

### **RECORD PHOTO BY JUSTIN LUSCHINSKI**

A group of Vikings pose for a photo in between reenactment battles during the 52nd annual Manitoba Highland Gathering in East Selkirk's Legacy Park last Sunday. The two-day event, which celebrates Scottish culture, arts, sports and heritage, also featured living history displays, heavy games, live piping and drumming and a petting zoo. For more photos, see Page 14.

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### Hundreds gather to mark National Indigenous Peoples Day











**RECORD PHOTOS BY LINDSEY ENNS** Hundreds of Selkirk and area community members came together to celebrate National Indigenous Peoples Day in Selkirk Park last Wednesday. The 13th annual event, hosted by the Manitoba Métis Federation and Interlake Métis Association, featured a pancake breakfast, petting zoo, various vendors and live Métis entertainment just to a name a few. Carolyn Bennett, Federal Minister of Crown-Indigenous Relations and Northern Affairs along with several other local leaders also took part in the festivities.





\*Prices and payments plus taxes\*(Based on 96 months)



### GrowForce partners with Peguis to grow cannabis in Selkirk

### By Lindsey Enns

Peguis First Nation has given a Canada-based cannabis company the green light to build a production and distribution facility on a piece of their land in Selkirk.

GrowForce Holdings Inc. and Peguis First Nation announced their joint venture to establish a partnership in a cross-Canada expansion during National Indigenous Peoples Day last Thursday.

The partnership will continue to evaluate opportunities in the cultivation, distribution and retail sale of cannabis products, according to a release.

"This is a fitting announcement reflective of the spirit of reconciliation inherent in National Indigenous Peoples Day and demonstrates the intent of the leadership of Peguis to capitalize on economic opportunities in the cannabis space," Peguis First Nations Chief Glenn Hudson stated in a release last week. "The joint venture is the culmination of seven months of intense effort by a dedicated team from the Chief Peguis Investment Corporation acting on the directives of Chief and Council with the support of the Peguis First Nation membership.

"This initiative will result in local investment, significant job creation and long-term economic development for our people and to the Selkirk area."

Hudson added before selecting GrowForce, they explored a number of potential joint venture partnerships but GrowForce "clearly has the most industry experience and the clearest vision for developing a nationwide seed to sale cannabis strategy that includes First Nations and Indigenous Peoples."

Officials say this partnership will lead to "local investment, significant job creation and long-term economic development" for the First Nation and the Selkirk area. GrowForce says they are expecting to hire 75 to 150 people in the Selkirk region.



SUBMITTED PHOTO

Pictured from left to right: GrowForce CEO Rishi Gautam, Peguis First Nation Chief Glenn Hudson and Bridging Finance CEO David Sharpe celebrate the signing of a new cannabis joint venture during National Indigenous Peoples Day last Thursday. The new venture is exploring cannabis cultivation and retail opportunities on Peguis owned land in Selkirk.

"I think this working together, having this partnership in our city, is a true sign of truth and reconciliation," Selkirk Mayor Larry Johannson said, adding he predicts Selkirk will be home to multiple cannabis storefronts in the future. "We deter the black market by having this here. This is a huge revenue source for the city, huge employment opportunity for the city, great partnership with Peguis, we just are really looking forward to it."

Although details surrounding the exact location of the facility is still being ironed out, the project is expected to include a \$33-million investment for a building that will be at least 50,000 square feet. Construction is expected to begin in early 2019.

Last Thursday's official signing followed the passage of the federal government's legislation to legalize and regulate recreational marijuana. Prime Minister Justin Trudeau says marijuana will be legal in Canada as of Oct. 17. GrowForce currently owns a majority interest in flagship cannabis facilities operated through Health Canada's Access to Cannabis for Medical Purposes

Regulations, with the exclusive rights to MJardin's cannabis management services and intellectual property portfolio for use in Canada and other federally legal markets worldwide.

GrowForce also has significant project financing from Bridging Finance Inc., which is led by David Sharpe, CEO and a member of the Mohawks of the Bay of Quinte (Tyendinaga) First Nation.

GrowForce's portfolio currently spans Manitoba, Ontario and Nova Scotia. The company is currently renovating a 120,000 sq. ft. facility in Winnipeg's St. Boniface area that will be used as their flagship cannabis cultivation facility.

"The partnership with Peguis First Nation helps to achieve our goal of building Canada's leading cannabis company with our Indigenous partners," said GrowForce chairman and CEO Rishi Gautam.

For more information about Grow-Force, growforce.ca.







\$49.99











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Red Bomb managers Brandi Bialek & Amber Proutt show off some of their Canada Day favorites!

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With 450+ fireworks to choose from, Red Bomb Fireworks is Manitoba's Family Fireworks Company! We're not your "typical" fireworks shop... our stores are bright, clean, welcoming, and full of incredible deals

We guarantee that "the magic" will start the moment you walk through our doors, and it's our goal to ensure it continues right until your last firework hits the sky!

Parents: From bombardo boards to roman candles, family packs, and even programmable firing systems, the Red Bomb team will take the time to explain what our products do, how to use them safely, and how to create your own magical show. We'll even provide advice on how to sequence your display for that "unforgettable" effect that demands roars of applause from the crowd! Best of all, our prices will stretch your hard-earned dollars.

Kids: Swing by with your parents to get FREE popcorn, FREE Sparklers, and FREE Red Bomb Balloons, Stickers, and Canada flags!

Planning a massive back-yard bash on July 1st? Your timing has never been better! Our Selkirk store has over 150 Buy 1 Get 1 Free items to choose from to celebrate our nation's birthday with a BANG! Our top "sale" picks for Canada Day include: The Mighty, Modern Warfare, Party Gauge, Clowning Around, Shockwaves, and The Free.

In a rush, and looking to grab a boxed fireworks assortment on the way to the lake? No problems... we have a TON of Buy 1 Get 1 Free family packs, made specifically for Canada Day! Try the Weekend Warrior, Roadtrip Riot, Lakeside Luau, or Backyard bash - just to name a few of our favourites!

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- Gold Stars Fountain: \$1.99 Buy 1 Get 2 Free!
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You read that right... get 3 for the price of 1 on ALL of the above items - only at Red Bomb Fireworks this Canada Dav!

and for those non-pyros: although fireworks are our speciality, we also carry other New Years essentials like Pic-A-Pop, firewood, glow bracelets and necklaces, model rockets, LED balloons, sky lanterns, smoke bombs, confetti blasters, and electronic fireworks ignition systems.

We have FIVE (yes, FIVE) Manitoba locations open to meet your Canada Day fireworks needs this weekend, and creating memories with Red Bomb has never been easier! Browse the rest, but shop at the best - our locations include

#### SELKIRK FACTORY OUTLET 609 Greenwood Avenue

Brandi, Laura, and the team are ready to help navigate Canada's largest fireworks selection!

Extended Canada Day Hours:

June 26 - June 30, 9am to 9pm

- July 1 - 9am to 7pm.

#### WINNIPEG OUTLET

### 1838 Portage Avenue

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Amber, Emma, and their crew will help you Drop the Bomb! Randy will be on-site packing the moustache power. A must-see for fireworks (and moustache) enthusiasts

### BIRD'S HILL - THE ORIGINAL "FLAMING SCHOOLBUS"

Highway #59 @ Kirkness Road Don't be fooled by imitators... Earl, Nicolle, and their team will blow the competition away this Canada Day!

Extended Canada Day Hours - June 27 - June 30, 10am to 9pm

### July 1 - 10am to 7pm

DUFRESNE - THE "FLAMING SCHOOLBUS"

Highway #1 @ Highway #207 East Matt, Kevin, and the gang are ready for Canada Day chaos! Ask them for expert advice and recommendations! Extended Canada Day Hours - June 27 – June 30, 10:30am to 9pm

- July 1 10:30am to 7pm

#### ST. ANDREWS - THE NEWEST "FLAMING SCHOOLBUS"

Highway #8 @ Parkdale Road (St. Andrews Airport) Nancy, Jacob, and their posse welcome you to their BRAND NEW location this Canada Day! Loaded with Grand Opening specials, they will help you Drop the Bomb this July Long! Extended Canada Day Hours

- June 27 June 30, 10am to 9pm July 1 - 10am to 7pm

Let our Red Bomb "family" help your family this Canada Day! Regardless of which location is most convenient for you, rest assured that we'll be well-stocked, full of surprises, and ready to help you make those Magical Memories this holiday weekend!

Extended Canada Day Hours: - June 26 – June 30, 10am to 9pm July 1 - 10am to 7pm

### **Dozens lace up for walk for kids**



**RECORD PHOTOS BY JUSTIN LUSCHINSKI** Dozens of walkers and runners laced up for the fourth annual Kirstin's Walk for Kids in Selkirk Park last Sunday afternoon. Organizers behind this year's event said they raised nearly \$4,000. This year's proceeds will once again go directly to the Kirstin's Walk for Kids Endowment Fund managed by the Selkirk and District Community Foundation.









### Red River Planning District shakes up its development plan

By Justin Luschinski

The Red River Planning District (RRPD) is re-evaluating their development plan to keep up with an influx of residents.

The district held a public open house in East St. Paul last Thursday. The district showed off their research, detailing the issues that currently face each RM, as well as providing recommendations for reworking the existing plan.

Derek Eno, the RRPD's senior community planner, predicts local municipalities will continue to see more spillover from Winnipeg.

