

RECORD PHOTO BY MAGGIE WYSOCKI

The sun shines on Grade 12 Lord Selkirk Education Centre student, Tristin Michaud, as he puts some of the finishing touches on an ice shack he helped build for a new Art on Ice installation, which will be on display during Holiday Alley: Art on the Avenue, a new event coming to Selkirk in December. For a story, see Page 2.

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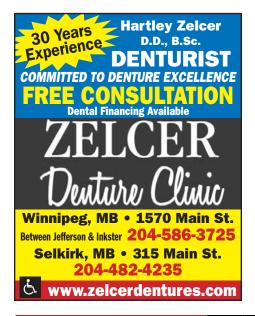
Community comes together to create Art on Ice

By Maggie Wysocki

Whether it's summer or winter, what most people think about when it comes to the City of Selkirk is fishing.

Shirley Muir, Selkirk resident and Homes for the Holidays volunteer, thought so too and decided to create a collaborative project that represented the community's hobby, calling it "Art on Ice."

Muir's idea is to create eight to 10 ice shacks that will be built and designed



by community members. She calls the idea an "interactive travelling mural."

"It's public art that people can enjoy, move, bring home with them. It comes from the community and goes back to the community," she said.

The finished ice shacks will be showcased in December during the launch of Holiday Alley: Art on the Avenue, which is a new event coming to Selkirk thought to wind-up the Canada 150 celebrations.

Following the festivities, the shacks will be auctioned off with proceeds going to "Home for All" — an endowment fund supporting community housing projects.

"Even if you're not an angler, you can use it as a garden shed, a kids play house ... they have lots of purposes," Muir said.

With donated lumber from local businesses, donated time from students at the Lord Selkirk Education Centre (LSEC) and donated creativity from local artists, Art on Ice is already a collaborative community project.

Selkirk Home Hardware Building Centre donated building supplies for the first two shacks, but Muir says community donations from other



RECORD PHOTO BY MAGGIE WYSOCKI

Local artist and interior designer, Brenda Kardynal, decorates a catfish scene on one of 10 ice fishing shacks as part of the new Art on Ice installation on Monday afternoon.

businesses will be needed for the students to complete the rest.

Six students from LSEC are involved in the building process, using the carpentry skills they learn as class credit. "It's the perfect storm for us because these guys get to come here and learn but they also get to give back to their community in a real tangible way," said LSEC director, Steve Grahame.

> Continued on page 3



Dad will Love it... peters Day Prevery Down - 7 PM FREE Del way FREE TO Way FREE T

> ART ON ICE, FROM PG. 2







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"I like getting some real unteering to paint the first completed ice shack.

life experience and I like

building these, it's really

cool," Grade 11 student

Owynn Blackburde said,

adding that Art on Ice has

made him realize that car-

pentry is a trade he wants a

Local artist and interior

designer, Brenda Kardynal

career in one day.

is the other piece to the

puzzle, v o 1 -

"I wanted to contribute in some way and there's so many amazing people giving their time and energy to the community. When you hear about this project you can't help but feel inspired," she said.

Kardynal's painting isn't

done yet but the finished product will be a spin-off of "Jaws" with a catfish as the monster instead.

Community members interested in donating building supplies or artists interested in painting a shack can contact Shirley Muir at smuir@prhouse.ca or by calling 204-771-7523.





Selkirk Bear Clan Patrol looks to recruit volunteers

By Maggie Wysocki

The tribe of women behind the Selkirk Chapter of the Bear Clan Patrol Inc. introduced themselves and their plans to make the community safer during a meet-and-greet at the Comp last Tuesday.

After Ruth Christie opened with a prayer, eight of the 10 women on the Ikwe Oodena Women's Council led a panel-like discussion. They informed the public that they'll function as the core street patrol, recruiting and training volunteers and networking with local council.

The women also mentioned that they are all from the Selkirk area but don't all come from Indigenous backgrounds.

"It's (Bear Clan) is about reconciliation and in order to do so we need all community members involved," said the council's youngest member, Marlena Muir, 21.

We're here because of our unified love for the City of Selkirk and our desire to make our home a safer place, they told a crowd of approximately 30 people.

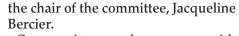
"We often hear that Selkirk isn't

a good place to live but I see the beauty in it every day ... I love our community," said



RECORD PHOTO BY MAGGIE WYSOCKI

Members of the Winnipeg Bear Clan Patrol gathered with Selkirk's Ikwe Oodena Women's Council during a meet-and-greet gathering at the Comp last Tuesday. Selkirk is forming its own Bear Clan Patrol and is looking to recruit volunteers.



Community members came with questions, the council came with answers and members of the Winnipeg Bear Clan Patrol came with support.

"We started this in 2014 in response to Tina Fontaine's death but it has become so much more now ... it's all about outreach," said Bear Clan cofounder James Favel.

The Winnipeg Bear Clan has grown over the years from a few dozen volunteers to now more than 600, said Favel, adding that he hopes the Selkirk chapter will see the same kind of

Favel presented the council with LED flashlights and reflective vests. Other members of the Winnipeg chapter spoke up, offering the women their expertise in first-aid, CPR and needle pick-up. Continued on page 9





SwimAbility looks to make a splash in Selkirk this fall

By Scott Billeck

A popular swim program is heading to Selkirk this fall and the call is out for volunteers and swimmers alike.

Manitoba SwimAbility provides affordable and accessible one-on-one swimming instruction to children living with special needs. The organization currently offers lessons in Winnipeg, Brandon, Dauphin and Steinbach, with Selkirk being the fifth addition come September.

"Just within the last couple of months, we've been working very hard to get the program up and running in Selkirk and as of now, we've booked the pool space," said Manitoba SwimAbility president Cam Krisko. "We've opened up volunteer registration ... and we now have about 12 volunteers already signed up, which is wonderful."

Swimmer registration opened up earlier this month. The program will run Saturdays between 3 p.m to 4:30 p.m. beginning in September at the Selkirk Community Pool.

"Each child gets 30 minutes of oneon-one instruction and the cost of the program is \$25 for 10 weeks of programming," Krisko said. "Of course, you don't have to be in the City of Selkirk to use the programming. I hope we get people interested from other areas of the Interlake. They are more than welcome and it's certainly encouraged."

Krisko said for every three children, they need one volunteer. With the number of children expected to register being high, the call is out for more volunteers.

"One question people might be asking is, 'Do we need any lifeguarding or formal training for this?' The answer is no, actually," Krisko said. "We have our own internal training program that we've developed for our volunteers. So as long as the person that is volunteering is comfortable themselves in the water, they can take our training program, which involves a classroom portion and an in-water portion."

Krisko said that each program for each child is tailored specifically to their abilities and needs.

"We talk to the families before the session and talk to the volunteers and work with everybody to meet goals, reach goals and far surpass goals. We try to come up with the best fit for that particular swimmer. We have swimmers who have never seen the water

before and others who are swimming full laps and may one day swim competitively."

Krisko said there could be upward of 80 to 90 families interested in the Selkirk region alone, and he's hoping to see the same impact he has in other areas of the province.

"It's created this community of acceptance for all swimmers of all abilities. That's really what we strive to do." Krisko added that the Selkirk

that the Selkirk Community Pool has been extremely supportive of their endeavour into the

\$2.00



For the month of June, Ma Cherie Beauty Boutique will donate \$5.00 from every Blowout Service to the Neonatal Intensive Care Unit at the Children's Hospital Foundation in Manitoba and the Canadian Premature Babies Foundation



Good Roads Competition seeks nominees from St. Andrews, St. Clements

By Maggie Wysocki

If there's a yard in your neighborhood you admire each time you drive past,

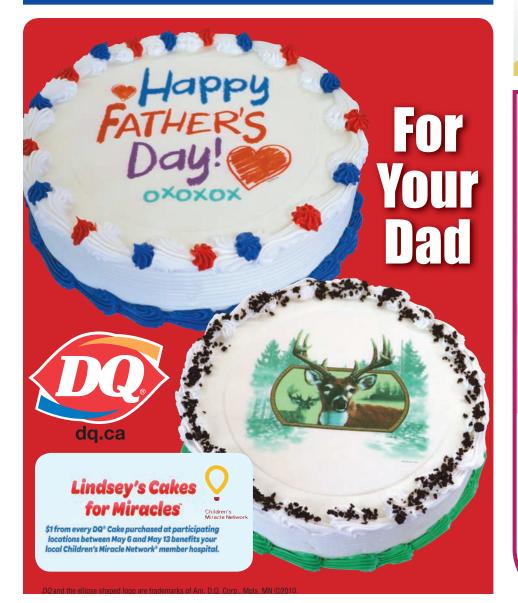
the Manitoba Good Roads Association (MGRA) wants you to nominate it for their annual competition.

The Selkirk GM family is pleased to announce the appointment of Anthony Smith to the position of Financial Services Manager.



Anthony joined our Financial Services Team June 5th, 2017 and is excited to advance his automotive career in his home community.

SELKIRKM1010 Manitoba Ave, Selkirk MB204-482-1010



Each year, the MGRA hosts a province-wide competition to encourage the beautification of roads and properties in Manitoba.

"It's fun to see which RMs enter the competition and people feel really good about themselves when they win," said the association's executive director, Terra Van D eynze.

To participate, residents can nominate the grounds they admire through an application available at their RM's office until June 23.

Including a map and photos of the property or road will better the nominees chance of winning.

The nominees are put into a variety of categories and judged on specific classifications, including Best Farm Home Grounds, Most Improved Municipal Roads and Highest Standard of New or Rebuilt Road.

Throughout the summer the judges deliberate, and more than 29 awards are presented at a banquet hosted in Brandon, Manitoba during the Spring.

"We like to get everyone involved," said Deynze, encouraging residents of St. Andrews and St. Clements to participate.

A few area locals made it to the winner's circle last year, like Ed and Diana Gunning from the RM of St. Clements who won Best Farm Home Grounds award for their property.

St. Clements Mayor Debbie Fiebelkorn is the board's vice-president and is encouraging residents to participate.

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Brokenhead Ojibway Nation Housing initiative helps family's dream come true

By Maggie Wysocki

For Stephanie Bear and Billy Pollok, owning their own home was a dream they thought was 20 to 25 years down the road.

"It just wasn't something we could afford to do when we lived in the city," Bear said. "We didn't have the kind of money to put a down payment."

Their family of four had been renting a duplex on Winnipeg's Main Street for the past few years. But the downtown area wasn't where Pollok wanted to raise their young boys, seven-year-old Gabriel and 10-year-old Jayvian. Instead he dreamed of someday living in the country and escaping the busy city.

Bear shared Pollock's dream, saying she always wanted to move to Broken Ojibway Nation (BON) so she could reconnect with her Indigenous roots and be closer to her family.

So when the couple heard about the Brokenhead Ojibway Nation Sustainable Housing Initiative, they applied right away.

"We had to fill out an application form saying we had jobs and good credit." Bear said.

Bear and Pollok's names were put on the waitlist with more than 100 other applicants. They expected to wait years for a call, but less than a year later their dreams finally became a reality.

"We got a call saying we could come and pick where we wanted our house to be built. It was so surreal."

It's been almost a year now since the family of four moved into their 1500-square-foot home equipped with three bedrooms, a front porch and a two-and-a-half-acre yard.

The best part for Bear?

