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# The **Selkirk Record**

VOLUME 7 EDITION 31

THURSDAY, AUGUST 4, 2016

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## Riding in the rain

RECORD PHOTO BY LINDSEY ENNS

Wet weather wasn't enough to stop thousands from taking in the RCMP Musical Ride at Lower Fort Garry on Monday afternoon. While on horseback, 32 RCMP officers performed intricate figures and drills choreographed to music at the historic site as part of a day-long event. For more photos, see page 9.

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



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# Food bank in need of nutritional donations

Vice-chair encourages farmers, gardeners to donate produce

By Kaitlin Vitt

While the use of Selkirk's food bank stays relatively constant during the summer months compared to the rest of the year, the supply of donations decreases, vice-chair Marv Terhoch said.

People may go away for the summer, which means the food bank collects less money and food, specifically nutritious food, Terhoch said.

"We ask people to think about the food bank the same way they think about their own family," Terhoch said. "We encourage more nutritional food."

To accommodate the decrease in supply, he said the food bank equally distributes whatever food is available.

"Instead of giving two cans of soup, we give one can of soup," he said. "We can make the decisions easy — the consequences of the decisions is people who need the same amount of food just won't get as much food."

The increasing cost of food has also affected the food bank, he said. People continue to donate food items such as Kraft Dinner, Terhoch said, rather than healthier food, which can be

more expensive.

A large proportion of Selkirk Food Bank clients have diabetes, he said, so food that's high in sugar isn't beneficial to them.

Terhoch said this is the time of year people will start donating produce from their gardens. Something new to the food bank is farmers can get tax receipts for produce they donate.

The food bank encourages people to drop off their produce, rather than letting it "die on the vine," he said.

"There's lots of food," he said. "It just doesn't all make its way where it's needed."

The upcoming back-to-school and Christmas seasons are two of the toughest times of year for the food bank, Terhoch said. Families may spend money on school supplies and holiday gifts rather than food.

To prepare for the upcoming busy months, the food bank tries to stockpile.

"It's really tough to stockpile when you're short week to week," Terhoch said. "It saddens us when (clients) go and look in their bag and they know they got half of what they got last week."

Clients register at the food bank with their Manitoba health card and can receive two orders per month. Each order, which is based on the size of the family, includes food for five or six days when the food bank is

"WE ASK PEOPLE TO THINK ABOUT THE FOOD BANK THE SAME WAY THEY THINK ABOUT THEIR OWN FAMILY."



RECORD PHOTO BY KAITLIN VITT

Marv Terhoch, the Selkirk food bank's vice-chair, says nutritious food donations are needed this summer.

fully stocked. A client visiting the food bank two times per month will get food for 10 to 12 days at best, Terhoch explained.

"It's a misconception that when you go to the food bank, you're now well fed all month," he said. "You're not."

The food bank makes sure it has enough baby food week to week, which may mean it has to purchase it, he said.

The Selkirk Food Bank's largest group of clients are single mothers, and the next largest is seniors, specifically senior women, since some don't have pensions, Terhoch said.

Last week, the food bank filled about 225 orders to serve 1,000 people.

About 89 per cent of the food bank's clients are from Selkirk, eight per cent from St. Clements and the rest from St. Andrews, though some come from surrounding areas such as Beausejour.

People can drop off food donations at the Selkirk Food Bank located at 310 Christie Ave. Monday to Friday between 8:30 a.m. and 5 p.m.

There are storage areas that also allow the food bank to accept bulk donations.

## Selkirk RCMP respond to drowning at Grand Beach

Staff

An 11-year-old girl and 12-year-old boy drowned at Grand Beach Provincial Park on Monday night, RCMP confirmed on Tuesday morning.

STARS air ambulance and Selkirk RCMP were called to the scene around 7:50 p.m. on Monday. When officers arrived on scene, Grand Beach safety

officers had pulled both children from the water.

Emergency crews attempted to resuscitate both children for nearly 30 min-



TWITTER PHOTO

STARS air ambulance lands in Grand Beach on Monday night.

utes but were unsuccessful, a STARS spokesperson said Tuesday morning.

"The two children were in the water together and being supervised by the parents of the 12-year-old boy when one of the parents lost track of the children due to the setting sun," RCMP said, adding both

families and children are from Winnipeg. "The investigation is ongoing, however the incident does not appear to be suspicious in nature and no charges are expected."

RCMP added the names of the deceased will not be released.

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# Families, seniors helping community gardens grow

By Lindsey Enns

Local interest in community gardens continues to grow in Selkirk and area.

Community garden facilitator, Donna Proudlove, said over the years the gardens have become a great way of bringing the community together.

"There's just something about gardening," Proudlove said. "People are happy, they're friendly, they want to help each other."

"Everyone's really helpful."

St. Margaret's Community Garden was started nine years ago with help from St. Margaret's Church and Growing Years Families Resource Centre.

Our Daily Bread Soup Kitchen now operates the community garden which includes 25 in-ground beds and eight raised beds. The users of this garden include seniors, young families and those in need of land to grow fresh vegetables.

The Selkirk Water Tower Community Garden, which is also operated by the soup kitchen, is now in its fourth year and includes 26 in-ground beds and 27 raised beds. Proudlove said the users of this garden are seniors, low income families, single parents as well as the three nursery schools and daycares in Selkirk use it as way to teach children how to grow their own food.

"The families that come here grow produce for their family," Proudlove said, adding her and others are on hand on Thursday evenings at the Selkirk Water Tower Garden to help anyone who needs it. "A lot of people who live in housing can't dig up their yard to grow a garden that's why they need a space to grow their garden and they need some guidance."

Although it doesn't cost anything to take on one of the gardening plots, it requires a commitment, Proudlove said.

"It is a little bit of a commitment,"



RECORD PHOTOS BY LINDSEY ENNS

ABOVE: Vanessa McChesney of Selkirk waters her gardening plot at the Selkirk Water Tower Community Garden last Thursday evening. RIGHT: Gardeners work under sunny skies at the Selkirk Water Tower Community Garden last Thursday evening.

she said. "It's hard to get out here and weed, this year's been one of the worst for rain ... so this has been a very hard year."

Mandy Mandryk, 21, has been assisting Proudlove this summer and said it's been a great experience.

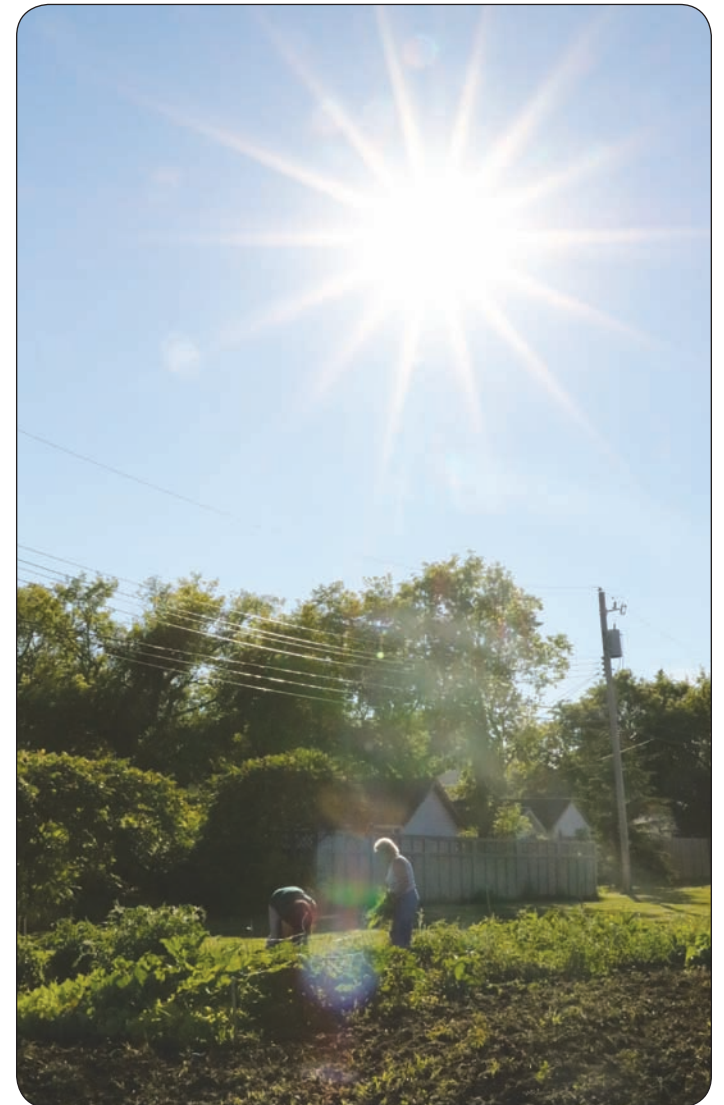
"It's been wonderful I love it," she said. "I really like helping the first timers and seeing the fascination people have for planting something for the first time."

Our Daily Bread Soup Kitchen chair René Gauthier said they encourage gardeners with extra produce to donate it back to the soup kitchen.

Proudlove said they easily could have had 10 more families gardening near the Selkirk Water Tower this summer so they are looking at adding more raised beds for next year.

Proudlove added those interested in getting a plot next year can visit Growing Years Resource Centre for more information. She said

people usually register for their plot in May each year.





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# Public sweat lodges aim to educate Manitobans

By Kaitlin Vitt

Lower Fort Garry (LFG) has offered sweat lodge ceremonies to schools and organizations for four years, but this is the first year they are open to the public.

A sweat lodge ceremony is for purification and healing, explained Allen Sutherland, the treaty project officer at LFG. There was a ceremony in July, and there will be another in August and September. There is no cost to attend.

Sutherland, who is Anishinaabe Saulteaux, is a traditional knowledge keeper in the Indigenous community and teaches about history and culture. One of his mentors is Jules Lavallee, the elder who conducted the historic site's first public sweat lodge ceremony in July.

Before LFG offered the ceremonies, Lavallee had told Sutherland it was time he had his own sweat lodge.

"They say if you want to be a service to the people, this is one of the ways to do it," Sutherland said.

Since Sutherland worked at LFG, he said he thought he would build one there.

Parks Canada consulted with traditional knowledge keepers while creating the sweat lodge.

These ceremonies are a way of educating Canadians about Indigenous culture, Sutherland said.

