



The Selkirk Record

THURSDAY, AUGUST 24, 2023

VOLUME 14 EDITION 34

www.selkirkrecord.ca

"THE HISTORY BOOK OF YOUR COMMUNITY"



SUMMER LOYALTY EVENT
\$10,000 CASH GIVEAWAY
BEST PRICES IN MB AND AN EXTRA \$15,000 IN SAVINGS!



BUY A VEHICLE FROM NOW UNTIL AUG 31ST TO BE ENTERED

Dealer Permit #1039



933 Manitoba Ave.,
Selkirk
(204) 482-3841



No troubleshooting here

RECORD PHOTO BY ROBERT E. WILSON

Selkirk was big enough for all the competitors at the Manitoba Mounted Shooting Association's Catfish Country Showdown earlier this month. See more action shots inside.

SERVING SELKIRK, LOCKPORT, ST. ANDREWS, ST. CLEMENTS, WEST ST. PAUL, CLANDEBOYE, PETERSFIELD, LIBAU, GARSON, DUNNOTTAR & TYNDALL



Phone: 204-757-2350

Lockport, MB
www.gaffers.net

Follow us on Instagram



- Try our New Fresh & Delicious Sushi Menu**
- Philadelphia Roll \$18: Salmon, Cream Cheese, Cucumber
 - California Tobika \$22: Eel, Avocado, Cream Cheese, Cucumber, Tobiko Caviar
 - Gold Dragon Roll \$21: Eel, Cucumber, Cream Cheese, Teriyaki Sauce, Sesame Seeds
 - Spicy Prawn Roll \$22: Tiger Shrimp, Avocado, Tobiko Caviar, Spicy Mayo, Sesame Seeds

UKRAINIAN INDEPENDENCE DAY

August 24th is celebrated as Ukrainian Independence Day in commemoration of the Declaration of Independence in 1991.

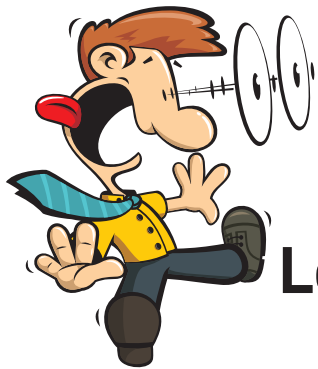
Please join us in supporting our Ukrainian culinary team, led by Chef Rustem Kudusov, in celebration of their homecountry.

Thursday, Aug 24 \$24.99
12pm - 10pm

Call 204-757-2350 to reserve today

HOT DEALS AT HARRY'S

Visit us at HARRYSFOODS.CA to view our entire flyer filled with 100's of other items on sale each week.



WOW!

Look at these hot deals!

Charmin Bathroom Tissue
Ultra Soft or Strong
Triple Rolls 8 pk,
Bounty Paper Towel
Select-A-Size 4 pk

\$5.99



Heinz Beans or Pasta
Assorted
398 mL

\$1.19



French's Tomato Ketchup
Original
750 mL or 1 L

\$2.49



Ocean's Light Tuna in Water
Flaked or Chunk
170 g

99¢



Betty Crocker Hamburger Helper
Assorted
158 - 220 g

\$1.99



Chicken Thighs or Pork Tenderloin

\$3.99 / lb
\$8.80 / kg



Olymel Original Wieners
1 kg

\$7.99



Cheemo Perogies
Selected Varieties
815 or 907 g

\$2.99



Kraft Velveeta
250 g

\$3.49



Lays Family Size Potato Chips or Poppables
Assorted 130 - 235 g

2/\$8



Faith Farms Cheese
Selected Varieties
360 - 380 g

\$5.99



Smith's Deli Visking Bologna or Campfire Garlic Sausage

99¢ / 100 g
\$4.49 / lb



Fresh Baked Large Kaiser Buns
White or 60% Whole Wheat 6 pk,
Large Sub Buns
White 4 pk

\$2.99



Back to School

Quaker Chewy Granola Bars
Assorted 40x24 g

\$13.99



Smucker's Uncrustables
Assorted 208 or 232 g

\$5.99



Sunny D Citrus Punch
Assorted 1.18 L

\$1.99



Dairyland Stirred Yogurt
Assorted 175 g

4/\$5



Blueberries
BC Canada,
1 Dry Pint (551 mL)

\$3.99 ea



Freestone Peaches
BC Canada

\$2.49 / lb
\$5.49 / kg

Romaine Hearts
USA #1, 3 pk

\$3.99 ea



Cauliflower
USA #1

\$3.49 ea

Broccoli Bunches
USA #1

\$2.49 ea



Store has the right to limit quantities and to add enviro and deposit where applicable.



5571 Main St. (Hwy #9) St. Andrews
Store Hours: Monday-Friday 8am-8:30pm,
Saturday 8am-8pm, Sunday & Holidays 10am-6pm
Customer Service: 204.338.7538



Pharmacy Hours:
Monday-Friday 9am-5pm
Phone: 204.504.5500
Fax: 204.504.5540

PRICES IN EFFECT: THURSDAY, AUGUST 24 - WEDNESDAY, AUGUST 30, 2023

Head to the library to learn more about education opportunities

Adult education event to be hosted Sept. 6

By Katelyn Boulanger

For the third time, the many organizations that provide educational opportunities for adults at all levels in our community have teamed up for an Adult Education Open House to be hosted at the Gaynor Family Regional Library on Sept. 6. This event welcomes all adult education learners.

"You could do anything from getting your high school diploma to preparing yourself to finish your high school, to learn how to do some woodworking or oil painting or fitness, even advance in post-secondary options with Red River [College] or prepare yourselves with different employment aspects like someone helping you with your resume or transferable skills and things like that. So, it's pretty much everything," said Melissa Nietrzeba, Continuing Education Director for the Lord Selkirk School Division (LSSD).

many different groups that are all focused on providing education options in which adults can improve their formal education, career skills, and personal interests.

For those that want to get back to the basics, the Selkirk Adult Learning Program (SALP) will be there to give information about support with literacy, numeracy, and computer basics, and for newcomers, learning English as a Second Language.

For those looking into high school education and upgrading, The Lord Selkirk Education Centre (LSEC) will be there too with information about completing the Grade 12 Mature Student Diploma, improving employability skills, and upgrading credits for entrance into post-secondary educational institutions.

Red River College Polytechnic will be there for those looking into post-

At this fall's event, there will be

Continued on page 5



RECORD FILE PHOTO BY BRETT MITCHELL

Groups from our community are teaming up for an evening to discuss adult education opportunities at the Gaynor Family Regional Library.

DON'T BE FOOLED BY OVER-PRICED HEARING AIDS THAT OFFER REWARD MILES...

TRUST YOUR HEARING TO A TRUE LOCAL COMPANY.

HELP IS ON THE HORIZON!

DON'T RUSH YOUR DECISION - TAKE A 75 DAY TRIAL ON YOUR HEARING AIDS!

CALL TODAY AND BOOK YOUR FREE HEARING TEST. BOOK NOW! THE GOVERNMENT IS NOW ACCEPTING APPLICATIONS FOR FUNDING UP TO \$2,000.00.





100% Money Back Guarantee

* SEE CLINIC FOR DETAILS



HORIZON™

Hearing Centres

IN EASTON PLACE MEDICAL CLINIC

15 WERSCH ST. SELKIRK

204-482-3009

TOLL FREE 1 877 300 7507

HORIZONHEARING.COM

Don't Bug Me!















HOURS

MONDAY - THURSDAY 10-6
FRIDAY 9-9
SATURDAY 9-6 SUNDAY 12-5

BIG DOLLAR

439 MAIN ST., SELKIRK North of Manitoba Ave.

Keeping a local dialect alive with free online lessons

Alexandria Anderson is working to keep Bungi in our community

By **Katelyn Boulanger**

Residents are likely familiar with the area's multicultural history which includes Cree, French, Ojibway, and Scottish people coming together in the Selkirk region. What is less talked about in our community is that our region, historically, had a distinct way of speaking where elements from all of these cultures' languages combined into their own dialect. This dialect is known as Bungi, Bungee or the Red River dialect and is considered critically endangered by UNESCO. In order to help preserve this part of our area's history, Alexandria Anderson has decided to publish short online lessons on her Youtube channel Métis Time Capsule.

"This dialect, it's really a unique form of [language] that's found really only on the Canadian Prairies and specifically, the Red River District. I know Selkirk plays a huge role in the Bungi story as well as Clande-

boye and those areas. It came out of the merging of the Scots, with Gaelic, of course, Orkney, Cree, and some French thrown in there, and Ojibway. Bungi gradually evolved," said Alexandria Anderson.

Her particular interest comes from her heritage. Being a Red River Métis citizen and also having Scottish heritage she became interested in this dialect and its history.

"It's part of who we are, as a distinct Indigenous group. Being Métis is our languages, our ceremonies, our culture, and I think it's important for me to preserve this dialect for our children," she said.

One of the ways in which she has already done this is with her book *Bannock Boy Learns About Bungi Dialect*. This is one of her many books about Indigenous history and is meant for children.

Recently, she has changed formats to Youtube videos in order to create an

experience where people of all ages can enjoy the sounds of the Bungi dialect. The first of the videos in her The Bungi Beat series is now up on her Youtube channel and starts with some basic words as well as the history of the dialect.

Anderson says she chose Youtube videos so that she could give people this knowledge in small sections that wouldn't be overwhelming. She also believes that listening to the spoken version is helpful because there wasn't a standard spelling system for the dialect.

"To me, it's an amazing mystery. It's a piece of a puzzle that I think we've got to put together. And that's what spurred me to get on the bandwagon to really preserve it," she said.

Anderson's first video talks in general about the dialect's origins and history but in the future, she plans to add more videos so that watchers can learn about pronunciation and the different components that come from the different languages and how they play together. An example of this is how the robust and loud Gaelic com-

ponents interact with the picturesque style of words that come from Cree.

"It's not just for Métis and Indigenous people. There were so many different people that were part of forming Selkirk. . . It's for people that just want to know about the history and the people that settled in Selkirk and Clandeboye and the whole the Interlake region," said Anderson.

As she is doing a great deal of research for each video, she does not have a set schedule as to when they will be coming out but plans to release one video a month.

Check out the first episode of The Bungi Beat series at https://www.youtube.com/watch?v=Tn_H-rcG-1do.

And if you just can't wait for the next episode of the series or want a story to share with the little ones in your life, check out her video where she retells Little Red Riding Hood in Bungi at <https://www.youtube.com/watch?v=soDWfhaU4rI>.

> ADULT ED. EVENT, FROM PG. 4

secondary education with information about courses that prepare attendees for careers.

A.I.M. for Work will be there to promote the equality of employment opportunities for people with physical disabilities with info about the many ways that they help people find employment.

Selkirk Employment Services is going to be there to help people who are looking for work or want to further their careers with employment service options.

If you're looking to find a class about a specific personal interest, Lord Selkirk School Division

Continuing Education will be happy to help. They offer all sorts of classes from small engine repair to technology for beginners to health and wellness and so much more.

"[This is for] I would say, anybody looking to upgrade or interested in just trying something new," said Nietrzeba.

She feels it's important to have events like this in our community because it gives residents a place to find out about the many education options that they may have never known exist so close to home.

"It just can point you in the right direction. You might be thinking about something that you want to pursue and just not know how to go about it," said Nietrzeba.

There is no cost to attend the event and Nietrzeba says that residents shouldn't feel the need to bring anything special.

"We all have resources available to hand out and we'll always have extra pens if you want to make notes. We also have some water and usually some cookies," she said.

The event is also geared to be very easy for people to walk in and browse through. There are tables set up and attendees can approach any table they want for more information or just walk around and gather resources for later.

Nietrzeba said that so far the past two adult education events that these groups have come together to host have each been a great chance to make connections with people in our community and that they welcome people to stop by anytime on Sept. 6 from 6:30 to 8:30 p.m.

"I would definitely encourage people to come and check it out. Ask away. We all are more than happy to share what we know and we just want to help everyone find something awesome for the future," she said.



Flight Training
START YOUR CAREER AS A PILOT!

Becoming a pilot can be a rewarding career

LAKESIDE FLIGHT SCHOOL IS THE MOST AFFORDABLE IN CANADA.
RECREATIONAL, PRIVATE AND COMMERCIAL LICENSE.
AUTHORIZED TRAINING FOR COMMERCIAL PILOT LICENCE, FLIGHT INSTRUCTOR RATING, NIGHT RATING, PRIVATE PILOT LICENCE, RECREATIONAL PILOT PERMIT AND VFR OVER-THE-TOP RATING

Want to learn to fly?

RECREATIONAL PILOT PROGRAM is the best way to get started. Must be 16 years of age. Privileges: fly for fun in a certified airplane, a home-built aircraft or an ultralight; fly by day only in Canada with one passenger. Can easily add float rating to permit.

LS AIRWAYS FLIGHT ACADEMY

LS Airways Flight Academy | 311 Anson St, Gimli, MB | 204-651-1402



Selkirk Port Market

At the beautiful Selkirk Waterfront
Market, Vendors & Music
Wednesdays 10am-2pm

Presented by: **Selkirk** *Angelika Christine Events*

Sponsored by: **ACCESS CREDIT UNION** *Selkirk Record*

Manitoba Mounted Shooters 2023 - Selkirk - Catfish Country Showdown



RECORD PHOTOS BY ROBERT E. WILSON

Competitors took their shot at winning the top prize at the Manitoba Mounted Shooters Catfish Country Showdown earlier this month. With skill and speed they raced to pop their balloons the fastest and brought a great show to our community.



EXPIRES SUNDAY, SEPTEMBER 3, 2023

2 TEEN[®] Combos
FOR **\$15.99**

VALID ONLY AT YOUR A&W SELKIRK LOCATION • VOID IF REPRODUCED • ONE COUPON PER GUEST, NOT VALID WITH OTHER PROMOTIONS
©TRADEMARK OF A&W TRADE MARKS LIMITED PARTNERSHIP, USED UNDER LICENSE

EXPIRES SUNDAY, SEPTEMBER 3, 2023

2 Bacon & Egger[®] COMBOS
FOR **\$9.99**

VALID ONLY AT YOUR A&W SELKIRK LOCATION • VOID IF REPRODUCED • ONE COUPON PER GUEST, NOT VALID WITH OTHER PROMOTIONS
©TRADEMARK OF A&W TRADE MARKS LIMITED PARTNERSHIP, USED UNDER LICENSE

END OF SEASON BLOWOUT SALE!
FIREWORKS CLEARANCE

Shop NOW for September Long Weekend
Up To 60% Off "Cosmetically Challenged" Kits

1838 PORTAGE AVE, WINNIPEG
609 GREENWOOD AVE, SELKIRK
HWY 59 @ KIRKNESS RD, BIRDS HILL
HWY #1 @ #207, DUFRESNE
HWY #8 @ PARKDALE RD, ST. ANDREWS

1-866-860-1987
www.redbomb.com

TUESDAY, AUGUST 29TH

Win a Stay & Play
with \$100 in Free Play!

Some conditions apply. Visit Southbeachcasino.ca for details

SOUTH BEACH CASINO & RESORT
Simply Irresistible!

Grand Beach Sun Run makes for a fun run

Sun Run back after six year hiatus

By Laura McCombe

“Hey man – Good Luck” echoed through the 10K start line of the Grand Beach Sun Run. For six years this race, which is sanctioned by Manitoba Runners Association, has been on hiatus. Of course, COVID-19 had a lot to do with the stall, but for forty years the run has been a standard fixture at Grand Beach Provincial Park.

It was originally instigated by Ron Ladder, Pat Riddel and Al Romani on behalf of the Grand Beach Cottage Owners (G.B.C.O.A.). Besides being an excellent way to stay in shape, the Run raises money for the cottage association which uses the funds to maintain the doctor’s office which operates within the park daily during the summer. This busy place is staffed by nurse practitioners and doctors who benefit from the opportunity to stay in the attached cottage while offering a medical facility to the public.

According to Aldo Furlan of the Manitoba Runners Association, this Grand Beach Sun Run was open to anyone who wanted to participate however members of the association have the opportunity to earn points and have their times posted on the website at mraweb.ca.

Michele Kusano, who has a cottage in Grand Beach Park, first ran the race in 1998 when she was 8 years old. This year she oversaw the event which hosted 175 runners in 3K, 5K and 10K competitions, 60 of whom are MRA members. Only the 10K was a timed event.

The race started promptly at 8:30 a.m. at parking lot #2 with the front runners finishing on the beach at the Boardwalk a mere 45 minutes later. It was sponsored locally by PKF Lawyers, New Age HVAC Ltd., Maple Leaf Drilling, Schneider’s Septic and Pete’s Grand Putt.



RECORD PHOTOS BY LAURA MCCOMBE

Runners made their mark to get set to raise some funds for the doctor’s office in Grand Beach and ended up going strong.



SELKIRK MEADOWS OPEN HOUSE

Come see Selkirk’s newest 1, 2, & 3 Bedroom Apartments
plus Patio Homes and Townhomes



SHOW SUITE NOW OPEN

AUG
Friday
25
3pm - 6pm

AUG
Saturday
26
10am - 4pm

1-866-736-8515 | broadstreet.ca

B BROADSTREET
PROPERTIES LTD.

Fashion designer creates new way to share Indigenous stories, culture

By Autumn Fehr

Marlena Muir's desire to reclaim and share her Indigenous identity inspired her to enter the fashion industry. Now, the Cree, Anishinaabe and Métis woman is competing for the chance to win a \$25,000 grant in support of her small business.

"I didn't actually know what it meant to be Métis until I was about 12 or 14, and that's when myself and my mom really started to discover our culture and who we are and what Métis meant to us and how that impacted our family and our identity," said Muir, owner of Métis-Superstar Designs in Selkirk.

Muir, who is part of the original 100 Métis families that settled in the Red River Valley, began the business roughly five years ago with the idea of making small moss bags for newborn babies. From there, she made drum bags and ribbon skirts and shirts.