"It's all ours," she told the Record during an interview on her front porch. "We have something to call our own

... knowing that is an awesome feeling."

The couple says their two boys are still adjusting to life on the reserve, but living close to great fishing spots — their favourite hobby — has helped.

BON established their housing initiative in 2015 after declaring a housing crisis. The lack of housing was due to the community's growing employment opportunities, says BON Chief Jim Bear.

To address the problem, Chief Bear and the rest of council formed a standalone corporation that wouldn't have to depend on government aid — the Bon Development Corporation (BON Corp).

RECORD PHOTO BY MAGGIE WYSOCKI New home owners Stephanie Bear and Billy Pollok eniov some watermelon with their two children Gabriel and Jayvian. The family moved into a new home in Brokenhead Ojibway Nation nearly one year ago thanks to the community's housing initiative.

"WE HAVE SOMETHING TO CALL OUR OWN ... KNOWING THAT IS AN AWESOME FEELING."

They also established a housing board of community members which, among other duties, hosts workshops with new homeowners, teaching them about ownership and maintaining a home.

"We've empowered this authority who are totally responsible for housing people in our community ... now there shouldn't be any political interference," Chief Bear said.

The majority of BON Corp's funding comes from the Canadian Mortgage and Housing Corporation's (CMHC) Non-Profit Housing Program. Its purpose is to assist First Nations in creating affordable housing on reserves.

Although the CMHC has allowed the community to progress, Chief

Bear admits the program has its downfalls too. "They tell us what we can and can't build ... it

slows the process," he said. The "slow" he speaks of refers to the 40 homes that the BON Corp has secured funding for but have yet to be built.

So far, CMHC has only built 20 of the 60 homes it promised back in 2015.

As for when more homes will be built, Chief Bear says they're still in the "evaluation stage" and are waiting until a "creative plan" comes into play with the CMHC.

Opening June 25, 2017 Selkirk Regional Health Centre at 120 Easton Drive

On June 25, Selkirk & District General Hospital staff and patients will be moving

into the new Selkirk Regional Health Centre at 120 Easton Drive, located between Selkirk & District General Hospital and Selkirk Recreation Complex.

Patients are encouraged to avoid the ER during 6 a.m. and 12 noon, if possible, as there will be some disruption in service during the patient move. Phone 1-866-267-5818 to find an alternate emergency department.

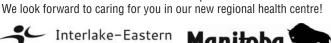
This new centre will provide the entire region with more specialized services such as the region's first MRI, a family birthing unit, outpatient centre and a larger emergency department, surgery, dialysis, Cancer Care, food services, and more.

Reception is located just inside the main entrance and staff there can help direct patients and visitors. Visiting hours remain the same (10:00 a.m. to 8:00 p.m.)

The hospital main phone number is the same: (204) 482-5800 and departments and services will retain their current numbers with the move.

For contact information and to view maps and videos of the new health centre, visit www.ierha.ca, select Care in Your Hospital and click on New Regional Health Centre in Selkirk. The EMS station and the community audiology program will continue to operate in the old hospital in the interim.

A grand opening with public tours is planned for fall this year. More information will be provided.







Selkink Record





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In search of new fishing spots

Set RED RIVER > CHALET BEACH > LAKE WINNIPEG

Hi, thanks for dropping by.

> ARNIE WEIDL

With the coming of summer, the urge to travel far and wide in search of new fishing waters captures our imagination. It was no surprise that when I visited with folks around Lake Winnipeg's south basin last week their unusual stories took us to unfamiliar places.

On a perfect sunny Tuesday morning on the Selkirk pier I met Dan Carlson from Winnipeg. He seemed a man totally comfortable with his time and place in life. Relaxing in his fishing chair, cap over graying hair, a short mustache and goatee, his soft featured face showed enjoyment as he told a heartwarming story of his brother-inlaw, John, who caught just one fish, a master, in his whole life. It happened that Dan and John were boat fishing on Granite Lake, Ontario and John, who had never fished before, was having no luck. When it was time to go back to camp Dan told him to leave his line in the water to troll and maybe he'd get a bite. Minutes later John's rod bent over hard. Dan stopped the boat watching John's rod snapping, quivering and darting from side to side. The line "twanged" in strained tension as a monster jackfish ripped from the water sending a spray high in the air. John being a man of average size and not familiar with this kind of furious action asked Dan to take over "Come on Johnnie, you can do it, hang in there," his brother-in law urged.

Determined, John's hands clamped on his rod, his shoulders stiffened, he braced his feet against the side of the boat hauling and reeling in. The jack set a pattern, being still then tearing away. Water skiers and boaters stopped to witness the hour long battle. In time though, the man conquered the fish and John brought the four foot long beast to the boat. The



RECORD PHOTO BY ARNIE WEIDL Nelson Ferreira of Sandy Hook holds up a pickerel he caught at Winnipeg Beach last week.

fight, however, had ended the pike. Later that night when they were in camp, Dan couldn't help having a little fun at John's expense. John had left the jackfish outside on the deck planning to get it stuffed and mounted. Dan and the men in camp kidded him saying the bears would get it so he dragged it in and placed his treasure in the freezer. John never fished again, but for years every once in a while he could be seen sitting in his living room, a satisfied smile on his face, raising his coffee cup to his fish on the wall.

Not long ago I met dad, John True-

man and son James of Winnipeg. Both were slim, grey haired men with matter-of-fact natures who liked to observe people and things around them. They also liked to fish in Wallace Lake east of Bissett which is known for its gigantic jackfish and from time to time would witness a spectacle that they had seen there before. They would watch as a mother duck would swim across the lake followed by it's ducklings. All of a sudden the huge teeth ladened jaw of a jack would appear under the duck then both would disappear in a split second. Not long after smaller jack fish would emerge and the ducklings would disappear. Such is the harsh reality of life in the wilds.

I was on my way over to Gimli last weekend and decided to make a quick stop at the Winnipeg Beach Marina Complex. On the north beach I met Nelson Ferreira from Sandy Hook. He had caught a pickerel shore fishing there, which was kind of unusual because that beach is known mostly for bass fishing. Later in Gimli I met local, Randy Dann, a tall, well built chap with short light hair who spoke with warm intelligence as he gave us a story. He had spent a fair amount of time working and angling in northern Manitoba and as we know you get "spoiled" with the unbelievable fishing up there. It seems he was working with a pilot and chopper years ago and they set down on a flat rock face with foot deep spring water trickling over it by Island Lake near Waasagomach. Countless pickerel, he said, were swimming between their legs so instead of catching their "supper fish" with rod and reel, they literally slapped their legs together stunning them then tossed a few onto the floor of the chopper!

Till next week, so long my friends.

View the Selkirk Record online at selkirkrecord.ca



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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.

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Couple opens first wellness centre of its kind in Selkirk

By Magge Wysocki

Since 2011, husband and wife physiotherapists, Brad Bobrowich and Corinne Thompson Bobrowich, have been working hard to provide rehabilitation services to Manitobans.

Now, they're bringing their expertise to Selkirk, officially opening the doors of Steelcity Physiotherapy and Wellness Centre located at 145 Main Street last Saturday.

"We've both worked in different clinics all throughout the Interlake and after having our kids we decided it was time to move back home," Corrine said during the facility's grand opening.

"They had the vision and I could see it and it made me so proud that they picked this spot right on Main Street to make a major investment like this. I have to thank you from the bottom of my heart," said Mayor Larry Johansson before cutting the ribbon with the couple and their two kids, Brady, 10, and Brooke, 7.

Brad, a former Selkirk Steelers player and St. Andrews resident, has



RECORD PHOTO BY MAGGIE WYSOCKI

Husband and wife and owners of Steelcity Physiotherapy and Wellness Centre, Brad Bobrowich and Corinne Thompson, cut the ribbon at the grand-opening of their new clinic alongside Mayor Larry Johannson and their kids, Brady and Brooke.

worked as a physiotherapist since 1996, focusing on sports injuries primarily. Corrine has worked at private practices in Winnipeg, Gimli and Ar-

borg since 1997, specializing orthopedics and women's health.

in

Barrel racers compete in Selkirk Park



RECORD PHOTOS BY MAGGIE WYSOCKI

April Callander riding Zeus compete alongside 100 other riders during the Hide Your Crazy Barrel Racing competition hosted at Selkirk Park last weekend.

> SELKIRK BEAR CLAN PATROL SEEKS VOLUNTEERS, FROM PG. 4

Wood working teacher, Robert Unik, also presented the women's council with a wood carving of the Bear Clan logo to hang in their home base, which the location has yet to be determined.

At the end of the hour-long discussion, the women's council encouraged people to volunteer, handing out dozens of sign-up sheets.

A specific date has yet to be set for when patrolling will start, but the council said they're hoping to be out on the streets later this summer, planning a route through the downtown Selkirk area.

Once patrolling does start, the Bear Clan will be on the streets two nights a week with at least three volunteers per patrol.

To join the movement, visit the Facebook group, "Selkirk Chapter of Bear Clan Patrol Inc." or send an email to ikweoodena@gmail.com.

Their new 6,000-square-foot clinic offers a dozen treatment rooms, a 1,000-square-foot gym with athletestandard equipment and an athletic therapy pool.

The Bobrowich's will employ 22 employees with various backgrounds in athletic therapy, physiotherapy, kinesiology and massage therapy.

"We're very proud to bring this here and we hope the community is proud of it too," said Brad to the crowd of more than 50 people who gathered to check out the new space.

"We're able to provide so many services here so people won't have to run to the city to get the care they need," Corrinne added.

The couple believes whether you're young or old, it's never too late to take control of your wellbeing.



Interlake-Eastern Regional Health Authority

Selkirk Regional Health Centre Opens June 25

Patients and staff at Selkirk & District General Hospital will be moving to the new Selkirk Regional Health Centre on June 25. A grand opening of the health centre with public tours is being scheduled in fall 2017. Please visit www.ierha.ca and click on "Care in your hospital" for more information on the opening of the new Selkirk Regional Health Centre at 120 Easton Drive

As a result of this move, please be advised of the following service disruptions

Diagnostic Outpatient Service Interruption

Diagnostic Services Manitoba's (DSM) Laboratory and Diagnostic Imaging services will be moving to the new Selkirk Regional Health Centre (SRHC) between June 5 and June 28. This will result in some outpatient service interruptions:

Service & Locations	Dates Affected	Outpatient Impact		
X-Ray Testing Selkirk & District General Hospital	June 5- June 25	Outpatient X-ray services will be unavailable June 5-25. If you require an X-ray before June 26, please visit neighbouring DSM facilities in Arborg, Ashern, Beausejour, Eriksdale, Gimli, Lac du Bonnet, Pine Falls, Pinawa, Stonewall or Teulon. For more information on location and hours, please visit www.dsmanitoba.ca/ patients/location-hours/.		
Lab Blood/ Urine Collection	June 23	The Labs at Selkirk & District General Hospital and Selkirk		
Selkirk & District General Hospital &		Medical Centre will be closed to outpatients June 23.		
Selkirk Medical Centre				

If you have any questions about how diagnostic services may be affected during the move period, please phone DSM Diagnostics in Selkirk at 204-785-7421.

Thank you for your patience and understanding while we work with the region to accommodate the move. We look forward to serving you at the new Selkirk Regional Health Centre, where all regular diagnostic services will resume June 28.