Historically, people built sweat lodges on the grounds of LFG away from the public, Sutherland explained. But the one there today is close to the stone fort, so it could be a part of public education.

There was a time sweat lodges and



RECORD PHOTO BY KAITLIN VITT

This is the first year Lower Fort Garry offers sweat lodge ceremonies open to the public. Prayer ties representing directions bless and protect the sweat lodge. The sweat lodge is covered with a tarp to keep heat in during ceremonies.

other Indigenous activities were against the law in Canada. This was to remove Indigenous culture from its people, Sutherland said.

"The ceremonies, the songs, the drums, the sacred pipe, the sacred bundles were prohibited because if you made it against the law, that's the only way you can wipe that off the face of Canadian soil."

This law was rescinded in 1951.

"It comes from a time of an era where Indigenous people were considered savages, uncivilized, pagans. And it was a time of ignorance, but that element still remains in society, where 99 per cent of Canadians ... don't understand or know about Indigenous

culture or its history," Sutherland said.

"For Parks Canada, the role we play is to bridge those understandings, so that we appreciate our common Canadian history, and that includes the culture, that includes the history of Indigenous people."

During the ceremony people learn teachings and history of Indigenous culture.

"We do a lot of preparing for it, and so if there's any anxiety, I let (participants) know what they're going to expect," Sutherland said.

Fourteen people participated in July's ceremony, and 11 of them had never done one before, Sutherland said.

"WE DO A LOT OF PREPARING FOR IT, AND SO IF THERE'S ANY ANXIETY, I LET (PARTICIPANTS) KNOW WHAT THEY'RE GOING TO EXPECT."

The sweat lodge is a wooden structure, which is covered with a tarp for the ceremony. In the centre hang coloured cloths, otherwise known as prayer ties, representing north, south, east, west, up and down. These ties bless the sweat lodge and offer protection.

Before going into the sweat lodge, there is smudging and people offer tobacco to the fire.

There's wood in the lodge that sits atop stones and is on fire. Someone adds stones to the fire throughout the ceremony. There are four rounds of the sweat lodge, with seven additional stones each round.

People enter the sweat lodge by crawling in clockwise, following the direction of the sun. Once inside, the sweat lodge conductor will perform a pipe ceremony, including a Pipe Song, which people can participate in by singing or playing instruments. This helps them to focus.

Someone pours water over the stones, the steam going up to the ceiling and down the walls. People will sweat out toxins, Sutherland said.

Continued on page 11

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# On the road to recovery

Rehab centre in Gimli offers help to those struggling with alcohol, drug addiction

By Lindsey Enns

A former hotel in Gimli that once housed flood evacuees has been transformed into a beacon of hope for those struggling with alcohol and drug addiction.

Aurora Recovery Centre, located at 20025 Lakeside Road in Gimli, the former site of Misty Lake Lodge and Conference Centre, recently reopened under new management and is now welcoming those seeking treatment for alcohol and drug abuse.

"Our goal is to save lives," said Marla Goldman, the centre's executive vice president of client care services.

Since reopening in early June, the centre has treated clients from across Canada including Alberta and British Columbia as well as throughout Manitoba including Selkirk and surrounding areas.

For 60-year-old Linda C. of Winnipeg, this is her fifth stint in rehab after battling with alcohol abuse for nearly 10 years.

Last Thursday marked Linda's third week in treatment at Aurora Recovery Centre.

"I'm feeling much better," Linda said with a smile standing inside the centre's cafeteria. "Almost ready to go home but I know I have lots of work to do still."

Linda said she was a sporadic binge drinker who would often choose to drink alone.

"I was a closet drinker," she said. "I would stay at home and drink. I would isolate and drink."

Linda said following a three-day binge she decided to seek help.

"I came on my own," she said. "My sisters drove me out."

She added the one-on-one counselling at the centre has been a huge help during her recovery process.

"There's also lots to do here," she said, adding she enjoys using the centre's Olympic-sized indoor pool.

## History of the site and facility

Aurora Recovery Centre officially opened in November 2015, replacing Misty Lake Lodge and Conference



Centre.

The lodge formally housed nearly 180 Lake St. Martin and Little Saskatchewan First Nation flood evacuees before it was forced to close its doors in Sept. 2013 because the hotel was unable to collect more than \$3 million it says it was owed by Ottawa.

The lodge was then completely gutted and following a nearly \$8 million renovation and construction project, Aurora Recovery Centre was born.

Due to some readjusting the centre was forced to close its doors temporarily but is now accepting clients.

The privately run 24/7 facility offers individualized treatment based on a 12-step program and offers treatment for alcohol and drug abuse, depression, anxiety, eating disorders as well as gambling and sex addiction.

The centre is able to treat between 50 to 60 on any given day and clients are likely to stay for up to 30 to 60-day stints, Goldman said.

"We really felt that we were going to start off slow, we didn't," she said, adding there has been lots of interest in the centre since they reopened. "We have everything under one roof which a lot of places don't."

Along with offering various services including one-on-one counselling, the centre is also home to a medical detox program.



RECORD PHOTOS BY LINDSEY ENNS

ABOVE: Aurora Recovery Centre in Gimli has recently reopened under new management and can treat between 50 to 60 clients struggling with alcohol or drug addiction on any given day. LEFT: Marla Goldman, executive vice president of client care services at Aurora Recovery Centre gives a tour of the centre's outdoor grounds last Thursday. For more information about the centre, visit [aurorarecoverycentre.com](http://aurorarecoverycentre.com).

"We really work together for the best interest of our clients because that's what it's about," Goldman said, adding their treatment program is about getting their client's lives back on track while helping them find balance. "Our slogan is 'awesome but getting better.'"

Goldman said they are also in the process of implementing a program for families of recovering addicts.

"The families say they can see they're getting their child back," she said. "They're looking healthy, they're looking after themselves ... they can see a huge difference from when they come in to the time they leave."

Goldman said the centre, its staff and clients have been warmly welcomed in Gimli.

"People are coming in to introduce themselves and see if there is something they can do."

## Bringing jobs to the Interlake

Along with providing treatment for clients near the picturesque shores of Lake Winnipeg, Goldman said the centre has also brought various job opportunities to Gimli.

They currently employ roughly eight counsellors, various client care service workers, a full kitchen staff, security guards, nurses and a medical detox team, which includes a doctor and two nurse practitioners.

Clients live at the centre for various lengths of time and as of last Thursday they were housing around 20 men and women of various ages and backgrounds.

The average cost for a one-month stay at the centre is roughly \$15,000 while 60 days is closer to \$25,000, Goldman said.

She added the centre is trying to keep prices below or around what other privately run rehab centres offer in Canada. They also don't want cost to be an obstacle to those seeking treatment so the centre works with two different loan companies to help clients cover costs.

## Abuse starting at an earlier age

Tracy Nickel, who has been a counsellor for eight years and started working at the centre about a month ago, said she deals with clients from all walks of life.

They range in age from 17 and up, Nickel said.

"Kids are coming in so very sick ... it is getting to the younger generation quicker," she said.

Nickel believes there isn't enough resources out there to show and teach youth why they shouldn't abuse drugs and alcohol.

"There is not enough knowledge," she said. "It used to be that people were saying 'just say no' with no explanation so nobody knew what they were saying 'no' too."

Nickel said in recent years she has been treating younger clients who are experimenting with newer and harder drugs.

"It's a hard come down because they're on such hard drugs," she said. "It's really, really rough out there."

Along with crack cocaine, methamphetamines, opiates and alcohol, Nickel said she has also treated clients who are experimenting with fentanyl, a fast-acting narcotic that is sometimes abused for its heroin-like effect.

Continued on page 6



Goldman referred to a recent news article about 36 people who overdosed on a powerful opioid with traces of fentanyl in Surrey, B.C., within a 48-hour period.

Although none of the overdoses were reported as fatal, according to *VICE News*, two people were admitted to hospital.

"It's sad to say but addiction is increasing not decreasing," Goldman said. "The deaths in addiction are really high ... statistics show only two out of 12 people make it."

Goldman said that staggering statistic was enough to scare her sober nearly 23 years ago.

Both Nickel and Goldman said often what leads someone to abuse alcohol and/or drugs is an underlining issue or incident during their childhood.

"It stems from ... an inner issue as a child usually or a teenager," Nickel said.

Nickel, who has dealt with addiction issues of her own in the past, said working alongside her clients helps her in her own recovery.

"It reminds me every single day where I don't want to be and so that helps me," she said.

**By Kaitlin Vitt**

This year's Memories Show N' Shine Car Show will once again help parents and families going through a difficult time — the death of a child.

"When parents come up to us and they've never left their house but come to our show, then you know it's helping," Sharon Morgoch said.

The 13th annual Memories Show N' Shine Car Show will take place on Sunday, Aug. 7 at the Selkirk Waterfront in memory of Morgoch's daughter, Candace, who died 21 years ago.

Candace used to drive her father, Johnny's, 1962 Impala around the yard, Morgoch said.

"She loved that car," she said. "My husband started to restore it after she passed away."

"He didn't drive it after that, but because it was her favourite thing to do, he decided to do the car show in memory of her."

Proceeds from the event will go to Compassionate Friends, a Winnipeg organization that offers support and counselling for bereaved parents, something Sharon said her family didn't have when Candace died but learned about later on.

Morgoch and her husband started



RECORD FILE PHOTO

Lockport residents Johnny and Sharon Morgoch pose for a photo during last year's Memories Show N' Shine Car Show, which drew thousands of spectators and hundreds of classic vehicles to Selkirk in honour of their late daughter. This year's event is set to take place on Sunday, Aug. 7.

the show 13 years ago in their backyard. Since then, they've hosted it in Lockport, and now for the past number of years, it's been in Selkirk.

"We just hope we get the support from Selkirk and the surrounding area and come out and support us and support the cause," she said. "It doesn't mean you just lost a child — just come out and enjoy the day."

During this year's show, there

will be a silent auction, hot dogs for sale and musical entertainment, including Laurie Sutherland's Patsy Cline tribute.

People can register their cars between 8:30 a.m. and noon.

The first 200 cars registered will receive a package, which includes a dash plaque.

The car show runs from noon until 4 p.m.



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## Crews identify trees with Dutch elm disease in Selkirk, area

## Staff

Provincial crews have been busy marking trees with Dutch elm disease in Selkirk and area the over the past several weeks.

