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VOLUME 7 EDITION 37

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Back to school smiles

RECORD PHOTO BY LINDSEY ENNS

Grade 4 student Iyanna Spence, pictured left, and Grade 3 student Jasmine Vallenduk enjoy a spin on the Satellite Spinner outside Walter Whyte School on their first day back to school last Wednesday. For more back to school photos, see page 12.

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



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Brenna is the precious 2 year old daughter of Candace & Jason Schellenberg. Brenna has been diagnosed with brain cancer and the community is uniting to support the family.

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A Manitoba Public Insurance product

Adoption Days in Lockport raises \$13K for animal rescues

By Dave Baxter

Dogs leapt high into the sky and splashed down into the water during an event in Lockport last weekend that raised more than \$13,000 for Manitoba pet rescues.

"The reaction was beyond our wildest dreams," Carla Scramstad, one of the owners of Canvasback Pet Supplies said on Monday, one day after their annual Adoptions Days event had wrapped up for another year.

Canvasback Pet Supplies held their seventh annual Adoption Days in the lot of their pet supply business in Lockport last Saturday and Sunday, and the event raised \$13,562 that will be split amongst 16 Manitoba pet rescues.

For the first time ever, the event featured a DockDogs competition.

DockDogs saw dogs of all ages competing in water jumping competitions in a number of competitive categories.

Scramstad said that although this is the seventh straight year they have

held the Adoption Days event, it had a much different feel this year because of the addition of a DockDogs competition.

"It was incredible," Scramstad said. "People stayed longer, people were very entertained, and we have been getting incredible feedback about the event."

She said she was "a bit worried" when she ordered bleachers for the DockDogs event because she didn't want them to sit empty, but it didn't take long for those bleachers to fill up.

"They were totally jam-packed Saturday and Sunday," she said. "It was a big success, and there was a ton of cheering and clapping and people having a great time."

DockDogs was brought to Lockport last weekend from the United States and last weekend marked the first time a DockDogs competition has ever been held in Manitoba.

The Adoption Days event also saw representatives from 16 Manitoba

pet rescues come out with a few of their adoptable animals and talk to residents about the work they do to help animals in need.

Adoption Days featured a number of ways to raise money including a charity



RECORD PHOTO BY ROBERT WILSON

Dogs of all ages and sizes took part in a DockDogs competition during the seventh annual Adoptions Days event at Canvasback Pet Supplies in Lockport last Saturday and Sunday. The event saw dogs competing in water jumping competitions in a number of competitive categories.

barbecue, a silent auction and a 'free pet food for a year' contest.

The extra excitement created this year by DockDogs led to extra money now going to a number of pet rescues, as Scramstad said they doubled what they raised last year at Adoption Days.

Scramstad said making connections

and meeting prospective adoptees was the most important part of the event.

Scramstad said Canvasback is already making plans with the hopes of bringing DockDogs back to Lockport for their Adoption Days event next year.

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Jersey unveil helps mark 50 years of Steelers hockey

By Dave Baxter

A flood of memories came back to Ken Neufeld as he walked out onto the rink at the old Selkirk Arena wearing a brand new Selkirk Steelers jersey.

"There wasn't even glass on the boards when I played," Neufeld said, while looking around the old arena where the Steelers played from 1966 until moving to the Selkirk Rec Complex in 1992. "It was chicken wire held up by wooden posts."

Neufeld was a member of the Selkirk Steelers from 1972 until 1975 and was on the Steelers squad in 1973, the last time the franchise won a national championship.

Five decades of Selkirk Steelers hockey players came together at the old Selkirk Arena last Sunday to show off a brand new third jersey that will celebrate 50 years of Selkirk Steelers hockey this season.

Former and current players during Sunday's unveiling included Warren Browne who played for the team in the 1960's, Neufeld who played in the 1970's, Paul Anderson who played in the 1980's, Kevin Kowerko who played in the 1990's, Blair Hawes who played in the 2000's, and current Steelers player Dallas Starodub.

The new jersey features a similar colour scheme and design to the original Steelers jersey as well as a modern take on the Steelers original logo.

It will be worn at the team's home opener and at select games throughout the 2016-17 junior hockey season.

Neufeld said he enjoyed not only the chance to try on the third jersey but also the chance to return to the old Selkirk Arena, known by many in Selkirk as simply "the barn."

"This was a very intimidating building for the opposing teams," he said. "It was very loud and the fans were right on top of you. It could get pretty crazy in here."

"I do remember a playoff game



RECORD PHOTO BY DAVE BAXTER

Former and current Selkirk Steelers players pictured from left to right: Ken Neufeld, Paul Anderson, Kevin Kowerko, Warren Browne, Blair Hawes and Dallas Starodub show off the brand new Selkirk Steelers third jerseys at the old Selkirk Arena last Sunday.

where they had to shut the whole game down and it wasn't because of what was happening on the ice," Neufeld said with a grin.

Former Selkirk Steelers general manager David Obirek designed the new jersey and said he tried to incorporate all five decades of Steelers jersey designs and colour schemes into the brand new uniform.

"The idea was to incorporate as much of the original pattern and colours from the team's early days in the 1960's and 1970's, and then combine that with a modern look and a modern version of the original crest," Obirek said.

Obirek said he also designed the 50th anniversary patch that sits on the shoulder of the third jersey that "symbolizes this big milestone."

The Steelers recently held their 50th anniversary social at the Selkirk Rec Complex and they have promotions planned throughout the season to celebrate a half-century of Selkirk Steelers hockey in Selkirk.

Information on the Selkirk Steelers schedule and how to get tickets can be found at selkirksteelers.com.



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RCMP seek suspect after armed robbery at Lockport salon

By Lindsey Enns

Selkirk RCMP say they are still investigating after an armed robbery at a Lockport hair salon last week.

Lockport Wave Hair Salon owner Theresa Pihulak said they were robbed around 9:30 a.m. last Wednesday by a man in his mid-twenties who had booked a morning hair cut.

Pihulak said a man made a hair appointment for around 9:30 a.m., asked to use the bathroom, left the salon and then returned wearing a hoodie, gloves and hiding a knife.

He then started yelling at the two hair dresses working at the salon demanding to know where the money was kept.

"He went behind the desk, grabbed the cash box and then he saw we had a couple hair flat irons as well as curling irons and proceeded to take those while yelling and ranting and waving the knife around," Pihulak said. "Then he left shortly after."

She added the man left with the salon's cashbox, which had around \$90 in it, as well as three hair straighten-

ers and two curling irons. The hair straighteners are valued at around \$150 and the curling irons were around \$60, she added.

"He didn't get much, that's for sure," she said, adding later that day her and her staff noticed similar hair straighteners being sold online.

RCMP say they believe the man fled southbound on Highway 9 in a black Honda Civic with the licence plate HCV 881. The vehicle had been reported stolen from the Winnipeg area. No further details could be provided by press deadline on Monday.

RCMP are asking anyone with information to contact the Selkirk RCMP at 204-482-1222 or call Crime Stoppers anonymously at 1-800-222-8477, submit a secure tip online at manitobacrimestoppers.com or text "TIP-MAN" plus your message to CRIMES (274637).

Pihulak said she has no idea why her particular salon, which is located in a strip mall along Highway 9, was targeted.

"I really don't think it was a plan," she said. "Out of the strip mall, we probably would have been the only

people with cash on hand that was open at the time.

"I don't think there was any sort of thought process behind it."

She added although the man was by himself when he came into the salon, witnesses noticed he had a passenger in his car that was "passed out."

Pihulak said her staff are still a little shaken up after the incident.

"It's something that's going to stick with you for a while," she said, adding nothing like this has ever happened at the salon during its 30 year history in that location. "So it happened once and hopefully won't ever happen again."

"You'll still look over your shoulder every time you hear the door open."

Pihulak said the salon has already upped their security by installing cameras and an alarm system.

"It's a very busy strip mall, there's usually people around and you'd never think this would happen on a Wednesday morning," she said. "We're a small town hair salon. You just never think it would happen to you."



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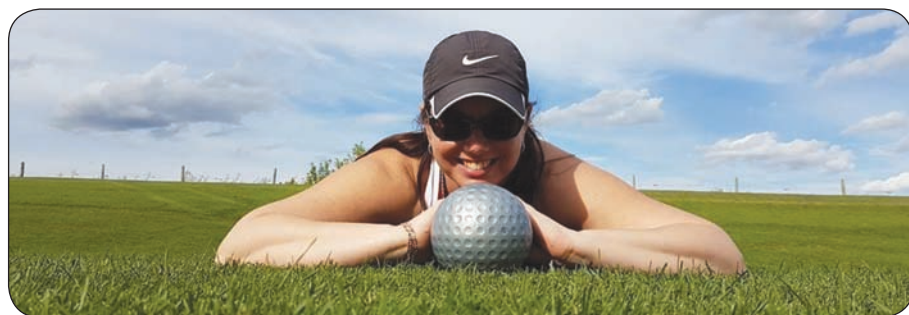
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Golf tourney raises nearly \$10K



RECORD PHOTO BY LINDSEY ENNS

Michelle Balharry, of the Selkirk Record, gets ready to tee off during the annual Bob Jefferson Memorial Golf Tournament at the Selkirk Golf and Country Club last Thursday afternoon. This year 35 teams took part and preliminary numbers show this year's event raised roughly \$10,000 for the Selkirk and District Community Foundation.



Of all the beverage containers that weren't recycled, how many were yours?



ADVERTORIAL

Clarity Vision Officially Opens Doors in Selkirk

Clarity Vision, Selkirk's new optometry clinic, officially opens its doors this Friday. Dr Aiken and Dr Sung will officially open the doors with a ribbon cutting ceremony at noon on Friday with the Mayor Larry Johansson and the president of the chamber of commerce Brett Mitchell. They will also be celebrating this occasion with two days of grand opening events. Friday will kick off with a large trunk sale with a massive selection of designer frames and sunglasses at huge discounts. They will be having a charity BBQ on Friday from 12-2 to support the Lion's club and their vision initiatives such as the Lion's Eye Bank. On Saturday, Elsa from Frozen and Spiderman will be making an appearance so be sure to bring out the kids.

Clarity's mission is to provide world-class care while focusing on their local community. In the short time they have been open, they have involved themselves heavily in many community events and organizations such as being the official optometrist and large contributor to the Selkirk Steelers. Clarity has also stuck true to their mission by investing heavily in the latest in diagnostic equipment. They have all new equipment including the Zeiss Optical Coherence Tomographer (OCT). The OCT is a CT scan for the eye and is very effective at diagnosing ocular disease, such as glaucoma and macular degeneration, very early on. Early diagnosis means patients will always be assured the best outcomes for any disease they may be dealing with.

Clarity is also very dedicated to offering their patients the best value for their money. At Clarity all tests, even the OCT is included in each exam. Follow ups are always at no charge. When it comes to eye wear, Clarity offers value without the compromise. Meaning you can get the value of big box retailers and discount chains but with service you can depend on. Tracey Fiwchuck who was born and raised in Selkirk, with over 20 years experience in the industry leads their optical team.

OUR DOCTORS:

Dr. Andrew Aiken was born and raised in Neepawa, MB where he spent part of his childhood on the family farm and part in the town itself. He graduated from the University of Waterloo in 2008. Dr. Aiken's training included externships at the Barnett Dulaney Perkins Surgical Centre in Mesa Arizona, primary care rotations in Edmonton and Kamloops, and an internship at the University of Waterloo.



OCT Digital Diagnosis Scanner

Sports were a large part of his life growing up, as a youth, playing hockey, football, baseball, soccer, lacrosse, basketball, track and field, and golf. He continues to play and support many different sports and believes in the importance of contributing to organized youth sports.

The Doctor has always been involved in community and volunteer endeavours.

Currently he is a member of the Lions Club and is involved in many other non-profit and volunteer organizations.



L - R: Dr. Sarah Sung, Marchell Feeke, Tracy Fiwchuk and Dr. Andrew Aiken

He strongly believes that individual and corporate community involvement plays a large part in the strength and well-being of a community.

Dr. Sarah Sung was born and raised in Russell, MB. She completed her Bachelor of Science in Biology and Microbiology at the University of Manitoba in 2011. She went on to obtain her Doctor of Optometry degree and graduated with honours from the University of Waterloo in 2015. Dr. Sung's optometric training included primary care rotations in Winnipeg and Red Deer. In addition she did an externship at the Jack C. Montgomery Veterans Affairs Hospital in Muskogee, Oklahoma, where she focused primarily on managing ocular diseases such as glaucoma, diabetic retinopathy, and macular degeneration.

She traveled to Nicaragua as a part of the Volunteer Optometric Services for Humanity (VOSH) organization, providing eye exams and eyeglasses to underprivileged communities. For her, it was an eye-opening experience, and one that she hopes to repeat in the future on additional eye-care missions.

In her spare time, Dr. Sung loves hiking, traveling, and exploring new places. She is also a winter sports enthusiast with a passion for snowboarding. She is very excited to be a part of this innovative clinic.

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Selkirk Gazette

Continued on page 7



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2016 Manitoba Communities in Bloom Awards

City receives 5 bloom rating, library earns special mention

Staff

The City of Selkirk received their first-ever five bloom rating during the 18th annual Manitoba Communities in Bloom Conference and Awards ceremony in Stonewall over the weekend.

In the population over 5,000 category, Selkirk received a five bloom rating, which is the maximum, and the Gaynor Family Regional Library and the library's Urban Prairie were given a special mention.

In the 3,001 to 5,000 population category, the RM of West St. Paul was awarded a three bloom rating and the Middlechurch Home courtyard was given a special mention.