Results That Matter dsmanitoba.ca



DIAGNOSTIC SERVICES MANITOBA

Lockport summer market bustles with new vendors

By Maggie Wysocki

Lockport's annual Skinner's Locks Market set up shop under the bridge last Sunday for another season with more than 40 vendors showing off their goods.

From 12 p.m. to 5 p.m., visitors strolled through the market, catching up with the returning vendors and getting to know the new ones.

"Every year it's new people selling and even every weekend the vendors change," said the manager of the market Joy Sul.

Not only are there more vendors this year, but many new ones too, she said.

One of the newbies is Fundar's Market Garden — a husband and wife duo from Lundar, Manitoba who are selling their fresh baked goods.

"This is our first year going to markets outside of our own town but so far, so good," said Robert Anderson, who tended the booth alongside his wife, Christa Eydfson.

The couple said they used to own a restaurant in Lundar but decided to change gears once their kids grew



RECORD PHOTOS BY MAGGIE WYSOCKI

Lockport welcomed back the first Skinner's Locks Market of the season last Sunday with 41 vendors selling everything from baked goods to vintage houseware. The newest vendors to the market, Robert Anderson and Christa Eydfson from Lundar, pictured above left, brought a variety of baked goods and said they hope to be back every other weekend.

up. Now, they spend their days baking everything from cinnamon buns to panakuchen.

They plan on being at the Skinner's Locks Market every other week, eventually selling fruits and vegetables from their garden too. A new feature to this year's market is the Canada 150 promotion with Skinner's Restaurant.

Sul has painted and hid across the province more than 1,200 lucky stones that each come with a coupon for a \$1.50 hotdog for Skinner's Restaurant

that can be redeemed on Market Sundays.

"People keep asking me for one ... they're such a hit," she said.

The market will be open every Sunday from 12 p.m. to 5 p.m. until Sept. 10.

East Selkirk gearing up to host 51st annual Highland Gathering

By Lindsey Enns

Organizers behind this year's Manitoba Highland Gathering are gearing up to celebrate the area's Scottish heritage with hundreds of visitors and area residents next weekend.

East Selkirk's Legacy Park will once again play host to the popular annual two-day event on Saturday, June 24 and Sunday, June 25.

One of the organizers behind the 51st annual Manitoba Highland Gathering said the event will once again be packed full of activities for families.

"We have a petting farm for the kids, we have face painting, we have games," said Joyce Neyedly. "We'll also have sheep shearing ... we have our highland dance competition, we have our piping and drumming ... and we have our heavy games."

For the first time, the gathering will also feature roughly nine tables of Scottish merchandise for visitors to explore. "It is one of the biggest Scottish shops in western Canada and I think it's the only one that travels exclusively to Scottish festivals and highland gatherings," she said, adding some of the merchandise will include Scottish candy and clothing. "Here in Manitoba we have very few retail shops available for people to go and get their Scottish merchandise.

"So this is really exciting."

Nevedly said she's been involved with the Highland Gathering in some capacity for decades and said it's a great way to celebrate the area's Scottish heritage. "It's run exclusively by volunteers of all ages," she said. "We try to promote, preserve, enhance, share and educate about our Scottish heritage and culture, arts, sports and animals.

"The whole St. Clements and St. Andrews and Selkirk region is absolutely rich in Scottish heritage."

The event will also include the 26th annual Manitoba Canoe and Kayak Marathon Championships, an all British car show and shine, a Manitoba living history area and a Red River North Regional Heritage Group display just to name a few.

For more information, an events schedule and a full list of events visit, manitobahighlandgathering.org.





Federal gov't investing \$4M to fight Lyme disease

By Teresa Carey

The federal government plans to spend \$4 million to establish a Lyme disease research network with hopes of improving diagnosis and treatment.

Health Minister Jane Philpott recently announced the long-awaited federal framework for Lyme disease.

The goal of the framework is to generate new knowledge which will improve diagnosis, treatment and management of Lyme disease. New guidelines on prevention, identification, and treatment will be established, with better surveillance, through a national medical surveillance program, and the sharing of best practices all being a part of the overall plan.

"This is an emerging disease and we don't have all of the answers. As we move forward collectively, it is critical that we come together with an evidence-based approach, and address knowledge gaps through further research," said Dr. Theresa Tam, Interim Chief Public Health Officer at the Public Health Agency of Canada.

According to the federal government's plan, the risk of Lyme disease in some regions is expanding due to climate change and other factors such as the movement of migratory birds and other animals.

It is estimated that, by the year 2020, 80 per cent of Canada is going to have a deer tick population, the species of



SUBMITTED PHOTO

It is estimated that, by the year 2020, 80 per cent of Canada is going to have a deer tick population, the species of tick responsible for the transmission of Lyme disease.

tick responsible for the transmission of Lyme disease.

The number of confirmed human cases of Lyme disease in Canada has been growing steadily since it became nationally notifiable in 2009.

Government statistics show that in 1994 fewer than 100 cases were reported, whereas in 2016 just under 900 cases were confirmed. However, these numbers are widely acknowledged to be well below the actual incidence.

The federal government hopes that by emphasizing prevention of Lyme

disease through educating the public the incidence of Lyme disease can be curtailed. Part of the education and awareness component of the government's plan will be the creation and distribution of standardized educational materials about Lyme disease which will be designed to increase national awareness about the disease and help to prevent, identify, treat, and manage it.

Representatives from Manitoba Lyme and Tick-borne Illnesses, an advocacy group comprised of about 200 people, say the new framework is better than what existed previously, but still doesn't address some key issues.

"The federal framework is still relying on lab test results and is not covering all of the bacterium which can be transmitted by a tick bite (Anaplasmosis, Babesiosis and Lyme Disease)," said Marnie La Page, one of Manitoba Lyme's organizers.

However, La Page said that the Province of Manitoba is ahead of the game in one regard.

"Our province is the only one in Canada in which the three tick borne illnesses are all reportable. That is one step further than the framework," she said.

La Page pointed out that people may be infected with multiple bacterium from a single tick bite, while others may contract only Lyme disease. This creates problems in diagnosis and treatment and is further complicated by the fact that there are no clear cut answers on the treatment because each person who contracts a tick borne illness reacts differently.

La Page emphasizes that access to treatment, speed of delivery, and length of treatment, all need to be more effectively addressed in the federal framework on Lyme disease, which will not be up for review for another five years.

Dozens come together for high tea



RECORD PHOTOS BY MAGGIE WYSOCKI

The Tucket Family Fiddlers entertained more than 120 people at St. Andrews-on-the-Red during its second annual High Tea last Saturday. Friends and church members, Pam Dyer, Chris Sanwell and Elsie Yeates, pictured above, enjoyed tea, sandwiches and danties during the event.

Selkirk Waterfront concert series kicks off on Saturday

Submitted

Summer is right around the corner and the City of Selkirk is preparing to celebrate with Welcome to Summer, the lead – off event of the 2017 Waterfront Concert Series.

On Saturday, June 17, Waterfront Park will be the place to be for a night of great family entertainment under the stars as the Waterfront Concert Series welcomes Free Ride back for a return performance of some of the best–loved pop music of all time.

"We're happy to be bringing the Waterfront Concert Series to our city as we know how much people enjoy coming from all over the region to see these events," said Faisal Anwar, the city's director of sustainable economic development. "Welcome to Summer will be a great event to open our 2017 season."

Welcome to Summer will feature one of Manitoba's longest running and most enduring tribute bands, Free Ride who brings their unique style to open the Waterfront Concert Series 2017. Free Ride will perform tributes to rock and roll legends The Beatles and other legendary performers, the band will perform full sets of familiar sounds from the 50s, 60s and 70s that have always struck a positive chord with audiences across Canada. The Manitoba-based band makes its return to the city after head-lining Canada Day celebrations a few years ago.

The evening gets underway at 7 p.m. at Selkirk Waterfront Park, a venue that features an amphitheatre–type surrounding that is ideal for live events on the shores of the historic Red River. Full event details are available at the City of Selkirk's website, MySelkirk.ca.

Welcome To Summer is the first of a five–event series that will run all summer long. Canada Day will be next up, slated for Saturday, July 1.

'We're still going to keep our promise but in a different way'

New organizers to take on memorial garage sale in St. Andrews

By Maggie Wysocki

Wiping away tears in her St. Andrews home, Ana Herntier imagines what her late granddaughter, Gracie would say if she could see how her vision has evolved.

"She would be so, so happy ... it's taken on a life of its own," she smiles, referring to the annual Garage Sale in Memory of Gracie and Gordon that has raised \$62,000 over the last five years for the St. Andrews School music program.

Since 2014, Ana and her husband, Tony have organized the massive community event in Gracie's memory. At age six, Gracie held the first garage sale, and six weeks before she planned to hold her second, she was tragically mauled to death by two dogs while visiting friends.

Gordon died in a car accident in 2013 and the Herntier's decided the event should honour his memory too.



RECORD PHOTO BY MAGGIE WYSOCKI

Ana Herntier who has been organizing the Garage Sale in Memory of Gracie and Gordon in St. Andrews since 2014 when her granddaughter, Gracie, passed away, is passing the torch along to Gordon's parents for future years.

"It's too bad it's something so horrific that has brought it on but every community should find a reason to come together and celebrate something," she said.

This year's garage sale at the end of May raised more than \$18,000, but the Herntier's have decided it's time to pass along the torch to Gordon's family.

"I think what I'll miss most is seeing the camaraderie ... but it's time to stop," Ana said, adding that suffering from back problems and chronic obstructive pulmonary disease has made organizing the event a challenge.

The Herntier's had made a promise to themselves after Gracie died that they would stop when she would have been in Grade 6, which would be next year, but they say stopping a year early felt right.

"We're still going to keep our promise but in a different way."

The new way will be with a social hosted in March 2018 at the St. Andrews Community Club.

The couple's family and friends have agreed to help them organize the event. While the garage sale proceeds will continue to fund the St. Andrews School music program, the social's proceeds will go to the Winnipeg Foundation and used for arts and music programs for kids.

"My dream is to have the afternoon for the kids with ponies and jump-aroos and then the evening a social for the adults," Ana said.

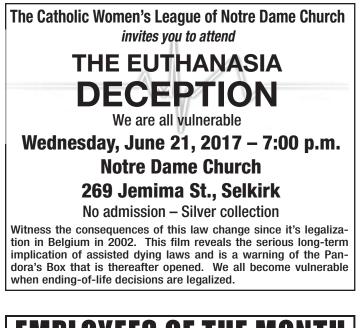
Gordon's mother, Lisa Anderson says she's happy to take over the garage sale.

"I don't see a reason to stop it. I'm more than thankful for the opportunity," she said.

Housing development plan upsets West St. Paul residents

By Maggie Wysocki

"Cheated and lied to" is how Whistler Hollow homeowner Elizabeth



Oliveira says she feels about a plan to build a 112-unit apartment building in her community that she was never told about.

"We were shocked and devastated when we found out because we bought in thinking this was a quiet rural area," she said, referring to the 50 home sub-division located in West St. Paul near the Perimeter Highway.

When Oliveira and her husband bought their property in 2012, she said they were misled, being told the next phase of Whistler Hollow would include the construction of 28 townhouses, not an apartment.

It wasn't until last summer that Oliveira finally found out about the new plans when the developer, Landstar Development Corporation, dropped off a flyer promoting an open house to discuss the construction.

