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The Selkirk Record

THURSDAY, AUGUST 29, 2019

VOLUME 10 EDITION 35

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Twirling princess

RECORD PHOTO BY GABRIELLE PICHE

Charlotte dances with a ribbon at the Twirltopia Princess Academy hosted by Evolution Dance Company's summer camp.

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



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Girls try on dance shoes and crowns at Twirltopia



Kids in Evolution Dance Company's Twirltopia Princess Academy pose for a picture on Aug. 20.

By Gabrielle Piche

Young girls danced the week away in tutus and princess crowns at Evolution Dance Company's latest summer camp.

Four and five-year-old campers attended Twirltopia Princess Academy at the dance company last week. They learned basic ballet, tap and jazz moves. "They're doing the plies, and the twirling, and the pointed toes," said Jessie Wynnyk, Evolution Dance Company's office manager.

Campers made princess crowns on Aug. 20 during craft time. They got a new "jewel," or sticker, to put on their crown when they learned a new style of dance.

Each girl got a flower sticker for tap dancing, a heart sticker for trying jazz and a star sticker for performing ballet. The group performed a dance for their parents on the last day of camp.

This was the company's first year of summer camp with four and five-year-old dancers.

The company will have a free dance class for kids aged three to five at their open house on Wednesday, Aug. 28. The class will run from 5:30 to 6 p.m.

There will be free hip hop classes for kids aged six to nine after, from 6:15 to 7 p.m., and for kids 10 and older from 7 to 7:45 p.m.



Madilyn shows off the crown she made during craft time.



Autumn parades around the dance studio with her ribbon.



Hazel squirts glitter glue onto her crown during craft time.



June dances with a ribbon.

RECORD PHOTOS BY GABRIELLE PICHE

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Gemma

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CANVASBACK PET SUPPLIES Gemma has won a prize pack from Canvasback Pet Supplies!

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Make sure your pets are on Heartworm and Tick Prevention from June to November. Deer ticks, which carry Lyme and other diseases, are prevalent until very late in the fall.

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Gimli bike ride raises big money for MS Society

By Evan Matthews

Support comes in many forms. Sometimes it's in the form of community members cheering and waving pom-poms, whereas other times it's (more than) \$300,000.

Thankfully for the MS Society, its Bike Gimli event provided both.

"I have a cousin who is living with MS. There is a strong connection there for me.

"We always have to be raising awareness, new people come of age, people go through changes in life and they become ready to understand a new cause," said Currie Gillespie, the 2019 bike marshal and a participant for 13 years.

"When we can involve (a smaller) community like Gimli, it's just amazing. To go through the Sandy Hook and Winnipeg Beach sections, there are people on their front lawns screaming, ringing bells, clappers, etc. They're literally celebrating what we're doing," he said.

Participants had the choice between two routes, with the longer of the two simply being an extension, according to MS Bike Gimli Coordinator Jordie Moryl.

Both routes began with participants starting from the Gimli Recreation Centre, south to Sandy Hook, then to Winnipeg Beach, Ponemah, Dunnotar, Matlock, and finally then back to Gimli for a total of 49.5 kilometres.

For the longer route, once participants arrived in Matlock, they would then move on to Petersfield, and then back to Gimli, totaling 81 kilometres.

"There was a south wind, so everyone was riding into the wind on the way there," said Moryl. "On the way back, everyone was saying what a nice boost it was."

2019 MS Bike Gimli had 350 participants, Moryl said, 90 of them being "first time riders."

Through its participants fundraising efforts and pledges, The 2018 MS Bike Gimli event raised an estimated

\$300,000, according to coordinator Jordie Moryl.

The 2019 goal was to raise \$315,000, he said.

Funds raised contribute to the MS Society's programming and support for those living with MS, according to Moryl.

"I believe we hit those goals," said Moryl, who added the MS Society was still counting funds raised.

"We've been getting a ton of comments from first time riders and long-standing participants about how great this past weekend was," he said.

Multiple sclerosis is an autoimmune disease of the central nervous system (brain, spinal cord), according to the MS Society.

The disease attacks myelin, the protective covering of the nerves, causing inflammation and often damaging the myelin, according to the MS Society. Myelin is necessary for the transmission of nerve impulses through nerve fibres.

If damage to myelin is slight, nerve impulses travel with minor interruptions, according to the MS Society. However, if damage is substantial and if scar tissue replaces the myelin, nerve impulses may be completely disrupted, and the nerve fibres themselves can be damaged.

MS can cause varying symptoms such as extreme fatigue, lack of coordination, weakness, tingling, impaired sensation, vision problems, bladder problems, cognitive impairment and mood changes, according to the MS Society.

Currently there is no cure, but each day researchers are learning more about what causes MS and are zeroing in on ways to prevent it, according to the MS Society.

Canada has one of the highest rates of MS in the world, according to the MS Society, with an estimated one in every 385 Canadians living with the disease. Though MS is most often diagnosed in young adults aged 20 to 49,



RECORD PHOTOS BY EVAN MATTHEWS

Three hundred and fifty bike riders took part in the 2019 MS Bike Gimli. Younger children and older adults can also be diagnosed with the disease. For more information or to donate to the MS Society, visit mssociety.ca.



Marc McDonald, captain for the Greatful Tread of Canada Life team.



Lauren Rassong, in the front was a first time participant

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First-ever Canadian motorhome rally takes place in Winnipeg Beach

By Gabrielle Piche

Motorhomes bearing licence plates from across Canada and the United States lined Winnipeg Beach's campground last week.

The Entegra Coach Owners Association (ECO) held their first-ever Canadian rally in Manitoba from Aug. 18-23. Entegra Coach motorhome owners stayed in Carberry on their first night and spent the rest of the rally parked in Winnipeg Beach.

Pat Bauer started the ECOA because he'd been part of another club where motorhome owners would meet and travel together.

"We started the club with the idea that we're going to go to great locations, assemble a group of great people, have some great food, and have a little bit of education and see the sites," Bauer said.

Though the ECOA was formed in 2013, members had never held a rally in Canada before – everything was in the United States.

Don Enns, a Manitoban ECOA member, asked Bauer when a Canadian rally would happen. Enns brought up the subject at ECOA rallies in Elkhart, Ind. and Spearfish, S.D.

"He said, 'Well, if you want a rally in

Continued on page 6



Stephana Cunningham, left, and Pat Bauer. Cunningham works in marketing and events at Entegra Coach, and Bauer is the founder and president of the ECOA.



Campers parked their Entegra Coach motorhomes next to each other in Winnipeg Beach. People need to own an Entegra Coach motorhome to be part of the ECOA.



RECORD PHOTOS BY GABRIELLE PICHE

ECOA rallygoers take a group picture in Winnipeg Beach's campground on Aug. 21.



Motorhome owners from Texas and California eat dinner in Winnipeg Beach on Aug. 21.

Selkirk Rotary Club looking for book donations

Staff

The Selkirk Rotary Club Annual Book Sale is right around the corner. The organization is looking to the community for reading material to stock the upcoming fundraiser.

This year's book sale is the Selkirk Rotary's ninth annual with the drop off point at Red Bomb Fireworks. Owners Matt and Brandi Bialek say they are happy to contribute.

"We have a warehouse in Selkirk and we are glad to be able to provide space for book collection and storage," said Matt.

Red Bomb is located at 609 Greenwood Avenue and is open from 9 a.m. to 6 p.m. Monday to Thursday plus Friday and Saturday 9 a.m. to 9 p.m. for book drop off.

The drop off is open now and will be active right up until Oct. 8.

The sale does not accept the following: magazines, encyclopedias, school and university text books, comic books of records.

This year's Book Sale runs Thursday, Friday and Saturday, Oct. 17, 18 and 19 and then the following Thursday to Saturday Oct. 24-26.

The book sale will be set up at 411 Main Street in Selkirk (next to Packers Fashions).

The Selkirk Rotary meets every second and fourth Monday each month at the Selkirk Golf and Country Club on Sinclair Ave.

For more information about the Selkirk Rotary Club and all of their events, visit www.selkirkrotary.org.



RECORD PHOTO BY BRETT MITCHELL

Matt Bialek of Red Bomb Fireworks looks forward to helping the Rotary club with their book collection.

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> MOTORHOME RALLY, FROM PG. 7

Canada, plan one,' and I took him up on his challenge," Enns said.

Enns, the district chief with the Winnipeg Fire Paramedic Service, started planning in September. He needed to find a space that would fit 45 ft.-long motorhomes with vehicles attached.

"Most of the coaches end up being 65 ft. long," Enns said. "Finding campsites that can accommodate vehicles that long is extremely difficult."

Luckily, Winnipeg Beach's campground can fit automobiles of that size. Enns spoke with officials in Winnipeg Beach and from the Province of Manitoba to reserve spaces at the campsite for an ECOA rally.

"The province was really receptive to us," Enns said.

In the end, 31 motorhomes made their way to Winnipeg Beach for the rally. Twenty-six came from the United States. There were campers from Texas, Florida and California, among other states and provinces.

Some of the tourists had never been to Canada before. Many had never stepped foot in Manitoba.

"Here's a really good opportunity for us to showcase our province," Enns said.

Enns planned excursions to the Canadian Museum for Human Rights and The Forks. Rallygoers also watched a performance by the Japanese drumming group Fubuki Daiko at Winnipeg Beach's bandstand.

Danny's Barbeque & Smokehouse catered a meal for the group, and the Royal Canadian Legion's Winnipeg Beach branch prepared two dinners and three breakfasts.

"A lot of people aren't familiar with the little town of Winnipeg Beach," said Mayor Tony Pimentel. "Getting this kind of exposure is really great."

Rallygoers also spent time at Sand Hills Casino in Carberry, and they passed through the International Peace Gardens on their way into the province.

Darlene Sterzenback had never been to Manitoba before. The Sugar Land, Texas native lives in her motorhome.

"One thing I've noticed about Canada is that everybody has a Canadian flag flying in front of their house," Sterzenback said. "I think that says a lot about Canadians."

Sterzenback said she liked the Canadian Museum for Human Rights, but she could've spent two days there because there was so much to explore.

Don Boettcher was one of the few Canadians attending the ECOA rally. He's from Cambridge, Ont. He had Americans asking him several questions in Winnipeg Beach.

One person asked Boettcher if they could take a maple leaf home.



"We have enough maple trees, I think we can afford it," Boettcher said.

He and his wife Gerri have been to seven or eight ECOA rallies over the past five years. Normally, the couple takes their motorhome to the United States.

"It's nice to have fun, have a rally with Entegra Coach and have everybody come up here to see our beautiful country," Boettcher said.

It was ECOA President Pat Bauer's first time in Canada. During the rally, the Floridian said he'd happily take another trip up north.

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8:00 am to 8:00 pm Monday to Saturday

Noon to 6:00 pm Sunday

Some exceptions apply. Visit electionsmb.ca to confirm hours near you.

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1321 Dawson Rd, Lorette

Additional location(s):

Sept. 2-3 Club Jovial, 157 Central Ave, Ste Anne

Aug. 29-30 Landmark Arena, 101 Robert Koop Rd, Landmark

Sept. 4 Anola & District Community Club, 35085 PTH 15, Anola

Sept. 4 Rennie Community Club, 1 Rink Rd, Rennie

Aug. 30 & 31 Royal Canadian Legion, 45 McArthur Ave, Lac du Bonnet

Sept. 5 Stead Community Centre, 96134 Stead Rd, Stead

Sept. 5 Whitemouth Community Centre, 61 1st St, Whitemouth

Sept. 4 Whiteshell Baptist Church, 74158 PTH 408, Seven Sisters Falls

INTERLAKE-GIMLI

Returning Office

17B North Colonization Rd, Gimli

Additional location(s):

Sept. 4 All Saints Anglican Church, 1 Railway St, Matlock

Aug. 31, Sept. 5 Ashern Centennial Hall, 1 Hwy 325, Ashern

Sept. 2 Eriksdale Memorial Community Centre, 22 Railway Ave, Eriksdale

Sept. 4 Faulkner Senior Centre, Faulkner Rd, Faulkner

Sept. 2 Inwood Memorial Hall, Hwy 17, Inwood

Sept. 2 Mary Thorarinson Estates, 341 Ingolfs St, Arborg

Sept. 5 Narrows West Sunset Lodge, Hwy 68, Oakview

Aug. 30 Riverton Community Hall, 175 Riverton Ave, Riverton

Aug. 29 Royal Canadian Legion - Lundar, 50 3rd Ave, Lundar

Aug. 30 St. Laurent Recreation Centre, Hwy 6, St. Laurent

Sept. 3 St. Martin Community Hall, 9 Martin St, St. Martin

Sept. 1 Ukrainian National Home of Fisher Branch, 33 Provencher St, Fisher Branch

LAC DU BONNET

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431 Park Ave, Beausejour

Aug. 30-31 East Beaches Senior Scene, 3 Ateah Rd, Victoria Beach

Aug. 31 East Braintree Community Church, 42060 PR 308, East Braintree

Aug. 30 Falcon Beach School, 17 PR 301, Falcon Beach

Aug. 29 Golden Leisure Club, 30 Pine St, Pine Falls

Sept. 3 Hadashville Recreation Centre, 45030 PTH 11, Hadashville

Sept. 3 Pinawa Council Chambers, 36 Burrows Rd, Pinawa

MCPHILLIPS

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1375 McPhillips St, Winnipeg

Additional location(s):

Aug. 29-Sept. 1, Sept. 3-5 Garden City Shopping Centre, 2305 McPhillips St, Winnipeg

Sept. 3-5 Sunova Centre, 48 Holland Rd, West St. Paul

RED RIVER NORTH

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661 Hoddinott Rd, East St Paul

Additional location(s):

Aug. 29-30 Albright Church, 415 Maxwell King Drive, East St Paul

Aug. 29-31 East Selkirk Hall Banquet Room, 711 Old Henderson Hwy, East Selkirk

Sept. 3 Heritage Golf Course, 5912 Hwy 202, Lockport

Sept. 5 Private Tom Chief Memorial Centre, Brokenhead Ojibway Nation, Scantbury

SELKIRK

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411 Main St, Selkirk

Additional location(s):

Aug. 30-31 Clandeboye Community Hall, 111 Main St, Clandeboye

Aug. 30 Gaynor Family Library, 806 Manitoba Ave, Selkirk

Aug. 30-31 St. Andrews Fire Hall, 5610 Hwy 9, St. Andrews

Aug. 30-31 St. Clement Parish Hall, 5 St. Clements Rd, St. Andrews

To find advance locations in other areas of

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Fishing blessed with a little luck

Hi folks.
One of the most satisfying fall rituals I have is collecting the apples each morning that have fallen from my trees. That and the changing of the colors of the trees leaves alerts me to the eventual coming of invigorating winter fishing days once more. Though an enjoyable afternoon of catching fish from an ice hole in your shack might be many weeks away, our sister angler, Belinda Vinette gave me such a great winter story for us last week I felt I had to pass it along.

It was a sunny, not to cold afternoon a few winters ago as Belinda, her husband Darren, brother Drew and his wife Brenda sat in their ice shack fishing on the Netley Creek by Petersfield. The sun streamed through the small windows brightening the already white walls. Their heater filled the shelter with warmth. The floor which, was mostly ice, had melted to the point that shadows of swimming fish could be seen.

"Oh my gosh!" Belinda cried out as she saw a long, dark shadow slowly glide under the ice from one end of the shack to the other. Just as it was about to disappear it turned and the line on Belinda's short rod took a nose dive into the water. She fell from her chair to one knee desperately holding onto her rod that was being pulled away with frightening force. She was almost face to face with the screen of their underwater camera where she could see mud being churned up by a monster jackfish, its pointed green teeth-filled mouth struck the camera as it swept from side to side trying to rid itself of Belinda's hook.