"The achievements that can be accomplished when municipal staff and councils, citizens, businesses and organizations all work together for common goals are just amazing," provincial president Shonda Ashcroft – on behalf of Manitoba Communities in Bloom board of directors, judges and sponsors said in a release last week. "Together they can do so much more than any of these working individually."

"It is so inspiring."

In Manitoba, 11 communities were recognized during the awards banquet last Saturday.

Eight communities were provided with bloom ratings, two were entered in the non-evaluated category and one community participated for the first time at the novice level. Special mentions were provided for the nine evaluated communities.

Manitoba's seven entries in the Na-

> 'IT'S VERY EXCITING', FROM PG. 6

Faisal Anwar, director of sustainable economic development for the city, said work on a secondary plan for the downtown began in 2012.

Council formed an advisory committee, chaired by Coun. Ken Beerman, and community consultations were undertaken. Ultimately, the city switched from a secondary plan to a renewal strategy, which allows more freedom to implement changes.

A secondary plan is very specific legislation and while it provides controls over what can and can't be developed in the designated area, it also eliminates certain tools that allow for flexibility, such as a variation process.

"We opted to go with a strategy because strategies are flexible and we can implement that strategy through our zoning bylaw amendments," Anwar said. "Even if down the road we feel that we need to make some changes in design guidelines or in zoning bylaws then we can make changes easily."

Beerman, who said the advisory com-



RECORD PHOTO BY JOANNE PROCTOR
The City of Selkirk received a five bloom rating at the 18th annual Manitoba Communities in Bloom Conference and Awards ceremony in Stonewall last Saturday. Pictured above are members of Selkirk's Communities in Bloom committee.

tional Edition included: Assiniboine Park Conservancy, Municipality of Boissevain-Morton, City of Brandon, City of Dauphin, International Peace Gardens, Municipality of Killarney-Turtle Mountain, and the Town of Stonewall.

Award winners will receive their results at the National Symposium and Awards Ceremonies in Regina, Sask. on Oct. 29, 2016.

Communities in Bloom is a Canadian non-profit organization committed to fostering civic pride, environmental responsibility and beautification with a focus on green spaces.

Manitoba Communities in Bloom is

the provincial edition, which was established in 1999. Since its inception, 60 Manitoba communities have participated in both the provincial and national editions.

The Manitoba Communities in Bloom program provides a comprehensive evaluation beneficial to community development. It encourages all sectors of the community to work together to develop best

practices to achieve clean, green sustainable communities that celebrate their heritage and unique potential.

In mid-summer participating communities profile their geography, history and horticultural assets to a pair of judges.

Communities are evaluated on their accomplishments in six judging criteria which focus on creating a vibrant community - a great place to live, visit and conduct business. These categories are: Tidiness; Environmental Action; Heritage Conservation; Urban Forestry; Landscaped Areas; and Floral Displays with involvement by all sectors of the community being a component in all categories.

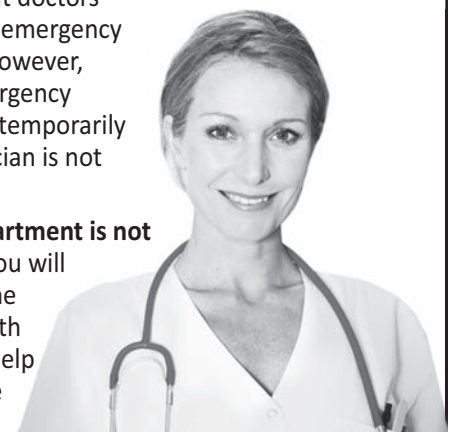
Communities are divided into categories according to population and evaluated on the accomplishments of their whole team (municipal, private, corporate and institutional). Evaluated communities are provided with a bloom rating (one to five), a special mention (community highlight), and an Evaluation Report. This report provides specific feedback on community successes and constructive suggestions for improvement.

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Goats eat poison ivy is no fish tale

Hi gang.

Most of the time we anglers cast and reel in or sit quietly with our lines in the water hoping for a bite as we take pleasure in our surroundings. That emotional connection to our outdoors was further vitalized in me last week when I had the good fortune to meet one of the finest speakers I have ever heard at an Arborg meeting.

Kevin Lamoureux, a thin, tall, dark haired, chiseled featured, insightful fellow whose life is dedicated to creating harmony between aboriginals and non-aboriginals and is equally given to fishing in the wilds of the far north.

Let me retell his story of a Molson Lake fishing trip as he gave it to me. It was a still, pitch black morning in the fall last year as he and friends left Norway House to fish Molson Lake. The boats' small motor ticked along only slightly rustling the water. Kevin could feel his breath slipping past his cheek in the cool breeze made by the boats' travel. Echoes of their movements rebounded off the embankments and cliffs of the tributary that would take them to Molson.

It began getting lighter as they broke out onto Lake and ahead on the open glass-smooth water small islands nestled in fog seemed to welcome them. They anchored by the closest one and as the rising sun broke above the horizon casting long shadows, on the shady side of the boat Kevin could clearly see trout below lazily flicking their tails. The sun sparkled off their backs in the crystal water. The musty smell of the islands' trees fallen leaves hung in the air. Geese whisked by so low he could hear the wind sweeping past their wings. Soon, dark blue-grey clouds covered overhead and as they began fishing gigantic fluffy snowflakes began floating down in the stillness and Kevin thought, how glorious



RECORD PHOTO SUBMITTED

Richard Slobodian of Winnipeg with a huge jackfish he caught in St. Malo Lake.

it was to be within such beauty.

We all wish we had been there with Kevin, don't we? Thanks buddy.

They've opened the locks at Lockport turning the downstream water into a soupy muddy mix, which drove anyone wanting to fish further down the river. That is where I found a nice young couple Rianna Klosen and Richard Slobodian in t-shirts and jeans relaxing in folding chairs, rods in hand.

Richard, an average sized lad with long dark brown hair was a long time angler always looking for different places to fish which eventually lead him to St. Malo Lake for perch.

St. Malo like Shoal Lake has massive reed and bulrush fields harboring a generous minnow-perch-jackfish ecosystem. He was there boat fishing last fall using light tackle for perch when he thought he had gotten a snag. Carefully he worked his boat this way and that until he felt a little movement.

His line grew taught then began to run away taken by a giant jackfish

just visible below the surface. He became cautious. Slowly he reeled in then let the fish run when it wanted to. Time past in a contest of finesse with light fishing gear and a tiny hook against a huge jackfish but eventually the fish weakened and Richard won as you can see by his photo.

As usual after the Labor Day weekend I like to visit the anglers

on the Victoria Beach pier. The place was packed with anglers last Saturday and at the end of the pier I came across three young guys who were swimming and fishing as the notion took them. I asked if they had a story for us and one chap, Joe Hajzler, said he had something different to tell.

He and some friends went fishing on an island off the east shore of Lake Manitoba. When they got there the grass looked like it had been mowed then realized it was because there were goats on the island. They had a good time fishing and when they went back to the mainland to a local restaurant they asked the owner about the goats.

"Oh", he said, "I put them there."

"Why?" Joe asked.

"Well", the café owner explained, "goats eat the poison ivy on the island which keeps the anglers coming back." It sure would be nice if you came by next week, bye for now.

View the Selkirk Record online at www.selkirkrecord.ca

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Steelcity Physio set to open new facility in Selkirk

Local owners hope new building will bring more traffic to Selkirk

By Lindsey Enns

A local couple is setting out to bring quality physiotherapy and wellness care to Selkirk and area community members with help from a brand new building.

Physiotherapists and owners of Steelcity Physiotherapy and Wellness Centre, Brad Bobrowich and his wife Corinne Thompson Bobrowich of St. Andrews, said they plan to open their new facility located at 145 Main St. sometime in January 2017.

Brad said they're "super excited" construction has now officially begun on their new 6,000 square foot facility.

"After doing this for 20 odd years ... this has been our dream to create our own building from ground up," he said. "It's been amazing the demand for our services."

Their current building, which they rent at 18 Main St., is 2,000 square feet so with more space they'll be able to provide more services, Brad said.

He said they plan on putting in an indoor pool to offer aquatic therapy services.

"Our goal is to become more multi-disciplinary and see what else the community requires and demands," he said, adding they are also looking into offering cardiac rehabilitation and occupational therapy.

Corinne added they also currently offer general wellness care.

"People after an injury sometimes are left not knowing what to do and they don't feel comfortable going to the gym and they don't feel comfortable knowing what to do," she said, adding they hope their new facility will bring more visitors to Selkirk. "We see a fair amount of people coming in from surrounding areas and that's helpful because that brings people into Selkirk

and we want to provide services that will keep people in the Interlake region and not have to go into Winnipeg."

Selkirk Mayor Larry Johannson said the "timing is perfect" for making this type of investment for Selkirk and area community members.

"We're not just catering to the over 10,000 people here ... we're catering now to the whole Interlake, they're not passing us by anymore they're pulling into Selkirk," Johannson said. "We're drawing from everywhere."

Established in 2011, Steelcity Physiotherapy and Wellness Centre provides rehabilitation services and promotes overall wellness in the Interlake, Selkirk and the surrounding communities.

The centre provides a variety of services in addition to physiotherapy, including occupational therapy, massage therapy, athletic therapy, and personal training.

For more information visit steelcityphysio.ca.



RECORD PHOTO BY LINDSEY ENNS

Physiotherapists and owners of Steelcity Physiotherapy and Wellness Centre, Corinne Thompson Bobrowich, pictured left, and her husband Brad Bobrowich, pictured centre alongside Selkirk Mayor Larry Johannson, plan to open their new facility located at 145 Main St. sometime in January 2017. The local developers officially broke ground at their new building's site last Thursday.



Reminder Notice Of Public Hearing

Applicant: Manitoba Public Insurance Corporation

HEARING:

The Public Utilities Board (Board) anticipates holding a public hearing of an application from Manitoba Public Insurance Corporation (MPI) for approval of rates and premiums for compulsory vehicle and driver insurance as of March 1, 2017. The hearing would take place at the Board's Hearing Room, 4th Floor, 330 Portage Avenue, Winnipeg, MB (commencing at 9:00 a.m.) on October 13, 2016.

RATE IMPACT:

The Corporation is requesting approval for Basic Autopac vehicle and drivers licence insurance rates and premiums effective March 1, 2017, which, if approved, will result in 2% overall increase in MPI's Basic premium revenue (excluding the impact of vehicle upgrades and an increased overall driver and vehicle population). The Corporation is also requesting an Interest Rate Forecast Risk Factor, effective March 1, 2017, to be developed collaboratively through the General Rate Application process.

Actual vehicle and driver premiums would vary depending on claim and driving experience, insurance use, territory and vehicle rate group. Full particulars, including the rate impact and application, can be found on the Manitoba Public Insurance website www.mpi.mb.ca.

PARTICIPATION:

Parties wishing to submit a brief or to express comments at the hearing should contact the Board Secretary.

GENERAL INFORMATION:

Interested parties should take note that the Board does not have jurisdiction over the MPI lines of business denoted as Extension or SRE, or as to MPI's Driver and Vehicle Licensing operation.

Persons seeking further information as to MPI's application, or with respect to the Board's process, and/or wishing to address the public hearing in French should notify the Board Secretary.

As well, interested parties may examine MPI's application and supporting materials, either at the offices of the Corporation or on its website, or the Board's office.

The Manitoba Ombudsman has recently issued privacy guidelines for administrative tribunals. The Board is mindful of its obligations under those guidelines. Its decisions in respect of the application being considered will be sensitive to the guidelines. Personal information will not be disclosed unless it is appropriate and necessary to do so. However, the Board advises participants that these proceedings are public and that as a result, personal information protections are reduced.

CONTACT INFORMATION:

The Public Utilities Board
400-330 Portage Avenue
Winnipeg, MB R3C 0C4
Website: www.pub.gov.mb.ca

Telephone: 204-945-2638
Toll-Free: 1-866-854-3698
Email: publicutilities@gov.mb.ca

DATED this 10th day of September, 2016

"Original Signed By:"

Darren Christle, MPA, B.A., CCLP, P.Log. MCIT
Secretary/Executive Director
The Public Utilities Board



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Terry Fox's brother helps kick off run in Selkirk

By Dave Baxter

Cancer may have ultimately taken the life of Terry Fox, but before it did it changed his life for the better and made him a better person.

That was the message that Terry Fox's brother Fred Fox conveyed while speaking at the Gaynor Family Regional Library in Selkirk on Monday to the committee that is putting together this year's Selkirk Terry Fox Run.

The Selkirk Terry Fox Run takes place this Sunday starting at 1 p.m. at the Ag building in Selkirk Park and sees participants walk or run a five kilometre route through Selkirk, all with the goal of raising money for the Terry Fox Foundation.

Fred told the committee on Monday that when his brother was in hospital fighting the disease, Terry often overheard other cancer patients telling their families the grim news that there was a chance they would die as a result of their cancer.

"Terry said 'It was at that moment my heart grew larger,'" Fred told the committee. "It changed his life and he wanted to make a difference."

Fred said that although Terry feared for his own life when he was diag-



RECORD PHOTO BY DAVE BAXTER

Terry Fox's brother Fred Fox spoke at the Gaynor Family Regional Library in Selkirk on Monday to the committee that is putting together this year's Selkirk Terry Fox Run, which takes place this Sunday at 1 p.m. in Selkirk Park.

nosed with cancer, he often thought more about others who were fighting the disease.

"Terry would actually say that getting cancer made him a more caring person," Fred said.

