until next time my friends, bye for now.



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Grandmothers walk for children to shed light on dark topic

By Austin Grabish

Selkirk grandmothers plan to shine a light on the dark topic of sexual exploitation when they take to the streets for an annual walk around the city next month.

The fourth annual Grandmothers Protecting Our Children Sacred Walk is scheduled to take place rain or shine on Sept. 21 at the Selkirk Friendship Centre.

The Interlake Sexual Exploitation Educators group is behind the walk.

Organizer Bonnie Peloski said the walk is meant to raise awareness about children and youth who are sexually exploited as well as lives that have been lost through tragedy.

"Kind of taking it back and saying no we're not going to stand for this," Peloski said."We're not going to allow our daughters and our sons to be exploited and taken advantage of."

Aboriginal grandmothers also known as "kookums" will be leading the walk at 10 a.m. after a sacred fire at 7:00 a.m., which is followed by a to-



RECORD PHOTO BY BRETT MITCHELL

Selkirk grandmother Marie Walker will be taking part in the fourth annual Grandmothers Protecting Our Children Sacred Walk, taking place rain or shine on Sept. 21 at the Selkirk Friendship Centre, as a way to remember her late daughter. Walker is pictured above with her four grandchildren Brooklyn, Kingsley, and Paxton.

bacco burning ceremony, she said. The short walk will take participants

down Eveline Street to the Selkirk Civic Centre, up to Main Street, and then down Manitoba Avenue back to the Friendship Centre. The walk is free and everyone is welcome to attend.

Peloski said the event is meant to be educational and will serve as a wakeup call for many who don't realize sexual exploitation is happening right here at home.

"People think it doesn't happen in Selkirk they're like 'not in our community no way, "Peloski said. "It absolutely is happening, unfortunately, and we want to educate our youth."

Marie Walker will be taking part in this year's walk as a way to remember her daughter Desiree who died six years ago from a drug overdose.

The aboriginal grandmother is raising her daughter's four children, and said too many young women like her daughter have died as a result of exploitation or violence.

"To me that happens way too often for all these young women that are missing and lost and abused."

Lockport river run to benefit neurofibromatosis support group

By Austin Grabish

When runners hit the pavement on River Road in Lockport next month, they'll know they're helping support a good cause that is perhaps less known by the public.

The fifth annual Lockport River's Edge Run is taking place on Sept. 19, and this year the run is raising funds for the Manitoba Neurofibromatosis Support Group

The group provides support to individuals and families affected by the disease and promotes awareness while funding research to improve patient treatment.

It's the first time proceeds from the run are going to the organization, but for organizer Corinne Thompson Bobrowich, the decision was an easy one.

Her son Brady is living with neurofibromatosis and has a tumour on his spine as a result of the disease.

"We just want to have something to help the cause in finding a cure or better treatment," Thompson Bobrowich said.

Thompson Bobrowich said the route is the same as the last four years and will take runners down River Road on either a five or 10 km run, and there's also the option to take part in a half marathon or 30km leg.

She said organizers are hoping for a better turnout than prior years, but admitted the attendance is usually always good.

"Generally we have up to 100 runners with all the combined events," she said.

Runners will get to enjoy a pancake breakfast the morning of the run as well as live music.

They will start and end their trek at Skinner's on River Road in Lockport. The runs begin at 8 a.m. and 10 a.m.

Registration can be done online at runningroom.com, and anyone needing more information can call Corinne Thompson Bobrowich at 204-781-2522 or email her at lockportriverrun@ shaw.ca.



The deadline for early bird registra- tion is Aug. 31.



Selkirk-Interlake-Eastman candidates hit the campaign trail

By Lindsey Enns

Some Selkirk-Interlake-Eastman candidates have officially hit the campaign trail leading up to October's federal election.

Joanne Levy, Liberal candidate for the Selkirk-Interlake-Eastman region, was busy erecting her signs along popular highways in the area last week as part of her campaign kick off.

Levy said instead of spending her budget on community lawn signs she's inviting her supporters to step up and be a part of her "adopt a highway sign campaign."

"In an area as big as Selkirk-Interlake-Eastman it strikes me that lawn signs are really going to get lost and they're very costly," Levy said during her stop in Selkirk last Thursday. "We've decided to get our message out by putting up highway signs and larger signs that will be at the exit and entrance to communities."

Community lawn signs for the region's Conservative MP James Bezan, who is seeking re-election, are starting to pop up in Selkirk and area. Bezan said he has been campaigning for a couple weeks now and things are going well.

"We've been all over door-knocking," Bezan said. "Really good reception at the door and everybody's been really gracious when we've met with them."

Bezan added he hopes to organize a rally to officially kick off his campaign sometime after the September long weekend in Selkirk.

"We're kind of not going full speed right now. We have been very effective in getting our signs up and being out and door-knocking about five nights a week," he said. "But ... I think we'll have a lot more volunteers and a lot more of a concerted effort once



RECORD PHOTO BY LINDSEY ENNS

Joanne Levy, Liberal candidate for the Selkirk-Interlake-Eastman region and her husband Henry Vroom hang a campaign sign along Highway 9 near the Gimli turnoff last Thursday afternoon. Some candidates in the region have now officially hit the campaign trail leading up to the federal election on Oct. 19.



JAMES BEZAN

summer holidays is over."

During this "longer than usual campaign," Levy said steering away from lawn signs will help her save money. She added individual candidates can spend up to \$226,000 throughout the



WAYNE JAMES

campaign and she"will be spending a small fraction of that."

As another cost-saving measure, Levy said they won't be establishing any formal campaign headquarters and instead will be running everything off mobile devices.

Wayne James, who was acclaimed as a candidate for the Green Party in late July, is the third nominated candidate fighting for the Selkirk-Interlake-Eastman MP's seat. In an interview with the *Record* last week, the farmer from Beausejour said since the campaign period is so long he wouldn't be officially starting his for a couple of weeks.

An NDP nomination meeting where members of the region's riding will vote for one of two candidates is set to take place this Sunday in Selkirk.

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

Selkirk-Interlake-Eastman The constituency consists of the RMs of Alexander, Armstrong, Bifrost, Brokenhead, Coldwell, Eriksdale, Fisher, Gimli, Grahamdale, Lac du Bonnet, Pinawa, Rockwood, Rosser, St. Andrews, St. Clements, St. Laurent, Siglunes, Victoria Beach and Woodlands. The constituency also encompasses the City of Selkirk, the towns of Arborg, Beausejour, Lac du Bonnet, Powerview-Pine Falls, Stonewall, Teulon and Winnipeg Beach, the villages of Dunnottar and Riverton as well as Brokenhead First Nation and Dog Creek First Nation, according to Elections Canada.

Voters head to the polls on Oct. 19.

"I encourage anyone who's not sure if they are registered to check online at elections.ca," Chief Electoral Officer Marc Mayrand said in a release last week. "If you're not registered, register now. This way you'll get a voter information card with details about when, where and ways to vote."





MTS expands service to Libau

Staff

MTS cellular customers will now have access to quicker data on smartphones when in Libau.

On Monday, MTS announced it expanded its 4G LTE wireless network to the small community north of Selkirk.

A press release from the company claimed the LTE service offers speeds of up to 150 Mbps.

"LTE offers data speeds that are significantly faster than the current HSPA+ technology, ensuring customers enjoy their new LTE smartphones to the fullest," the company's CEO Jay Forbes stated.

The upgrade in Libau is part of an MTS effort to expand its 4G LTE network through several rural communities this year.

2015 federal election Trudeau makes first official campaign stop in Manitoba

Liberal party promises flexible work schedule for federal employees

By Natasha Tersigni

Ready or not, Liberal Party Leader Justin Trudeau brought his message of change for the middle class to Manitoba last week.

Surrounded by Liberal supporters and local candidates, including Selkirk-Interlake-Eastman candidate Joanne Levy, Trudeau made a brief stop in Winnipeg last Wednesday morning. The rally was just long enough for him to make a campaign promise, answer a few questions from the media and take pictures with his red supporters.

Citing change for workers in the middle class and those working to become middle class Canadians, Trudeau said that if the Liberals were elected this fall his party would introduce legislation to ensure all employees covered by federal labour laws would have the legal right to ask their bosses for flexibility in their workday including start and finish times and the option to work from home.

Trudeau said a similar program has been introduced in the United Kingdom with employers granting 80 per cent of flexible work requests from their employees.

"We will make sure that every federally regulated worker has the legal





RECORD PHOTOS BY NATASHA TERSIGNI

ABOVE LEFT: Selkirk-Interlake-Eastman Liberal candidate Joanne Levy joined Liberal Party Leader Justin Trudeau during his Winnipeg campaign stop last week. ABOVE RIGHT: Liberal Party Leader Justin Trudeau meets with supporters during his first official campaign stop in Manitoba last Wednesday.

right, without the fear of reprisal, to make a formal request to their employer for more flexible work conditions. That means flexible start or finish times or even the ability to work from home," said Trudeau who added that if passed this new legislation would apply to more than one million Canadians in federally regulated industries.

"We will amend the Canada labour code and work with provincial and territorial governments to put these rights into their labour codes too." Levy commended the proposed legislation and said it was a step in recognizing the diverse needs of Canadians who are parents or have other time commitments.

"I think this is a real recognition that the government is in tune with the new ways that people work and how people want to work. I know certainly my children need maximum flexibility to raise their children, my grandchildren," said Levy.

"It sends the signal that working parents and others who have to cope

with other issues in their life, such as aging parents, that they should get some recognition and have a little bit of leeway. When you work for an employer who is responsive of your needs you end up giving more. I think productivity is going to improve on both sides."

Levy said Trudeau will make several more stops in Manitoba before the Oct. 19 federal election and she hinted at the possibility of the leader making an appearance in the Selkirk-Interlake-Eastman riding.



City's support helps keep Marine Museum afloat

By Lindsey Enns

The \$65,000 the City of Selkirk provides the Marine Museum of Manitoba with annually helps keep it afloat, according to the museum's manager.

Shaylene Nordal said the funds help cover their general operation costs, a percentage of their wages including security and their overall day-to-day expenses.

To keep things new and exciting, Nordal said they have recently been introducing some new displays at the museum.

"We didn't want to just stay historic so we put in a new introductory display that tells the people when they come to visit a little bit about the museum," Nordal said. "Some of the other displays we're working on will give them a little more history of the river system and what these ships did."

City of Selkirk Mayor Larry Johannson and a few city councillors were on hand to present museum staff with their annual \$65,000 in funding during the Country Carnival pancake breakfast on Saturday morning.