Back in June, she submitted a one-minute video pitch idea to Pow Wow Pitch, a grassroots community of Indigenous entrepreneurs whose purpose is to provide a supportive platform for mentorship and education through entrepreneurship. The Indigenous competition allows entrepreneurs a chance to win \$25,000 to finance business ventures.

Muir pitched the idea of creating iron-on appliques. The term refers to ornamental patches that can be attached to apparel.

"The appliqué that I am going to be making and that I have started making already, they reflect some of the stories of our people," she said. "Creating visual representations of our sacred stories has value. I see value in this."

With over 2,000 submissions, Muir has made it into the semi-finals. Last

Friday, she re-pitched her business plan to a panel of 14 judges.

"During the semi-finals, we got to connect with one another, and we've really gotten to make sure that we refine and pinpoint our pitch," she said, adding the pitch had to be completed in only one minute.

"If I won Pow Wow Pitch, even just thinking about it, the feeling is indescribable. I get a little emotional... because I firmly believe that Indigenous people, we should be very proud of our stories. We should be able to have visual representations of our stories because if we don't showcase them... we will lose them," said Muir.

The funds would allow Muir to create a storefront and facilitate connections within Selkirk and the surrounding community, she added.

Even if Muir doesn't win the grant, she said she still plans to go ahead and make the appliques to tell these stories to generations. Winning Pow Wow Pitch would just give her the financial support to accomplish her dreams and goals.

"I just want people to know that they can pursue their dreams and any idea that they have. If it's coming from a good place, if it's coming from your heart, and it feels good, and makes you feel good, and helps other people as much as it helps you, it's a good idea and definitely something you should pursue," she said.



Iron on applique will help share stories from Muir's people.



PHOTO SUBMITTED

Marlena Muir's iron on appliques are inspired by Indigenous culture and history. Lately, she has been focusing on animals and creatures within Indigenous stories.

The semifinals will be live from Sept. 4 to 15. The winner will be announced on Sept. 27.

To watch Muir's pitch, visit <https://www.powwowpitch.org/pitch/>.

To vote for her People's Choice

award, visit <http://www.powwowpitch.org/vote/>.

The 2023 semi-finalists listing can be found here: <https://www.powwowpitch.org/semi-finalists/>.



SOLAR REBATES FOR YOUR HOME AND BUSINESS

Find out how our Solar Rebate Program can help you save.

Visit efficiencyMB.ca/solar to learn more.



Correction

In last week's edition of the *Selkirk Record* Brad Hebert was incorrectly identified as Brad Heberg. We regret this error.

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



The Selkirk Record



PUBLISHER
Lana Meier



MARKETING & PROMOTIONS
Brett Mitchell



EDITOR
Katelyn Boulanger



SALES
Brittany Hiebert



DISTRIBUTION
Christy Brown



REPORTER/PHOTOGRAPHER
Patricia Barrett



ADMINISTRATION
Corrie Sargent



OFFICE MANAGER/ADS
Lucy Kowalchuk



ADMINISTRATION
Allana Sawatzky



SPORTS EDITOR
Brian Bowman



PRODUCTION
Debbie Strauss



ADMINISTRATION
Jo-Anne Procter



PRODUCTION
Nicole Kapusta

get heard

EDITORIAL > VIEWPOINTS > LETTERS

> Got news?



Call Kateyn Boulanger

I experienced a rare occurrence happening in Little Lake Park located at the end of Dorchester Avenue. During a storm in the evening, a huge mature ash tree was blown apart and split down the middle after being struck by lightning. Several large branches were strewn for several yards in all directions in the park and on residential properties.

I was concerned that the damaged tree might be a danger for children playing in the area, so I placed a call to the City of Selkirk office early the next morning.

Less than an hour later, a city parks maintenance crew of eight came out

to the park.

After careful examination of the situation, supervisor M. Schindle, came to inform me of how they would proceed to remove all the debris from the site. Any remaining work to be completed was isolated by caution tape placed around the area to ensure the safety of those frequenting the park. Later in the day, Schindle called to tell me that the tree would be completely removed the next day.

At 4:30 p.m. that same day, I also received a call from the City of Selkirk offices to tell me a team for tree removal would be at the site by 9 a.m. the next morning.

A team of tree removers came with equipment to completely remove all existence of the damaged tree and the park area is now safe for children to play in again.

These highly trained city employees should be commended for their dedication to serving the needs of our community.

Their exemplary service is one of the reasons I am proud to be a long-time resident of Selkirk.

High five to them!

- Linda Rosser,
Selkirk Manitoba



RECORD PHOTO SUBMITTED

The group of City of Selkirk workers who quickly responded to Rosser's concerns after a summer storm created a hazard in Little Lake Park when an old ash tree was struck by lightning.

> Got something you want to get off your chest? How about an act of kindness to share?

Send your letters to the editor or acts of kindness to news@expressweeklynews.ca. Please include your name, address, and phone number for confirmation purposes.



> CONTACT US

By phone: **204-785-1618**

fax: 204-467-2679

Find us: **217 Clandeboye Ave.,
Selkirk, MB R1A 0X2**

Office Hours: Mon.- Fri. 9:30am-5pm

**TO PLACE AN AD or for
COMMERCIAL DESIGN & PRINTING**
Brett Mitchell: 204-485-0010
Email: bigandcolourful@mymts.net

Brittany Hiebert: 204-485-1419
Email: ads@selkirkrecord.ca
or call our office at 204-785-1618

EDITORIAL
Katelyn Boulanger 204-485-3337
news@selkirkrecord.ca

View the Selkirk Record online at selkirkrecord.ca

Funded by the Government of Canada | **Canada**

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

TROUBLE WITH PAPER DELIVERY?

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

The Selkirk Record is published Thursdays and distributed through Canada Post to 17,400 homes by BigandColourful Printing and Publishing, a division of Interlake Graphics. Republishing in whole or in part without permission is strictly prohibited. Printed in Canada by Prolific Printing.

This newspaper is supported 100% by advertising dollars. If you enjoy the paper and would like to see the newspaper grow and prosper visit any of the advertisers and businesses in our rural communities. - Keep your dollars working at home and shop local. Our commitment to you, the reader - we will connect our people through stories in the paper to build stronger communities.

September All Members show a go at the Gwen Fox Gallery

Check out many of the amazing artists that make our community's gallery home

By Katelyn Boulanger

The Selkirk and area community is in for a treat at the Gwen Fox Gallery this month. Instead of a handful of wonderful artists exhibiting their work, the gallery is hosting its September All Members Show. This means that 30 artists will be bringing our community inspiration this month.

"It's an open, non-juried show. Anybody who's a member of that Gwen Fox Gallery, and we have 123 members now, can be in the show with a maximum of two pieces of any kind of art. It's the show with the most variety of all our shows," said Brenda Hedberg, Gwen Fox Gallery's volunteer coordinator.

This month some newer members of the gallery who are part of this month's exhibit have agreed to share more about their work.

Neta Bourlas

Bourlas is a recent addition to the Gwen Fox Gallery. She has two pieces of vibrant and engaging art in this exhibit that focus on community.

"These pieces are of local places that I have sketched, or been to that have some effect on me," she said.

The works she's showcasing this month are watercolour and pastel.

"[I'm inspired by] local people. It's about people and what they do with their lives and how they build amazing buildings and the history also,"

said Bourlas.

She says that the beginning of her art journey was one of intimidation but she learned and grew.

"I was dragged into art. I was intimidated, initially, 'Oh, here are all these artists, I don't know how to hold my pencil even.' It took me about three months to have the courage to start to try. And I realized that it is technique and skill, you learn technique, you learn a skill, and over time, you become a better artist," said Bourlas.

From there learning the basics gave her the freedom to try new things.

One of the concepts that she incorporates into her art is non-dominant hand work which she says adds more character to her work. This is a technique that she learned from one of the teachers that she's learned from over the years and she recommends finding teachers to artists starting out on their journeys.

"Find a teacher who can guide you in a very gentle way and who is not afraid to talk about his or her fears initially, because it's really average. And, just keep trying," said Bourlas.

She encourages people to come to the gallery and check it out.

"Do not miss coming to the gallery. Do not miss checking out what people do with their art. Do not miss talking to people here," said Bourlas.

Continued on page 10



RECORD PHOTOS BY KATELYN BOULANGER

Neta Bourlas.



Darlene Marsch.

Get set to vote.

Targeted Registration:
August 17 - 24

Elections Manitoba officials will be visiting homes in some areas across the province to help Manitobans register to vote.

Being registered before the election makes voting faster, but you can register at the poll when you vote. If you've voted in a provincial election or byelection, you're already registered.

Advance Voting: September 23 - 30
Vote at any one of the 300 advance polls in Manitoba.
Election Day: Tuesday, October 3

Check, register, or update your information at
www.electionsmb.ca.

Elections Manitoba



204-945-3225
Toll-free: 1-866-628-6837

> GWEN FOX GALLERY, FROM PG. 9

Darlene Marsch

Marsch creates magical ethereal and sometimes gothic looking mixed media sculptures. She has one piece in the gallery this month but don't miss checking out a few more of her pieces which are currently calling the gallery's gift shop home.

"[My style of art is] very unique. There are not many people in Manitoba who do this. It's hard to explain what the sculptures are. But the main thing is to use fabric to make them. I use upcycled doilies that I find and try to incorporate them into pieces," said Marsch.

Her process involves Paverpol which is a textile hardener. From there she creates a base for her sculptures and, unlike conventional clay sculptures where the artist takes away pieces to find the piece inside, Marsch adds fabric elements to build up to her final work.

She is a very prolific artist who tries to make one piece a week.

Marsch says she started her artistic journey at a very young age with sketching and acrylic painting in school but moved on to this new type of sculpture work when she and her sister took a class with instructor Judi Braid.

"Me and my sister took it and I said 'This is for me,' because every piece is unique. It's guaranteed I'll never get the same piece. That's what I like about it. Even in the course, when they were showing us, we were all supposed to be doing the same thing, and every one of us had a different take on it," she said

From there, she was hooked.

Being a recent addition to the Gwen Fox Gallery, she wanted to be a part of it for the opportunity it gives artists.

"I think it's a good place to showcase and network that's a big piece of it. And to meet different artists and get different ideas from them," she said.

This month in particular with all 30

different artists showing their work is a great time to be inspired by our local group.

Laurie Tataryn

Tataryn is a sketch artist who has brought two detailed nature inspired works that bring calm energy to the gallery.

"I'm a self-taught sketch artist. And when I first started seven years ago, I remember saying to my husband, 'I think I want to try artwork.' And he looked at me and he said, 'You mean drawing?' And I said, 'Yeah.' And he says, 'What are you going to draw? A stickman?' I said, 'No, I think I want to try animals.'" she said.

Her husband is now her biggest fan and though she has two pencil and ink pieces in the gallery this month she is starting to work with watercolour as well.

"I love animals. I really like drawing the fur. It actually almost puts me to sleep. You know, when I'm drawing the fur it's very relaxing to me," said Tataryn.

She decided to be part of the all members show this month as a way to get her artwork out there and viewed by the community. Being part of the Gwen Fox Gallery allows artists to exhibit in this way without having to fill an entire space with their own work.

In addition to the beautiful wildlife images that she captures, Tataryn also creates pet portraits.

"If I see a dog that I think is cute, I'll draw him," she said.

Her best advice for artists just starting with their first stickmen is to follow your heart.

"Go with whatever your heart or your mind is telling you to go with. I thought I'd draw animals and yeah, that's just what came to me," said Tataryn.

She says that the volunteers are very welcoming and encourages residents to stop by the gallery this month.



RECORD PHOTO BY KATELYN BOULANGER

Laurie Tataryn

"It's always something interesting here for people to come and check out whether it be the gift shop or the artwork itself," said Tataryn.

Head on down to the Gwen Fox Gallery from Tuesday to Saturday between 11 a.m. and 4 p.m. to see what the artists of the Gwen Fox Gallery have to offer. Hedberg says that ev-

eryone is welcome.

"It's such a wonderful community to be part of this gallery. Anybody who wants to be part of it, they don't even have to be artists, they can become a member or even volunteer, if they want to," she said.

Watch for Elections Manitoba registration agents Aug. 17 to 24

Submitted by Elections Manitoba

From Aug. 17 to 24, Elections Manitoba registration agents will be visiting homes throughout the province to register eligible Manitobans to vote in the general election, expected on Oct. 3.

Targeted registration is used to improve the accuracy and completeness of the Manitoba voter registry, a permanent voters list.

Registration agents will visit newly constructed neighbourhoods as well as areas of high mobility – areas where people may move in and out more often such as apartment blocks

and near post-secondary campuses.

Voter registration agents will be wearing identification. When registration agents come to your door, they will request the name, address, and phone number of all eligible voters in the household. They will also request eligible voters' date of birth

and gender to improve the accuracy of the voters list.

Being registered to vote before the election makes voting faster. Voters who are not registered before the end of the revision period on Sept. 14 can still register at the poll when they go to vote. Voters can also register to vote

or update their information online at electionsmb.ca/register.

Manitoba residents are eligible to vote if they:

- are Canadian citizens;
- are at least 18 years of age on or before election day; and
- have lived in Manitoba for at least six months before election day.

Landlords and building caretakers are reminded that the law requires registration agents have access to apartment buildings and condominiums.



Thank you, thank you very much for supporting MS research



RECORD PHOTOS BY KATELYN BOULANGER

Our local Selkirk A&W and Lily Pad Cruisers's Cruising for MS event took place last week and was a great success. The event had the largest crowd it has ever attracted according to event organizers. The crowd was serenaded by Elvis and treated to a great car show put on by the Cruisers. In total, the event raised \$3366 for multiple sclerosis (MS) research and sold a total of 930 teen burgers from which the donation was raised.



Local dance school runners up in national competition

Rossdale Ukrainian Dance School wins big in Dauphin competition

By Katelyn Boulanger

The students of the Rossdale Ukrainian Dance School can proudly say that they come from a dance school that has made its mark on the national stage. The school's juniors team came home with the runner-up spot after competing at Canada's National Ukrainian Festival in Dauphin, MB earlier this month.

"We were pretty excited. It was certainly unexpected. There were over 70 entries in the competition. We were really, really happy that they were selected. They only took four entries to perform on the grandstand. We were pretty proud of the girls," said Lisa Marmillod, president of the Rossdale Ukrainian Dance School.

On the first day of the competition, all of the competitors competed in different categories. The adjudicators made notes about the groups and the top dancers were then called back to perform on the grandstand the next day. It was after their performance on the grandstand that the group of juniors consisting of eight performers between the ages of 7 and 9 – Ava Boyko-Fines, Maryna Bruce, Isabella Cychowski, Olivia Cychowski, Anastasia De Witt, Sophia Johnston, Ariane Marmillod, and Camille Savinkoff – found out that they'd won the second place spot at the competition.

"It's always about the experience. We like to have them at these types of performances and competitions and festivals because it's not just an opportunity to show what they've learned, but also to have fun and bond and celebrate together all the hard work that they've done," said Marmillod.

The Rossdale Ukrainian Dance School was founded in 1977 and is a community organization that helps to preserve Ukrainian culture with a focus on dance. Their students range in age from 3 to 20. The organization is open to dancers not just with Ukrainian heritage but welcomes all members of our community.

The Rossdale Ukrainian Dance School also had their intermediate and pre-senior class at the competition. Though those groups did not make the grandstand, Marmillod says that they are also very proud of their performances.

For this competition, the dancers who participated in their regular dance program which takes place from Sept. to May came back for additional rehearsals in order to be ready for this competition.

Marmillod said that the junior class was both excited and nervous when they realized that they were being called back to perform on the grandstand.

"We had watched [performances on the grandstand the night before]. We went to the grandstand show, and it was spectacular. They had groups from all over Western Canada. Shumka, which is the premier group in Canada, performed that night. And so, the girls were a little nervous, because they said, 'There are eight of us. How do we fill that huge stage?' But, in the end, they really knocked it out of the park. They looked great. And, I think they had a lot of fun and got a lot of experience. It's really a once in a lifetime experience," said Marmillod.

As for the future of the dance group, they are just wrapping up this year with their Folklorama performances and are looking forward to starting a new year of curriculum in September.

"There will be a little bit of shifting within the classes as they age into their next age level. So, it'll be another year of learning and hopefully again doing some interesting dances and looking forward again to competi-



RECORD PHOTO SUBMITTED

Rossdale Ukrainian Dance School students Ava Boyko-Fines, Maryna Bruce, Isabella Cychowski, Olivia Cychowski, Anastasia De Witt, Sophia Johnston, Ariane Marmillod, and Camille Savinkoff took home the runner up place when they competed as a junior group at Canada's National Ukrainian Festival in Dauphin.

tions," said Marmillod.

To keep up with the Rossdale Ukrainian Dance School check them out on Facebook and Instagram and if you're

interested in signing up a dancer in your household in their Sept. programs check out <https://www.rossdale-dancers.com/> to learn more.



FALL & WINTER ACTIVITIES & registration section 2023-2024

Many benefits of extracurricular activities

School offers much more than a top-notch education. Being an engaged student involves learning lessons in the classroom but also participating in the myriad activities that begin once the dismissal bell has rung.

Participation in extracurricular activities should be a consideration for every student because of the vast array of benefits such pursuits provide. Information published in the Brandon University Journal of Graduate Studies in Education indicates that participation in extracurricular activities positively correlates with students' development both academically and personally. Research shows being involved in afterschool clubs and sports promotes greater character development, improved academic success, good time-management techniques and leadership skills, and greater in-

terest in community involvement.

Every school offers some type of extracurricular activity - from school bands to academic clubs to volunteer groups to sports. The National Center for Education Statistics says these activities offer students opportunities to learn many valuable lessons, including group responsibility and the value of competition. Students who participate in extracurricular activities also can be exposed to a diverse array of people and cultures. Some activities also help students develop their mental and physical strength. The NCES notes that participation in extracurricular activities can foster a strong sense of connection between students and their schools, which can reduce the likelihood of school failures and dropout rates.