Fred made a trip out to Selkirk on Monday just hours after getting off

a plane from Toronto, but he said he wanted to personally thank the people of Selkirk and the Selkirk Terry Fox Run Committee.

"Thank you for all that you do," he said. "I am Terry's brother, but it's you guys that are doing all the work keeping Terry's dream alive."

Selkirk Terry Fox Run chairperson Jana Pringle said the Terry Fox Run happens on the same day every year in cities and towns right across Canada, and raises millions for cancer research.

Pringle said the Selkirk Terry Fox Run invites all residents out to Selkirk Park on Sunday, and there is no minimum donation to take part in the event.

"We will take any pledge of any denomination," she said. "It can be anywhere from \$5 to \$500."

She added any resident can take part in the run and they can choose to walk or run, and only go as far as they feel comfortable.

Participants can show up on Sunday with a cash or cheque pledge to take part, and registration starts at noon on Sunday, with the walk starting at 1 p.m.

There will also be face painting for kids, a silent auction and a charity bingo game that will allow those who come out to play bingo games that will raise money for the Terry Fox Foundation.

Registration for the Selkirk Terry Fox Run can also be done online at terryfox.org.

Local donation brings new dragon boat to Selkirk

By Dave Baxter

A brand new dragon boat will soon be gliding through the water in Selkirk thanks to a big donation from a local business.

Last Friday Selkirk GM dealer principal Jason Sargent announced he recently made two large donations, with both of those donations influenced by his love of dragon boat racing.

One of those donations was a gift of \$5,000 to the Selkirk Canoe and Kayak Club that will allow the club to purchase a brand new dragon boat.

The club already has one 10-person dragon boat, but with the donation they will now be able to purchase a second boat.

Sargeant said he got involved with

dragon boat racing a few years ago, and he made the \$5,000 donation because he would like to see the sport grow in Selkirk.

"There are teams in Selkirk and they do kids dragon boats camps, but we really want to give this the chance to grow and make Selkirk teams really competitive," Sargent said.

Selkirk Canoe and Kayak Club director Bonnie Wynnobel said getting a second dragon boat is a very big deal for the club.

"Dragon boating is the best way for us to grow our club," Wynnobel said. "There is so much potential for our club to reach its goals now of having competitive dragon boat teams coming from the Selkirk Canoe and Kayak



SUBMITTED PHOTO

Steeltown Ford dealer principal Jason Sargent, pictured front and centre, seen here with his 10-man dragon boat team, recently made donations to both the Selkirk Canoe and Kayak Club and the Canadian Cancer Society.

Club."

Last weekend Steeltown Ford had both a 10-person men's team and a 10-person women's team take part in the Canadian Cancer Society Dragon Boat Challenge in Winnipeg.

The event also saw Sargent and others at Steeltown make a large donation that will go to the Canadian Cancer Society.

Sargent challenged both the Steeltown men's and women's dragon

boat teams by offering to match their pledges for the Canadian Cancer Society Dragon Boat Challenge up to \$2,500 per boat, and he ended up matching and donating \$5,000.

In total the men's and women's dragon boat teams from Steeltown Ford donated approximately \$15,000 to the Canadian Cancer society during the Canadian Cancer Society Dragon Boat Challenge last weekend.

The Selkirk Record

217 Clandeboye Ave., Selkirk

Proof Deadline **Fridays at 4 p.m.**

Booking Deadline

Mondays at 4 p.m.

Office Hours: Monday-Friday 9:30-5:00



Elevator helping Hearthstone group reach new heights

By Dave Baxter

The Hearthstone Community Group has a lot more space to do the work that they do, thanks to a new elevator that is now up and running inside their Selkirk building.

"This elevator will help us develop future programming on our upper level and give us the capacity to support more individuals in the community," Hearthstone Community Group general manager Lori Zdebiak said during a ribbon cutting ceremony for the new elevator last Tuesday. "We have almost tripled in size since moving to our new location, and the need is there to continue to develop programs and develop this building."

Hearthstone, which offers housing as well as a wide variety of services and programming for those living with disabilities, moved to their Superior Avenue headquarters in 2014.

On Tuesday afternoon the ribbon was cut to officially celebrate the opening of a new elevator, which will now allow clients and guests with mobility issues to travel from the first to the second floor.

Hearthstone client Linda Wilson and employee Christa Ravix took a ride on the elevator last week to show



RECORD PHOTO BY DAVE BAXTER

Hearthstone Community Group client Linda Wilson and employee Christa Ravix took a ride on the group's new elevator last Tuesday to show how it gets guests from the first to second floor at the Hearthstone building.

the crowd how it easily gets guests and clients from the first to the second floor.

The second floor at the building offers about 3,500 square feet of space in the approximately 9,000 square feet

building.

Both the province and the federal government contributed funding to help make the elevator a reality. Hearthstone received \$12,200 from the feds and \$5,000 from the province.

Zdebiak said the combined funds made up about half of the cost to get the elevator installed and Hearthstone covered the rest.

She said they now plan to create a gathering room on the second floor where clients can watch movies or hold dances, an exercise room, two new washrooms, and some smaller rooms for programming.

"We keep growing and growing, so it's so important that we can now use all of this space," she said.

Both Selkirk Interlake-Eastman MP James Bezan and Selkirk MLA Alan Lagimodiere attended Tuesday's ribbon cutting.

"You guys do amazing work," Bezan said. "Your volunteers, your board, your staff provide such essential services to those with different types of mobility issues, and I have to say that you are a valuable part of our community."

"It's such a great facility and there is so much growth to take place here, and really the area and the client base you have here can now expand."

For more information about Hearthstone Community Group and the services they offer, visit hearthstone-community-group.ca.

MPI funding school zone enforcement projects this month

Submitted

Manitoba Public Insurance is providing funding to five police agencies to conduct targeted, dedicated enforcement in school zones during September.

"Changing driver behaviour involves a three-pronged approach: education, awareness and law enforcement," Crown Services Minister Ron Schuler stated in a release last Friday. "These dedicated enforcement projects are highly visible and very effective."

"Unfortunately, too many drivers continue to drive dangerously through school zones."

This targeted enforcement campaign will be conducted by the Winnipeg Police Service, Brandon Police Service, RCMP, Winkler, and Morden.

"The speed limit rules - which are designed to enhance road safety in high pedestrian areas - require motorists to slow down to the posted speed when passing through

a school zone," said Ward Keith, vice-president, Business Development & Communications and chief product officer, Manitoba Public Insurance.

"School zones are clearly marked with very visual signs," said Keith. "Motorists are encouraged to be aware of their surroundings and travel zones."

Police agencies are committed to school zone safety and ensuring students safely travel to and from school.

"The Winnipeg Police Service would like to remind motorists that reduced school zones are back in effect." "Our officers and photo enforcement units will be visiting school zones across the city to provide a visible presence and re-enforce

good driving behavior in these zones," said WPS Staff. Sgt. Rob Riffel.

To assist with school-zone safety and heighten awareness about vehicle speeds, Manitoba Public Insurance offers to loan out speed reader boards through its SpeedWatch program. School or parent groups can borrow the equipment to raise drivers' awareness of their speed as they pass through school zones.

Those interested can call Manitoba Public Insurance's SpeedWatch coordinator at 204-985-8737 or 1-888-767-7640 (toll free).

To avoid a collision, drivers, parents and pedestrians are encouraged to

observe the following safety tips:

- Look well ahead to spot school buses and school zone signs; reduce speed in school zones, and wait for children to cross completely before proceeding.

- Stop at least five metres behind a school bus when the upper red lights are flashing, and do not proceed until the "stop sign" is closed and the red lights stop flashing. Motorists travelling in both directions must stop for the school bus, except if the road is divided by a median.

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SELKIRK COMMUNITY RENEWAL CORPORATION

COMMUNITY FORUM

The Selkirk Community Renewal Corporation (SCRC) requires your feedback and input for completion of our new 2017-2022 Neighbourhood Renewal Plan. We will be hosting three (3) Community Forums, facilitated by Jaime Bouw on the following:

Tue., Sept. 13/16 @ 6:30pm Location- Daerwood School
Wed., Sept. 21/16 @ 6:30pm Location- Ruth Hooker School
Thur., Sept. 29/16 @ 1:00pm Location- Gaynor Family Regional Library

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For more information please visit our website at www.selkirkcra.ca

If you have any further questions please contact Ashley Monkman or Kristy Magnusson at scrc@selkirkcra.ca or call 204-482-7005.

St. George Wakefield Anglican Church Parishioners will hold their

Annual Fall Tea & Bazaar

Sunday, Sept. 25, 2016
11:00 am - 2:30 pm
Clandeboyne Community Hall

- Home Baking
- Sewing & Crafts
- Rainbow Auction
- Harvest Items
- Fish Pond
- Raffles
- Door Prize

Bring a friend and enjoy lunch

Schools using social media to keep parents informed

By Lindsey Enns

Schools within the Lord Selkirk School Division are slowly getting on board with social media in an effort to showcase what's going on inside their classrooms.

Walter Whyte School principal Gloria Juvonen said Twitter, Instagram and Facebook are great tools when it comes to keeping parents and community members informed.

She added it's also a great way to connect with students.

"It allows you to connect with the kids at their level and what they're doing and they love to have their pictures taken," Juvonen said. "It's another way of connecting and engaging with the kids."

Juvonen, who helps run the school's social media pages, said she'll often pop into classrooms and take pictures to post online to showcase what students are working on.

"Students are proud to see their work and showcase what they're doing," she said. "And then their parents



RECORD PHOTO BY LINDSEY ENNS

Walter Whyte School students Emma Cheif, pictured left, and April Baxter get some help from educational assistant Joan Merton during their Grade 7 math class last Wednesday. The school is among the several others within the Lord Selkirk School Division using social media to help keep parents and communities informed.

get to see exactly in the moment what they're doing at school.

"It's kind of neat way of finding out what's going on at the school and cel-

ebrating the learning we're doing."

Happy Thought School principal Nancy Lovenjak said that although their school hasn't joined Twitter yet, they plan to look into it in the near future.

"Parents are really into it," Lovenjak said. "It's great but it's a lot of work too."

Lovenjak said she plans to discuss the idea with the school's parent council advisory sometime year.

She added École Bonaventure, the Comp, St. Andrews School and the LSSD are all very active on social media.

Juvoene said since Walter Whyte is located in Grand Marais, it's even more important for them to be active online.

She added all students have to have permission to have their photos taken and she never posts names with her photos online.

There are currently roughly 110 students in kindergarten to Grade 9 that attend Walter Whyte School.

Students head back to school



RECORD PHOTOS BY LINDSEY ENNS

ABOVE: Walter Whyte School school principal Gloria Juvonen, pictured far right, helps push students around on the space capsule outside their school during their first day back to school last Wednesday.

BELOW: Grade 6 student Darci Omeasoo-Fontaine plays outside Walter Whyte School last Wednesday.



Lena Kublick named new LSSD school board chair

By Lindsey Enns

Lena Kublick has been named the new chair of the Lord Selkirk School Division (LSSD) school board.

During its re-organizational meeting last Tuesday, the board of trustees elected Kublick to serve as the board's chair while former chair Jean Oliver will serve as vice-chair for the 2016-17 school year.

"We extend our congratulations to Mrs. Kublick and Mrs. Oliver and express our appreciation for their leadership, both in the past and in the future," the LSSD said in a release last week.

Kublick, who has served as a trustee on the school board for 11 years and on various parent advisory councils for 15 years, said her combined experience will serve her well in her new role.

"I've had the benefit of working with the best," Kublick said. "I'm looking forward to collaborating with my colleagues."

"We have diverse board members and I think that's one of the strengths of our board, we're collaborative and problem solvers. It's an incredible team."

Oliver has served as the school board chair for 15 years and as a trustee for 25 years and Kublick said she's looking forward to continuing to work



LENA KUBLICK

with her.

"Jean Oliver has been an amazing leader and I've had an opportunity to work with extremely experienced and well versed trustees," she said. "Jean has been a fixture in our division for a couple of decades and I consider her to be the best and a wonderful mentor."

In an earlier interview with the *Record*, Oliver said she doesn't plan on running during the next school board elections in 2018.

School board meetings are held every first and third Tuesday of the month starting at 7 p.m. at the LSSD Board Office located at 205 Mercy St.

Board meetings are open to the public.

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Selkirk Relay for Life

Hundreds lace up to raise cash for cancer research

By Dave Baxter

Melody Smith still remembers the fear she felt when her doctor told her she had breast cancer.

"I was absolutely terrified," Smith, a breast cancer survivor and Selkirk resident said.

Smith was first diagnosed with the disease about three years ago and now she is a cancer survivor.

Smith was among the hundreds who took part in last Saturday's Selkirk Relay for Life at the track at the Selkirk Comp.

The Relay for Life saw teams that had raised money for the Canadian Cancer Society walking and running at the track last Saturday.

Organizers of the event said they didn't know as of Monday's press deadline how much the event raised this year, but estimated about 300 people took part, with teams in the relay having anywhere from two to 27 members.

Smith set up the Survivor Tent at the event as a place where cancer survivors and those fighting the disease



ABOVE LEFT: Cancer survivors Sally Budolowski and Syndi Prokopich were guests of honour at this year's Selkirk Relay for Life and took part in the first lap of the event last Saturday. ABOVE RIGHT: Melody Smith, who has fought and beat breast cancer, set up the Survivor Tent at the Selkirk Relay for Life last Saturday.

could gather.

She said she knows that other cancer survivors and their families can relate to the hardships and struggles that her and her family have dealt with.