"It's an honour to have the Marine Museum in the City of Selkirk not only for long-term citizens that they can reflect on the strong marine his-



RECORD PHOTO BY LINDSEY ENNS

City of Selkirk Mayor Larry Johannson presented members of the Marine Museum of Manitoba with their annual \$65,000 in funding for overall operation costs on Saturday morning. Pictured from left to right, Marine Museum chairman Don Gordon, City of Selkirk Mayor Larry Johannson, Coun. Doug Poirier, Marine Museum manager Shaylene Nordal, and Coun. Kelly Cook.

tory, but also for our youth that will tory Selkirk had being a community grow up knowing what kind of a his- on the river," Johannson said. "This

Marine Museum does it all for them."

Nordal said the city has provided the museum with annual funding since 2001. She added they also apply for other grant funding throughout the vear.

Repairs to the museum are ongoing, she said, and they are currently working on a strategic plan for coming years that will include some changes and restoration efforts.

The Marine Museum of Manitoba was formally established in the City of Selkirk in 1972-73, according to the museum's website. Its aim is to gather ships, artifacts and items to help tell the stories surrounding marine life on Lake Winnipeg and the Red River. The museum's displays covers circa 1850 and continues to present day.

The museum is a non-profit organization operated by a board of local community members and receives support from the city, nearby businesses and from both the provincial and federal government.

The museum, located at the corner of Eveline Street and Queen Avenue at the entrance to Selkirk Park, is open Monday through Friday from 9 a.m. to 5 p.m. and Saturdays and Sundays from 10 a.m. to 6 p.m.

Selkirk's home delivery service to be phased out before winter

By Austin Grabish

If everything goes according to plan, Canada Post's home delivery service should be out the door in Selkirk before winter.

The company is planning to start installing community mailboxes throughout the city in the coming weeks as part of its home delivery phase-out plan.

Selkirk residents have continued to enjoy door-to-door delivery service while several other cities and parts of

Winnipeg have already lost it.

The company began phasing out home delivery in 2014 citing declining revenues as a concern.

Canada Post spokesperson Anick Losier said the plan is to have all of its new community mailboxes installed in Selkirk before snowfall.

Losier said crews would start installing the boxes in the coming weeks.

"We're looking at starting to deliver to the new boxes in the fall," Losier said.





RECORD PHOTO BY AUSTIN GRABISH A Canada Post mail courier drops off mail at the Clandeboye Medical Clinic in Selkirk last Thursday. Door-to-door mail delivery will be phased out of the city before winter if everything goes according to the company's plan.

She said mail couriers in Selkirk still have job security once the service is discontinued and will continue to work for company.

"The change means that we'll have less routes to deliver so there'll be less people on the actual street, but there's still lots of work to do."

The Canadian Union of Postal Workers is still calling on the corporation to bring back the delivery service.

Union president Mike Palecek said Canada is the first country to eliminate home mail delivery.

He said the Harper government didn't warn Canadians it would support the Crown corporation's ending of the service, and didn't ensure Canada Post properly consulted with residents.

"The people of this country and most federal parties are united in their opposition to the home mail delivery cuts," Palecek said in a release.

Losier said consultations with residents happened recently in Selkirk, but wouldn't comment on the three opposition parties' plans to restore door-to-door delivery if elected this fall.

She said Canada Post posted a \$31 million loss for the second quarter of 2015 last Thursday.

"Fifty per cent of our revenues are quickly evaporating and we need to have a solution."

The federal NDP, Liberals, and Green Party have all promised to save the service if elected this October.

Selkirk's famous Dufferin Gang member list grows

Group hoping to track down more names as they push for war veterans monument

By Austin Grabish

When news of Selkirk's now famed Dufferin Gang started to hit the press a few years ago, it was believed 29 men, all from a small block on Dufferin Avenue in Selkirk, drifted overseas together to serve in the Second World War.

Now, new information has been brought forward that reveals two women and an additional four men were also part of the gang, and the organizers behind the push for a monument recognizing the Second World War veterans wants to make sure no one else has been left behind.

Dr. Lorne Canvin, of the Allan Foot Service, said over the last year the names of an additional six people, who weren't previously part of the Dufferin Gang, have been brought forward by relatives.

"The families have phoned up and said well what about so and so?" said Canwho together vin. with Blaine McVety of Blaine's Books, have been pushing for a monument to recognize the gang, who lived between Main and Jemima streets on

Dufferin Avenue in Selkirk.

McVety said he was always concerned about accuracy and the chance of someone not making it onto the list.

"We're really pleased that we're getting a more accurate listing of the names because this was the big concern for us," he said. "We're trying to honour these guys and we want it to be as right as possible."

The duo and others believe the Dufferin Gang is the highest concentration of men and women from one street block who fought or served during the Second World War.

There were many others who went off to war on neighbouring streets and different parts of Dufferin, but "the whole idea is to focus on this one little block," Canvin said.

The Dufferin Gang has been likened to Winnipeg's three Valour Road heroes, and started making headlines a few years ago when McVety and Canvin began pushing for the gang to receive recognition on a monument.

Canvin said despite the 2004 book, "Juno: Canadians at D-Day June 6, 1944," penned by journalist Ted Barris, who makes reference to the Dufferin boys, for years only a handful of Selkirk residents knew about the gang. "The town never knew about it," Canvin said. "Nobody knew about it here except some of the families.

"They didn't know the significance of it."

Lindsay Ball, an employee of McVety's, overheard her boss and Canvin talking about the Dufferin Gang one day and realized her grandfather Blair Gunter wasn't on the duo's list of 29 men. Nor was Gunter's two sisters Beatrice and Alma or his two brothers Wade and Jerry, she realized.

Also missing was Brandon Goodbrandson, whose name was brought forward by a relative who read a newspaper article about the Dufferin Gang, Canvin said.

Although Ball never met her grand-

father, she knew about his voyage overseas from family stories and gathered further details from war records she was able to uncover.

The 34-year-old said her grandpa was a radio operator and gunner who enlisted in the war when he was 27.

He was on Juno Beach for D-Day, and came

back home to Selkirk after being shot

Ball added she isn't surprised the Dufferin Gang wasn't well known in

"I think that's part of that generation, is that they just didn't want to it's a couple generations removed, it's like well this is something that we can be proud of."

Mae Gulewich still lives on Dufferin and was just a kid when her father John V. Sinclair, came back from the war. She said her dad would frequently talk about his Dufferin Avenue buddies.

"He always wondered and hoped something would be done for the boys because there was so many of them," Gulewich said.

Gulewich said news of plans for a monument would have made her dad proud.

"I just wish it came about six months (sooner) otherwise dad would have known," she said.

Canvin said if everything goes according to plan, a monument recognizing the Dufferin Gang will be erected by Remembrance Day



RECORD FILE PHOTO

In this 2013 photo, Selkirk's Mae Gulewich poses next to a picture of her father, John V. Sinclair who was a member of the Dufferin Gang. Gulewich said plans for a monument would have made her dad proud.

Tom Norquay

• Siggi Goodbrandson

Harry Scramstad

• Bob Scramstad

Otto Scramstad

• Allan Sinclair

• Jack Sinclair

• Harold Starr

• Charles Tetroe

• Frank Tetroe

Alma Gunter

Wade Gunter

• Blair Gunter

• Gerry Gunter

Brandon Goodbranson

• Beatrice Gunter

Stefan Stephanson

List of Dufferin Gang members to date:

- Gordon Coutts
- Lawson Dillabough
- Rod Fidler
- Raymond Fidler
- Charlie Griffiths
- Dan Griffiths
- Harold Henrikson
- Paul Henrikson
- Dick Johnstone
- Jack Laye
- Jim Lave
- Harold Little
- Bill Little
- Dunc McLean
- John McLean
- Bill McLean
- Eric McLean
- Jack Norquay

this year.

Fundraisers and donations over the last couple of years in support of the project have raised around \$12,000, and the province is taking care of the monument's design and will also chip in cash, he said.

Once complete, the monument will sit in a garden at the Royal Canadian Legion in Selkirk. But before its plans are finalized, Canvin and McVety want to make sure no names are being left behind.

Canvin is hoping relatives of any

members of the Dufferin Gang will call him to verify information he has, and hopefully fill in some of the blanks that aren't known for some members of the Dufferin Gang like date of death, service units, etc.

"The big thing is to get these names out there and find out who they served with and make sure that we're getting the names and spelling and all that stuff right," Canvin said.

Those with further information can reach Lorne Canvin directly at 204-485-2134.

"THE BIG THING IS TO GET THESE NAMES OUT **THERE** ... "

shortly after in France, she said.

the city until a few years ago.

talk about it," she said. "But now that

Construction, budget on track for Selkirk's new hospital

By Lindsey Enns

The Interlake-Eastern Regional Health Authority is crediting good weather for keeping construction of Selkirk's new hospital on track.

"It's been a great summer," Interlake-Eastern Regional Health Authority regional director of capital planning and facilities management Gary Dandenau said. "Things are looking really good."

Dandenau said the \$111 million construction project is also staying within budget and they are still looking at an early spring of 2017 opening date.

"We're right on time and on budget," he said.

Now that nearly 65 per cent of the building's exterior is complete, crews are focused on getting things closed in for winter.

"They're concentrating hard on clos-

ing in that building before the weather breaks for the winter," he said, adding on most days about 100 crew members are working at the construction site."They're working on the walls, insulation, the roof."

Construction officially began in spring 2014 on the new Selkirk Regional Health Centre located between the current hospital at 100 Easton Drive and the Selkirk Recreation Complex, according to the health authority's website. The new hospital is being designed to better accommodate the needs of residents in the Interlake-Eastern region who require hospitalization or more specialized acute care and out-patient services.

Local communities also contributed to ensuring the new regional health centre reflects the region's history and culture.



RECORD PHOTO BY LINDSEY ENNS

Construction crews were busy working at Selkirk's new hospital located along Easton Drive last Thursday afternoon. The Interlake-Eastern Regional Health Authority says they are still looking at a spring of 2017 opening date.

Pawed Pals hope to find cats a forever home at adoption drive

By Austin Grabish

They're cute, cuddly and in need of a good home, and for \$100 you could give them just that.

Pawed Pals Animal Rescue is hoping an adoption blitz this Saturday will mean new homes for some of the 15 felines it has taken off the streets.

"If we hadn't gotten them into the program some of them would have survived some may not have," Pawed Pals president Lynda Blackburde said.

Blackburde said recent adoptions have brought the animal rescue group's numbers down, but it would still like to find good homes for the remaining cats.

The organization relies on volunteer foster placements for its animals and keeps a handful of the felines at Pet-Valu in Selkirk.

"It's very difficult with foster homes, because we don't have a building, a shelter," Blackburde said.

Blackburde will be at PetValu on Sat-

urday afternoon to discuss cat personalities with anyone interested in adopting a cat or kitten.

All of the cats are spayed or neutered and have had any needed veterinarian work done.

For some cats like Henry, that has meant a second chance at life.

Blackburde said the cat was found Pals Anii with severe damage to one eye that page.