Extracurricular activities also are the

gifts that keep on giving, particularly as they relate to future academic success. Crimson, an admissions support company specializing in increasing acceptance to highly regarded institutions, says extracurriculars are a critical part of a student's university application. Involvement in clubs and more provides a clearer picture of who a student is outside of the classroom and offers an opportunity to showcase various skills and interests. Furthermore, diversifying one's interests through extracurricular activities broadens a person's world view and improves self-esteem. These are benefits that can ultimately help students become well-rounded persons and successful professionals.

While people are quick to view extracurriculars for the academic advantages they provide, one often



overlooked benefit is the social benefits of these pursuits. One of the best and easiest ways to make friends is through extracurricular activities. Fellow participants share the same interests and that can lay a solid foundation for lasting friendships.

Students who view extracurriculars as vital components of their school experiences can reap the rewards of being active members of their campus communities.

OPEN HOUSE!

**Join INTERLAKE SPEED SKATING CLUB
at an Open House for fun and skating!**

Selkirk Recreation Complex

SUNDAY, SEPT. 17
10:15 am - 12:00 noon

TUESDAY, SEPT. 19
5:00 pm - 6:45 pm

TUESDAY, SEPT. 26
5:00 pm - 6:45 pm

**180 Easton Dr,
Selkirk**

HANG OUT WITH US

Remember to bring a helmet, leather gloves and other protection if you have it.

RSVP with Cathy at
interlakespeedskating@gmail.com

COME DANCE WITH US!

CLASSES START SEPTEMBER 11

**HAPPY THOUGHT SCHOOL,
EAST SELKIRK**

**NO EXPERIENCE REQUIRED
AGES 3 TO ADULT**

SELKIRK & DISTRICT
UKRAINIAN
SCHOOL OF DANCE INC.

DANCING SINCE 1971

FOR MORE INFORMATION AND TO REGISTER PLEASE VISIT:
WWW.SDUKRAINIANDANCE.COM

FALL & WINTER ACTIVITIES & registration section **2023-2024**

How to establish fitness goals for kids

Physical activity benefits people of all ages, including kids. Despite widespread recognition of the positive impact physical activity has on children, many kids are not getting enough exercise. A study done, found that less than one in four children between the ages of six and 17 participates in 60 minutes of physical activity per day.

When established in childhood and adolescence, good habits like exercising regularly can set young people up for a long, healthy life. Perhaps in recognition of that, parents often look for ways to promote physical activity to their youngsters. Setting fitness goals is one way to help young people exercise more, and the following are a handful of strategies parents can try as they seek to promote a love of physical activity in their children.

- Include fun activities in a fitness plan. Adults recognize the impor-

ance of planning when aspiring to achieve certain goals, and a plan can be just as integral to getting kids to be more physically active. When devising a fitness plan, parents should be sure to include activities kids find fun. Just because Dad liked playing baseball doesn't mean his children will. Identify activities that kids enjoy, whether it's hiking or cycling or playing an organized sport, and include that in the fitness plan.

- Involve kids' friends. In essence, kids are more inspired to exercise with friends than they are with family members. When establishing fitness goals for kids, parents can work with other parents so kids can pursue those goals together, increasing the chances that those pursuits will be successful.

- Set aside time to exercise each day. Physical activity should be part of everyone's daily routine, and kids are



no exception. Such activity does not need to be a grueling workout, and indeed children's bodies will need time to recover after especially strenuous exercise. But setting aside time each day to be physically active is a good way to ensure kids' lifestyles are not predominantly sedentary.

- Make the goals attainable. Parents may know before kids begin exercising or notice shortly after they start being more physically active how much kids can reasonably handle. The YMCA notes that's an important

factor to consider, as fitness goals should be attainable so anyone adjusting to a new regimen, even kids, stays motivated. A child's pediatrician can advise on how much exercise youngsters should get each day, and parents can help kids gradually reach that point by setting challenging but attainable goals.

Regular physical activity can benefit kids for the rest of their lives. Parents can pitch in by embracing various strategies to help kids establish attainable goals that make fitness fun.



Classes for ages 7 and up on Tuesday & Thursday evenings beginning September 7th at the Selkirk Community Church





TWO WEEK TRIAL MEMBERSHIPS AVAILABLE Affordable for families

FREE

For more info, call Brian at 204-782-9785 or email selkirkjudoclub@shaw.ca



SELKIRK CURLING CLUB
Annual General Meeting & Registration Night

THURSDAY, SEPT. 14th, 2023
7:00 p.m.

SELKIRK CURLING CLUB LOUNGE
2023-2024 Curling Season

Tuesday Night Men's League
 Wednesday Night Women's League
 Thursday Night Men's League
 Friday Night Open League
 Saturday Morning Juniors League
 Saturday Night Fun League
 Monday & Friday Drop in Seniors League

381 Jemima Street, Selkirk
 For more information, please visit our website www.selkirkcurlingclub.com

FALL & WINTER ACTIVITIES & registration section **2023-2024**

7 ways to make mornings less hectic

Many families find the rush is on to make it to school and work on time each morning. Feeling rushed in the morning is a recipe for added stress. Rushing through things is a poor way to begin a day, and those feelings of uneasiness can put a damper on the rest of the day ahead.

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

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

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

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

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

- Opt for school lunch a few times. Look ahead on the school lunch menu and speak with children about which meals they enjoy. Let kids purchase school lunch on those days to give yourself a day off from lunch detail.

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

- Carpool whenever possible. Busy families

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

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



Registration opens Tuesday, September 5th

Please visit selkirkskatingclub.wordpress.com for information on programs and pricing



Fall Registration on now!

Ages 2 - Adult



Pre-School, Jazz, Tap, Ballet, Hip Hop, Lyrical, Acro, Broadway Bound



www.EvolutionDance.ca | Selkirk Town Plaza | 204-785-1285

LORD SELKIRK MINOR HOCKEY ASSOCIATION

REGISTRATION NOW OPEN

REGISTRATION FOR THE 2023 - 2024 HOCKEY SEASON

REGISTRATION CLOSING TUESDAY, SEPTEMBER 5TH

Please visit www.lsmha.com for details




Huddle Selkirk receives donated pool table in honour of local man and friend

Daniel Cook's legacy lives on at youth support centre

By Becca Myskiw

Huddle Selkirk recently received a pool table that was donated in honour of a local man and friend.

"There's kids that we don't even know the half of what they're going through," said Huddle Selkirk administrative assistant, Lisa Stevenson. "And when they come here, they feel safe, they feel respected, and they feel loved. They stick around and talk and can be safe while doing so."

The organization provides a safe space where people between 12 and 29 years old can access free counselling, addictions support, cultural healing and recreation. It typically sees up to 70 people each week, Stevenson said.

Now, those patrons will also be able to play pool at the centre, thanks to Dan and Marlene Cook, the parents of Daniel Cook, who died last August.

Daniel grew up in Selkirk and was well known in the town, Stevenson



Carla Cook drums in honour of her brother, Daniel Cook.

said.

He was a family member and friend of Stevenson's, who described him as an amazing person with a lot of potential.

Daniel and his wife, Sheena Walker-Cook, had a clothing business, and he operated a towing company before becoming foreman of a demolition project.

His family described him as having a big heart and a hearty laugh.

"He could be in a crowd of 100 people and that is how you knew that he was there," they said. "Lord we all miss that laugh."

Before he died, Daniel asked Stevenson if she wanted a pool table he had. His parents followed up on the promise and donated the table to Huddle Selkirk in honour of their son.

"It gives kids a chance to play a game and connect with people going through similar things," said Stevenson. "There are good and bad times at Huddle. This will offer more good times."

The pool table at Huddle Selkirk has a display with Daniel Cook's photo and his story. Stevenson said the organization is trying to keep his memory alive and the pool table will help them do that.

The centre recently started offering immediate intervention, meaning people struggling with addiction can avoid wait times for detox and treatment programs offered by Main Street Project in Winnipeg.

The centre hosts art programs twice a month where participants make dream catchers, ribbon skirts, and clay smudge bowls. It also offers peer support, mental health



RECORD PHOTOS SUBMITTED

Cassidy Cook cuts the ribbon at Huddle Selkirk after her grandparents donated a pool table in honour of her late father, Daniel Cook.



Lisa Stevenson, a close friend of Daniel Cook, above, and Kingsley Walker, below, sang and played guitar following the donation.



support, substance support and daily programming.

It is funded through United Way, Pe-

guis First Nation and the provincial government.

the Water Shop
Clearly made for you

ICE ICE ICE!

BALE OF A SALE!

5 bags for only **\$15.00!**

272 Main St., Selkirk
(Across from Co-op Gas) **204-482-2277**

Curbside Delivery... to your car!

Sonia's
SINCE 1971

- Burgers
- Chips
- Dogs
- Ice Cream
- Shakes
- Perogies

& more

Southwest corner of Henderson & 44 (south of the Lockport Inn)



LSSD
CONTINUING
EDUCATION

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

Fall 2023 PROGRAM

JOIN US AND HAVE SOME FUN!

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

REFUND POLICY

- Refunds must be requested **one week prior to course start date less \$15 admin fee.**
- For courses cancelled due to insufficient enrollment you will be notified by email and money will be refunded in full.
- Please note start date, time and location of course. You will be contacted by email **only** if the course is cancelled due to insufficient registration.

CONTINUING EDUCATION PROGRAMS REGISTER NOW!

**Swim Registration Opens
Sunday, August 27th at 9:00 am**

**Lord Selkirk School Division
Continuing Education Classes
221 Mercy St., Selkirk, Mb. R1A 2C8
Melissa Nietrzeba ~ Program Director**

Phone 204-904-7163

<https://coned.lssd.ca/>

PERSONAL INTEREST

*NEW - BEGINNER'S LINE DANCING \$110

Tuesdays,
Sept. 19 – Nov. 21
6:30 – 7:30 pm
(10 sessions)



Dance your way to fitness and feel confident at any social dance function! Country music line dances are still popular. What's gaining interest is the Latin line dances. In this class you will learn both! Learn dance step terminology. Stretching, warm up included.

Cafeteria

*NEW - TAROT CARD READING \$170

Tuesdays, Sept. 19 – Nov. 21
8:00 – 9:00 pm
(10 sessions)

Learn how to develop your intuitive gifts through Tarot cards! Read for friends, family, personal or profit. Highly experienced instructor teaches by intuition, rather than out of a book. This course includes tarot cards, handouts, and step by step instruction on how to develop your gifts.



Room 149

CONVERSATIONAL SPANISH (Level 1) \$65

Thursdays, Sept. 21 – Nov. 30
NO CLASS: Nov. 23
6:00 – 7:00 pm (10 sessions)

Start speaking Spanish as quickly as possible. Learn important phrases for travel and how to express yourself in a variety of practical situations. We will learn common themes like greetings, numbers, family, calendar and colours, with emphasis on conversation and pronunciation.

Room 147

INTERMEDIATE SPANISH (Level 2) \$95

Thursdays, Sept. 21 – Nov. 30
NO CLASS: Nov. 23

7:00 – 8:30 pm (10 sessions)

For those who have already practiced some basics and are ready to advance with Spanish Language. We will focus on a solid grounding in grammar, and will continue learning more of the important verbs and vocabulary, with emphasis on conversation, pronunciation and more useful conversation for travel.

Room 147

MEXICAN CUISINE with Aurora Egesz \$150

Saturdays,
Oct. 14 – Nov. 18
NO CLASS: Nov. 11

11:00 am – 2:00 pm (5 sessions)

ALL Ingredients Included for a Meal Each Class! Join us for Saturday Lunch Dates! On the menu this term... Traditional Mexican dishes such as, Mexican Bowl, Enchiladas, Fajitas, Tostadas & Shrimp Cocktail, and Nachos & Chilaquiles. Be sure to bring a container for left-overs!



Room 172

*NEW - ACTING & THEATRE for Adults \$90

Mondays, Sept. 18 – Nov. 27
NO CLASS: Oct. 9
(10 sessions) 7:15 – 8:15 pm

Mature teens and older welcome! Do you miss your imagination from when you were a child? Are you looking for an outlet to have fun and act silly in a safe place? Adult acting classes are a great way to leave the stress at the door and let loose in a way you may not have in years! Jump into the world of theatre and let your imagination run wild through exercises and games aimed at exploring humanity and getting back to that child-like sense of play. All you need is an open mind and a little creativity!

Theatre

WOOD WORKING at E.S.M.S \$150

Tuesdays, Oct. 31 – Dec. 12
6:30 – 8:30 pm

(7 sessions)

Ages 18 to 95, and for all levels of skills. First class covers safety and project plans. Includes instruction on the safe use of the table saw, band saw, drill press, planner, air nailer, jigsaw and all hand tools for woodworking. Projects will either be up to you or can do a group project. Some examples are, canoe paddles, bird houses, squirrel feeders, ornamental half boats, picture frames, and adirondack chairs. Material cost not included. Please bring safety glasses.



Wood Working Lab at East Selkirk Middle School

SMALL ENGINE REPAIR \$160

Tuesdays, Sept. 26 – Nov. 7
NO CLASS: Oct. 31
6:00 – 9:00 pm
(6 sessions)

Get your snow blower, chainsaw, log splitter, etc. working this fall. Hands on maintenance for beginners. Learn in a few easy lessons how you can save on repair and maintenance. Covers basic operating principles and trouble shooting in a relaxed environment. Must be a take home project each week. Please bring hearing protection, a ratchet set, oil, gas, a flat screwdriver, rags, flashlight and pencil.

Room 199 Power Mech. Lab



YOUTH CLASSES

*NEW KID'S INTRO TO ACTING

– for Ages 5 – 7! \$90

Mondays, Sept. 18 – Nov. 27

NO CLASS: Oct. 9

(10 sessions) 4:45 – 5:45 pm

Are you looking for a safe place for your child to use their imagination and learn how to create their own stories? Come and join Intro to Acting where we will explore exercises, games, song, and dance as an outlet for wild imaginations and learning to build foundations of storytelling. Make friends and jump outside your comfort zone to gain confidence both onstage and off!



Theatre

YOUTH ACTING & THEATRE (Ages 8 – 12) \$90

Mondays, Sept. 18 – Nov. 27

NO CLASS: Oct. 9

(10 sessions) 6:00 – 7:00 pm

"Have you ever wondered how to play a specific character for a play? Or how to improvise a scene? Or are you simply wanting to just gain confidence? Come join Kimmy on Monday evenings for a glimpse into the theatrical world! This class is for beginners, so do not worry if you have no experience. All you need is an open mind and a little creativity!" (Adult class available for mature teens and older)

Theatre

BABYSITTING SAFETY \$60

Saturday, Sept. 23

9:00 am – 5:00 pm

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

Library

HOME ALONE \$45

Ages 8 & up

Thursday, Sept. 28 6:00 – 8:30 pm

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

Room 142

PAINTING

Bob Ross style painting. Beginners always welcome, no experience required. All supplies included.

BONUS* - Register for Both Same Day Classes and Save \$5!
Room 162

SUNLIGHT IN THE SHADOWS \$80

Oil Painting on a 16" x 20" Stretched Canvas.
Saturday, Oct. 14
9:00 am – 12:00 pm



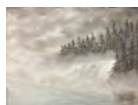
DRAGON FLIES \$80

Watercolour and Ink on a 10" x 20" Stretched Canvas.
Saturday, Oct. 14
1:00 – 4:00 pm



MISTY FALLS \$80

Oil Painting on a 12" x 16" Stretched Canvas.
Saturday, Nov. 4
9:00 am – 12:00 pm



EARLY MORNING HOMESTEAD \$80

Acrylic with Oil Overlay on a 12" x 16" Stretched Canvas.
Saturday, Nov. 4
1:00 – 4:00 pm



WINTER DUOS \$80

Oil Painting on 2 - 10" x 10" Stretched Canvases.
Saturday, Dec. 2
9:00 am – 12:00 pm



GNOME FOR CHRISTMAS \$80

Acrylic with Oil Overlay on a 11" x 14" Stretched Canvas.
Saturday, Dec. 2
1:00 – 4:00 pm



COMPUTERS & TECHNOLOGY

MS EXCEL \$140

Thursdays, Oct. 19, 26,
Nov. 2 & 9 and Wednesday, Nov. 15
6:00 – 9:00 pm (5 sessions)



Come out for five nights of learning MS Excel. We will start with basic cell formatting and move onto several basic functions including MIN, MAX, Average, IF, VLOOKUP, PMT, and more. We will also cover sorting/filtering, conditional formatting as well as charts. Each night comes with detailed handout and activities for you to keep. Bring along a flash drive and take some template ideas home with you.

Room 277

TECHNOLOGY FOR BEGINNERS \$75

Thursdays, Nov. 23 – Dec. 14
6:00 – 8:00 pm (4 sessions)

For those who fear new technology, computers, phones or tablets! We will go over everything you'll need from buying a computer to being able to comfortably use it, with hands on training. Setting up a new phone and even just using a tablet at home to play games on. Sending emails, managing photos, virus protection, printers and more. Question and answer period regarding anything with a power button for the last 30 minutes of each class.

Room 277

CANVA – Graphic Design Tool \$75

Mondays, Sept. 25 – Oct. 23

NO CLASS: Oct. 9

6:00 – 8:00 pm (4 sessions)

Have you ever wanted to make your own digital creations for home or work? Come give the easy-to-use on-line software tool Canva a try. In this fun creative class, students will be introduced to creating social media posters for work and family functions, animations, family calendars, Christmas cards and so much more. You will even be able to access your creations from your phone for ease of posting.

Room 284

CANVA II \$75

Mondays, Oct. 30 – Nov. 20

6:00 – 8:00 pm (4 sessions)

Taken in partnership with Canva I or if you had a first look on your own feel free to jump in here. Students will dive deeper into the on-line software tool Canva. We will spend time creating publications for your family or business by stepping up your social presence with templates, presentation, video and animations. You will be surprised how easy and fun this tool is.

Room 284



PERSONAL INTEREST

DOG OBEDIENCE

Tuesdays, Sept. 19 – Oct. 24
(6 sessions each)

Please see website for full course info.