"When I was first diagnosed three years ago I thought I was the only one going through this," Smith said.

She said she soon found out she

would form immediate bonds with others who were also fighting the disease.

"You see each other in chemotherapy, or the doctor's office, or at radiation treatments, so there is that bond."

Everyone registered at the Survivor Tent received a survivor T-shirt and a hand-painted mug. Cancer survivors were guests of honour at the event, and did the very first lap at the relay

on Saturday.

Smith added anyone who had fought and beat cancer or was currently fighting the disease was considered a survivor at the relay.

Event organizer Melissa Partridge said the event also raised money through silent auctions, a barbecue and other fundraisers, with 100 per cent of proceeds going to the Canadian Cancer Society.

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Manitoba to host International One Welfare Conference

Submitted

Manitoba Health, Seniors and Active Living and Manitoba Agriculture are co-hosting the International One Welfare Conference in Winnipeg this month, with a focus on complex social situations where human and animal health are involved.

The conference focuses on issues like hoarding, on-farm animal welfare, and the links between animal and family abuse.

The conference will take place from Sept. 26 and 27 at the Radisson Hotel in Winnipeg. Some of the speakers include:

- Darlene Chalmers, assistant professor, University of Regina, with research focused on how the bond between humans and animals contribute to human health and well-being including the use of horses and dogs in addiction treatment and mental wellness programs;

- Phil Arkow, one of the founders of the National Link Coalition – the National Resource Centre on the Link between Animal Abuse and Human Violence, who is an internationally recognized lecturer, author and educator currently based in New Jersey;

- Michael Rosmann, clinical psychologist, farmer, writer and professor at the University of Iowa;

- Gary Vroegindewey, chair of an international group on disaster management and risk reduction for animal health and welfare, and director of the One Health program at Lincoln Memorial College of Veterinary Medicine in Tennessee; and

- Christiana Bratitotis, assistant professor at Portland State University, a cognitive behavioural therapist and author of The Hoarding Handbook: A Guide for Human Service Professionals.

The conference features a keynote address from Lt.-Gen. (Ret.) Romeo A. Dallaire during a dinner on Sept. 26. His presentation will focus on post-traumatic stress disorder, how it affects his humanitarian work and what can be done to support professionals who are affected by workplace-related trauma.

Individuals can also choose to attend an additional training session on psychological first aid, presented by the Canadian Red Cross.

For more information visit onewelfareconference.ca.



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Firefighters, officers to face off at fitness competition

Staff

Police officers and emergency crew members from across the Interlake are gearing up to compete during this weekend's fourth annual Selkirk and area Emergency Services Fitness Challenge.

The 2016 challenge, commonly re-

ferred to as Guns vs. Hoses, will take place this Saturday, Sept. 17 at 11 a.m. in the parking lot to the west of the Selkirk Walmart store. Funds raised will be donated to the winning team's charity of choice.

Last year's event was won by the West St. Paul Fire Department who

donated the funds raised to the Fallen Firefighter's Fund.

To date, the event has raised \$2,500 for charity.

This year's event will include an emergency vehicle show and shine, a dunk tank and will feature food and refreshments provided by the local Boston Pizza, Dairy Queen and Canada Safeway.

The event consists of six legs (five individuals and one team station). The stations include a tire run (fast feet in a series of tires), tractor tire flip, ram carry/door breach, dummy drag, sledgehammer sled and a fire truck pull (team station).

The event started in 2013 when members of the Selkirk RCMP challenged members of the Selkirk Fire Department to a small fitness competition.

The purpose of the event was to promote physical fitness, improve inter-agency relations and raise money for charity.

The inaugural event included two RCMP teams and one Selkirk Fire Department team and has since expanded to include Interlake EMS and fire departments including teams from East Selkirk, St. Andrews, East St. Paul and West St. Paul.

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Gerdau opens doors for celebration



RECORD PHOTO BY DAVE BAXTER

Gerdau Manitoba Mill employee Kirk gave Selkirk residents Brenda and Hobie Searles a guided tour of the Gerdau Manitoba Mill on Monday during the mill's first ever open house event. The open house let guests take guided tours through the mill, and learn more about what goes on within its walls. The open house was held to celebrate the 100th year of the Gerdau Manitoba Mill in Selkirk.

Dog House Raffle



First Place



Second Place

Friends from the Manitoba Underdogs Rescue join Michelle Balharry (Selkirk Record) and Bev Clegg (Selkirk & District Community Foundation) for the Dog House Raffle at the final D.O.G Days of Summer at the Selkirk Waterfront. First place winners were Lori and Kenny Grove who chose the dog house painted by Selkirk Friendship Centre Daycare. Second place winner was Destin Grove (pictured with his dog Sky) and the third place winner was Our Daily Bread Soup Kitchen.

All proceeds from the raffle went to the Foundation's Scholarships & Bursaries Fund.



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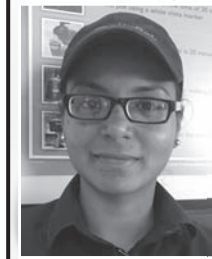
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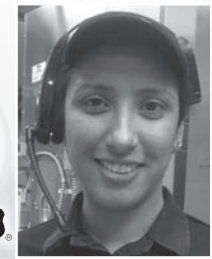
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Renovating a Historic Home

Living in an historic home can be a labor of love. The history and the distinct architecture of historic homes draw buyers to such properties, but what historic homes have in regard to history they often lack in the conveniences of modern life, forcing many historic-home owners to make renovations to bring their homes into the 21st century.

Historic-home renovations differ from other types of modifications. According to the Victorian Preservation Association, renovation is getting a home back to where it may have been when originally built, but making concessions for today's lifestyle. Preservation is the act of maintaining a structure in its current historic state, and restoration is returning a home to its original state. Unless a homeowner plans to use an outhouse or live with-

out electricity, the majority of work done on historic properties is likely to fall into the category of a renovation.

Renovating an aging structure can be fulfilling and help to make a home more functional. But make no mistake, such a renovation is a major undertaking. Before beginning, it pays to hire a professional consultant with expertise in renovating historic properties. He or she can inspect the property to determine which areas of the home are safe and which will need to be upgraded. A professional inspection also can determine if any deficiencies lie hidden in the structure. Potential concerns can be toxic paints and other substances, building code issues, rotting, and structural settling. Professionals will know what to look for and guide homeowners accordingly.

Homeowners also may want to

consult with a preservation association, community restoration group or general owner-builder group. These people can refer homeowners to the craftspeople and materials that will be needed for a job. Homeowners can request to see other historic properties in the area and learn what those owners did to maintain the integrity

of a home when using newer materials.

Craftspeople should have experience with historic homes and a sensitivity and appreciation of renovating

Continued on page 20

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What To Expect With a Tree Removal

Trees serve many purposes for a landscape, providing shade and habitats for birds and other animals and serving as natural blinds between two homes. Trees are often beautiful elements of a natural landscape, adding aesthetic appeal to a property or even an entire community. But there are times when a tree must be removed, an action that, in many instances, requires the services of a professional tree service.

A tree with roots invading the foundation of a home or infringing on a patio or walkway can become a safety hazard. Other trees may cast shade where a pool is planned or cause disagreements between neighbors when the tree straddles a property line. These are instances when tree removal will be necessary, and a reputable service can advise as to the best

methods for ridding the property of the troublesome tree.

Homeowners will need to do a bit of planning and research to remove trees safely and securely. It is best to contact a variety of different tree removal services and compare their offerings and prices. The cost of a tree removal will vary depending on various factors, including the height of the tree, its width, the number of branches it has, its location on a property and the proximity of that location to potential hazards like power lines. Tree removal may range from a few hundred dollars to several thousand.

When a tree is being removed, most of the branches will be removed to make the tree more manageable. Trees are rarely chopped at the base and allowed to fall, as there simply isn't enough room to safely take this approach. Sections of the tree will be cut, roped off and slowly lowered. A climber will scale the tree or use a cherry picker machine to reach the top of the tree to facilitate the process.

The pieces of the tree will be loaded into a wood-chipper for grinding before they are hauled away. Larger, heavier portions of the stumps may need to be moved later on with machinery. Hauling trees off the property may cost extra, so it is important that homeowners read their contract thoroughly before signing on the dotted line.

Additional costs may be factored into the bill. These can include stump-and-root grinding. Trees will be cut down to the stump. To prevent eyesores or tripping hazards, some homeowners opt to have the stumps ground down into sawdust. This will not remove all of the roots but will take care of most of the above-ground portion of the remaining stump. It is usually up to the homeowner to discard the sawdust or use it as a mulching material.

Expect the ground around the former tree to be soft, and there may be a depression depending on how much stump grinding took place. Some people prefer to wait a season for the ground to recover before planting something new. It may take a while for grass to sprout where a tree was once located, and there may be bare spots when grass starts to grow in.

Tree removal can be an expensive venture but is necessary for different reasons. Be sure that tree-removal services are fully insured before signing a contract. For professional tree removal service in Selkirk and surrounding areas contact Step Up Tree Removal at 204-785-3273.

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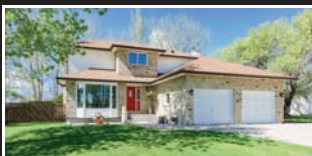
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These Home Improvements May Actually Lower Home Value

Home improvements are typically made to improve the functionality and look of a home, but renovations also can increase the value of a home. Certain changes to a home can make it more attractive to prospective buyers, while other renovations may make a home less appealing. For example, a complete overhaul of an outdated kitchen is often a smart financial move, while installing a pool or hot tub may not be worth the cost to homeowners. Separating the good from the bad renovations makes smart financial sense, and homeowners looking to improve their homes' resale values may want to avoid the following projects.

* Bedroom and garage conversions: Changing a room's traditional function often turns off buyers. For example, turning a garage into a home gym might seem like a great idea for you, but it may not be so appealing to prospective buyers. Buyers can certainly reconvert the space, but they would consider the costs of such a conversion when making their offers on the home.

* Stylized colors on trims and rooms: Painting over unappealing colors is a project many homeowners can handle. However, some may be discouraged by a home that has too many bright colors or textures on the walls and trims. Buyers often want homes that are move-in ready, meaning they can get settled in before undertaking large projects. A living room painted in purple or zebra print may not fit the design scheme of many buyers. Dark colors do not easily disappear, and taping off and painting trimwork or changing it entirely can be equally time-consuming. Stick with neutral colors when selling a home,

even if this means giving rooms a new coat of paint before putting your house on the market.

* Outdoor hot tubs and indoor spa tubs: Many people find soaking in a bubbling brew of hot water quite inviting. But buyers often do not want to inherit a used hot tub. Although hot tubs are cleaned and maintained with sanitizing chemicals, some people may view them as unsanitary. Removing a hot tub can be labor-intensive. And much like a pool, a hot tub may not be appealing to buyers with young children.

* Removing closets: Closet space is often high on buyers' priority lists. Turning closet space into an office or removing a closet to make a room bigger may be fine for those who are staying put. But these modifications can be a turn-off to prospective buyers.

* Too many features: In an effort to "keep up with the Joneses," some homeowners will over-improve their home to the point that it outshines all others on the street. There is a case for having nice things, but homeowners may struggle to sell a home that is disproportionate to other homes in the area. Practice moderation when making improvements to attract more buyers.

These suggestions are merely guidelines and should not replace the advice of a reputable real estate agent when marketing a home. Housing features and what buyers are interested in vary across the country. Some items may be desirable in specific areas but undesirable elsewhere. Making informed choices before renovating can help homeowners recoup the largest share of their investments



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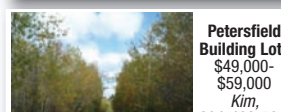
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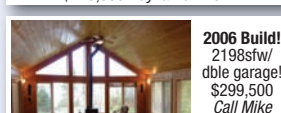
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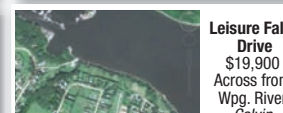
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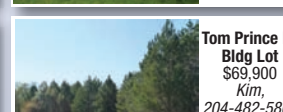
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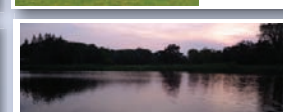
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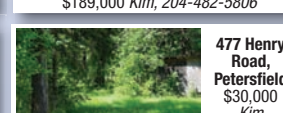
10 Morris Place, Petersfield
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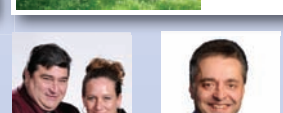
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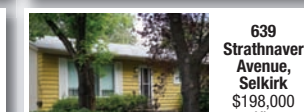
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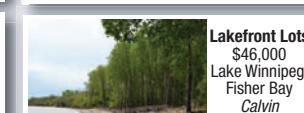
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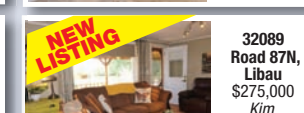
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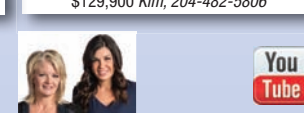
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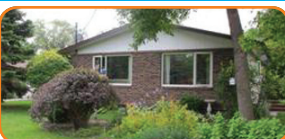
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> HISTORIC HOME, FROM PG. 17

older properties. Homeowners always should see examples of a craftsman's work and verify references from each contractor before hiring anyone to work on the property.

Homeowners who want to include traditional hardware and other period details in their homes may be able to find quality replicas of historic milling materials, while others may want to scour antique shops or salvage yards for era-appropriate materials.