"We've found that generally, the RM's are increasing in population, an increase in seniors and those that are about to retire," Eno said. "All of Winnipeg's new development is moving north of the city, which means it'll naturally spill over."

The province requires that development plans are reviewed every five years. The RRPD plan has been up for review for a while, but with Dunnottar and East St. Paul joining their district, they felt it was time to re-evaluate.

Some of the recommendations include an increase in different type of housing, to prevent younger people from leaving the municipalities due to these being no low income housing. The open house offered an opportunity for residents to make comments on the new recommendations.



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### Gaynor Family Children's Fund to benefit 'future generations'



**RECORD PHOTO BY JUSTIN LUSCHINSKI** 

Pictured left to right: Jim Gaynor, his wife Betty-Anne Gaynor, and Pamela McCallum of the Interlake Eastern Regional Health Authority gathered at the Selkirk Regional Health Centre last week to announce the Gaynor Family Children's Fund, which will fund youth programming in the region.

### By Justin Luschinski

The Gaynor family have set up an endowment fund that will support children's programming for many years to come.

The family donated \$20,000 to create the Gaynor Family Children's Fund, a regional endowment fund with the Interlake-Eastern Health Foundation last Tuesday. The fund will grant money towards initiatives such as Camp Stepping Stones "in perpetuity," meaning it will give out money for as long as the foundation exists.

Jim Gaynor said his family wants to give back to the community that helped him out throughout the years.

"We operated the food store here for many years, 24 years to be exact. The community was always really kind to us, they gave us a warm welcome when we first came here. And this is an opportunity to give back in a way that will help the future generations that live

#### here," Jim said.

The Gaynor Family Children's Fund is an endowment fund, which means that the principal amount is not directly donated. Instead, that \$20,000 will stay within the fund in perpetuity, gaining more interest, which is then granted out to organizations that meet its criteria. As the total amount of donations increases, the amount the fund can grant also increases. This means the fund will be a consistent source of funding for children's programming.

Jim said his family is in a privileged position, and he hopes that his generosity will inspire others to donate.

"After many years of successful operation, we are in the privileged position to do these things. And we believe we should do these things. We encourage everyone else to donate what they can, because if we can support our children, we are supporting the future of our community," he said.



# Manitoba's health-care system revamp aims to improve quality, accessibility

### Staff

Manitoba's health-care system is undergoing an overhaul with the goal of improving quality, accessibility and efficiency of services.

The Health System Transformation Program will act as a guide for the planning and implementation of the changes, which will occur over several phases.

More than 80 stakeholder groups and organizations contributed input towards the creation of this blueprint for change.

Ron Van Denakker, CEO of the Interlake-Eastern Regional Health Authority, explained that one of the main goals is to achieve sustainable health care since the cost of health care has been growing at a greater rate than the population and tax base.

"The concern, of course, is what do we do to try to bend the cost curve and try to ensure that we have a sustainable system," he said during a conference call last week.

"Part of what's come out of the reviews is that we really have a very complicated health-care system. ... There's some role confusion between what the government's roles are, what's the role of the WRHA, what's the role of all of the other provincial health organizations."

He said that Manitoba's health-care system is more expensive per capita than other provinces, yet the health outcomes are not as good as in other parts of the country.

"Clearly, there are a lot of challenges here. This is the very first time where we are really looking at an overall provincial process to try to streamline the way things are done," Van Denakker said.

"One of the key things that's important is that the government is really taking on more of an accountability role."

Over the next five years, changes will occur in three waves. To start, the first wave will focus on redefining the roles of health system organizations, implementing changes in Winnipeg in alignment with the broader provincial plan, restructuring bargaining units and developing a provincial clinical and preventive services plan. This plan will include recommendations for service changes in rural Manitoba based on demand.

The second phase will involve transferring the operations of the Selkirk Mental Health Centre and Cadham Provincial Laboratory to a service delivery organization or Shared Health, which was recently created by the provincial government with the goal of improving patient care and providing co-ordinated support to the health system. Phase 2 will also focus on changes to emergency medical services, more negotiations with bargaining units and implementing the provincial clinical and preventive services plan.

To wrap up the transformation, the third wave will continue to implement the clinical and preventive services plan while also moving forward with workforce planning and negotiations.

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# **Catching clams with minnows**

get RED RIVER > CHALET BEACH > LAKE WINNIPEG

Welcome, my good friends.

> ARNIE WEIDL

The end of the high school year and a day off work for other guys, have happily resulted in this weeks' fishing stories coming from our younger angling brothers. At the low side of the Powerview Dam, as I eased my car down the steep grade of loose gravel to the Winnipeg River bank, I saw two young anglers stepping deftly as mountain goats on the sharp rocks lining the shore. The roar of the dams frothing water escaping its spillway met me as I left my car. I motioned them to me, calling out, "Have you caught anything yet?" They smiled, waving their arms, the shorter one grabbing a pail as they skipped from one rock to another to me. "Hi, wow, you've got a nice pail full of fish," I exclaimed seeing the tail of a pickerel sticking out its top. "Yeah," he said, "some are from McArthur Falls we caught there this morning." "What's your names?" I asked. The taller one in a deeper, throaty voice said, "I'm Jeremy Hrnjeki and he's Richard Barkerti." We talked for a while then Jeremy made a point of saying his dad, Jerry, used to be a fishing guide at the Cats on the Red years ago and had taught him to fish but was and still is strict about taking their garbage home. Good for you Jerry!

I guess it was last Monday I was driving in Selkirk past the Safeway parking lot and saw two young lads looking so carefree in old t-shirts and shorts strolling home with their fishing nets over their shoulders, rods in hand, like something out a Mark Twain story. My instincts came alive. I wheeled through the parking lot stopping abruptly beside them. They looked surprised so I quickly rolled down my window offering my card. Relaxed now, Jaden Baker, a wiry kid with a tight energetic smile and short light brown hair, gave his name as well as his buddies', Braydon Storozinski, who was a bit bigger, relaxed with an uninhibited generous



**RECORD PHOTO BY ARNIE WEIDL** Jeremy Hrnjeki on the left and Richard Barkerti on the right of Winnipeg with some of their catch on the Winnipeg River by the Powerview Dam.

smile. They had just come from fishing the shallow, reed filled "slough" downstream of town where he joked about a catfish catching him. He had landed a two foot catfish and in an effort to get his hook out he used an old trick which was to squeeze the fishes flesh just behind the lower gills to keep its' mouth open. Well, fish are slippery and he lost his grip causing the cat to clamp down hard on his hand which by now was deep in the fishes' mouth extracting the hook. Now cats don't have teeth but they do have sharp bristles that hurt. Jaden kind of lost it! He began dancing around shaking his arm wildly with the fish hanging on. Needless to say Braydon was doubled over laughing at his buddy's predicament. As I was about to leave them, Jaden showed me his hand, "See," he said,"just a few red marks!"

Farther down the Red from the slough, a few days later, I could hear a guy talking before I could see him. Breaking through some willows I saw a young, slight chap with finely defined facial features talking to a neighboring angler. "How's it going guys?"

I offered. The "talker" was Paul Manik who soon surprised me by saying, "I caught a clam once with a minnow!" It seemed a little farfetched so before I left him I asked him to send me a picture. A few days later I got an e-mail showing a clam dangling in the air hanging onto Paul's baited hook! That wasn't all! Another e-mail followed showing him holding a giant stuffed catfish from inside one of the Selkirk Museum ships. Ap-

parently he was determined to show me he had gotten a fish that day. What a character!

Last Friday, the heat on the Gimli pier was intolerable. Only the young were there including a tall, gangly lad with short dark hair, thick dark eyebrows and a kind smile. Josh Porter from Winnipeg, free of school was here for a day of fishing and as we sat on the piers walkway he told of how last summer, boat fishing with his dad Andy and sister Jasmine, they felt the wrath of a jackfish. They were well out on the Big Whiteshell Lake on a sunny, windy morning and his sister had her brand new rod resting on her lap with the lure hanging easily a foot out of the water. Suddenly a huge jackfish, leapt from the water inches from her, seized the lure and disappeared with her rod. Jasmine froze in fear and began shaking. Josh moved over to his sister and calmed her down but apparently she never forgot the sight of that jack coming out of the water.

Hope to see you on or by the water, bye for now.

**TROUBLE WITH PAPER DELIVERY?** 

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### Kinew meets with Selkirk steel workers amid U.S.-Canada trade dispute

### By Justin Luschinski

NDP Leader Wab Kinew toured the Gerdau steel mill in Selkirk to speak with workers about their concerns amid the United States and Canada trade dispute last week.

Kinew spoke with plant workers and listened to their concerns last Friday afternoon. The Trump administration recently announced that it was imposing 25 per cent steel tariffs and 10 per cent aluminum tariffs on Canada, Mexico and the European Union.

Kinew says it's important the Manitoba government shows a united front against the U.S.

"It's important that Selkirk and the people that work here know that we're standing up for jobs here," he said. "You know, seeing what's happening south of the border with President Trump, we have to come together, and show a united front as Manitobans and as Canadians.

"(We need to) let the U.S. administration know they have to climb down from some of the rhetoric and actions."

Kinew says this is more than a party issue, all parties have to work together to keep jobs in Manitoba safe. He said his party is also looking into encouraging other steel-related businesses



RECORD PHOTO BY JUSTIN LUSCHINSKI

NDP Leader Wab Kinew toured the Gerdau steel mill in Selkirk last Friday to show his support for Selkirk steel workers amid the U.S.-Canada trade dispute.

to relocate to Selkirk, so the industry can more closely work together and weather the trade dispute.