Dogs must be up to date on shots, please bring proof of vaccinations to the first class. Please come equipped with a well fitted collar, 6 foot leash, and lots of tasty treats. No Flexi-Leashes allowed. Please park and enter through back of school.

Lower Multi-Purpose Room

PUPPY CLASSES \$90

For Puppies up to 1 year old
6:00 – 7:00 pm

BASIC MANNERS \$90

7:15 – 8:15 pm

All ages are accepted. But recommend very young dogs (up to a year) do a puppy class first.



HEALTH & WELLNESS

*NEW - YOGA FLOW with Heather \$110

Tuesdays, Sept. 19 – Nov. 28

NO CLASS: Oct. 31

7:30 – 8:30 pm

(10 Sessions)

Flow yoga class is a mixture of meditation, breath-work and energizing movement. It begins with gentler movements to warm up the body, then move into progressively more challenging flowing sequences. You will be taken through seated and standing poses which can be adjusted to be harder or easier depending on your level of fitness. While previous yoga experience is helpful, beginners are welcome as instruction for the poses are explained throughout the class.

Library



HATHA YOGA with Cecilia \$110

Mondays, Sept. 18 – Nov. 27

NO CLASS: Oct. 9

5:30 – 6:30 pm (10 Sessions)

For all levels and every body. With modifications and variations. Hatha Yoga is the yoga of Asana (poses). Along with Asana we will explore Pranayama (breath work) and Dhyana (meditation). Please bring a mat and small blanket/or towel and any props you may have.

Library



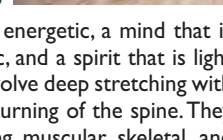
TAI CHI \$100

Tuesdays, Sept. 19 – Nov. 21

6:00 – 7:00 pm (10 sessions)

Tai Chi arts are a way to develop a body that is strong, yet supple, balanced and energetic, a mind that is calm and clear, yet creative and dynamic, and a spirit that is light and peaceful, yet resilient. Tai Chi arts involve deep stretching with a full range of motion and continuous turning of the spine. They exercise the whole physiology including muscular, skeletal, and circulatory systems, as well as tendons, joints, connective tissue and organs. Rather than depending on tension and the development of hard muscle tissue, these arts develop a body that is relaxed and strong at the deepest levels. The gentle internal movements are balanced throughout the body and have a calming effect on the mind. Tai Chi arts are truly a moving meditation. Beginner level class, working through the first seventeen movements of Tai Chi.

Library



BLOCK THERAPY \$135

Wednesdays, Oct. 4 – Nov. 29

5:30 – 6:45 pm (9 sessions)

If you suffer with chronic muscle tightness, strain or pain, this program is for you. Poor posture or repetitive movement patterns can lead to ingrained patterns in the fascia. Block Therapy is a method of Myofascial Release that can melt away some of the adhesions, restoring flexibility and reducing pain. The class is done laying on block, on the floor. Please bring a yoga mat, any yoga blocks you may have, and water.

Library



PROVISIONS FOR MIND, BODY, SOUL WELL BEING \$75

Thursdays, Sept. 28 – Nov. 2

6:00 – 7:00 pm (6 sessions)

The Mind, Body and Soul is a connected combination, which requires internal balancing to allow for overall wellness. Humans are created to function wholly, thus each class will look at resetting, realigning and relaxing. Please bring a yoga mat, blanket, and water.

Library

*NEW - HEALTH WORKSHOPS \$40 Each

Mondays - 7:00 - 9:00 pm

(1 session each)

Library

Sept. 18 - *Menopause Hits Hard, "The Hormone Roller Coaster"* - Overnight – your body doesn't feel like the one you know and love anymore. You're battling new symptoms and may be gaining weight, losing endurance and strength, or taking longer to bounce back from exercising. Once you understand the physiology – you can work with it – and not against it.

Sept. 25 - *The Science of Healthy Feet, "The Big toe is connected to the Hip Bone"*

- Sometimes foot pain is created much higher in your body than you realize. The way you stand can load tissues in the wrong place – causing it to wear out before its time. We will explore the foundation we stand on and Myofascial techniques to help free our feet.



Oct. 2 - *The Text/Tech/Crafters Neck Syndrome – "Where are we Heading?"*

- Text neck or crafters neck syndrome refers to repetitive stress injury to the neck caused by having your head in a forward position for extended periods of time. The forward bending (flexion), or backward bending (extension) affects the curvature spine, neck and shoulder muscles and supporting ligaments. We will visit techniques to help strength the back, neck and shoulder muscles.



Oct. 16 - *Soothe the Sciatica/Piriformis Pain – "What's up with my Psoas?"*

- Sciatica/piriformis pain is tenderness and pain anywhere along the sciatic nerve – typically showing up on one side of the body. As this nerve passes between layers of deep buttock muscles. We will learn to understand where the pain is coming from and some myofascial techniques to relieve this pain and discomfort.



Oct. 23 - *Osteoporosis- "The Silent Thief"*

- Bones form the foundation our body. We pay little attention to our skeleton until a problem occurs – such as a broken (fractured) bone. We start to lose bone mass density (BMD) around the age of 50! And yes, MEN get Osteoporosis too! This workshop will inform yourself of this disease because you may have Osteoporosis or Osteopenia or because someone you know does.



Oct. 30 - *Your Brain - Gut Health, "The leaky gut syndrome (LGS)"*

- If your gut isn't functioning right, it sets the stage for illness and disease. The gut – the gastrointestinal system (GI) is designed to absorb nutrients that support our bodies and help us make energy and get rid of things that we don't need or are toxic. Leaky gut syndrome (LGS) occurs when the lining of the small intestine is damaged. Is constipation the cause of 80% of our illnesses/diseases?



LET'S GET MOVING!

STRENGTH AND CARDIO TRAINING \$100

Wednesdays, Sept. 20 – Nov. 22

6:00 – 6:45 pm (10 sessions)

Fun, high-energy workout combining cardiovascular and strength training exercises in an interval style workout that will increase muscular endurance and aerobic capacity. A challenging workout to train your heart, lungs and muscles for a stronger and fitter YOU!

Lower Multi-Purpose Room

PILATES \$95

Wednesdays,

Oct. 4 – Nov. 29

7:00 – 8:00 pm (9 sessions)

A floor-based program to improve strength and flexibility for the whole body. Emphasis on abdominal strength and spinal mobility. Please bring a mat and water.

Library



SAFETY FIRST

HUNTER EDUCATION \$75



Saturday, Oct. 14

9:00 am – 5:00 pm (1 session)

Minimum Age 10

In Manitoba, thousands of hunters take to the field each year. Hunter education courses have contributed to a significant decrease in hunting accidents and an increased understanding of the responsibilities each hunter accepts while hunting. The primary goal of the Hunter Education Program is to help you understand the important role you, as a hunter, have in wildlife management and conservation. Equally important is the safe use and handling of firearms and the ethical and responsible behaviour of all hunters. Students are required to pass the exam to acquire the Hunter Education Card.

Room 141

CANADIAN FIREARM SAFETY COURSE (CFSC/PAL Course) \$170

Saturday, Oct. 21

9:00 am – 5:00 pm (Plus Exams) (1 session)

Minimum Age 12

Please Bring: Government issued photo ID, lunch, reading glasses (if needed for testing) Students ages 12-17 need to have consent from their legal guardian. The course is scheduled to be 8 hours, and then there is a written exam at the end followed by practical testing. As each student needs to be tested individually. The practical testing will continue into the evening. Upon successful completion you will be able to apply for your PAL. *Registration fees non-refundable for this class.*

Room 147

FOOD HANDLERS \$120

Includes Workbook

Saturday, Sept. 23

9:30 am – 4:00 pm (1 session)

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

Room 147

RE-CERT \$70

Exam only 3:00 - 4:00 pm

Room 147

STANDARD FIRST AID \$135

Saturday & Sunday, Nov. 4 & 5

9:00 am – 5:00 pm Saturday AND

10:00 am – 4:00 pm Sunday (2 sessions)

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

Library



SELKIRK Community Pool 2023

SCHOOL • COMMUNITY • POSSIBILITIES
The Comp 221 Mercy Street
Selkirk Mb | 204 785 7310



FALL PROGRAMMING

Registration On Line
Sunday Aug 27 8:00am
selkirkcommunitypool.weebly.com

Pool Closed
October 7, 8, 9 & November 11
Questions or concerns contact
pool manager mstamm@lssd.ca
Schedule subject to change.

Lap Swim passes purchase online or at the pool.

10 visits - \$42.00
20 visits - \$78.50
30 visits - \$95.00

Lifeguard must punch your pass for entry to the pool.
Drop in \$10.00 Aquafit
Drop in \$6.00 Lap swim.

Aquafit pass purchase online or at the pool.
no need to commit to one class use your pass for any class.
10 visits - \$78.50

Open Swim (Debit machine available)

Adult or Student	\$6.00	18+
Preschool child	Free	0 - 4yr
Child	\$2.25	5 - 12yr
Teen	\$3.25	13 - 17yr
Family	\$16.00	

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

Public admission entry requirements:

Limited unlocked lockers available. Do not leave valuables in the locker or change room. The facility is not responsible for loss or damage to belongings. Please review policy on Cancellation and refunds on Continuing Education website.

Swim Admission Standards For S.C.P.

<p>Children 5 & under</p> <p>Guardian must remain within arms reach at all times.</p>	<p>Children 6 to 9 years unable to pass swim test</p> <p>Guardian must remain within arms reach. If any children in the group are 5 and under, a ratio of 2:1 for your group is required.</p>	<p>Children 6 & 7 years who pass swim test</p> <p>Guardian must remain in the pool. Child must complete the swim test each time. wrist band is received. Child can use the deep end.</p>
<p>Children 8 & older who pass swim test</p> <p>Child can swim alone and use the deep end and the diving boards wrist band is received</p>	<p>Children 10 & older may swim alone</p> <p>Must pass the swim test in order to use the deep end and use the diving board.</p>	<p>Guardians must be: 14+</p> <ul style="list-style-type: none"> • 14 years and older • Within arms reach at all times • Responsible for direct supervision in and out of the water • In appropriate bathing attire <p>Facility Swim Test</p> <ul style="list-style-type: none"> • Successfully swim continuously on front, four widths of the pool in a comfortable manner • Face and head must submerge • Body must stay near horizontal

MONDAY SWIM CLASSES

Sept 25 - Dec 4 Closed Oct 9

Preschool 1 5:00-5:30
Swimmer 2 5:00-5:45 p
Swimmer 4 5:00-5:40 p
Swimmer 1 5:50-6:35 p
Baby Bubblers 5:40-6:10 p
Swimmer 5 5:45-6:30 p
Swimmer 3 6:20-7:05 p
Preschool 2 6:40-7:10 p
Preschool 3 6:35-7:05p
Swimmer 2 7:15 - 8:00 p
Swimmer 1 7:10 - 7:55 p
Aquafit 8:00-9:00 p

TUESDAY SWIM CLASSES

Sept 19 - Dec 21

Lap Swim 4:00 - 5:30 pm
Special Olympics 7:00-8:30 pm
Dolphins 5:30 - 7:00pm

WEDNESDAY SWIM CLASSES

Sept 27 - Nov 29

Aquafit 4:00-5:00
Preschool 2 5:00-5:30
Baby Bubblers 5:15-5:45
Preschool 1 5:00-5:30
Adult 1 5:15 - 6:00
Preschool 1 6:05 - 6:35
Swimmer 3 5:50- 6:35
Swimmer 4 5:35 - 6:20
Swimmer 2 6:40 -7:25
Preschool 3 6:40 - 7:10
Swimmer 1 6:25-7:10
Swimmer 3 7:15 - 8:00
Swim Kids 4 7:30-8:15
Swimmer 6 7:50 - 8:25

MORNING ADULT FITNESS PROGRAMS

Sept 11 - Dec 22

Lap Swim Mon - Fri 7:00-8:30 am

SWIM FOR LIFE AQUATIC REGISTRATION GUIDELINES

4 - 5 yr olds
Preschool lessons \$78.50
Preschool 1
Preschool 2
6 + yr olds
Swimmer Lessons \$90.00
Swimmer 1
Swimmer 2
Swimmer 3
Swimmer 4
Swimmer 5
Swimmer 6
Rookie, Ranger, Star

LEADERSHIP COURSES

Bronze Star for swimmer under 12 yr
Bronze Medallion 13 yr old or Bronze star completed
Bronze Cross must have Bronze Medallion.
Swim for Life Instructor must be 15 and Bronze Cross.
National Lifeguard 15 yr old, Bronze Cross and SFA CPR C

THURSDAY SWIM CLASSES

Sept 28 - Nov 30

Lap Swim 4:00-5:30
Preschool 2 5:00-5:30
Baby Bubblers 5:15-5:45
Swimmer 3 5:00-5:45
Preschool 1 5:50 - 6:20
Swimmer 1 5:50- 6:35
Swimmer 4 5:35 - 6:20
Preschool 2 6:25 - 6:55
Swimmer 5 6:40-7:25
Preschool 1 7:00 - 7:30
Aqua Zumba 7:30 -8:30pm

FRIDAY SWIM CLASSES

Sept 29 - Dec 1

Swimmer 5 5:00-5:45
Rookie Ranger 5:00-6:00
Preschool 1 5:00-5:30
Preschool 2 5:35 - 6:05
Swimmer 1 5:50 - 6:35
Swimmer 3 5:50 - 6:35
Bronze Star 6:00-7:00
Swimmer 4 6:10 - 6:55
Swimmer 2 6:40- 7:25
Preschool 1 6:40 - 7:10
Open Swim 7:00-9:00pm

SATURDAY SWIM CLASSES

Sept 16 - Dec 16 Closed Oct 7 & Nov 11

Aqua 9:00-10:00
Baby Bubbler 10:00-10:30am
Bronze Med/Cross 10:00-2:00
Lap Swim 10:30-12:00
Open swim Noon - 2:00pm
Pool bookings 2:30-3:30
3:30 - 4:30

SUNDAY POOL SCHEDULE

Sept 17 - Dec 17 closed Oct 8

Open Swim Noon - 2:00
Pool Bookings 2:30-3:30



We are now accepting Debit and Credit Card payments at the Pool Office and on deck.

SCP is a proud host to many programs.

Lifesaving Society programs
Special Olympics Swimming
Swimmingly
Dolphins Swim Club
Dolphins Swim Academy
Private lessons - Kiers Swim Academy
Aquafit
Aqua Zumba by Jan

RENNIES FULL STOP DOMO
 703 OLD HENDERSON HWY
 THUNDERKIRK AUTO
 204-482-4287

St. Clements
 The place to be
 1043 Kittson Road, Box 2 Group 35
 RR1, East Selkirk, Manitoba R0E 0M0
 Telephone: Selkirk 482-3300
 Winnipeg: 474-2642
 Toll Free: 1-888-797-8425
 Fax: 1-204-482-3098
 Email: info@rmofstclements.com
 www.rmofstclements.com

Hnatiuk Law
 204 - 482 - 5111
 374A Main Street, Selkirk
 www.hnatiuklaw.com

R.M. of St. Andrews
 Ph: 1-866-738-2264
 Email: office@rmofstandrews.com
 Website: www.rmofstandrews.com

SHOPPERS DRUG MART
 230 Main St. Selkirk
 204.482.5600

A&W
 238 Main Street, Selkirk

SAFEWAY
 Main & Manitoba Ave.

SELKIRK TIRE & AUTO
 38 MAIN ST. SELKIRK
 204-482-6545

We're on Your way home
HARRY'S FINE FOODS
LIFESTYLE PHARMACY INSIDE HARRY'S
YOUR LOCAL ONE STOP SHOP
 • Bakery • Fresh Meats • Deli • Produce • Hot Foods
 • Lotto • Tobacco • Confectionary
 5571 Hwy #9 (at St. Andrews Rd.)
 St. Andrews (204) 338-7538

MARINE MUSEUM OF MANITOBA
Pancake Breakfast
 Saturday, August 26th
 8:30am - 11:30 am
 \$10.00/person
 \$5.00 - 12yrs and under
 (Includes breakfast and admission to museum)

We also have take-out containers for those who prefer to take breakfast home and visit the museum at a later date.



Breakfast sponsors are:

NOFRILLS
 366 Main Street, Selkirk
RIVERBOAT
 RESTAURANT & LOUNGE

ACCESS CREDIT UNION

CITY OF Selkirk

Home hardware
 785-2773
 917 Manitoba Ave
 Selkirk

THORS MEATS & GROCERIES
 401 Main St., Selkirk

172 MAIN ST SELKIRK
 JUST USE THE **McDonald's APP**

Fort Distributors Ltd.
 939 McPhillips Rd. St. Andrews
 204.785.2180
 Dust control for your community.

Interlake Cremation & Memorial Services
 204.482.1040
 Helping families make informed decisions at a difficult time
 interlakecremation@mymts.net 204-482-1040

RED RIVER MESSANGER / COURIER
 www.redrivermessenger.com

NOFRILLS
 366 Main Street, Selkirk Town Plaza

KEYS CUSTOM REMOTE STARTERS
 204-293-2071 • 204-481-2070

Domino's
 344 Main Street Selkirk
 204-482-1750
 Locally owned and caring for our community

Thanks to all who participated in this page.

LA School of Music owner passes the torch

By Becca Myskiw

LA School of Music owner Luciano Armenti is passing the torch to his daughter, Jessica Armenti-Slater.

Armenti started working at Selkirk's School of Music in 1978 when it opened. He was doing his music degree and could simultaneously manage the job and education. Then, the school had about 75 students enrolled in it — when Armenti's numbers were highest (before COVID-19), he had as many as 200 students.

In 1980, Armenti bought the school of music from his childhood accordion teacher and made the space his own. The first change he made was one of his smartest — Armenti started offering piano lessons. Because of that, his business grew by 25 per cent in his first year, allowing him to hire more teachers to offer more classes with more instruments.

Armenti planned to run his music school for a couple of years, then be a school teacher, but two years became three and three became what's now 43 years of owning LA School of Music.