FACEBOOK PHOTO Cats like four-month-old Jimmie, pictured above, will be available for adoption from Pawed Pals Animal Rescue this Saturday at PetValu.

> caused him to lose it, and to make matters worse he is now partly deaf.

"So now he has one blue eye and he's solid white and then we found out that he is hearing impaired," Blackburde said.

Pictures of the cats up for adoption can be found on the Pawed Pals Animal Rescue Inc. Facebook

Bezan highlights 'record investments' during Tyndall community centre visit



RECORD PHOTO SUBMITTED

Selkirk-Interlake Conservative MP James Bezan, centre, is surrounded by the Tyndall Village Community Centre board of directors, pictured from left to right, Kevin Steinke, Meagan Steinke, Traci Purcell, Kerry Fehr, Kim Wiebe, Ken Campbell and Brad Hlady during his visit to the community last Wednesday evening.

Staff

Selkirk-Interlake MP James Bezan highlighted local federal investments through the Enabling Accessibility Fund and the Canada 150 Community Infrastructure Program during a stop in Tyndall last week.

Under the Canada 150 Community Infrastructure Program, the Tyndall Village Community Centre received \$29,100 to upgrade an outdoor ice rink.Through the Enabling Accessibility Fund, the same community centre received \$14,817 to improve accessibility for those with disabilities by installing automated door openers to create barrier free access to the centre. Bezan, who is also seeking re-election and is the Selkirk-Interlake-Eastman Conservative candidate in the upcoming federal election, said these investments are helping "build a stronger community here in Tyndall."

"This Conservative Government has made record investments in our local communities," Bezan said in a release on Aug. 20. "The Harper Government's Building Canada Fund is also investing in the expansion of the Tyndall-Garson lagoon ensuring the long-term success of these communities."

"IF WE HADN'T GOTTEN THEM INTO THE PROGRAM SOME OF THEM WOULD HAVE SURVIVED SOME MAY NOT HAVE."

Liberals seek proportional representation electoral system

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Sport FWD

By Austin Grabish

The provincial Liberals are promising to make changes to Manitoba's electoral system the party says is "from the dark ages" if elected into the Manitoba legislature next year.

Party leader Rana Bokhari made the announcement last Friday.

"We believe that every vote should count," Bokhari said before telling reporters Manitobans feel their vote doesn't count under the current system, which sees candidates who have received the highest number of votes elected into government.

Bokhari promised if elected, the Liberals would move to a proportional representation system for the electing of MLAs.

The move would mark the end of the voting process that sees citizens choose a candidate by ballot, but Bokhari had few details about how it would all work.

She said the party is promising a proportional representation system, but it would only be enacted after consultation with Manitobans, and its exact form has yet to be decided.

There are many models of proportional representation. The process typically benefits smaller parties that receive a big, but not large enough chunk of votes to win a seat in government.

The objective is to make government house seats more reflective of actual voting numbers.

A provincial spokeswoman said the province is carefully listening to debate on electoral reform, but said Bokhari failed to give any concrete details on the Liberals' promise.

Naline Rampersad went on to say the province has shown commitment to making democratic representation more effective in Manitoba.

"We banned union and corporate donations to make sure that only individuals residing in Manitoba donate to political parties, we introduced fixed election dates to make election timing transparent and predictable, we made changes at Elections Manitoba to make voting more accessible ...," Rampersad said in a statement.

Bokhari's announcement is the third she has made over the last month.

The provincial Liberals hold just one seat in the Manitoba legislature.





Ingredients Salad:

2 cups (500 mL) cooked lentils or use canned lentils, drained and rinsed 1 cup (250 mL) chopped cucumber 1/2 cup (125 mL) chopped red onion 2 tomatoes, chopped 1 yellow pepper, chopped 1 cup (250 mL) chopped cauliflower 1/2 cup (125 mL) chopped parsley

1/4 cup (50 mL) feta cheese, crumbled 1/2 cup (125 mL) sliced black olives

Vinaigrette:

2 tbsp (25 mL) lemon juice 1/2 tsp (2 mL) ground black pepper 1 tbsp (15 mL) red wine vinegar 2 cloves garlic, minced 2 tsp (10 mL) dried oregano, crumbled 2 tsp (10 mL) dried mint, crumbled 2 tsp (10 mL) dried basil, crumbled 1/3 cup (75 mL) canola oil

Mexican Style Steak

Ingredients

- 2 pounds beef chuck, cut into strips
- 5 garlic cloves, minced
- 1/2 teaspoon fresh ground black pepper
- 1/4 teaspoon ground cumin
- 2 teaspoons salt
- 2 tablespoons canola oil
- 1 medium onion, finely chopped
- 3 pounds ripe Roma tomatoes, peeled and finely chopped
- 6 serrano peppers

Preparation

Marinate steak with 3 minced garlic cloves, pepper, cumin and 1 teaspoon salt. Cover and refrigerate at least 2 hours.

In large saucepan, heat oil on high heat,



- Ingredients
- 3 1/2 cups stone-ground whole wheat flour, preferably Irish or Irish-style 11/2 cups unbleached white flour, or
- pastry flour, plus more for dusting 3/4 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon softened butter, plus more for greasing
- 1 3/4 to 2 cups room-temperature Buttermilk

Greek Lentil Salad

TROKE

Directions

Combine salad ingredients. In a separate bowl combine vinaigrette ingredients. Pour over salad mixture. Stir to combine. Prep time: 15 min | Cook time: 0 min Makes: 16 servings

www.heartandstroke.mb.ca



add onion and sauté for about 4 minutes. Add 2 minced garlic cloves and marinated steak; sauté constantly about 7 to 10 minutes.

When meat is cooked, add tomatoes, serrano peppers and 1 teaspoon salt. Reduce to medium heat and cook uncovered for about 10 minutes.

Serves 6

Soda Preparation

Preheat oven to 375°F. Mix wheat flour, white flour, baking soda and salt together in a medium bowl. Work butter into mixture with your fingers.

Form a well in the middle of flour mixture and pour buttermilk into the well. Form your hand into a rigid claw and stir dough slowly but steadily in a spiral motion, starting in the middle and working outwards. Dough should be soft but not too wet or sticky. (Start with 13/4 cups buttermilk, gradually adding, if necessary,

Sesame-Ginger Noodles

Ingredients

1 pound uncooked fresh Chinesestyle thin egg noodles, spaghetti, vermicelli or linguine 1/4 cup Soy Sauce

2 tablespoons distilled white vinegar

- 1 tablespoon grated fresh ginger
- 1 tablespoon sugar
- 1 teaspoon cornstarch
- 1/2 cup water

Cook noodles according to package directions, omitting salt; drain, rinse under cold water and drain thoroughly.

Combine soy sauce, vinegar, ginger, sugar, cornstarch and water. Heat vegetable oil in hot wok or large skillet over high heat. Add green onions and stir-fry 10 seconds. Add

sov sauce mixture: cook, stirring, until sauce comes to a boil. Add noodles; cook, stirring, 1 minute or until sauce returns to boil and noodles are evenly coated with sauce. Remove from heat. Add sesame oil and sesame seeds; toss well to combine.

Makes 4 servings



B

Turn dough out onto a floured board.

into a flat rectangle about 2 inches high. Cut dough in half lengthwise with a wet

knife, then gently push each half into a

lightly greased glass or foil loaf pan. Bake for 50 to 60 minutes, or until the tops of the

Serve this bread with plenty of butter.

Flour your hands lightly, then shape dough

to achieve the right consistency.)

loaves are nicely browned.

at the Selkirk Friendship Centre Early Birds Full House in 51#s or less \$2,900 Poker Flush \$6,936+ at 7:00 pm Lucky Star \$1,088+ Regular Bingo Ron in 53#s or less **\$3,126+** at 7:30





- 1 tablespoon toasted sesame seeds

Preparation

2 tablespoons vegetable oil 3/4 cup sliced green onions and tops 2 tablespoons Asian sesame oil





Embracing the weather



RECORD PHOTO BY LINDSEY ENNS

Local yogis battled the wind and rain during a special flow class led by certified yoga instructor and Lockport resident Jennifer David, pictured far right, at the Selkirk Waterfront on Sunday morning. David will be hosting another outdoor yoga class at the waterfront this Sunday at 11 a.m. and a third on Sept. 20 at 11 a.m.





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

WALTER WHYTE SCHOOL STUDENTS CELEBRATE NEW GYMNASIUM 2015 GRANT RECIPIENT

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

Grant Application Procedure

- GRANT GUIDELINES AND APPLICATIONS MAY BE OBTAINED FROM: Foundation Office: 785-9755 Or 200 Eaton Ave in Selkirk Or email: selkirkfoundation@shaw.ca Or www.sdcf.ca
- APPLICATION DEADLINE: Wednesday, September 30, 2015

COMMUNITY ROOTS MANITOBA'S COMMUNITY FOUNDATIONS



LSSD CONTINUING EDUCATION

The Flame of knowledgelights the path to your future

JOIN US AND HAVE SOME FUN!

Phone 785-7312 www.selltattconed.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.
- No refunds for one session programs.

CONTINUING EDUCATION PROGRAMS REGISTER NOW!

ROGRAM

SWIM REGISTRATION BEGINS ON LINE SEPTEMBER 1 IN PERSON AND TELEPHONE SEPTEMBER 3

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 Thickson ~ Assistant

Check out our new WEBSITE www.selkirkconed.com

ARTS AND CRAFTS **BASIC KNITTING** \$45

Tuesdays, Oct. 13 - 27 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

BASIC QUILTING/ SEWING \$70

Supply Kit Included in Cost of Class! Ages 9 and up Welcome! Saturday, Nov. 14 9:00 am – 5:00 pm

Come out for a day of quilting and sewing fun, even if you have never sewn! By the end of the day you will have your project ready to take home and enjoy. Choose between a Bali tote bag, 2 place mats or a table runner. Make amazing Christmas gifts! All that's needed is a sewing machine in good working order. Extra kits will be available for purchase from instructor. Room 175

JEWELRY MAKING \$50

Supply Kit Included in Cost of Class! Ages 9 and up Welcome! Tuesday, Oct. 27 6:00 – 9:00 pm

Come out for an evening of creativity and leave with something beautiful. A completed set of bracelet and earrings. Various supply kits to choose from with everything from Swarvoski crystal to gems and pearls! A gorgeous gift for Christmas! Extra kits will be available for purchase. Room 145



FOOD HANDLERS

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

City of Winnipeg Level I Food

Handling Certificate (valid for

Includes work book

Saturday, Oct. 10 9:30 – 4:00 pm

(I session)

5 years).

\$70

Room 149

Exam only

Room 149

RE-CERT

3:00 - 4:00 pm

\$115

with Amber Cook Design and make your own. All Premium Supplies included!