"We know that Manitoba exports over \$125 million of steel products to the United States, and hundreds of jobs at the Gerdau steel mill in Selkirk depend on fair trade arrangements to keep our economy moving," Kinew stated in a release recently.

Selkirk-Interlake-Eastman MP James Bezan says imposing tariffs on steel and aluminum imports is putting jobs at risk in Selkirk and area.

Bezan says Prime Minister Justin Trudeau has "failed to protect Canada's steel industry and is putting jobs at risk." "This is particularly the case in our riding of Selkirk-Interlake-Eastman where hundreds of jobs are tied to the steel mill in Selkirk," Bezan stated in a release recently. "Over the coming days, I will be contacting US congressional leaders I have worked with in the past to reiterate these facts and express the concerns of our steel and aluminum workers."

According to Kinew, this trade dispute will hurt the Americans more than the Canadians, as they will have to import Canadian steel at a higher price.

Kinew said that he's willing to stand up for the steel workers.

"One thing that was really exciting to see was the pride people have here. People who work here are proud of what they do, they feel like they can compete with anyone in the world. I like that attitude, Manitoba proud. As leaders, we have to stick together and support people like that," Kinew said. Prime Minister Trudeau announced

that Canada will add tariffs to U.S. goods, which will take effect on Canada Day. Other countries, such as the UK and China have already put tariffs on U.S. goods.

### Coun. Cheryl Christian running for mayor of West St. Paul in upcoming election



SUBMITTED PHOTO

West St. Paul Coun. Cheryl Christian announced her intention to run for mayor in the upcoming fall election last week.

### By Lindsey Enns

A West St. Paul councillor says she will be seeking the mayor's chair in the upcoming fall municipal election.

West St. Paul Coun. Cheryl Christian announced she will be running for mayor of the rural municipality at the Royal Manitoba Yacht Club in front of nearly 100 attendees last Wednesday afternoon.

"We can do better ... and we deserve

better," the first-time councillor stated in a release about her candidacy last week. "I have spent the last four years learning and am now ready to provide the fair and open leadership residents are looking for.

"I offer leadership that sincerely listens to and respects the residents of our community."

As the *Record* previously reported, West St. Paul Mayor Bruce Henley, Selkirk Mayor Larry Johannson, St. Clements Mayor Debbie Fiebelkorn and St. Andrews Mayor George Pike have all confirmed they plan to seek another term as mayor. St. Andrews Coun. Joy Sul also recently announced her intention to run for mayor in the upcoming election.

The next general municipal election will be held on Wednesday, Oct. 24. The RM of Victoria Beach, the Town of Winnipeg Beach, and the Village of Dunnottar will hold their election on Friday, July 27.

Candidates must register within a certain time frame. For Victoria Beach, Winnipeg Beach, and Dunnottar, mayor and reeve candidates have until June 21 to register. Councillor candidates can register between March 31 and June 21.

For all other municipalities, mayor and reeve candidates can now be registered until Sept. 18 and councillor candidates can register between June 30 and Sept. 18.

All candidates must register with their local elections officer before they can begin accepting contributions and spend money on their campaign.

For more information regarding the upcoming municipal election, visit gov.mb.ca/mr/mfas/election.html.







Prep time: 30 minutes Cook time: 8 1/2 hours Servings: 6 **Pulled Pork:** 1 Farmer John Boneless Fresh Pork Shoulder Roast 1/4 cup barbecue seasoning blend 3/4 cup pale lager beer 1 1/2 teaspoons liquid hickory smoke Triple Threat Sauce: 1 jar (12 ounces) seedless raspberry 1 cup barbecue sauce 3/4 cup pale lager beer 1 teaspoon dry mustard 1/4 teaspoon chipotle powder **Burgers:** 1 pound Farmer John Ground Pork 1 pound 80 percent lean ground beef 1/4 cup pale lager beer 2 tablespoons barbecue seasoning blend 6 slices cheddar cheese 6 sandwich buns, toasted 6 slices Farmer John Bacon, cooked crisp

6 dill pickle planks

jam

Prep time: 25 minutes Cook time: 1 hour, 40 minutes Servings: 6 2 racks Farmer John Pork Spareribs, membranes removed 4 tablespoons salt 4 tablespoons pepper

### **Triple Threat Burger**

To make pulled pork: Rub pork roast with seasoning and place in 4-5-quart slow cooker. Pour beer and liquid smoke around sides. Cover and cook 8-10 hours on low or 4-5 hours on high.

Remove roast from slow cooker with tongs and place in large container. Using tongs or two forks, shred pork and set aside 2 cups. Cover and refrigerate.

To make sauce: In medium saucepan, combine raspberry jam, barbecue sauce, beer, mustard and chipotle powder; bring to boil over mediumhigh heat; boil 5 minutes, stirring constantly. Reduce heat and simmer 15 minutes. Stir 1/2 cup sauce into reserved pulled pork.

To make burgers: Heat charcoal or gas grill to medium. Combine ground pork, ground beef, beer and seasoning; form into six (1-inch thick) burger patties. Grill 5 minutes per side until internal temperature reaches 160 F. Top each burger with slice of cheese; let melt.

Place burgers on bottom buns; spoon about 1/3 cup pulled pork with barbecue sauce onto each burger. Top each with one slice bacon and one pickle plank then close with top bun.

### **Chipotle Glazed Spare Ribs**

6 cloves chopped garlic 1 cup honey

brown sugar

1/2 can (7 ounces) chipotle chilies in adobo sauce

1/2 cup barbecue sauce

2 limes, zest and juice only, plus additional lime juice

1/2 cup cilantro, chopped

Heat oven to 325 F. Season ribs with salt and pepper. Place on rimmed baking sheet and cover tightly with foil. Bake 1 1/2 hours until ribs reach internal temperature of 195 F. Let cool. While ribs bake, blend garlic,

honey, brown sugar, chipotle chilies, barbecue sauce and lime zest and juice. Blend until smooth. Set aside.

Heat charcoal or gas grill to medium-high. Place ribs on grill and baste with sauce mixture, turning



I often hear the concern from women that they seem to be the ones who work to keep their relationship going. They feel that the man just carries on day to day, without thinking too much about what is happening in the relationship. They wish that their partners were more proactive, rather than sitting back and only discussing the relationship when the woman brings up a concern. Even the, his response is often defensive, so that she feels like the "bad guy" even though she is trying to do something that she hopes would benefit both of them.

It helps to understand some basic differences between men and women, and how they perceive relationship. These are generalizations, and do not apply to everyone, but create some difficulties when they apply to your situation. For many women, their relationship is absolutely the most important thing in their life.

Job, friends and other interests are secondary. For many men, while their relationship is very important, it is not the major defining factor in their lives. They may see themselves first as an accountant, pilot, athlete, who also happens to be married. When they're at work, they focus on work. If there is a problem in the relationship, they are often able to put it on the back burner while they attend to other things. Women, on the other hand, may allow the relationship to serve as a kind of emotional barometer.

If things are going well at home, they can be happy and productive in their job, with friends, or in mothering their children. When things are not going well with their partner, daily life can feel like a real struggle. If there's a fight in the morning, she'll brood about it all day. When he comes home, and she asks what he has to say about the morning's episode, he may reply that he really didn't have time to think about it. (Women can hardly believe this, and think he's being cool or distant, or totally uncaring, but truthfully, he may well switch into a different gear when he leaves the house.)

For a relationship to be healthy, both partners must feel as though their needs are being met, even if there has to be some compromise. If you need more communication, more sharing of feelings in order

board and let

lime juice and

### **Men and Women Perceive Relationships** Differently

to feel satisfied, then work needs to be done in the relationship. If your partner is closed to the idea of talking about this or gets angry or defensive when you try to talk about feelings, and shows no willingness to read about it, or to seek counseling, then you have a dilemma. You need to decide if there is enough that is positive in being with this person that you can live without something that is important to you, and to assess the long-term impact on your health and wellbeing, of living with someone who will not communicate with you at a deeper level.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books, cds or MP3's, visit www.gwen.ca. Follow Gwen on FaceBook for daily inspiration.





# Burton Cummings coming to Cooks Creek on Sept. 2

By Mark T. Buss, Clipper Weekly

One of Canada's greatest vocalists and one of Winnipeg's most popular bands will be in Cooks Creek this fall in what organizers are calling a "once in a lifetime event."

Winnipeg's own Burton Cummings and his band and Harlequin will be gracing the stage at the Grotto of the Immaculate Conception Church on Sept. 2 for 'Live at the Grotto.'

Put together by Wayne Hlady and Terry Morris of Bravo Concerts in conjunction with Gerry Palidwor and the Immaculate Conception Church, Hlady said getting an international talent like Cummings and his band to perform in Cooks Creek for a one night only event is a momentous achievement.

"We've spent the last four months on this and we were able to have all the pieces fall into place to make it happen, but it will never happen again" Hlady said. "For anyone who is a Burton Cummings fan or a Guess Who fan who has never seen him perform, having him play here will be a once in a lifetime event."

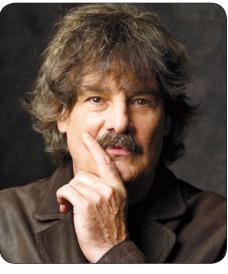
The event is an offshoot of last year's wildly popular Cooks Creek Revival: The Ultimate Tribute Band Festival that raised thousands of dollars in a shared community event for the restoration of the Grotto and the Cooks Creek Community Centre expansion project.