LA School of Music offers lessons in piano, violin, guitar, bass guitar, accordion, voice, and almost anything



Students Isabella Johnson, left, and Bailee Lennington, right, with Jessica Armenti-Slater.

else someone wants to try. If a student wants to learn an instrument Armenti isn't familiar with, he'll teach himself to play it, then lead his student.

"There's no guarantee but we'll give it our best," he said.

Armenti used to teach around 70 students a week. Now, he's teaching 20 on top of performing and doing music therapy at a personal care home and a mental health centre. He said he'd instead focused on these other things now, so he's handing over the reins to his daughter.

Armenti-Slater has been part of her father's business since high school.



RECORD PHOTOS SUBMITTED

LA School of Music owner Luciano Armenti, right, is passing the torch to his daughter, Jessica Armenti-Slater.

After graduating from university in 2011 with a voice degree, she began teaching at LA School of Music full time. Along with voice lessons, Armenti-Slater teaches piano, something she grew up playing.

"I was around music so much," she said. "I was watching my dad's bands since I was little. I always wanted to be involved in music in some way. When I was little, I said I wanted to be a music teacher."

The teachers at LA School of Music grew up learning there. Armenti-Slater said they focus on teaching practical music skills so their students can become musicians rather than just people who can read sheet music. Currently, Armenti-Slater teaches 40 students a week. The school has two

other teachers who teach guitar and violin, but Armenti noted they'll offer whatever is in demand.

"If someone has a spark, I can put gasoline on it and watch it grow," said Armenti.

Armenti-Slater hopes to take LA School of Music through another 40 years in business. She will keep the school community-minded and affordable and keep growing musicians in the Selkirk community.

"I definitely have big shoes to fill," she said. "The school's become an institution."

LA School of Music offers lessons to anyone and everyone — their youngest students are four years old, while their most senior students are in their 80s.

Your Art Journey
Interlake Artists' Studio Tour

Sept. 2-3, 2023
 10am - 6pm
www.watchthewave.ca

Get the App!

QR code and app download instructions for Google Play and the App Store.

Scenic Flight Tour

\$149 3 PASSENGERS AND THE PILOT ALL FOR ONE LOW COST
 Book Today!

LS AIRWAYS FLIGHT ACADEMY

LS Airways Flight Academy | 311 Anson St, Gimli, MB | 204-651-1402

Dunnottar celebrates 75th anniversary and 5th annual Family Day

By Patricia Barrett

The Village of Dunnottar celebrated its 75th anniversary and 5th annual Family Day last Saturday with hundreds of residents and visitors taking part in festivities in Whytewold Park.

The day offered games for the kids that included a scavenger hunt, axe-throwing and a water fight, as well as educational activities, a market and speeches by local politicians.

Linda Stevenson, who's a member of Peguis First Nation and works at Huddle Selkirk, an organization that provides a number of youth services in partnership with Peguis and other organizations, opened the formal program with a prayer blessing all attendees and later spoke about Truth and Reconciliation.

Dunnottar mayor Rick Gamble, local historian Bruce Smith, Interlake-Gimli MLA Derek Johnson and Selkirk-Interlake-Eastman MP James Bezan spoke about the community and how far it has come over its 75 years.

Gamble said the three communities that make up Dunnottar – Ponemah, Whytewold and Matlock – were separated from the Municipality of St. Andrews in 1947, with Dunnottar's first council meeting in 1948.

He thanked past and present council members for their guidance over the years.

"The Village of Dunnottar has come a long way since 1947 with some resident's roots going back generations to the initial incorporation of the village," said Gamble. "We look forward to the next 75 years."

Resident Bruce Smith provided a fascinating history of the community, including the advent of the Canadian Pacific Railway which opened up the west side of the lake and the museum he founded with encouragement from Gamble and artifacts donated by residents.

"The railway was critical in the development of this village even though it was originally built for the CPR's profit in Winnipeg Beach with its amusement park," said Smith. "People used the train but in the 1950s, after the Second World War, people became better off and they



Lucy and her Dad enjoyed some colouring.



Matlock firefighters filled the pool for the water fight.



Krista Narfason (left) and Tristin Tergesen from the Westshore Community Foundation. Westshore provided three grants to Dunnottar, including one to create monarch butterfly habitat.



RECORD PHOTOS BY PATRICIA BARRETT

Summer student Beth Friesen, who carries out administrative functions in the office, CFO Chelsey McColl, CAO Sarah Palson and mayor Rick Gamble.



Wendy Buelow with her grandson Arthur Buelow carried out a project with the village to plant milkweed gardens at Ponemah Beach Central and the artesian well.

Continued on page 24

ALL ARE WELCOME!

Community BBQ

hosted by Mitch Obach



Selkirk Park - Picnic Shelter #4
Saturday, August 26th | 5:30 pm to 6:30 pm



Authorized by the Official Agent

> DUNNOTTAR CELEBRATION, FROM PG. 23

started buying their own cars. In 1961 CPR cancelled the passenger service and the stations were sold off by 1964. It was a miracle we were able to get one of those stations back to become the museum for the village."

MLA Derek Johnson presented Gamble and his council with a plaque honouring the village's efforts to develop the community and spoke about its "breathtaking beauty."

"This milestone is a momentous occasion, a testament to the enduring spirit, resilience and unity that has shaped this town to what it is today," said Johnson. "From humble begin-

nings when it was a little settlement nestled along Lake Winnipeg, it has now grown into a thriving community that we see here before us today."

On behalf of Parliament and his riding, MP James Bezan presented Gamble and council with a plaque recognizing Dunnottar's 75 years.

"This is a special community, a place to call home, a place to call your get-away, a place to come and visit. And it's really about having great neighbours – this is what makes Dunnottar so strong, the good people that call it home," said Bezan.



From left Avee and her cousins Kyson, Breygan, Chase and Ryder with their aunt. Kyson and Breygan, who are from St. Pierre-Jolys, started their own business called BK Customs. They make cutting boards. Chase and Ryder make fire starters with the shavings.



On behalf of Canada's Parliament and his riding, Selkirk-Interlake-Eastman MP James Bezan (right) presented a plaque to Dunnottar mayor Rick Gamble and his council.



Dunnottar youth from left Vivian, Sadie, Brooks, Landon and Griffin decorated the pink whale.

RECORD PHOTOS BY PATRICIA BARRETT

IN PARTNERSHIP WITH






September 10th @ Selkirk Home Hardware

WALK WITH US to support Manitobans battling cancer, and their families when help is needed the most!
THANKS TO WINNIPEG KINSMEN EVERY DOLLAR RAISED WILL BE MATCHED UP TO \$20,000!

THANKS TO THE SELKIRK COMMUNITY SPONSORS



PROUDLY PRESENTED BY



SPONSORED BY



Walk with your friends and family and don't forget well behaved dogs are always welcome!



REGISTER TODAY

www.nacf.ca



Bruce Smith spoke about the history of Dunnottar.

Celebrating our Selkirk Employee of the Month

Jaxon S.

Congratulations on a job well done!



© 2021 McDonald's

get inspired

> MEAL IDEAS



RED RIVER CO-OP FOOD STORE

Game Day Buffalo Chicken Dip

vegetable sticks
Heat oven to 400 F.
In bowl, mix shredded chicken, cream cheese, sour cream, 1 1/2 cups shredded cheese, onion powder, garlic powder and dried dill until combined. Add hot sauce; mix until combined.
Transfer mixture from bowl to oven-safe dish. Top with additional shredded cheese, to taste.
Bake until cheese is melted, approximately 15 minutes.
Top with blue cheese crumbles and chopped green onion.
Serve warm with chips and vegetable sticks.

Servings: 3-4
2 cups shredded chicken
8 ounces cream cheese
1/2 cup sour cream
1 1/2 cups sharp cheddar cheese, plus additional for topping, divided
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1 heavy pinch dried dill
1/2 cup hot sauce
2 green onions, chopped
blue cheese crumbles
chips

Game Day Taco Dip

Prep time: 25 minutes
Cook time: 5 minutes
Servings: 12
1 pound ground beef
1 package (1 ounce) taco seasoning
1/4 cup water
2 tablespoons minced cilantro
1 can (16 ounces) refried beans, zesty salsa flavor
1 jar (16 ounces) thick and chunky salsa, medium or hot
2 cups guacamole
1/2 cup sour cream
3 packages (5 ounces each) Fresh Express Butter Supreme
1 1/2 cups shredded sharp cheddar cheese
1 cup tomatoes, chopped
1 can (2 1/4 ounces) sliced black olives,

drained
1 package (14 ounces) tortilla chips
In skillet over medium-high heat, cook beef 5 minutes, or until no longer pink. Sprinkle with taco seasoning; mix well. Add water; cook 2 minutes, or until water is absorbed. Transfer to bowl; cool to room temperature. Add cilantro; mix well.
In 9-inch pie plate, evenly spread refried beans; top with seasoned ground beef and salsa. Add spoonfuls of guacamole across top of salsa then carefully spread to smooth.
Place sour cream in small resealable bag; cut off corner. Pipe sour cream to create football shape on guacamole.
Put pie plate in center of 15-by-18-inch tray. Arrange salad blend around pie plate. Top with cheddar cheese, tomatoes and olives. Serve with tortilla chips.



Total time: 50 minutes
Servings: 4

Game Day Chicken Wings

1/2 cup butter, cubed
1/3 cup flour
2 teaspoons paprika
1 teaspoon garlic powder
1 teaspoon salt
1 teaspoon black pepper
10 chicken wingettes, thawed
dipping sauces (optional)
fresh parsley (optional)
Preheat oven to 425 F.
Line baking sheet with foil. Arrange butter cubes on foil.
In medium bowl, combine flour, paprika, garlic powder, salt and pepper.
Coat both sides of wings in flour mixture then evenly space among butter cubes on baking sheet.
Bake wings 30 minutes.
Turn wings over and bake 15 minutes, or until crispy and fully cooked.
Serve with dipping sauces and sprinkle with fresh parsley, if desired.

Children as scapegoats



By Gwen Randall

An insidious problem that sometimes arises in families occurs when issues between the parents are not dealt with directly, and instead become acted out with the children.

An example might be a man who feels his wife is too controlling, perhaps even bossy, and so when he hears her disciplining a child, tells her to get off the child's back. Or the woman who feels her husband is too strict with the children, and so undermines his rules when he is not around.

There is the case where a father feels his wife is babying their son, and so he's extra tough with him so he'll "learn to be a man." (Yes, this still happens.) Or the woman who is jealous of the closeness between her husband and their daughter, and so (often unconsciously) punishes the daughter by being very hard on her. And then on the simplest level is misdirected anger: you're angry at your spouse, so you yell at the kids.

These behaviours all arise either because we are unconscious about what we are really doing, or we are not taking responsibility for dealing with the issues in our lives. It is much easier,

and less scary to act out our frustrations, than to confront and deal with what's really going on.

It is also much more damaging. It is really insecure and misdirected thinking that leads to the conclusion that it's better to carry on a kind of emotional guerrilla warfare than to go and get some help to change your process. Often these negative processes are so well entrenched that the couple feels hopeless about it ever changing. This is because what they often really want is for the other person to change. It's easy to get locked into this dead-end perspective, and that is why having a third party who can point out the blind spots can help you to move beyond them.

We all have limitations and need to grow, and sometimes children are the catalysts who set this growth in motion. So if there is a lot of conflict at your house over how the children are to be treated or disciplined, then you need to honestly look at what is going on between you and your spouse.

Children must not be made into scapegoats. If this is happening, staying together for the sake of the kids is ludicrous, because the child is being emotionally damaged. If you see this pattern in your family, talk it over with your partner, and vow to change it. If you need help, then get help. Do this... for the sake of the kids.

Gwen Randall-Young is an author and award-winning psychologist. For permission to reprint this article, or to obtain books, CDs or MP3s, visit www.gwen.ca. Follow Gwen on Facebook for inspiration.

Raspberry Streusel Muffins

Recipe courtesy of the American Heart Association and Sorghum Checkoff

Servings: 12 (1 muffin per serving)
Muffins:
Nonstick cooking spray
1 1/2 cups whole grain sorghum flour
1 teaspoon ground cinnamon
3/4 teaspoon baking soda
3/4 cup low-fat buttermilk
1/3 cup firmly packed light brown sugar
3 large egg whites
1/4 cup canola or corn oil
2 teaspoons grated lemon zest
1 teaspoon vanilla extract
1 cup fresh or frozen unsweetened raspberries, thawed if frozen
Streusel:
2 tablespoons whole grain sorghum flour
2 tablespoons light brown sugar
2 tablespoons uncooked quick-cooking rolled oats
2 tablespoons chopped pecans
2 tablespoons light tub margarine
1/2 teaspoon ground cinnamon



To make muffins: Preheat oven to 400 F. Lightly spray 12-cup muffin pan with nonstick cooking spray.

In large bowl, stir sorghum flour, cinnamon and baking soda.

In medium bowl, whisk buttermilk, brown sugar, egg whites, oil, lemon zest and vanilla. Stir into flour mixture until batter is just moistened and no flour is visible without overmixing. Spoon batter into muffin cups. Top each muffin with raspberries.

To make streusel: In small bowl, stir sorghum flour, brown sugar, oats, pecans, margarine and cinnamon to reach texture of coarse crumbs. Sprinkle over muffins, gently pushing into batter. Bake 16 minutes, or until wooden toothpick inserted in center comes out clean. The USDA recommends cooking egg dishes to 160 F.

Transfer pan to cooling rack. Let stand 5 minutes. Carefully transfer muffins to rack. Let cool completely, about 20 minutes.

BINGO
SUNDAY NIGHT BINGO
Pots are as follows:

4 **\$6,200 JACKPOT**
In 51 Numbers

\$4,856 + POKER FLUSH

\$1,617 LUCKY 7
In 25 Numbers

Developer alleges Town of Winnipeg Beach stalled residential subdivision

By Patricia Barrett

An Interlake developer whose subdivision in the Town of Winnipeg Beach was approved by council in 2019 says the town delayed his development over the course of about four and a half years, leaving him with little option but to pursue legal action.

Vince Dery, who lives in the RM of Gimli and has a background in construction, said his 44-lot residential development on Lake Avenue, west of Highway 9, had been approved in early 2019.

"This [delay] is something I've kept quiet about for a long time because I was really trying to get this development going and because we got a lot of traction with people buying lots," said Dery. "But the town was making it more and more difficult to let us go ahead."

Council minutes from meetings on Jan. 23 and Feb. 27, 2019, show the subdivision having been approved with conditions such as entering into a development agreement, paying for a connection to the low-pressure sewer system and construction of a road.

Although the subdivision had been approved with "100 per cent support from the council and the mayor at the time," the town didn't move forward with the development agreement and issues started to surface after that, said Dery. Those issues included a high turnover of chief administrative officers – nine CAOs worked for the town of which Dery directly dealt with eight on his development – and the council at that time, current council and town staff seemingly out of their depth when it came to "how to do any part of a development."

For instance, Dery said a developer traditionally doesn't pay for hook-ups to the sewer – that's the responsibility of buyers who build a home on the lots. A developer pays the cost of having the sewer lines installed. And quotes he obtained from a few local contractors for building the road were set aside by the town in favour of a Winnipeg-based contractor it chose and which wanted substantially more money – about \$220,000 more – than Dery's two quotes for the same amount of material and specifications.

Dery said the town also revised his letter of credit about half a dozen times over the years, bumping it up by hundreds of thousands of dollars. When the subdivision was approved in 2019, the letter of credit was \$10,000. But at one point, the town increased it to \$1 million.

A letter of credit is a promissory note to pay a specified amount of money to a municipality to protect the municipality in the event a contractor fails to



PHOTO COURTESY OF DAVE HILL

Lawyer Dave Hill won a lawsuit against the City of Winnipeg for stalling a housing development in the Parker Lands area of Winnipeg.

carry out some obligation.

"We've had a letter of credit for \$10,000. We've had one for \$309,000. We've had one for \$400,000, \$1 million and \$615,000," said Dery. "They've been all over the place on this. When I was approved in 2019, it was a \$10,000 letter of credit. That's what they have to honour. They decided not to do that and started moving the goalposts."

Of the 44 lots, Dery said 27 have been sold, but other potential buyers pulled out because "it was taking forever" and they lost faith in Winnipeg Beach.

"The buyers can't put a house on their lot because the only thing left [for me to do] is give the town a \$615,000 letter of credit," he said.

Dery said he suspects – and agrees it's just speculation – that the town may have stalled his development because of an alleged lack of capacity at the sewage lagoon. Should 44 new homes hook up to the low-pressure sewer system and experience problems, the town could potentially face a lawsuit.

"It's highly suspected the town doesn't want my development hooked up. Everybody knows the lagoon is hooped; that's not a secret. There's a big, big bill to fix the lagoon and the town has no money. The province has agreed to pay 50 per cent of the required construction to fix the lagoon. But the town doesn't have the other 50 per cent," said Dery. "So, to solve the problem of a 44-lot development that [previous] council approved is to make me go away. There could be a class-action lawsuit from several homeowners if something happens to the sewer system because the lagoon is hooped."

Because agreements expire within



PHOTO COURTESY OF VINCE DERY

An aerial view of Vince Dery's 44-lot residential subdivision on Lake Avenue in Winnipeg Beach, west of Highway 9.

a set period of time, Dery said the town applied and paid for an extension from the province for a period of about a year (until April 4, 2023) in order to avoid potential costs associated with not honouring what it had approved. And Dery was put in a tough position the day before that extension was to expire: he'd have to either pay the \$615,000 letter of credit or potentially lose his development.

"It was going to expire on April 4. I was forced to sign it the day before under duress. If I didn't sign for that amount, I'd lose the development and I'd have to start from scratch – everything would start over, the public hearings, the council vote and so on," he said. "It would have been four and a half years down the drain."

At a time when there's such a shortage of housing in rural Manitoba, he said, a delay like this is inexplicable.