Quickly she regained her chair and let line out as the fish ran. When it stopped she reeled in slowly. Three times it ran and three times Belinda reeled it in coming to rest by her ice hole. Drew was ready and plunged his hand down into the holes icy water grabbing the fish by its gill. He



RECORD PHOTO BY ARNIE WEIDL
Guy Proulx of Matlock with his great catch from the Lake Winnipeg south basin.

got lucky; the whole head of the jack cleared the hole in one pull and after hand over hand yanking on its slimy sides, the jack finally lay across the ice floor of the shack. They took pictures of the fish then quickly released it.

Belinda and her gang aren't the only ones who like to use electronics when fishing or who are blessed with a little luck. Last week I met Guy Proulx and his buddy Charlie Reuther who had just come off the lake after boat fishing in the Lake Winnipeg south basin. It seems they were cruising a kilometer off the west shore and Guy watching his fish finder suddenly shouted at Chuck, "Stop, the bottom's structure's rough and full of fish!" They anchored and cast out. Immediately they began hauling in small walleye and throwing them back.

Then suddenly the fish stopped biting. The guys relaxed, waiting, then

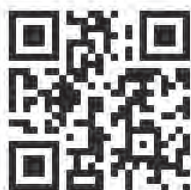
again, Guy checking the finders' display shouted, "Wow, there's something big down there." As he said it, Chuck got a vicious strike that bent his rod smacking it on the gunwale of the boat. He braced his feet against the side of the boat and started hauling up. As he brought the fish to the side of the boat, the long green back of a meter long jack broke cover. They landed it, flopping into the boat, as Guy noticed renewed movement on his finder. "There are all kinds of fish under us again!" he exclaimed. "Guess what?" Charlie shouted, "Now the jack's gone, our luck will change." I got a picture of Guys' catch. It looks pretty lucky to me!

Late last week I met Shane Gonnell, a thin chap with brown hair, a grey mustache and a sense of humor about his sometimes absent luck. He told of a time when he and wife were young, she and the rest of the family left him fishing on the Red River to go play in the Selkirk Park. That would have been fine except they also left him with their six month old baby. There he sat, his fishing rod between his bare feet holding the baby with one arm and a sandwich in the other hand. Without warning he caught a big cat that just kept rolling on top of the water slowly dragging his rod into the river! He tried as best he could to hold his rod with his bare feet while screaming for the family to come help. They didn't! He lost the fish with the rod to the river and his sandwich to the riverbank mud!

His luck was also absent a few years later when fishing with family on the Red and got his hook caught in the branch of a huge tree that hung over the river. He climbed up the branch upside down to claim his hook and lost his grip. As he fell toward the water his son said to his grandfather, "I guess we're going to be fishing for 'dads' today!"

Till next week, bye for now friends.

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get informed

NEWS > VIEWS > SELKIRK > ST. ANDREWS > ST. CLEMENTS > SURROUNDING AREAS

Kinew commits to north end treatment plant to protect Lake Winnipeg

Submitted by Manitoba NDP

Wab Kinew would take bold action to help protect Lake Winnipeg and other waterways, including funding the provincial share of much-needed North End Water Pollution Control Centre upgrades.

“Water is life,” said Kinew, who delivered the commitment standing on the banks of the Red River. “Yet Brian Pallister has demon-

strated no meaningful commitment to saving Lake Winnipeg. Instead he has chosen to pick fights with the Mayor rather than working together to get things done. It’s time for a Premier who will show leadership on saving the lake and protecting our waterways. Today I am making it clear that we will do our part. I look forward to working with — not against — the Mayor as we restore and protect Lake

Winnipeg for future generations.”

The upgrades will allow the treatment plant — which treats 70% of Winnipeg’s sewage — to remove phosphorus and nitrogen from the effluent it sends into the Red River.

Kinew committed \$500 million to cover the provincial share of this project; it is included in the NDP’s fully costed platform.

letter to the editor

Letters to the Editor: news@selkirkrecord.ca

The city works for you, not the other way around

As a former councillor for the city of Selkirk, I was astonished to learn this week of the concerted effort put forth by our officials who attempt to influence Selkirk’s electorate in the 2019 provincial election. This campaign has been distributed in an array of digital platforms, road signage and through our local press, and it touches upon numerous issues that impact our community such as infrastructure, municipal grants and taxation. My favourite excerpt directs me to ‘Keep These Questions Handy’ which states that, “when you run into a candidate, whether through social media, walking down the street, or knocking at your door, ask them these questions that directly affect your community”. This is the job we elected our municipal council to do on our behalf, lobby and work together with other levels of government for the benefit and betterment of our community without prejudice.

These actions put forth by the city of Selkirk are concerning and should be criticized. There is nothing wrong with defining

political discourse and engaging citizens in debate that fosters the betterment of our community and our region, but it is wrong to use taxpayer’s money to pay for it and shows a complete lack of respect for the electorate.

Firstly, it is a common respect among all levels of government that one must not interfere with the electoral process, especially as a third-party influencer. Come election day, no matter which party forms government, the city of Selkirk will have to establish a productive relationship with the governing party on the range of issues identified. No other example illustrates this tradition than Manitoba’s deputy ministers and the political-administrative interface. Provincially, the relationship between its political representatives and its bureaucracy is historically distinct. For example, a deputy minister serving today, could have been appointed under Pawley’s NDP government in the 1980s, meaning that the deputy minister has also served under the Filmon, Doer, Selinger and Pallister governments which

all had distinct forms of governing. The bureaucracies are there to serve the will of the people, not act on their behalf.

Secondly, let’s be clear, this is taxpayer’s money. While various corporations, unions and non-profits raise funds to put forth their distinct political messaging, it is unheard of for a municipal jurisdiction to influence a provincial election. Last time I checked; the city of Selkirk is a formal entity established under the Municipal Act which is administered by the province of Manitoba. Could you imagine if the city of Winnipeg used taxpayer’s money to take out an ad in the Winnipeg Free Press? There would be outrage.

Thirdly, these actions by the City of Selkirk show a great lack of respect for the electorate. Let the electorate decide on what, when and where to ask their questions and let them convey the issues that are important to them, their families and our community.

Let us remember in these 2019 provincial and federal elections that we all want a better Manitoba, and that all government officials be that federal, provincial or municipal works for you, not the other way around.

- Respectfully, Connie Rapko

A final reflection on reporting in the Interlake



PHOTO SUBMITTED

Gabrielle Piche

By Gabrielle Piche

Nervous – that was the first thing I felt last February, when I got hired for a summertime reporting position at the Stonewall Teulon Tribune.

I’d never been a full-time reporter before, and I was unfamiliar with the Interlake area. Naturally, I was unsure how I would fare at my new job.

Thanks to the people I’ve met in the Interlake, my past four months at the Stonewall Teulon Tribune, the Selkirk Record and the Express Weekly News have been incredible.

I’ve met countless numbers of people who are kind, compassionate and open to sharing their stories. There are so many fascinating individuals in the Interlake.

I was struck by the sense of community some areas of the Interlake display. People devote hundreds of hours to volunteering in their community – and the work shows.

I saw community pride in the town parades I attended, where locals drove floats down their Main Streets or cheered from the sidelines. I saw community pride in local events run by volunteers or organizations, whether it was a new garden opening or an annual festival.

I never ran out of story ideas because there was always something going on.

The staff at the Tribune and the Record were a huge help to me this summer. They gave useful feedback and showed immense patience as I stumbled through stories.

I felt appreciated and encouraged by the feedback I received from readers too.

I’ll begin my final year of schooling at Red River College soon, but I won’t forget the lessons I’ve learned and the memories I’ve gained from my time in the Interlake.

Thank you to the Interlake residents who have shared their stories with me this summer.

Manitoba PC party shines spotlight on growing film industry with \$25m

Submitted by Manitoba PC

A re-elected Progressive Conservative government will increase investments in the Manitoba Film and Video Production Tax Credit by \$25 million over the next four years.

"Our film industry puts a spotlight on our province, and this commitment shines the light right back," Pallister said. "We maintained our investment in this surging industry because it's proven to create jobs and drive economic growth. Now we'll move it forward by growing that investment even more."

Expansion of the tax credit will encourage more post-production

work—things like computer-generated imagery, video editing, special effects—and infrastructure investments, so companies producing everything from big-budget movies to award-winning documentaries will have even more reasons to do business in Manitoba.

Industry analysis estimated the Manitoba Film and Video Production Tax Credit generates upwards of \$90 million in tax revenue annually. The industry also creates jobs and drives economic growth with an estimated five-year GDP impact of nearly half a billion dollars.

"In addition, our government will

invest an additional \$1.5 million in training and education for film crews and industry workers over the next five years," said Pallister. "Through partnership with our post-secondary institutions, we'll continue to develop our local workforce—already approaching 2,000 skilled workers—and keep growing Manitoba's film industry."

Production in Manitoba more than doubled its annual investment in the last decade, hitting approximately \$200 million last year alone.

The reach of new investment in the tax credit and training goes beyond job creation and investment attrac-

tion. In 2017-18, production took place right across Manitoba, giving exposure to Winnipeg, Selkirk, St. Andrews, and 45 rural and northern communities. Film production is a full-time industry in Manitoba now, as production trucks and filming locations are continually active across the province.

"Setting the stage for this industry's success puts our beautiful province centre stage, creates jobs, and drives economic growth. It's a win-win-win," said Pallister.

Lifting people out of poverty: The Manitoba Liberals plan for jobs and fair incomes

Submitted by Manitoba Liberals

Manitoba Liberal Leader Dougald Lamont announced a major plank in his party's platform to end decades of neglect and inaction on poverty in Manitoba under the PCs and NDP alike with a series of measures designed to ensure all Manitobans receive a livable income by 2024.

For many years, Manitoba has had some of the deepest poverty in Canada and the number of people on welfare has been rising steadily since 2008 to an all-time high of over 71,000 people. 20% of Manitobans have not seen an increase in their incomes in 40 years.

Many basic income supports have

not increased since 1993, when Brian Pallister voted to roll them to 1986 levels. Under the PCs and NDP alike, the social housing allowance stayed frozen at \$285 a month for over 20 years. Lamont said the Employment and Income Assistance (EIA) system in Manitoba is sadistic and ineffective because it seeks to punish people out of being poor, whether they are young, old, have children, or are disabled.

"This is a province with enormous opportunities and resources and there is no need for anyone to be living in poverty when there is so much work to be done," said Lamont. "We have an opportunity and an obligation to end

poverty in Manitoba and to provide people with tools and opportunities to lift themselves up."

In addition to reforming EIA, Manitoba Liberals will introduce three complementary programs to help lift people out of poverty that provides individuals with choice as well as job opportunities

- A minimum basic income based on a "negative income tax" model, that tops up income
- Raising minimum wage to \$15 within two years of being elected
- A voluntary "Manitoba Works for Good" jobs program that would pay individuals who find themselves out of work with to do jobs in the pub-

lic interest, as an alternative to EIA or basic income.

Liberals say there is abundant evidence showing that these measures will not just hugely improve lives, but benefit the economy.

"It's time to put an end to the failed 40-year experiment in trickle-down economics that both the NDP and PCs have pursued and invest in grassroots economic growth," said Lamont. "We're all better off when we're all better off, and this plan gives people dignity and opportunity they have been denied for years."

Burgers to Beat MS helps find a cure and fund treatment

Staff

This year was the 11th annual Burgers to Beat MS campaign to raise awareness and funds to help those living with multiple sclerosis. For every Teen Burger sold across the country on Aug. 22, A&W Canada donated \$2 to the MS Society of Canada. Over the last 11 years, A&W customers have raised more than \$13 million for the cause — and the aim this year was to raise another \$2 million.

An estimated 77,000 Canadians live with the disease. The funds raised from the event will help the MS Society of Canada fund research to find a cure for Canadians affected by multiple sclerosis, fund research to develop treatments for the disease, and fund MS support groups, among other things. To donate online, visit BurgersToBeatMS.ca



RECORD PHOTOS BY BRETT MITHCELL

Pictured above left: Elvis impersonator Daylin James was in Selkirk performing for customers during the 11th annual Burgers to Beat MS campaign on Aug. 22. Pictured above right: The Lily Pad Cruisers present a cheque for \$2000 to A&W Selkirk at the Burgers to Beat MS fundraiser on August 22nd bringing the total funds raised at the Selkirk location to \$6210.

Farmers react and adapt to hot and dry conditions

By Kaitlin Vitt

Low precipitation and high heat this spring and summer are taking a toll on Manitoba crops.

"If you could order rain, that would be perfect," said Pete Skrabek, who farms land in the Teulon area.

Since a wave of a magic wand isn't an option, farmers must get creative in other ways, like using new farming technology — for example, special applicators used in tillage that slice into the ground and result in less moisture loss compared to other methods.

"You can tell the difference between the fields that have the newer tech and those that don't," Skrabek said. "These tough years kind of squeeze out people who aren't to the day with the best technology."

Today's farming tools can more easily adapt to demands of the land compared to the past when equipment was purpose built. But it's not completely up to fancy tools — you still have to know understand your soil and how various nutrients affect it.

This year's dry weather has led to fertilizer burn — when fertilizer builds up since it's not "flushed" through the

land by rain, resulting in damage to crops — and "dirty fields," fields scattered with weeds.

Weeds, like other plants, have pores called stomata that are used for gas exchange. When it is hot and dry outside, the weeds close their pores to seal themselves so they don't lose internal moisture, Skrabek explains. This makes weeds difficult to kill, since the pores are closed and the weed is not taking in the herbicide.

Insects have also been a problem — dry conditions means crops grow slowly, making the plants more susceptible to pests.

Ultimately, reduced rain means reduced yield. So how will this affect consumers?

It won't, or at least not directly — consumers are sheltered from producers because of processors, Skrabek said. Plus, Canada is export driven, meaning lots of product is shipped to other nations. Skrabek said he thinks if there were more "farm-to-table" initiatives, then the challenges farmers face would be more obvious to consumers.

But those in the cattle industry are



RECORD PHOTO BY LANA MEIER

The unusually hot dry weather has resulted in fields scattered with weeds.

directly seeing the effects and are turning to grain farmers for help.

"Many beef producers have been hard hit by back-to-back dry conditions that have led to diminished pasture and forage yields and depleted their hay and straw reserves," said Tom Teichroeb, Manitoba Beef Producers president, in a news release. "Faced with these conditions, they are

looking to source both traditional and alternative sources of feed and bedding. We are encouraging producers with these kinds of resources available to consider listing them for sale."

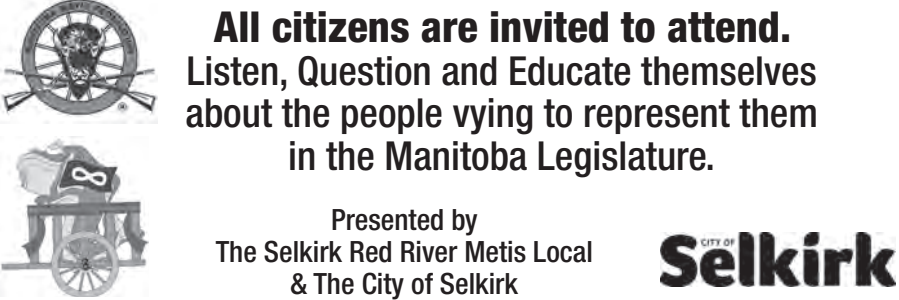
A fact sheet on the Keystone Agricultural Producers of Manitoba website lists resources where cattle farmers can find hay, straw and alternative feed.

ALL CANDIDATES
Provincial Election
FORUM

Wednesday, September 4th
Selkirk Friendship Centre
from 6pm - 8pm

All citizens are invited to attend.
Listen, Question and Educate themselves
about the people vying to represent them
in the Manitoba Legislature.

Presented by
The Selkirk Red River Metis Local
& The City of Selkirk



The **Selkirk Record**

will be closed on
LABOUR DAY
Monday, September 2, 2019

Welcome to the Team!

New veterinarian joins Selkirk Veterinary Services

Dr. Klug, Dr. Munro and the rest of the staff at Selkirk Veterinary Services (SVS) are pleased to welcome Dr. Heather Sparkes to their team.