Like Cooks Creek Revival, Live at the Grotto is designed to introduce Manitobans to the Grotto, as some may not have heard of it while others may not have visited for a while. While the organizers have hosted the popular Medieval Festival there, the ultimate goal is to view the Grotto as a very special spiritual centre and a community muli-use venue, with everything from community concerts to the symphony, ballet and live theatre.

Live at the Grotto will be that new series of events that Palidwor said they wanted to brand differently as it will feature a marquee performance.

Proceeds from this year's event will go to the much needed \$1.2 to \$1.5 million Grotto restoration project.

Cummings is the former lead singer and keyboardist for the The Guess Who, which dominated Top 40 charts across North America in the late 1960s and early 1970s. During his 10 years in the band, Cummings sang, wrote or co-wrote many hit songs, including American Woman, No Time, These Eyes and Clap for the Wolfman.



His solo career also included the hit singles Stand Tall, My Own Way to Rock and You Saved My Soul.

A member of the Order of Canada, Cummings was inducted into the Canadian Music Hall of Fame in 2016.

In their own right, Harlequin is best known for their hit singles I Did It for Love, Thinking of You, Superstitious Feeling and Innocence. Still performing with singer George Belanger at the helm, the band was inducted into the Western Canadian Music Hall of Fame at the Western Canadian Music Awards in 2006.

According to Palidwor, Live at the Grotto is the perfect way to cap off the September long weekend as ticket buyers can still go to the lake on Friday and Saturday and catch the show on the way home Sunday evening. Harlequin will start at 6:30 p.m. for a one-hour set with Cummings taking the stage at 8:30 p.m. for a 90-minute set plus encores.

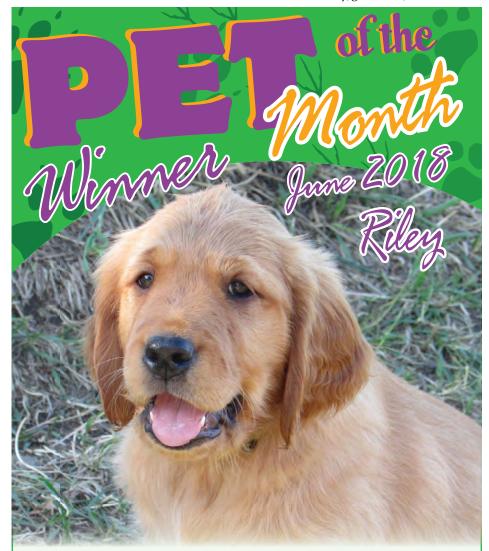
There will be great food in addition to great music as the event is licensed with food trucks on the scene.

While tickets for last fall's event were \$35 for adults, purchasing tickets to a limited seating event like Live at the Grotto with Burton Cummings and Harlequin will understandably be more.

"We are targeting only 2,000 tickets so there will be limited seating," Palidwor said. "This will obviously be a more expensive production with a much larger entourage so it will be a more expensive ticket."

Those in attendance will definitely get their money's worth, Hlady said.

"Having Burton Cummings play in Cooks Creek will put it on the map," Hlady noted."This may be the biggest thing to ever happen in Springfield." For tickets and information, visit cookscreek.ca



Fun Fact: Riley is a 10 week old golden retriever who loves to chew on water from the hose, roll around in the grass and ride along in heavy equipment as an assistant grader operator!

ET SUPPLIES

Riley has won a prize pack from Canvasback Pet Supplies!

To submit your pet for the Pet of the Month 2018 contest, send a photo and a fun fact to: ads@selkirkrecord.ca



### **Red Bomb shares fireworks safety, pro tips ahead of Canada Day**

### By Lindsey Enns

Selkirk-based Red Bomb Fireworks wants to ensure you have a safe Canada Day by sharing some fireworks safety tips ahead of the long weekend.

Red Bomb Fireworks president Matt Bialek says before you set off your fireworks display, it's important to ensure there are no fire bans or prohibitions on fireworks in your area.

"It's also important to use common sense," Bialek said. "The shooter would want to wear cotton gloves, cotton attire, a baseball hat, safety glasses ... just to make sure they're safe."

Bialek said a recent fire ban across much of Manitoba, which lasted nearly one month, lead to one of their slowest starts of the season in terms of sales. But he says things are now picking up ahead of Canada Day weekend.

"We're expecting absolute chaos now for Canada Day because everyone that typically shoots fireworks between spring and now really hasn't done much outside," Bialek said.

He added with each purchase of fireworks from any of their storefronts, shoppers are provided with a fireworks information guide, which outlines various safety and pro tips to ensure you have the best fireworks display.

Some of the safety tips in the guide include:



**RECORD PHOTO BY LINDSEY ENNS** 

Brandi Bialek, vice-president of Red Bomb's retail division, pictured left, and Laura Calisto, Red Bomb's Selkirk's retail manager, right, show off some of their new items at their Selkirk location recently.

• Do not smoke or allow open flames near fireworks.

• Choose a wide, clear site for firing, away from overhead obstacles and dry grass. If aerials or shells are in use, keep your audience at least 30 meters back from lighting area.

• Prior to use, store fireworks in a cool, dry place.

• Read the instructions on each item. Different items have different firing instructions.

• Never attempt to re-light a misfired fireworks item. Keep a bucket of water or hose nearby to extinguish such items. If an item does not light easily, or fizzles out, do not approach the item for 20 minutes.

• Keep pets indoors while shooting fireworks.

• After firing your display, wait 20 minutes before clean-up. This time

span will allow items to cool, permitting safe collection of debris. Never throw spent fireworks or debris into a fire.

"If it doesn't have a base, bury it. If it has a base, typically it's good to go," Bialek added."That's the biggest safety tip we have for fireworks."

Bialek said the best weather to set off fireworks would be in low humidity, a clear evening, little to no wind but as long as it's not raining heavily that can still work.

As for some of their more popular items around Canada Day, Brandi Bialek, vice-president of Red Bomb's retail division, said they have plenty of new selections and packages. She said their most popular items are their cakes, which fall under one of their firework categories.

"You light it once, it's a short show in a box, literally it's the best bang for your buck," Brandi said.

With access to more than 300 items from around the world, Red Bomb offers the largest fireworks selection in Western Canada.

Red Bomb currently has two retail locations in Selkirk and in Winnipeg as well as three express seasonal locations.

For more information, visit redbomb.com.

#### **Royal Canadian Legion Branch 42** 403 Eveline Street, Selkirk AK Keçon Office: 482-4319 Bar: 482-6015 www.selkirklegion.org July Events Calendar will be closed on July 1 – Open 12pm-12am TEXAS HOLD 'EM POKER TOURNAMENTS Horseraces 1pm Monday, July 2nd July 6 – Slip'd Disc Band 8pm <u>Every Thursday</u> @ 7pm July 13 – Uncle Basic Band 8pm CHASE \$6,126+ July 14 – Meat Draws start @ 1pm THE ACE As of June 22/18 July 19 - Over 60 Club -12pm Happy Canada Day! MUG, SPUD, & STEAK July 20 – Buster Keys Band 8pm July 21 - Steak & Lobster Tail dinner 6pm fundraising dates availab HALL RENTAL dates available Buster Keys Band 8pm July 27 – 2 Man Band 8pm BINGO Mon. 7:00 pm, Sat. 1pm Mondays **Fridays Tuesdavs** Afternoon crib All day Member's Day with Meat draw & Chase the Ace sales start at 4:30 pm 1:00 pm food & beverage specials 7:00 pm **Everyone Welcome**

### Correction

In the June 7 edition of The Selkirk Record the "Lassie ladies gearing up for 22nd annual golf tournament" story on Page 12 should have read: The 22nd annual Lassie Tournament at Larters ladies-only golf tournament will take place on Tuesday, July 17, at Larters at St. Andrews Golf and Country Club. The tournament aims to raise money towards cancer research, and all proceeds go towards CancerCare Manitoba. For more information about the tournament, visit larters.com/ event/lassie-ladies-open-2018/ or call 204-334-2107. The incorrect information appeared in the previous article. The Record apologizes for the error.



### Junior rifle club scoping out a new place to practice in Selkirk

### **By Lindsey Enns**

After shooting at their firing range inside the Comp for more than 40 years, the Selkirk Junior Rifle Club is now seeking a new place for its members to practice.

Tom Watson, a junior rifle instructor with the club for nearly two years, said since they had to leave the Comp late last year they have lost more than half of their members.

"The location of the school was so convenient for the kids to get there," Watson said, adding they are currently down to 19 members. "The increased distance they're travelling now just wasn't in the cards for some people, which is unfortunate."

Watson said they are currently practicing at the Winnipeg Revolver and Pistol Association located along Miller Road in West St. Paul, which is too far for some of their members to travel. He added the club is currently seeking a place, preferably in Selkirk, for their members to practice.

The Lord Selkirk School Division (LSSD) notified the local club in December of last year that they would no longer be able to practice at their firing range located inside the basement of the Comp, which was originally built by the Kinsmen Club of Selkirk in 1972.

LSSD Supt. Michele Polinuk said they had tested the club's firing range for lead contamination twice and both tests came back positive for high levels of lead surface contamination.