"You'd think they'd be jumping all over this to get people moving to Winnipeg Beach and get more taxes and capital coming in," he said. "Yet they've made it difficult for this development to go through."

Dery shared with the *Record* communications between him and the town, showing discussions about revisions to the letter of credit, discussions about costs and a lack of communication or confusion among town staff, council and others in administrative roles regarding the development.

Dery said he has retained the services of lawyer Dave Hill of Hill Sokalski Walsh LLP. Hill specializes in

corporate and commercial litigation, among other areas of expertise, and recently won a lawsuit against the City of Winnipeg for delaying the Fulton Grove development in the Parker Lands area.

Hill told the *Record* his client in the Parker Lands case waited six years to get approval when it normally should take about 11 or 12 months.

He said he's expecting to get instructions from Dery to issue a statement of claim against the Town of Winnipeg Beach.

"If your development agreement was actually approved in 2019, that's the agreement. And the letter of credit value increased significantly; it certainly wasn't [over] \$600,000," said Hill.

Should Dery decide to proceed with the lawsuit, Hill said it would likely take two to three years to complete because of delays in the provincial court system.

The *Record* reached out to the Town of Winnipeg Beach for comment on Dery's allegations. The town's chief administrative officer Sharon Desiatnyk said the town is unable to respond to questions as this is a legal matter.

"Mr. Dery has retained legal counsel with respect to his development, as has the Town," she said by email. "Since this is a legal matter, the Town will not comment or reply to the questions posed."

Lakeside Lions hold first annual Amazing Race Challenge

By Annaliese Meier

The clock was ticking as racing teams gathered at the Lakeside Lions Amazing Race Challenge last weekend. With only four hours on the clock, they had to strategize and plan their routes to complete as many challenges as possible. The pressure was on, but the thrill of the competition fueled their determination.

The first annual Amazing Race Challenge was a huge success with 21 challenges at 19 challenge locations. Seventeen racing teams, consisting of 59 adults and 20 kids, eagerly took on the challenge. Armed with determination and a competitive spirit, they had just four hours to complete as many tasks as possible, gaining points for a chance to win the top prizes. Challenges were located from the Matlock area to Sandy Hook area and everywhere in between.

And it wasn't just about winning top prizes – families and friends came together to enjoy this action-packed day. Whether they were racing or simply enjoying the variety of locations and challenges at their own pace, everyone found something exciting to engage with.

At the end of it all, three teams emerged victorious: The Sandy Hookers took first place, followed closely by The Hedgehogs in second place and Poplar Posse securing third place. A huge round of applause goes out to all the challenge hosts who made this event possible – their creativity and enthusiasm added an extra layer of excitement.

Racers voted for their top favourite challenges:

- “What’s it like to be a fireman” hosted by the Matlock Fire Department;
- “Todd has a dinner date grocery challenge” at the Matlock Village Junction;
- “Eat a burger with no hands challenge” at Carlo’s Cucina;
- “Feed your friend spaghetti challenge” at Shenanigan’s on the Beach.

Mark your calendars because the next Lakeside Lions Amazing Race challenge is scheduled for Sunday, Aug. 11, 2024.

For all the race results and info on next year’s race, follow their Facebook page

<https://www.facebook.com/LakesideLionsAmazingRace>.



Reduced ER availability at Lakeshore Hospital in Ashern expected to improve

By Patricia Barrett

The emergency room of the Lakeshore General Hospital in Ashern is experiencing reduced availability for the latter half of August because of staffing challenges.

From the period Aug. 16 to Aug. 31, the ER is open 24-7 on only eight days.

A spokesperson for the Interlake-Eastern Regional Health Authority

said the hospital experienced the “unexpected departure” of a doctor in March and currently has five physicians.

“Unforeseen physician illness and planned vacation are affecting physician availability this month,” she said.

In September the ER is anticipated to have some gaps but the situation should improve later in the fall.

“October should bring greater improvement in physician availability in the emergency department,” she said.

The Eriksdale hospital’s ER is available only three days (24-7) from Aug. 16-31 while the Arborg hospital’s ER is open only one half day. Emergency rooms at the Gimli and Selkirk hospitals are available on all 16 days of that period while Stonewall’s ER is avail-

able on only one full day and two half days.

The ER schedule, which the IER-HA posts on its website, is subject to change. People can also dial 1-866-267-5818 to hear an audio recording of emergency department status. In an emergency they should dial 911.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Local ringette players compete in Europe

By Brian Bowman

Four local ringette players - Kaitlyn Beasley, Tatum Clegg-Morrisseau, Sydney Edbom, and Kelsey Erickson - recently returned home from competing in Europe.

The four were part of a team that won a silver medal in a tournament in Prague and then defeated Sweden in an exhibition game in Stockholm.

"It was an amazing experience that our team had," said the team's head coach Tracy Clegg.

The team also competed at a tournament in Helsinki, Finland.

"We ended up fifth out of six teams but we knew that we would have a hard time against the Finnish teams," Clegg said. "Their style of ringette is different from ours which made it a tad challenging for our players. They still had a great time playing and learning from the Finnish players."

The team did a lot of travelling and had a phenomenal experience away from the rink.

They started in Munich, Germany with a tour of the Allianz Arena (FC Bayern soccer team's stadium) and then had dinner at the famous Hofbräuhaus. Afterwards, they travelled through Austria and stopped over in Salzburg before heading to the Salt Mines and then moved forward to the Hohenwerfen Castle.

Then it was off to Czechia.

"Ceske Krumlov was our next stop where we toured the amazing village with such beautiful scenery and history," Clegg said. "We then made our way to Prague where we had our first tournament and toured the amazing city centre and took in all the beautiful castles, bridges, and the famous astronomical clock at the city centre."

Wow, what an experience. But it's always great to come home to Canada.

"After 12 ringette games and many miles of walking we were ready for home," Clegg said. "The experience these athletes had was one to remember for a lifetime."



RECORD PHOTO SUBMITTED

Local ringette players, from left to right, Kaitlyn Beasley, Tatum Clegg-Morrisseau, Sydney Edbom, and Kelsey Erickson recently returned home from playing in Europe.

PeeWee Thunder begin season with a wild loss

By Brian Bowman

The Interlake Thunder PeeWee football team had an interesting start to their season.

Interlake got into a wild offensive shootout with the Eastside Eagles on Sunday, losing 70-48 in Stonewall.

The Thunder led 42-38 at halftime.

"It's one of the highest scoring games that I have ever been a part of," said Thunder head coach Jared Boville. "There were 80 points scored in the first half of football."

That's a lot of points. But it was a fun game to be a part of.

"It was a wild football game and we hope the kids always have fun," Boville said. "I hope all of the kids had fun. You might be disappointed to lose but you want to enjoy playing the game."

The Thunder had a tough test to start the season.

"The Eastman Eagles are going to be one of the best teams in the league, I would think," Boville predicted. "I've watched a few of the other teams play

and they might be the team to beat. The fact that we were up on them at the half and we stayed with them (was encouraging). Nobody was stopping anyone and then we had a bad bounce on a kickoff that they were able to recover and we had a couple of turnovers in the red zone. We had a fumble in the red zone and an interception in the end zone. We lost by three scores and those were the possessions that made the difference in the game."

Interlake's roster has 36 players, which is a great number. Players are coming out from all over the Interlake.

"That's one of the bigger rosters in the Manitoba Minor Football Association," Boville said. "I know since I've been involved with the Thunder for about five years now, this is very good numbers-wise."

Interlake's next game is Saturday when it visits the Charleswood Broncos. Kickoff is 3:30 p.m.



RECORD PHOTO BY JO-ANNE PROCTER

The Interlake Thunder's Evan Brown carries the ball against the Eastside Eagles during PeeWee football action last Sunday in Stonewall.

Locals a smash hit in pickleball at World Police and Fire Games

By Brian Bowman

A pair of local athletes were outstanding in pickleball at the World Police and Fire Games earlier this month in Winnipeg.

Kim Ezzard and Lisa Warkentine won a gold medal in ladies doubles.

"It was very cool," Ezzard said. "It was amazing. The competition, I think, in the ladies wasn't as hard as we expected but we had been training for almost a year for it so we were really prepared."

The pair didn't lose a game and played very, very well.

Ezzard also won a silver medal with a Brandon fireman in mixed doubles pickleball.

Warkentine, meanwhile, was lights out in the ladies singles, winning gold.

"That was a more difficult tournament," Ezzard admitted, referring to mixed doubles. "We played people from Spain, Australia, New Zealand (and) really tough teams from Canada - Quebec and British Columbia. There were teams from all over and, of course, the United States."

Playing teams from other countries was really cool.

"It was amazing and fun to meet the players," said Ezzard, who is an NCAA certified pickleball instructor. "We played against Hollywood detectives and I asked them all sorts of things - what was it like to be a detective in Hollywood - and I got some very beautiful pins and badges from Hong Kong and Brazil corrections."

"Overall, it was an unbelievable experience."

Ezzard said she is thinking about heading down south to Birmingham, Alabama for the next World Police



Kim Ezzard received multiple pins from various teams at the World Police and Fire Games.

and Fire Games.

Pickleball has become an extremely popular sport in our area, across the province, and around the world. The game is very fun (for all ages) and the people are tremendous.

Ezzard would love to see an outdoor pickleball court or courts in Selkirk.

"It's something that's a very good investment for a town," she said.

So, what makes this sport so much fun and popular?

"It has so many different layers to it," Ezzard said. "It's a cross between tennis, badminton and ping pong. Sometimes the game is very slow and sometimes the game is really fast. It's really fun because it's an easy game to learn but it's hard to master. "It's about some brawn and some placement and spin shots and putting it in different spots. There are a lot of facets (to the game) so it makes it really fun. You really don't know what's coming your way."



RECORD PHOTOS SUBMITTED

Lisa Warkentine, middle, won a gold medal in the women's 50-plus years pickleball category at the World Police and Fire Games.

Strike Force win first game of the season

Staff

It took them a lot longer than they would have liked, but the Tri-S Strike Force finally won their first game of the season.

Aaron Bell scored the game winner as Tri-S blanked Azzurri 1-0 last Friday in MMSL 5th Division play at the Selkirk Recreation Complex.

Jordan Pellaers was very good in goal, posting the shutout.

The Strike Force, now 1-11-2, will host the St. James Spurs this Wednes-

day at the Recreation Complex. Game time is 6:45 p.m.

Selkirk FC, meanwhile, played to a 0-0 draw with Triumph in Manitoba Major Soccer League 3rd Division action last Thursday at the Selkirk Recreation Complex.

Selkirk FC, now 4-5-2, played SWB FC this past Tuesday but no score was available. Selkirk FC will host the Kildonan Cavaliers next Tuesday at the Recreation Complex. Game time is 6:30 p.m.

Rugby action



RECORD PHOTO JOHN PODWORNIAK

Interlake RFC's Kieran Simpson carries the ball against the Winnipeg Wanderers during rugby action last Thursday at the Selkirk Recreation Complex. Interlake won the game 30-20. Interlake RFC is a junior team for U21 players that is based in Selkirk. Anyone interested in joining the team, Interlake practices Tuesday behind the Comp and they can contact Dave, the head coach, at surestepwinnipeg@gmail.com.



Kim Ezzard, third from left, and Lisa Warkentine, fourth from left, won gold in pickleball at the World Police and Fire Games earlier this month.

Classifieds



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

METAL RECYCLING

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

SCRAP METAL

Buyer for all farmyard scrap, machinery and autos. No item too large! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

Grow Your Business by placing a HELP WANTED ad in the Record

SCRAP METAL

BUYING SCRAP METAL, CARS, TRACTORS, COMBINES, FARM SCRAP, ANY METAL MATERIAL, ANY FARM MACHINERY. PH LONNIE AT 204-886-3407 LVE. MESSAGE OR CELL AT 204-861-2031.

AUTOS

99 Blazer, 4x4, 4.3 Litre. 204-482-5101.

FARM EQUIPMENT

For Sale- Three 1650 bushel flat bottom grain bins, Arborg, MB. Call Brian 204-376-5637.

SHOP LOCAL - SUPPORT LOCAL BUSINESS

APARTMENT FOR RENT

Rule Apartments located at 424 Eveline Street. 2 beds & 1 bath apartment suites available from \$1,250/month & \$1,150/month includes water and parking. Tenants pay their own hydro. Elevator in building, front door intercom, in-suite laundry. Located close to many amenities, Selkirk Park, public transportation, legion, fishing, shopping & more! Sorry, No pets & no smoking policy. Call/text Rule Apartments for more information 204-290-3805.

APARTMENT FOR RENT

Tollak Place has 1 & 2 bedroom suites, located at 40 Eveline Street. Spacious suites, with F/S, A/C, storage areas and large balconies; utilities are included, parking is extra. Tollak 2 is a 55 plus bldg., river view apts. with central air, F/S, DW & microwave; large storage area off the kitchen and a balcony; utilities and parking extra. Call the onsite office 204-482-2751 for AVAILABILITY.

HELP WANTED

The Window Factory is accepting resumes for full-time employees working in production and manufacturing. Please bring in resume into the office located at 605 Mercy St, Selkirk, Manitoba.

J&L Truck Recycling is looking to hire a licensed heavy duty mechanic or mechanics helper full time wages negotiable. Please call 204-338-1458 or email: jltruckrecycling@gmail.com

HELP WANTED

Line cook and server, full time days, needed immediately. Call Grace 204-232-3630. Drop resume off at Grace's Deli at St Andrews Airport, 601 Club Rd.

Wanting to hire part-time (which can lead to full-time if wanted) Septic truck driver, class 3 license. 204-339-7636.

BUSINESS SERVICES

Private mortgage lender. All real estate types considered. No credit checks done. Deal direct with lender and get quick approval. Toll free 1-866-405-1228 www.firstandsecondmortgages.ca

MISCELLANEOUS

For Sale: portable L.G. A/C, 12,000 B.T.U., cools 400 sq ft, L.E.D. remote control, 3 functions, cooling, dehumidify, multiple fan speeds, auto cool, auto power failure reset, in excellent condition, used only for 2 seasons, \$375. Reclaimed maple hardwood flooring, 3/4" x 2 1/4" T&G, approx 140-150 sq ft. \$150.00. Prices are firm, not negotiable. Phone Herb at 204-479-2069.

MISCELLANEOUS

Brand new Hoover upright household floor vacuum cleaner, exc. cond. \$150; BN men's size 9 buckle-up leather winter boots \$100; EC Men's blueish purple parka size XXL w/black woolen hood, fits a man's size XL \$100; BNC & EC pair size 9 men's work boots/safety shoes w/laces & steel caps over toes \$100; Sunbeam 2-slice toaster EC & EWC \$15. Phone 204-785-8598. Let telephone ring at least 10 times for an answer.

SHARPENING

Knives (Butcher, household, filleting, etc), meat cleavers, scissors (regular and fabric), pruning shears, carbide blades, chainsaws, etc. Call 204-482-4051 Selkirk.

WANTED

Firearms wanted. Looking for all unwanted firearms. Fully licensed for both non-restricted and restricted. Anywhere from individual items to estates. Cash buyer, paying top dollar. Please call or text Adam at 204-795-2850.

Please support our advertisers
SHOP LOCAL

WANTED

Private collector looking to buy firearms. Complete collections ammunition and hunting related items. Licensed and insured. Cash buyer. Call or text 204-297-9223.

WANTED/BUYING 1950's-70's Scandinavian, Danish, Canadian mid-century modern furniture (teak, walnut, rosewood), lighting, ceramics, textiles, stereo or design. Contact Daniel at TEXT/PHONE: 204-918-1607.

PERSONALS

Widower, good health, average size would like to meet any woman, any age OK. Give me a call, Wayne 204-348-3240. I can come over quite a bit - don't be shy, thanks, Wayne.

FLIGHT ACADEMY

Want to learn how to fly? Interested in a career as a commercial pilot? LS Airways Flight Academy is the most affordable in Canada. We have students from all over the world. We offer flight training and ground school (air law, navigation, meteorology, aeronautics general knowledge). Call 204-651-1402.

SHOP LOCAL

Reporter/Photographer Wanted

Are you a natural born storyteller with an eye for photography and a passion for community news? Carman-Dufferin Standard is currently seeking a full-time reporter and photographer to join its multi award-winning weekly community newspaper.

We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories and event coverage in the Carman-Dufferin area and surrounding area communities.

Qualifications:

- A post-secondary degree/diploma in journalism or equivalent experience in a related field
- Strong photography and writing skills with an interest in social media
- Self-starter with the ability to exercise solid news judgement
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner
- Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
- Experience covering council and school board meetings
- Knowledge of CP Style and about the Interlake and its surrounding communities would be an asset

Please forward your resumé along with three writing and photography samples to:

Lana Meier
Email: news@stonewallteulontribune.ca



take a break > GAMES

SUDOKU

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

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!

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!

Eddie's Gravel Supply
Asphalt Paving
Residential and Commercial
Call for your free estimate today
204-389-2023

2023 Show Home for Sale
Starting at \$269,000

Aurora Plus RTM

1648 SqFt 3 bedrooms, ensuite, large kitchen with quartz countertops 9ft walls, double cathedral ceiling
www.wgiesbrechthomes.ca
204-346-3231

ReVolution Trailers RVs Reimagined

- Renovated RV Sales
- Custom Renovations
- Service and Repair

Manitoba's Premier RV Renovator

1480 Springfield Rd
Winnipeg, MB
www.revolutiontrailers.ca

Call now:
204-955-7377

McSherry Auctions Online Timed Auctions @ iCollector.com

Closing Aug. 30 @ 5:00PM
Featuring Guns + Ammo & Kubota U55 Excavator with 686 Hours, Enclosed Trailer, 3PH Equip., Farmall H Tractor, Vehicles, Small Buildings, Tools

Estate & Moving
Closes Sept. 6 @ 7:00PM
Booking Auctions At Your Place or Ours!
McSherryAuction.com
204-467-1858
Consignors Welcome!