Diseased trees are being marked with a metal numbered tag and an orange paint ring around the trunk of the tree about five feet up from the ground.

Dutch elm disease is a fungal disease of elm trees that is spread by elm bark beetles.

The system of removal of these trees has changed this year in that the province was marking, cutting and removing the trees.

Now the province identifies the trees that need to come down and they grant the municipalities for cutting and removal.

The Dutch elm disease program is based on a partnership agreement between the City of Selkirk and the province.

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## West Nile virus detected in mosquitoes in West St. Paul

Staff

West St. Paul was among three Manitoba communities where mosquitoes infected with West Nile virus were detected late last month, according to the province.

Manitoba Health, Seniors and Active Living reported that its mosquito surveillance program identified this season's first Culex tarsalis mosquito samples infected with West Nile virus (WNV) during the week of July 20 from adult mosquito traps in Altona, West St. Paul and Winkler.

While most mosquitoes collected to date have been nuisance species which do not transmit WNV, the numbers of Culex tarsalis mosquitoes collected continue to increase, according to a release last week.

There are currently no orders for adult mosquito control in Altona, West St. Paul, Winkler or elsewhere in the province.

The potential for human exposure to infected Culex tarsalis mosquitoes is present throughout southern Manitoba. The risk of exposure to WNV is expected to continue in the coming weeks, particularly if warm and dry conditions persist, as these are ideal for Culex tarsalis development and activity.

Manitobans can reduce the risk of mosquito bites and exposure to West Nile virus by:

- reducing the amount of time spent outdoors during peak mosquito hours between dusk and dawn;
- using appropriate mosquito repellent;
- wearing light-coloured, loose-fitting clothing; and
- maintaining door and window screens so they fit tightly and are free of holes.

Manitobans can reduce the number of mosquitoes around their homes by eliminating standing water.

More information about West Nile virus, including weekly average trap counts of Culex tarsalis mosquitoes, fact sheets, posters and information for municipalities and health-care providers, is available at [gov.mb.ca/health/wnv](http://gov.mb.ca/health/wnv).

Manitobans can also contact Health Links-Info Santé at 204-788-8200 or at 1-888-315-9257 (toll-free) for more information.

## Thousands attend Gimli Film Festival

16th annual event was all about expansion, organizer says

By Kaitlin Vitt

The 16th annual Gimli Film Festival was all about expansion, according to the festival's communications coordinator Marlene Ness.

This year's five-day festival, which wrapped up on July 24, collaborated with other festivals including Winnipeg Underground Film Festival and Reel Pride, to screen film series.

These series consisted of a number of films with a common theme, including Ukraine, Indigenous Peoples and the environment.

Nearly 10,300 people attended this year's festival, up from 9,400 last year.

Ness said people commented on the variety of films the festival screened.

"I truly believe that it's the quality of films that we show that has really kept people coming back year after year," Ness said.

The festival started 16 years ago as part of the Icelandic Festival of Manitoba. Though it's grown since then and is now its own entity, Ness said remembering its Icelandic roots is important. One way the festival does this is by featuring Icelandic films.

Both the film and Icelandic festivals help bring many visitors to Gimli, Ness added.

Ness said more and more families



RECORD PHOTO BY LINDSEY ENNS

Hundreds take in one of the RBC Sunset Beach Screenings during the 16th annual Gimli Film Festival on July 22. Nearly 10,300 movie lovers attended the five-day festival this year.

are attending each year.

The final day of the film fest was a kids day, and families came out to watch "The Goonies" on the beach. The festival also screened some films from Manitoba Theatre for Young People's camp.

"We had all the young filmmakers there getting to watch their finished product up on the big screen. It was a big deal for them," Ness said. "It's very important that we cultivate that and

that we continue to really open up our festival to young people."

There were seven free RBC Sunset Beach Screenings, something Ness said makes Gimli's festival stand out from others, and more than 100 indoor screenings.

Next year, Ness said the festival would like to continue to collaborate with other festivals to bring more film series.

## Premiers take step towards internal trade

By Kaitlin Vitt

Premier Brian Pallister said Manitoba is committed to making internal trade a reality.

Internal trade is the "free movement of persons, goods, services and investments within Canada," according to the province.

Canada's premiers met at a conference in Whitehorse July 20 to 22. They reached an agreement in principle on the Canadian Free Trade Agreement, a news release from the conference

says. CFTA would replace the current Agreement on Internal Trade.

This agreement has been developing over the past two decades, Pallister said during a news conference last Thursday. He didn't give a deadline for the agreement but said he expects it will take "months, not years."

"It's natural to be skeptical, because there's been talk about advances before, and it hasn't happened," Pallister said. "But I tell you, the spirit in the room among Canadian leaders was

very, very real."

Pallister said officials are negotiating and working to reduce the number of exceptions Manitoba has in the agreement. Currently, the province has 10 to 12, Pallister said.

He said he wants a deal that's best for Manitoba, but also one that's fair to other provinces. He said this could be achieved if provinces have a similar number of exceptions.

### EMPLOYEES OF THE MONTH

### FOR JULY

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*The Selkirk Record*



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# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL

## Caught just in the nick of time

Hi neighbours, glad you could join me.

Even in the late morning last Wednesday the heat was becoming oppressive as I stood on the pier at Lockport. The sun beat down on the muddy river water as it poured over the locks becoming roaring rapids downstream of the dam. Seagulls screeched in the air and huge dark fish periodically sprang from the waves in the middle of the Red. Anglers sat quietly in lawn chairs, their rods' baited lines far out in the swirling water waiting for a trophy catfish to strike. Close beside me Rob Klumper with son Chris from Stonewall was an outgoing chap who remembered an odd happening.

He was fishing off the Selkirk pier and when bringing in a fish a young seagull tried to steal it but got wrapped up in the line. As Rob landed the fish and the terrified seagull, he and a gathering crowd saw the strangest thing. Dozens of seagulls began grouping just overhead dipping down crying out to the distressed bird. Fortunately somehow the little bird twisted free and took to the air with the concerned flock right after it.

I didn't think seagulls were that social.

Not far from Rob and Chris a young chap Evan Little sat fishing with his mom Melanie. I walked over and leaning on the pier railing casually talked with them of fishing.

Evan with his line out set his rod down and went to his tackle box for something. No sooner had he turned his back than his rod started bouncing and rattling over the concrete toward the guardrail. He spun around and making a mad dash for his rod caught it just as it was about to disappear over the rail. Then the slow battle began. Evan would bring in some line and a huge catfish, now showing itself, would take it back. In time, when



RECORD PHOTO BY ARNIE WEIDL

Evan Little with a master angler sized catfish he caught at Lockport

Evan felt the fish was tiring, he netted and landed it. I took pictures as he released it.

Some time ago you might remember I wrote of a gal, Tatiana Malovanna, who caught a giant carp in Pruden Creek. Before writing that story I went to Libau and dropped into the Sasco First Nation Trucking Company where I thought some of the guys might know more about Pruden Creek. There I met local boy Quentin Anderson who grew up on the creek and gave a story when he and his uncle were fishing he caught a monster carp.

The thing was so big his uncle wound up being dragged into the water. He landed it though. Last Friday I stopped by Sasco to say hi to Quentin but he was away on his honeymoon so I thought I would run up to the South Beach Casino for lunch.

Not long after I got back onto Hwy. 59 I saw a bright yellow sign saying "Smoke Goldeye for sale" with a truck parked off the roadside. I pulled over and I'll be darned if I didn't see Brian Isfeld from Gimli getting out of the truck to meet me. Brian's an exuberant, fit fellow who after a bit said he

has been coming to this spot for years to make extra money selling gold-eye. He said the cottagers going up to Grand or Victoria Beaches will buy everything he has in an hour. Good for you buddy.

On Saturday I ran over to north Shoal Lake to see if anyone was fishing on the "big white curve". No one was there so I stopped back at Rosie's Café in Inwood for lunch. Sitting beside me on the row tables was, Rick Sherred, who lives just down the road and had a story.

Rick, a muscular man with a short brown beard and hair under an obviously old and favored cap said he and seven friends went fishing by Snow Lake. Everyone was catching pickerel like crazy except one unfortunate fellow. After a while the other guys feeling sorry for him started trading fishing rods with him thinking that might change his luck. Nope, no matter what rod he had; nothing. Finally, surrendering to whatever bad luck was hanging over this poor soul's head, the rest of the gang chipped in a fish so he would have something to take home.

Till next week my friends, see you.

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# RCMP ride returns to its roots



RECORD PHOTOS BY LINDSEY ENNS

ABOVE AND BELOW: The RCMP Musical Ride rides into Lower Fort Garry on Monday afternoon. The event featured a long list of activities and entertainment including a pipe ceremony, Indigenous hoop dancing and a meet and greet with RCMP officers and their horses. BOTTOM: Spectators take cover under umbrellas and all kinds of rain gear during The RCMP Musical Ride at Lower Fort Garry on Monday.



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Selkirk dance is a community organization managed by volunteer parents. All classes are taught by professional, paid instructors.



[www.selkirkdance.org](http://www.selkirkdance.org)





## Communities in Bloom 2016

The Communities in Bloom judges will be in Selkirk on Wednesday August 3, 2016 to evaluate our community. In 2015, Selkirk received an overall score of 81% resulting in four blooms. The evaluation is based on 8 criteria, divided into the following 6 sections:

- Tidiness • Environmental Action
- Heritage Conservation • Urban Forestry
- Landscape • Floral Displays

Since the recommendations put forth in 2015 the City of Selkirk has completed many projects to improve our community.

They have hired 2 graffiti staff to maintain and control any vandalism. A Green Team member has been hired to look after the flowers. The boulevard on Main St. has had the flower containers moved and strategically placed for ease of watering and grass cutting.

There have been permanent picnic tables added to the Waterfront Park. All the overgrowth on the south side of the Waterfront has been removed and replaced with grass.

The Horticultural Society partners with the City of Selkirk to maintain the Community Perennial Garden at Main and Shultz. A compost bin was recently added at that location. Growing Years and Rene Gauthier from the Soup Kitchen maintain our Community Gardens at the Watertower Park location.

The Operations department offer a Spring clean-up date for all of our residents to clean their homes and yards each Spring.