Dr. Sparkes graduated from the program at the Western College of Veterinary Medicine in Saskatchewan after spending three years as an agriculture student in Winnipeg. Her interest in veterinary medicine stemmed from growing up on a small beef farm and her love for all animals. Originally from Arborg, Dr. Sparkes started practicing in Regina, SK, before moving closer to her family and choosing Selkirk as her new place to practice veterinary medicine. While in Regina, Dr. Sparkes practiced at the Animal Clinic of Regina where she gained hands on experience dealing with emergency cases. When asked what she is looking forward to living and working in the Selkirk area, Dr. Sparkes replied, "Being in a small town again, no traffic, being close to my family and going for hikes. It's nice to walk around and enjoy the feeling of Selkirk." In the past month Dr. Sparkes has settled nicely into Selkirk with her family. Along with her husband and one year old baby girl named Madison, the couple also has a little a little Shi-Tzu fur baby named Aussie.

Going forward and growing her practice, Dr. Sparkes is hoping to gain dental and ultrasound experience. She chose to work at SVS along with Dr. Klug, who specializes in dentistry and surgery, hoping to learn from her professional experience. When asked what her best advice to pet owners is when it comes to taking care of dogs, Dr. Sparkes says prevention is the best medicine. Ensuring that puppies receive their 8 week vaccinations and then continuing to vaccinate at the proper ages would be foremost. Tick and heartworm prevention are also a necessity in Manitoba. SVS also has several kittens available for adoption. Pictured in the top right is Dr. Sparkes with Hector, the most gentle, happy kitty who just recently underwent hernia surgery. For more information about their lovable adoptable cats please contact the clinic.

Selkirk Veterinary Services is located at 6 Wersch St. in Selkirk. To book an appointment, call 204-482-5720. Dr. Klug, Dr. Munro and Dr. Sparkes look forward to helping all your beloved, furry friends.



Dr. Heather Sparkes

Kasper Transportation suspends Selkirk service

By Jennifer McFee

Another transportation company has steered away from offering bus service between Selkirk and Winnipeg.

In mid-August, Kasper Transportation announced that it had suspended its Selkirk-Winnipeg route until further notice.

"This will allow us to focus our financial resources on existing routes and improvements. The Selkirk run isn't a sustainable route without local or provincial or federal partnership. We attempted to establish such relationships over the last two years," states an Aug. 19 Facebook post by Kasper Transportation.

"Manitoba's provincial government has a policy in place to not work with private operators on any form of assistance, partnerships or subsidies. The City of Selkirk has made it clear they are also not interested in supporting this service for their local community. If we can establish positive results with the Federal government we will be reopening the route."

Company founder Kasper Wabinski said they did what they could to keep the route in operation.

"Obviously we are upset that we can't keep doing it for the people who depended on it. We tried to do our best to keep it going for them because we know people depend on it, but there's only so much money we can lose when nobody else is interested in it," he said.

"The reason why we have to make this decision is because we want to focus our resources on our existing routes and make improvements to them, the ones that I know are going to work."

The company can't sustain the route without government partnership, he added. It's the third business in five years that was unable to make the route profitable.

"It's difficult for me for my personal ambition and my willingness to run routes — and I'm willing to run routes at cost if that's what I have to do to build the relationships with people. But the original route, as it was under Beaver and Exclusive, was 100 per cent unfeasible, so I had to make all these changes throughout the last two years," Wabinski said.

"It came to a point where I was fairly close to making it work, but I'd have to reinvest more money to have another vehicle available and still have to eat a little bit of the loss."

He said that he would consider reopening the route if he could get somebody else to come to the table and talk about it.

"It was just too much and nobody seemed to care besides my few customers who take it every day. They cared, and my drivers cared and they built relationships. It just be-



RECORD FILE PHOTO
Kasper Transportation suspended its Selkirk-Winnipeg route until further notice in mid-August.

came too much of a logistical financial burden and nobody wanted to justify why I should keep doing it besides the passengers," Wabinski said.

"I did it as long as I could. I pretty much had no choice. I need the people of Selkirk to put pressure on the city or the government if they want a service like this. It's not big dollars, but it needs a conversation. It needs somebody to sit down and look at the numbers and say what is the benefit to us and how can we justify it."

There are many advantages to keep the bus route in operation, he added.

"The buses are environmentally friendly," he said. "There's less congestion and people save money because they don't have to pay parking fees."

Winnipeg resident Alexander Litvin relies on the bus to take him to Selkirk, where he works in a hair salon.

The 82-year-old wasn't aware that the bus had been cancelled, so he stood outside waiting and waiting for it to pull up.

"I waited one day more than three hours. The first bus did not come. The second bus did not come. I went home. I didn't know they cancelled," he said.

"They didn't tell people they quit. Some people were waiting for the bus on the road. Old people who don't know are waiting to go to their appointment with doctors. It's terrible."

Unless he can find a carpool or another way to get to and from Selkirk, Litvin said that he might need to quit his job.

"How can they do this and not tell people?" he asked. "That's the problem."

Selkirk Mayor Larry Johannson said the news is disappointing but not surprising.

"It really isn't a big shock because I think they've been having some ongoing issues in the last year. I do believe that the service is definitely needed; however, I personally feel that it needs to be looked at in a different light. I think the model that of the bus service going back and forth to Winnipeg obviously isn't working. It just isn't creating enough revenue for these companies," he said.

"This is the third one we've seen. But in order to have a route like that, I don't think it's feasible. I think what's got to happen is they have to draft some kind of a transportation strategy, a plan to increase that ridership. I think that would have to include other municipalities somehow being able to use the service."

The announcement comes at a difficult time for university students who are preparing to go back to school, he added.

"I feel for people who don't have a vehicle and have to get to Winnipeg. This is a hardship for them. Definitely we need the service but I just don't think in the current model it can work. Hopefully these parties can get together and maybe we can look at something that can work and would be feasible," Johannson said.

"I don't want to see another company come and then in six months stop. It's really hard on everybody. We need a good service, and people need to know the regular schedule. There needs to be a reasonable fee to make it worthwhile for the company, whoever takes it over, to make it a dependable service for the people that need this to get back and forth to school, to work, for visits or to the hospital."

For Johannson, he remains optimistic for the future.

"I really believe there is a demand and I just think it needs more involvement to make this thing revenue efficient for whoever does it," he said, "and I think it involves other municipalities to increase the ridership."

Cheryl Christian, mayor of the RM of West St. Paul, said she's open to participate in discussions.

"Having access to public transportation is important, but that service has to be affordable and convenient for our residents and financially sustainable to provide that service," she said.

"I am certainly open to having conversations with our regional neighbours about public transportation options."

Royal Canadian Legion Branch 42
403 Eveline Street, Selkirk
Office: 482-4319 Bar: 482-6015 www.selkirklegion.org

September Events Calendar

Sept 6 – Karaoke with Wayne 8pm
Sept 7 – Fish Fry 6pm
Sept 13 – Had it Comin Band 8pm
Sept 16-21 – Legion Week
Sept 19 – Over 60 Club Meeting – Noon
Sept 20 – Veteran & Spouse's Dinner 6pm
Sept 20 – Ravin Band 8pm
Sept 25 – General Meeting 7:30pm
Sept 27 – Black Water Band 8pm
Sept 29 – Fall Supper 4:30 & 6pm

Open Sundays 12 Noon-7:00 pm

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

Staff

Dogs leaped through hoops and over hurdles during Agility & Abilities Family Day last Saturday. Gentle Pets put on the event to raise money for their company. Pet owners could take their dogs through an obstacle course and meet other canine enthusiasts. There was a silent auction, bake sale, craft station and more to help raise funds.



Jodie Fitzgerald is a dog trainer and instructor from Winnipeg Beach.



Kirsten Kotowich stands with her dog, Trapper, at the obstacle course. Kotowich tried hard to get Trapper to complete the circuit, but the pup preferred to get his picture taken instead.



RECORD PHOTOS BY GABRIELLE PICHE
Marilyn McNeil, left, and Kristine Duke were educating people about Pawed Pals Animal Rescue Inc. during Agility & Abilities Family Day last Saturday. The organization is looking for volunteers, including animal foster parents and committee members. To learn more visit pawedpals.org.



Amber Cockburn watches her dog Nash leap through a hoop.



Jersey takes a break.



Tereza Mawejja sells baked goods to raise money for Gentle Pets.

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Scrabble players wanted to score big for St. Amant

By Gabrielle Piché

Scrabble lovers and smokie enthusiasts can support a good cause at a barbecue and lawn scrabble tournament in Winnipeg Beach next month.

The tournament will take place at 458 Silverdale on Saturday, Sept. 14 from 12 to 4 p.m. Money raised at the tournament will be donated to St. Amant, a non-profit organization that supports people with developmental disabilities and autism.

Teams of four to six people will battle each other outdoors. Their weapons? Squares of carpet that look like Scrabble tiles. The teams will play each other in a lawn-sized version of the popular board game. The first-place team will win lube and oil changes from Giesbrecht & Sons Ltd.

Volunteers will be on site to make sure teams are following the rules and building legitimate words.

People don't need to play scrabble to attend the event. Anyone can grab lunch, listen to music and participate in a live auction.

An auctioneer will sell items at the tournament while teams are taking a break from lawn scrabble. A bird bath, framed prints, oil paintings and bags of bird seed will be auctioned off,

among other things. There will also be a silent auction.

For the first time, there will be a live band at the tournament. La Plage Folle will perform.

Scrabble players must pay \$10 to join the games. Teams can sign in at 458 Silverdale as early as 11:30 a.m. on Saturday, Sept. 14.

People wanting to feast on a smokie lunch will pay \$10 for their food. The money goes to St. Amant.

Odette Carreiro began the lawn Scrabble tournament four years ago. However, she's been fundraising for St. Amant for the past five years. Her oldest son has lived at the non-profit's facility for the past 18 years.

"St. Amant has provided the most valuable services for parents of special needs kids and adults," Carreiro said. "They're very good."

Juliette Mucha, St. Amant's director, sends Carreiro news letters and thank you notes describing what the donated money is being put towards. In the past, the cash has gone to room renovations, new equipment, staff training and outings for St. Amant residents.

Carreiro held meat draws on the weekends when she first began to raise money. Now, Carreiro runs a



RECORD PHOTO BY ODETTE CARREIRO

Scrabble team The Champs, pictured, have won the lawn Scrabble tournament three years in a row.

Facebook page called "Bidding wars for St. Amant Centre."

"People donate all their unwanted household items to me," Carreiro said.

Carreiro takes pictures of the items and posts them on Facebook. People then bid on the goods, and the highest bidder wins. They collect their purchase at Carreiro's house.

Carreiro figures she's raised around \$30,000 for St. Amant.

"It makes me feel complete," Carreiro said.

She still runs the Facebook page, even while organizing the barbecue and lawn scrabble tournament.

People wanting to register for lawn scrabble can contact Carreiro at 204-641-5449 or Shelly Goodman at 204-641-1318. Anyone can stop by the tournament to watch scrabble games and have lunch.

HAPPY LABOUR DAY WEEKEND

JAMES BEZAN MP
SELKIRK—INTERLAKE—EASTMAN

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Rescue program in Dunnottar saving hundreds of feral cats; volunteers wanted

By Patricia Barrett

Over the past few years, Dunnottar residents have been saving feral cats from starvation and premature death, and are currently looking for new volunteers to help them socialize and find homes for kittens.

The Village of Dunnottar provides funding for spaying and neutering under its Trap, Neuter and Release Program (TNR) to help control the population in the municipality, which includes the towns of Matlock, Whyte-wold and Ponemah, but residents who trap feral cats and don't want to release them back to the wild cover the cost of their care.

Matlock residents Sharon Brandow and Dory Walker have gone above and beyond the TNR program, feeding feral cats and their kittens year-round, trapping the kittens then trying to find them a permanent home so that they don't freeze to death over the winter or are killed by wildlife.

"Once I know they're eating canned food - which means their mother is weaning them - I try to trap them and we bring them home, tame them, get them spayed or neutered and get them their vaccinations," said Brandow, referring to the Warm Hearts volunteer rescue program she helped set up. "Then we try to find homes for



RECORD PHOTO SUBMITTED

These three kittens are socialized and ready for a loving home.

them."

They use the TNR program to cover the cost of spaying or neutering, but pay for food, vaccinations, de-worming, etc., out of their own pockets until they can socialize the kittens and find them a good home.

"We keep them in a room and we go through a long process of socializing them," said Walker. "At first they hide when we take the food in, but pretty soon they're not scared and we can pet them while they're eating. By the time we adopt them out, we can tell their new owners that these are socialized kittens, not the kind that will hide in your basement forever."

Walker says it usually takes a few months to socialize the kittens.

In addition to Brandow and Walker, other residents in the municipality are feeding the feral cats year-round and trapping the kittens in the warmer months. Some residents, such as Betty Jackson, made attractive cat tote bags and sold them for \$15 each, turning the proceeds over to resident rescuers for food and other costs, said Brandow.

"At the last Ponemah market this year, we sold cat and dog hats that a neighbour had knitted," said Brandow. "If you made a donation to the cat rescue, you could get a free dog

or cat hat."

But some cats just won't go into a trap, she said, and that means it's an ongoing challenge to keep the feral population under control.

"I've saved about a couple hundred kittens," said Brandow, "and I'm tired. We're getting burnt out and we need someone to take over the fostering of the kittens. They can't survive on their own. They need a lot of support. They have miserable lives getting through the winter even if they're getting fed."

The support from Dunnottar Mayor Rick Gamble and his council has gone a long way to helping the cats, and council even had a feral cat shelter built near the waste station.

"We're so lucky here that we have a mayor and council that care about the cats and have allocated money to help take care of them," said Brandow. "They built a shelter at the landfill site. It got finished last year. It's nice not to feel alone and have this support."

Anyone interested in helping Brandow and Walker tame/foster kittens, or who want to provide a "forever home" to one of their already socialized kittens can email them at: warmhearts369@gmail.com. Residents can trap feral cats and take them to the Selkirk Veterinary Services or the Selkirk Animal Hospital for spaying or neutering and be reimbursed by the municipality for veterinarian costs. The program runs from May 1 to October 15. Contact the municipal office at 204-389-4962 for more information.

What do you want to do today...?

Storytime
Circle of Friends
Read
Babytime
Study
Meeting
Kids Unplugged
Relax

GAYNOR FAMILY LIBRARY
806 Manitoba Ave. Selkirk MB
(204) 482-3522 www.gfrl.org

REGISTRATION

St. Andrews gymnastics

Wednesday, September 4th, 2019
5:00 - 6:00pm
St. Andrews School

Kindergym (30 minute class) \$112
4 year olds (45 minute class) \$142
Cangym (60 minute class) \$167
Registration cost includes the MGA fee
Pre-Competitive and Regional Stream Competitive Program

Classes held Tuesday & Wednesday evenings

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

JUNIOR HIGH LUNCH PROGRAM
Tuesday, Wednesday, Thursday, and Friday.

YOUTH FOR CHRIST

FALL PROGRAMS SEPT 10
1st Lunch & Drop-in of the school year

Evening youth drop-in for teens every Tuesday & Thursday 7-9PM

Free junior high lunch program Tuesday, Wednesday, Thursday & Friday and LOTS more!!

204-485-5525 | yfcselkirk.ca

Biz Bucks gift card program crosses the \$70,000 mark

Staff

Selkirk Biz officially launched the Biz Bucks gift card in the fall of 2018. It replaced its predecessor "Chamber Dollars" which was simply a check with a Selkirk Biz logo that could be deposited into a bank account and the recipient could then head off to Winnipeg to spend the money. With the logo of the local chamber of commerce it was simply a reminder to shop local but it couldn't really guarantee it. The sale of Biz Bucks Gift cards has in less than a year exceeded \$70,000 where Chamber Dollars hovered around the \$30,000 mark annually.