LEATHER WORKS

BEAD ART \$47 Tuesdays, Sept. 22 & 29 6:30 - 9:00 pm (2 sessions) Room 175



MITTS \$125

Thursdays, Oct. 15 - Nov. 5 6:30 – 9:00 pm (4 sessions) Room 175



GAUNTLETS \$205

Thursdays, Oct. 15 – Nov. 5 6:30 – 9:00 pm (4 sessions) Room 175



Tuesdays, Oct. 6 – 27 6:30 – 9:00 pm (4 sessions) Room 175

SAFETY FIRST **STANDARD FIRST AID**

\$125 Includes Canadian Red Cross First Aid & CPR Manual Saturday & Sunday, Nov. 28 & 29 Saturday 9:00 am - 5:00 pm & Sunday | |: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 home reading required between classes. Room 145

S.F.A. RE-CERT \$65

Saturday, Nov. 28 9:00 am – 5:00 pm (I session)

Òriginal Ćanadian Red Cross Certification must have been acquired within the past three years. Please bring original , manual, if possible. Room 145

Tuesdays, Nov. 17 (6:30 - 7:30 pm) & Dec. 8 (6:30 - 9:00 pm) (2 sessions)

G.H.S. Globally

Formerly known as WHMIS

The old safety information tools or Workplace Hazardous

Materials Information System

(WHMIS) has been replaced

by the Global Harmonization

System (GHS), to bring Canada

into line with a worldwide

system being adopted by our

major trading partners. The

changes to law are in effect now.

This one evening course will

bring you up to speed on what

you need to know to stay safe in

the workplace and give you the

certificate your employer will ask

for. Certificates and reference

materials will be issued.

Room 149

Thursday, Sept. 17 OR Thursday, Oct. 29 OR Tuesday, Dec. 8

6:30 pm – 9:30 pm

(I session)

\$40

MUKLUKS

6:30 – 9:00 pm

FUR AVIATOR

Thursdays, Nov. 19 - Dec. 10 6:30 - 9:00 pm (4 sessions)

HAT \$125

Room 175

(6 sessions)

Room 175

Tuesdays, Oct. 6 – Nov. 17 NO CLASS: Nov. 10

\$288

HEALTH & WELLNESS **TAKING GOOD CARE: Sessions in Relaxation** \$60

Tuesdays, Sept. 15 - Oct. 13

7:00 - 8:30 pm (5 sessions) Though life can be exciting, rewarding and challenging even healthy stress can take toll on our body/mind. Bring your nervous system into balance by activating your body's natural relaxation response. Relaxation techniques such as gentle movement/ Qi Gong, deep breathing, guided visualizations can help reduce mind activity and deeply calm the body. Please bring a yoga mat or blanket. Room 140

CALM AND CLEAR – MEDITATION THEORY AND PRACTICE

\$70 Tuesdays, Oct. 20 - Nov. 24

7:00 - 8:30 pm (6 sessions) Explore the foundations of meditation and its many different forms. Working with your questions and experiences for a strong and well understood practice base this program brings calm and clear insight into life and living. Please bring a firm cushion and a journal. Room 140

QUICK, HEALTHY MEALS \$100

I Session - Saturday, Sept. 19 10:00 am - 2:00 pm Come learn how to make 3 QUICK, HEALTHY

and DELICIOUS meals for a family of four in this interactive and fun MAKE and TAKE cooking class. Perfect for the family on the go who wants healthy meal options. All meals are gluten and dairy-free, nutrient dense and delicious! All meat and produce is locally sourced. Foods and Nutrition Kitchen, Room 172

EVERYTHING YOU NEED TO KNOW ABOUT ESSENTIAL OILS \$30

Saturday, Oct. 10

10:00 am – 12:00 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 wellbeing, the role of essential oils in modern medicine, as well as what 12 oils every person should have in their medicine cabinet. Room 183

ALL NATURAL HOUSEHOLD CLEANING WORKSHOP \$45

Saturday, Nov. 14

10:00 am - 12:00 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 183**

NOURISH YOUR SOUL - Women's Expressive Writing Class \$90

Mondays, Sept. 21 – Nov. 30(NO CLASS: Oct. 12 7:00 – 8:15 pm (10 sessions)

This is not a "how-to" or "technique" class, this is a self-discovery - feed your soul - feel alive - and tap into magic class. Using your pen as a magic stick to unite in mind, body and soul, come and nourish yourself from the inside out. Room 144

AUTISM SOCIAL SKILLS GROUPS FOR KIDS with Kristian Hooker BONUS: Register for All Social Skills Group and LEGO Sessions: \$360 per child. Save \$30!

SOCIAL SKILLS GROUP \$105 each

Thursdays, Sept. 17 – Oct. 15 - Confidence and Bullying Prevention AND/OR

Thursdays, Oct. 22 - Nov. 26 -**Conversation Cues** NO CLASS: Nov. 19

5:30 - 6:30 pm (5 sessions each) 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. Through real discussions based on Kristian's first hand experience as an individual on the Autism Spectrum and carefully planned activities. The topic for this group will be Conversation Cues.

LEGO BASED SOCIAL DEVELOPMENT **THERAPY SESSIONS** \$180

Thursdays, Sept. 17 - Nov. 26 NO CLASS: Nov. 19 6:30 - 8:00 pm (10 sessions)

teaching them the value of teamwork,

strategic thinking and friendship all

the while enjoying LEGO activities.

Kristian and Lynn Hooker brings their fun-filled LEGO® Based Social Development Therapy sessions. Sessions involve engaging groups of children on the Autism Spectrum and

PENCIL DRAWING \$65

Wednesdays, Sept. 30 - Oct. 21 6:00 – 8:00 pm Pencils, paper and erasers

work. (Ages 12 and up)

(4 sessions) Budding artists will learn to handle a pencil and apply shading techniques that can be used for a variety of drawing projects from landscapes and still life's, to portraits of people and pets. We will be working from photographs, so bring pictures of what you would like to draw. Room 162

ZENTANGLE

Bonus: Register for the Two Same Day Classes and Save \$5! (Intro and Beyond the Basics)

\$40 Supply kit included! Saturday, Oct. 24 10:00 am - 12:30 pm (I session)

INTRO TO ZENTANGLE

Żentangle 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!

ZENTANGLE -**Beyond the Basics**

Saturday, Oct. 24 1:00 – 3:30 pm

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. Prerequisite: Intro to Zentangle® Room 162

ZENTANGLE -Renaissance

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 -Zendala \$33

Wednesday, Oct. 28 6:00 – 8:30 pm (I session)

Tangling in the Round. Zendala is a process of creating a Mandala using the Zentangle technique. This is not a beginner class. Please bring your Intro to Zentangle supplies and a compass. Prerequisite: Intro to Zentangle® Room 162

will be supplied for in class Room 162

\$33

(I session)

\$38 Monday, Oct. 26 6:00 – 8:30 pm (I session)

Room 132



Room 132 Harmonized System

FINE ARTS – Youth and Adults Welcome!

FITNESS

ZUMBA with Melissa Multiple Additional Registration **Options** Available Online or Call the Office. \$120 for One Zumba Fitness Class OR \$200 for Two Classes OR \$260 for All Three Classe (Two Zumba Fitness and One Zumba Toning)



ZUMBA FITNESS Mondays, Aug. 17 – Dec. 7 NO CLASS: Oct. 12 6:00 – 7:00 pm ND/OR Thursdays, Aug. 20 – Dec. 3 7:00 – 8:00 pm Zumba Fitness (16 weeks) Ditch the workout, Join the party! \$10 Drop ins Welcome! Caféteria

ZUMBA TONING \$90

Thursdays, Sept. 17 - Dec. 3 6:00 – 6:45 pm (12 sessions)



Those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The challenge of 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 2 lbs. dumbbells. Cafeteria

FUN FAMILY PHYS. ED. NIGHT \$120 per Family OR

\$40 per Person Sundays, Nov. I - 29 4:00 – 5:30 pm (5 sessions) Àlways wanted to try your hand at

Archery? How about Juggling, G.P.S., Golf or Fitness Circuits? Let's try it! First half hour of each class, we'll learn these new skills. Then, let's play hard in the gym! Floor Hockey, Dodge Ball, Badminton, Indoor Soccer and Basketball. Learn games you and the kids can take home to the driveway! No equipment necessary, just wear your runners and bring a water bottle. Bring the whole family for low competitive active fun. Individuals more than welcome too! **High School Gym**

HATHA YOGA

\$90 With Cecilia Malcolm For Stretching and Relaxing Work at your own Level! Mondays, Sept. 14 – Nov. 23 NO CLASS: Oct. 12 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

STRENGTH AND CONDITIONING \$90

Tuesdays, Oct. 6 - Dec. 8 5:30 - 6:30 pm (10 sessions)

Build strength for lean body mass and increased joint mobility through full body conditioning. Kettlebells, barbells, TRX straps, and other equipment will be used. Proper skill and technique for movements will be focused on throughout each workout. Workouts will be geared towards all levels of fitness and experience. Gain strength, shed fat. "To rest is to rust." Indoor Track

FITNESS WITH RAGHAD TOTAL BODY BLAST

\$120 Thursdays, Oct. I - Dec. 10 Nov. 19 ΝΟ CLΔ 7:00 – 8:00 pm (10 sessions)

Focus on total body conditioning and muscular endurance, incorporating a wide range of fitness equipment such as stability balls, steps, dumbbells and others.

Challenge yourself with this strength based class that is combined with cardio intervals for an effective workout to create a stronger, leaner and more flexible body. This class will help you Shed fat, define muscle, rev up metabolism and dramatically enhance your overall heath. This class is suitable for all levels Library

VINYASA FLOW YOGA \$90 Tuesdays, Oct. 6 - Dec. 8 7:00 – 8:00 pm

(10 sessions)

Vinyasa means breath synchronized movement. It focuses on flowing from pose to pose and linking the movement with the breath in a smooth and flowy fashion. Alignment based, moderately paced and dynamic this class is based on the Ashtanga Vinyasa Yoga series of poses, these poses will move you through the power of inhaling and exhaling. This practice has mental and physical benefits, physically it builds endurance, strength and flexibility and energizes the body, while mentally the breathing will focus and relax the mind. Please bring your own mat.

Library

PERSONAL INTEREST BASIC DOG OBEDIENCE

\$75 Tuesdays, Sept. 15 – Oct. 20 7:00 – 8:00 pm (6 sessions)

Àn introductory course designed to establish a calm leadership and improve your relationship with your dog, while still having fun! Basic commands are covered, such as; come, sit, down, stay, walking on loose lead and heeling, leave it, on/off and stand. Your dog will also be taught how to develop self-control, how to properly greet people and to listen, even with distractions! All ages are accepted. But recommend very young dogs do a puppy class first. 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.