A new urban forest is being developed within the city limits.

The gravel walking paths have been graded and weed control in place.

There have been many more improvements that have taken place within the city. Stay tuned to this section to find out what the judges had to say about the City of Selkirk this year!



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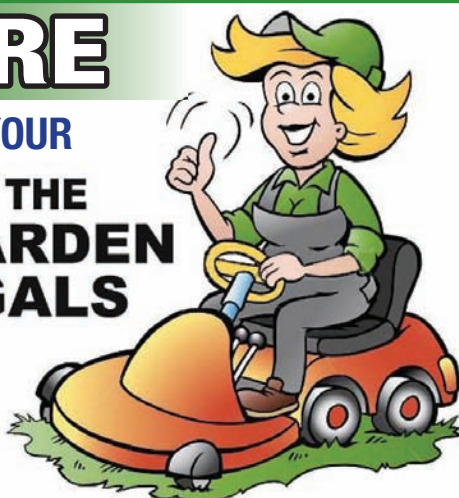
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## Skinner's Locks Market marks 6 years in Lockport



RECORD FILE PHOTO BY LINDSEY ENNS

Skinner's Locks Market located along River Road in Lockport is pictured on a sunny day last summer. This summer marks the market's sixth year in Lockport.

By Kaitlin Vitt

Skinner's Locks Market is in its sixth year of operation and continues to grow thanks its quality, organizer Joy Sul says.

Sul started the market a couple years after she organized Lockport's 100th anniversary market. After seeing its success, she said she realized Lockport needed a weekly market.

The first year there were 13 vendors, and now there are about 30 vendors at the market every Sunday. Vendors sell products including baking, artwork, soap, woodwork, clothing and jewelry.

"I'm very fussy on the products," Sul said. "It's all quality — that's a big thing."

The market focuses on made-in-Manitoba products, though some people sell products from larger com-

panies such as Norwex and Scentsy.

Holding vendors to a high standard is what's made the market successful over the years, Sul said.

On Wednesdays in August people can catch another market Sul runs. In addition to Lockport's Sunday market, Sul will run the market during Selkirk's D.O.G Days of Summer every Wednesday from 11 a.m. to 2 p.m. at the Selkirk Waterfront.

"Now taking on the two markets, this is quite stressful," Sul said. "I have it down to a science."

"I've arranged shows for years."

More than 1,000 people visit the market weekly, Sul said. The market runs Sundays from noon to 5 p.m. until Sept. 11 on River Road beside Skinner's.

## Bowman Brothers rock the lot



RECORD PHOTO BY BRETT MITCHELL

The Bowman Brothers Band Rocked the lot at A&W in Selkirk last Wednesday night. A crowd arrived on foot and in premium classic cars. The band is set to perform again at the same location on Wednesday, Aug. 17.



# Riders take part in horsemanship camp

By Stefanie Lasuik

Selkirk welcomed 35 pony riders and their families to Selkirk Park from July 25-30. Under the sun, they learned to ride and care for their ponies while bonding with fellow pony riders.

Each day, the youth aged six to 25 partook in two lessons. Throughout the week, they learned lunging, tac and turn out, bandaging, show jumping, cross country, dressage, and grooming.

New this year was a barrel-racing event. In the evening, the kids engaged in organized activities or went to the pool to cool off.

"The kids just have an absolute blast," said organizer Deborah Shepherd. Shepherd, who lives near Selkirk, is the regional chair for Manitoba Pony Club.

The pony club campers become a



RECORD PHOTOS BY STEFANIE LASUIK

ABOVE: Brody, 11, pictured left and Brooke Semkiw, 14, of St. Andrews were two of 35 riders who spent a week in Selkirk working on their skills. LEFT: Emma Shepherd of Carson took to the two-foot jump course on July 29.



bit of a family, according to Shepherd. The nature of the sport itself gets the whole family involved.

"Pony club is really one of the last few extra curricular activities that is a full family thing," she said.

Shepherd was glad to see new fac-

es at the camp. Even when the camp wasn't over yet, the new ones were looking forward to next year.

> NEXT SWEAT LODGE  
ON AUG. 20, FROM PG. 4

There's medicine in the water, which replenishes people. This is the purification part of the ceremony.

The third round feels the hottest and is the most difficult, Sutherland said. It's the healing round.

"It is the time to ask for spirit helpers, like the bear helper who represents healing, to come to the lodge and go inside and provide healing to who needs healing, who prayed for healing," he said. "Who asked for it will be healed."

After the four rounds, people are welcome to share their experiences or ask advice from the elder.

Depending on who conducts the sweat lodge, the ceremony can differ between leaders, Sutherland said.

People can take breaks during the ceremony. The entire ceremony is about two and a half hours long.

Some people bring family or friends who wait outside the lodge.

The next ceremonies are being held on Aug. 20 and Sept. 17 at 10:30 a.m. People can register by emailing lfg.info@pc.gc.ca.

A maximum of 15 can attend, and the spots are starting to fill.

Sutherland said LFG will be reviewing this year's program to see if its something it will offer in the future.

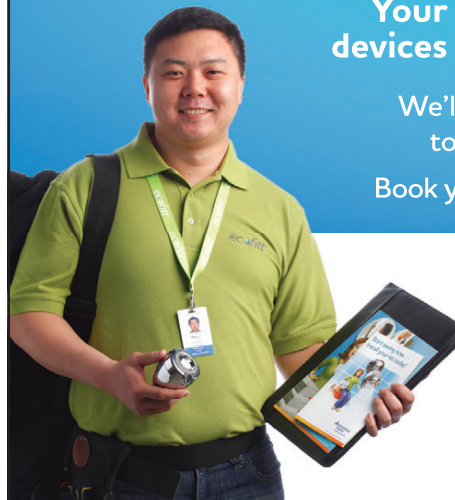
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# Group brings walk for awareness, healing to Interlake

By Stefanie Lasuik

Thirty-five walkers filled Highway 6 on July 5 to raise awareness for missing and murdered Indigenous people.

The walkers hail from the northern communities of Nelson House, Split Lake, South Indian Lake, Oxford House, Thompson, and Cross Lake.

The route through the Interlake marked the third day of their walk. But they weren't just walking to raise awareness. They were healing themselves in the process.

"A lot of people do carry trauma. Walking and releasing a lot of those emotions is healing," said organizer Jacqueline Walker.

Roma Spence, a participant from Split Lake, felt the walk helped her cope with the losses of her brother and cousin. Her brother, Reggie Flett, went missing in 2006. Her first cousin, Raymond Flett, went missing on July 17, 2015.

"It's not knowing where he is. There's no closure," she said as she trod over rocks lining highway 6 just south of Ashern.

Sometimes, the walkers journeyed alone. They used the space and the time to pray or meditate. Other times, the walkers went in pairs, speaking about their shared experiences.

"We're developing relationships," said Walker. They could talk about the trauma of losing a loved one and feel heard and understood.

The group covered 50 kilometres each hour by each walking five kilometres before switching.

Spence and her walking partner, Candice Flett, didn't say their legs hurt until asked, and waved the motion away.

"Yes but I'm not going to stop," said Flett, whose dad has been missing for nearly a year.

Some passing drivers appreciated their efforts, stopping to offer the walkers water and granola bars. Some



SUBMITTED PHOTO

Isabelle and Cora Flett of Split Lake headed down highway six near Ashern on their third day of walking in five-kilometre spurts. Walkers could be seen every five kilometres on July 5 as the group made its way through the Interlake.

honked in support.

"It gives us a boost," said Spence.

Other drivers weren't so kind. On the busy, and at times, narrow highway six, drivers scared the walkers by getting too close at high speeds.

But Walker said their spirits weren't dampened as they journeyed south.

They stopped at Grand Rapids on July 4, where the community prepared them food, taught them athletic therapy tricks, and monitored the walkers with diabetes. They stayed the night in Fairford, where the Chief and council shared their story of the recent double homicide.

"THERE'S A LOT OF MISSING AND MURDERED PEOPLE IN THE NORTH, ESPECIALLY OUR MEN."

"We can all relate to each others' stories," said Walker.

On July 5, the group made stops at Laurentian Beach and Red Sun.

"I'm just overwhelmed with the different communities coming forward and providing us with meals and taking care of us while we're walking. Something just shifts inside of you and you just feel taken care of," said Walker.

From Red Sun, they travelled into Winnipeg, where they met with Jon Gerrard on July 6 to feast and talk. The walk wasn't political, said Walker. She hopes to extend the inquiry to missing and murdered men, as well as women.

"There's a lot of missing and murdered people in the North, especially our men," said Walker.

According to Statistics Canada, 71 per cent of the murdered aboriginal Canadians between 1982 and 2011 were men.

Walker also hopes northern communities can get more healing services.

"The families grieve in isolation," said Walker.

Right now, a few healing programs exist. Walker delivers a homicide bereavement group in Thompson, but most families have to leave their communities to get access to a healing service.

They wanted to bring awareness not only to those grieving loss in Northern Manitoba, but also to those suffering across the country, said Walker.

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# Local Girl Guides travel to Alberta for Guiding Mosaic



SUBMITTED PHOTO

Seven Girl Guides from St. Andrews and West St. Paul area took part in this year's Guiding Mosaic in Alberta earlier this month. The international gathering played host to nearly 2,000 Girl Guides from around the world.

By Lindsey Enns

Seven local Girl Guides were among nearly 2,000 others from across the world who took part in this year's Guiding Mosaic in Sylvan Lake, Alta.

Guiding Mosaic 2016 took place from July 9 to 17 at Camp Woods, just west of Sylvan Lake.

Girl Guides aged 12 to 18 took part in a range of outdoor activities, cultural awareness and service work during the international gathering.

For 12-year-old Katelyn Wallmuth of St. Andrews, the trip was all about making new friends.

"My favourite part was meeting new people," Wallmuth said, adding the event played host to Girl Guides from as far away as Australia, Africa, Europe, and South America. "I liked meeting people from other countries and I liked the different options when it came to activities."

Wallmuth said during the gathering she was able to go voyageur canoeing for the first time.

The group of Girl Guides from St. Andrews and West St. Paul area also took part in a service project where they made sanitary supply kits for women and girls in underprivileged

countries.

"It taught me how lucky I am to live somewhere where I have all the privileges where I have things like that," Wallmuth said.