Shortly after, she says a group of about six residents went door-to-door to inform their neighbours. The group refers to themselves as the "Whistler Hollow Working Group" and they reached out to the RM for support.

"Every single resident was surprised that this was even a possibility for that parcel of land," she said. "We were shocked that 20 units went to over 100 ... we're not saying an apartment block shouldn't go here, just not something of that density." In the hopes of keeping the 24 acres

of Whistler Hollow family-friendly, the residents hosted a rally on May 27, holding signs that read "no highdensity."

The *Record* reached out to Landstar Development Corporation last week but the organization refused to comment.

Throughout her discussions with the developer, Oliveira says he's refused to go back to the original plan, saying the apartment plans address traffic concerns.

But Oliveira disagrees.

"We don't have a park here or any kind of green space so the streets are where our kids play ... I don't know how something so high-density in an area without sidewalks or bus stops would even be attractive to someone," she said.

For now, the homeowners hope to work with the RM to ensure that whatever is built will be safe for all residents.

They also have an active petition going and Oliveira says she wants to keep communication open between residents and the developer.

"This is our dream home, we've invested all our money in it. I don't want to move but if I feel my family's at risk then I would have no other choice."





Ceremony helps Peguis First Nation welcome new chief, council

By Patricia Barrett

Peguis First Nation, the largest First Nation community in Manitoba, welcomed its recently elected chief and councillors during an inauguration ceremony on May 25.

Chief Glenn Hudson, Coun. An-

nette Spence-Meeches, Coun. Wade Sutherland, Coun. Glennis Sutherland and Coun. Mary Tyler Bear took office after the election in late March. Community members, special guests and dignitaries paid their respects to the new council and enjoyed



a lunch and performances by the Albert Thompson Memorial Square Dancers.

"I would like to bring a message of congratulations from your Member of Parliament, Niki Ashton, who wishes she could be with you," said constituency assistant Clif Evans, who attended the event on her behalf.

In a prepared statement read by Evans, Ashton said, "Your commitment to your Nation and to your community is unparalleled. You have all been leaders for years, and this is a continuation of that leadership on behalf of your community."

Ashton, who represents about 33 First Nation communities in the Interlake and the north, said she will do all she can at the federal level to advocate on their behalf.

"I look forward to supporting your work."



IDLY CAN



How to clean and prepare outdoor furniture for the season

As temperatures rise, people increasingly venture outdoors to soak up the sun, enjoy the mild breezes and entertain under the open sky. Clean and comfortable furniture can make outdoor entertaining that much more eniovable.

After months in storage or nestled under protective tarps, outdoor furniture likely needs a good cleaning before it's put to the test once again. Mildew may have formed, insects may be hiding out within cushions or other crevices and dirt may have accumulated - even if the furniture was cleaned before being stored away. Experts recommend cleaning outdoor furniture between three and four times per year to keep it in optimal condition.

Before cleaning, determine the material your furniture is made of, as some cleaning products may not be safe for all materials. When in doubt, read the care tags on cushions and other products or refer back to the

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original packaging for cleaning instructions. Always test a cleaning solution in an inconspicuous area first.

The following are some additional general furniture cleaning guidelines. Wood

Wood comes in many varieties, from hard and softwoods to wicker furniture. Mild oil-based soaps and products geared especially to cleaning wood can be handy. On wicker and painted woods, it may be best to dilute the solutions before use. Hardwood furniture and built-in decking structures may benefit from annual sanding and then reapplication of a protective finish to maintain the look of the wood for long periods of time. Plastic resin

Commercial cleansers may be too harsh to use on plastic resin furniture. Before risking discoloration or scratching, try some ingredients that are may be lying around the house. For example, use a wet sponge dipped in baking soda as a mild abrasive to

clean resin. Just be sure to thoroughly rinse off the powdery residue afterward. Automatic dish-

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Cream



washer detergent mixed with a gallon of warm water also may do the trick. The detergent contains a mild bleaching agent that will not cause damage like straight bleach.

Glass

Dish detergent and general home cleaning solutions work well on glass surfaces. Remember to clean all sides, including bottom-facing areas. After cleaning, use vinegar or a glass clean-

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ing solution and a microfiber cloth to produce a streak-free shine. Outdoor cushions

Outdoor fabrics are derived from different materials. However, this general-purpose recipe, courtesy of the DIY Network, may help clean many outdoor fabrics. Mix 1 teaspoon dishwashing detergent, 1 quart warm water and 1 tablespoon borax together. Saturate a sponge and use it to wash the cushions. Let it sit for 15 minutes and then spray it off with a high-force hose. Stand the cushions on their edges to dry outdoors.

Remember, vinegar can help inhibit mildew growth. Therefore, keep a bottle of diluted vinegar around to spray on plastic mesh and furniture that gets wet from the rain or a pool. Store outdoor furniture away from inclement weather whenever possible to prolong its life.





Problems That Can Lead To Lawn Damage

A beautiful lawn is a goal for many homeowners. Some homeowners may find that lovely lawns may last momentarily, only to disappear when damaged whether it be pest, weather or child-related.

While well-established turf can be resilient, even the most well-maintained lawns can be vulnerable. Preventing lawn damage first involves getting to the root of the problem.

• Lack of sunlight: All plants need the proper ratio of sunlight to grow. Too much sunlight and plant blades can scorch. Too little sunlight and grass may turn brown and die. Although there are shade-tolerant varieties of grass, homeowners also can explore alternative landscapes. Work in a garden bed or create a design that utilizes gravel or mulch. Avoid aggressively pruning back trees to give the lawn more sunlight in that area, as this may just damage the trees.

• Chemical spills: Gasoline and fertilizer spills and pesticide applications in high concentrations can cause the lawn to yellow or brown in spots. Carefully refill lawn gas tanks and fertilizer spreaders on the sidewalk or driveway to avoid overflow onto the lawn. If spills occur, flood the area promptly with water to dilute.

• Foot traffic: Lawns can take a pounding from foot traffic, leading to compaction and spots of dead lawn. Try to redirect the traffic elsewhere to give worn down areas a break. Aeration can relieve soil compaction. If a certain area has become the de facto pathway, install a paver, gravel or concrete walkway in that spot.

• Debris: Leaving a tool, kids' toys, piece of wood, or any debris on the lawn can quickly suffocate the grass beneath and cause the lawn to die quickly. Make sure that no items are left on the lawn for an extended period of time.

• Mowing patterns: Running the mower in the same pattern over and over can cause ruts in the grass that lead to damage, so avoid mowing in the same direction on consecutive cuts. Avoid mowing on very hot days or when the lawn is soggy. Both can cause tracks to form in the lawn.

· Mowers: Dull lawn mower blades





can damage lawns, as can mowing too fast. Grass blades can be torn, snapped and more, resulting in brown spots.

• Wildlife: Animals and insects can destroy turf roots. Animals or insects may feed on the grass from underneath its surface, compromising the lawn's ability to procure nutrients and water. Animals like moles or raccoons may feed on grubs in the lawn, and treating for grubs can alleviate torn-up turf.

Lawns can be hearty, but they're also highly susceptible to damage. Even seemingly harmless things can compromise the integrity of a lawn. Understanding the causes of lawn damage can help homeowners protect their lawns.











Stay cool this summer while limiting energy consumption

For many homeowners, summer is all about staying cool. But that comfort comes with a hefty price tag. According to the U.S. Department of Energy, air conditioners cost homeowners more than \$29 billion a year in energy costs. While that's often money well spent, there are ways to stay cool this summer while simultaneously limiting energy consumption.

Air conditioners are a necessity in areas where temperatures rise to uncomfortable and often unhealthy levels in the summertime. But employing air conditioners is not the only way for homeowners to keep their homes cool during the dog days of summer.

• Embrace strategic landscaping. The landscaping outside of a home can contribute to cooler climates inside the home. Deciduous trees shed their leaves annually, and when planted on the western and southern sides of a home, these trees can block the sun from entering the home during the hottest times of day, reducing the need to lower the thermostat on air conditioners. Of course, when these trees shed their leaves in late fall, sun-

light can then make its way into the home, potentially reducing heating costs. Continued on page 18





Your Local Community Home Real Estate Section HOUSES APARTMENTS CONDOS COTTAGES RETIREMENT FINANCING IMPROVEMENTS INSURANCE

Continued from page 17

• Maintain air conditioners. Air conditioners contain air filters that, over time, can wear down and become dirty. The DOE notes that the relatively simple task of replacing and cleaning these air filters can reduce air conditioners' energy consumption by as much as 15 percent. If the unit does not respond after routine filter maintenance, the DOE (energy. gov) lists issues with refrigerant, thermostat sensors and drainage as some common air conditioner problems. Homeowners who suspect these is-

Road 99N

sues can contact certified professionals to inspect their units and perform any necessary repairs.

• Install ceiling fans. Cool people in a given room by installing ceiling fans in areas of the home that might be warm but not too hot during the summertime. Modern ceiling fans with the ENERGY STAR® logo can be as much as 75 percent more efficient than older models, and ceiling fans typically consume far less energy than air conditioners. Install fans that can rotate forward and in reverse, as the direction the fan is rotating can actually heat or cool a room. Con-

\$239.90

sult the owner's manual to determine which direction fans should be rotating in on hot and cold days.

Draw the blinds or close the drapes on especially hot days. Drawing blinds and closing drapes can keep the sun out of the home, lowering temperatures inside as a result. While many homeowners understandably do not want their homes to be dark all day long, on especially hot days when the summer is bearing down, drawing the blinds or closing the drapes can have a substantial impact on comfort levels inside the home.

Air conditioners help to keep homes cool on hot summer days and nights. But homeowners who want to stay cool while cutting their energy costs can try various alternatives to air conditioners when the temperatures allow.



Drawing blinds on hot days can help homeowners keep the interiors of their homes cool.







Concrete & County Chic

The Country Chic All-In-One Paint is a beautiful clay-based paint specifically designed for Do-It-Yourselfers with a love for painting, up-styling furniture and enhancing their home decor. This fabulous paint is made in Canada, is environmentally friendly and contains zero VOC's. There is very little prep work required with Country Chic paint - just fabulous results. Not only can you use Country Chic Paint to transform your home with beautiful painted furniture, you can paint pretty much anything and everything – including concrete!

Why would you paint concrete?

The front steps of The Gypsy Traders shop in Selkirk were drab, dull grey cement. Anna, the owner, was inspired to paint them with a colorful Gypsy caravan theme. She jazzed them up by simply painting over the steps using the Country Chic line. Anna says "This is a really fun way to enhance your curb appeal. You can easily change it at any time and it's a great way to add color to your home or garden." Not only can you paint concrete steps but also planters, cinder blocks and stepping stones. Before applying the paint the concrete needs a good scrub and rinse to get the dust off and to open up the pores. You can apply a stencil to your project, like the word "Welcome" or just get creative and go freehand with a floral pattern or even a brick look. You may want to just go with one overall color as an alternative to that old, soaking wet carpet that's been hiding your steps for years. Concrete planters can be painted to match the steps. The possibilities are endless!

Once you paint your project, it is sealed with a product called Tough Coat. This seals the paint in and keeps the elements out. If sealed properly, the paint will last for years. Shoveling, sand and ice melting products will reduce the lifetime of your painted step, so care is needed to maintain them through the winter months. For more information about painting your concrete product or to attend a class, contact The Gypsy Traders at 204-482-7677, 238 Manitoba Ave. Selkirk, MB.