"The range room was completely striped, washed and then painted," Polinuk said. "It was quite an extensive process using professional services to get that space in our school back to workplace safety standards."

She added the decision to no longer allow the rifle club to practice inside the Comp was made during a school board meeting. She said the room has since been properly cleaned and they plan to use it as a multi purpose room for other activities.

"Unfortunately that won't include the junior rifle and the hand gun club,"



**RECORD PHOTOS BY JUSTIN LUSCHINSKI** 

Members of the Selkirk Junior Rifle Club attend the club's annual awards banquet and year-end barbecue at the Selkirk Game and Fish Association in East Selkirk on June 2. The local club is currently seeking a new place for its members to practice.

ing, in that order, is the club's motto.

do," he said. "It's very regimented."

onship level for many years.

"Safety is the paramount thing we

He added their members have been

"The kids are so good, we out shoot

every other junior rifles club in the

competing at the provincial champi-

said LSSD secretary treasurer Brian Spurrill. "I think the board looked at a lot of avenues and at the end of the day the board made the decision that they made."

Liz Flett, the Selkirk Junior Rifle Club's co-chair who has been with the club in some capacity for more than 30 years, said this was a "real hit to the club."

"We are a non-profit club, we supply all of the equipment and we try to make this an affordable sport."

The local club was the second of its kind to be formed in Manitoba in the fall of 1955. At that time, the club consisted of 12 members and gun handling was emphasized more so than the actual sport of shooting. Watson says safety, sportsmanship and shootally good bunch of kids." Watson said over the years the club has provided local youth who

province,"he said.

"We've got a re-

aren't interested

in playing main-

with a different

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outlet.

"Junior rifle fills that niche," he said. "Target shooting is an Olympic sport. If the kids are good and they love it the sky's the limit for them."

For more information about the Selkirk Junior Rifle Club, visit selkirkgameandfish.ca/junior-rifle/.

Wednesdays at the Selkirk Waterfront





See us on OPEN LATE on Thursdays! | I am-8pm

Facebook! SELKIRK COMMUNITY ARTS CENTRE





**RECORD PHOTOS BY JUSTIN LUSCHINSKI** East Selkirk's Legacy Park played host to the 52nd annual Manitoba Highland Gathering last Saturday and Sunday. The event featured heavy games, living history displays and the first performance of the "D" Division RCMP Pipes and Drums of Manitoba lead by pipe major Ryan Kodette.



### Taking a test drive at St. Clements open house



The fl wer Child State of the second RECORD PHOTOS BY JUSTIN LUSCHINSKI

Four-year-old Azlynn Zitting of St. Clements, pictured above, checks out one of the fire trucks on display during the annual RM of St. Clements open house at the East Selkirk Rec Centre last Tuesday. The event featured a barbecue, various community displays and giveaways. St. Clements Mavor Debbie Fiebelkorn also presented Happy Thought School with a rain barrel to acknowledge the Award of Excellence in Sustainability they won from the province recently.

# Selkirk Canada Da Sunday, July 1 Waterfront Park Selkirk, Manitoba



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Live entertainment on the Canadian Tire **Stage with Emcee Vicki Shae!** 

- Canadian Express
- Double Bourbon R&R the Band
- Megan Mowatt Fiddling
- November
- Underground
- Ukrainian Dancers
- Shanley Spence
- Gameshows

and more!







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# Selkirk Event Itinerary

## At the Waterfront

Geocaching – Registration and training 12:00pm – 12:30pm Telus Kids Zone 4:00pm – 8:00pm Food Vendors on site! Live Entertainment 4:00pm – 11:00pm

- 4:00 Vicki Shae
- 4:05 Gameshow
- 4:15 Ukrainian Dancers
- 5:00 Canadian Express
- 5:50 Gameshow
- 6:00 Double Bourbon
- 6:45 Gameshow
- 7:00 R&R the Band
- 7:45 Megan Mowatt Fiddling

- 8:00 Cher
- 8:45 Mayor Larry J & Vicki Shae
- 8:50 Shanley Spence
- 9:00 November Underground
- 9:45 Gameshow
- 9:55 Jukebox Heroes
- 11:00 O'Canada & FIREWORKS

# FIREWORKS -11:00 pm

The BEST fireworks display in the Interlake! Come early to get a good spot!

NOTE: Bridge will be closed from 10:30 pm – 11:30 pm

Rain date for fireworks check MySelkirk.ca



Exclusive volunteer sponsor for the Canada Day celebrations.

For more information: 204-785-4946 or visit MySelkirk.ca Canada Day event will be located at the Rec Centre if it rains.



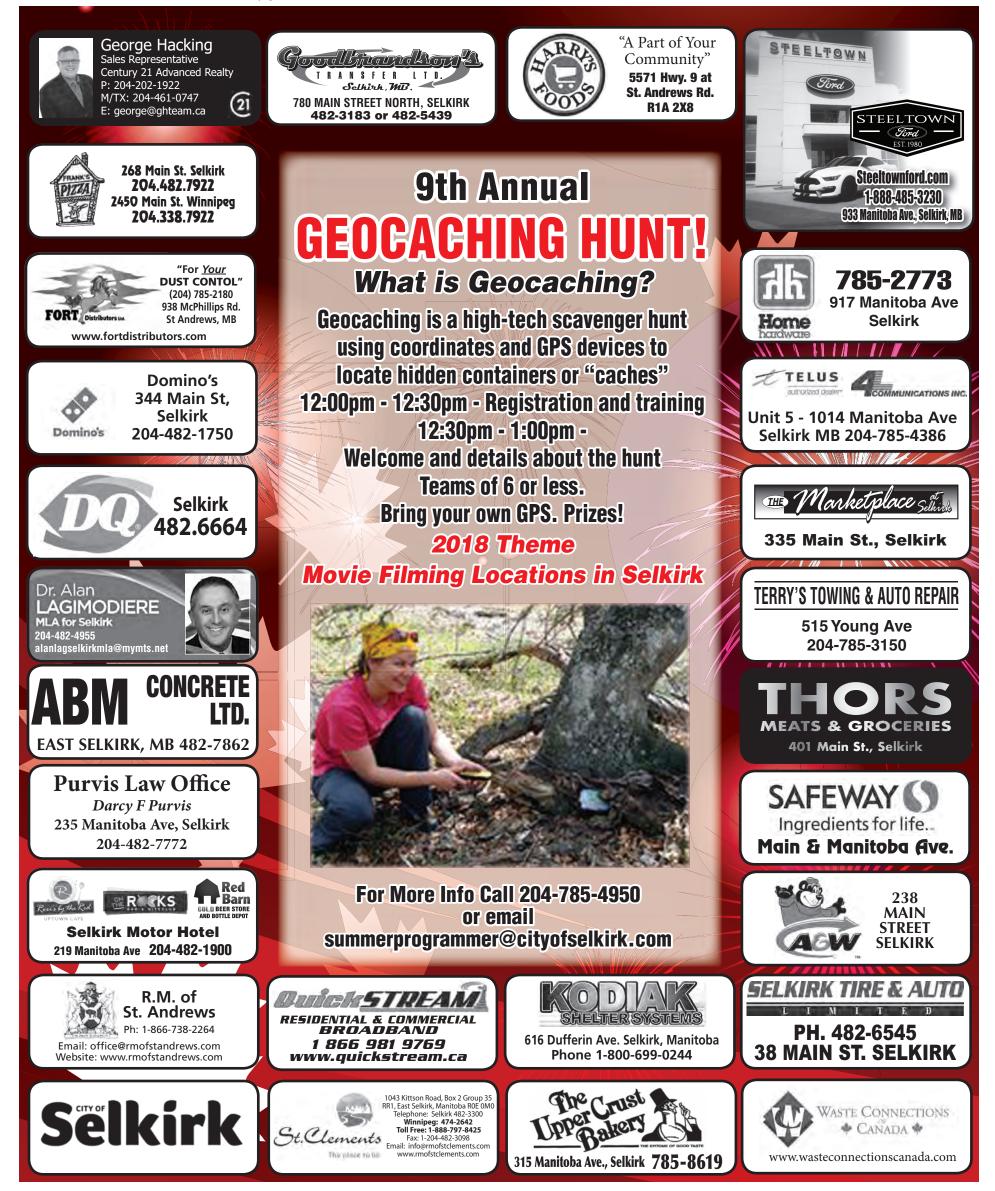


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### Wishing Everyone a Happy Canada Day



Dr. AIAN LAGIMOOIEre MLA for Selkirk selkirkmlaoffice@gmail.com | 204.482.4955





### Here are some of the judge's observations from 2017 in the Heritage Preservation Category:

Management of natural and cultural heritage is evident in Selkirk with the many monuments, heritage buildings, heritage trees and gardens as well as through the protection of sensitive habitats, grassland and conservation areas. Selkirk is home to numerous heritage homes, churches and buildings dating back to the 1800's. The Stuart House built in 1904 has a very interesting history. The Marine Museum of Manitoba is an interesting place to visit with six restored ships and numerous marine artifacts. It is so wonderful to see that the historic building sites are not being forgotten as we all rush around, and technology takes over. It is critical to preserve our history for future generations to enjoy.

If you would like to vote for a Yard of the Week or a Commercial Property of the Week please visit the Customer Service counter at Home Hardware Selkirk and fill out a ballot.



SELATIRE SELATIRE Vard of the Week: 145 Sophia St.

Yard of the Week sponsored by Selkirk Home Hardware. Commercial Property of the Week sponsored by The Flower Child.