Shannon Leask of St. Andrews who has been involved with Girl Guides for nearly 39 years and is now a leader said Guiding Mosaic is often an opportunity for girls to try something they've never done before.

Leask said Girl Guides gives girls "opportunities that they may otherwise not have to build their self-esteem and confidence."

She added over the years being involved with the organization has helped build her own self-esteem and self confidence.

"It's built up my ability to connect with other people and come out of my shell a bit too," she said. "And give back to the community."

Leask said Guiding Mosaic is held once every five to six years, with the most recent being in 2010 in Guelph, Ont.

For more information about Girl Guides or how to join a local chapter, visit [girlguides.ca](http://girlguides.ca).

# JukeBox Heros, The Paul Stanleys set to Rock the Waterfront Saturday

By Lindsey Enns

The City of Selkirk is hoping to attract thousands of music lovers to the Selkirk Waterfront this weekend.

As part of the city's summer concert series, the Selkirk Waterfront will host the second annual Rock the Waterfront on Saturday, Aug. 6 from 8 p.m. to 10:30 p.m.

The event is free and will feature JukeBox Heros, a 70s classic rock band at 8 p.m. and KISS Tribute band, The Paul Stanleys will perform at 9:30 p.m.

Howard Mandshein from 92 CITI FM is also returning this year to host the show.

Vanessa Figus, the City of Selkirk's marketing and communications coordinator said last year's Rock the Waterfront attracted nearly 6,000 people from Selkirk and area.

"We decided to title the event last year, it just had a nice ring to it," Figus said. "It was hugely successful so we're hoping this year will be too."

Figus said about half the crowd in attendance last year came in from outside Selkirk for the event.

"We're hoping that by bringing big names to the Selkirk Waterfront we can keep bringing people out here to



SUBMITTED PHOTO

KISS tribute band, The Paul Stanleys are set to perform during the City of Selkirk's second annual Rock the Waterfront on Saturday, Aug. 6.

see what we have to offer."

Figus added the event will be held inside the Selkirk Rec Complex if it rains.

Those planning on attending on encouraged to bring a chair.



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> MEAL IDEAS

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## Cinnamon Multigrain & Yogurt Pancakes



1 cup (250 mL) quick-cooking rolled oats  
1/2 cup (125 mL) multigrain hot cereal (uncooked)

1-2/3 cups (400 mL) 1% milk  
3/4 cup (175 mL) whole wheat flour  
2 tsp (10 mL) baking powder  
2 tsp (10 mL) ground cinnamon  
1/4 tsp (1 mL) baking soda

1 egg  
1/2 cup (125 mL) 1% plain yogurt  
1-1/2 tbsp (22 mL) vegetable oil, divided  
1 tbsp (15 mL) maple syrup or liquid honey

1 tsp (5 mL) vanilla extract  
Cinnamon Yogurt  
1/8 tsp (0.5 mL) ground cinnamon  
1/2 cup (125 mL) 1% plain yogurt  
1 tbsp (15 mL) maple syrup or honey

1/4 tsp (1 mL) vanilla extract

1/2 cup (125 mL) fresh fruit, or to taste  
Directions

In a medium bowl, combine multigrain cereal, oats and milk; let soak for 15 minutes.

In a large bowl, whisk together flour, baking powder, cinnamon and baking soda.

Whisk egg, yogurt, 1 tbsp (15 mL) of the oil, syrup and vanilla into cereal mixture. Pour over flour mixture and stir just until combined. Set aside for about 5 minutes while preparing yogurt.

For the Cinnamon Yogurt, combine cinnamon, yogurt, syrup and vanilla. Set aside.

Heat a large non-stick skillet over medium heat. Brush with a thin layer of remaining oil. Ladle about 1/4 cup (50 mL) batter per pancake into skillet. Cook for 1 to 2 minutes or until bottoms are golden and edges look dry; flip over and cook for 1 to 2 minutes longer or until golden and puffed. Repeat with remaining batter, brushing skillet with oil and adjusting heat as necessary between batches.

Serve pancakes with Cinnamon Yogurt and fresh fruit.

## Inside-Out BLTs

8 strips premium bacon, sliced crosswise into 1/8-inch strips

8 firm Roma tomatoes or green (unripe) tomatoes, cut into 1/4-inch-thick slices

1 cup flour  
3 eggs, beaten  
2 cups bread crumbs or panko or more tablespoons olive oil  
Salt

Freshly ground black pepper  
1 4-ounce log goat cheese, approximately 1 1/2 inches in diameter, sliced 1/8-inch-thick  
24 arugula leaves, lower stems discarded

Cook bacon over medium heat until crispy. Drain on a paper towel.

Select the 24 most uniform tomato slices and save the rest for tomorrow's lunch. Dredge slices in flour, then in eggs, then pat down in bread crumbs. Reserve on plates, but do not stack.

In a sauté pan over medium-high heat, add 3 tablespoons oil. When oil is hot, add as many breaded tomato slices as the pan can accommodate without them touching. Fry for approximately 2 minutes per side, or

until browned and crispy. Remove from pan and drain on paper towels. Add more oil if necessary for subsequent batches.

To assemble, line up 12 fried tomato slices. Season with salt and pepper, then top each with 1 cheese slice, a mound of bacon shrapnel and 2 arugula leaves. Cover with a second fried tomato slice. Secure with a toothpick. Let cool for a minute before serving. (Tomatoes have a surprising ability to hold the heat.)



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### BINGO

#### SUNDAY NIGHT BINGO

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Lucky 7 in 24#s or less \$415+

## Banana Maple Blueberry Muffins

1 cup (250 mL) chopped pitted medjool dates  
1/2 cup (125 mL) water  
1 cup (250 mL) cooked brown or green lentils  
3 tbsp (45 mL) pure maple syrup  
1 very ripe banana, peeled and mashed

1 egg  
1 tsp (5 mL) vanilla  
1 3/4 cups (425 mL) all purpose flour with added bran (nutri flour)  
3 tbsp (45 mL) ground flax

1 tsp (5 mL) each ground cinnamon and baking powder

1/2 tsp (2 mL) baking soda

1/2 cup (125 mL) milk  
1 cup (250 mL) fresh or frozen blueberries

Directions

In a saucepan, bring dates and water to a simmer. Cover and cook for 3 minutes or until very soft.

Pour date mixture into food processor with lentils and maple syrup. Blend until smooth. Scrape into a bowl and



stir in mashed banana, egg and vanilla.

In a large bowl, whisk together flour, flax, cinnamon, baking powder and soda. Pour date mixture over top; add milk and stir

to combine. Stir in blueberries.

Divide batter among 12 greased or paper lined muffin tins. Bake in 400° F (200 °C) oven for about 15 minutes or until cake tester inserted in centre comes out clean.

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## Aboriginal Music Week Preview

# Organizers gear up to entertain thousands next week

### Submitted

Aboriginal Music Manitoba (AMM) has officially unveiled its full lineup and performance schedule for Aboriginal Music Week 2016.

The eighth edition of the festival runs Aug. 9 to 13 throughout various locations in Winnipeg and includes performances by 27 Indigenous acts from Turtle Island, along with two guests from South America and Australia, in six neighbourhoods in and around Winnipeg's core.

With the help of five community partners, AMM expects more than 9,000 people to attend this summer, which would make it the biggest turnout for the festival to date.

Aboriginal Music Week is taking the live music experience to five neighbourhoods in and around Winnipeg's core so that Aboriginal families can walk to the concerts, making it a lot different than other music festivals.

The festival will introduce Maliseet operatic singer Jeremy Dutcher and Métis neo-soul singer David Morin to Winnipeg audiences.

JUNO Award winners Boogat and Digging Roots will perform for families on August 9 and 10, respectively.

The week officially begins with sweat lodge ceremony for the visiting artists, local performers, and festival producers on August 8, organized by AMM Vice Chairperson Brett Huson. The public programming kicks off with the first of four free lunch hour concerts presented by Digital Drum at the Winnipeg Art Gallery's Rooftop Sculpture Garden on Aug. 9.

"We made some changes to the festival this year along with a great new



SUBMITTED PHOTO

The eighth edition of Aboriginal Music Week, hosted by Aboriginal Music Manitoba, will take place on Aug. 9 to 13 in various neighbourhoods in Winnipeg.

addition," says AMM Chairperson Alan Greyeyes. "Ka Ni Kanichihk is partnering with us to produce a fifth free community celebration on Harriet Street, right beside their headquarters; the festival is one week earlier this year, which gave us the ability to book more touring acts like Digging Roots, Frank Yamma, and Boogat; we moved our

free music workshops from the festival week to July 12-14 and August 2-4 to give young folks a chance to meet some of the artists before they

perform; and, we're working with the Winnipeg Art Gallery to introduce even more young audiences to Indigenous music and Indigenous art during our lunch hour concert series."

The lunch hour concerts, presented by Digital Drum, will feature performances by Maliseet operatic singer Jeremy Dutcher, Pitjantjatjara singer/songwriter Frank Yamma, Métis neo-soul singer David Morin, and Cree hip hop emcee Eekwol.

JUNO Award winning artists Boogat and Digging Roots are on board for performances at the Ka Ni Kanichihk Block Party presented by NCI FM on August 9 and the Spence Neighbourhood Block Party presented by RPM. fm on August 10, respectively. Tracy Bone will headline the Turtle Island Block Party presented by Teekca's Aboriginal Boutique on August 11; Jade Turner, Ila Barker, and Ashley Robertson will anchor the AMW Stage presented by NOW Country at Austin Street Festival on August 12; and, country music legend Ray St. Germain will entertain audiences at the AMW Stage presented by TD at Picnic in the Park on Aug. 13.



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# Kids help decorate city for Communities in Bloom



RECORD PHOTOS BY KAITLIN VITT

ABOVE LEFT: Children from the Selkirk Friendship Centre Daycare decorate the walls at Selkirk's economic and community development building last Wednesday. ABOVE RIGHT: Children from the Selkirk Friendship Centre Daycare and Selkirk Day Care decorated the civic offices in the city's economic and community development building located at 630 Sophia St. last Wednesday.

By Kaitlin Vitt

Children from two Selkirk daycares helped prepare the city for Wednesday's Manitoba Communities in Bloom judges.