Historic renovations can be costly and have a tendency to go over budget because of unforeseen damage and hazards that have to be repaired so the

building is up to code. Going into the project with this in mind can help soften the blow of extra costs down the road.

Historic homes can be beautiful and appeal to buyers who appreciate the one-of-a-kind nature of older properties. Renovating historic homes may take time and money, but the results may be well worth the effort.

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Cluck and Quack sale coming to Stonewall Sept. 24, 25

Staff

For the second year, the Cluck and Quack Poultry Club is bringing its poultry and small animal sale to Stonewall.

This year marks the club's 14th sale, with the first dozen held in Beausejour before setting up last year at the Red Barn, located at Provincial Road 236 and Road 75N.

"The sale held in Stonewall last year was a trial to see how well we could do outside the 'home base' and it really did exceed our expectations with a

remarkably large public attendance," said long-time club member Al Harris.

Based on last year's success, the fall event is returning to the Red Barn on Sept. 24 and 25 from 10 a.m. to 4 p.m., featuring exotic breeds of poultry for sale. Other sale items include rabbits, ducks, geese, pheasants, peacocks, goats, sheep, crafts and preserves. Industry representatives and crafters can also apply.

Vendors can sell from horse stalls or from their trucks

within an assigned area, and they're responsible for providing their own tables and cages for display.

Registration fees cost \$15 for club members and \$25 for non-members. To reserve a space, contact Harris at 204-467-8654 or govilon@mymts.net.

In addition to the chance to participate in the sale, Cluck and Quack membership provides a valuable networking opportunity with people who share similar interests. Members can participate in judged shows, agricul-

tural events, and health and feeding seminars. As well, they receive a membership directory that lists the birds and animals of each member. Each spring, members look forward to a popular open auction.

Members can also participate in meetings held in February, April, June, October and December. Items that members are hoping to buy or sell are listed in the meeting minutes or online at www.cluckandquack.ca.

New group offers mental support for new moms

By Jennifer McFee

Pregnant women and new moms are invited to participate in a new workshop in Teulon designed to help them cope with the many changes in their lives.

Offered by the Interlake-Eastern Regional Health Authority, the Coping with Change educational program promotes maternal mental health through a woman-centred approach.

Geared for pregnant women and postpartum moms with babies up to about a year old, the program aims to provide assistance in the transition to mothering, which is not always easy.

Community mental health worker Liane Knoll-Kowk hopes to gather a group of up to 15 women to take part.

"We're going to be talking about the birth experience and its effects on their emotions and emotional adjustments in general during the postpartum period. We're going to normalize the spectrum because it's a huge spectrum. Some moms have a real tough go and some moms don't. It's hard to sometimes find the language when you talk about that," she said.

"We'll be talking about relationships and how those change after the baby arrives. And we'll be talking about how to break isolation because, especially in rural Manitoba, you see so much of that. We'll also be talking about self care and learning some new coping strategies."

New moms will have the chance to voice their own realities of mothering while also developing connections with others.

"I think it would be exciting if they could develop a network within their own area as well because so many of them feel so alone and they're afraid to talk," Knoll-Kowk said.

"Moms always think that it should all be coming naturally to them, but moms aren't born to mother — they learn that behaviour. It's so good to hear that you don't have to love everything about it. It's not an easy thing."

The group will meet Thursdays at the Teulon United Church CE Building (80 3rd Ave. SE) from 6:30 to 8 p.m. starting on Sept. 29 and wrapping up on Oct. 27 or at a later date, depending on the needs of the group.

There is no childcare available for older children, so the group will be for moms who come on their own or with their new babies. Women from any area are welcome to attend.

Knoll-Kowk hopes to bring the group to rest of the region over the next year to promote maternal health and to potentially prevent or decrease mental illness.

For more information or to pre-register, contact Knoll-Kowk at 204-785-7533.



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Gwen Fox Gallery hosting members show this month

By Lindsey Enns

More than 40 artists from across the Interlake are teaming up for this month's members art show and sale at the Gwen Fox Gallery.

This is the second members show the Selkirk gallery has hosted this year.

This month's show features 82 pieces of original art by 42 artists from Selkirk and area, Gimli, Stonewall, Balmoral and Gunton.

The colourful and creative pieces range from paintings, carvings, multi media as well as pottery.

Brenda Hedberg, who is among the group of painters participating in this month's art show, said deciding where to hang the pieces in the gallery can sometimes be a daunting task.

"The most important consideration is colour," Hedberg said while sitting inside the Gwen Fox Gallery last Wednesday afternoon. "If one piece is overpowered by the strength of another, it doesn't do it justice."

Hedberg said being able to have her paintings hung alongside other pieces is a great experience.

"I always find that my art looks better when it's hung in a real gallery," she said with a smile. "It always looks



RECORD PHOTO BY LINDSEY ENNS

Pictured from left to right, local artists Brenda Hedberg, Yvonne Sabirsh and Johanna Vrienten stand next to an acrylic painting entitled "Visions of Aurora" by Charley Waters of Gimli that is being featured in this month's members show at the Gwen Fox Gallery. The show features 82 pieces of original art by 42 artists from across the Interlake.

better ... hanging beside other real art."

Yvonne Sabirsh, who is also one of the painters participating, said mem-

"I ALWAYS FIND THAT MY ART LOOKS BETTER WHEN IT'S HUNG IN A REAL GALLERY."

bers shows are some of the most interesting due to the volume of variety.

"There's so much variety of artwork," Sabirsh said. "You really feel good belonging to a group like this."

"It's like a little community."

Hedberg said some of the painters involved in this month's show have been painting for more than 40 years.

"So for us to be part of a group that's been painting for so much longer ... I mean what a privilege."

This month's members show runs until the end of September.

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

For more information, visit gwenfox-gallery.com.

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Selkirk art gallery gets a new look

RECORD PHOTO BY LINDSEY ENNS

The Gwen Fox Gallery has unveiled a new logo. The colourful design of a woman wearing a hat riding a bicycle can now be seen at the front of the Selkirk gallery located at 101-250 Manitoba Ave. (on the corner of Main Street and Manitoba Avenue). The new design, unveiled last month, was created by Irene Pohorecka of Lockport.



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Annual General Meeting & Registration Night

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NOTICE OF ANNUAL GENERAL MEETING

The Selkirk Community Renewal Corporation (SCRC) will be holding its Annual General Meeting on **Thursday, September 29, 2016 at 5:30 p.m. at the Gaynor Family Regional Library.**

Elections for the Board of Directors will be held at this time. The SCRC invites you to become a part of this exciting initiative sponsored by Neighbourhoods Alive!

For Membership & Board of Directors information please contact Ashley or Kristy at scrc@selkirkcrrc.ca or call us at 204-482-7005.

Everyone Welcome!

Your Wedding



How To Build Your Wedding Budget

Couples engaged to be married have a lot on their plates as they begin planning their weddings. Whereas tradition once demanded parents of the bride pay for a couple's wedding, nowadays more and more engaged couples are completely or partially financing their own nuptials. That means prospective brides and grooms must develop wedding budgets that won't ensure their first act as Mr. and Mrs. is paying down debt.

In its 2015 Real Weddings Study, on-line bridal resource The Knot found that many couples still receive substantial financial support from their parents to pay for their weddings. The survey found that, on average, the bride's parent's contributed 44 percent of the overall wedding budget in 2015, while couples financed 43 percent (the remaining 13 percent was financed by the groom's parents and additional sources). Couples who hope to follow that formula or pay for their weddings on their own can heed the following tips to build wedding budgets that won't break the bank but will still ensure a day to remember forever.

Examine your collective finances. Few couples know the details of each other's finances before getting engaged. While some may still hesitate to share their personal financial information upon getting engaged, an open and honest discussion and examination of each person's finances is the only way to develop a realistic wedding budget that both partners can live with. Once couples know what they can contribute, they can then consult their parents to determine if their mothers and fathers are intending to contribute.

tribute.

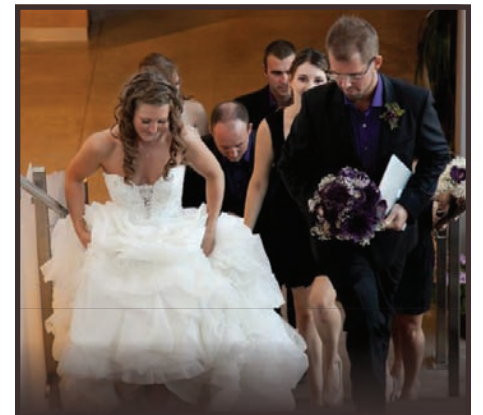
- Develop a preliminary guest list. A preliminary guest list can give couples an idea of how large and expensive their weddings will be. According to the Real Weddings Study, the average cost per wedding guest in 2015 was \$237. While that cost can vary greatly depending on geography and other factors, couples should keep that figure in mind when drafting their guest lists. If need be, keep costs down by trimming the guest list so it includes only close family members and friends.

- Don't count on gifts. Many couples justify runaway wedding budgets by telling themselves that they will ultimately get the money back via wedding gifts. While many guests will give financial

gifts, counting on such windfalls is a recipe for accruing debt. Do not build potential wedding gifts into your wedding budget. If you do so and your expectations fall short, you could be facing considerable debt upon returning home from your honeymoon.

- Gather quotes before choosing where to tie the knot. Where couples get married will have a great impact on how much money they will spend on their weddings. Venues within the same city can vary greatly with regard to pricing and offerings as well, so couples should give themselves ample time to gather quotes and find an affordable venue they like.

- Build extra costs into your budget. When determining a budget you can live with, remember to include a little extra for unforeseen costs. Weddings are large undertakings, and it's reasonable to expect some unforeseen costs to arise. Building such costs into your initial budget will make these unforeseen circumstances that much easier to handle.



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RM of West St. Paul seeks funds for wastewater project

Mayor says they are 'shovel ready'

By Dave Baxter

West St. Paul council has voted to submit a funding application, as they

look to get funding from both the federal and provincial governments to bring wastewater services to more

homes in the community.

During their regular meeting of council on Aug. 23, council voted unanimously to support an application to the Clean Water and Wastewater Fund.

dock Street, Nye Avenue and Evelyn Avenue wastewater sewer, the Minnehaha Avenue, Kenabeek Street and Hiawatha Avenue wastewater sewer, and the Rossmore Avenue wastewater sewer.

West St. Paul Mayor Bruce Henley said council was in a position to put in the application because these three projects are "shovel ready."

"We are notifying the community that there is a new funding intake closed on Aug. 26, and we applied for those homes to be part of the fund application," Henley said. "We submitted, as we are shovel ready."

In a statement, the RM said the funding application "would cover approximately 200 homes in this future phase catchment area with the ability to have connections on this new infrastructure to add another 500 homes as future build out of the areas within this catchment area occurs."

The total value of the three areas the municipality is applying for is

\$7.8 million, and the municipality said they would only proceed when they get confirmation of funding.

The Clean Water and Wastewater Fund is a federal-provincial cost shared program based on a 1/2 federal, 1/4 provincial and a 1/4 municipal share that will provide funding towards infrastructure over the next three years for "immediate improvements to municipal water, wastewater distribution and treatment infrastructure."

If the funding is approved it would support the Bal-

WSP Fire Department performing free smoke alarm inspections

Submitted

Firefighters from West St. Paul Fire Department are visiting local neighborhoods to perform free smoke alarm inspections and installing smoke alarms as part of the S.A.F.E. Family program (Smoke Alarms for Every Family).

Fire department representatives will be checking to ensure that residences have the required number of smoke alarms and that they are in working order. If residents require additional smoke alarms or have alarms that are not working, fire department personnel will install 10-year lithium battery smoke alarms at no cost.

According to the National Fire Protection Association (NFPA), the international non-profit leader in fire, electrical, building and life safety and official sponsor of Fire Prevention Week, working smoke alarms are the key to saving lives from fire. Smoke alarms are the most effective early warning device there is and a working smoke alarm in your home would increase your chance of survival by fifty per cent.

"Our goal is to make sure residents have the protection of a smoke alarm," says the West St. Paul Fire Department. "Because smoke alarms alone won't prevent every fire death. Our project includes educating residents to have a home fire escape plan so they know what to do if the smoke alarm sounds."

During the S.A.F.E. Family program, local firefighters will fan out through the area, visiting residents in Rivercrest, Lister Rapids and Riverdale, residents who wish to schedule a home visit should call the municipality at 204-338-0306.

The S.A.F.E. Family program (Smoke Alarms for Every Family) is a province-wide initiative sponsored by Office of the Fire Commissioner, Red River Mutual, Firefighters Burn Fund and the Manitoba Association of Fire Chiefs.

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City of Selkirk joins other communities for peace festival

Submitted

The City of Selkirk joined communities around the City of Winnipeg in raising a Peace Flag at 9 a.m. last Friday to help launch the seventh annual Festival of Peace and Compassion, running in Winnipeg from Sept. 11 to 25.

Peace Days began in 2010, inspired by Rotary World Peace Partners, and the City of Winnipeg has held various events over the years to celebrate the United Nations International Day of Peace, which is Sept. 21 each year.

This year, a request went out to a number of neighbouring communities to raise a flag in honour of Peace Days and help launch the celebration.

City of Selkirk Mayor Larry Johannson said Selkirk council was happy to support Winnipeg in its efforts to spread the message of a worthy cause.

"Supporting efforts to make the world a more peaceful place is some-

thing we want to be part of. We're honoured to support our neighbours in Winnipeg in this effort," Johannson said. "In Selkirk, we try to build community all the time, and this is community building with our neighbours, and Peace Days is community building on a larger scale."