Starting a new business?
Call us - We have everything you need to promote your business
Call 204-785-1618

Classifieds



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

NOTICES

URGENT PRESS RELEASES - Have a newsworthy item to announce? An exciting change in operations? Announcing a scholarship? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See www.mcna.com under the "Types of Advertising" tab for more details.

HIRING? REGISTERING PEOPLE for fall/winter community groups or programs? **SOMETHING FOR SALE? HAVING AN EVENT?** Book your Blanket Classified Ads NOW in the 31 Weekly Manitoba Community Newspapers to have your messaging seen all over the province! Call 204-467-5836 or call MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

HEALTH

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

NOTICE TO CREDITORS

IN THE MATTER OF: The Estate of Hans Werner Richter, late of Selkirk, Manitoba, deceased.

All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 27th day of September, 2023. DATED at Stonewall, Manitoba this 16th day of August, 2023.

GRANTHAM LAW OFFICES
Solicitor for the Executor

NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF DOROTHY ANN BUYS HOLOWA-CHUK, also known as **DOROTHY ANN BUYS**, late of the City of Selkirk, in Manitoba, deceased.

All claims against the above Estate, duly verified by Statutory Declaration, must be filed with the undersigned at: 374A Main Street, Selkirk, Manitoba R1A 1T8

within 30 days of the date of this publication.

DATED at the City of Selkirk, in Manitoba this 21st day of August, 2023.

Hnatiuk Law Attention:

****Andrew Hnatiuk**
Solicitor for the Executor

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

Danny's

MOVING AND DISPOSAL

- Local & long distance
- USA moving
- Household packing
- Estate clear out & clean up
- Demolition

Free Estimates Seniors Discounts Small Jobs Professional & Courteous 204-298-7578

WANTED

Buying large amounts of coins & coin collections!



Old coins, old money, collectors coins, rare coins, coin collections, pre-1969 10¢, 25¢, 50¢, \$1., Olympic coins, coin sets, **Royal Canadian Mint Coins, Franklin Mints Sets**, buying **Entire Collections & Estates**. USA, Canada & world collections **wanted**. Also purchasing bullion, jewelry, scrap, nuggets, sterling, gold, silver, platinum.

Todd 250-864-3521

WANTED OLD SIGNAGE

Looking to purchase old cigarette advertising signs. Black Cat, Sportsman, Buckingham, etc.

Cash Paid

Ph: 403-860-1445 or grizzlygas@hotmail.com

May buy other oil or dealership signs.

LJI REPORTER WANTED

Neepawa Banner & Press is seeing a candidate with a passion for journalism, a strong news sense, excellent research skills, a creative approach to coverage, a desire to learn and an ability to adapt to rapidly changing situations.

Reporter will have a focus on Municipal Council, School Board and Health Region news. Contract position until March 31, 2024, but may be extended.

Deadline: Friday, Sept 1
Email resume, cover letter, and three references to: Ken Waddell, Publisher Neepawa Banner & Press 204-476-6214 kwaddell@neepawabanner.com

ADVERTISE YOUR ITEMS FOR SALE IN THE RECORD



Power Builder Advertising WORKS!

- GET SEEN by over 360,000 Manitoba Homes!
- Use your LOGO!
- Create instant top of mind awareness
- Showcase your info, business, product, job, announcements or event
- We format it, to make it look great!
- Starting at \$339.00 (includes 45 lines of space)
- The ads blanket the province and run in MCNA's 31 Manitoba community newspapers
- Very cost effective means of getting your message out to the widest possible audience

Contact this newspaper NOW or MCNA at **204.947.1691** or email classified@mcna.com

www.mcna.com

BATTERIES FOR EVERYTHING! 50,000 BATTERIES IN STOCK

- *Auto *Farm *Truck
- *Construction *ATV
- *Motorcycle *Golf Carts
- *Rechargeables *Tools
- *Computers *Medical
- *All phones *Chargers
- *Marine *RV & more

Shipping/Delivery avail.

THE BATTERY MAN

1390 St. James St. Winnipeg
TF 1-877-775-8271 www.batteryman.ca

The Selkirk Record Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication Please Call 204-785-1618

Everything you need to promote your business



Call Today! 467-5836

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

Sudoku Answer

EVAN 482-7355
WAYDE 485-0407

1126 RIVER RD
Subdivide? River Front 11.2 acres **\$850,000**

We're Looking for New Listings! CALL US TODAY & GET MOVING!

AURORA

RECOVERY CENTRE

DISCOVER YOUR NEW CAREER

NOW HIRING SUPPORT WORKERS

We are looking for caring, compassionate and energetic people to join our team.

We Offer:

Competitive pay
Comprehensive Benefits Package
Training

For more information email: info@aurorarecoverycentre.com Or call 204-642-8058

NOW HIRING

SIGN INSTALLERS VINYL/GRAPHICS INSTALLERS

Email resume to:
ronda@connellysigns.com

ANNOUNCES NEW FUNDING FOR THE RURAL ENTREPRENEURSHIP HUB PROGRAM

Community Futures is excited to announce our partnership with the Prairies Rural Opportunities Fund. This new funding will expand our program offerings for the next 3 years.

The Hub is a Community Futures program that provides relevant training, workshops and 1:1 coaching specifically targeted for rural small businesses in Manitoba.

Anyone interested in start-up, expansion or just needing support can sign up. Our approach is always client specific, ensuring the client gets exactly what they require to grow as an entrepreneur in a rural environment.

Training & Workshops include:

- Idea to Concept
- Annual & Quarterly Planning
- Bookkeeping basics with BONUS Pricing for Profit
- Shift
- Destination Business Program

**Groups are limited to 15 participants.*

Additional Offerings:

- All participants can sign up for as many as 3 FREE 1:1 coaching sessions with an experienced advisor that knows exactly what it means to do business in rural communities.
- Participants of the Destination Business, Shift and Bookkeeping Basics are eligible to receive support funds up to \$750 on their behalf to a service provider. Qualifying services include marketing, social media, getting online, bookkeeping support and customer management software.

Please see our website for further information and workshop descriptions. <https://cfmanitoba.ca/programs/parkland-rural-entrepreneurship-hub>

Please feel free to contact your local Community Futures office or Chantel at 204-546-5105 or email programs@communityfuturesparkland.ca

Announcements *Selkirk Record*

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

ANNOUNCEMENT

GRADUATION



Emma Dubeski

Congratulations Emma on completing your Bachelor of Arts degree with Honours in History with a minor Religion and Culture Studies. We wish you all the best with your future endeavours.

-Love from
your family and friends

ANNOUNCEMENT

IN MEMORIAM



In Loving Memory of
Cody Ryback
Dec 31, 2004 - Aug 27, 2021

Of all the special gifts in life, however great or small,
to have you as our son was the greatest gift of all.
There are no more tomorrows to share, but yesterdays are always there.
When the wind blows softly, I can feel, and hear the whisper of your voice.
One day the truth will be told.

We keep your memory ever near, in our hearts forever.
"Always Loved, Never Forgotten, Forever Missed"

-Love Mom and Dad



ANNOUNCEMENT

IN MEMORIAM



Corrie Nadine Magnusson
November 12, 1961 - August 21, 2003
"I am a thousand winds that blow!
I am the soft stars that shine at night!
When you awaken in the morning hush,
I am always in your morning light!"

♥♥♥

We're sending a Dove to Heaven
with a parcel on it's wings;
Inside are a million hugs and kisses,
with all our love,
To say how much we miss you
each and every day!
20 years have come and gone.
Keeping you in our hearts!

-We will love you always and forever,
from Mom Margaret, sons David and Gordie,
your granddaughters,
great-grandchildren and your siblings

ANNOUNCEMENT

ANNIVERSARY



Happy 60th Anniversary
Bob and Gloria Wur
August 24th, 2023
-Love your family



ANNOUNCEMENT

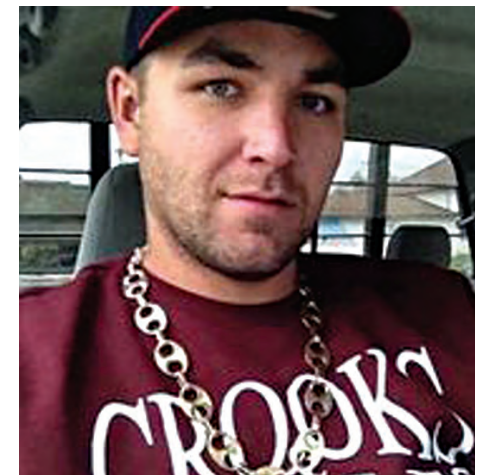
RETIREMENT



Happy Retirement!
After 32 years with the City of Selkirk,
congratulations to Brian Sinclair
on a well-deserved retirement!
-With love from your family xo

ANNOUNCEMENT

IN MEMORIAM



In Memory of our Son
Daniel Robert Cook
January 22, 1987 - August 26, 2022

It's sometimes hard to know why some things
happen as they do
For so much joy and happiness
was centered around you.
It seems so hard to comprehend
that you're no longer here,
But all the happy memories
will help keep you near.
You're thought about with pride son,
with each mention of your name,
Death cannot change a single thing,
the love will still remain.

-Until we meet again,
Love Mom and Dad

ANNOUNCEMENT

CARD OF THANKS

Doreen Hunnie and family would like to thank and appreciate all the compassion and care during the loss of our beloved Ron. First responders, RCMP, Interlake Cremation and Memorial Service (Rick), family and friends. Thank you all for your thoughts and prayers during this difficult time.

ANNOUNCEMENT

CARD OF THANKS

My husband, Buck (Alfred) Anderson had a serious accident June 14th that required hospitalization for several weeks. I would like to extend my sincere gratitude to so many people for their support. Starting with my children, extended family & friends. For the Doctor's & Nurses at Selkirk Regional Health Center & St. Boniface Hospital. So grateful for the "Go Fund Me" page, including the donations that were given. The many cards, gift baskets and rides to and from the hospital. Special Thanks to M.M.F, I.M.A and the Locals for their help and understanding. They always have my "back", as I have theirs. Buck and I are very grateful.
-Thank you,
Sharon and Buck Anderson

ANNOUNCEMENT

IN MEMORIAM

Louise Stocks
In loving memory of a much loved
sister, aunt, great aunt and friend
who passed away August 25, 2013
Her memory is as dear today
As in the hour she passed away.
-Forever loved and remembered by
sister Jo-Ann and family

There is a link death
cannot sever,
Love and remembrance
last forever.

**Express your Thanks with
a message in the Record**

Call 204-785-1618

Announcements *Selkirk Record*

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

OBITUARY



Kenneth Bruce Pollock
July 31, 1942 – August 12, 2023

Peacefully on August 12, 2023, shortly after his 81st birthday, Kenneth Pollock passed away at the Selkirk Regional Health Centre, where he reunited with his beloved wife, Christine (nee Walterson) of 62 years.

Ken was born to his late distinguished parents William (Chief) and Helena Pollock. He was also predeceased by his sister-in-law Dianne Zyblock and brother-in-law Bill Zyblock.

Left to cherish his memory are his son Kerry Pollock and three grandchildren, Cara-lee (Troy), Kort (Robyn) and Kaven; nephew Myles Zyblock and family. Ken will also be missed by many relatives and friends who enjoyed his sense of humor.

Papa was the owner and operator of Selkirk Redi-Mix and Fort Garry Building Products for his entire adult life until the family

business sold in 2008. In his younger adult years, he was a car collector. He had a need for speed and fast moving machines. Papa had a passion and desire for the great outdoors; he spent much time hunting, fishing and mushroom picking over the years. He was always up to something in the great outdoors. He was an avid gardener, spending many hours planting and harvesting. Papa and Umma loved to travel and traveled to many places, spending winters down south in Florida.

Ken was full of life and lived it to the fullest. Papa always had surprises up his sleeves. He always kept it fun and entertaining to say the least. The family spent many years at the cabin in Hecla making memories, such as riding in Papa's motorhome and getting stuck in his truck on sightseeing adventures.

Ken's memorable storytelling, big hugs and ear to ear smile will be graciously missed but will remain in our hearts forever. May he rest at peace with his sweetie, where he wanted to be, forever by her side.

In keeping with Ken's wishes, a private graveside service will take place.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Shawn Keith Langlois

Peacefully, on Sunday, August 20, 2023 at his residence, Shawn Langlois, aged 51 years of Selkirk, MB passed away.

Celebration of his life will be held on Tuesday, August 29, 2023 at 2:00 p.m. in the Gilbart Funeral Chapel, Selkirk.

He is survived by his father Ricki; his sons Harlan and Owen; and the love of his life Ashleigh.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Marion Arleen Kjilaas

It is with great sadness we announce the passing of Marion Arleen Kjilaas on August 6, 2023 at Douglas Memorial Hospital in Fort Erie, ON. Marion was fighting ovarian cancer for many years.

Marion was born in Selkirk, MB on March 10, 1949 and she remained in Selkirk during her early years, where she made many friends/relatives throughout her school years. Marion moved to, PQ Montreal during the 70's, where she married her husband, Robert James Kjilaas, on October 20, 1979.

Marion worked many years as a secretary before working for Sobey's as a cashier. Marion and Robert moved from their home in St. Catharines, ON to Black Creek Leisure Homes in Stevensville, ON. on November 8, 2017, which she loved very much.

Marion is survived by her husband Robert, their daughter Robin, her husband Majdi and three grandchildren Izzat, Billy, and Rihanna.

OBITUARY



Veronica Kennedy (nee Chief)

Peacefully surrounded by family, Veronica Kennedy passed away at the Selkirk Regional Health Centre on August 8, 2023.

She was predeceased by her father Gilbert Chief Sr., grandparents Myrtle and Thomas Chief and Stanley and Agnes Peebles; cousins Mervin Michaud and Jessica Straight-Bear.

She leaves to mourn her children Gilbert Chief Jr., Tiffany, Aaron and Kayla; grandchildren Antoino, Gilbert III. Harmony, Honey, Gabriel, Jaden, Devon, Kaydence, Loretta, Chace and new baby; mother Mary Chief; brothers and sister, Dwain (Tania), Lonny (Trinisha), Rhonda (Jake), Vanessa (Mark) and numerous nieces, nephews, aunts, uncles, cousins and friends.

On behalf of the family, we would like to give our thanks and blessings to all the doctors and nurses at Health Sciences Centre, Selkirk Regional Health Centre and transport drivers Louis, Matt and Fred for all the help and support as well as family and friends.

Wake was held on Friday, August 18 at 4:00 p.m. in the Private Tom Chief Memorial Hall. Funeral Service was held on Saturday, August 19 at 2:00 p.m. in the Private Tom Chief Memorial Hall.

Pallbearers are Dwain, Lonny, Mark, Gilbert Jr. Tiffany and Mindy.

Honorary Pallbearers Tyler, Shoon, Rhonda, Trinisha and Vanessa.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Walter Albert Wood

December 30, 1947 – August 18, 2023

Peacefully, with family by his side, we announce the passing of our beloved husband, dad, papa and brother, Walter Wood (Bubs or Pops) at the age of 75 years.

He was predeceased by his Angel "Ashley" and parents Albert and Annie Wood.

Left to cherish his memory is his wife Louise; three daughters, Angela, Shelley (Steve) and Peggy; his son Roger (Charlene); grandchildren, Lyle, Tunyia, Brett, Riley, Aerial and L.J. and great-grandchild Trey. Walter also leaves his brother Lorne; two sisters, Brenda (Bruce) and Sheri; numerous nieces nephews and friends. Special thanks to his best friends Bimbo (Kathy) and Rod Freeman.

Papa, Dad had a passion for helping other fix vehicles and hauling scrap to Mandak.

Prayers will be said on Wednesday, August 23, 2023 at 5:00 p.m. in the Gilbart Funeral Chapel in Selkirk, Manitoba with cremation to follow. Funeral Mass will be held at a later date.

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



Gilbart Funeral Home, Selkirk in care of arrangements.



Everything you need to promote your business

- | | | |
|----------------|-----------------|--------------|
| FLYERS | DOOR HANGERS | POST CARDS |
| BROCHURES | LETTERHEAD | PRESENTATION |
| BUSINESS CARDS | ENVELOPES | FOLDERS |
| STICKERS | INVOICES | |
| WINDOW DECALS | ESTIMATE SHEETS | |
| SOCIAL | POSTERS | |
| TICKETS | MEMO PADS | |



Call Today! 204-785-1618

Biz Cards
Get The Job Done!
Call 785-1618

RV SALES SERVICE PARTS

- Winterization
- Storage • MPIC Claims

TNM TRUE NORTH MOTORS & RV
43 Main St., Selkirk 204-785-8000

ORTMAN FOUNDATION "Leaking basement?" "Look no further!"

REPAIR "Very Affordable Pricing"

- Blueskin/Tar Seal
- Dimple Wrap
- Weeping Tile
- Hydraulic Cement

431-588-1454
CodyOrtman@outlook.com

Biz Cards
Call 785-1618

KINGS AUTOAIR R134a R1234yf
MOBILE AUTOMOTIVE AIR CONDITIONING
* Car * Light & Heavy Truck * RV *
Red Seal Technician 204-390-2790
www.kingsautoair.com kingsautoair@gmail.com

SHERLOCK TREE REMOVAL
Pruning • Stump Grinding • Chipper
Licensed Arborists
Fully Insured - Claim Free
30 years Experience
Vince 861-0487
Darren 861-0028

K. GOWER Construction
• Carpentry • Sheds
• Doors • Decks
• Siding, Soffit & Facia • Bathrooms
• Basement Finishing
785-3740

E & K Stucco Ltd.
• Conventional Stucco • Acrylic
• Stucco Repairs • Pargings
Kevin Klassen Selkirk
20 years experience 204-232-9889
E: jenkevkllassen@gmail.com

LUPUL Tax Services
"The Name Says It All"
• Computerized • Electronic Filing
• Free Estimates • Personal & Small Business Returns
N.J. (Jim) Lupul
lupultax@outlook.com 204-785-1881

I BUY JUNK VEHICLES
FARM EQUIPMENT,
TRAILERS & SCRAP TOO!
Phil 204-485-5787

INTERLAKE TREE SERVICE
Trimming, Removal & Stump Grinding
204-799-5265

NEED CATERING LIFE *A Little Sweeter*
email: info@lifealittlesweeter.net
www.lifealittlesweeter.net
Ted Wur 204-485-4235

Pick up your **Selkirk Record**
At the **SPORTSMAN'S STOP**
CONVENIENCE & VARIETY
Fishing Bait and Tackle * Gas * Maps
HIGHWAY 44 just east of 59.