Selkirk Friendship Centre Daycare and Selkirk Day Care decorated the Selkirk Community Renewal Corporation office in the city's economic and community development build-

ing located at 630 Sophia St. last Wednesday.

Children made colourful paper flowers during daycare to hang up in the office. This is in preparation for Aug. 3, when two judges from Manitoba Communities in Bloom will tour and evaluate the city on tidiness, environmental action, heritage conservation, urban forestry, landscape and floral

displays.

"You get recognition if your community has done really well," said Kristy Magnusson from the Selkirk Community Renewal Corporation. "We have a four-bloom rating from 2015, and one per cent away from five blooms, which is the most you can get."

After touring Selkirk, the judges will go to the office on Sophia Street, now

decorated with paper flowers, to complete the evaluation.

Decorating the office was a way for kids to "be part of the community spirit and making Selkirk beautiful in their own way," Magnusson said.

Before coming to the office, the kids went on a tour of the city on a Selkirk Transit bus.

## Annual Mud Hero run a hit



RECORD PHOTO BY LAURA TUTLIES

Pictured from left to right: Vin Hatcher, Andrea Munz and Amy Hatcher finish the last of 16 obstacles in the annual Mud Hero event at Hilltop Resort near Grand Beach on July 23. Thousands of participants took part in the six kilometre race which featured 16 obstacles.

## Donations for refugee families



SUBMITTED PHOTO

Vacation bible school participants from St. Clements Church and Good Shepherd Lutheran Church collected items for refugee families who arrived in Selkirk from Sudan, Africa last Wednesday. Those interested in helping out the Red River Churches Refugee Team can visit [rrcrtteam.com](http://rrcrtteam.com).

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Pirates reach Bantam 'AAA' provincial final

By Brian Bowman

All a coach can ever ask from his team is to play their best baseball at the most important time of the season.

And that's exactly what the North Winnipeg Pirates did at the Bantam "AAA" provincial championship in Altona last weekend.

North Winnipeg played some outstanding baseball on their way to placing second at the provincials.

"I would say we played our best baseball, overall," said Pirates' head coach Donnie Smith. "The months of May, June and July weren't too hot so it was a bit of a concern going into this weekend with us not being that consistent in a lot of aspects of the game."

"But (our guys) came to play."

The Pirates went undefeated at the provincials until a tough 4-3 loss to South Central in the championship game on Sunday. South Central scored the game-winning run in the top of the seventh inning when a runner scored from third on a sacrifice fly.

"It was a good game," Smith said. "It's tough when you lose in the final but when you play good ball and walk away from the field knowing that the boys left it all out there, it's an easier pill to swallow."

"I was very happy with the entire team and the way that they handled themselves."

North Winnipeg reached the final after upsetting Bonivital 6-2 in a semi-final game earlier Sunday.

"We played really good ball and our pitcher threw well," Smith said of the win. "We played very well defensively all weekend and hit the ball at the right times to manufacture some runs against all of the teams that we played against."



RECORD PHOTO SUBMITTED

The North Winnipeg Pirates reached the final of the Bantam 'AAA' provincials last weekend in Altona. North Winnipeg now advances to the western championship in Spruce Grove, Alta. next weekend.

Before the Bonivital win, the Pirates trounced St. James 8-1 in a tie-breaker game.

North Winnipeg was equally as good in pool play, posting a perfect 3-0 record. The Pirates shut out St. James 3-0, doubled Interlake 8-4, and then defeated Parkland 11-4.

The local players, said Smith, each played very well last weekend. Kevin Burnett did an outstanding job behind the plate while Tyler Smith,

Wyatt Whitwell and Liam Allen also made huge contributions to the Pirates' success.

Allen and Smith were part of a Pirates' pitching staff that was stellar all weekend, surrendering just 15 runs in the six games.

North Winnipeg will hope to get that same type of pitching when they head west to Spruce Grove, Alta. to compete in the Bantam "AAA" Western Championships from Aug. 12-14.

If the Pirates play as well as they are capable of, this team has a decent shot at bringing home a medal.

"It was a long July for us, so it was good to see the boys bring their 'A' game (at provincials)," Smith said. "I think it's going to develop a little bit of confidence going into westerns, for sure."

"Hopefully, we can keep the ball rolling in the right direction."

## Collings places second at senior men's provincials

Staff

Breezy Bend's Garth Collings finished at 8-over 224 to place second at Golf Manitoba's Men's Senior Championship at Glendale Golf & Country Club last week. Collings, a Matlock

native, fired rounds of 75, 75, and 74. That left him five strokes behind St. Boniface's Mike Walker. Walker finished at 3-over 219 after solid rounds of 72, 72, and 75.

Niakwa's Ken Warwick (75-79-74)

and Pine Ridge's Brad Moore (81-71-76) tied for third while Transcona's Dave Klowak (77-79-75) finished fifth.

Selkirk Golf & Country Club's Kevin Tyndall placed 37th after carding rounds of 87, 88, and 86.

Collings, Walker and Moore have now qualified for the Manitoba team that will compete at the 2016 Canadian Men's Senior Championship at Grand Niagara Golf Club in Niagara Falls, Ont. from Sep 6-9.



# Plischke powers Manitoba to win at nationals

## Staff

Team Manitoba used home court to its advantage Monday evening with a dominating 111-46 victory over the Territories at the U17 boys' national championship in Winnipeg.

Zeke Plischke played 19 minutes for Manitoba, finishing the game with eight points on 4-for-8 shooting. The 6-foot-10 standout forward, who played for the Selkirk Royals last season, also had six rebounds, three assists, and a pair of blocks.

Manitoba played Alberta Tuesday

afternoon but no score was available at press time.

In U15 action at the nationals, Team Manitoba blasted PEI 83-56 on Tuesday. Manitoba led 43-29 at halftime.

Team Manitoba opened play Monday with a tough 72-69 loss to Nova Scotia.

Marcus Foreman, a 6-foot-8 forward, is on Team Manitoba's roster.

The national championships will continue until Saturday at the University of Winnipeg's Duckworth Centre.



Marcus Foreman



Zeke Plischke



RECORD PHOTO SUBMITTED

Kaden Kotowich, left, Tanner Singleton, middle, and Cole Wasnie helped the Manitoba Blizzard win gold this past weekend in the Rocky Mountain Lacrosse League Championship.

# Locals lead Blizzard to lacrosse title

## Staff

The Manitoba Blizzard captured their first-ever Rocky Mountain Lacrosse League championship after an exciting 8-6 win over the Calgary Chill on Monday.

The Blizzard – whose roster includes local players Tanner Singleton, Cole Wasnie and Kaden Kotowich – opened up a 2-0 lead and then led 6-4 after two periods.

Manitoba began the RMLL championship with a 12-11 win over the Red Deer Rampage last Friday and then dumped the Calgary Shamrocks 11-8 on Saturday.

Later on Saturday, the Chill iced the

Blizzard 9-6.

On Sunday, Manitoba defeated Red Deer 9-6 in a semifinal game to advance to the league final. It was the Blizzard's second consecutive championship game appearance.

Manitoba now advances to the 2016 Founders Cup which will be played in Orangeville, Ont. from Aug. 16-21.

The Blizzard are in Group B of the eight-team tournament along with the Seneca War Chiefs, Coquitlam Adanacs, and the Orangeville Northmen.

Group A consists of the Calgary Chill, Saskatchewan Swat, Team Nova Scotia and an Ontario representative.

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# Midget Thunder ready to roll against Greendell

By Brian Bowman

A new season will begin for the Interlake Thunder this Saturday – and they hope it will be a successful one.

Interlake begins its Midget Football League of Manitoba regular season with a 3 p.m. road clash with the Greendell Falcons.

“I think we’ll be ready,” said Thunder head coach Kris Johnston. “We’ve had eight practices and a scrimmage under our belts, so our preparation timetable is moving quite nicely. And we have three more practices to get ready for Greendell.”

The Falcons will be a tough first test for the Thunder. Greendell defeated Interlake twice last season.

“We have a lot of respect for Greendell,” Johnston said. “We respect the fact that they are a very good football team. From what we understand, they have a lot of offensive weapons returning.”

Johnston has been very impressed with the Thunder’s play on defence and special teams so far in training camp. He especially likes what he has seen so far from the first and second units on defence.

That defence boasts many very good players.

Kevin Lister, a safety from St. Andrews, and Winnipeg’s Tanner McCallen have stood out so far in the Thunder camp.

Austin deLaroque of Warren will quarterback the defence from the linebacker position while Stonewall’s Tristan Kisilowsky has shown to be very versatile at the outside linebacker and defensive line positions.

Stonewall linebacker Cordell Holder brings a plethora of speed to the field and has caught the attention of many coaches in training camp.

Johnston has also been very pleased with what he has seen at the running back position. Colton Nedotiafko of Fraserwood, is a stout, powerful runner who has the ability to break many tackles and shows good speed in open space.

Kisilowsky and Selkirk’s Rory Doak have also shown well in the backfield from the fullback position. Stonewall’s Mitch Rogoza, meanwhile, made a great one-handed catch on a 20-yard bootleg play last week that caught the attention of Johnston.

As well, Stonewall’s Thomas Dunlop will probably get some plays at the running back position, Johnston said. Dunlop is a standout defensive player for the Thunder.

Each of those players is expected to get their hands on the ball quite a bit this season.

But despite that talent in the backfield, Johnston admitted he has some concerns with his club’s offence and ability to move the football. The Thunder currently have two players – Brandon Porteous of Fraserwood and Dominyck Fredette of East Selkirk – battling for the No. 1 quarterback position.

“I’m not going to lie, there are some things that we need to work on,” he said. (In the scrimmage), we ran the ball well early and we had some receivers make some nice catches and they made some really nice plays after the catch.



RECORD PHOTO BY JO-ANNE PROCTER

The Thunder’s Rory Doak of Selkirk breaks a tackle against Sunrise during an exhibition scrimmage last week.

“There are definitely a lot of bright spots there.”

Last Thursday, the Thunder had a controlled scrimmage against the Sunrise Coyotes in Stonewall. Each team was able to run 30 offensive plays.

“I definitely saw some things that I liked,” Johnston said. “I was very, very pleased, overall, with our team’s athleticism. I was also very pleased with

our team’s depth. We had an opportunity to get everyone in and playing in their respective positions.