Create a safe and enjoyable backyard play area

Homeowners often aspire to have attractive backyards that look like they belong in a magazine. While these can be picturesque and functional for adults, they may not be entirely practical for homeowners who have young children, especially when the majority of the yard is covered with paving stones or concrete.

When young children are part of a household, homeowners may benefit by designing yards that are both functional and fun. Incorporating safe play areas for kids is one way to unlock the potential of both big and small backyards.

As children run off to enjoy a playground, safety is the last thing on their minds. Kids are most interested in scaling ladders to treehouses or coasting down slides. That's why adults must take it upon themselves to keep injury prevention in mind.

SafestPlayground.com indicates that playground-related injuries routinely result in severe fractures, internal injuries, concussions, and dislocations. In the majority of playground injuries to children younger than age 5, the head and face are affected. Children between the ages of 5 and 9 experience more leg and arm injuries than younger kids. The Consumer Product Safety Commission states 70 percent of children's injuries occur on home playgrounds. More than 28,000 children are injured each year on playgrounds across Canada, according to Parachute, a national injury prevention organization.

considering

When

equipment for the yard, parents need to make safety a priority. The Canada Safety Society advises parents to follow the "5 S's of Playground Safety": Surface, structures, site, supervision, and safety.

· Surface: Parents should assume that children will fall. To lessen the blow of falls, choose playground equipment with a perimeter of six feet of a softer surface, such as sand, pea gravel, rubber pieces or wood chips. This material should be between six and 12 inches deep.

· Structure: The structure of the play equipment should be built from sturdy materials. Pressure-treated lumber was once the standard, but it's not advisable for kids' playgrounds, as the chemicals used in the lumber can leach and young children may actually bite or pick at the wood. Use cedar or another wood that resists decay. Once the structure is built, inspect it frequently for damage.

· Site: Look around the landscape for an ideal place to locate the playset. There should be no obstacles that children can hit while sliding or swinging. Avoid overhanging branches and do not place equipment too close to trees or fencing. Try to keep the set out of direct sunlight, which can make components heat up and scald young bodies.

· Supervision: Do not leave children alone while they are playing. Prevent children from using the playset in an incorrect manner.

· Safety: Follow the directions for installation. Make sure all posts are

anchored into the ground securely. Railings should be spaced so that children cannot get stuck between them. Check that metal components have not rusted and that there is no additional excessive wear. Be sure that no

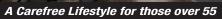
tools or other dangerous items are left around the yard.

Backyard playgrounds should be built with safety in mind. Learn the rules of play equipment and yard safety.



playground







Daerwood cadets welcome new commanding officer

By Maggie Wysocki

For Lt. Matthew Blachar, becoming the commanding officer of the Royal Canadian Sea Cadets (RCSCC) 77 Daerwood has been 14 years in the making.

"My parents dragged me here in 2003 ... who would have thought I'd be standing here today," he joked during his acceptance speech, addressing his core, family and friends.

The Change of Command Ceremony was held recently inside Selkirk's Memorial Hall.

After the Daerwood core performed their opening march, Lt. Elizabeth Nordin passed the torch to Blachar, ending her three-year term as Commanding Officer.

"I wouldn't be the person I am today if I hadn't joined cadets over 20 years ago," Nordin told the crowd.

Funded by the Department of National Defence, the RCSCC teaches young Canadians between 12 and 19 self-discipline, leadership and community service through training in sailing, music and boating, just to name a few.

Growing up in the program has allowed Blachar to experience things he wouldn't otherwise, he said, adding that it's the most rewarding thing he's ever done. As the new commanding officer, Blachar says his duties will include supervising and directing the core and managing the other officers. Administrative duties, like balancing the budget, will also fall on Blachar.

The Selkirk resident says he's looking forward to the challenge and is ready to spend more quality time with the kids in his core.

"The Daerwood core is fantastic. We have kids from all over the area, I couldn't be happier with them."

Alongside his new title, Blachar is working towards studying stationary engineering.

As this year's training year comes to an end, the Daerwood cadets are getting ready to head off to summer camps held in British Columbia and Ontario.

Training will re-

sume on the first Tuesday of September. Blachar encourages those interested to join the free program.

For more information, search "77 RCSCC Daerwood" on Facebook or call 204-785-2520.



RECORD PHOTO BY MAGGIE WYSOCKI

Lt. Elizabeth Nordin resigned from her three-year position as commanding officer, giving the title to Matthew Blachar with Major Stu Smith as witness during the Royal Canadian Sea Cadets (RCSCC) 77 Daerwood Change of Command Ceremony recently.



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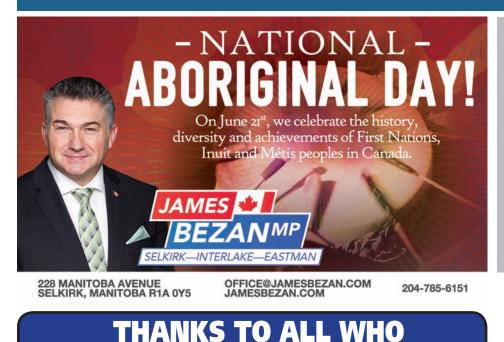
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12th Annual Aboriginal Day Festivites

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Join us for the 12th Annual Aboriginal Day Festivities on Wednesday, June 21st, where MMF and partners will be hosting a free fun filled day of activities in Selkirk Park, jam-packed with a petting zoo, bounce-a-roos, cotton candy, races, Métis Entertainment, Manitoba Buckskin Hide Stretching and much more!



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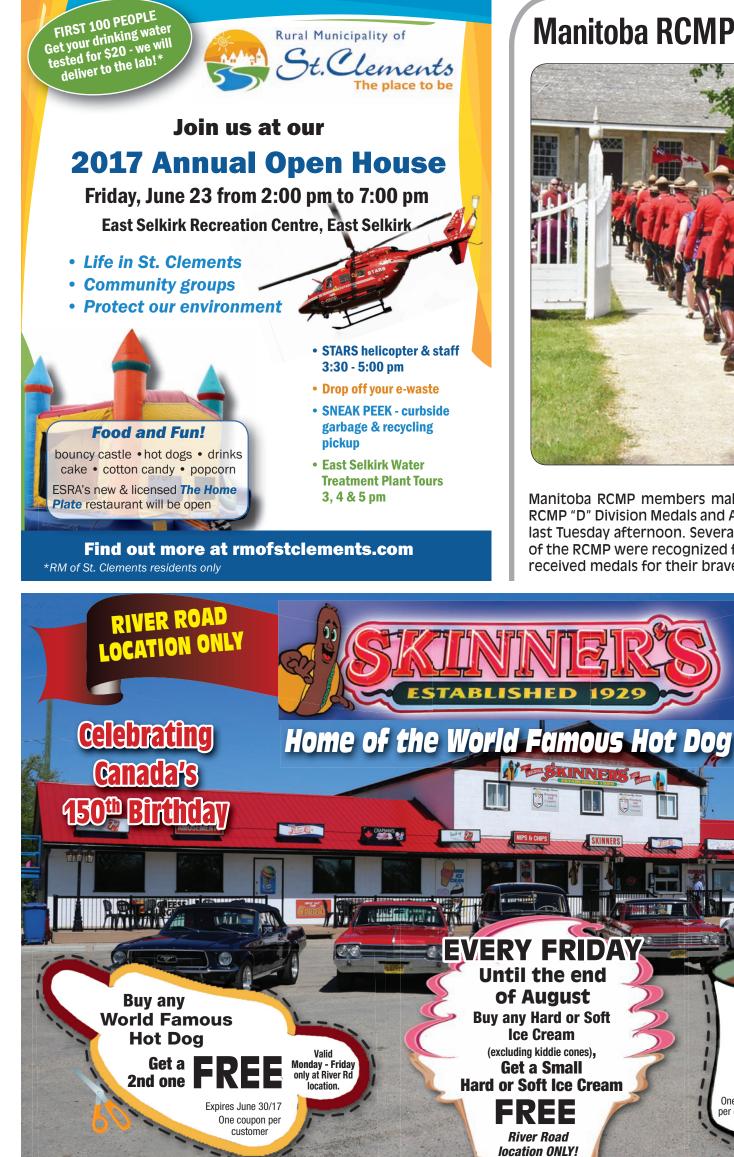
<u>Métis Entertainment</u> 1pm-7pm Debbie Copple | Tom Dutiaume Glen Hewgill, Mike Lauze, John Bear | Megan Mowatt | Lil Bitty Steppers | Kinew Youth Fiddlers with Tom Dutiaume | Keith and Morgan Ginther (Youth Fiddler) | Peyton Habinski-Brine (Youth Jigger) | Metis Club Traditional Dancers

<u>Guest Performance</u> Jerry Sereda

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Manitoba RCMP members honoured



RCMP PHOTO

Manitoba RCMP members make their entrance during the annual RCMP "D" Division Medals and Awards Ceremony at Lower Fort Garry last Tuesday afternoon. Several current and some retired members of the RCMP were recognized for their years of service while others received medals for their bravery and service.

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Watermelon Raspberry Lemonade



This lemonade is accompanied by raspberries and of course a refreshing twist of watermelon. Serve this up during summer time or year round for a refreshing thirst quencher. **Recipe from** http://www.watermelon.org Ingredients 6 cups watermelon chunks (seeds removed) 1/4 cup raspberries 1 cup water 1/3 cup sugar 1/2 cup lemon juice Instructions Place watermelon, raspberries and

water in container of electric blender, cover and blend until smooth. Strain through fine mesh strainer into pitcher. Stir in sugar and lemon juice until sugar dissolves. Refrigerate until chilled, about 1 hour.

Servings Makes 4 servings.

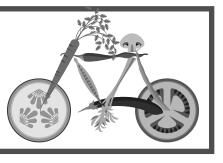
Watermelon Greek Salad



Recipe from http://www.watermelon.org Ingredients 3 cups kale, chopped fine 2 cups diced watermelon, seeded 2 cups peeled and diced English cucumber 1/2 cup diced red onion 1/2 cup Kalamata olives, cut in halves

4 tablespoons extra-virgin olive oil

Do you have a Health or Wellness Business? Call Michelle at 204-785-1618 to advertise



Pork and Watermelon Kebobs

Recipe from

http://www.watermelon.org Ingredients 6 tablespoons brown sugar 6 tablespoons soy sauce

6 tablespoons diced red onion

3 garlic cloves, minced

3 tablespoons lemon juice

1 tablespoon olive oil 1/4 teaspoon ground thyme

dash pepper to taste

1 pound Boned, lean pork chop, cut into 1" cubes (approximately 38

to 40 pieces)

32 ($\hat{1}$ inch) cubes watermelon 16 - 24 (1 /2 inch) zucchini rounds

16 (1 inch) pineapple chunks, fresh or canned

24 (1 inch) yellow and/or orange peppers

1 bottle cooking spray Instructions

1. Combine sugar, soy sauce, onion, garlic, lemon juice, olive oil, thyme, and pepper in a mixing bowl. Pour into a zip-lock bag and add pork pieces. Seal bag, mix thoroughly, and refrigerate for at least 1 hour, turning bag on occasion.