Outside Back of School

PUPPY CLASSES \$75 Tuesdays, Sept. 15 - Oct. 20

6:00 – 7:00 pm (6 sessions)

Build your puppy's confidence through fun socialization games and learning basic manners. Learn proper care, solving issues with housebreaking and problem behaviors and basic commands. Multiple family members are encouraged to come. Puppies can start as soon as they receive their second set of shots. Please bring proof of vaccinations to first class. Please come equipped with a well fitted collar, 6 foot leash and lots of tasty treats. NO FLEXI LEASHES ALLOWED.

Outside Back of School

LATIN DANCE with Martin -Cha Cha and Rumba

\$75/person Mondays, Sept. 14 – Nov. 9 NO CLASS: Oct. 12 7:15 – 8:15 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. Cafeteria

MAKE UP APPLICATION \$45

Wednesday and Thursday, Oct. 14 & 15 6:00 – 8:30 pm (2 sessions) Have you always wanted to learn how to apply makeup? It sure can be overwhelming with all of the products out there! Join our makeup class and you will learn all the tips and tricks on how to apply basic makeup. Whether you are looking for a daytime look, or a bit more of a dramatic look for a night out, we can help you! You will learn the fool-proof steps that will get you a radiant, perfected look. Cosmetology

INTRO TO HAIRSTYLING \$70 Wednesdays, Sept. 30 - Oct. 21

6:00 - 8:00 pm (4 sessions)

In this hands on class you will learn hairstyling techniques such as basic and advanced hair braiding, curling irons techniques and applications, up do's and more. Students will have long haired mannequins to work with and may also bring in live models to practice on. Learn the tricks of the trade in a fun, casual atmosphere. Cosmetology

SPANISH with Bernarditta Valenzuela \$125

Mondays, Sept. 14 – Nov. 23 NO CLASS: Oct. 12 6:30 - 9:00 pm (10 sessions)

Basic Spanish in a fun and friendly environment through games, grammar, interaction, matching activities, open dialogues, basic conversation. Room 182

DIGITAL CAMERA FUN with Brent

Smile - Bring your camera! **BONUS:** Take \$5 off second class! **TIPS & TRIX** \$35

Thursdays, Oct. I & 8 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. 15 & 22 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

COMPUTERS with Brad \$40

MICROSOFT OFFICE \$80

Wednesdays, Sept. 16 - Oct. 7 6:30 – 9:30 pm (4 sessions)

Gain a basic overview and learn the functions of the powerful suite of MS Office programs, including Word, Excel, Publisher and PowerPoint. Receive a certificate upon completion of the course to add to your resume. **Room 276**

iPad, iPod and iPhone 🕌 Workshop \$40

Wednesdays, Oct. 14 & 21 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 aps, 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

COMPUTER TROUBLESHOOTING AND REPAIR

Wednesdays, Oct. 28 & Nov. 4 6:30 – 9:30 pm

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

a Flash Drive. Extensive handouts, discussions and FREE software are included in this night! Room 276

INTERNET SECURITY AND

Wednesday, Nov. 18

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

YOUTH CLASSES DANCE (Ages 5 and up)

Mondays, Sept. 14 - Nov. 23 NO CLÁSS: Oct. 12 5:00 - 6:00 pm

(10 sessions) Come move to the groove with Carrie! Introduction to Jazz, Ballet and Hip-hop

dancing. Cafeteria

\$80

INTRO TO ACTING & THEATRE Ages 7 & Up \$70

Mondays, Sept. 14 - Nov. 9 NO CLASS: Oct. 12 6:00 – 7:00 pm

Have you ever wondered how to play a specific character for a play? Or how to mime? Or are you simply wanting to 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

Saturday, Oct. 17 9:00 am – 4:00 pm

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, Nov. 25 **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.





Ages II-15

Youth Ages II - 15 come

(8 sessions)

(2 sessions)

what you can do to extend its life. Please bring

COMPUTER SAFETY \$25

6:30 – 9:30 pm

Selkirk Community Pool

Programming Fall 2015

221 Mercy Street | Selkirk Mb | 204 785 7310

Our newly renovated facility is located in the "Comp" – Lord Selkirk Regional High School. 25 meter- 5 lane pool with 1 meter and 3 meter diving boards.

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

We are offering 3 - 4week sessions this fall Mon/ Wed - Sept 14 - Oct 7, Oct 14 - Nov 9, NOv 16 - Dec 9 Tue/Thurs – Sept 15 - Oct 8, Oct 15 - Nov 10, Nov 17 - Dec 10 Friday mornings 2 - 7 week sessions – Sept 11 - Oct 23, Oct 3 - Dec 11 Friday we have new morning programming starting Sept 11. Aquafit, Starfish/Duck, Sea Turtle and Sea Otter, Salamander and Sunfish.



Programs

Red Cross Preschool (4 months – 5 years) Swim Kids (6 – 12 years) Instructor courses – AWSI and WSI

Life Saving

Star (8-11 with strong swimming skills) Bronze Medallion (Star or 13 years old pre-requisite) Bronze Cross (Medallion pre-requisite) National Life Saving Certification (16 years old, Bronze Cross, SFA and CPR)

Aquafit

Aerobic exercise in Water for all Adults. (No swimming skills necessary) Special classes for Seniors Wednesday afternoons. Drop - ins welcome. \$10 Adult.

Lap Swim

We have a number of times and days available for you to swim at your leisure. Drop-in or passes available on pool deck.

Open Swim

Times are available on weekends to bring the family for a swim. Drop in rates applicable.

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 hrough 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

Fool kentals 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

Leadership Development

The week

Swim Kids 10

Red Cross Water Safety Intructor (WSI) Must be 15 yeara old Must have completed AWSI

Red Cross Assistant Water Safety Intructor (AWSI) Must be 15 yeara old have completed Swim Kids 10

Registration date September 1st, 2015 online @ selkirkconed.com

/in person/phone September 3rd, 2015 Payment options - cheque, visa, mastercard or cash

Registration:



Day/s of the Week

Course ID

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.

(for lap swim only, please call pool office for schedule

Adult	10 visits - \$35.00 20 visits - \$60.00 30 visits - \$80.00	Senior Teen	10 visits - \$20.00 20 visits - \$35.00 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. Staff passes available to LSSD Staff. Drop-in rates						

for Aquasize and Lap Swimming are the same as those for Open Swim.

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 chi

Parent assisted classes staff discount accepted

Swim Kids		
Level 1 – 2	8 x 30 min.	\$58.00
Level 3 – 6	8 x 40 min	\$64.00
Level 7 – 10	8 x 45 min	\$66.00

Specialty: swimmers with disabilities

These arrangements need to be made by calling the pool office. LSSD.ca staff discount for parent assisted classes.

Aquafit 6 or 8 classes, 11 classes, Drop in LSSD staff registration discount

Unsure what level to register for?

Contact the deck supervisor at your local pool, and our friendly staff can assess your child's skill level and recommend which class they should register for. Register at selkirkconed.com

Lifesaving and First Aid Instructor (LSI) Must be 15 yeara old Must have completed Bronze Cross Must have current Standard First Aid & CPRC Lifesaving National Lifeguard Award (NLS Pool) Must be 16 years old Bronze Cross

Bronze Medallion Must be 13 years old or have compl



How to help children make new friends

While many of these lessons pertain to their coursework, kids pick up much more than book smarts from school, where kids first learn to cultivate friendships and build lasting relationships.

In addition to a new curriculum, new teachers and new schedules, kids also might make new friends once a school year begins. While some familiar faces carry through from grade to grade, chances are youngsters will meet new students who will soon become good friends. While many kids find it easy to make new friends, others might need some assistance so they can make the most of opportunities to socialize and form friendships that might last a lifetime.

* Offer opportunities for socialization. Children should be given the opportunity to explore friendships outside of the classroom where peer pressure might not be so prevalent. Establish a carpool or invite a classmate over for a play date. Unstructured time to play or get to know each other is a great way to establish friendships. Invite new children over each time to see which friendships are the strongest, but make sure you are not pushing a friendship on your child.

* Discover common interests. One of the quickest ways to build friendships is through common interests, says Kirk Martin, a behavioral therapist and author. Encourage your child to

Students learn lessons each day. join a club or sports group where he or she can meet other kids with similar interests. Sometimes finding reasons to talk other children is the most difficult step to making new friends. Sharing a common interest removes this barrier.

> * Teach proper manners. Children who are polite, well-mannered and know how to follow direction are better equipped to attract friends. Children who misbehave may be shunned by other kids and their parents who do not want the hassle of an unruly youngster coming over to play. Respectful children who are honest, trustworthy and capable of sustaining eye contact and making small talk may find it easy to make friends.

> * Take the friendship lead. As parents, you can improve your child's chances of making friends by getting friendly with their classmates' par-

> > Continued on page 26











Exercise and the older woman



The aging process has a way of making people risk-averse. As women age, some may feel exercise is simply too risky. Hormonal changes brought on by aging decrease a woman's bone density, and that fact makes many women over 50 hesitant to embrace exercise. But exercise plays a key role in helping women over 50 secure their long-term health and reduce their risk of injury.

* Exercise promotes independence.



Some women feel that exercising after 50 increases their risk of injury, which can make them overly dependent on their loved ones. But exercise, in particular strength training, slows bone deterioration, helping bones stay stronger longer and reducing a woman's risk of suffering a potentially debilitating injury. Independence is especially important to seniors, many of whom spent years planning their retirements and waiting for the day when they would be free to travel at their leisure. Daily exercise can help women maintain that independence by reducing their risk of injury and other ailments that can be confining.

Exercise can improve sleep. Some women who are fighting fatigue may feel that routine exercise will only

make them more tired. But exercise actually improves energy levels and makes it easier to get a better night's rest. Numerous studies have shown that routine exercise can improve sleep quality and even increase energy levels throughout the day, something that should raise an eyebrow among women who do not exercise but routinely find themselves fighting fatigue. A more quality night's rest improves vitality, making it easier for women to exercise and make it through the day without feeling fatigued.

* Exercise benefits those with limited mobility. Women over 50 with limited

Continued on page 25



Payment can be made in person on Registration dates, or mail to Selkirk Ringette, c/o Tanya Zorniak, 655 Pigeon Bluff Road, St. Andrews, R1A 4K2

Keystone Kips Gymnastics Recreational & Competitive Programs

Girls and Boys Classes Ages: 3 years and up **Girls Competitive Regional & Provincial**

Stream

Registration:

September 11th, 2015 6:00 pm to 7:30 pm

Location: West St Paul School (3740 Main St. North of the Perimeter)

For information call: 204-694-8096

Email us at: Keystonekips@mts.net Visit our website: www.keystonekipsgymnastics.ca





Tai Chi Beginner Classes begin Tuesday, September 1.