Marcia Bilkoski, president of the Selkirk Rotary Club, was thrilled the city was playing a role in such an important event.

"Peace Days is a creation of the Rotary District 5550 World Peace Partners. Everyone celebrates peace in their own way," Bilkoski said. "Today we hope to sow seeds for peace in our community and around the world by raising the Peace Day Flag, which will fly all weekend."

A flag raising ceremony was held at the City of Selkirk Civic Office at 9 a.m. Friday, Sept. 9; simultaneously along with eight other Manitoba communities.



SUBMITTED PHOTO

The City of Selkirk joined communities around the City of Winnipeg in raising a Peace Flag at 9 a.m. last Friday to help launch the seventh annual Festival of Peace and Compassion. The festival runs in Winnipeg until Sept. 25.

Selkirk MLA hosts meet and greet



RECORD PHOTO BY DAVE BAXTER

Selkirk MLA Alan Lagimodiere, pictured right, shakes hands with one of his constituents during a meet and greet event held outside his office on Main Street in Selkirk last Friday afternoon. The meet and greet invited residents to come and chat with Lagimodiere who was voted into office in the Selkirk constituency back in April. The meet and greet also featured a charity BBQ with all money raised going to Nova House women's shelter.

Local store manager earns special scholarship

Staff

A Selkirk store manager has earned herself a nearly \$9,000 scholarship.

Wendy Lang, Selkirk Home Hardware Building Centre's store manager, is this year's recipient of the Home Hardware North American Retail Hardware Association (NRHA) Retail Management Certification Program Scholarship valued at \$8,166.

The program, offered through the NRHA, will take place in Indianapolis this fall.

To apply, scholarship candidates completed an essay and participated in a phone interview with program administrators. Following this process, a successful applicant was chosen by an NRHA selection committee.

"The scholarship selection committee was very impressed with Wendy's superior organizational skills and her vision for expanding Home Hardware's future use of technology," said Scott Wright, executive director of the Retail Leadership Institute at NRHA.

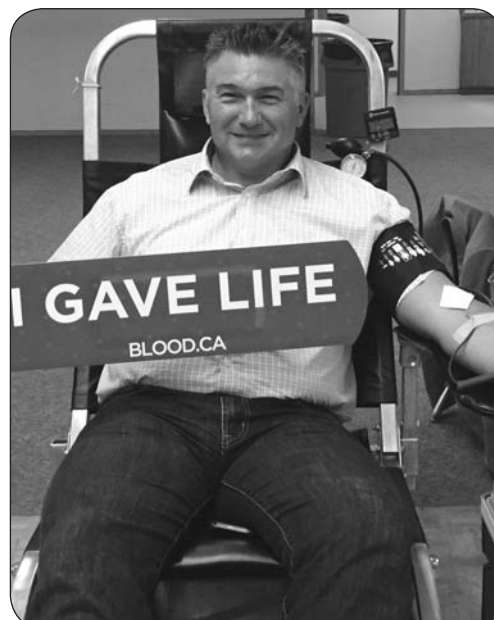
Dozens join walk for awareness



SUBMITTED PHOTO

Dozens took part in this year's World Suicide Prevention Day walk in Selkirk last Saturday afternoon. Lacey Smith, who along with her mother and two sisters, started organizing the walk in 2012 in an effort to raise awareness at the local level about the prevalence of suicide.

Bezan hosts blood donor clinic



SUBMITTED PHOTO

Selkirk Interlake-Eastman MP James Bezan gave blood and gave up some of his time to host a blood clinic in Selkirk last week. Bezan hosted the Selkirk Community Blood Donor Clinic at the Selkirk Rec Complex last Tuesday in an effort to recruit new donors and to fill appointments at the clinic. A blood clinic happens in Selkirk on the first Tuesday of every month and anyone that would like to book an appointment to give blood can visit blood.ca.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Selkirk whips Winnipeg twice in pre-season action

By Brian Bowman

There were plenty of positives from the Selkirk Steelers' two pre-season games against the Winnipeg Blues last weekend.

And, along with that, were a couple of victories.

Selkirk defeated Winnipeg 5-2 on Friday at home and then downed the Blues 5-3 Saturday at the MTS Iceplex.

"It was a good start to the season," said Steelers' head coach Dustin Hughes. "We treated it as a split-squad scenario where we had half of our returning guys in the lineup both games and we gave some opportunities to some young guys."

In Saturday's win, Braden Shea snapped a 3-3 tie midway in the third and then Jake Dudar added an insurance marker just 1:02 later to secure the win.

Selkirk had grabbed a 3-1 lead by the midway mark of the second period as Taylor Fisher scored in the first period and then Adam Withers, a Kenora Thistles product, and Carter Barley added power-play goals in the middle frame.

Shanan McFadden, Levi Cudmore, and Matt LeBlanc scored for the Blues.

Hayden Dola and Nik Anderson were in goal for Selkirk.

Last Friday, Selkirk dumped Winnipeg 5-2 as Withers and Riley Giauque each scored twice. Shea scored the Steelers' other goal in the third period.

Rocky Copesky and Joel MacGillivray replied for Winnipeg. Brett Friese and Nik Anderson were in goal for Selkirk.

The Steelers started their pre-season with a 3-1 home loss to the Steinbach Pistons in a rookie game Sept. 6 at the Selkirk Rec Complex.

Cody Merritt opened the game's scoring and then Caleb Paisley put Steinbach up 2-0 by the 15:44 mark of the first period.

Curtis Ireland gave the visitors a 3-0 lead midway in the second period before Reid Robertson snapped Steinbach's shutout bid 38 seconds into the third period. That goal was assisted by Curtis Rebeck and Milan Horanski.

Steinbach outshot Selkirk 46-12 while both teams were 0-for-3 on the power play.

"It was a really good game for our goaltenders," Hughes said. "We purposely held out some of our younger guys to give some other younger guys



RECORD PHOTO BY BRETT MITCHELL

The Steelers' Braden Shea moves the puck along the boards as teammate Riley Giauque looks on during preseason action Friday against the Winnipeg Blues.

an opportunity that they wouldn't have had an opportunity if we had all of our guys in there."

Riley Buhay and Austin Deboer split the goaltending duties for the Steelers.

Steinbach will be back in Selkirk on Friday to take on the Steelers. The same two teams will then battle in Steinbach on Saturday. Both games have 7:30 p.m. start times.

Larters places second at Senior Rural Interclub Championship

Staff

The Larters at St. Andrews Golf & Country Club team of Jim Franklin, Don Bilsky, Alan Waite, and Rudi Schartner placed second at the Senior Interclub Rural Championship

at the Links at Quarry Oaks in Steinbach on Sept. 7.

Larters finished at 26-over 242 to finish behind only Carman. Carman's foursome of Bruce North, Bill North, Terry Dyck, and Wayne Gies-

brecht combined for a 10-over 226.

Selkirk Golf & Country Club's team of Mark Starodub, Bill Christiansen, Don Drew, and Donald C. Schledwitz finished in a tie for fifth with Winkler. Both teams combined

for a 33-over 249.

The City Championship was won by Breezy Bend, which combined for a 5-over 221. That was nine strokes better than Niakwa.

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Thunder collared by Southwest Wolves

By Brian Bowman

With a couple of upsets last weekend, the Midget Football League of Manitoba standings just got a whole lot tighter.

The Interlake Thunder found themselves on the wrong end of one of those upsets as they were defeated 17-10 by the Southwest Wolves on Saturday.

"I think there were a variety of different factors that went into that game, to be honest with you," said Thunder head coach Kris Johnston. "We came out flat in the game. Leading up to the game, our practices were good but they could have been better."

Southwest took an early 7-0 lead and held that same advantage at halftime. The Thunder closed the gap to 7-3 on a William Page field goal in the third quarter.

But Southwest then increased its lead to 17-3 before the Thunder scored a TD with about a minute left in the fourth quarter.

The Thunder's defence did a good job limiting the Wolves' offence throughout the game. Interlake held Southwest quarterback Gabe Grenier to just two completions in 14 attempts. One of those attempts was intercepted by Kevin Lister.

But Grenier did do some damage on the ground, rushing five times for 90 yards and a touchdown. Nicholas Stevens gained 70 yards on 10 carries while Barrett Mueller rushed another

30 yards while adding a TD.

The Thunder's offence mirrored the Wolves as Interlake quarterback Thomas Dunlop was just 6-for-17 for a paltry 70 yards.

"Our passing game struggled and we have to look internally into that," Johnston said. "There were a variety of things that went wrong. There were busted routes and assignments and dropped balls."

But while the Thunder struggled to move the ball through the air, they gained some sizeable yardage on the ground.

Colton Nedotiafko had a great game, rumbling for 120 yards and a touchdown on 16 carries. Dunlop added 69 yards with his feet while receiver Alex France carried the ball three times for 32 yards.

"We ran the ball in the neighbourhood of 200 yards on the day," Johnstone boasted. "Colton Nedotiafko had his breakout game that we were waiting for. He played absolutely fantastic from the opening whistle to the final (play)."

A lot of the credit for that great rushing attack should go to the Thunder's offensive line. They did a fantastic job blocking along with Rory Doak.

"The Wolves have a very good run-stopping front seven, which we saw two weeks earlier when they did a great job stifling our running attack," Johnston noted. "Our offensive line really prepared well all week."



RECORD PHOTO BY LANA MEIER

The Interlake Thunder's Kevin Lister of St. Andrews turns the corner to gain extra yards against the Southwest Wolves.

With last Saturday's loss, the Thunder now have a 2-3 record along with Southwest. The St. Vital Mustangs, meanwhile, suffered its first loss of the season as the Falcons Football Club won 27-16.

Both the Mustangs and Falcons now have identical 4-1 records. The Sunrise Coyotes are in fifth-place in the five-team league with an 0-4 record.

Interlake will visit St. Vital this Saturday (7 p.m.) and then will host the Falcons on Sept. 24 (3 p.m.).

"I know we can win these football games," Johnston said. "I know it's going to take a lot of effort and a lot of hard work...but you want to take at least one of these games."

Selkirk FC one win away from clinching playoff spot

By Brian Bowman

Selkirk FC is certainly doing its part while attempting to secure a Division 2 playoff spot.

Needing a win Sunday evening to keep their playoff hopes alive, Selkirk FC came through in a big way with a dominating 5-1 home victory over United Weston FC.

Tanner Markevich, Ryan Coffin, Todd Middleton, Marshall Carter, and Brodie Ogg, scoring his first of the season with a blistering shot to the top corner, tallied for the home side.

"I told Brodie after the game (that) I

have been (his) coach for over 20 years and I have (never) seen him kick a ball so hard and accurate before," said Selkirk FC head coach Michael Bruening in an email.

"That being said, all goals scored (Sunday) night by Selkirk FC were spectacular ones."

At press time, Selkirk FC was anxiously waiting for the league to post all of the weekend game scores.

Selkirk FC (7-7-3) will be looking to wrap up its regular season on a positive note next Tuesday when they play the Kildonan Athletic Club at the

Ralph Cantafio Soccer Complex Field 2 in south Winnipeg.

A victory would ensure Selkirk FC with a fourth-place finish and a playoff spot.

Game time is 8:30 p.m.

Meanwhile, the Tri-S Strike Force's outstanding season continued on Sept. 2 as they defeated Mutiny FC 5-3 at the Selkirk Rec Complex.

Tri-S, currently in third place in the Division 5 standings with a 10-3-4 record, ended its regular season against Mutiny FC last Friday in north Winnipeg. No score was available from that

game, though, at press time.

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For More Info Call: Annual Fees:

Andy 204-482-7775 or Adults \$20, Juniors \$15,

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Bisons win Battle of the Falls tournament



Noel Ngo

Staff

The University of Manitoba Bisons men's golf team – which includes Selkirk's Noel Ngo – captured the Battle of the Falls tournament in Larchwood, Iowa for a second consecutive year on Sept. 5-6.

Manitoba finished at +20 (300-287-297=884) against a seven-team field. The top Bisons were second-year Josh Neufeld (75-71-72) and third-year Devon Schade (74-70-74), who were tied for second place with a +2 (218) score among 49 golfers.

Neufeld and Schade were followed by Ngo, a senior, who finished in a tie for sixth with a +7 (74-72-77=223). Other Bisons were Jack Werhun (77-74-74=225) and Jeff Bleue +16 (77-76-79=232).

With the team tournament title at the Battle of the Falls tournament, it was the 29th victory for the Bison men's team since the program's inception in 1999.

The Bison men's golf team competed at the Bemidji State University Invitational on Sunday and Monday but no scores were available at press time.

Royals crowned U of W champs again

By Brian Bowman

The Selkirk Royals varsity girls' volleyball team has made it a habit of winning the University of Winnipeg tournament.

For the 13th time in the past 14 seasons, the Royals were crowned tournament champions after they swept Oak Park 2-0 in the championship game last Saturday.

Selkirk won the match by scores of 25-22 and 25-11.

"This weekend was interesting because we haven't had a team practice yet," said Royals' co-coach Kyla Michalski. "Really, it was just the girls bringing the skills that they already had."

"There were some ups and downs. There were some great moments and there were moments that need a lot of improvement."

To reach the final, the Royals swept Morris 2-0 in a quarter-final match and Kelvin in a semifinal clash. Michalski said Selkirk was consistently good in the semifinal win.

In pool play, Selkirk finished in first place, posting an impressive 7-1 record in sets.

The tournament victory was a great way to start the season for a young Royals' team.

"It's a great team-bonding for us and a great way to build team chemistry," said Michalski, noting Jamie Yuzdepski is the other Royals' co-coach this season. "We learned how to win."