The technology of this card guarantees that the revenue stays local. Members of Selkirk Biz (of which there are currently about 200) can purchase a three year subscription to the card and have their POS system programmed to accept the card. Selkirk Biz is the only chamber of commerce in Canada using this technology and is one of two chambers in North America. Shopping malls and casinos around the world have been using this kind of card for years.

"We have put a lot of time and have had enormous local sponsor input to get the card off the ground" said Biz

Bucks committee chair Christa Denoon "Noventis Credit Union and Home Hardware Selkirk really believed in the concept. Without them the card would not have come to fruition".

The Biz Bucks card is a great option for employee perks, annual bonuses and any sort of gift giving. When you give a Biz Bucks card you are giving the recipient the choice to shop at over 40 local retailers in our local area. It's giving them a choice not offered by single store gift cards. The public were obviously ready to leave the paper cheques behind and move into the twenty first century. Many millennials don't know how to write a cheque or even know what a cheque is. The proof is in the numbers since Selkirk Biz has more than doubled the investment in its shop local initiative in such a short time. The cards can be purchased in any denomination and there is no service fee added to the value of the card.

Biz Bucks Cards are available at the Selkirk branch of Noventis Credit Union in the Selkirk Crossing Mall, Selkirk Home Hardware and Selkirk Biz 200 Eaton Ave (City of Selkirk office building).



RECORD PHOTO BY BRETT MITCHELL

St. Clements Mayor Debbie Fiebelkorn, left, stopped by Harry's Foods last week to make a purchase with her Biz Bucks gift card.

Judo – More Than A Sport

Judo is an exciting Olympic sport and an effective martial art. And while judo is both of these things, it is also much more.

Judo was created in the 1880s as a martial art and a system of physical education. It was developed by modifying techniques from older martial arts so that judo students (judoka) can practice and apply those techniques safely and without hurting their opponents. Judo is a grappling sport with approximately 100 official techniques including throws and groundwork. There is no striking in sport judo.

As a form of physical education, judo is a rigorous and demanding activity. The practice of attack and defense develops strength, endurance, flexibility and coordination, as well as overall self-confidence.

Beyond the physical benefits, judo is education for life. Judo is built on a moral code teaching values of courtesy, courage, honesty, honour, modesty, respect, self-control and friendship. Judoka learn to work with others, regardless of their age or background. While competitive judoka compete as individuals, judo is practiced as a team with a diverse group of partners relying on each other as they work together to improve. The values learned in judo contribute to the judoka's development as a successful citizen in society.

From its humble beginnings in Japan, judo has spread throughout the world, with tens of millions of judoka in over 200 countries. In 1968, the Selkirk Judo Club was founded in Selkirk by Don Gifford. The Club begins its 52nd season on September 5.

Judo has something for everyone, from age 5 to 85. For recreational athletes, the Selkirk Club offers an opportunity to learn judo, increase physical activity and build self-discipline. For those interested in competition, the Club offers competitive training and tournament travel. For everyone, the program emphasizes fun, fitness and respect.



Selkirk judoka Damien Ekosky (in the white gi) loading up for a big "ippon" throw. Damien has had great success locally, on the provincial and national teams competing in North America, South America and Europe.

"The Club strives to teach the values of judo, and to provide a club atmosphere that involves the entire family," comments Brian Jones, one of the Club's coaches. In addition to classes twice a week at the high school, the club hosts events for the entire family, including a season opening bowling party, a dessert and quiz night, holiday parties, a sleigh ride and a year end windup, among others.

The Club offers a two week free trial membership to allow newcomers to try the sport, and discounts for families. "We have always tried to provide a good program at a reasonable cost," Jones notes.

Classes held Tues and Thurs evenings
Juniors (7 – 12) 6:30 – 7:50 p.m.
Seniors (age 13+) 8 – 9:30 p.m.

Contact Brian Jones at 204.782.9785
email: selkirkjudoclub@shaw.ca
or visit www.selkirkjudoclub.com



LSSD
CONTINUING
EDUCATION

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

Fall

2019 PROGRAM

JOIN US AND HAVE SOME FUN!

- 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 may be subject to change.

REFUND POLICY

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

**CONTINUING EDUCATION PROGRAMS
REGISTER NOW!**

Swim Registration Begins: Sept. 3rd

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 • Janine McNiven ~ Assistant

Phone 785-7312 www.selkirkconed.com

PERSONAL INTEREST

INTERNATIONAL CUISINE

ALL Ingredients Included for a Meal Each Class!
Please bring a container for left-overs.
6:00 – 9:00 pm (4 sessions)
Room 172

MEXICAN CUISINE with Aurora Egezz

\$100
Fridays, Oct. 18 – Nov. 8
 Make Friday night fun! Come try out delicious, authentic Mexican recipes, such as, tortillas, sea food (camarones a la diabla) cocktail de camarón, tacos al pastor or tacos de trompo, fajitas, sopas, mole, arroz rojo, verde y amarillo. At least one vegetarian dish offered each class.

INDIAN CUISINE with Dr. Nandita Selvanathan

\$100
Tuesdays, Sept. 10 – Oct. 1
 Enjoy four different authentic Indian meals. Including Vegan, Vegetarian, Gluten free options and traditional favorites, such as, Palak Paneer & Flavored Roti, Navratan Korma & Basmati Biryani, Aaloo Gobhi & Garlic Naan, Samosa & Tamarind Chutney.



SMALL ENGINE REPAIR

\$120
Tuesdays, Sept. 17 – Oct. 15
6:00 – 9:00 pm (5 sessions)
 Get your lawn equipment, chainsaw, log splitter, etc. working. Hands on maintenance for beginners. Must be a take home project each week. Please bring a ratchet set, oil, gas, a flat screwdriver, rags, flashlight and pencil.
Room 199 Power Mech. Lab



WOOD WORKING at E.S.M.S

\$110
Wednesdays, Oct. 9 – Nov. 13
6:30 – 8:30 pm (6 sessions)
 Ages 18+, all skill levels. Learn safe use of all power and hand tools for woodworking. Make what you like or copy the instructor's project. Material cost not included. Please bring safety glasses.
Wood Working Lab at East Selkirk Middle School

DIGITAL CAMERA FUN with Brent Smile – Bring your camera!

BONUS: Take \$5 off second class!
7:00 – 9:00 pm (2 sessions each)
Room 142



TIPS & TRICKS

\$35
Thursdays, Oct. 3 & 10
 Basic knowledge & procedures to take great photos & saving/printing pictures.

TAKE IT TO THE NEXT LEVEL

\$35
Thursdays, Oct. 17 & 24
 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.

DOG OBEDIENCE

Thursdays, Sept. 19 – Oct. 24 (6 sessions each)
 Dogs must be up to date on shots, please bring proof of vaccinations to the first class. Please come with a well fitted collar, 6 foot leash and lots of treats. No Flexi-Leashes. Please park and enter through back of school.
Lower Multi-Purpose Room

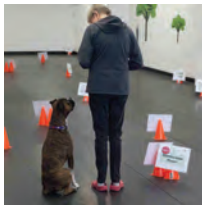


PUPPY CLASSES

\$75
6:00 – 7:00 pm
BASIC DOG OBEDIENCE \$75
7:00 – 8:00 pm
 All ages are accepted, but recommend very young dogs do a puppy class first.

RALLY OBEDIENCE FOR BEGINNERS

\$90
Tuesdays, Sept. 17 – Oct. 22
7:00 – 8:30 pm (6 sessions)
 Rally Obedience isn't just a competitive sport, it is also a fun and dynamic way to improve your dog's obedience! Dogs should have completed a Basic Obedience or Puppy class and be able to heel on leash, sit, down and stay.
Lower Multi-Purpose Room



FINANCIAL PLANNING

RETIREMENT INCOME PLANNING & TAXATION OF YOUR ESTATE

\$15
Wednesday, Sept. 18
7:00 – 8:15 pm
 How will you spend your money in retirement? What pension option will you choose? Learn from Paul Fust, an Executive Financial Consultant at IG Private Wealth Management, Investors Group Financial Services Inc.
Room 149

FINANCIAL PLANNING FOR FARMERS AND BUSINESS OWNERS

\$15
Wednesday, Nov. 13
7:00 – 8:15 pm
 Learn strategies needed to properly invest in your corporation to maximize value, decrease tax, and plan for a worry-free retirement. By Myles McInnes, an Associate Consultant at IG Private Wealth Management, Investors Group Financial Services Inc.
Room 149

CREATIVE SIDE

FAMILY CLAY

\$100 per person
Saturdays, Oct. 5 – Nov. 9
1:30 – 3:30 pm
Ages 7 +
 Family must include one adult. Learn to use clay hand building techniques and tools. Create figurines, super-heroes, cups, bowls and more. No experience needed. Dress for a mess! Supplies and firing included.
Room 162

WATER COLOUR AND PEN

\$60
Saturdays, Nov. 16 & 23
10:00 am – Noon (2 sessions)
 Learn simple water colour and drawing techniques and complete a framed piece for your home or to give a loved one for Christmas. Supplies included. Ages 14+
Room 162

CERAMIC TILE MAKING

\$60
Saturdays, Nov. 16 & 23
1:30 – 3:30 pm (2 sessions)
 Make unique ceramic tiles or plaques in time for Christmas. No previous clay experience required. Supplies included. Ages 14+
Room 162

PAINTING

Bob Ross style painting. Beginners always welcome, no experience required. All supplies included. BONUS* - Register for Both Same Day Classes and Save \$5!

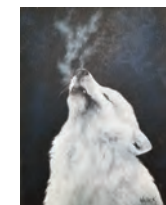
WILDERNESS FALLS

\$75
Oil Painting on a 16" x 20" Stretched Canvas.
Saturday, Sept. 21
9:00 am – 12:00 pm
Room 162



THE WOLF

\$75
Acrylic with Oil Overlay on a 12" x 16" Stretched Canvas.
Saturday, Sept. 21
1:00 – 4:00 pm
Room 162



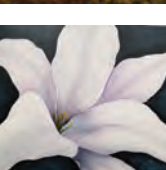
DAYS GONE BY

\$75
Oil Painting on a 16" x 20" Stretched Canvas.
Saturday, Oct. 19
9:00 am – 12:00 pm
Room 141



THE LILY

\$75
Oil Painting with Acrylic Background on a 16" x 20" Stretched Canvas.
Saturday, Oct. 19
1:00 – 4:00 pm
Room 141



LEATHER WORKS with Amber Cook

All Premium Supplies included! Many different material choices! See Website for Full Class Details. Group Instruction, Please Be On Time
Room 141
6:30 – 9:00 pm

MOCCASINS

\$150
Tuesdays, Oct. 1 – 22 (4 sessions)



MUKLUKS

\$320
Tuesdays, Oct. 1 – Nov. 5 (6 sessions)



RAISED BEADING

\$55
Thursdays, Oct. 3 & 10 (2 sessions)



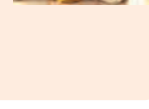
MITTS

\$150
Thursdays, Nov. 14 – Dec. 5 (4 sessions)



GAUNTLETS

\$170
Thursdays, Nov. 14 – Dec. 12 (5 sessions)



FUR AVIATOR HAT

\$150
Tuesdays, Nov. 12 - 26 (3 sessions)

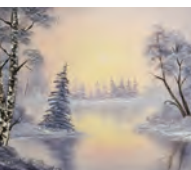
COPPER WINTER

\$75
Oil Painting with Sparkles on a 16" x 20" Stretched Canvas.
Saturday, Nov. 16
9:00 am – 12:00 pm
Room 141



DAWN'S LIGHT

\$75
Oil Painting on a 16" x 20" Stretched Canvas.
Saturday, Nov. 16
1:00 – 4:00 pm
Room 141



PASTEL WINTER

\$75
Oil Painting on a 16" x 20" Stretched Canvas.
Saturday, Dec. 7
9:00 am – 12:00 pm
Room 162



POINSETTIA

\$75
Oil Painting on a 16" x 20" Stretched Canvas.
Saturday, Dec. 7
1:00 – 4:00 pm
Room 162



YOUTH CLASSES

Mondays, Sept. 16 – Dec. 2
NO CLASS: Oct. 14 & Nov. 11 (10 sessions each)

DANCE (Ages 6 - 12)

\$85
5:00 – 6:00 pm
 Come move to the groove with Gabby! Introduction to Jazz, Ballet and Hip-hop dancing. Performance for parents on the final evening!
Cafeteria

ACTING & THEATRE (Ages 7 - 12)

\$85
6:00 – 7:00 pm
 Come join Chantal on Monday evenings for a glimpse into the theatrical world! No experience necessary.
Theatre

***BONUS Save \$20 and Register for Back to Back Dance and Acting - \$150 for Both!**



ART CLASSES FOR KIDS (Ages 7 - 12)

\$100
Saturdays, Oct. 5 – Nov. 9
10:00 am - Noon (6 sessions)
 Have fun with drawing, clay, paint, collage and printmaking. Be creative and enjoy!
Room 162



YOUTH SAFETY

BABYSITTING SAFETY

\$55
Ages 11-15
Saturday, Sept. 21
9:00 am – 5:00 pm
 Youth ages 11 - 15 come learn to be a safe, Red Cross Certified Babysitter. Class includes textbook and wallet certificate. Bring a bagged lunch.
Library

HOME ALONE

\$40
Ages 8 & up
Tuesday, Oct. 29
6:00 – 8:30 pm
 The Home Alone Program is designed to provide children with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time.
Room 145



HEALTH & WELLNESS



HATHA YOGA

***Bonus - Save \$25 When You Register for Any Two Classes! \$175**

Bring a Yoga Mat!
Library

FOUNDATIONAL \$100

Mondays, Sept. 16 - Dec. 2

NO CLASS: Oct. 14 & Nov. 11

6:45 - 7:45 pm

OR

Thursdays, Sept. 19 - Nov. 28

NO CLASS: Nov. 7

5:30 - 6:30 pm

(10 Sessions each)

Foundational First time to yoga or returnees, learn the foundation of yoga poses in a safe, intelligent manner with compassion towards ourselves.

GENTLE \$100

Thursdays, Sept. 19 - Nov. 28

NO CLASS: Nov. 7

6:45 - 7:45 pm

(10 Sessions)

Gentle (Basic) this class is slow moving with long holds in a Yin or restorative style, inviting the body and mind to respond. Coming home to within. Please bring small blanket or large towel.

FLOW \$100

Mondays, Sept. 16 - Dec. 2

NO CLASS: Oct. 14 & Nov. 11

5:30 - 6:30 pm

(10 sessions)

Flow (Continuing) for those who are familiar with yoga poses continuing to work on strength, stamina and refinement.

TAOIST TAI CHI \$100

Wednesdays,

Sept. 25 - Nov. 27

27

6:00 - 7:00 pm

(10 sessions)

Taoist Tai Chi® arts are a way to develop a body that is strong, yet supple, balanced and energetic, a mind that is calm and clear, yet creative and dynamic, and a spirit that is light and peaceful, yet resilient. Beginner level class - first seventeen movements.

Lower Multi-Purpose Room

REIKI LEVEL I \$150

With Bonnie Ryall,

Certified Usui Reiki Master

Wednesdays, Oct. 2 - 23

7:00 - 9:00 pm

(4 sessions)

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is based on an unseen "life force energy" that flows through us.

Library

Mental Health First Aid for Adults who Interact with Youth \$35

Wednesdays, October 9 - 30

6:30 - 9:00 pm

(4 sessions)

Interact confidently about mental health with the young people in your lives. Intended for an adult audience whose primary focus is youth (aged 14-25). Learn about the four most common disorders, as well as, eating disorders and deliberate self-injury. Participants who attend the entire course will receive a certificate.

Room 144



INDIAN CULTURE

MANDALAS AND MEDITATION \$30

Tuesday, Oct. 8

6:00 - 9:00 pm

Use Mandala as a way of de-stressing your body, mind and spirit. You will complete your own colourful Mandala. No previous experience necessary. Supplies included.