### **Red River North to host first Garden and Art Tour July 22**

### Submitted

Everyone from private home owners with a green thumb to creative artists are welcoming locals and tourists to the inaugural Garden & Art Tour running Sunday, July 22 along the Red River North, with tickets on sale now. The tour is the brainchild of Red River North Tourism (RRNT) and includes nine stops along a mapped-out route in Selkirk, St. Andrews and St. Clements, says RRNT President Lois Wales.

"Visitors will be able to tour beautiful gardens and enjoy amazing artwork found among the flowers of private yards and public sites along the Red River North. There are nine stops that can be leisurely done in four to five hours and include two civic sites, four private homes, two federal heritage sites and a market garden,"Wales says."There will be about 25 regional artists stationed along the way tucked in among the garden beds, flowers, and trees; in garden sheds and outbuildings that have been turned into pop-up art galleries. And the art is for sale so visitors can take a piece of the tour home with them. They'll also get lots of great gardening ideas from our inspiring local gardeners on that day," Wales added.

The \$30 ticket includes a detailed map that allows people to come and go as they wish stopping for as long as they want at each site, taking garden photos and meeting artists.

"The tour has the support of many of the same volunteers who created Homes for the Holidays, so we are building on their great success to provide a summer alternative to the winter tour that is going into its fourth year of opening up properties decked out for Christmas,"Wales says.

Garden & Art Tour supporters include lead sponsor Cambrian Credit Union which has tickets for sale in four of their branches, including Selkirk, and in Winnipeg at 100-855 Regent Ave. W, 2136 McPhillips St and 1366 Henderson Hwy.

Tickets are also available at Harrys' Foods in St. Andrews, Gaynor Family Regional Library and online at redrivernorthtourism.com. There are limited tickets for sale in this year's pilot project and people are urged to get them soon before they sell out.

The project is also supported by the City of Selkirk, the RM of St. Clements and the RM of St. Andrews; and The PRHouse which created all of the marketing tools.

### Look for Local event benefits community living



SUBMITTED PHOTO

Selkirk Safeway hosted a Look for Local event last Saturday. They featured many Manitoba products plus had live music with local classic rockers Double Bourbon. The event, which included a barbecue, was also a fundraiser for Community Living Selkirk.



### **Credit Unions of Manitoba Scholar Athlete Awards presented**

Staff

The Manitoba High Schools Athletic Association, with support from Manitoba's Credit Unions, announced the four winners of the 2017-2018 Credit Unions of Manitoba High School Scholar Athlete Awards.

These \$1,000 scholarships are awarded to four graduating high school student athletes who maintained a minimum 85 per cent average and competed in at least two interscholastic sports.

Other criteria included school, community, volunteer, and citizenship activities.

Among the winners was the Selkirk Royals' Annika Loeppky.

She held an academic average of 99.5 per cent while participating in volleyball, basketball and track and field.

Loeppky was a co-captain, KPAC champion, provincial semifinalist and a graduating all-star. She also participated at the provincial basketball championships and was chosen as an all-star at the Kildonan East Basketball Tournament.

Loeppky is a recipient of the Dr. Dale Iwanoczko Scholarship, holds Honours with Distinction, Award of Excellence and the Government of Canada History Awards. She participated in the Human Rights Group, Ethics Bowl, grad liaison, senior choir, vocal jazz, best buddies and several other activities at her school. Annika is a volunteer ringette referee, volunteers at the Betel Personal Care Home, counsellor at summer camps as well as coaches Jr. NBA basketball camps and is active in her church as a volunteer.

"I strongly agree with the words of Kareem Abdul-Jabbar as he states that 'You can't win unless you learn how to lose,'" she said in a media release.

"Typically, in sports, success is measured in gold medals, shiny trophies and first-place ribbons, however, I believe there is success in losing as well. The most valuable lessons are learnt when you are knocked down and must pick yourself back up again.

"I believe that dedication and determination are the most essential ingredients to success in life, and those are two things that sports have taught me over the years. "High school athletics have ingrained that drive and perseverance within me to work my hardest and to never give up even when the going gets tough. They have also played an essential role in shaping me into the leader I am today. I believe that athletics have cultivated leadership abilities in me that I am able to use throughout my whole life, whether it be in the community, or on a global level. Therefore, sports have had a considerable impact on my four years in high school and have taught me many things that will allow me to succeed in university and beyond."

The other three winners were Lindsey Rutherford of Treherne Collegiate, Camryn McMillan of Carberry Collegiate, and Nicholas Pasieczka of Sanford Collegiate

The presentation took place at a ceremony hosted



The Selkirk Royals' Annika Loeppky, pictured back row top left, was one of four recipients of a Credit Unions of Manitoba Scholar Athlete Awards earlier this week.

by Her Honour, the Honourable Janice C. Filmon, Lieutenant Governor of Manitoba at Government House. Awards were presented by the Lieutenant Governor Janice C. Filmon, MHSAA President Mr. Chris Gudziunas (Assistant Superintendent of Hanover School Division), and Mr. Tim Klassen (CEO of Sunrise Credit Union).

The 41 students nominated this year were: Annika Loeppky – Lord Selkirk Regional Secondary School

Řiley Barrett – Minnedosa Collegiate
Sara Boissonneault – Collège Louis-Riel
Rayna Bonchuk – Birtle Collegiate
Erik Buchsmann – Morden Collegiate
Jintana Chaengpaseutsak – Maples Collegiate
Alexander Clemis – Carman Collegiate
Alina Doerksen – Morris School
Rovelyn Domingo – West Kildonan Collegiate
Lauryn Dunning – McCreary School
Sydnie DuQuette – Glenlawn Collegiate
Ahmad El-Rennewi – R.D. Parker Collegiate
Brayden Ewasko – École Edward Schreyer School
Tyler Fedak – Portage Collegiate Braeden Floyd –

Vanessa Friesen – Green Valley School Mikayla Funk – Northlands Parkway Collegiate

RECORD PHOTO SUBMITTED

Victoria Garson - Charles Sinclair School Natasha Gregoire - Collège Béliveau Mason Gurr – Hamiota Collegiate Ty Hassel – Dauphin Regional Secondary School Trina Langan – Cartwright School Vanessa Lee – Vincent Massey Collegiate Nicholas Lepage - Collège régional Gabrielle-Roy Camryn McMillan – Carberry Collegiate Luke McMillan – Miles Macdonell Collegiate Lucas Meyer - Vincent Massey Collegiate Kimberly Nicolajsen - Carman Collegiate Nicholas Pasieczka – Sanford Collegiate Natalya Reimer - Westgate Mennonite Collegiate Lindsey Rutherford – Treherne Collegiate Carly Shamray - Hamiota Collegiate Matthew Tiede - Calvin Christian School Melanie Truman – Collège régional Gabrielle-Roy Kayla Wandowich - St. Boniface Diocesan High School

Kyle Wilfer – St. Paul's High School Jared Wills – St. Boniface Diocesan High School Cheyenne Winogradoff – Kelvin High School Emily Woods – Collège Sturgeon Heights Collegiate Scott Yeo - Stonewall Collegiate

Scott Yeo - Stonewall Collegiate Lyndon Zimmer – Major Pratt School

### Selkirk hosts successful provincial powerlifting competition

### By Brian Bowman

There was a lot of heavy lifting going on at Iron Image in Selkirk on Saturday.

The local gym hosted the Manitoba Powerlifting Provincial Championships. The one-day event attracted 38 competitors from across the province and another from Ontario.

"It was a good turnout," said Tom Pachal, co-owner of Iron Image along with Matt Evans, and a competitor at provincials. "There was at least 100 people in here at all times. People coming in and out all day."

It was the first time Selkirk has hosted any type of powerlifting competition, said Pachal, and the event went off without a hitch.

"It went incredibly smooth," enthused Pachal. "I was a co-director of the meet so I was kind of behind the scenes for everything. There was a lot to do but it actually went really smoothly and it worked out.

"It was great - everyone was very happy with it."

The Iron Image gym has a ton of space and is a perfect fit to host large competitions.

"It's a very big space in the gym so when I met with the Manitoba Powerlifting Association back in December when they checked it out and they immediately offered it to us.

"They said, 'They would love to have the provincials here because they loved the space.' They thought it would be the perfect setup and we went from there." Selkirk had two lifters - Cam Chorney and Pachal - compete at provincials and they both did very well.

Chorney won provincial gold in the 105-kilogram weight class for the bench press.

Pachal, meanwhile, competed in the full powerlifting meet in the 83kg class, and qualified for the westerns that will take place in Edmonton in September.

"That was kind of my main goal," Pachal said. "Beat my previous best and qualify to travel out to westerns. My bigger goal past that is the nationals that will be hosted in Winnipeg in 2020.

"Hopefully, I can represent Manitoba at the nationals in Winnipeg that's kind of the game plan."

Organizers worked with many local businesses and individuals to make the provincials an event Selkirk could be very proud of.

Iron Image also hosted the Manitoba Strongman Competition earlier this month.

"It was a lot of work," Pachal noted. "There was a lot of moving things around but it was a helluva lot of fun. Everybody loved it here so they want us to have some more (competitions)."

They are already confident that they will host the powerlifting provincials again in the future, said Pachal.