Selkirk middle Kely Warmington played very well last weekend and was selected as the tournament MVP.



RECORD PHOTO SUBMITTED

The Selkirk Royals varsity girls' volleyball team won a tournament held at the University of Winnipeg last weekend. Pictured, in no specific order, Maegan Balagus, Janet Clegg, Cassidy Dudek, Kendal Franchuk, Bella Gierys, Jessica Kowalksi, Annika Loeppky, Tayler Nickart, Bailey Purse, Kely Warmington and Livi Weremy.

"She had a good weekend," Michalski noted. "She was very consistent blocking and I think that must have brought a lot attention to other teams when they were making those selections."

The Royals also had two players – right-side Jessica Kowalski and left-side Maegan Balagus – named to the tournament all-star team.

Selkirk will be looking to make it two consecutive tournament championships to begin the season when they travel west to Brandon this weekend for the Top 8 Debate.

"There are some teams that won't be there that we expect to be some of our main competitors," Michalski

said. "But with this weekend coming up, the competition keeps on getting more difficult."

"It will test our girls to see where they are against those teams."

This year's Royals varsity girls' team is a talented one with an arsenal of heavy hitters that can put some serious hurt to a volleyball.

Still, they are a young group (with only three returning players and two seniors) so it will come down to whether or not Selkirk can pass the ball effectively to those big hitters.

Selkirk's KPAC schedule has not been released yet but the club will be hosting a home tournament at the end of this month.

Varsity boys boast plenty of talent this season

By Brian Bowman

The Selkirk Royals varsity boys' volleyball team is expected to be real good this season.

And they'll have their first test against some tough competition this weekend at the University of Winnipeg tournament. Selkirk recently pared down its roster to 12 very good players last week.

"We have a lot of talent," said Royals' head coach Jeff Scarcello Monday afternoon. "We're going to be very strong. The Grade 12s that we are returning are guys with a lot of experience – they learned a lot of things last year."

Last year's Royals varsity boys' volleyball team had just two seniors. But this season is an entirely different story as Selkirk boasts five Grade 12 players.

That talented Grade 12 group includes Jack Mandryk, Kurtis Yacishen, Troy Kozun, Josh Giesbrecht, and Owen Schwartz.

Schwartz is the best of the bunch and he gives the Royals a very dynamic player on the floor.

"He's a guy that can do everything," Scarcello said. "He blocks, he passes, he hits, (and) he serves. He's the leader on the team in that regard. He'll be one of our captains and we're going to lean on him heavily for a lot of things."

But Scarcello warned the Royals have other weapons that they can go to this season to get them out of a tight situation during a match.

"This year, we're going to have one or two other guys that can do sort of the same thing," he noted. "There won't be as much as a load on him

and that will make life easier on all of us."

The Royals also have some very good Grade 11s, which captured a junior varsity boys' provincial title last season. Those first-year varsity players feature Brenden Freeman, Jack Harrison, Alek Morelli, Tim Juvonen, Aiden Chisolm, Nigel Nielsen, and Darian Morris-Izzard.

The KPAC schedule had not been released by press time but the Royals will be competing in several tournaments this season. Selkirk will be at the University of Manitoba (Sept. 23-24), the Vikings Classic in Brandon (Oct. 7-8), St. Vital (Oct. 13-14), and MBCI (Nov. 4-5).

The Royals will be hosting their annual home tournament on Oct. 20-22.

sports & recreation

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Asha Gurney shows good form while bumping the ball as Jazmyn-Rae Desjarlais looks on during Selkirk Royals junior varsity girls' tryouts last week at the Comp. All four Selkirk high school volleyball teams started their seasons recently.

JV Royals hold VB tryouts



Dawson Doucet, left, and Damon Budge go up high in the air to block a hit from Liam Allen during Selkirk Royals junior varsity boys' tryouts last week at the Comp. Selkirk's JV boys' volleyball team will be looking to repeat as provincial champions this season.

RECORD PHOTOS BY BRETT MITCHELL

Baseball Manitoba accepting award nominations

Staff

Baseball Manitoba is beginning the process of recognizing players, teams, coaches and umpires that had outstanding seasons.

Baseball Manitoba is now accepting nominations in 15 categories. The award forms may be accessed through their website at www.baseballmanitoba.ca.

All nominations must be verified by the league president or association director. The deadline for nominations is Oct. 3.

The 2016 Baseball Manitoba Awards Banquet will be held Nov. 19 in Winnipeg at the Holiday Inn Airport West on Portage Avenue as part of the Baseball Manitoba 2016 Convention.

The awards committee will limit recognition at the banquet to those selected as the winners in each category. Those nominated and not selected to receive an award will be notified of their nomination by mail.

The nomination forms should be completed and mailed to: Baseball

Manitoba 145 Pacific Avenue Winnipeg, MB R3B 2Z6 or emailed to baseball.brenda@sportmanitoba.ca

Baseball Manitoba is accepting nominations for the following:

Player of the year

13U (Pee Wee), 15U (Bantam), 18U (Midget), 21 (Junior), Senior "AAA", Senior "AA" and Female

Coach of the Year – Grassroots

This award will be presented to a Baseball Manitoba registered coach with a minimum Level I Technical NCCP certification (coaches of "AA" or "A" Minor club teams programs) for outstanding volunteer service to the sport at club, regional or provincial level. The nominee will be recognized for leadership and excellence and must be a current member in good standing.

Coach of the Year High Performance

This award will be presented to a

Baseball Manitoba registered coach with a minimum of Trained Provincial NCCP certification (coaches of Minor "AAA" teams, 21U, senior teams or provincial teams) for outstanding volunteer service to the sport at club, regional or national level.

The nominee will be recognized for leadership and excellence and must be a current member in good standing.

Team of the Year - Grassroots

This award will be presented to a minor team from the "AA" or "A" categories (11U, 13U, 15U or 18U).

Junior/senior team of the year High Performance

This award will be presented to a 21U "AAA", Senior "AA" or Senior "AA" All-star team.

Minor team of the Year High Performance

This award will be presented to a 13U, 15U or 18U "AAA" team.

Youth Umpire of the year

This award will be presented to minimum Level II certification and 20 years of age or under.

Volunteer of the Year

This award will be presented to an active adult volunteer whose contributions to baseball this current year have resulted in the creation of a better environment for players. Nominees may not be active members of Baseball Manitoba Board of Directors. Former candidates from past years are eligible for nomination in any of the MBA Awards categories.

Honour Society

Open to individuals who have made a significant long-term contributions to amateur baseball in Manitoba as a player, coach, umpire, or volunteer for a minimum of 10-plus years.

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METAL RECYCLING

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

COMMERCIAL SPACE FOR RENT

40 x 60 insulated shop for rent. In floor heat, 2 over head doors (1) 15x16, mezzanine/office and storage space, washroom and own well. Near Selkirk. Call 204-782-3598.

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To be moved - 14X60, Bowes 1970's, newer windows & doors throughout, peaked roof, Petersfield, MB. \$15,000 obo. 1-204-482-3001.

STEEL BUILDINGS

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2 bedroom, 820 sq. ft. bungalow plus sun-room with recent siding & flooring. On 10.5 acres, yard site with bush, shelter belts & land seeded to pasture. Quiet & private setting located on PR 435, between Hwy 59 & Hwy 12. \$199,000. Pls. call 1-204-268-2853.

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1015 River Road at Lower Fort Garry on Fri., Sat., & Sun., Sept. 16, 17, 18 at 9 a.m. Large collection of Halloween, Thanksgiving, Xmas stuff, children's hockey equipment, riding lawn mower. Come and see more!

GARAGE SALES

Yard sale - 5 Pruden Ave, in Selkirk (by the Mill) Sat., Sept 17, 9 a.m. - 2 p.m. One day only! Rain date Sunday, Sept 18, 9 a.m. - 2 p.m.

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SUDOKU

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

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!

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

Sudoku Answer

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

Crossword Answer



CROSSWORD

CLUES ACROSS

- Employee stock ownership plan
- Teaspoon
- Type of IRA
- Restore courage
- Pet Detective Ventura
- Discount
- Where rockers play
- Light Armored Reconnaissance (abbr.)
- Computer manufacturer
- Nomadic people
- Liquefied natural gas
- Steps leading to a river
- Benign tumors
- In an early way
- Type of wall
- Pop folk singer Williams
- Greek Titaness
- Expresses purpose
- Type of school
- Least true
- Delighted
- Church building
- Replacement worker
- A sign of assent
- Semitic gods
- Ancient kingdom near Dead Sea
- Partly digested food
- Fevers
- Genus of trees
- Midway between east and southeast
- Jewish spiritual leader
- Gallivant
- Hideaway
- Source

CLUES DOWN

- Major division of time
- Withered
- Portends good or evil

1	2	3	4		5	6	7		8	9	10
11				12		13			14		
15						16			17		
	18				19		20			21	
				22	23				24		
25	26	27	28	29							
30							31				
32									33	34	35
				38	39	40		41	42		
				43			44				
		45	46								
47	48				49				50	51	52
55					56				57		58
59					60				61		
62					63				64		

- Single sheet of glass
- More long-legged
- Scrutinized
- Archway in a park
- Oliver __, author
- Ancient Greek City
- Type of shampoo
- __ King Cole
- Adventure story
- Satisfy
- Disappointment
- Evergreen shrub
- Parts per thousand (abbr.)
- Young snob (Brit.)
- Midway between northeast and east
- Chinese surname
- Poplar trees (Spanish)
- Electron scanning microscope
- Actor DiCaprio

- Equal (prefix)
- Cartoon Network
- Revealed
- Remove lice
- Supervises interstate commerce
- Whale ship captain
- Baited
- Bleated
- Swedish rock group
- Air pollution
- Carbonated drink
- Swiss river
- Ottoman military commanders
- Type of job
- One point east of southeast
- Sex Pistols bassist Vicious

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> MEAL IDEAS

THE
Marketplace
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Chicken and veggie bake

Makes 6 servings

Ingredients

- 1 tsp (5 mL) olive oil
- 2 cups (500 mL) diced, skinless chicken breast (2 to 3 breasts)
- 1 cup (250 mL) small diced onion
- 1 cup (250 mL) small diced carrot
- 1 cup (250 mL) small diced celery
- 1 cup (250 mL) frozen corn
- 2 cups (500 mL) chopped broccoli
- 1 can (10 oz / 284 mL) low-fat cream

- of mushroom soup
- 1 cup (250 mL) skim milk
- 2 cups (500 mL) cooked brown rice (about 1 cup / 250 mL dry)
- 1 tsp (5 mL) black pepper
- 1 cup (250 mL) grated light old cheddar cheese

Directions

Preheat oven to 350° F (180° C).

In a large fry pan heat oil over medium-high heat. Cook chicken, onion, celery and carrots until chicken is fully cooked. About 10 minutes.

Add all the ingredients except the cheese to a large casserole dish and mix well. Sprinkle the cheese on top and bake for 30 minutes or until bubbly. Serve.

Chicken, Crawfish and Sausage Gumbo

Serves 4 to 6

- 2 pounds bone-in, skin-on chicken thighs
- 4 teaspoons kosher salt, divided
- 2 teaspoons cracked black pepper
- 1 stick unsalted butter
- 8 ounces andouille sausage, finely diced
- 4 ounces Tasso ham, finely diced
- 2 cups diced yellow onions
- 1 cup finely diced celery
- 2 tablespoons chopped garlic
- 3 dried bay leaves
- 1 tablespoon gumbo filé powder
- 3/4 teaspoon cayenne pepper
- 1 teaspoon chopped fresh oregano
- 1 teaspoon fresh thyme leaves
- 3/4 cup all-purpose flour
- 1 quart clam juice
- 1 1/2 quarts chicken stock
- 1 cup sliced okra
- 1 cup finely diced green bell pepper
- 1 cup finely diced red bell pepper
- 1 pound crawfish tail meat (substitute 16/20 shrimp if you cannot find crawfish tails)

1. Preheat the oven to 350 F.

2. Season the chicken with 2 teaspoons of the kosher salt and the cracked pepper. Bake in a roasting pan for about 45 minutes, or until the chicken reaches 165 F.

3. Remove the chicken and allow it to cool slightly. Pull the meat from the bones and separate it from the skin. Set aside the meat and discard the rest.

4. In a low and wide 6-quart (or larger) stockpot over medium-high heat, add the butter and sauté the sausage and ham with the onions, celery and garlic. Cook for about 4 minutes.

5. Add the bay leaves, gumbo filé, cayenne, oregano, thyme, and the rest of the salt. Cook until the mixture begins to

room temperature, cut into thin wedges with a sharp knife dipped into hot water and wiped dry after each cut.

Crème Fraîche

Makes about 1/2 cup

- 1/2 cup heavy whipping cream
- 1/2 cup crème fraîche or sour

cream with live cultures

Pour the cream into a glass jar with a tight-fitting lid and spoon in the crème fraîche. Let sit on the counter, with the lid slightly ajar, until the mixture thickens, from 4 to 24 hours, depending on the weather. Refrigerate, tightly covered, until ready to use.

pick up some color.

6. Add the flour and stir in to form a roux. Continue to cook until the mixture turns a fairly dark brown.

7. Add the clam juice and stock and whisk out the lumps. Add the okra and bell peppers, bring to a boil and then reduce to a simmer (the mixture should begin to thicken). Simmer for about 20 minutes.

8. When the texture becomes stew-like, add the pulled chicken and crawfish (include any liquid from thawed crawfish). Bring to a boil and then remove from the heat.