• Premium Gas & Diesel Fuel • Groceries
• Dew Drop Water • Boyd's Coffee & Snacks
• Local Post Office & of course Friendly Staff
LIVE & FROZEN MINNOWS
PETERSFIELD STORE
Hwy. Petersfield (204) 738-4475

FULLHOUSE MOVERS
ALEX FOTTY
HOME: 204-467-2419
CELL: 204-461-2352
NOTHING BEATS A FULLHOUSE MOVE

Pump-Tech
PLUMBING & PUMP REPAIR
We've moved to 80 IXL Crescent, Lockport
(Behind Canvasback)
By appointment 204-757-7219
www.pumpstechplumbing.com

BODNER QUARRIES
• Crushed Limestone
• Landscape Boulders
• Clean Fill • Top Soil
Garson, Manitoba **204-266-1001**

Karl's Appliance Service
Repairs to fridges, stoves, washers, dryers, air conditioners
482-4594

ski-doo
SALES • SERVICE • PARTS
#109097 Hwy 9, Gimli
GIMLI 204-642-7017
e: skidoo@mymts.net

CASSIDY'S CONSTRUCTION
• GENERAL CONTRACTING
• MILL WORK • CABINETS • PROJECT MANAGEMENT
• COMMERCIAL/RESIDENTIAL RENOVATIONS
Steve Cassidy • Cell 782-4447
cassidysconstruction@gmail.com

CLANDEBOYE General Store
OPEN 7 DAYS A WEEK
• Gas • Liquor • Pizza
• Lotto Vendor • Groceries
• Hunting & Fishing Licenses
738-4342 Highway 9, Clandeboye

SL ELECTRIC
Tyrel Stinson 1-431-373-2924
Cody Loane 1-204-485-3032
Licensed Electricians
FREE ESTIMATES
24 Hour Service 7 Days a Week
snelectricservice@gmail.com

Hnatiuk Law
204 - 482 - 5111
Main Street, Selkirk
Real Estate Law • Business Law • Wills
Estates & Probate • Farms
www.hnatiuklaw.com
* Legal services Provided by Andrew David Hnatiuk Law Corporation

INTRODUCING YOUR New INTERLAKE

McPHILLIPS TOYOTA
Sales Advisor **CARTER HANKE**
2425 McPhillips St., Wpg
Cell: 204-390-0351
204-338-7985
chanke@mcphillips.toyota.ca
www.mcphillipstoyota.com

AirWise Home
Your Heating, Cooling and Geothermal Specialists
204-467-9578
info@airwiseinc.ca www.airwiseinc.ca

PLUMBING
Commercial & Residential
New Installation & Service
Plumbing & In-Floor Heating
Water Softener Installations
Water Filtration/
Reverse Osmosis
RILEY PATTERSON
Journeyman Plumber
Cell 204-461-0035

STANLEY
ELECTRICAL & MECHANICAL LTD.
RESIDENTIAL • COMMERCIAL • INDUSTRIAL
Red Seal Certified, 24 Hour Service, Free Estimates
204-485-7181 contact@stanleyltd.com
www.stanleyltd.com

RIVERBEND MOVING & STORAGE
MOVING is our business, SERVICE is our promise.
204-785-9299
211 Hutchings St., Winnipeg, MB, R2X 2R4
www.riverbendmovers.com

KUTCHER'S EAVESTROUGHING
• Eavestroughs
• Soffit • Fascia
Serving the Interlake for over 30 years
204-389-3118
FREE ESTIMATES

Erin Denise
Chartered Professional Accountant Inc.
Corporations & Sole Proprietors
Bookkeeping, Income Taxes & More
Call us today 204-482-1105

RIVERBEND
HEATING & AIR CONDITIONING
Your local HVAC specialists Installation & Service
204-396-4474 HYDRO FINANCING AVAILABLE O.A.C.
info@riverbendheating.ca
www.riverbendheating.ca

BILSKY ENTERPRISES LTD.
DESIGN and DRAFTING SERVICES
GENERAL CONTRACTING
PROJECT MANAGEMENT
COMMERCIAL • INDUSTRIAL • RESIDENTIAL
PAUL BILSKY 204-485-3799 Technician
DON BILSKY 204-785-3536 President
OFFICE: 204-482-9381 bilskyentltd@gmail.com

GREAT WHITE
SPRAY FOAM INSULATION
FREE ESTIMATES, QUALITY SERVICE
LOCALLY OWNED AND OPERATED
CALL US TODAY! **204-290-5667**

LARRY B. SWAIN ENTERPRISES
• REFRIGERATION • HEATING
• AIR CONDITIONING
CENTRAL AIR INSTALLATIONS (Financing Available OAC)
PH: 204-757-2935 CELL: 204-998-2904

GENUINE ELECTRIC
204-688-9746
RESIDENTIAL & COMMERCIAL
Genuine service you can count on!

TOPSOIL BLACK DIRT SLAG
• Demolition • Driveways • Loader
• Grader Rentals • Bobcats • Crawler Hoe
• EXCAVATIONS • TRUCKING •
R&M 482-7157
EQUIPMENT Selkirk, MB

CANVASBACK PET SUPPLIES
Doggie Day Care Grooming
1 WELLINK DR., LOCKPORT
Phone: (204) 757-2701
www.canvasbackpets.com

PIPE DREAMERS
PLUMBING & HVAC/R
CHASE BORGSTROM 204-990-1299 PLUMBER
Renovations Repairs/Service New Installs Drain Cleaning Water Treatment
PIPEDREAMERS PLUMBING2019@GMAIL.COM
KYLE SCRIVENS 204-482-3939 HVAC TECH
Heating Air Conditioning Gas Fitting Contracting Refrigeration
PIPEDREAMERSHVAC@GMAIL.COM

WIRELESS INTERNET
Quick STREAM
Hi-Speed Internet
Broadband Residential and Commercial Connections
www.quickstream.ca
1-866-981-9769

Rodger's USED & NEW BRICKS
• Reclaimed Bricks • Cinder Blocks
• New Bricks • Tyndall Stone
• Paving Stones • Retaining Walls
Call or text **204-771-2352**
1000 Redonda St., Wpg info@tomrodgersltd.com rodgersusedbricks.com

QUEEN'S PARK AUTO BODY
• PROFESSIONAL PAINT & REFINISHING
• QUALITY GLASS REPAIR & REPLACEMENT
• COMPLIMENTARY COURTESY CARS
• PICK UP AND DROP FACILITY
• MPI DIRECT REPAIR PROVIDER
204-482-9405
401 Eveline St., Selkirk queensparkauto@mymts.net
WE ADD LIFE TO YOUR CAR

DUBOIS SKID STEER SERVICES
• Site Clean-up
• Grading • Leveling
Serving Lockport & surrounding areas
1-204-898-4256

A's COMPLETE PROPERTY MAINTENANCE
 204-485-4873
 Kevin Law
 ascompletepm@gmail.com

Biz Cards
 Get The Job Done!
Call 785-1618

Ron's WINDOW CLEANING
 EST. 1987
 Get a free quote by texting or calling
1 (204) 430-3720
 or email ronswindowcleaning204@gmail.com

- Interior & Exterior Window Cleaning
- Pressure/Soft Washing
- Gutter Cleaning
- Environmentally Friendly Spider/Spider-Web Prevention
- Mosquito Fogging

WILLOW CREEK TRUCKING
 Will Haul Soil, Aggregate, etc.
 7 Days a Week
204-773-6644 • 204-430-4919

- Fast, Friendly Service
- Most Affordable

VERSATILE, RUGGED, MULTI-USE Utility Trailers
 TOUGH TERRAIN
 ArmadaTransport.com/Tough-Terrain
CALL NOW! 204-633-8381 (Ext 3)

ALICE ROOFING LTD.
 Complete Roofing Service
 • Residential
 • Agricultural
 Licensed & Insured
 www.aliceroofing.ca **204-757-9092**

EAVESTROUGH CLEANING
 Downspout Unclogging & Hose washout
GUTTER Guys
 codyortman@outlook.com 431-588-1454

GRAVEL & LIMESTONE TOP SOIL GRANITE BOULDERS
 • BLACK & RED GRANITE GRAVEL
 • RIVERWASH • FIREPITS
 • COLOURED BARK
 SELKIRK LANDSCAPING
 611 MORRIS AVE. SELKIRK
 selkirklandscaping@hotmail.ca **204-485-0276**

BLAINE'S LANDSCAPING
 Excavating & Bobcat Service including:
 Tree Spade & Bucket
 Residential & Commercial Landscaping
 Lawn Care & Fertilizing
 Rototilling & Aerating
 Hauling & Spring & Fall Cleanup
 Trees for Sale 3-8'
Call Blaine @ 1-204-997-3782

SHUMSKI'S Landscaping & Garden Centre
 (SINCE 1976)
 Chain Link Fence Supplies and Installation
 TREES * SHRUBS * PERENNIALS * BEDDING PLANTS
 SOIL * SOD * SAND * MULCH * LIMESTONE
 GRANITE * BARKMAN PRODUCTS
 FIREWOOD * PEA GRAVEL * RIVERSTONE
 4240 MAIN ST., WEST ST. PAUL
 Ph. (204) 339-5706 shumski@mts.net
 www.shumskigardencentre.com

Advanced Cosmetics Clinic
 Cosmetic Injector
 Holly Vezina R.N.
 advancedcosmeticsclinic.com
 hollyv@hotmail.com
 Botox • Juvederm • Microneedling
 • PRP • Skin Care
 205 Eaton Ave, Selkirk, Mb
 advancedcosmeticsclinic.com

GNJ STUCCO and ACRYLIC
 Pargings • Garages • Paper & Wire
 New & Re-Stucco Repair Work
204-206-0276 FREE ESTIMATES
 Teulon, MB

Shumski's Fencing
 Chain Link Fence Supplies
 Installation or "Do It Yourself Kits"
 Dog Kennels • Privacy Slats
 Open 7 Days a week **Free Estimates**
204-339-5706
 email: shumski@mts.net https://www.shumskigardencentre.com
 4240 Main Street, West. St. Paul

PRAIRIE OAK TREE SERVICES
 ST. ANDREWS MB
 CURTIS 204.981.8731
 LICENSED ARBORISTS

TIRED OF THAT OLD CAR AND SCRAP METAL SITTING IN YOUR YARD? NEED SOME CASH? CALL BOB HOKANSON
204-485-6123

BNS EXCAVATING
 • Design Services • Soil Analysis • Well & Septic Repairs
 • Frozen Lines • Driveways • Culverts • Trenching
 • Auger Drilling • Ice Dam Steaming • Septic Fields
 Residential, Commercial & Industrial
 Member of Manitoba Onsite Wastewater Management Assoc
 BNSexcavating@hotmail.com (204)461-2856

Nordic Plumbing
YOUR TOTAL HOME PLUMBING PROFESSIONALS
 Dennis Baldwinson
 Journeyman Plumber/Gas Fitter
204-791-7437

- Sewer & Drain Cleaning
- Residential Plumbing
- Up Front Pricing
- Repairs, Service, Renovations
- Line Locating
- In-Line Camera Inspection
- Licensed and Insured

KAMO CONSTRUCTION
Keith Neyedly
 keith@kamomb.ca
 Box 368, Clandeboye, MB ROC OPO
204.795.9123

- Excavating
- Bobcat Service
- Hauling
- Rough Finish/Grading
- Lot Clearing
- Landscaping
- Concrete

STEP UP TREE REMOVAL
 FOR A "CUT" ABOVE THE REST...
 • Tree Cutting & Removal
 • Tree Trimming & Pruning
 • Bucket Truck
 Serving Selkirk & Surrounding Areas
 Rob - call or text **204-785-3273** Fully Insured
 stepuptreeremoval@gmail.com

T PLUMBING, HEATING & REFRIGERATION
 • Commercial and Residential
 • Licensed Gas Fitters & Sheet Metal
 • Pressure Systems, Water Softeners & Iron Filters
 • Gas and Electric Hot Water Tanks
 • Roto-Rooter Service
RIDGID SEWER CAMERA **bryant**
204-482-4159 Heating & Cooling Systems

FREE Camera Inspections restrictions apply
PLUMBING Aloha
 PLUMBING & DRAIN SERVICES
 AlohaPlumbingServices@gmail.com
 www.AlohaWinnipeg.ca **204-890-7725**

BONDED HEALTH & MOBILITY SERVICES
 • SALES • SERVICE • PARTS of
 • Wheelchairs • Scooters
 • Walkers • Healthcare Products • Homecare
 • Orthotics
 Toll Free: 1-877-825-0917
 Email: ihebert@bondedhealth.ca
 230 Manitoba Ave, Selkirk 204-785-1992

WESTSIDE POWERSPORTS
 HONDA POLARIS STIHL
EQUIPMENT RENTALS
 LOAD-IT & DUMP IT!
YES WE RENT DUMP TRAILERS
 westsidepowersports.ca **204-482-7782**
 BOOK ONLINE, PHONE OR TEXT
 6837 Hwy 9 SELKIRK

SALES • SERVICE • INSTALL
PVC & ALUMINIUM WINDOWS
INKSTER PARK
 STEEL INSULATED DOORS
 STORM DOORS
THE WINDOW FACTORY
 DURASEAL WINDOW & DOOR
 www.windowfactory.mb.ca
 605 Mercy Street, Selkirk 204-482-9099

THE HACKING TEAM

CENTURY 21
ADVANCED REALTY
255B MAIN STREET, SELKIRK



WWW.HACKINGTEAM.CA · 204.202.1922 · HHTeam@C21.ca · FOLLOW US ON SOCIAL! @HACKINGHOMETEAM



HUNTER WONNACOTT
204.813.8091

GEORGE HACKING
204.461.0747 *PREC

KASEY HACKING
204.485.5303 *PREC

VICTORIA BEAUCHAMP
204.619.3955

BRAD MATTHES
204.510.9900

SHOW HOME OPEN!

EVERY THURSDAY 6-8 & SUNDAY 1-4! AT 801 VAUGHAN AVE, SELKIRK



FEATURE OF THE WEEK!

885 COLVILLE ROAD | EAST SELKIRK | \$529,900



Colville is Calling! Sprawling 1,873 SqFt bungalow has been lovingly cherished, maintained & upgraded by long term owners of 25 years! Situated on 1 acre of beautifully landscaped & treed property in super commutable location. Stunning, bright living space w/stone face wood FP & vault ceiling. Gorgeous eat-in kitchen feat a HUGE island w/storage on both sides + breakfast bar. Freshly stained cabinets, appliances incl. Dining space leads to amazing 4 season sunroom! Brand new skylights, vault ceiling, panoramic views of the picturesque property & sliding doors to deck. Great sized primary bedroom w/2pc ensuite. 2 more good sized bedrooms & 4pc bath complete the main floor. Full finished basement w/awesome rec room, 4th bedroom/den(window not egress), 3pc bath, laundry & utility. Outside is your oversized 2ATgrg. deck, dog run, storage shed & tent. Too many features & upgrades to list! Desirable East Selkirk school catchment area offering both French & Ukrainian Immersion.

HH TEAM
O/H THURSDAY 5-7PM!
\$259,900
263 Inkster Blvd
Winnipeg

HH TEAM
NEW PRICE!
\$46,700
15 Wedgewood Pl
Gimli

HH TEAM
BRAND NEW BUILD!
\$449,900
508 Corinne Ave
Petersfield

HH TEAM
W/O BASEMENT!
\$519,900
13 Howard Place
Selkirk

HH TEAM
VACANT LOT!
\$49,900
9 Houghton Bay Rd
Petersfield

HH TEAM
CREEK FRONT 5.7 ACRES!
\$379,900
756 Schmid Road
Petersfield

HH TEAM
1 ACRE! UPDATED!
\$529,900
885 Colville Road
East Selkirk

HH TEAM
TO BE BUILT!
\$375,000
928 McLean Ave
Selkirk

HH TEAM
TO BE BUILT!
\$329,000
932 McLean Ave
Selkirk

HH TEAM
MOVE IN READY!
\$170,000
628 Strathnaver Ave
Selkirk

HH TEAM
1776 SQ FT!
\$239,900
300 David Street
Arborg

HH TEAM
VACANT LOT W/BI!
\$199,000
418 Rosser Ave
Selkirk

HH TEAM
48.92 ACRES!
\$149,900
0 Arnhold Street
Gull Lake

HH TEAM
2.20 ACRES!
\$119,900
9 Fuller Road
East Selkirk

HH TEAM
LOTS TO BUILD ON!
\$109,900 EA.
2 & 15 Fuller Road
East Selkirk

HH TEAM
.79 ACRES!
\$189,000
20 Creek Place
East Selkirk



ASHLEY DOUGLAS REALTOR*

Contact me for all of your Real Estate needs!

204.485.4051

ashley.douglas@century21.ca



Follow me on Social Media! @ashleydouglasrealtor

ASHLEY
30 ACRES!
\$529,900
71078 Willowdale Rd
Creek Property!

ASHLEY
VACANT LAND!
\$49,900
24 Sandstone Cres
Pebble Beach

ASHLEY
HOUSE + 40 ACRES!
\$179,900
80112 Road 36E
Brokenhead

ASHLEY
VACANT LAND!
\$179,900
110 Balaton Bay
Balaton Beach

ASHLEY
CREEK FRONT!
\$79,900
0 Kimberly Rd
East Selkirk

ASHLEY
SOLD in 1 DAY!
\$289,900
917 Strathcona Rd.
East Selkirk

ASHLEY
SOLD!
\$349,900
209 Pacific Ave
Selkirk