> EXERCISE, FROM PG. 24

mobility may feel that exercise serves no purpose because of their disability or physical condition. But even women confined to wheelchairs or those forced to walk with a cane or walker can benefit from cardiovascular exercise and even light strength training. Such exercises can improve a woman's range of motion while reducing her risk of heart disease.

* It's never too late to start exercising. Many aging women feel their time to embrace exercise has long since passed. But it's never too late to start exercising. Women should take a conservative approach when exercising after a long hiatus, beginning with a slow walk around the neighborhood or a local park. Walking is a great beginner's exercise, as it provides a good cardiovascular workout while working a variety of muscle groups.





Check out our registration section for activities geared towards older women.

JOIN THE SELO



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



Email: recreation@weststpaul.com https://www.facebook.com/sunova.centre

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> MAKING NEW FRIENDS, FROM PG. 23

ents. You do not have to become bosom buddies with everyone, but making connections with fellow parents can reinforce the value of friendship to your children. Socializing as families also presents other opportunities to get together and solidify relationships. * Boost confidence levels. As a parent you can talk to your children about their strengths and positive attributes. Emphasizing kids' best traits will increase their self-esteem, and that sense of self-worth can make it easier for them to make friends. A child who is shy and insecure may retreat when meeting new people, but a child who can proudly stand behind his or her accomplishments may attract friends easily.

School is about more than just hitting the books. It's also a prime opportunity for kids to develop their personal skills and make new friends.



Fall Registration On Now!

dance company

Come and see us at our new, state-of-the-art studio space in the Selkirk Town Plaza! Tuesdays & Thursdays 5 – 8 pm.



Creative Two's & You Pre-Dance Adult Dance Movement Musical Theatre Ages 2 – Adult Recreational & Adult Fitness Competitive Open to all levels, ages and abilities!

www.EvolutionDance.ca



Number of Parkinson's cases expected to double by 2031, public health report shows

Staff

Over the next 16 years, the number of Manitobans diagnosed with Parkinson's disease is expected to double to more than 12,000, according to a recent Public Health Agency of Canada report.

The report states nationally, an estimated 163,700 people will be diagnosed with this chronic disease by 2031.

Along with some alarming statistics, the report also sheds light on the challenges families face with this movement dis-

order. According to the Parkinson Society of Manitoba, Parkinson's costs society more than \$120 million annually in medical bills and lost wages. Those with the movement disorder also have the highest rate of prescription drug use amongst patients with neurological conditions.

"Doubling is an alarming statistic for Manitobans given that current demand for Parkinson's programs and health care services is already being stretched," Parkinson Society Manitoba CEO Howard Koks said in a release on Aug. 18. "A concerted effort to bring broader services to families living with Parkinson's disease will have to be ramped up at unprecedented levels over the next several years."

Steve Van Vlaenderen from Selkirk knows all too well the financial and emotional toll associated with Parkinson's. The 66-year-old was diagnosed with Parkinson's four and a half years ago.

Besides the out-of-pocket

"DOUBLING IS AN ALARMING STATISTIC FOR MANITOBA ..." expenses averaging around \$750 a month and the symptoms of tremors and muscle stiffness, Steve discovered the

darker side of Parkinson's. After his initial diagnosis, Steve slipped into a dark depression.

"The purpose of my life disappeared in one single verdict and the words, 'there is no cure for Parkinson's disease," Steve stated in the release. "The hardest thing was coping with the continuous feelings of sadness and loss of interest.

"Negative thinking became the norm, my weight ballooned, and I was at my lowest point ever."

Fifty per cent of all Parkinson's patients experience some level of depression.

A pilot program in Manitoba

was tested recently to see if self-managing techniques and simple brain exercises could ease symptoms of depression and anxiety. The program at the Movement Disorder Clinic offered people with Parkinson's a 10-week modular Cognitive Behavioural Therapy program, which is based on a program from Rutgers University in New York, designed to explore how thoughts affect mood, and how mood can affect behaviour. The goal being, to change one's thinking style, which in turn can change one's mood and behaviour. This pilot program was a joint partnership between Parkinson Society Manitoba, the Movement Disorder Clinic and the Anxiety Disorders Association of Manitoba.

Parkinson's is a chronic, degenerative neurological disease characterized by a loss of dopamine in the brain and there is no known cause or cure. Although the average age of onset is 60, but it can affect people as young as 30 or 40.

This year's Parkinson SuperWalk in Winnipeg will take place on Sept. 12 at the University of Manitoba. Other walks locations including Brandon on Sept. 12, Morden on Sept. 19 and Gimli on Sept. 20.

Local trainers aim to make exercise fun with community fitness nights



RECORD PHOTO SUBMITTED

Kaitlyn Shumilak, right, and Frankie Scribe, fitness trainers and owners of Your-Life Fitness in Selkirk, are set to host their first Community Fit Night on Friday, Aug. 28 at 7 p.m. at the Selkirk Waterfront.

Staff

Two Selkirk fitness trainers are teaming up in hopes of getting the community together for some free exercise once a month.

Kaitlyn Shumilak and Frankie Scribe, fitness trainers and owners of Your-Life Fitness in Selkirk, will host their first Community Fit Night on Friday, Aug. 28 at 7 p.m. at the Selkirk Waterfront. Shumilak said they hope to continue community fit nights well into the winter by hosting them indoors at Selkirk United Church.

"This was going to be our year to focus on our community and get as many people active in the community as possible," Shumilak said. "We want to just have people come out and exercise and see that fitness can be fun."

Shumilak added the fit nights will help provide a full body workout for all ages and fitness levels. Childcare for those under the age of six will also be made available.

Shumilak said on the first night they hope to mix in a little bit of dance, yoga, Pilates, interval and cardio training into the workout.

Province, home-care workers reach tentative deal

By Austin Grabish

The union representing home-care workers who help seniors and others in need keep their independence have reached a tentative deal with the province after a two-year battle at the bargaining table.

Manitoba Government and General Employees' Union president Michelle Gawronsky said the last two years have been a "long road" for members of the community support bargaining committee.

"It's taken us an extremely long time," Gawronsky said.

Home-care workers across the province have been without an updated contract for more than two years, and have complained about working unpaid overtime, scheduling issues, and time allocated to perform certain tasks like bathing a client.

Details of the tentative agreement reached haven't been made public and still need to be voted on by the union's 4,800 home-care workers.

Gawronsky said the union's bargaining committee feels it has reached the best deal it can, but if members don't vote to approve it, MGEU will go back to the bargaining table.

The agreement comes on the heels of a protest held earlier this month by the MGEU that saw hundreds of home-care workers from across the province rally outside a Winnipeg Regional Health Authority office demanding change.

Workers held signs that said,

"Working for free is not fair" and "Manitobans value home care who will value us?"

The rally was held a day after a report on the province's home-care system was released by auditor general Norm Ricard.

Ricard found patients suffered from long waits after requesting care, health authorities had "difficulties" implementing an initiative that provides workers with guaranteed hours and set schedules, and found staff were not always given the proper amount of time to complete tasks.

The report also stated oversight by the province's Department of Health, Healthy Living and Seniors was "limited."

Professional office space for rent in downtown Selkirk

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

Free Parking Available

Phone 204-485-0010 Email: bigandcolourful@mts.net

Sportsærecreation INSIDE > OUTSIDE > UPSIDE DOWN Kangaroos, koalas and...hockey?

Grove gets Adrenaline rush playing in Australia

By Brian Bowman

Australia may be best known for kangaroos, aussie football, and the koala.

But leave it to a young man from Selkirk to find a place to play hockey in the Land Down Under.

Tyler Grove returned home last Thursday after playing hockey for the Adelaide Adrenaline this past summer. He missed his club's final two games of the season last weekend after receiving a two-game suspension for a fight in the last 10 minutes of a recent game.

"It was different playing there," Grove said Monday afternoon in Selkirk."I was playing rec hockey (in The Pas) and then it was a totally different mindset. I had already finished my season so I was in good game shape. It was an easy transition but a long season, for sure."

Grove was put in touch with the Adrenaline by his former OCN Blizzard head coach Clay Debray, who previously played in Adelaide, a large city of 1.3 million people, located in the state of South Australia.

Grove loved his time in Australia and said it was a different style of hockey played there compared to Canada.

"It was an unbelievable time," he said, noting he was one of just two Canadian imports on the Adrenaline's roster. "The hockey was much different than North America and the reffing was different. The game wasn't as chippy as it is here in North America and we played in a lot of different

types of arenas.

"Some of the arenas we played in were just skating rinks, ran locally by people in the cities."

Some of the arenas didn't even have glass, said Grove, which made for an interesting experience. The hockey community in Australia is much smaller than it is in Canada, obviously, giving Grove a great opportunity to know everyone involved in hockey over there.

Grove, a talented offensive player with good speed and a knack for scoring, finished second on his team in points this season. He received plenty of ice time and built a good rapport with his teammates and coaches.

"I had a hot start to the season but I kind of tapered off at the end of it," said Grove, who began his MJHL career with the Selkirk Steelers before getting traded to OCN. "We were playing on international ice, which was a huge difference for me. But it actually worked out to my advantage and my type of game."

Grove decided to head to Australia to play hockey after deciding not to play for the University of Manitoba Bisons.

"After talking with the coach (Mike Sirant) I really wasn't sure what I wanted to take in school," Grove explained."So he and I both came to the decision that I should probably take the year off and maybe think about starting to take a trade.

"School just wasn't the right option." Grove said the level of hockey in



SUBMITTED PHOTO Former Steeler Tyler Grove returned home last week after playing for the Adelaide Adrenaline this past summer in Australia.

Australia was a tad higher than the MJHL, where he was the leading goal scorer (with 39 goals) in his final season. He also finished second in points that year with 71, second to only the Steelers' Parker Thomas.

"It's a bit better level (of hockey) because you are playing against older guys," Grove explained. "You're playing against men with experience... and (the play) is much more systemized. There's not as much space as when you're playing against younger players in junior."

Where Grove will play next season is

still up in the air. He is open to going back to playing in Australia or Europe and he highly recommends local players make the decision to play hockey in another country if the opportunity presents itself.

"I haven't had my mind set on anything yet, so I'll just wait and see," he said. "But if any local players can go to Australia to play hockey, (they should). It's a once-in-a-lifetime experience and they should go over to Australia.

"It's a nice country to see and you can meet some amazing people."

Locals golf well at interclub championship at Maplewood

By Brian Bowman

Selkirk Golf & Country Club's foursome of Gloria Heft, Sheila Gair, Trish Hallson, and Monique Saindon-Syring combined to finish seventh at the Women's Interclub"A" Championship Monday at the Maplewood Golf Club in St. Pierre Jolys.

Selkirk fired a 31-over 244 (112-132).

That was 15 strokes behind the winning foursome of Carol Martel, Fran Rebeck, Darlene Marion, and Sandy Cross from Transcona.