Room 162



MASALAS: The Secret Behind Indian Cooking \$35

Monday, Nov. 18

6:00 - 9:00 pm

Masalas are the quintessential ingredient for so many Indian meals. Take home all the samples you make during the class. All ingredients are included. Class will end with taste testing and a few delicacies.

Room 172

CHAI: Soulful Art of Tea Making from India \$35

Tuesday,

Nov. 19

6:00 - 9:00 pm

With an ensemble of diverse herbs and spices from India you will learn to make the most holistic cup of tea as well as the health benefits of each. Includes: Chai, Samosa, three different types of teas and take-home Chai masala.

Room 172



SAFETY FIRST

FOOD HANDLERS \$120

Includes workbook

Saturday, Oct. 5

9:30 - 4:00 pm

(1 session)

For anyone looking for a job or presently working in the food services industry. Learn the principles of safe food handling and upon successful completion, receive a Province of Manitoba Level 1 Food Handling Certificate (valid for 5 years). There is a short lunch break (30 minutes).

Room 141



RE-CERT \$70

Exam only

3:00 - 4:00 pm

Room 141

STANDARD FIRST AID \$135

Saturday & Sunday, Nov. 2 & 3

9:00 am - 5:00 pm Saturday AND

10:00 am - 5 pm Sunday

(2 sessions)

Certification is valid for three years and includes CPR C and AED. Canadian Red Cross Certification is recognized by all employers.

Library



HUNTER EDUCATION \$75

Saturday, Oct. 5

9:00 am - 5:00 pm (1 session)

Minimum Age 10

Hunter Education Program is to help you understand the important role you, as a hunter, have in wildlife management and conservation. Equally important is the safe use and handling of firearms and the ethical and responsible behaviour of all hunters. Students are required to pass the exam to acquire the Hunter Education Card.

Room 142



CANADIAN FIREARM SAFETY COURSE (CFSC/PAL Course) \$110

Saturday, Dec. 7

8:30 am - 6:30 pm (1 session)

Minimum Age 12

All students need to bring ID and a lunch. Students age 12-17 need to have consent from their parent.

To be eligible to apply for a Possession and Acquisition License, classroom participation in the full CFSC is mandatory for first-time license applicants. Once the course is completed, individuals will then have to pass the tests.

Room 141

LET'S GET MOVING!

ZUMBA

\$90 for One (10 classes)

***BONUS - \$150 for Twice**

Per Week - Save \$30 (20 classes)

Mondays, Sept. 16 - Dec. 2

NO CLASS: Oct. 14 & Nov. 11

7:00 - 8:00 pm

AND/OR

Thursdays, Sept. 19 - Nov. 28

NO CLASS: Nov. 7

6:00 - 7:00 pm

Zumba is a dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating and effective fitness system in a party like atmosphere. No dance experience necessary. \$10 Drop ins Welcome!
Cafeteria

FIT HAPPENS - Strength and Cardio Training \$100

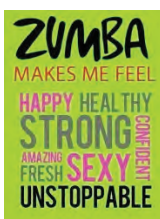
Tuesdays, Sept. 24 - Dec. 3

5:30 - 6:30 pm

(11 sessions)

Fun, high energy workout combining cardiovascular and strength training exercises in an interval style workout that will increase muscular endurance and aerobic capacity. Great for all fitness levels.

Lower Multi-Purpose Room



TRIBAL STYLE BELLY DANCE \$75

Tuesdays, Sept. 24 - Nov. 26

NO CLASS: Oct. 15 & 22

7:00 - 8:15 pm

(8 sessions)

No experience or special equipment is necessary, just wear some comfy clothes and prepare to dance!

Cafeteria

MUAY THAI KICKBOXING \$120

Saturdays, Sept. 21 - Nov. 23

10:00 - 11:00 am

(10 sessions)

An intense workout while you learn the "art of eight limbs", the martial art known as Muay Thai. Ages 14 and up. Students will need to purchase a pair of gloves for the second class.

Indoor Track



AIKIDO (Ages 14+) \$100

Wednesdays, Sept. 25 - Nov. 27

6:00 - 7:00 pm

(10 sessions)

A Japanese Martial Art created during the 1920s by Morihei Ueshiba. It is a form of self-defense that uses locks, holds, throws and the attacker's own movements. Ages 14+ please.

Indoor Track



COMPUTERS



QuickBooks TRAINING \$85

Tuesdays, Oct. 8 - 29

6:30 - 9:00 pm

(4 sessions)

Introductory course covering the basic operating systems and procedures for the most recent version of QuickBooks online. QuickBooks Desktop 2019 will also be discussed. Basic computer skills essential.

Room 284

MICROSOFT OFFICE SKILLS \$100

Wednesdays, Sept. 18 - Oct. 16

6:30 - 9:30 pm

(5 sessions)

This certificate class in MS Office prep will take you through Word, Excel, PowerPoint and Publisher. Basic computer experience and a flash drive is required.

Room 277

LANGUAGE

CONVERSATIONAL SPANISH \$110

Thursdays, Sept. 19 - Dec. 5

NO CLASS: Oct. 31 & Nov. 7

6:30 - 8:30 pm

(10 sessions)

Start speaking Spanish as quickly as possible. Learn important phrases for travel, how to express yourself in a variety of practical situations, such as, how to greet someone, introduce yourself and others, order food, learn numbers, time, days of the week, etc.

Room 154



For full class descriptions please visit www.selkirkconed.com

S.C.P. Selkirk Community Pool

2019 SCHOOL - COMMUNITY - POSSIBILITIES

Fall Programming

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

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

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

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

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



RED CROSS SWIM SCHEDULE

10 swim classes per session.
Mon Wed S1. Sept 23 - Oct 28
S2. Nov 4 - Dec 9

SO 5:15	SK 2 6:25	Monday 7:45
SA 5:15	SO 6:25	Sept 23 - Dec 9
SK1 5:15	SK 1 6:25	SK 5,6,7,8,9,10
SA 5:50	SK 2 7:00	Wednesday
SK1 5:50	SK 3 7:00	Womens's only
SO 5:50	SK 4 7:00	7:45-8:30

Tue Thur S1. Sept 24 - Oct 24
S2. Nov 5 - Dec 5
No Swimming Oct 31

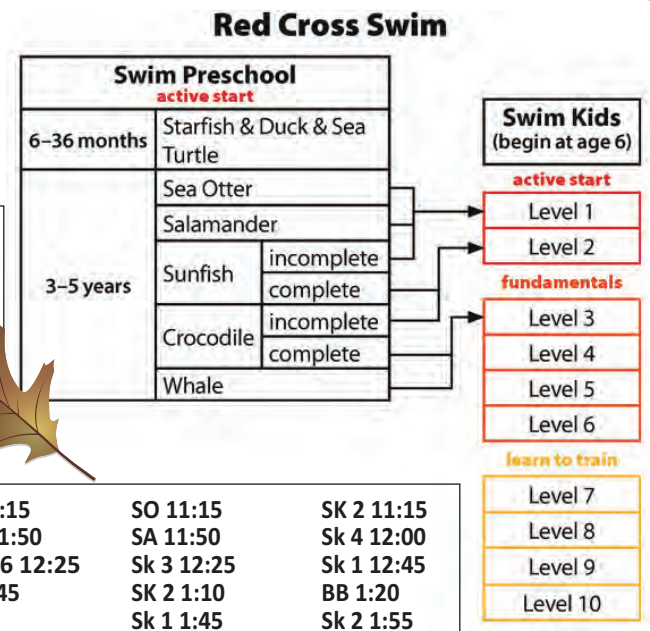
BB/LB 5:00	SK2 6:25	Thursdays
SF/CR 5:15	SA 6:25	Sept 26 - Nov 28
SK1 5:15	SO 6:25	SK 5/6 7:45
SA 5:50	SK 2 7:00	Tuesdays
SK1 5:50	SK 3 7:00	Sept 24 - Nov 26
SO 5:50	SK 4 7:00	SK 7-10 7:45

Friday
Friday Sept 27 - Nov 29

Sk 1 5:00	Sk 3 5:00	SA 5:00	BB/LB 5:00
SO 5:35	SK 4 5:45	SK 2 5:35	SF/CR 5:35
SK 2 6:10	SK 7/8 7:30	SK 3 6:10	SA 6:10
SK 1 6:45	Sk9/10 7:30	SO 6:55	SK 4 7:15
SK 6 7:30		SK 5 7:30	

Sunday Sept 22 - Dec 1

SK1 11:15	SK 3 11:15	SA 11:15	SO 11:15	SK 2 11:15
BB 11:50	SK 7/8 12:00	SK1 11:50	SA 11:50	Sk 4 12:00
SO 12:25	SK 9/10 12:50	SK 5/6 12:25	SK 3 12:25	Sk 1 12:45
SF 1:00	SA 1:40	SO 1:45	SK 2 1:10	BB 1:20
SK 4 1:35			Sk 1 1:45	SK 2 1:55



Programs Pool Rentals available on Saturday and Sundays throughout the year. Contact the Pool office for times (\$115.00 +gst per hour lifeguard included)

Lap Swim Morning, evening weekend lap swim Mon, Tue, Wed, Fri 7:00-8:45 am Tues Thur afternoon 4:00-5:00pm Sat 11:00-1:00 Women Only Wed 7:45-8:30pm

Open Swim Saturday 1:00-3:00pm Sunday 1:00-2:30 pm

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 Water Safety Instructor Sept 17 - Oct 17
 Bronze Star Sept 27 - Nov 29

Special Programming

Special Olympic Swimming
 Wednesday evening
 6:45-7:45 pm

Women Only swimming
 Wednesday
 7:45-8:30 pm

Holiday Movie Night Dec 6

Holiday Swim Dec 7

SelkirkCommunityPool.Weebly.com

Registration On Line
 September 3, 2019 6:00am
selkirkcommunitypool.weebly.com
 /in person/phone September 5th, 2019
 Pool Closed Oct 13, 14 Nov 11
 Questions or concerns contact pool manager. mstamm@lssd.ca

Lap Swim passes purchase online or at the pool.

10 visits	- \$27.50
20 visits	- \$47.50
30 visits	- \$65.00

Lifeguard must punch your pass for entry to the pool.
 Drop in \$10.00 Aquafit
 Drop in \$5.00 Lap swim.

Aquafit pass purchase online or at the pool.
 no need to commit to one class use your pass for any class.

10 visits	- \$70.00
20 visits	- \$130.00
30 visits	- \$180.00

Open Swim (Exact change)

Adult or Student	\$ 5.00	18+
Preschool child	Free	0 - 4yr
Child	\$ 2.00	5 - 12yr
Teen	\$ 3.00	13 - 17yr
Family	\$10.00	

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

JOB OPPORTUNITY
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Unsure what level to register for?
 Contact pool manager or drop in to open swim. Call 204 785 7310 for message updates

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

A grainy affair: Wave artists open their studios this weekend

By Rashmi Kumar

Some call it craft. She calls it art. Artist Rosemary Miguez is not the one to build sandcastles, instead, she uses it powerfully as a means of her artistic expression. The artist will be a part of the upcoming Interlake Wave Artists' Studio Tour to be held from August 31 to September 1.

Miguez creates art pieces which connect the mind and soul, through the eyes – offering an emotional or spiritual experience by inviting deep personal attachment as the viewer beholds the work. By combining Gesso and Sand she is able to harness the light to illuminate shape and shadow revealing the hidden story within the art.

The tour gives the public an opportunity to visit an artist's studio, see the tools used to create the art form, and at times even catch a glimpse of art in progress. This year, Miguez is showcasing her sand and gesso artwork. "It is something I began last year with a combination of sands from Spain, Grand Canyon, Wreck Beach in BC, Cuba and here from our lake. I am enjoying this combination," she says.

"My attraction to sand begins with rock. Rocks hold the history of the earth within them. The sum of all of the rocks' experiences are crushed over time, thus creating sand. Every grain of sand is testimony to an ancient world. Born out of this ancient landscape the Spirit of the Rock reflects a deep commitment to honour individual experience. Each painting is a commitment to this uniqueness," said Miguez on her website.

But why sand? "I love the tactile feeling when I begin to mix sand and gesso and sculpt them together. For those who do not know, gesso is an acrylic compound used to seal artist canvases for the paint (oil or acrylic) to not seep through the canvas."

Miguez has discovered a unique way to work with sand and gesso to create texture and relief and to create some 3-D effect. Most of her works involve the use of natural or artificial light. This artist started experimenting by creating a white on the white look (white canvas with white gesso and sand combination). And she subsequently kept adding colors.

"The addition of colors primarily comes from the different sands I use from around the world," said Miguez.

Interestingly, Miguez is not all about leaving her work for public interpretation. She goes the extra mile to comment on current social and political issues as well.

"I have some work that deals with deforestation and homelessness. They don't seem to have a connection but they do. As we continue to tear down the forest the animals lose their homes and become "homeless" and "wander" into cities. To create more awareness

toward this cause, I have used environmental objects like wood, sand, gesso, and mirrors," says Miguez.

She's also taken up the issue of "human" homelessness and dealt with it quite cleverly. This subject was primarily done on the mirror, for people to reflect upon their vulnerability of becoming homeless or to think of those wandering the streets.

This artwork will not be displayed during the tour but was jointly showcased at Cre8ery Gallery in Winnipeg, a couple of years ago.

Miguez is every bit excited to share her art with her visitors.

"It is also a place where visitors can ask questions and I'm looking forwarding to answering them!"

The tour - that is held every year on the second weekend in June and the long weekend in September - extends from Highway 67 past Gimli to Spruce Bay. There are over 25 artists on the tour, and all of them will have blue and white Wave signs and flags outside their studio to guide visitors. Tour hours will be from 10 am to 6 pm. Artists are also open year-round for those who want to customize their visits.

As for Miguez, her eyes are on other



PHOTO SUBMITTED

Sand and gesso on bottles, some with lights inside.

provinces for 2020. She calls it her future goal and wants to share a piece of her history with one and all.

"I believe that sand holds the history of the Earth. That "sand" in my paintings may have begun as a mountain, a large rock, a small rock and finally sand."

To see a full listing of all the studios participating visit: <https://www.watchthewave.ca>

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Church in Selkirk brings safari adventures to local kids



Mia, left, and Maya volunteer at Roar Vacation Bible School. Mia attends Notre Dame Roman Catholic Church in Selkirk and Maya attends a church in Winnipeg.



RECORD PHOTOS BY GABRIELLE PICHE
Elijah, left, and Carlos build a sphere using shapes before camp starts on Aug. 20.



Ryan Galashan, centre, gets a birthday surprise from the crew at Roar Vacation Bible School on Aug. 20.

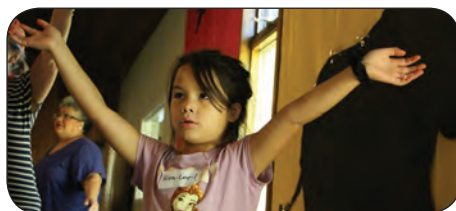
By Gabrielle Piche

Elephants, giraffes and lions were spotted in a church in Selkirk last week.

Bethel Selkirk and Youth for Christ Selkirk partnered to host Roar Vacation Bible School, a camp with an African safari theme.

Campers sang and danced to Christian songs amid wall hangings and cut outs of wild animals one might find on a safari. The kids made crafts, ate snacks and played outdoor games related to a safari adventure.

A new "Bible buddy" was introduced each day through a video. The Bible buddies were animals native to Africa. In the videos, the buddies relayed messages to campers. Hooper the



Kira-Lee dances to songs about God at the beginning of Roar Vacation Bible School on Aug. 20.

hoopoe bird visited on Aug. 20. "When life is scary, God is good," Hooper said.

Kids would be reminded of the buddies' messages throughout camp.

Over 55 kids registered for Roar Vacation Bible School. This is the second year Bethel Selkirk and Youth for Christ Selkirk have partnered to put on a summer camp.