2. Remove pork from bag and reserve marinade. Thread 5 pork pieces, 4 watermelon cubes, 2 to 3 zucchini rounds, 2 pineapple chunks, and 3 peppers on each of 8 skewers, alternating the order.

3. Heat the grill to medium high. 4. Spray cooking surface and place kebobs on grill. Grill for 12 to 15 minutes, depending on grill heat, or until done, turning and basting frequently with reserved marinade. Garnish with sesame seeds and chunks of watermelon.

Servings: Makes 8 kebobs. Nutrition

Serving size: 1 kebob Calories per serving: 234 Fat per serving: 8.9g Saturated fat per serving: 2.5g Folate per serving: 21mcg Fiber per serving: 1.8g Vitamin C per serving: 49mg Calcium per serving: 35mg Iron per serving: 1.5mg Magnesium per serving: 47mg Potassium per serving: 563mg Sodium per serving: 488mg













2 tablespoons balsamic vinegar

1 teaspoon minced garlic

1 tablespoon chopped fresh mint serving grated pepper

1/2 cup crumbled feta cheese Instructions

1. In a large bowl, add kale, watermelon, cucumber, onion and olives.

In a small bowl, whisk oil, vinegar, garlic, mint and pepper.
 Pour dressing over salad and toss thoroughly. Top with feta cheese.

Serve. Servings

Makes 6 one-cup servings.

Nutrition

Serving size: 1 cup Calories per serving: 193 Fat per serving: 14.4g Saturated fat per serving: 4.5g Cholesterol per serving: 18mg Fiber per serving: 3.2g

Sportskrecreation INSIDE > OUTSIDE > UPSIDE DOWN Gurney golden at MHSAA track and field provincials

By Brian Bowman

For many young athletes, competing at the MHSAA track and field provincials for the very first time can be a tad overwhelming.

But for Asha Gurney, she was quite comfortable in those new surround-ings.

Gurney capped off a tremendous athletic season for the Royals, winning a pair of medals at her first-ever high school provincial meet.

The Grade 10 standout won a provincial gold medal in the junior varsity girls' triple jump after landing in the sand at an impressive 10.46 metres on Saturday. She earlier won a silver medal in the high jump after topping out at 1.53m.

"I was really happy," said Gurney on Monday. "I wasn't really going for medals or placing or anything like that. I just wanted to go out and do the best that I could and whatever happened after that, happened."

Gurney's triple jump was a personal best, beating out Prairie Mountain's Natalie Gundrum (10.36m).

Gurney put in a lot of time working on the jump with her coaches leading up to provincials. That hard work definitely paid off.

"It took me a while to get going in the triple," she admitted. "I was a little tired after the whole three days. But in my last jump I used whatever energy that I had left. I kind of put my all into that jump because I had nothing to lose."

Gurney really enjoys the triple jump, which can, at times, be challenging to execute.

She also really enjoyed competing in the high jump, which was won by Gundrum (1.56m). It was a great battle between two very talented athletes.

"I tried not to think about all of the people watching," Gurney said of the high jump pressure. "I tried to stay in my own zone and do what I was there to do. It didn't really bother me how many people were there watching but it is tough mentally. There are a lot of head games that you can play with yourself but as long as you keep



The Royals' Asha Gurney won a provincial gold medal in junior varsity girls' triple jump.

a cool head and stay confident, you'll do OK."

Gurney soaked in the experience of competing against the best Grade 10 female athletes in the province on the big stage at the University of Manitoba.

"It was kind of surreal," she said. "I could not believe the amount of kids that were there and how many schools were at the provincials. There were way more than in junior high but I kind of liked that atmosphere."

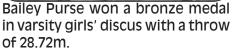
The Royals, meanwhile, had another junior varsity medalist at provincials as Ben Kelly won a silver medal after a great throw of 39.51 in the boys' javelin.

In the varsity girls' discus, Bailey Purse continues to excel in the sport after an impressive throw of 28.72m to win a bronze medal.



Gurney also won a silver medal in high jump leaping 1.53 metres.







Selkirk's Ben Kelly threw 39.51m in the boys' junior varsity javelin to win a silver medal.

Interlake players selected to POE U18 female prep camp

Staff

Several Interlake athletes have been selected by Hockey Manitoba to be part of their 2017 Female U18 Program of Excellence.

The Female POE July Prep Camps will be held from July 5-9. This is the third phase of the female POE which leads towards the selection of U18 Team Manitoba

Team Manitoba U18 will participate in the 2017 Women's National Championship in Quebec City this November.

The Interlake athletes include

Stony Mountain defenceman Ashlee Hodge-Hirschfield (Balmoral Hall Prep) and St. Andrews' blueliner Hai-

Lockport racks up records at LSSD meet

By Brian Bowman

The Lockport School Lancers had several outstanding performances at the LSSD track and field provincials May 31.

Lockport had nine first-place finishes – while breaking a whopping 11 LSSD records – at the divisionals.

"I can't believe that these records keep toppling every year," said Lockport coach Marc Morelli."The athletes, somehow, keep getting stronger and stronger."

Dylan Duguay, a talented Grade 7 student, won nine events – breaking seven LSSD records along the way - while also finishing second in another. Duguay broke records in the 4x100m relay, 100m, hurdles, high jump, long jump, shot put, and javelin.

"He seems to excel in every sport that he plays," Morelli said."And we were lucky to have him on our track team."

The other members of Lockport's record-breaking relay team were Chase Pacey, Tyson Wyryha, and Nathan Burzynski.

Meanwhile, Wyryha was first in discus while the 2000m was won by Keenan Allen.

Lockport's Cheyenne Cockerill had a rare sweep of all three throwing events, placing first in shot put, discus, and javelin. She also finished second in the 1200m.

The Lancers' Katie Gascoigne was the fastest in



RECORD PHOTO SUBMITTED

The Lockport Lancers' 2017 LSSD record breakers for track and field include, from left to right, Heath Kurys, Dylan Duguay, Nathan Burzyski, Tyson Wyryha and Ben Olafsson. Missing from the photo is Chase Pacey.

the 100m while Emily Lazeruk was the best in triple jump.

Other first-place performances by female Lockport athletes included Taiya Palmer (1200m), Morgan Lenchuk (javelin), Sierra Cook (high jump), and Trinity Grove (discus).

Heath Kurys was also spectacular at the LSSD meet. He added three more records to the six he already had. The talented Kurys now owns the 800m, 1200m, and 2000m records for all three grade years. "He did something special," Morelli stressed. "He is the master of the long distance."

Lockport's Tyler Stoesz was first in the high jump while Benjamin Olafson broke the LSSD record in shot put (13.63m).

As a team, the Lancers' Grade 7 boys were the top school, finishing with 96 pts. They finished well ahead of East Selkirk Middle School, who had 67 points.

At the provincial meet June 6, Duguay won a gold medal while breaking the provincial record in long jump. He landed in the sand after a very impressive jump of 5.39 metres. Duguay also won a silver medal in the 100m (13.04 seconds) and high jump (1.5m).

Kurys won gold medals in the 800m and 1200m while Noah Ojala earned silver in Grade 9 boys' shot put with a cast on his foot. Ojala was also fourth in the discus.

Cheyenne Cockerill was also very good at provincials, winning a silver in the shot put (9.67m) and bronze in discus (21.41m). She accomplished the rare task of sweeping the throwing events at the LSSD meet.

Other Lockport medal winners at provincials featured Palmer (silver Grade 7 girls' 800m), Gascoigne (silver Grade 9 girls' hurdles), Holy Feschuk (silver long jump Grade 9 girls' 4.47m), Maggie Senchuk (bronze in long jump), Ben Olafson (bronze Grade 8 boys' shot put), and Emily Lazeruk (bronze medal 300m).

Golf champions decided early in season

Submitted by Golf Manitoba

The 2017 competitive season is well under way with champions determined in the men's, women's and senior men's Match Play Championships.

The qualifying for the Match Play Championships took place May 27-28 at the Minnewasta Golf & Country Club in Morden.

In the amateur men's division, Pine Ridge's Travis Fredborg of Selkirk was the medalist in a field of 51 competitors with a 36-hole score of 143 (-1).

Southwood's Veronica Vetesnik was the medalist in the women's division with a score of 148 (+2) while Breezy Bend's Garth Collings of Matlock was the low senior male with a score of 149 (+5).

The men's and women's championship matches were contested over 36 holes on June 10 and the senior men's over 18 holes on June 8 at the Niakwa Country Club.

Jenna Roadley of the Southwood Golf & Country Club won the women's match play championship for the second year in a row with a 3 & 2 victory over

> POE U18, FROM PG. 26

ley Karbonik (St. Mary's Academy Prep).

The forwards feature Stonewall's Annaliese Meier (Norman Wild) and Stonewall's Olivia Cvar (Balmoral Hall Prep), Berens River First Nation's twin sisters Keyanna and Keyara Lea (Balmoral Hall Prep).

The Female POE July Prep Camps are designed to provide players with the opportunity to work on advanced individual skill development and team Rebecca Kuik of the Niakwa Country Club.

On the men's side, first-time winner Colwyn Abgrall of the Golf Manitoba Public Player Club defeated Jay Doyle of the Niakwa Country Club with a 4 & 2 victory.

The senior men's match play championship was won by Collings. He defeated Alan Ediger of the St. Boniface Golf Club 5 & 4.

For complete results of all championships, please visit the Golf Manitoba website atwww.golfmanitoba.mb.ca.

The Golf Manitoba championship schedule continues this month with the Women's Alternate Shot Championship benefitting "Golf Fore the Cure" being conducted at the Pine Ridge Golf Club next Monday.

Also in June will be the qualifying for the Nott Autocorp Men's Amateur Championship. The two qualifiers will take place at the Warren Golf & Country Club (June 22nd) and the Shilo Country Club (June 24th).

building. The camp combines individual skills, work with guest skills coaches, as well as team technical and tactical work.

This year's U18 July Camp roster includes three returning players from the 2016 U18 Team Manitoba (Ashley McFadden, Sarah Dennehy and Cvar).

Also included are two goaltenders that have been selected to attend the Team Canada U18 Strength and Conditioning Camp (Logan Angers and Halle Oswald). Meanwhile, after a very successful inaugural Top-40 camp, the Female U16 July Prep Camp The number of spots available for the provincial amateur championship will be based on the field size (120 players) minus the number of exempt players who accept their spot in this year's event.

The entry deadline for this event is next Monday. Closing out June will be the Women's City & District Championship at the Larters @ St Andrews Golf & Country Club from June 24-25 (entry deadline is next Monday).

Recent past champions of this event include Briann Tokariwski (2014 and 2016), Jenna Roadley (2015), Mindy Lichtman (2011 and 2013), Faye Zachedniak (2012), Kathryn MacKenzie (2009 and 2010) and Jill Hardy (2007 and 2008).

To register for Golf Manitoba events, please visit our website (www.golfmanitoba.mb.ca) and click on Tournament Registration.

A Mastercard or Visa will be required to register on-line. Competitors can also mail in entries or drop them off at the Golf Manitoba office (145 Pacific Ave).

roster includes 16 players from the rural "AAA" programs and nine players from the various Winnipeg "AA" teams and schools.

No Interlake players were invited to the U16 camp. The Female POE is designed to provide high performance female players with the opportunity to develop advanced skills as well as an introduction to the concepts needed to play at an elite level.