“It was definitely an opportunity to evaluate guys in live action.”

After the Greendell game, the Thunder will host their first home game of the season on Aug. 13 when they battle Sunrise at the Selkirk Rec Complex. Kickoff is set for 3:30 p.m.



RECORD PHOTO SUBMITTED

The North Winnipeg Pirates had a reason to celebrate at the PeeWee “AAA” baseball provincials last weekend in Hamiota.

## PeeWee Pirates edged at provincials

By Brian Bowman

It’s always a good sign when a team is still playing baseball in mid-August.

The North Winnipeg Pirates extended their season after placing second at the PeeWee “AAA” baseball provincials last weekend in Hamiota.

North Winnipeg played some great baseball in reaching the finals Sunday before losing 10-9 to South Central.

The Pirates reached the final after trouncing Carillon 16-6 in a semifinal game Sunday afternoon.

North Winnipeg finished its pool play with a perfect 4-0 record. The Pirates started the tournament Friday with a 19-7 over the Interlake and then edged Midwest 10-9.

On Saturday, the Pirates crushed South Central 15-5 and then slammed St. James 14-4.

The Tri-S region is well represented on the Pirates’ roster this season. The local players include St. Andrews’ Keenan Allen, Matthew Moroz, Bennett Freiter, Ryland Kuczek, Liam Curtis, and Brett Zeller, Lockport’s Dylan Duguay, and Selkirk’s Alec Usipiuk.

North Winnipeg and South Central will now attend the Western Canada 13U Championship in Saskatoon from Aug. 12-14.

In Midget action, North Winnipeg was blanked 7-0 by Bonivital in their league final on July 27. The Pirates were out-hit 6-2 while striking out eight times.

North Winnipeg also struggled on the mound as their pitchers surrendered nine walks.



# Selkirk FC red-hot in July

By Brian Bowman

The month of July was real good to Selkirk FC.

But, then again, it was Selkirk FC that was really, really good.

The local senior men's soccer club was undefeated in July – posting three straight wins – to improve their Division 2 record to 4-5-1.

Two of those victories came last week. On July 26, Selkirk FC defeated Scorpions FC 3-1 and then just two nights later, they outscored Borussia Dortmund 5-3.

"That was kind of a rough game," said Selkirk FC head coach Michael Bruenig of the Borussia Dortmund contest. "We took a very early 2-0 lead and then they tied it up before we went up 5-2."

Tanner Markevich (two), Andrew Harris, Karl Laing-Taylor, and Jordan Bruenig scored for Selkirk FC against Borussia Dortmund.

In the two-goal win over Scorpions FC, Thomas Sanderson, Devin Racicot, and Blake Carter scored for the winners. The score was 0-0 at halftime before Selkirk FC had a great start to the second half.

"It was a very good game," Bruenig said. "We scored twice early in the second half and they scored a late goal. I was already looking at my

watch thinking that the referee put on too much time."

Selkirk FC had plenty of roster changes this past offseason, but Bruenig said they are just now starting to come together as a squad.

"We also changed our formation, which might have helped as well," Bruenig noted. "We used to be a pretty basic 4-4-2 team and now we're a 3-5-3 team."

"(This formation) makes it a better transition from defence to offence. It gives us more options in the middle."

Selkirk FC had a chance to test that formation against first-place Forza-WSP this past Tuesday at the Selkirk Rec Complex (no score was available at press time). The visitors had a division-best 10-0-1 record heading into that game while outscoring their opposition by a wide 40-7 margin.

That game was the first of six for Selkirk FC this month. It will be a very busy – and important – stretch for the local club.

"We usually have four games a month during the season but due to all of the reschedules, we have six games in August and two in September," Bruenig noted. "It's very rare to have regular-season games in September, it's usually playoffs."

Selkirk FC's next game is this Tues-



RECORD PHOTO BY BRETT MITCHELL

Selkirk FC's Devin Racicot scored a goal in his club's 3-1 win over Scorpions FC last week.

day (9:30 p.m.) against United Weston FC at Shaughnessy Park in north Winnipeg. Selkirk's next home game is

this Saturday against Dunvegan Castle at the Selkirk Rec Complex. Game time is noon.

## Strike Force unbeaten last month in MMSL Division 5

By Brian Bowman

The Tri-S Strike Force kept their undefeated streak alive in July with a hard-fought 2-1 Manitoba Major Soccer League victory over Elmwood FC on July 26 at the Selkirk Rec Complex.

With that win, Tri-S improved its record to 2-0-2 in July while outscoring its opposition 6-3 in those four games. The Strike Force was 6-2-3 on the sea-

son and in third place with 21 points in the Division 5 standings heading into this past Tuesday's home game with the Saint James Spurs SC.

Tri-S trails Inter Milan (9-1-2) and Mobb United (9-0-1) in the division.

The Strike Force will now have a nice break between games and won't resume action again until Aug. 12 when they play the King's Head Knights at

Buhler Recreation Park. Game time is 7 p.m. In Winnipeg Women's Soccer League action, the Tri-S Strikers edged Stealth 2-1 on July 27 in Winnipeg.

With that win, Tri-S improved its record to 2-5 and they now have six points to sit in sixth-place in the eight-team Fourth Division standings.

The Strikers will have a busy month of August with six games in a 23-day

period. Tri-S will begin that stretch with a home game this Friday against the Bad Barbies at the Selkirk Recreation Complex. Game time is 7 p.m.

Meanwhile, in First Division women's play, Tri-S United hosted the St. James Legends last night but no score was available at press time. Tri-S will then play the Classics on Monday (7 p.m.) at Kilcona Park in Winnipeg.

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If you tried me in the past 4 months, please try now. Had telephone problems. Adult push walker with wheels, seat, seat belt and brakes. compl. \$300. Firm. Men's light blue suit, coat & blue shirt sz. XL, pants sz.38-40 Pants in-seam (leg) 30 out seam 36. Immac. cond.\$50. Men's purple pinned striped suit, coat & white shirt sz. XL. Pants measurements same as above.\$50. Both suit, coats & pants have recently been dry cleaned. Had very little use. LN Sz. 9 safety shoes EC, only worn about 2 wks. \$60. BN never used EWO student desk study lamp still in box \$15. BN never used 1 brown leather wallet w/change purse & side lock. \$15. Sunbeam 2 - slice toaster in EWO \$15. 204- 785-8598 Selkirk.

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Sat August 20th 10:00 am

Winnipeg Beach, MB  
Jct Hwy 8 & 229 West 4 1/2 Miles on Hwy 229  
#14145E  
Contact # (204) 633-3327 or (204) 799-0294

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Saturday Aug 6th 10:00 am

**#12 Patterson Dr., Stonewall, MB**  
**Vehicles & Trailers** 99 Intl 4900 w 20 FRT Box \* 2) 90's Dodge Ram 2500 Dsl \* 91 Int Cab & Chassis \* 09 Tarnel 37' Tandem Dual 5th Wheel Flat Deck Sft \* BH 20' Flat Deck \* **Tractors, Bobcat, Forklifts & Attachments** 300 Series MF 300 Tractor w FEL \* 2013 Bobcat TA70 1286 Hours \* Clark C500 Dsl Forklift Pneumatic Tires 5900 Hrs \* Skid Steer Hydraulic Trencher \* Skid Steer Loader Dozer Blade \* 72" Fork Extensions \* **Equipment** Hesston 1150 12' Haybine \* JD 450 Trailer 9' Sickle Mower \* 7' 3PH Snow Blower \* 82" HD Rotary Tiller \* **Farm Misc & New Canopy Buildings** Head Gate \* Metal Gates \* Cattle Oilers \* Metal Panels \* Bale Feeders \* Aeration Fans \* Implement Parts \* Bin Parts \* **New Canopy Buildings**- 20'x 30'x 12' \* 30'x 65' x 15 \* 10' x 10' \* 10'x 20' \* 16' x 22' \* Semi Load of Sidewalk Pads & Bricks \* 9000lb HD Two Post auto Lift \* Water Pumps \* Packer \* Herman Nelson Heater \* Fuel Slip Tank \* Truck Tool Boxes \* 100) Treated Corral Posts \* Sheet Metal \* 40' Tower \* Tools 50 Ton Hydraulic Press \* HD Tire Changer \* Wheel Balancer \* 20 Drawer HD Metal Work Bench \* 3500 Watt Generator \* Generator/Welder Combo w Electric Start \* 1" Impact \* Welding Helmut \* Power Tools \* Hand Tools \* Shop Supply \* **Recreation & Yard Items** Crestliner 17' Al Boat w 40 HP \* Zephyr 12' BH Camper \* New Wood Chipper \* 20' Wrought Iron Gates \* Al 14' Boat w Evinrude \* Yamaha 4 Wheel Golf Cart \* Antiques Potato Seeder \*

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The Community Stadium track located at the Lord Selkirk Regional Comprehensive School, will be closed for re-surfacing for the period August 1st to August 31st, 2016.

Brian Spurrill  
Secretary-Treasurer  
Lord Selkirk School Division



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## OPEN HOUSE

regarding the  
**CARTIER REGIONAL WATER CO-OPERATIVE EXPANSION PROJECT**

**Wednesday, August 10, 2016**  
and  
**Wednesday, September 14, 2016**  
**5:00pm to 8:00pm**

at  
**SUNOVA CENTRE, 48 Holland Road**  
**West St. Paul**

All residents and property owners are encouraged to attend.



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Tuesday Aug 9th 4:00 pm

St.Andrews, MB  
23 Parkton Rd  
Commercial Flooring  
Guy! Lots of  
Professional Tools!  
Contact: (204) 794-7055  
Yard & Trailers \* Tools  
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**ESTATE OF HARRY GUMPRICH**

Sat August 13th 10:00 am

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Jct Lagimodiere Blvd & Jct 101 Perimeter 2 Miles  
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**ANNOUNCEMENT****CARD OF THANKS**

Irma Chittick and family would like to thank everyone who came out to celebrate her 100th Birthday on July 24, 2016. Special thanks go to her friends at Lion's Manor who invited her to their July Birthday celebration and attended her birthday tea at the Legion on Sunday; Betel Personal Care Home Selkirk for the lovely birthday party and picture gift; to the wonderful ladies of the Selkirk Legion Auxillary for the lovely lunch; to the Mayor of Selkirk for attending at the birthday tea on Sunday and last but not least, for the wonderful staff at Betel for taking such wonderful care of Irma and having her ready for her celebrations all week! You guys are great!! Thank you all!