Riverside Grill Sponsor BBQ Party



RECORD PHOTO BY BRETT MITCHELL

The Riverside Grill will be hosting a Sponsor BBQ on Aug. 29 from 5-8 p.m. at the famous restaurant located at 386 Eveline Street. The iconic location has recently been used in the filming of the Burden of Truth TV series. This is an opportunity for Riverside Grill and Inclusion Selkirk to thank everyone for their support. Pictured left to right, Kelsey Franzen, Nakita Pruden, Janice Froese and Julia Reimer.

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Filming in Selkirk has begun on Burden of Truth Season 3



RECORD PHOTO BY BRETT MITCHELL

Film crews from Entertainment One (eOne), ICF Films and Eagle Vision were in Selkirk last week filming Season 3 of Burden of Truth.

Submitted by Sue Baldaro

Entertainment One (eOne), ICF Films and Eagle Vision announced that cameras were rolling on Season 3 of CBC original drama series Burden of Truth last week.

Following attorney Joanna Chang (Kristin Kreuk; Smallville, Beauty and the Beast), Burden of Truth continues production in Selkirk and Winnipeg until late October. Burden of Truth airs on CBC in Canada and the CW in the US.

In Season 2, corporate attorney Joanna Chang was dragged into the shadowy world of hackers and activists in a case that threatened her life. In the new season Joanna and Billy Crawford are working together in their new boutique law firm, Crawford Chang, when an old friend abruptly re-enters Joanna's life in desperate need of help. To save her friend, Joanna must take on an impossible-to-win case and confront a long-buried secret from her childhood that may threaten her relationship and partnership with Billy. After this case, nothing will be the same again.

Reprising their roles for Season 3 are Peter Mooney (Rookie Blue, Saving Hope) as Billy Crawford, Millwood's local attorney; Star Slade (Emerald Code) as Luna Spence;

Meegwun Fairbrother (Mohawk Girls, Hemlock Grove) as Officer Owen Beckbie; and Anwen O'Driscoll (Emerald Code, Flint) as Taylor Matheson.

A CBC original series, Burden of Truth is produced by ICF Films, Entertainment One and Eagle Vision. The series is created by Brad Simpson (Rookie Blue, King). Adam Pettle (Saving Hope, Nurses) returns as showrunner and will also write on Season 3. Burden of Truth is executive produced by Ilana Frank (Saving Hope, Rookie Blue, The Detail), Adam Pettle, Linda Pope (Saving Hope, Rookie Blue, The Detail), Brad Simpson, Jocelyn Hamilton (Mary Kills People, Cardinal), Kristin Kreuk and Eagle Vision's Kyle Irving (Taken, Ice Road Truckers, Lovesick). Co-Executive producers are Lisa Meeches (Taken, Ice Road Truckers) and Tyson Caron (Lovesick, Wynter). For CBC, Sally Catto is General Manager, Programming; Trish Williams is Executive Director, Scripted Content; Helen Asimakis is Senior Director, Scripted Content; and Sarah Adams is Executive in Charge of Production.

Burden of Truth is produced with the participation of the Canada Media Fund and Manitoba Film and Music, and with the assistance of the Government of Manitoba – Manitoba Film & Video Production Tax Credit, the Ontario Film and Television Tax Credit and the Canadian Film or Video Tax Credit. eOne holds worldwide distribution rights to the series.



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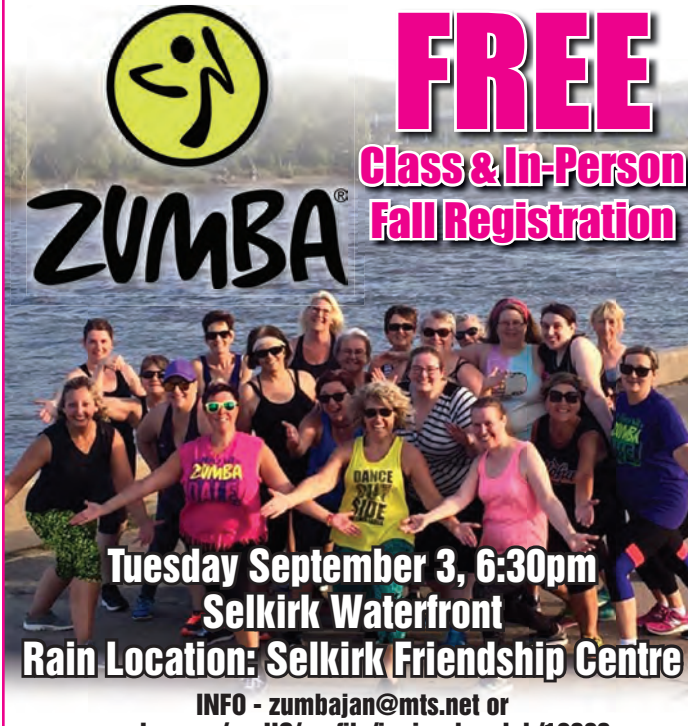
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> MEAL IDEAS



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Spiced Pecan Grilled Peach Salad with Goat Cheese

sugar, cinnamon, cayenne pepper and salt until well combined. Fold in pecans and mix until evenly coated. Spread in single layer on baking sheet.

Bake 45-50 minutes, stirring occasionally until pecans are fragrant and golden brown. Allow to cool completely.

To make salad: In bowl, whisk 1/4 cup olive oil, white wine vinegar, Dijon mustard, garlic powder, salt and pepper. Set aside.

Brush cut sides of peach halves with remaining olive oil; grill until grill lines appear and peaches become tender, about 3-5 minutes. Remove peaches and slice.

Divide greens among four plates. Top with grilled peach slices and goat cheese. Divide 1 cup spiced pecans evenly among salads and reserve remaining for snack. Top each salad with drizzle of vinaigrette.

Spiced Pecans:

- 1 egg white
- 3 tablespoons dark brown sugar
- 1 teaspoon cinnamon
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon kosher salt
- 2 cups pecan halves

Salad:

- 1/4 cup, plus 2 teaspoons, extra-virgin olive oil or pecan oil, divided
 - 1/4 cup white wine vinegar
 - 1 teaspoon Dijon mustard
 - 1/4 teaspoon garlic powder
 - 1/8 teaspoon kosher salt
 - 1/4 teaspoon cayenne pepper
 - 2 large peaches, halved and pitted
 - 6 cups mixed baby greens
 - 4 ounces soft goat cheese
- To make spiced pecans: Heat oven to 275 F. Line rimmed baking sheet with parchment paper. In bowl, whisk egg white, brown

Pulled Pork Sandwiches

- 1 1/2 pounds pork shoulder
 - 2-3 whole cloves
 - 2 tablespoons smoked paprika or smoky spice rub
 - 1 red onion, sliced thin
 - 1 cup water
 - 6 ounces barbecue sauce
- Stud pork with cloves and rub with seasoning blend.

Place roast in slow cooker and top with onions. Cover pork with water and slow cook 8-10 hours. Remove pork, discard cloves then drain fat and water. Allow pork to cool then shred by hand or with fork. Return meat to pot and add barbecue sauce. Heat 1-2 hours. Serve alone or on roll.

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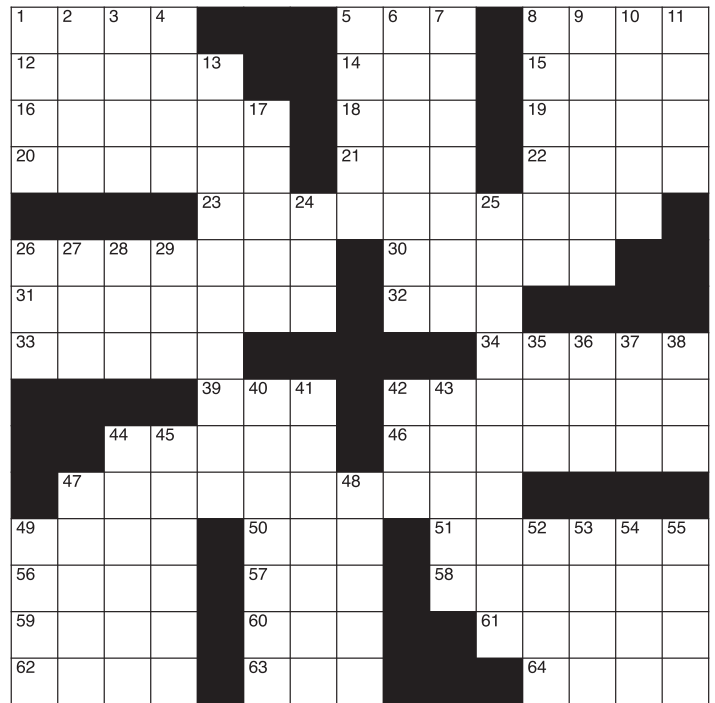
CROSSWORD

CLUES ACROSS

1. Job
5. Retirement account
8. Parent-teacher organizations
12. Audibly
14. Leavened bread in Indian cooking
15. "To ___ his own"
16. Violent disorder
18. Not wet
19. Worst (French)
20. Move with springy steps
21. Georgia rockers
22. Moved quickly
23. Blood proteins
26. Return to
30. Related to Iran
31. The first
32. Pearl Jam's debut
33. Nocturnal, catlike mammal
34. Hymn
39. One who engages in arbitrage
42. Less bright
44. Indian lute
46. Discovers
47. Weatherman
49. Jai ___, sport
50. Spy organization
51. Ancient Greek oracles
56. Swindles
57. Not young
58. Log-shaped pastry
59. Professional engineer association
60. Arabic feminine name
61. Sacred text
62. ___ and ends
63. What remains after taxes
64. Type of watt

CLUES DOWN

1. Pack full of clay



2. Relating to wings
3. Type of bean
4. Former MLB commish Bowie
5. Short-tailed lemur
6. Cheese dish
7. To any further extent
8. Enzyme
9. Taiwan capital
10. Extensive landed property
11. Remove
13. Remove the head
17. High IQ group
24. Israeli city ___ Aviv
25. Sportscaster
26. Hastily set up
27. Midway between northeast and east
28. Beloved basketball player Jeremy
29. Consumed
35. One point east of due south
36. Television network
37. Allow
38. Wife
40. Grayish-brown mammal
41. Written language for blind people
42. Insecticide
43. Della ___, singer
44. Cleaned
45. Eye membranes
47. Past tense of fly
48. Anwar ___, Egyptian statesman
49. Currency exchange charge
52. Dark stain
53. Easily manageable
54. One who does not tell the truth
55. Soluble ribonucleic acid

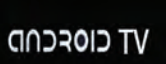
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'I live with MS. That's why I ride'

By Evan Matthews

Stacey Napoleon rode in her first MS Bike Gimli event last weekend, but for her, MS is nothing new.

Diagnosed with relapsing and remitting MS in July 2015, Napoleon, 25, said hearing her doctor utter the two words "multiple sclerosis" her life changed forever.

Not all for the worse, though.

"It's not just about my MS symptoms, but my attitude has changed too. It gets easier... I don't get as upset or emotional," said Napoleon, who used to be very shy.

She addressed a huge crowd on Saturday Aug. 24 at MS Bike Gimli's, as she "made it through the entire speech," she said, laughing.

"The fact I spoke at that dinner on Saturday, it's just not like me. Something about sharing my story with MS, getting the word out and raising awareness, it makes me want to get up and do these things," said Napoleon, adding she's been sharing via social media and raising awareness for MS Bike Gimli since November 2018.

The MS Gimli ride

MS can cause varying symptoms such as extreme fatigue, lack of coordination, weakness, tingling, impaired sensation, vision problems, bladder problems, cognitive impairment and mood changes, according to the MS Society.

The one symptom Napoleon does struggle with daily is fatigue; she said training in the weeks leading up to her first biking event was imperative.

"I'm learning a lot about listening to my body, and not doing too much. Most people can do a five kilometre walk no problem, but doing 100 kilometres over two days on a bike takes training," said Napoleon, who is from Garson, southeast of Selkirk.

"I had to start training in May, in the spring, but I had to be careful. It's easy to overdo it. As I was training, I felt like anyone following on social media was also following my journey. It's been a bit overwhelming," she said.

Rides like MS Bike Gimli helps to fundraise for MS Society programming and support for those living with MS, according to MS Bike Gimli Coordinator Jordie Moryl.

"We have a fantastic base of participants, and lots of our top fundraisers are incredible," said Moryl.

"We've had such a longstanding history with Gimli and the Interlake area.

People could be seen lining the highway at the ends of driveways, screaming and cheering, pom-poms waving in the air.

The event raised roughly \$300,000, according to Moryl.

That support isn't something to be understated, according to Napoleon. It's why she first started to volunteer with the MS Walk in 2016, she said.

So many people participate in the bigger MS Walks, Napoleon said, so sometimes it can be hard to connect. But the sense of community at the MS Gimli event this past weekend, she said, was unlike anything she had felt before.

"I can't even put it into words... How great this weekend was," said Napoleon, as she began to cry.

"As much as people think this means a lot to the MS Society — to be raising funds and awareness — those affected and living with MS, to have all that excitement when I crossed the finish line, and the support, it's hard to explain how that feels," she said.

There were two routes, with the longer of the two simply being an extension, according to Moryl.

Participants rode from the Gimli Recreation Centre, south to Sandy Hook, to Winnipeg Beach, to Pokenah, to Dunnotar, to Matlock, and then back to Gimli for a total of 49.5 kilometres. For the longer route, participants then went to Petersfield and back to Gimli, totaling 81 kilometres.

2019 MS Bike Gimli had 350 participants, Moryl said.

What is MS?

Multiple sclerosis is an autoimmune disease of the central nervous system (brain, spinal cord), according to the MS Society.

The disease attacks myelin, the protective covering of the nerves, causing inflammation and often damaging the myelin, according to the MS Society. Myelin is necessary for the transmission of nerve impulses through nerve fibres.

If damage to myelin is slight, nerve impulses travel with minor interruptions, according to the MS Society. However, if damage is substantial and if scar tissue replaces the myelin, nerve impulses may be completely disrupted, and the nerve fibres themselves can be damaged.

"One day I was playing soccer, and I noticed something was wrong with my right eye. I just figured something was in it," said Napoleon, who admitted her diagnoses, which happened over one week, happened quicker than many other people's.

"I took some eye drops, woke up the next morning and it was worse. It seemed to get worse as the day progressed, too," she said.



RECORD PHOTO BY EVAN MATTHEWS

Nicky Syganiec, Stacey Napoleon, and Nicole Spelchak stand proud after finishing the MS Bike Gimli on Sunday.

Due to a lack of access to specialists, Napoleon said she went to walk-in clinics and ERs, but every doctor she saw didn't see anything wrong with her eye.

"It was discouraging," said Napoleon.

But within a week of her initial symptom, she decided to go to Misericordia Health Centre, a facility with eye specialists on-site.

"The doctor said he suspected optic neuritis, which is often a first symptom of MS," said Napoleon. "I went for tests the next day... they were able to confirm I had MS based on the combination of tests."

Currently there is no cure, but each day researchers are learning more

about what causes MS and are zeroing in on ways to prevent it, according to the MS Society.


Napoleon said, thankfully, she hasn't had a relapse since her first incident, and credits her doctor and her prescribed medication for symptom management.

Canada has one of the highest rates of MS in the world, according to the MS Society, with an estimated one in every 385 Canadians living with the disease. Though MS is most often diagnosed in young adults aged 20 to 49, younger children and older adults can also be diagnosed with the disease.

For more information or to donate to the MS Society, visit mssociety.ca.

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Langlais leads Canada to bronze at COPABE Women's World baseball qualifier

By Brian Bowman

The Canadian Women's National Team is headed to the 2020 Women's Baseball World Cup after notching its fifth win of the COPABE Women's World qualifier against the host Mexico on Sunday.

Manitoba cruised to an 11-1 victory to secure a bronze-medal finish after qualifying earlier in the event.

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

"It was so good that we qualified and that's what we went there to do," said Garson's Brittney Langlais, just after arriving at the Winnipeg airport Tuesday morning. "But it was really nice to bring home a medal, too."