The provincial powerlifting organizers wanted to thank all of the volunteers and local sponsors, including Steeltown Ford, Two Zero Four Skateshop, Stanley Electric, Sunova, and



RECORD PHOTO BY MINDSET PHOTOGRAPHY

Iron Image co-owner Tom Pachal squats while Mike Kehler spots for him.

more, for their generous time and support.

"There were a lot of volunteers and they all stepped up Friday night, Saturday morning, and Saturday night," Pachal said. "We wouldn't be able to run this without the volunteers."



### **Strike Force earns shutout win**

### By Brian Bowman

It may have take a whole lot longer than they would have liked, but the Tri-S Strike Force finally picked up a victory.

Tri-S put forth a great effort in a solid 1-0 victory over Crescentwood Saturday FC last Friday at the Buhler Recreation Park.

"It's been two years, so it was very, very nice," said Tri-S player/coach Kris Pellaers. "They were the third-seeded team and we only had 10 guys for most of the game. "That shows that our team can beat any team but we just need the players to come out. It's hard on our division with guys not as committed as those in the higher divisions."

Pellaers scored the lone goal of the game - his third of the season - about 15 or 20 minutes into the second half.

The win could be a huge confidence booster for the Strike Force.

"Having the experience of (being short a player), the team really plays well together," Pellaers said. "We can pass the ball and move well into the open spaces and use the ball to our advantage."

Tri-S completely shut down a Crescentwood Saturday FC team to earn the much-needed victory.

It was a great team win. "We completely shut them down," said Pellaers, adding he wanted to congratulate his son's 16U team and daughter's 12U squad for winning gold at this past weekend's seasonending soccer tournament in Selkirk.

"All of their shots were over the net. There were only two on goal. They had two chances and two shots on net. We really played some shutdown defence and shut them down on the back end, which was nice."

With the win, Tri-S improved its record to 1-4-1 this season. The Strike Force will host Southside Spvgg this Thursday at the Rec Complex.

Game time is 7:30 p.m.



# Blue Jays vault into fourth spot in MJBL

#### Staff

The Interlake Blue Jays are making a lot of people take notice in the Manitoba Junior League this season.

The second-year Blue Jays swept the St. Boniface Legionaires at home last weekend and are now on a threegame winning streak.

Interlake defeated St. Boniface 9-5 and then 12-6 to improve its record to 10-8 this season.

No box scores were listed on the league's website at press time.

Last Thursday, the Blue Jays edged the Marlins 4-3 in Brandon.

Interlake scored a run in the third, two in the fourth, and then another in the fifth.

Ben Anderson, Baily Proctor, Bren-

nan Cheasley, and Jeremy Wasilewski crossed the plate for the Blue Jays.

Ryan Moroz, Derek Petrasko and Cheasley each had two hits in Interlake's seven-hit attack.

Brandon scored all three of its runs in the bottom of the fifth inning.

Emerson Klimpke earned the win on the mound.

On June 19, Interlake dropped a home doubleheader to Brandon, losing 11-3 and 2-1.

Interlake, now in fourth place in the eight-team league, will host the St. James A's Wednesday (7:30 p.m.) and then aren't scheduled to play again until July 4 when they visit the Carillon Sultans.



**RECORD PHOTOS BY LANA MEIER** 

Interlake Blue Jays' catcher Brennan Cheasley makes the tag on a sliding Brandon Marlins' player during MJBL action last Thursday in Stonewall. Interlake won the game 4-3.



Right-handed pitcher Ryan Moroz had a great day on the mound against the St. Bonface Legionaires last weekend. Interlake swept the doubleheader, winning 9-5 and 12-6.



The Interlake Blue Jays' Ben Anderson slides safely into third base against St. Boniface during MJBL play last Sunday afternoon.



Blue Jays' third baseman Derek Petrasko is about to put the tag on a sliding St. Boniface player. Interlake swept the doubleheader, winning 9-5 and 12-6.

# **PeeWee Pirates pound Black Sox**

Spontse verside verside down

### By Brian Bowman

The North Winnipeg Pirates picked up a real nice win over the Bonivital Black Sox last Thursday at the Sunova Centre in West St. Paul.

North Winnipeg improved its league record to 8-10 this season after a solid 12-5 victory over Bonivital.

The Pirates scored seven runs in one of the early innings on their way to the convincing win.

It was a great rebound victory for North Winnipeg, who recently blew a 7-0 lead in a 17-7 loss to the Red River Pioneers. Once again, North Winnipeg scored seven runs in an inning.

"It was nice for us to bounce back from the previous game against Red River," said Pirates' head coach Donnie Smith. "We're OK at times but we're not very consistent, that's been our biggest issue.

"We're hoping moving forward that we continue to go where we need to be and carry that to the city playoffs."

The Pirates' offence has been real good this season as they have scored 143 runs in their first 18 league games. North Winnipeg's 8-10 record puts the Pirates in fifth place, eight full games back of first-place Brandon, heading into this week's schedule of games.

Defence, however, is another story as the Pirates have allowed a whopping 181 runs. That's among the highest totals in the league.

"It's been our defence that has been hurting us," Smith admitted.

North Winnipeg will be competing at a tournament in Portage la Prairie this weekend. Several of the top teams in the province are expected to be at the tournament. "We'll get a chance to see some rural teams and see how they are," Smith said. "And then we'll complete our game schedule with the makeup (games)."

North Winnipeg has a few league games remaining and then they will compete in the city playoffs.

The Pirates are already guaranteed a spot in the PeeWee "AAA" provincials as the host team. The provincials will take place Aug. 3-5 in West St. Paul.

### Sport Manitoba and Partners Presented \$22,500 in Scholarships

### Staff

At the Canada Games Sport for Life Centre on Monday, \$22,500 in academic scholarships were presented to 11 high school students, eight university students, and four Manitoba coaches.

The presentations included the Manitoba Foundation for Sport Scholarships, Bud Tinsley Sport Leadership Scholarship, Coaching Manitoba Bursaries, and Princess Royal Pan Am Scholarships.

This year, the Manitoba Foundation for Sports scholarships recognized the exceptional achievements of 18 student athletes. These athletes represented 10 towns/cities and 20 different sports.

Alexa Jaworsky of East St. Paul was one of the 11 high school students awarded a \$500 scholarship. Jaworsky participates in artistic gymnastics and volleyball.

### Bud Tinsley Sport Leadership Scholarship

This scholarship was created in 2012 in memory of Robert (Bud) Tinsley, by his family and friends. The \$500 scholarship recipient is selected from among the Manitoba Foundation for Sport scholarship recipients, based on the added criteria of leadership.

This year's recipient is Jayden Kyryluk of Winnipeg. Through hard work, dedication, and fortitude, Kyryluk's Grade 12 average was 92 per cent. He is attending University of Manitoba this fall to pursue a Commerce Degree.

He was a member of Football Manitoba's U18 team that went to nationals last summer and was named as a Top 50 player by CFC Canada.

### **Coaching Manitoba Bursaries**

One male and one female each from Winnipeg and Rural Manitoba received a \$500 bursary to be used toward their 2018-2019 tuition. The bursaries have been named after two special coaches in Manitoba: Silvio Sboto and Jeff Collins.

Silvio Sboto Memorial Rural Coach Award Female: Cynthia Cote from La Broquerie of Figure Skating attending Université de Saint-Boniface

Silvio Sboto Memorial Rural Coach Award Male: Joben Smith from Foxwarren of Hockey attending University of Manitoba Jeff Collins Memorial Winnipeg Coach Award Female: Lauren Jackman from Winnipeg of Gymnastics attending University of Manitoba

Jeff Collins Memorial Winnipeg Coach Award Male: Gee-ef Nkwonta from Winnipeg of Optimist attending University of Manitoba

### Princess Royal Pan Am Scholarships

One male and one female high performance athlete enrolled in a postsecondary institution in Manitoba each received \$3,000.

### **Recipients:**

Female: Tegan Turner of Athletics attending University of Manitoba

Male: Arnish Patel of Badminton attending University of Manitoba

Also presented were the Manitoba Sportswriters and Sportscasters Association Jack Matheson Award which provides \$750 to post-secondary students who demonstrate an interest in a career in one or more of the following careers: sports writing, sports broadcasting, sports media production or sports public relations. The award is named in honour of the late Jack Matheson, a former Winnipeg Tribune sports editor and CJOB radio broadcaster. He was one of the first in Manitoba to hire graduates of postsecondary education programs for jobs in the sports journalism field.

There were two winners of this year's Jack Matheson award.

Taylor Allen is a Vince Leah intern for the Winnipeg Free Press, and he does freelance work in a weekly series termed Hall Call. He also has served as a Winnipeg Jets/Manitoba Moose Press Box intern on game days and he is the Manitoba Sports Hall of Fame host for its weekly podcast. Allen was nominated for the best Journalism story by a first-year student in the RRC Creative Communications Media Awards in 2017, and was the recipient of the Don Wittman Memorial Award.

Declan Schroeder has interned and produced web articles for TSN 1290 and worked on various audio features for the station. He is a sports columnist for the Projector newspaper at Red River College. Schroeder received an 'A' grade in Journalism in 2017 and also won the Eric and Jack Wells Excellence in Journalism award at RRC the same school year. Classifieds

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Gramercy Park Apartments. 216 Reid Ave.. Selkirk. 2 bedroom on 3rd floor. Available July 15/18. Includes fridge, stove, dishwasher, A/C and balcony. Hydro and parking extra. Rent \$1025/ mo. No pets/smoking. Ph. 204-481-1967.