Players from the Program of Excellence often go on to play at the USPORTS, NCAA and International levels.

PeeWee Pirates have rare tough day at St. James tourney

By Brian Bowman

The North Winnipeg Pirates had a rare tough day at the St. James Pee-Wee tournament last Saturday in Winnipeg.

The Pirates, who are an exceptional 13-2 in league play this season, lost all three tournament games. North Winnipeg was edged 2-1 by Carillon and 10-9 by Bonivital before losing 7-4 to South Central.

"We were in there, for the most part, for the first two games, for sure," said Pirates' coach Ken Allen.

The Pirates struggled to score runs on Saturday, which is rare for this offensively-gifted club.

"All day Saturday, for the most part, our bats were quiet," Allen admitted. "Usually, we're fairly good on offence but it took a long time for our bats to come around."

On Friday, North Winnipeg led the Interlake 9-0 before the rain washed away their game. The Pirates did not play any games Sunday.

In league play this season, North Winnipeg leads the second-place Bonivital Black Sox by four full games heading into this week's action. The Pirates have been very scary on offence, scoring a league-high 220 runs while giving up 111.

"We average around 15 runs per game against our opponent," Allen noted. "Our offence has been doing pretty good and our defence is start-



Keenan Allen of St. Andrews delivers a pitch for the North Winnipeg Pirates during PeeWee tournament action last weekend.

ing to become more solidified. We have a large number of pitchers so the only trouble is getting them all through the rotation."

After a very strong start to the season, Allen admitted that other teams in the league are beginning to close the gap.

RECORD PHOTOS BY LANA MEIER North Winnipeg Pirates' catcher Easton Toews gets the out at home in their 2-1 loss against the Carillon Sultans last Saturday.

"There are no easy wins anymore," he said. "But we have a lot of great skill. We have good depth in all aspects of the game. We have speed, power, and we throw well."

The Pirates, whose roster includes St. Andrews' Keenan Allen, Rylan Sliworsky and Colson Smith, played the Winnipeg South Chiefs this past Tuesday but no score was available at press time.

North Winnipeg will host the St. James A's tonight (6:30 p.m.) at the Sunova Centre and then will hit the road for pair of games Sunday against the Carillon Sultans.

Barons beat Royals at lacrosse provincials

By Brian Bowman

The Selkirk Royals deserved a better fate in their Division 2 high school lacrosse Cup Division provincial championship game against the Ecole Edward Schreyer Barons from Beausejour on Sunday.

The Barons scored the game-winning goal with just 37 seconds left in regulation time for a 4-3 win at the St. James Optimist Park in Winnipeg.

Selkirk led 2-0 in the low-scoring game despite having a shortage of players.

"The goaltenders actually played quite well on both sides," said Royals' head coach Chris Poponick. "Our goalie, Liam Geard, did a great job and came out and stopped lots of opportunities."

It was an interesting game between two very evenly-matched teams.

"It was back-and-forth right to the end," Poponick stressed.

Josh Poponick led Selkirk with two goals while Brady Hrymak also tallied.

Selkirk started Division 2 action at the provincials with a 13-2 loss to the River East Kodiaks last Friday. Josh Poponick and Owen Sargent scored for the Royals.

Later that evening, Selkirk was pounded 14-3 by Powerview. Hrymak (two) and Josh Poponick scored for the Royals in the losing cause.

Selkirk finally got on the win column Saturday afternoon after a solid 9-4 victory over the Barons.

Josh Poponick and Cole Wasnie each had three goals apiece while Hrymak, Sargent, and Justin Tessier added singles.



RECORD PHOTO BY LANA MEIER The Selkirk Royals' Easton Densley (18) controls the ball during provincial lacrosse action against the Ecole Edward Schreyer Barons from Beausejour.

Skrumeda commits to Bisons

By Brian Bowman

The University of Manitoba Bison men's hockey team recently announced four new recruits – including St. Andrews' Lucas Skrumeda – for this upcoming season.

The other three recruits include Michael St. Croix, Zach Franko and Calvin Spencer.

"I am thrilled to welcome this exceptional group of recruits to the University of Manitoba," said Bisons' head coach Mike Sirant in a media release. "Each of these players brings an impressive hockey background to the Bisons and will make an immediate contribution to our team's success through differing roles."

The Bisons will be getting a solid defenceman in Skrumeda, who spent the past three seasons in the Western Hockey League with the Everett Silvertips.

"Lucas Skrumeda is a smart, talented, and mobile defenceman who plays a solid two-way game," Sirant said. "He excels at moving the puck while also is very strong at defending. "In Everett, Lucas played a lot of minutes against the opponent's top lines."

Skrumeda, 20, had 42 points (six goals, 36 assists) in 175 regular-season games while also playing in 20 WHL playoff contests.

He was an assistant captain in 2016-17 and was named the Silvertips' most improved player in 2014-15.

Skrumeda started his junior career playing in the Manitoba Junior Hockey League with the Winnipeg South Blues.

Skrumeda is looking forward to playing university hockey in his home province.

"I chose the University of Manitoba because it's the best fit to continue my hockey career," Skrumeda said. "With the Bisons, I can stay in Winnipeg and have the opportunity to join a locker room filled with a great group of guys who are all looking to make a run for the championship."

Ekosky wins David Caligiuri Memorial Award

Staff

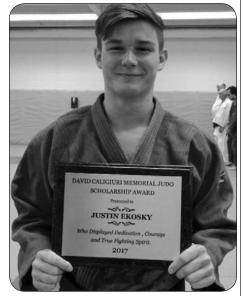
The Selkirk Judo Club's Justin Ekosky was recently selected as the 2017 winner of the David Caligiuri Memorial Award.

Ekosky has enjoyed a stellar judoka career, with several major highlights. He won a bronze medal at the 2015 Western Canada Summer Games and gold at the 2016 Edmonton International Judo Championships.

Ekosky also won bronze medals at the 2016 Canadian National Judo Championships, the 2017 Pacific International, and Edmonton International tournaments.

He is also a three-time Manitoba provincial champion (2015-17).

"Justin has been a very dedicated and hard-working athlete since he started judo in September, 2008," a member of the said a media release. "His commitment has paid off as he has risen to the rank of brown belt and has been standing effort."



Justin Ekosky

a member of the Manitoba provincial team for the past two years.

"This award recognizes his outstanding effort."

Blue Jays beat Bisons in Game 2 of doubleheader

By Brian Bowman

The Interlake Blue Jays salvaged a split in their doubleheader with Altona on Sunday by defeating the Bisons 10-8 in Game 2.

Letting an early 8-3 lead slip away, Interlake scored twice in the bottom of the sixth inning for the victory.

Emerson Klimpke and Derek Petrasko led the Blue Jays offensively with two hits and two runs scored apiece.

Jason Peltz also had two hits in the Interlake's 10-hit attack. He also

scored a run.

In Game 1 of the twinbill, Altona beat the Blue Jays 5-1. Klimpke, Petrasko, Baily Proctor and Tanner Good each had hits for the Interlake in the loss. Petrasko scored Interlake's lone run.

Last Friday, Interlake was blanked 11-0 at home by the Elmwood Giants.

Elmwood led 3-0 after three innings and then broke the game open with five runs in the fifth. The Giants then added a run in the sixth and two more in the seventh. Lane Holden, Petrasko and Proctor each had one of the three Blue Jays' hits in the game.

The Blue Jays had another evening that they would love to forget June 7 after a tough 17-0 home loss to the Carillon Sultans.

Carillon scored three times in both the second and third innings before adding five in the fourth and six more runs in the fifth.

The Sultans, who outhit the Blue Jays 10-2, took advantage of six Interlake errors. Topolnitsky and Peltz had Interlake's hits.

Interlake, now 4-8 and four games back of the first-place Brandon Marlins in the eight-team MJBL, hosted Carillon last night but no score was available at press time.

The Blue Jays will visit the Pembina Valley Orioles Friday (7 p.m.) and then will battle the St. Boniface Legionaires in a doubleheader on Sunday (1 p.m. and 4 p.m.).

MJHL reduces limit on 20-year-old players

Staff

The Manitoba Junior Hockey League has decreased the number of 20-yearold players that can play in a game from nine to eight.

"This motion was approved by the board of governors at our recent AGM," explained MJHL commissioner Kim Davis in a media release. "This reduced limit will be reviewed annually, with the ultimate intention of having the limit to six per team."

Other news coming out of the MJHL's recent annual general meeting:

Prospect Development Camp

The MJHL will be conducting its first-ever Prospect Development Camp from July 27-30 at the Seven Oaks Community Centre. The camp, which will feature list players born in 2000 and 2001 from each MJHL club, will focus on preparing the players for a successful junior hockey career while helping them transition from minor hockey to elite junior hockey in the MJHL and beyond.

Old Dutch Player Showcase

This year's Showcase, now in its 15th year, will take place Dec. 11-13 at the Bell MTS Iceplex in Winnipeg. The popular event attracts scouts from many levels of hockey - NHL, NCAA, WHL and CIS.

League website

The MJHL will be designing a new website and each of the 11 member clubs will also have a new website. The websites are scheduled to launch around mid-August under the direction of Hockey Tech.

New statistics system

The MJHL will be launching a new statistics system to coincide with the start of next season. The new stats sys-

tem is called League Stat and is powered by Hockey Tech.

Player registry

The league will be launching several RinkNet software platforms powered by Hockey Tech beginning next season. The RinkNet program will allow the MJHL to manage its central registry of players more effectively, including trades, protected lists and other league administrative tools.

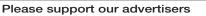
All member teams in the league will have full access to RinkNet Scouting software programs to be utilized by their coaches and scouting staffs.