Canada had a four-run third inning that was highlighted by a three-run homer from 18-year-old Maddie Wilan (Edmonton). Canada added one run in the fourth after a solo shot from 20-year-old Carrie Jespersen (Spruce Grove). Canada piled on the runs in the fifth, walking off Mexico after scoring six in the frame.

"We probably played our best game as a team that game," said Langlais, who plays in the Manitoba Junior Baseball League with the Interlake Blue Jays. "It was really good that we

came together at the end. It was really nice to mercy them and have a big lead the whole time."

Team Canada got off to a stellar start in the tournament, defeating the Dominican Republic, Nicaragua and Cuba, before back-to-back losses against USA and Venezuela. The Canadian squad rebounded with an exciting 9-7 win over Puerto Rico before taking on Mexico to capture the bronze.

Langlais, a 20-year-old right-hander, threw three solid innings of middle relief against Puerto Rico, allowing two runs on five hits with three walks and two strikeouts.

"It was really cool," Langlais said of her performance. "It was probably the most exciting game that I have ever pitched. The whole crowd was really loud and your whole team is cheering for you. It was so exciting because it was such a close game."

Langlais also pitched a four-inning, complete-game victory over Nicaragua early in the tournament. She was very good in both games that she was on the mound. Langlais was very proud that she had an opportunity to pitch for Canada at an international tournament.

"It was definitely a dream come



RECORD PHOTO SUBMITTED

Garson's Brittney Langlais and Canada won the bronze medal at the COPABE Women's World qualifier in Mexico last Sunday. With that third-place finish, Canada earned a spot at the 2020 Women's Baseball World Cup.

true," she said. "I always dreamed about it since I was a little kid, so to finally be able to do it was amazing. I wish I could have pitched a little bit

better against Nicaragua but definitely

Continued on page 27



RECORD PHOTO BY BRETT MITCHELL

Selkirk FC's Harjot Dhaliwal has a great scoring chance against AC Fiorentina during Manitoba Major Soccer League 2nd Division action on Aug. 20 in Winnipeg. Selkirk won the game 5-3.

Selkirk FC outscores AC Fiorentina

Staff

Selkirk FC won a wild one against AC Fiorentina on Aug. 20.

The two teams combined for eight goals as Selkirk was victorious with a 5-3 win.

Erick Medina led the winners with two goals while Yaya Ramadam Adam, Blake Carter, and Jattan Dhaliwal added singles.

With the win, Selkirk FC improved its record to 6-5-3 and they now have 21 points.

They have posted four wins and a tie in their past five games and are tied for second place with Galacticos FC. Galacticos FC, though, has played two

fewer games.

Selkirk FC and Galacticos FC clashed in a huge game this past Tuesday but no score was available at press time.

The local squad is back in action next Wednesday when they play Dunvegan Castle at the Ralph Cantafio Soccer Complex. Game time is 6 p.m.

The Tri-S Strike Force, meanwhile, was defeated 7-1 by the Saint James Spurs last Wednesday in MMSL 6th Division action.

Tri-S, now 3-12, will host the Red Devils FC on Thursday at the Selkirk Recreation Complex. The game will start at 6:45 p.m.

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Remembering Paul Goodman's NHL career

By Ty Dilello

Selkirk native Paul Goodman didn't have the longest NHL career by any stretch of the imagination, but he did play a role in one of the most surprising Stanley Cup victories of all-time way back in the 1938 and his story is an interesting footnote in the lore's of hockey history.

Goodman was born in Selkirk on Feb 25, 1905. He was of Icelandic descent and lived in Selkirk until 1924 when he came into Winnipeg to enter the electrical trade. He became a partner in the firm of Sargent Electric and Radio Co. Ltd. in 1927 and was active in the electrical contracting business since with the same firm for the rest of his life.

Growing up in Selkirk, Goodman was a bit of a goaltending prodigy on the outdoor rinks. He played for the Selkirk Fishermen junior team for three seasons in the early 1920's but ended up halting his career after juniors to focus on his electrical career. After six years off from competitive hockey, Goodman returned in 1931-32 to play with the Selkirk Fishermen senior team and it was like he never left the game to begin with. His play was so outstanding that pro teams took notice and he was quickly signed by the Wichita Skyhawks of the AHA and was also property of the NHL's Chicago Blackhawks.

Now here's what makes Goodman's story so interesting. He's one of the

few players in NHL history to make their big-league debut in the Stanley Cup finals.

The Chicago Blackhawks had lost their regular goaltender, Mike Karakas, during the 1938 playoffs and started veteran Alfie Moore in game one against the Toronto Maple Leafs. Chicago won game one, but NHL president Frank Calder ruled that Moore was ineligible to play the rest of the series. Chicago recalled Goodman from the minors to play game two, but unfortunately for the Selkirk product, they lost the game 5-1. Karakas returned for games three and four wearing a steel toe in his skate to protect his injured foot and won both games to take the series three games-to-one and hoist the Stanley Cup.

The Blackhawks Cup triumph of 1937-38 is also memorable because they managed to win the championship despite having a very disappointing season. With their regular season record of 14-25-9, they possess, to date, the lowest regular season winning percentage of any championship sports leagues and are the only ones to do so with a losing record.

Goodman ended up playing two seasons with the Blackhawks before retiring at the end of the 1940-41 season. He finished his NHL career with a record of 23-20-9 in 52 games, plus three playoff appearances.

After his hockey career ended,



RECORD PHOTO SUBMITTED

Paul Goodman in goal for the Chicago Blackhawks during the late 1930's.

Goodman returned to Winnipeg and lived at 652 Goulding Street in the West End. He later became active in politics in 1954 when he was elected to city council as an alderman. Goodman served as chairman of the Winnipeg Traffic Commission during the key period of that body's growth and was also chairman of the Public Works Committee. He was active in many community enterprises particularly of amateur sports, as a junior hockey coach and sports chairman of

the Isaac Brock Community Club and was noted for helping form the bantam hockey league in Winnipeg. He also played a key role also in the formation of the "Milk for Britain" fund during the second World War.

Goodman passed away in Seattle on Oct 1, 1959 while attending a public works convention. On Sept 23 he suffered a heart attack and was improving steadily until he suffered a second one which caused his death. He was 54 years old.

Wesmen women's soccer team finishes preseason with 3-2 record

Staff

The University of Winnipeg Wesmen women's soccer team finished their preseason with a 3-2 record.

Nicole Seavers scored in the waning minutes to lift the Wesmen to a 2-1 win over the Division II Minnesota-Duluth Bulldogs on Aug. 20.

Winnipeg trailed 1-0 just five minutes into the game before junior striker Shae-Lynn Dodds, who led the team with seven goals in conference play last season, scored her first goal of the seasons.

Seavers, meanwhile, also scored in the Wesmen's 7-0 win over Wisconsin-Superior on Aug. 19.

The Wesmen had a match last Thursday against MacEwan, losing 6-0 at the Great Plains Challenge in Regina.

On Friday, Winnipeg shut out Regina 2-0 and then lost 4-1 to Thompson Rivers on Saturday.

The Wesmen's roster features St. Andrews' Danielle Hermann, West St. Paul's Sage Hryciw-Pang, and East St. Paul's Tyler Johnson, Amy Clayton, and Gelsomina Vanderhooff.

> LANGLAIS, FROM PG. 26

ly against Puerto Rico, I thought I did pretty good and got the job done."

Canada fielded a young lineup that had limited international competition. Eight members of the 20-man roster competed internationally for the first time combined with 10 players from last year's World Cup bronze-medal winning team.

The future looks very bright for our national women's team.

"It's looking pretty good," Langlais said. "We definitely have a lot more younger players than older players. It's a big tradeoff coming up but it's definitely good. The younger play-

ers are stepping up and the other players are definitely being supportive of us coming up."

Langlais was excited to have the opportunity in Mexico to get a glimpse of the future of Canadian women's baseball firsthand. She is really looking forward to hopefully representing Canada at the 2020 World Cup, whose location had yet to be determined.

"I'm really looking forward to it," she said. "You have to make the team again...and next year we'll figure out who's going."

"But it will be really cool if I get to go."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Langlais recognized by Baseball Manitoba



RECORD PHOTO SUBMITTED

Garson's Brittney Langlais was recognized by Baseball Manitoba with a 50th anniversary scholarship for her play as a provincial team female player before a Winnipeg Goldeyes' game on Aug. 19. Langlais was the first Manitoban in almost 20 years to make the Senior Women's National Team in 2019 and recently competed at the World Cup Qualifier in Mexico. She coaches an all-girls' baseball program through Baseball Manitoba and won the Female Player of the Year Award in 2018. Langlais plays on Team Manitoba and has attended multiple 21U Women's Championships, winning a bronze medal just a few weeks ago. Langlais attends the University of Manitoba in the Faculty of Kinesiology with potential plans of becoming a physiotherapist or occupational therapist. Pictured, left to right, Tony Fletcher, President of the Winnipeg Goldeyes' Field of Dreams Foundation, Bree Langlais, Janelle Langlais, Andrew Collier, GM of the Winnipeg Goldeyes, and Kevin Booker, Baseball Manitoba's VP of High Performance.

Manitoba posts 2-3 record at U13 National Baseball Championship

Staff

Manitoba finished with a 2-3 record at the 2019 U13 National Baseball Championship in Repentigny, Quebec last weekend.

Team Manitoba ended action Sunday with a 12-9 loss to Quebec.

On Saturday, Manitoba was defeated 7-3 by Ontario as the winners outthit our province 12-3.

Earlier that day, Manitoba outscored Saskatchewan 15-8. Team Manitoba led 7-0 after the first inning.

Manitoba began action with a 5-4 loss to the host Repentigny squad last Thursday.

Repentigny trailed 4-0 but scored twice in the bottom of the sixth inning and then added three in the seventh for the walkoff win.

The next day, Manitoba knocked off Nova Scotia 6-1.

Selkirk's Gilbert O'Connor was 2-for-11 at the nationals with a single and double. He also was hit by a pitch and scored a run.

Local golfers play well at Women's Interclub Championships

Staff

Breezy Bend posted a four-stroke victory over Southwood at the Women's Interclub "A" Championship Monday in Carman.

Breezy Bend combined for a 37-over 253 while Southwood was second at 41-over 257.

Larters' foursome of Betty Ann Roy, Monique Bateman, Cathy Smolinski, and Michelle Cheang carded a 47-over 263 to place fifth in the 15-team pool.

Selkirk Golf and Country Club's team of Charlene Fox, Pat Coffin,

Sheila Gair, and Kim Cushnie placed seventh. They finished at 54-over 270.

Meanwhile, Southwood won the Women's Interclub "B" Championship after combining for a 1-over 217 in Carman.

That was eight strokes better than Kildonan Park.

Selkirk's foursome of Stephanie Cole, Kathy Bird, Martha Cinch, and Dot Dmyterko were third at 11-over 227.

Larters team of Terry Bowles, Karen Kearney, Rina LaClaire, and Kim Ward finished fifth at 13-over 229.

Martineau awarded scholarship



RECORD PHOTO SUBMITTED

East St. Paul's Nicholas Martineau was awarded a scholarship before the Winnipeg Goldeyes' game on Aug. 19. Martineau plays for the Kildonan East Collegiate/Park City West Wildcats Midget 'A' team. He graduated from Kildonan East Collegiate with an electrical vocational diploma as well as an academic diploma. He was on the principal's honour roll every year and earned the Math Award of Excellence in Grades 9 and 10. Martineau played on the school's baseball, volleyball and beach volleyball teams as well as participating in club volleyball and community club baseball. He was awarded a KEC Athlete of the Month Award in Grade 9, the KEC Baseball Award, and the KEC Jerry Mackie Memorial Award in Grade 12. Martineau will be attending the University of Manitoba in the Faculty of Science this fall with the intentions of pursuing a Bachelor of Science degree and a career in Environmental Science. Pictured, left to right, Tony Fletcher, President of the Winnipeg Goldeyes Field of Dreams Foundation, Nicholas Martineau, Andrew Collier, GM of the Winnipeg Goldeyes, and Kevin Booker, Baseball Manitoba's VP of High Performance.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Selkirk Curling Club excited for upcoming season

By Ty Dilello

With curling season just around the corner, the Selkirk Curling Club is gearing up for an exciting 2019-20 season.

The club will be having their registration night and annual general meeting on Sept. 19 and are encouraging anyone who hasn't tried the sport before to come out and give it a whirl this winter with many different leagues for all kinds of skill levels.

"In the past few years we have seen an increase in our Women's League and our Saturday Juniors League," said Selkirk Curling Club president Kathleen McCallum. "We are very excited about building a new generation of curlers in our community."

The Friday Fun league at the Selkirk Curling Club has also been full in recent years and they expect the same this coming season. They are also hoping to see an increase in numbers for the two Men's leagues during the week.

In addition, there is a Seniors' Drop-In League on Monday and Friday af-

ternoons and the club continues to play host to curlers from local junior high and high schools in the Selkirk and surrounding area.

"Last year we celebrated our 125th anniversary as a sporting organization and we have been sprucing up the facility over the past several years," said McCallum. "With the funding we received this year from the first annual Catfish Den, sponsored by the Selkirk Biz, we were able to replace all the toilets in our building, saving us both money and water."

"We will also host our annual Men's Bonspiel, our Women's Bonspiel, and a Juniors Bonspiel. We are very pleased to provide our facility for the 'Curl For The Cure' taking place in February 2020.

"And also in 2020, Selkirk will play host to the 55+ Games (June 16-18), but the first event of the Games will be ice curling at the Selkirk Curling Club at the end of March.

"So it will be an exciting and full year at the curling club," she added.

Skating success



RECORD PHOTO SUBMITTED

West St. Paul's Jade Pilat, left, and East St. Paul's Emmet Dewar had plenty of skating success this summer. The Pre-Novice Pair team, representing the East St. Paul Skating Club, trained six weeks this summer at the ESPSC Summer Skating Program at Seven Oaks Arena and competed in several summer events. They recently returned from Toronto where they won the silver medal and earned a personal best competition score at the Ontario Summer Open. The pair also competed at the Wild Rose Figure Skating Competition in Edmonton Aug. 2-5, where they brought home the gold.

Pilat and Dewar will be competing at the Sask Skate Competition in Regina in October and at the Skate Canada MB Sectional Competition in Winnipeg in November.

Manitoba places fourth at Men's Nationals Baseball Championship

Staff

Manitoba finished with a 3-2 record at the Men's National Baseball Championship in Miramichi, N.B. last weekend.

Manitoba, whose roster featured Stonewall's Kyle Turner, St. Clements' Colton Boudreau and St. Andrews' Matt Mutcheson, was defeated 7-6 by British Columbia in a quarter-final game Saturday evening.

Manitoba trailed 7-1 heading into the bottom of the seventh inning but made the game very interesting by scoring five runs.

Earlier in the day, Manitoba edged Ontario 11-10 in a wild 10-inning affair.

Manitoba started play at the nationals with a tight 1-0 win over Que-

bec last Thursday. Manitoba, which scored the game's lone run in the top of the second inning, outhit Quebec 5-3.

Boudreau had three of those hits and an RBI in the game.

Manitoba made it two wins in a row Friday morning after trouncing New Brunswick 15-4. Manitoba broke the game wide open with 10 runs in the third inning.

Boudreau had two RBIs in the contest.

Later that day, Manitoba was beaten 15-4 by Nova Scotia.

Boudreau finished the tournament 9-for-15 with a .562 average. He also scored four times and had four RBI.

Turner was also very good, with five hits in 13 at bats while scoring six runs and smacking three RBI.

Raiders announce training camp dates

Staff

The Raiders Jr. Hockey Club has announced its training camp dates and exhibition schedule for the 2019-20 Manitoba Major Junior Hockey League season.

The Raiders will hit the ice for training camp next Tuesday, Thursday, Sept. 9, and Sept. 11 from 9 p.m. to 10 p.m.

They will then play three games at the Transcona Railer Express exhibition tournament at the East End Arena.