The Larters Golf and Country Club's team of Glenda Deforel, Kim Ward, Shirley Moster, and Monique Bateman placed ninth. They shot a 36-over 249.

Meanwhile, the Larters' foursome of Rina Laclaire, Terry Bowles, Debbie Heroux and Sandy Eggertson combined to place second at the Women's Interclub "B" Championship at Glendale on Aug. 20.

Larters, the gross division winner, carded a 12-over 228 (105-123). That was just three strokes behind Shilo

and two in front of Glendale.

Shilo's winning team featured Susan Ash, Judy Prange, Dawn Choy and Connie Chudley.

Selkirk Golf & Country Club's team of Kathy Bird, Stephanie Cole, and Dot Dmyterko combined for a 61-over 277.



Former Fishermen signs with Cardiff Devils

By Brian Bowman

Former Selkirk Fishermen forward Thomas Stuart-Dant agreed to terms on a one-year contract with the Cardiff Devils of the UK's National Ice Hockey League for the 2015-16 season.

Stuart-Dant will be assuming the role of player/assistant coach with the Devils.

"Thomas will be a fantastic addition to the team," said Devils' representative Lyndon Pezzack in a media release. "He has a proven track record for finding the back of the net and the number of assists he's put up shows he a great team player.

"This is exactly the type of player we need on and off the ice to give leadership to some of the younger players which is why he will be joining as assistant coach."

Stuart-Dant, 24, recently completed his second season in the NIHL with the Billingham Stars after playing the 2013-14 season with the Sutton Sting.

The Winnipeg native has accumulated 95 points (46 goals and 49assists) in 72 games over two-plus professional campaigns.

Stuart-Dant finished in the top-10 in league scoring both years and was named to the 2014-15 NIHL allstar team. He has also played professionally for the Danbury Whalers of the FHL and spent one collegiate season with the Minot State University Beavers in North Dakota.

Before that, Stuart-Dant played Midget "AAA" hockey with the Central Plains Capitals and then spent three seasons with the Fishermen. In Selkirk, he accumulated 67 points (34 goals, 33 assists) in 72 regularseason games and 36 points (19 goals, 17 assists) in 31 playoff games.

Stuart-Dant, listed at 6-feet and 195 pounds, is also an accomplished in-line hockey player, winning a Canadian National In-Line championship with Team Manitoba.

Terms of the contract with Cardiff were not disclosed. Stuart-Dant will report to the Devils' training camp later this month.

Cardiff opens its NIHL South One season against Solent on Sept. 13 and then visit the London Raiders Sept. 19.



RECORD PHOTO SUBMITTED Thomas Stuart-Dant signed a one-year deal with the Cardiff Devils in the UK.

Steelers' rookie camp set for this weekend

By Brian Bowman

With the weather turning colder recently, it's a sign that the end of summer is almost here.

And that means hockey season is right around the corner. In fact, the Selkirk Steelers' season begins this weekend when they open their 2015 Fall Rookie Camp at the Selkirk Rec Complex.

The camp will take place on Saturday and Sunday before the Steelers' play a Rookie Game this Monday against the Pistons in Steinbach.

Selkirk will begin its exhibition schedule Sept. 6 in Steinbach and then will host the Winnipeg Blues on Sept 11 (7 p.m.).

The Blues and Steelers will hook up Sept. 12 at the MTS Iceplex.

Selkirk will also play pre-season road games against Winkler (Sept. 15) and Steinbach (Sept. 18 in Beausejour) before a home game against Winkler (Sept. 20).

The Steelers will begin their 2015-16 MJHL regular season on Sept. 25 at home against the Blues.



Thunder test Transcona in home loss

By Brian Bowman

The Interlake Thunder had a tough test early in their Midget Football League of Manitoba season.

And they passed that test with flying colours.

The Thunder were shutout 14-0 by a very good Transcona Nationals team Saturday in Selkirk but Interlake proved, without a doubt, that they can play with the top team in their league.

"I came away from the game very, very proud of our players and how

they played," said Thunder head coach Kris Johnston. "(Transcona) is a very tough opponent and they are physical, especially their front seven. They stifled our offence at times."

One week after the Thunder scored 47 points in a lopsided win over the expansion Sunrise Coyotes, the Thunder was blanked on the sloppy and muddy field conditions in Selkirk.

"It was definitely a battle between two great defences," Johnston said. "We struggled (offensively) and you

know that on certain days, units are going to struggle. (Saturday) was definitely one of them where we struggled offensively."

Interlake did score a touchdown but it was called back on a punt return at the end of the first half. The Thunder was flagged for an illegal block on the play.

The game remained scoreless until the final play of the third quarter when Transcona's star running back Brandon Urciuoli scored his first

of two touchdowns on the day. The 5-foot-11 210-pound back then scored his second major of the game with 46 seconds left in the fourth.

Urciuoli finished the game with 133 yards on 23 carries.

"He's a very good running back and he seems like an excellent wellrounded football player," Johnston complimented. "He's a big, strong, physical running back but our defence was able to contain him for basically three quarters."

Midget Pirates 1-4 at Western Championships

By Brian Bowman

The North Winnipeg Pirates finished with a 1-4 record at the Midget "AAA" Western Baseball Championships last weekend in Yorkton, Sask.

But the Pirates were competitive in every game, said North Winnipeg head coach Gary Dear.

didn't hit this weekend," said Dear, a St. Andrews native. "We met up with a lot of really good pitchers and it definitely showed out there. With the top pitchers from each area, it makes a difference."

After opening the tournament with a 4-3 comeback win over the North "The difference was that we just West Prairie Pirates last Thursday,

Thunder loses first Atom game

By Brian Bowman

The Thunder Atom football team suffered its first loss of the season as the St. James Rods doubled the Interlake 48-24 last Saturday in Selkirk.

Interlake took an early 12-6 firstquarter lead but St. James led 20-18 at the half.

"Our offensive line had a tough job missing starting right guard Reilly Olafson," said Thunder head coach Darcy Gascoigne in an email. "And the defence was also in tough missing starting corner Bryce Myers and nose tackle Cain Romanchuk."

The Rods increased their lead to 27-18 after three quarters and then outscored the Thunder 21-6 in the fourth.

"Late in the game, our offence took some chances that didn't work out and they scored three late touchdowns to beat us 48-24," Gascoigne noted."But I would say the score did not reflect the quality of the game."

The Thunder Atom team is back in action this Saturday when it travels south to take on the St. Vital Mustangs - Red in Winnipeg. Game time is 12:30 p.m.

North Winnipeg then lost its next four games. In the win over North West, the Pirates scored all four of their runs in the bottom of the sixth inning.

North Winnipeg was then defeated 7-3 by the Parkville Royals and 10-3 by the St. James A's on Friday. Parksville later won the Midget "AAA" championship with a 2-1 win over St. Albert on Sunday.

On Saturday, North Winnipeg was shut out by the St. Albert Cardinals 4-0 and then was beaten 7-2 by the Parkland Expos.

Dear said the Pirates had trouble scoring with runners on base throughout the westerns. Key hits were few and far between as North Winnipeg faced top-level pitching.

"We just never got hits when we needed them,"Dear lamented."I think we had bases loaded three times with less than two outs and then we would get a strikeout or two."

Dear said the Pirates struggled to hit throughout their lineup but he noted that Stonewall's Ryan Humeniuk had a very good offensive weekend. Humeniuk was 7-for-15 with three walks. "He was, by far, my most productive

hitter," Dear said.

North Winnipeg's lineup at the westerns consisted of players from north Winnipeg, the Tri-S area, and Humeniuk and Matt Schneider from Stonewall. The Pirates also called up Jason Peltz of Warren and Emerson Klimpke of Stonewall.

Other teams at westerns, said Dear, had picked up talented players from across their respective provinces.

"(That happened) even in our last game against the host team, which should be a local team to the area," Dear noted. "But they had seven guys on that team that were on the Saskatchewan provincial team.

"It doesn't look good how we finished, but knowing who we were up against, it feels good for the boys that they could compete with these guys."

Looking back at this season, Dear felt it was a highly successful one for the Midget Pirates' program. "I'm very happy," Dear said. "Any

time you can go represent your province, that's nice to happen. And for the kids that want to go to the next level, they got to see what it takes to get there."



Hole-in-one Lions roar past Bantam Thunder



RECORD PHOTO SUBMITTED Wendy Beaman nailed a hole-inone on the par-3 second hole at the Heritage Golf Course in Lockport last Friday. She used a wedge on the 91-yard hole.

By Brian Bowman

The bye week could not have come at a better time for the Interlake Thunder Bantam football team.

The Thunder suffered its second consecutive blowout loss last Saturday – getting shut out 40-0 by the Fort Garry Lions – in Selkirk.

"They were very strong on both sides of the ball," said Thunder head coach Joel McDonald. "They've got a veteran team and two or three really good ball players on both sides of the ball and we just weren't able to handle them."

The Thunder struggled to move the ball against the Lions in the loss. Interlake, at times, gained yardage but could not put enough positive plays together to score any points.

"We have a young team," McDonald warned. "We have less than 10 returning Bantams from last year, so the rest of them are either first-year Bantams and a large number of firstyear football players.

"There's a big learning curve that is going on right now with these guys."

The Thunder has this Saturday off from game action which will give them a few more days of rest and/or practice. But the Interlake will play a rare Tuesday evening game Sept. 1 when they visit the Nomads in north Winnipeg.

"It's a very short bye week," Mc-

Donald noted. "It's not a full legitimate bye week but we have a few bumps and bruises that we want to get looked after."

Interlake opened its season with a solid 38-8 victory over North Winnipeg on Aug. 8. The Thunder would love to have that same type of result in their next game but McDonald said their goal is to improve each week leading up to the playoffs.

"We have to continue to progress," McDonald said. "Against Valour, we really didn't show a lot of signs of life. Against the Lions, we started to show some life of offence and defence. The defence is really starting to come around a little bit."

Power Smart Manitoba Games releases information for athletes

By Brian Bowman

The Power Smart Manitoba Games are the province's largest ongoing multi-sport program, bringing together participants from across Manitoba.

The Games are held every two years and alternate between summer and winter sports events. Each set of Games involve upwards of 7,500 athletes, coaches, officials and volunteers.

Participation in the Power Smart Manitoba Games begins with regional tryouts. Regional teams of approximately 200 athletes, coaches and managers go on to participate in the provincial finals. In 2016, the Power Smart Manitoba Summer Games will take place in Steinbach from Aug. 7-13.

For more information about the Power Smart Manitoba Games, visitwww.manitobagames.ca

Below you will find an update on each sport in the 2016 Power Smart Manitoba Games.

Athletics -

Age Category: Bantam 2003 or 200, Midget 2001 or 2002

Team Size: 10 males and 10 females in each age category (40), plus three coaches and two managers

Training Opportunities

Athletics Manitoba established a School Outreach Program in 2015 that, in future years, will be used as a feeder system for the Manitoba Games and other regional and provincial competitions. Athletics Manitoba will provide interested schools with a six-week training program to follow to prepare their athletes for outdoor meets.