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473 Cloverdale Rd (Rd 79), Selkirk, MB Contact # Brian (204) 482-7331 Allan (204) 482-7238 Email: mcsherry@mymts.net Internet Bidding-Go to: www.bidspotter.com

Tractors & Equip 96 New Holland Versatile 9030 Bi Direct FEL Frt 3PH 540 PTO Dual Hyd & Hy Flow 2237 True Hours * JD 1630 Dsl HL 3PH Hyd.540 PTO 4000 Hrs. * Bush Hog 2615 R 15' Bat Wing Mower * Farm King 8" 51' PTO Auger * Deerborn 3 PH 2 B Plow * Work Saver 3PH 7' Blade * Buhler / Farm King 3PH 80" * Rotovator * Farm King 3PH 96" Snowblower MF 3PH 7' Cult * 400 Gla Al. * Construction Equip 97 Bobcat 763 Dsl Skid Steer Exc Cond. 677 Hrs. 85 Ditch Witch 4010 Complete w Backhoe, Blade, Trencher, Vibra Plow 1359 Hrs. * 2) Ditch Witch Push Bars * Honda GX35 Power Screed * Bartel 36" Power Trowel * Koehring Compactor * Mortar Mixer * Hilti TE 72 Electric Jack Hammer * Trucks & Trailers 2000 Int. 9200 CAT C10 10 Spd Tandem w 2010 New Star 16' Gravel Box 840.000 KM Sft * 99 Ford F 800 Series Cummins 5.9 L 6 Spd/Std w 18' Deck & Hoist 359.000 KM * 83 Chev 30 Deluxe 1 Ton Dually 350 Gas 4 Spd/ Std w Deck 213,000 KM * 92 Sokal P.H. 18' Tri Axle Flat Deck w Beaver * Double Snowmobile Trailer * Yard & Recreation Misty River 16' Al Boat 40 HP Merc & EZ Loader Trailer * 73 JD 400 Snowmobile * 73 Johnson Golden Ghost 30 Snowmobile * Late 60's Arctic Cat Panther 399 * 09 Kubota ZD331 31 HP Dsl 72" R Mower 267 Hrs * JD X485 25 HP 54" Hvd R Mower w Bagger * Honda 501 Roto Tiller * Tools Ranger Mdl R23LT Tire Machine * Ranger Mdl DST 2420 Tire Balancer * Keiyoserki Mdl 1800 60" Metal Lathe * Drill Press * Miller -Miller Matic 250 Welder * General Mdl 30-125 16" Thickness Planer * General Mdl 50-500 12" Table Saw * * King Belt / Disc Sander * Metal Band Saw * Miller 225 Welder * Freud Router Table * Incra Dove Tail Jig * Elec Impact * Power Tools * Air Tools * Hand Tools * Shop Supply * Misc Surveying Transit * Honda Pressure Washer * Tool Cabinet * * 4) New 16.9-28 Good Year Tires * 2) New 1100 R 22.5 Good Year Tires * 6.500 Gal Steel Fuel Tank * Fuel Slip Tank * Concrete Forms * Construction Scaffolding * 1.200 Poly Tank * Various Oils * New OH Garage Door Panels 12' x 14' * 5) Steel Street Light Posts * Farm Misc *

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Classified listing booking deadline is Monday 5 p.m. prior to Thursday's publication. Call 204-785-1618

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RICHARD & EDNA MROZ Saturday June 24th @ 10 am

Beausejour, MB North 10 Miles on Hwy 12 Then 1 Mile East On Rd 82 Then North 1 1/8 Mile on Rd 43 #83303 Contact # (204) 265-3423

Internet Bidding go to: www.bidpsotter.com Tractors & Crawler JD 4240 Dsl Cab A/C Quad Range 540/1000 Dual Hvd. 18.4 38 Factory Duals 5000 Hrs.

* Case 930 * Case 830 * Case 730 w FEL * Case 500B Gas Hydraulic Triple Range 540 PTO Pulley * Case SC Eagle Hitch * Case LA * Case L All Steel * Int TD 6 Dsl Crawler w Dozer * Combines, Swather & Trucks JD 7720 Turbo Std Tran 2500 Hrs * JD 24' Flax Header * NH 985 Combine * Case 1060 Combine * Case M2 Combine * 75 Chev C 65 366 w 14' B&H 54,000 Miles Sft * 63 Dodge 400 318 w 12' B&H 65,000 Miles * 46 Chev 2 Ton w 10' B&H Solid * 80's GMC Suburban 4x4 * Int 175 Gas 16.5' Swather * Int 70 21' Pull Type Swather * Vers 15' Pull Type Swather * 7' Swath Roller * Haying & Misc Equip Case IH 8450 Rd Baler * NH 489 9' Havbine * NH 276 Square Baler * NH 1002 Auto Square Bale Wagon * NH Side Delv Rake * NH Mdl 45-47, 7' Sickle Mower * 24' Square Bale Elevator * Cyclone Broadcaster * NH 353 Mix Mill * Ford PTO Manure Spreader * Kendon Gravity Wagon * 2 Hay Wagons * Grain Equipment Int 620 16' Press Drill GA * 18' Drill Carrier * Case 15' Discer Seeder * MF 520 14' Tandem Disc * Int 45 18.5' Cult * Case 12' Deep Tiller * Allied 15 Sec Harrows * Case 5 B Plow * M. M 4 B Plow * JD 4 B Plow * Vers. 580 68' Sprayer Westfield 8" 51' PTO Auger * Int Duplex 3 Row 16' Cult * Mayrate 24' Firewood Elevator * Trailer Hyd Wood Splitter * Tools * Along w More Equip * Yard Items * Farm Misc * Tools * Older Snowmobiles * Antiques * 50's Pontiac Car * 60 Chev 4 D Car * Int Stationary Engine * Saulky Plow *

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See www.billklassen.com for internet registration and photos.

See www.billklassen.com for more information. Cell: (204) 325-02---Fax: (204) 325-4484

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UPCOMING **EVENTS**

for Skinners Locks Market will be opening Sunday, June 11th and open every Sunday until Sept. 10th from 12 noon - 5 p.m. Located in the lot next to Skinner's on River Road, Lockport, We are excited to welcome many of your favorite vendors and many new and unique

> The Catholic Women's League of Notre Dame Church invites you to attend: The Euthanasia Deception, We are all vulnerable, Wednesday, June 21, 2017 - 7 p.m. Notre Dame Church, 269 Jemima St., Selkirk. No admission -Silver Witness collection. consequences the of this law change since it's legalization in Belgium in 2002. This film reveals the serious long-term implication of assisted dying laws and is a warning of the Pandora's Box that is thereafter opened. We all become vulnerable when ending-of-life decisions are legalized.

Christ Church Selkirk. 227 McLean Ave. invites you to come to worship with them on Sunday, June 18, 2017 at 9:30 a.m. for a Father's Day Celebration. We will be honoring fathers of today and remembering our fathers who have died. Refreshments will be served. All ARE WEL-COME! For Further Information please call the Church at 204-482-5858.



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. Kev compounds that work to stimulate red blood cell production & cartilage cell regeneration products this season. & development. Stone-Ample free parking wall Elk Products Ltd., and open rain or shine. 204-467-8428 or e-

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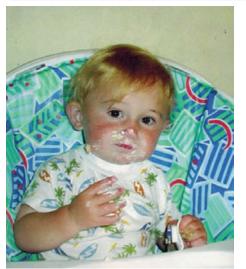


Announcements

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ANNOUNCEMENT BIRTHDAY





Happy 16th Birthday Cam June 21st, 2017

-Love Mom and Dad, sisters Brandi, Pyper and Jordanna, brother Nick, Baba and Gigi and Grampa from camp



SELKIRK ROTARY CLUB wishes to THANK the following individuals and businesses for their generous donations to our 25th Annual Lobsterfest.

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ANNOUNCEMENT

GRADUATION

Jenna Lee Dalman RN BN June 8, 2017 Congratulations on receiving vour Dearee in Nursing We are all so proud of you May your mind, heart and hands be full of compassion and caring. Good luck in your new position at HSC, Winnipeg -All our love Mom, Dad,

and all your family

ANNOUNCEMENT

CARDS OF THANKS

In the recent loss of our Husband, Dad, Papa and Great Papa, James Berry, we would like to express our deepest gratitude to you all. Thank you to everyone for the phone calls, visits, beautiful cards, flowers, plants, baking and food that was given to our family. We would also like to thank the paramedics, Gilbert Funeral Home, Wendy Dyck (graveside service) and Randy Pastitnik for their kindness. We will be forever grateful. -Shirley and family





ANNOUNCEMENT





In Loving Memory of my dear daughter Donna Gail Kachkowsky sister of Jean and David. Donna left us June 17, 2016 To be with her Heavenly Father Those we love, don't go away They walk beside us every day. Unseen, unheard, but always near Still loved, still missed and very dear. -With love Martha and families

ANNOUNCEMENT

IN MEMORIAM

In loving memory of Martin Keller Husband, Father, Grandfather January 6, 1944 to June 20, 2016 One year ago today... A heart of gold stopped beating, Two shining eyes at rest; God broke our hearts to prove to us, He only takes the best. God knows you had to leave us. But you didn't go alone; For part of us went with you. The day He took you home, To some you are forgotten, To others just part of the past; But to us who loved and lost you, The memory will always last.

-Love Carol, Dwayne, Rhonda, Cameron, Brittany, Keith, Roger, Tanis, Chris, Taylor and Carley

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CELEBRATION OF LIFE

Muriel Isabel Paddock Muriel passed away quietly on March 19, 2017 at Red River Place in Selkirk. A celebration of her life with friends and family will be held on Friday, June 23 at 1:00 p.m. at Selkirk United Church, 202 McLean Avenue in Selkirk. Reverend Deborah Vitt officiating.

OBITUARY

Stanley Alexander Kormilo



It is with heavy hearts and profound sadness that we announce the passing of Stan Kormilo, on June 5, 2017, after a brief but courageous battle with cancer. Stan left peacefully, with his family at his side. He is survived by his wife Marcy; sons Les (Sharon) and Glen (Jackie); daughters Michelle (Lonny), Stacey (Joey), and his precious grandchildren, who will all greatly miss him.

Stan had a tough exterior, but on the inside had a very tender heart. He built many businesses from start that were all very successful, as he was a great entrepreneur. He will also be missed by all the people he met over the years through business. Stan loved his children dearly and family was always his main focus. His sons have a lot of fond memories of going to Twin Beaches in the old Skylark camper, and his daughters will also cherish their memories of many camping excursions.

A celebration of Stan's life was held on Saturday, June 10, 2017 at 10:30 a.m. at the Good Shepherd Lutheran Church, 106 Sawchuk Drive, Selkirk, MB (next to the rolling mills).



Barry Coffin It is with heartfelt sadness that the Coffin family announces the untimely loss of an amazing husband, father, brother, and son. Barry Francis Lane Coffin, on Thursday, June 8, 2017 at the age of 62, passed away at home, surrounded by his family. He is predeceased by his father Clarence (Jr.); brother Brent; sisterin-law Cathy; and nephew Aaron. He will be lovingly missed by his wife Pat; daughter Rachel; son Ryan; mother Helen; brothers Alan (Cathy), Kevin (Sheila), Rob; sisters Velma (Clifford), Bonnie (Zdravko), Belinda (Ashif); mother-in-law Shirley; brother-inlaw Bob (Kelly); sister-in-law Debbie (Bob); and many nieces and nephews who came to know Barry through his generous personality, warmth, mischievous sense of humor, and his desire to engage all he encountered in the wonders of life.

Barry grew up in Mt. Stewart, PEI and often returned to visit with

family, where he fed his love of lobster, and indulged in the fruits of the Coffin Berry Farm. At the age of 19 he joined the RCMP and was a member for 37 years. During the years, he was stationed in numerous locations throughout Manitoba, as well as Fort Frances, ON. He retired from the RCMP in Selkirk, MB at the rank of Sergeant and head of the traffic division.

OBITUARY

Barry was an accomplished athlete and outdoorsman, he played competitive baseball and hockey into his late 20s, while developing a passion for golf. When it came to sports, Barry often said he was 'a jack of all trades, and a master of none' though this didn't deter him from applying his competitive spirit to any activity that came his way.

Barry was a generous man to his final day and had the simple wish that all he loved continue to live in the spirit of honesty, love, and generosity.

Special thanks to Dr. Ben Fultz of Internal Medicine, Melanie Bernas of Selkirk Palliative Care, Nurse Gayle of Home Care, and all Selkirk Medical Staff.

In lieu of flowers please donate to the Manitoba Heart and Stroke Foundation or the charity of your choice.

Please Note: As Barry was an avid sports fan we welcome all attending the service to wear the sports attire of their choice in celebration of his life. The memorial service will be held at 1:00 p.m. on Tuesday, June 20th at the Selkirk Notre Dame Catholic Church, with a reception to follow in the Gilbart Funeral Home Reception Center.

Condolences may be left at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.









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