The Raiders will play Transcona on

Sept. 13 (7:30 p.m.), the Ft. Garry/Ft. Rouge Twins Sept. 14 (11:15 a.m.), and the St. Vital Victorias on Sept. 15 (5 p.m.).

Training camp will resume Sept. 26 and Sept. 28 with ice time at 9 p.m.

The Raiders will then host the St. James Canucks on Sept. 28 (8:30 p.m.) and then will play the Canucks two nights later at the St. James Civic Centre (7:30 p.m.).

The Raiders will also have practice times Sept. 23 (8 p.m.) and Sept. 25 (9 p.m.).

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Buying scrap metal, cars, tractors, combines, farm scrap, any metal material, any farm machinery. Ph Lonnie at 204-886-3407 lve. message or cell at 204-861-2031.

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OFFICE SPACE FOR LEASE

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TENDERS

For Sale by Public Tender - Tax Arrears Property: one downtown commercial and two residential properties in Naicam, SK. Tender documents at townofnaicam.ca/gov/tenders-bids or call 306-874-2280

GARAGE SALES

MEGA YARD SALE - KOMARNO. SATURDAY, AUG 31 & SUNDAY, SEPT 1 from 10 a.m. - 6 p.m. 1st house south end in town. Furniture, antiques, garage stuff, outdoor misc, outdoor furniture, household, comforter sets, craft supplies, wooden playhouse, toys, 3 freezers, flooring, quality/professional baking supplies, sets of dishes, pictures, collectibles, old church pew, crocks, speakers, curtain rods... really too much to list. Many things brand new, never used. All quality items, no junk here. ALL MUST GO!

GARAGE SALES

436 Lockport Rd. Friday, Aug. 30th at 2 p.m. & Sat., Aug. 31st and Sun., Sept. 1, 9 a.m. - 5 p.m. Kitchen cupboard, household, carpet & clothing galore.

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HELP WANTED

The Pizza Den Restaurant in Stonewall has immediate opening for a FT day cook to work 11:15 a.m. - 7:45 p.m. 5 days/week (currently Tues. to Sat.). Pizza Den is a full service restaurant and menus can be viewed at pizzaden.ca Experience req'd. Competitive hourly wage, tips & flex benefit plan. Send resume to robert.magnifico@gmail.com or call 204-799-2423.

HELP WANTED

Seeking Personal Caregiver in East Selkirk area. Looking for thoughtful, compassionate caregiver (respite worker) for disabled young man with Down Syndrome. Duties include general supervision, bathroom assistance, and basic meal preparation. Position is part time and will include days, evenings, weekends and overnights. Experience preferred however exceptions can be made for right applicant. Character references will be required along with a current criminal record check, and adult/child abuse registry checks, CPR and First Aid. \$14 - \$16 per hr. For more information, or if interested please contact Jack at jkr11990@gmail.com or mail resume to Box 42, Grp2, RR1, E. Selkirk, ROE 0M0.

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	4	3						
	1				4	7		
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	7		4					8
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2					9			
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Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer



WEST ST. PAUL PUBLIC NOTICE

MUNICIPAL EMERGENCY COORDINATOR

Job Type: Permanent Casual Time
Salary: Hourly, Based on Experience
Closing Date: September 20, 2019 at 2:00pm

The Rural Municipality of West St. Paul is seeking a Municipal Emergency Coordinator to provide emergency management services.

The Municipal Emergency Coordinator will be responsible for

- Preparation, maintenance, and testing of the municipal emergency plan
- Coordinating the response to emergencies in the municipality
- Attracting, managing, training and motivating volunteers

The job will require a time commitment during normal times of an average of between ten (10) and twenty (20) hours per month. During emergencies the Emergency Coordinator must be available for full workdays, including overtime, for as long as is required.

The Municipal Emergency Coordinator will hold a contract position reporting to the Chief Administrative Officer. There will be an initial probationary period of six (6) months, following the successful completion of which a contract may be offered.

The successful applicant must have good knowledge of the Manitoba community emergency preparedness program. He or she must have a demonstrated ability to manage volunteers; to provide training to volunteers, staff and members of council; to maintain the emergency plan; and to coordinate emergency response within the community. Training in emergency response management is an asset. A basic level of ability with Microsoft Office is essential. A valid driver's license and access to a vehicle is essential.

Please include 3 references with your resume including contact information and relevance.

Resumes, references, and salary expectations addressed to the undersigned will be received by mail, fax, email at admin@weststpaul.com or in person until September 20, 2019 at 2:00pm.

We thank all applicants for their interest in this position. We will contact only those selected for an interview.

Brent Olynyk
Chief Administrative Officer
Rural Municipality of West St. Paul

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UPCOMING EVENTS
Grand Marais Rec Centre Events. Sat., Aug. 18, 8 p.m. - Karaoke; Sat., Aug 31, 8 p.m. - Farewell to Summer Social, \$10; Sat., Sept 28, 4 p.m. - 6:30 p.m., 2 sittings - Annual Fall Supper, cash bar; Sat., Oct 26 - Howl-o-ween social, 8 p.m., prizes for best costume, cash bar. Tickets for these events available at Juan More Thing, The Village Store, Sand Bar Hotel, GMCC Building, XTR Central Station/Gas and at Grand Marais Rec Centre. Check out our Facebook page for more info. or call 204-754-2325.

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Stig Rensfelt
FRI, CMR, CRA
Barb Linklater
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877 BRACKEN RD. RM OF ST. ANDREWS \$739,900 2919 sq.ft. of living space, home built in 2016, Beautiful finishings, 3+1 bedrms, 3 baths, loft, 3 car AT, 30x50 shop, DT 2 car all on 35 acres.

81037 ST. PETERS RD. EAST SELKIRK \$369,900 1363 SF Bungalow 3 beds 2 baths, sunrm, 15 acres W/outbldgs.

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Picture perfect waterfront! Built in 2013. Two story 3 bed, 2 bath, loft. DT 2 car 24x24.

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2 Bedrm, completely renovated, beaut. inviting open concept.

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- 300 ft creek front, private lot 16605F 3 bed 1.5 bath home.

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ANNOUNCEMENT
CARD OF THANKS

Marty Chuchmuck – I would like to express my heartfelt thanks to Selkirk Regional Health emergency staff along with Dr. E. Steyn for their excellent attention given to Marty. The two ambulance attendants that took her to St. Boniface Hospital, they were so compassionate and caring. Dr. Donna Sutherland, staff and nurses at St. Boniface Hospital, your service and compassion were exceptional. All the staff at Selkirk Regional Health Palliative Care Unit that took such good care of Marty. The family and friends, neighbours that helped, called, and sent messages. Special friends Twyla and Peter, words cannot express what you meant to her. As some people journey through life, they leave footprints wherever they go – footprints of kindness and love, courage and compassion, humour and inspiration, joy and faith. Even when they are gone, we can still look back and clearly see the trail they left behind – a trail bright with hope that invites us to follow. May God bless you all.

-Stan and family

ANNOUNCEMENT
CARD OF THANKS



The Dale Streich family would like to thank all of Gwen's "Peeps" for the loving words and wonderful memories about Gwen, as shared in cards on Gilbert's Tribute Wall. She will be sadly missed by all, but remembered always!

ANNOUNCEMENT
BIRTHDAY



Lillian Morrisseau
Happy 85th Birthday
Tuesday, September 3, 2019
-Love your children, grandchildren,
and great grandchildren
A Come and Go tea
will be held at the
Selkirk Friendship Center on
Sunday, September 8,
from 1 – 3 p.m.
No gifts please.

ANNOUNCEMENT
CARD OF THANKS

We would like to send a big thank you to our family and friends for helping us celebrate our 50th Anniversary. To those who attended our celebration, thank you for taking the time out of your busy lives to be there – it means a lot. Thank you all for the beautiful flowers, gifts, gift cards and all the beautiful cards. Thank you to our out of town guests, who came to help us celebrate. Thanks to Ian for the music, and to Leanne and Bernice for the collages of pictures. Thank you to Legion volunteers for the wonderful meal. You have all helped us make new and precious memories.

-Wayne and Linda Adams

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601 STRATHNAVER—\$325,000	226 TOM PRINCE DR—\$475,000*	LOTS #2,3,4 OLE JOE MONKMAN—\$139,900 EACH
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ANNOUNCEMENT

IN MEMORIAM



Hardwick "Bud"

In loving memory of my Dad
September 3, 2001

Once you told me when you were gone,
I'd pick up the pieces, I would go on.
But you forgot to mention one tiny detail,
Somethings aren't easy and sometimes I might fail.

I wish I would've listened more when you were alive,
But with all you've left me, I have learned to survive.

I'm thanking you now even though it's too late,
And hopefully I'll see you at Heaven's great gate.

You're never forgotten, Dad.

I think about you every day and miss you so much.

-Love you always,
daughter Ingrid

ANNOUNCEMENT

IN MEMORIAM



Juliette Hope Wilkinson

September 3, 2012 - December 16, 2013

Although we miss you always,
Each and every day;

It seems to hit us even more,
Because it's your birthday.

We send wishes to Heaven,
Carried to you on a prayer;

To the place where you are now,
With sweet, tender love and care.

Happy birthday sweet baby girl!
Loving and missing you ...forever!

-Daddy, Nannie and Papa, Uncle Steve,
Aunties Rachel and Carrie,
and cousins Kyra and Hunter

Announcements Classifieds

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ANNOUNCEMENT

IN MEMORIAM

Aime

In loving memory of our Ted,
Dad and Papa

Who passed away August 30, 2002

All our memories keep you near,

As time unfolds another year.

Away but not forgotten.

-Lovingly remembered by Helen,
and family

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Best of luck to all students returning to their studies this fall!

<p>Dayna Clark & Calvin Kuch daynac@mts.net</p>	<p>1 1/2 storey has great potential as zoned R2 w/ suite on upper flr & kit in f/fin bsmt. O/S dt/1. \$174,900. Luda KOZLOVA 204-997-7756</p>	<p>OPEN HOUSE SAT AUG 31 1-3pm</p> <p>543 Oak Hammock Rd. 4281sf custom built in 2006 on 50 acres. Walk-out lower level \$799,900 James Boulton 204-485-2446</p>	<p>River Road Prime building lot. 4 acres slopes to River. Nicely treed. Reduced \$224,900 James Boulton 204-485-2446</p>
<p>Jim Boulton nicerhomes@outlook.com</p>	<p>48.4 acres, set up for horses. 1703 sf bng, new in 09. 5 brs, 3.5 baths, fin bsmt. E. Selkirk \$599,900 Calvin 461-3055</p>	<p>Cooks creek Hwy44 Waterfront 2596sf, Dble garage, 8.1 acres! Fenced! \$385! Mike 204-588-7967</p>	<p>20 acre lot loc just west of Selkirk between Juniper Lane & Boundary Rd with access to both. \$129,900. Luda KOZLOVA 204-997-7756</p>
<p>Mike Juba michaelsjuba@gmail.com</p>	<p>Petersfield 1744sf home 1700sf garage, guest quarters, 3bth, fenced \$339! Mike 204-588-7967</p>	<p>1021 Liss Rd, Near Perimeter. Treed corner lot, well, hydro 4.7A, dual drive, barn, garage. James Boulton 204-485-2446</p>	<p>PRICE REDUCED</p> <p>505 Corrine Ave. Petersfield. 3 bdr on .85 treed acres and 5 lots. Corner Corrine and Tom Price Drive. James Boulton 204-485-2446</p>
<p>Cindy Little cindy@cindylittle.ca</p>	<p>5th flr 1310 sf SE-facing immaculate condo with exceptional view in Garden City; ungrd pkg. \$244,900. Luda KOZLOVA 204-997-7756</p>	<p>303 Queen, Selkirk \$229,900. 1218 sf + nicely fin bsmt, 5 brs, 2 full baths. Many recent upgrades. Calvin 461-3055</p>	<p>Hwy 44 just off hwy 59 -45 Subdividable Acres on Cooks Creek! \$339K! Mike 204-588-7967</p>
<p>Luda Kozlova lkozlova@interlake.mb.ca</p>	<p>Petersfield 90ft Sand Beach! .64 acre, 1624sf living space, Trple-grge, \$369! Mike 204-588-7967</p>	<p>SOLD</p> <p>Clandeboye \$360's. Immaculate inside & out! 5 acres, 1660 sf, 3 br, 2.5 bath, fin bsmt, dbl gar. Dayna 461-1347</p>	<p>City or country, LET'S GET YOU HOME. Cindy Little 204-979-3364</p>

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OBITUARY



Dorothy Mae Cholosky
(nee Little)

January 19, 1928 – August 20, 2019

Dorothy passed away peacefully in her sleep with her family at her side August 20, 2019 at Extendicare Red River Place.

She was predeceased by her husband Joe; sisters Muriel and Helen; brothers Melville, Allan, Gordon and Jackie and granddaughter Kerri-Dawn. Dorothy will be lovingly remembered by her daughter Linda McKenzie (Greg) and son Gary (Diana); six grandchildren; 11 great-grandchildren; three sisters-in-law and many nieces and nephews.

Mom was born in Stonewall, Manitoba, moved around Manitoba as a youth before settling down in Selkirk where she spent her entire adult life. She married dad in 1949. Mom worked at various jobs, first at Fairfields in Little Britain, then Monarch Wear, the

CNIB canteen at the Selkirk Mental Health Center and then, after the canteen closed, her and dad took over the canteen and operated it independently until retirement. Mom was well known for the homemade pies and tarts, she faithfully baked every week to sell at the canteen. Mom loved to bake, sew, play bingo and gamble. Mom lived a full life which included travelling with dad to Mexico every winter and going on gambling trips with their friends.

The family would like to thank the staff at Extendicare Red River Place and doctors Brian and Richard Lindenschmidt for their excellent care of mom over the past 14 months.

A private family interment was held at St. Clements Cemetery on Monday, August 26, followed with a lunch with friends and family at Gilbert Funeral Home Reception Center.

In lieu of flowers, donations may be made to the Kidney Foundation of Canada.

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

Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY



Betty Doreen Bracken (nee McRae)

Peacefully after a long battle with ALS, it is with heavy hearts we announce the passing of our beloved mother Betty on Wednesday, August 21, 2019 at the age of 85 years.

She was predeceased by her loving husband Allan of 59 years; parents William and Rachael; brothers Dennis (Joyce), Garry, and sister Connie.

Betty and Allan were married for almost 60 years and are survived by their five sons, Ken (Laurie), Darrell (Erika), Kevin (Kim), Perry (Linda) and Glenn (Jelena); 12 grandchildren, Shannon (Victor), Ryan (Krista), Robert, Sean (Sandra), Ashley (Colin), Chad (Chelsey), Lindsay (Johnny), Corey (Karissa), Melissa, Edward, Amanda (Devon) and Nicole (Mike); 15 great-grandchildren Tory, Lexi, Brady, Jane, Molly, Gray, Calla, Ellie, Alex, Hunter, Jasmine, Annabella, Ava, Christopher and Maxime. Betty is also survived by sister Heather (Phil), sister-in-law Gwen and numerous nieces and nephews.

Betty was born in Winnipeg, Mb. August 8, 1934 and grew up on the family farm in Meadowdale, Mb. After marrying Allan in 1956 she enjoyed a very full and adventurous life with her husband and five boys, countless family gatherings, travel, and numerous life long friends. Betty loved the outdoors and enjoyed having nature around her. Whether she lived in the city or in the country she always devoted the time and energy to producing a beautiful and bountiful garden, for everyone to share.

Betty was loved by many and we are all blessed to have had her in our lives. We will miss her dearly.

Special thanks to the staff at the Brummitt-Feasby A.L.S. House where she was cared for by an exceptional group of people.

A Memorial Service will be held on Wednesday, August 28, 2019 at 11:00 a.m. in the Gilbert Funeral Chapel, 309 Eveline St., Selkirk, Mb with Rev. Cole Grambo officiating.

In lieu of flowers, a donation can be made to the A.L.S. Society, in hopes of finding a cure someday. Condolences may be left on her tribute wall at www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



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