9. Taste and season with more salt, pepper or cayenne, as desired. Remove the bay leaves. Serve with cooked long grain rice.

Pumpkin Cheesecake with Gingersnap Crust



Serves 8 to 10

Crust

- 1 1/2 cups gingersnap cookie crumbs
- 1/2 cup finely chopped hazelnuts
- 6 tablespoons unsalted butter, melted
- 1/4 cup sugar

Filling

- 1 1/2 pounds cream cheese, at room temperature
- 1/2 cup packed light brown sugar
- 1/4 cup granulated sugar
- 2 large eggs
- 2 large egg yolks
- 1 1/2 tablespoons all-purpose flour
- 2 teaspoons pumpkin pie spice
- 1 cup solid-pack pumpkin purée (not pumpkin pie mix)
- 1/2 cup crème fraîche, homemade (see below) or store-bought, or sour cream
- 2 teaspoons pure vanilla extract

1. Preheat the oven to 350 F. Lightly

butter an 8- or 8 1/2-inch springform pan.

2. To make the crust: Stir together all of the ingredients in a medium bowl until the crumbs are moistened. Press the mixture over the bottom and up the sides of the pan. Bake the crust for 10 minutes. Let cool completely on a wire rack. Increase the oven temperature to 425 F.

3. To make the filling: With an electric mixer on medium speed, beat the cream cheese, brown sugar and granulated sugar in a large deep bowl until light and fluffy. Beat in the eggs and then the egg yolks one at a time, beating well after each addition. Add the flour and pumpkin pie spice and beat on low speed until just combined. Add the pumpkin purée, crème fraîche and vanilla, and beat until just combined. Pour the filling into the shell.

4. Place the cheesecake on a baking sheet and bake for 15 minutes. Reduce the oven temperature to 250 F and continue baking for 1 hour.

5. Turn the oven off and let the cheesecake cool in the oven for 2 1/2 hours. Then transfer to a wire rack and let cool to room temperature. Refrigerate, tightly covered, for at least 10 hours, until thoroughly chilled and set, or for up to 2 days.

6. To serve, run a knife around the side of the cheesecake and remove the side of the pan. Serve slightly chilled or at

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Saturday Sept 24th @ 10:00 am

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Tractor & Yard JD 850 Dsl MFWA H.L. Cab 3PH Hyd w JD 75 FEL 1649 Hrs. * JD 455 Dsl Hydrostatic Garden Tractor w 60" Mower, 48" Frt Mt Snowblower & 3PH JD 350 42" Roto Vator 1611 Hrs. * Farm King / Buhler 60' 3PH Snow Blower * 3 PH New PTO Drive Chipper/Shredder * White 14.5 HP Snowblower * Push Gas Mower * Mini Tiller * 5 HP Roto Tiller * Stihl Chain Saw * Stihl Hedge Trimmer * Stihl Gas Weed Eater * Yard Trailer * Yard Ornaments * Bench Trailers & Equip BH 18' Tandem Flat Deck w Ramps * 08 BH Triton Al Tilt Double Snowmobile Trailer * BH 12'Tilt Deck Trailer * 3PH 7' Road Leveller * MH 6' Offset Disc * 24' Firewood Elevator * Trailer Wood Splitter w Honda 14 HP * Recreation & Guns Mirrocraft Al 14' Boat, Trailer w Johnson 25 HP Outboard * Honda 200 3 Wheeler * 7 Guns-22's * Black Powder * Rifles * Some Ammo & Accessories* Leg Traps * Camping & Fishing Items * Butcher Equip Toledo 5200 Meat Band Saw * "Steak Master" Meat Tenderizer * Meat Grinder * Meat Slicer * Sealer Machine * Stainless Steel Table * Tools Mac Tool Cabinet * 250 Amp Welder * Drill Press * Acetylene Torches * Metal Chop Saw * Band Saw * Air Comp * Battery/ Booster Charger * Hyd Jack * Clamps * Hand Tools * Shop Supply * Power Tools * Air Tools * Misc New Onan 2400 Watt Generator * Honda GX120 Water Pump * Banding Tightener/Crimper * Load Binders * Chain & Hooks * Trailer Accessories * Ready Heater * Hyd Cylinders * Elec Fencer * Tractor Chains * Welding Material * Welding Table & Vice * Shelving * Home Repair * Window * Al Ladders * Antiques & Household JD Big 4 Horse Sickle Mower * Copper Rooster Weather Vane * Crocks * Deep Freeze * Fridge * Washer * Dryer * Kingsman Wood Heater * Oak Double Pedestal Table & 8 Chairs * Oak 4 Pc BR Suite * China Cabinet * Lazy Boy Recliner * Kitchen Items *

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UPCOMING EVENTS

Grand Marais Recreation Centre Fall Supper, Saturday, Sept. 24, 2016. 2 settings, 4 p.m. & 6 p.m. Adults \$17.50, children 10 & under \$10. Contact Alice 204-754-2961 for more information.

Bring your Best Self Forward workshop. Monday, September 26, 7 p.m. Red River North Boardroom, 18 Main Street. Working with others requires us to bring our best selves forward, yet, how can we do that if we are struggling in our personal lives. Join Cindy McKay in this interactive 2 hour workshop to learn how to live your life by design. No charge to attend. Call 204-739-3897 or visit naturalreset.ca for more information.

UPCOMING EVENTS

Come Skate with Susan Auch! Open House for Interlake Speed Skating Club at Selkirk Rec. Centre, Friday, Sept. 16, 5:15 p.m. - 6:45 p.m. & Tuesday, Sept. 27, 5:30 p.m. - 7 p.m. For more information call Malcolm 204-485-7696 or email leelacoach@gmail.com

Grand Marais & District MMF Local: Annual Fish Fry, September 17, 2016. Meal 3 p.m. - 6 p.m. Grand Marais Recreation Centre. Entertainment Live band "Prairieman" 3 p.m. - 10 p.m. Tickets: Adults \$18, children \$5.

HAY

Horse hay, medium square bales, Timothy, Brome, Alfalfa. No rain, no dust, stored inside. Delivery available, stacked in your shed or barn. Call or text 204-771-7496.

STRAW

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ANNOUNCEMENT

CARDS OF THANKS

We would like to offer our thanks to everyone who sent cards, flowers, expressions of condolence, donations and brought food to our homes at the time of the loss of Roy Vosper, our husband, father and grandfather. We wish to extend our sincere gratitude to the first responders. Thank you to Father Albert for the family prayer service as well as the support we received from our special friends Larry and Marg. May God Bless each of you!
-Marie Vosper and family

ANNOUNCEMENT

CARDS OF THANKS

A sincere thank you to Gilbert Funeral Home, Selkirk, for assistance in arranging the memorial service for William Joseph Smith., August 26, 2016, especially John Dent. Thank you for looking after getting the caterer and flowers. Special thank you to Reverend Anthon Bouw for the touching service and last but not least, thank you to organist, Scott Wasney.
-The family

ANNOUNCEMENT

IN MEMORIAM

Harold Taylor
1929 - 2009

In Loving Memory of Harold who passed away September 14, 2009
May the winds of Heaven blow softly,
And whisper in your ear;
How much we love and miss you,
And wish that you were here.

-Always remembered by wife, Liz,
children, grandchildren and
great-grandchildren

ANNOUNCEMENT

IN MEMORIAM



Parker Sutherland
September 17, 2014

"Wish you were here"
You are missed and loved so much.
-Brenda - Madison -Brandon
and the Telke and Sutherland families

ANNOUNCEMENT

IN MEMORIAM

Walter Edward Pawulski
1922 - 2007

It's been nine long years since God took you home.
Your work for him was done on earth,
Now you will care for his lawns of grass,
His gardens of flowers and vegetables.
The care you gave to your neighbours,
You asked for nothing in return -
Only love and understanding.
Now you have no more pain and suffering.
You were the best in curling ice making in Manitoba and excelled in your favourite game of hockey.
Matthew is with you and are watching over me.
No one could take your place.
-Loving and remembering you always,
your loving wife Winnifred (Winnie)

NOTICE OF HEARING

UNDER THE HIGHWAYS PROTECTION ACT

THE HIGHWAY TRAFFIC BOARD

Notice is hereby given that a hearing of the Highway Traffic Board will be held on Tuesday, September 27, 2016 at 10:00 a.m. in Room 204-301 Weston Street, Winnipeg, Manitoba.

PERMITS - PART I - SECTION 9 H.P.A.

AND PART III - SECTION 17 H.P.A.

1/009/061/S/16 - POST-TIME

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The Highway Traffic Board will be prepared to consider all submissions, written or oral, on the above applications by contacting the A/Secretary prior to or at the hearing.

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The Selkirk Record

OBITUARY



Wilma Jean Goodbrandson
(nee Leask)

It is with heavy hearts that we announce the passing of our dear mother, Wilma Goodbrandson on Sunday, September 11, 2016 at the Selkirk General Hospital.

Mom was predeceased by her husband John, her son Jack, her parents Colin and Ethel Leask, her brother Keith, and her sisters Christina and Gladys.

Mom will be greatly missed by her daughter Joy (Ted) and her son Ron (Diane); daughter-in-law Holly; grandchildren Dori (Darrell), Nicole (Bryan), John, Becky (Gerry), Jeff (Danielle), Kevin (Jill) and great-grandchildren Jace, Danika, Alycia, Torie, Bailey, Brooklyn, Claire and Ronan; her sister Evelyn and her brother Alan (Jean) and numerous nieces and nephews.

Mom loved to travel, with good friends and relatives she has visited many different locations but her favourite destination was always Hawaii. Mom loved life. She met all life's challenges with such a positive attitude and never complained. She enjoyed and appreciated her many friendships but her greatest joy was her family. Mom supported all of her family and loved sharing time with each of us in our activities, celebrating achievements and simply giving us her unconditional love. Mom was a member of the Selkirk Evangelical Lutheran Church, the Lutheran Church Woman's group and a member of PEO Chapter G.

The family would like to thank the staff at the Selkirk General Hospital for the wonderful and compassionate care that Mom received.

Funeral service will be held on Friday, September 16, 2016 at 2:00 p.m. at the Selkirk Evangelical Lutheran Church. Lunch to follow at the Gilbert's Funeral Home reception room. Cremation will follow with interment at a later date in the Selkirk Lutheran Cemetery.

In lieu of flowers, donations in Mom's memory can be made to the Selkirk Evangelical Lutheran Church Memorial Fund or to a charity of one's choice.

Gilbert Funeral Home, Selkirk in care of arrangements.
www.gilbertfuneralhome.com



OBITUARY

Katherine Pike (nee Chymy)
September 27, 1933 - September 8, 2016

Peacefully on September 8, 2016 Kay's long battle with cancer ended.

Predeceased by husband, Stanley; brothers Joe, Mike, Bill, Frank, John, Pete and sister Ann. Kay leaves to cherish her memory, daughters Fran (Rick) Mellen and Shirley (Greg) Wintink; grandchildren Richard (Kayla), Chris (Monique) and Shannon Mellen, Danny Wintink and Anessa (Michael) Wintink/Harden and great-grandchildren Riley and Gracy.

At mom's request, cremation has taken place and a private family service will be held.

Thanks to all the doctors, nurses and staff of Cancer Care and Selkirk Hospital who cared for her and Gilbert's Funeral Home for their professional services.

In lieu of flowers a donation can be made to a charity of your choice.

Gilbert Funeral Home, Selkirk in care of arrangements.
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OBITUARY

Michael (Mike) Ogal

It is with the utmost regret that we announce the passing of our dear husband, father, grandfather, brother and, uncle Mike Ogal. His family was by his side as he passed peacefully on Saturday, September 3, 2016 at Selkirk General Hospital.

Mike was born on December 3, 1947 in Winnipeg. He is predeceased by his father Peter and mother Kay. He is survived by his wife Donna, daughters Shannon and Allison, granddaughters Callie and Jaydn, sister Olga (Zaporzan) and her husband Wayne and his nephew Ryan (Zaporzan).

Mike began his teaching career as a student teacher at Chief Peguis Junior High School the year it opened in 1970. He would spend the next 33 years teaching grade 7 and 9 math and science before retiring in 2003. During this time, he became a staple in the school having taught thousands of students and regularly being

referred to by students as the best teacher they ever had. Mike started the lunch hockey program and was instrumental in the weight training program both of which were very successful at Chief Peguis.

After a short stint with retirement, Mike came back to teaching in 2004 at Daniel MacIntyre Collegiate Institute (DMCI) which is where he also graduated from high school. Mike was heavily involved in the weight training program and the lunch program for underprivileged students at DMCI for the next nine years until his final retirement in 2013.

Mike had several hobbies he enjoyed including playing and watching hockey, keeping his lawn looking perfect, and spending time with his two young granddaughters. He loved his family and took great pride in taking care of them.

Cremation has taken place. A private service will be held at a later date. The family would like to thank the doctors and nurses at Health Sciences Centre, Unit D6. Mike spent his last days on the medical ward at the Selkirk General Hospital. He received exceptional care from all the nurses and staff. Thank you to everyone there. Thank you to Dr. Rob Zoppa for the care and compassion he gave Mike and our whole family. We would also like to thank Rebecca, and Michelle from Cancer Care Navigation, for walking with us through every step of this journey.

Mike fought a long hard battle for the last 18 months which continued to the last moments of his life. In lieu of flowers, a donation may be made to the Canadian Cancer Society or Cancer Care Manitoba.

We love you Mike. Rest in peace Big Guy. You deserve it.

Gilbert Funeral Home, Selkirk in care of arrangements.
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