Qualifying Event

A qualifying track meet will be held in each region between May 15 and June 15, 2016. The head coach and their coaching staff will be present at the meet to observe performances and make team selections.

Provincial Events

Individual Events:

i. Bantam Athletes may compete in 80m hurdles and high jump

ii. Midget athletes may compete in 80m female hurdles, 100m male hurdles and high jump.

Relay Events:

i. 8x50m, 4x100m, 4x200m, 4x800m, Spring Medley (TBA), Distance Medley (TBA), Heptathlon Relay

ii. Long Jump Relay, Ball Throw Relay, Shot Put Relay

iii. Two relay teams per region may be entered in each relay except the Heptathlon.

For more information, contact Donna Harris at Athletics Manitoba (204) 925-5744 orexecdirector@athleticsmanitoba.com

Baseball -

Age Category: Open to males and/ or females 14 years of age or younger as of Dec. 31, 2016. Year of birth is 2002 and 2003.

Team Size: 13 athletes and three coaches

Coaches Head Coaches:

Eastman - Jamieson Krentz from Steinbach

Interlake - Darrell Humeniuk from

Stonewall

Training Opportunities (All TBA): • two fall camps - August/September

• two winter camps - November '15 - March '16

• spring training - April '16

• open identification camp - May 2016

Final Selection Camp - June 4-5 weekend

This camp will be by invitation only, unless numbers allow for all to attend.

Regional Teams

Regional Teams will have two to three practices prior to the Manitoba Games, which could include exhibition games.

For more information, please contact Jason Miller at Baseball Manitoba (204) 925-5764 or baseball.jason@ sportmanitoba.ca. You can also visit the Manitoba Games page on their website:

http://www.baseballmanitoba.ca/ manitoba_summer_games.php

Basketball -

Age Category: 16U Cadet - Born in 2000 or later (ages 16 and under as of 2016)

Team Size: Minimum 10 to a maximum of 12 players on both the female and male teams. Each team will have a head coach, assistant coach and a manager.

Coaches:

Eastman - Male- Dewayne Penner, Female- Mary-Jo Hovorka Interlake - TBD

Training Opportunities

A development camp will be held in the fall. Date and location are still to be determined.

Team Tryouts

Open tryouts will be held for both the male and female teams in April 2016.

For more information, please contact Ian Dickey at Basketball Manitoba (204) 925-5775 orian@basketballmanitoba.ca Feel free to visit Basketball Manitoba's Manitoba Games page on their website.

Golf-

Age Category: 15 and under as of Aug. 9, 2016

Team Size: four males and four females plus one coach and one manager

Coaches:

Eastman - Brian Guenther from the Steinbach Fly-In Golf Club at 204-320-4653

Interlake - Brad Poleschuk from the Selkirk Golf and Country Club at 204-482-2050

Training Opportunities:

Training squads will be formed in each region and will work with their coaches up until the qualifying event.

Qualifying Event:

A regional competition will be held in each region. A minimum of 36 holes of individual stroke play will determine the members of the regional teams.

For more information, please contact Garth Goodbranson at Golf Manitoba (204) 291-4458garth@golfmanitoba.mb.ca

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Aero Auctions Upcoming Auctions. Thurs., Aug. 27 & Oct. 22, Edmonton. Live & online bidding. Mining excavation & transportation equipment, rock trucks, excavators, dozers. graders, trucks, trailers, misc. attachments & more! Consignments welcome! Visit: aeroauctions.ca. 1-888-600-9005.

Mevers Small Animal & Bird Auction. 10 a.m. Saturday, Sept. 12 Arden MB. To consign call 204-476-6262. Bradlev Mevers Auctioneer. www.meyersauctions. com

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All property owners are reminded that they are responsible for payment of the 2015 taxes whether or not they receive a tax notice in their name.

Due Date: OCTOBER 31, 2015

Dated at East Selkirk, Manitoba this 20th day August, 2015

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

NOTICES

Residents of Township 14 - Range 6E. Sooner or hopefully later we all have to find a final resting place. We the committee of the Walkleyburgh Brookside Cemetery, take this opportunity to advise that there is a Non Denomination Cemetery located at SW1/4 28-14-6E, 2 1/2 miles East of Hwy. 59 on Road 82N. You may become a member for a fee of \$50.00. This entitles you to a plot for you and your partner and your children under 18 yrs. old. These provisions come in force after you have been a member for one year. As a member, you may be called upon to do volunteer work at the cemetery such as cutting grass a few times a summer and may be called to serve on committee. If you would like more information, pls. drop in at the cemetery on Sept. 3. 2015 from 6:30 - 8:30 PM or contact committee members: John Semenowich (Chairman) 204- 766-2439 or Leo Danis (Secretary) 204- 766-2228.

CROSSWORD



take <u>a break</u>

S	UI)(DF	J	J				
8	1					6	3	2	Fun By The Numbers
						4			Like puzzles' Then you'll lo
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Imbers e puzzles? en you'll love doku. This

nd-bending zzle will have u hooked from moment you uare off, so arpen your ncil and put ur sudoku vvy to the test!

Here's How It Works:

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



CLUES ACROSS

- 1. Actor Damon
- 5. Resort
- 8. Low continuous tones
- 11. Cape Verde capital
- 13. Abbreviation for clean
- 14. Shoe retailer
- 15. Dashery
- 16. Head covering
- **17. Canadian flyers**
- 18. A plant fiber used for
- making rope 20. Prime Minister Hirobumi
- 21. Hani
- 22. Nonexistences
- 25. Mexican victory holiday
- 30. Avowed
- 31. Ref
- 32. 2013 Philip. volcano
- eruption
- 33. Beard lichen genus
- 38. Tennis player organization
- 41. More saline
- 43. New York City
- 45. A ship's cheapest fare
- 47. A winglike part
- 49. At the stern
- 50. Oral polio vaccine
- 55. Tatouhou
- 56. In addition
- **57. Baltic flat-bottomed boat**
- (alt. sp.)
- 59. Search for
- 60. Gray sea eagle
- 61. Music timings
- 62. Make a mistake
- 63. Root mean square (abbr.)
- **64. Sleeveless Arab garments**
- **CLUES DOWN**
- 1. Speedometer rate
- 2. Turkish/Iranian river
- 3. Japanese socks



- doctrine
- 6. Tableland
- 7. Word with opposite meaning
- 8. Cabs
- 9.45th state
- 10. Matakam
- 12. Macaws
- 14. Scottish hillside
- 19. Load for shipment
- 23. Sleeping place
- 24. Linking verb
- 25. Br. University punting river
- 26. Marsh elder
- 27. Horse noise
- 28. Contract research
- organization (abbr.)
- 29. Excessively ornamented
- 34. Engine additive



- - 36. Snakelike fish
 - 37. They
 - 39. Performance arena
 - 40. Enact before an audience
 - 41. Special interest group
 - 42. Grows old
 - 44. Conductor's implements
 - 45. A heavy cavalry sword
 - 46. Tropical ship's wood

48. Lascivious look

resourceful

54. Celery cabbage

58. Wrong prefix

51. Mentally quick and

53. Unstressed-stressed

47. A domed or vaulted recess

52. La ___ Tar Pits, Hollywood



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Happy Birthday Luke Knowles

5 Years old August 27th -Love Mum, Dad and Emma



Jessey Michael Pescitelli Happy 13th Birthday August 29, 2015 Good Luck in Grade 8 -Love Nannie, Papa, Uncle Rich, Aunty Roberta, Rayden and Hudson



We miss you very much and Think of you every day. -Frank and family



Peter Hrvciw February 9, 1920 - August 31, 2000 15 years have passed. You are always remembered. Never forgotten are your folklores And basic wisdom.

-Your family wife, Jennie: son, Gordon: daughters; Margaret and Kathleen and son-in-law. Vince

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PUBLIC NOTICE

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OBITUARY

Doreen Chura



After a courageous battle of cancer, Doreen peacefully passed away on August 18, 2015 at Seven Oaks Hospital.

Doreen was born on January 21, 1941 to Katherine Jackson. Raised in Foxwarren MB. With her adopted family, Burdett. She leaves behind her sister Pearl and numerous nieces and neohews in the Brandon area.

Doreen raised three amazing sons, Micheal, Russell and Daniel. She also treasured her time with her two

grandsons Damon and Koltin.

Mom was given the talent to grow flowers. She grew an assortment of African violets. She had hundreds of them in the house. She loved her many flower beds; Roses, Lilies, Iris, and Poppies, you name it, she had it.

We would like to extend our thank you to Dr. Zoppa and the wonderful and compassionate staff and doctors on Unit 2, floor 4 at Seven Oaks Hospital.

As to Doreen's wishes, no service will be held.

Memorial donations may be made to Happy Thought School, Box 6, Group 35 RR1, East Selkirk, MB. R0E 0M0 for the Indoor Garden Program. On the memo line of the cheque, please indicate In Memory of Doreen Chura.

She will be greatly missed by Mike, Jen, Alyssa, Kieanna, Russ, Nancy, Damon, Koltin, Allen and Snoopy.

-Roses are lovely, Lilies are Divine!

OBITUARY Fritz Muheim

It is with great sadness that we announce the passing of Fritz Muheim on August 12, 2015 at Fluerimont Hospital in Sherbrook, Quebec.

Fritz was born in Altdorf, Switzerland on March 31, 1934. He immigrated to Canada with his fiancé, Agnes Bichsel in 1958. He was a plumber by trade but was very gifted in other trades such as mechanical and carpentry. He supervised pipe fitting for the Hydro Station in Gillam and also for the Concert Hall in Winnipeg. He built two houses and they stand as monuments to his talents.

Fritz was predeceased by his wife Agnes and son Travis as well as his parents and six siblings in Switzerland. Fritz is survived by his wife Ruth Carriere; daughter Danniella (Des Welch); brother Martin Muheim in Switzerland and Ruth's sons Russell (Cristina), Ken (Janet) Jacobson; James (Mehgan) and Jonathan (Nicole) Carriere as well as five grandchildren and numerous nieces and nephews in Switzerland.

Fritz enjoyed the outdoors, RV camping with his wife, Agnes and their children. Later in life, he travelled extensively with Ruth to Texas, Florida and many European destinations. They also enjoyed cruising in the Caribbean and Europe. They took Ballroom dancing lessons together and thoroughly enjoyed the music and dancing.

A memorial service will be held in the Gilbart Funeral Home, Selkirk at 1:30 p.m. on Saturday, September 12, 2015 with Rev. Shelly Manly-Tannis officiating.

In lieu of flowers, donations may be made to the Heart and Stroke Foundation or a charity of your choice.

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



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