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1 bedroom apartment for rent in the Town Of Teulon, \$725 per month. Call or text Kirt 204-886-7717.

Bryant Park Apartments, 219 Main St., Selkirk. 2 bedroom on 2nd and 3rd floor available July 1st/18. Includes fridge, stove, dishwasher, A/C and balcony. Hydro and parking extra. Rent \$995/mo. No pets/ smoking. Ph. 204-481-1967.

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### HELP WANTED

Wanted: Cleaner, maintenance person, office/on-call person. Location: 40 Eveline Street, Selkirk, MB D-7 Property Management is looking for people to fill three positions in Selkirk, MB. A person to clean an apartment building on a daily basis (approx. 4 hrs. per day). The cleaning would include vacuuming the common area hallways, cleaning the glass and stainless steel in the windows and elevators, cleaning laundry rooms, stairwells, etc. The building includes one - six floor building and one - four floor building, a total of 95 suites. Cleaning of empty suites is paid on a "per job" basis. \$15 per hour. We also require a maintenance person, able to do regular and emergency maintenance repairs. The successful applicant must have knowledge of plumbing, painting, plastering, minor electrical, etc. and must have own tools and transportation. Salary dependent on qualifications.

Also needed is an office person able to coordinate repair requests from tenants, collect rent, deliver notices, answer phones, check e-mails, post "for rent" ads, show suites to potential renters, etc. Office position is required four hours per day, Monday to Friday. This position also requires that you carry the emergency cell phone when not in the building. \$15 per hour for office time and a stipend for being the emergency on-call person.

Please contact D-7 Property Management at 204-989-4210, 204-989-4211 or e-mail to jean@ d7management.com

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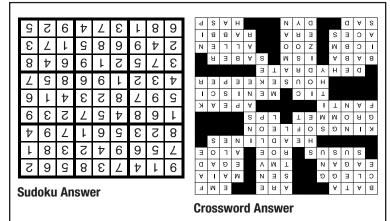
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**CROSSWORD CLUES ACROSS** 1. Guinean seaport 5. They 8. Electromotive force 15 16 11. "McVicar" director 21 20 13. Monetary unit 14. Mother of Hermes 15. Broadway actress Daisy 16. Tobacco mosaic virus 17. Expression of surprise 30 **18. African financial** 32 33 intermediaries 38 20. Fully ripe egg 21. Soothes the skin 43 22. Editors write them 25. Nashville-based rockers 30. Surgical tube 49 31. Lasting records 56 55 32. Member of Ghanese tribe 33. Being in a vertical position 59 60 61 **38. Spasmodic contraction** 62 63 41. Cartilage disks 43. Domestic help 3. Large, stocky lizard 34. Baked dessert 45. A way of drying out 4. Romanian river 48. Small sponge cake 5. Stellar 36. Breeze through 49. Distinctive practice or 6. A way to change

- philosophy
- 50. Sword
- 55. Type of missile (abbr.)
- 56. Home to various animals
- **57. American comedian Tim**
- 59. Scores perfectly
- 60. A major division of
- geological time 61. Spiritual leader
- 62. Unhappy
- 63. Unit of force (abbr.)
- 64. Door part

```
CLUES DOWN
```

- 1. Academic degree

- 7. Surround completely
- 8. A Philly footballer 9. Dinosaur shuang
- aurus
- 10. Slowly disappear
- 12. Large antelope
- 14. Not nice
- 19. Piece of footwear
- 24. Seriously mentally ill
- 25. Kilogram force (abbr.)
- 26. Terrorist group
- 27. Negative
- 28. Time zone
- 2. Expression of sorrow or pity 29. A blacksmith's workshop

- 10
  - - 35. A way to perceive uniquely

    - **37. Dry white wine drink**
    - **39. Treated with iodine**
  - 40. Not thorough
  - 41. Famous museum
  - 42. Supplements with difficulty
  - 44. Polynesian language
  - 45. Bangladesh capital (var. sp.)
  - 46 \_\_\_ and flowed
  - 47. Excessively theatrical
  - actors
  - 48. Prejudice
  - 51. Swiss river
  - 52. Nonsense (slang)
  - 53. "Luther" actor
  - 54. Resist authority (slang)
  - 58. Pinch

23. Newt



Announcements

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# nnouncements

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### ANNOUNCEMENT

Dave Hiebert May 17, 1942 – June 26, 2009 In loving memory of my Husband, our Father and Grandpa Gone are the days we used to share, But in our hearts you are always there. The gates of memory will never close, We miss you more than anyone knows. Life goes on, we know it's true, But it's not the same since we lost you. -Jean and family

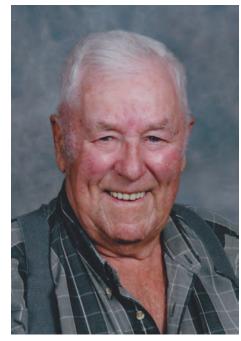




ANNOUNCEMENT

KGB aka Kevin Mathers December 31, 1973 – July 1, 2011 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. -Mom, Dad, Tracey and kids

Kevin Mathers December 31, 1973 – July 1, 2011 Forever missed, remembered and loved. -Always Aunt Mary Jo



ANNOUNCEMENT

IN MEMORIAM

SellantsRegord

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-Ever remembered by your loving wife, Irene and all your family





# Announcements



OBITUARY

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ANNOUNCEMENT IN MEMORIAM



**Garry Peter Fewchuk** September 18, 1954 - June 28, 2014 It has been four years since we lost you And not a day goes by That we don't think of you. The years may wipe out many things, But this they'll wipe out never, The memory of those happy days When we were all together. We think of him in silence. His name we oft recall. But there's nothing left to answer But his picture on the wall. Just when his life was brightest, Just when his hopes were best, God called him from among us, To a home of eternal rest.

-Loved and missed by your family

ANNOUNCEMENT IN MEMORIAM



**Amy Rebecca Richards** August 31, 1978 - June 30, 2011 **Fearlessly Herself** Those we love are never really lost to us. We feel them in so many special ways. Through friends they always cared about And dreams they left behind, In beauty that they added to our days, In words of wisdom we still carry with us And memories that never will be gone ... Those we love are never really lost to us For everywhere their special love lives on. -Love Dad, Mom, Sarah, your pets

and all of your friends

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### Sidnev E. Jones

Sid passed peacefully on June 19, 2018, after many years of failing health at the age of 85 at the Selkirk Regional Health Centre. Sid was born and grew up in upstate New York and later made his home in Canada.

Sid loved his Heavenly Father and Lord Jesus and from a young age became an earnest student of the Bible. He was associated with the Dawn Bible Students and was privileged to serve in several positions which included Trustee, Pilgrim and eight years as Editor of the Dawn magazine.

Sid, beloved husband of Joan (nee Rozmus) will be greatly missed by her, as well as family members and friends.

One of Sid's favorite scriptures from Psalms Psalm 36:5-7

5. Your unfailing love, O LORD, is as vast as the heavens;

your faithfulness reaches beyond the clouds. 6. Your righteousness is like the mighty mountains,

your justice like the ocean depths.

You care for people and animals alike, O LORD.

7. How precious is your unfailing love, O God!

All humanity finds shelter in the shadow of your wings.

In keeping with Sid's wishes, cremation has taken place and no service will be held.

Condolences, pictures and videos may be left on Sid's tribute wall at www.gilbartfuneralhome.com

OBITUARY

Gilbart Funeral Home, Selkirk in care of arrangements.



Frances Kulbaba (nee Besyk) Born: October 12, 1929 Date of Passing: June 20, 2018

It is with great sadness that we announce the passing of our sister, Frances, on Wednesday, June 20, 2018 at the Health Sciences Centre in Winnipeg. She leaves to mourn her passing sister Jackie Dola (Wayne); brother Ryan Besyk (Bernice); their families and many nieces and nephews. She was predeceased by her husband Mike; parents Nicholas and Jennie Besyk; sisters Helen Besyk, Bernice Gooley, Joyce Scribny and Joan Gooley; sister-in-law Faye Besyk; brothers Tom Besyk, Bert Besyk and Arnold Besyk; brothers-in-law Wally Scribny and Mike Halischuk. She was born on October 12, 1929 and was the eldest of 10

children of Nicholas and Jennie Besyk. She attended Winnipeg Beach School in the early years and later moved to Winnipeg

where she married the love of her life, Mike and owned and operated the Lydiatt General Store and Bulk Fuel Supply. Enjoying operating their own business they moved west to Vermillion, Alberta where they owned and operated the Flamingo Motel for many years until Mike's passing due to illness. At that time Frances moved to Selkirk where she made many friends while residing at Lions Manor.

Special thank you to the doctors and nursing staff at Health Sciences Centre for their caring and compassion.

Funeral service was held at Gilbart Funeral Chapel, 309 Eveline St. in Selkirk, MB on Monday, June 25, 2018 at 11:00 a.m. with Father Peter Chorney officiating. Interment followed at All Saints Cemetery in West St. Paul. Pallbearers were Brent Dola, Jason Gooley, Jared Dola, Kevin Ford, Brennan Dola and Tyler Samagalski.

In lieu of flowers, donations in Frances' memory can be made to CancerCare Manitoba, 675 McDermot Ave. Winnipeg, MB R3E 0V9.

Condolences, pictures and videos may be left on Frances' tribute wall at www.gilbartfuneralhome. com

Gilbart Funeral Home, Selkirk in care of arrangements.





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