**ANNOUNCEMENT****CARD OF THANKS**

Thank you to all who attended my 90th Birthday party. So nice to see family, old friends and neighbours. Cards, gifts, telephone calls, and emails from far and away, Calgary, Cambridge, and New York, were much appreciated. Everyone enjoyed a delicious catered lunch, arranged by my wonderful daughter Dianne. Thanks again everyone, so nice to see you all. - Dorothy Massey

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## take a break > GAMES

### SUDOKU

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

Level: Intermediate

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

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

Sudoku Answer

E	S	E		D	E	W	I	L		A	E	N	O	L	
I	P		E	L	S	V	L		I	V	H	O			
E	N	A		N	O	I	L	V	N	I	D	I	B	O	
R	V	L	S	O	C			A	M	E	O	T			
V	E	N	O		S	N	M	O	D	L	N	H	S		
V	L			Q	V					S	R	V	H		
X	O	E	T	V		N	I	D	V	T					
V	E	L		H	E	L	V	W	V		X	T	O		
V	L			Q	E	R	I	H		S	O	R	V	S	
D	O	S	E			V	O			I	N	V			
S	N	E	L	V	E	B	H	L		V	I	W	V	S	
O	L	V	H	E					V	H	E	I	S		
E	N	H	V	N	O	D	T	I	H						
V	E	O	T	V			S	N	V			I	O	T	
L	T	E	D	S				S	V	N	V		L	W	D

Crossword Answer



## CROSSWORD

**CLUES ACROSS**

- Greenwich Time
- English sailor missionary
- Type of wheat
- Wreath
- Hesitate
- Hollyhocks
- Not even
- Former talk show host
- Rugged mountain range
- Greek muse
- Ancient Greek comedy
- Jeopardizes
- Singer DiFranco
- Calcium
- Employee stock ownership plan
- Gemstones
- Got the job
- Tantalum
- Red deer
- Not a pro
- Coffee alternative
- Aluminum
- Northern Italian language
- Smart \_\_; Wiseacre
- Sanskrit rulers (pl.)
- \_\_ hoc
- Mousse
- Closures
- Russian lake
- Small lunar crater
- Appear with
- Beginning
- Type of Chinese language
- Jewish composer
- Sensation of flavor
- Payment (abbr.)
- High-class
- Clocked
- Midway between east and southeast

**CLUES DOWN**

- Shine
- They spread the news

1	2	3		4	5	6	7	8		9	10	11	12	13
14				15						16				
17				18					19					
20			21					22						
23						24	25						26	27
			28								30			
31	32					33		34	35	36			37	
38				39	40							41		
42					43									
46			47	48				49			50			
51					52	53	54				55			56
			58							59				
60	61							62	63				64	
65													67	
68													70	

- Indicates water limits
- Determines value
- Capital of Okinawa
- Chinese river
- Sign language
- Passover feast and ceremony
- Yemen capital
- A tributary of the Missouri River
- Sounds
- Andorra-La Seu d'Urgell Airport
- Korean name
- A metal-bearing mineral valuable enough to be mined
- Outer layer
- African nation (Fr.)
- From Haiti
- Polish river
- Paul Henri \_\_, Belgian statesman

- Retailer
- Supreme being
- Tears into pieces
- European Union
- Coerced
- She ran the Barker gang
- Send wire
- Optical device
- \_\_ Bond, civil rights leader
- Cigar
- Spiritual being
- Possess
- Thomas \_\_, English poet
- Dials
- Sharp mountain ridge
- Pigeon shelter
- Month
- Letter of the Greek alphabet
- A citizen of Thailand
- Suffix



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OBITUARY



**Katherine (Kathy) Mazur**

Peacefully, on Thursday, July 28, 2016, at the Calvary Place Personal Care Home, Kathy Mazur, aged 71 years, of Winnipeg, MB, beloved wife of Carl, passed away.

Predeceased by parents, Maty and Rose Belak; brothers Mike and Emil. Kathy leaves to mourn beloved husband Carl Mazur; brother Albert and numerous nieces and nephews.

Katherine enjoyed cooking, flower arranging, bingo, gardening, garage sales and auctions to find a good deal.

Kathy grew up in Oakbank, MB. With Kathy's love to cook, she worked in the catering industry for many years.

The family would like to thank Calvary Place for their wonderful care they provided for her.

In lieu of flowers, donations can be made to the Parkinson Society Manitoba, 414 Westmount Dr, Winnipeg, MB R2J 1P2.

A memorial service will be held on Friday, August 5, 2016 at 1:00 p.m. in the Gilbert Funeral Chapel, Selkirk, MB.

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



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Bill and Deb, William, Michaela, and Aaron,  
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ANNOUNCEMENT

BIRTHDAY



**Happy 21st Birthday**  
Kash!  
August 9th  
-Love Mom, Kaitlyn, Kelsey,  
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Sunday, August 21st from 1 p.m. to 5 p.m.  
in front of the Campground Store.  
Light refreshments will be served.

OBITUARY



**Ralph Edward Decock**

On Sunday, July 31, 2016 surrounded by love, our dad journeyed on to heaven, to be with our mom. Mabel passed on July 1, 2016 and dad could no longer live without his sweetheart and passed with a broken heart. Ralph was the third oldest of six siblings, born in St Boniface on December 23, 1926, to Frank and Mary Decock .

From the tender young age of 16, dad worked hard and earned the respect of many of his co-workers. He worked as a top loader on the drag lines in Ontario for nine years until the spring of 1952, which helped feed his family back home in Rosewood, Mb. He was always proud that he could contribute to his family's wellbeing, and instilled the trait in us, that we should always help out wherever and whenever we can.

On a trip home from the bush, dad went to a dance in Lorette and spotted Mabel. He borrowed a pair of shoes so he could ask her to dance, and from that day on, as he told us many times, "There was no other girl for me". They were married on May 3, 1952 and celebrated 64 years of marriage, a true love story right until the end.

In 1953 dad and mom bought a farm in St Anne, where together they worked hard to make ends meet, raising cattle, harvesting crops and all the other joys that accompany farm life. In 1965 they decided a change was needed and they moved to Selkirk where dad had a couple of odd jobs before settling in to work at Abex for 22 years, which is now known as Amsco Products. Dad loved to go to the Selkirk Steeler games, the Lockport Red Devils ball games, watching his grandkids sports or performances, cross country skiing, camping, biking, wine making and country music. Dad also loved to hunt and fish, and continued until his legs wouldn't allow him to hunt any longer. Dad and mom also loved to travel, with Hawaii being their favourite destination for long extended holidays every winter. Dad loved family gatherings with all the grandkids running around.

He was predeceased by his loving wife Mabel, his parents Frank and Mary, his brothers Frank and Clifford and sister Lucy, along with many brother and sister in laws

Ralph leaves to mourn his sons Ron (Ronna), and Jeff, his daughters Susan (Allan) Stutsky, and Sandra (Paul) Starodub. His precious grandchildren, Tracy, Roberta(Derek), Brad, Celeste, David (Chelsea), Samantha (Jon), Blair, Lindsay, Andrew, and great- grandchildren Calista, Quinlan, Ivy and Madison. He also leaves to mourn his sisters Rosalie Hopper, Shirley Krawchuk (Paul) and brother in law Andy, along with many loving nieces and nephews

Dad spent the last few months at the Tudor House in Selkirk, and absolutely loved the staff there, saying many times how wonderful they treated him, and for this we could not be more thankful. The Tudor was home to him, and he was anxious to go back there to be the "King of the Leather Chair", but it was just not to be.

Thank you to the caring staff at the Selkirk Hospital for your care and compassion shown to our dad in the final leg of his journey. God bless you all.

A memorial Mass will be held on Friday, August 5, 2016 at 1:00 p.m. in the Notre Dame Roman Catholic Church, Selkirk, MB.

In lieu of flowers, if you so wish, a donation in Ralph's memory can be made to the Alzheimer's Association or Stars Air Ambulance.

May our parents rest in each others arms  
Forever and ever  
Amen

Gilbart Funeral Home, Selkirk in care of arrangements.  
www.gilbartfuneralhome.com



OBITUARY



**Lawrence Phillip Jaslowski**

It's with deep sadness we announce the sudden passing of Lawrence Phillip Jaslowski into his heavenly home on Monday July 25th, 2016 at the early age of 65 years old.

Lawrence enjoyed farming and collecting antiques. He joined his friends for coffee and meals daily at the local restaurants and was well liked by all who knew him. Lawrence is survived by his sister Eleanor Jaslowski as well as his nephews, nieces and grandnieces who all loved to spend time with him on the farm.

The funeral service will take place on Thursday August 4th at 1:00pm, in the Notre Dame Roman Catholic Church 269 Jemima St. Selkirk Manitoba with viewing one hour prior. Interment will follow in the Notre Dame Roman Catholic Cemetery with Father Stan Gacek officiating.

OBITUARY



**Clyde Brown**

It is with great sadness our family announces the sudden passing on July 28, 2016 near Stonewall of Clyde Brown, aged 83.

Left to forever cherish his memory is his beloved wife and best friend Shirley(nee Cromarty) of 59 years, his sons, Arnie(Joanne) and Drew (Kathy); grandchildren Myles, Danielle, Reece, John, Tara and Matthew; great grandson Dallas; sister Buelah ; sister-in-law Daisy and numerous nieces and nephews. He was predeceased by his parents Ephrim and Adelia; sister Belle, brothers Ralph and George; brother-in-laws Chester and John.

On July 31, Clyde was born at Tacks Beach, Newfoundland. He joined the air force when he was 18 to get out into the world, was a sergeant and worked as an air frame technician . In 1954 when he was stationed in Winnipeg he met the love of his life Shirley and was married in 1956. They had their two boys and their young family was stationed in Winnipeg, Ontario and then Overseas. They came back to Canada and were stationed in Gimli. After leaving the forces, Clyde built the family home in Selkirk and started his second career at Vantasy. He worked there until it closed . Clyde then retired to start his woodworking business which became his passion. He was an esteemed builder of purple martin houses and built and sold over 1500 "hotels" for his martins over the years. He designed and sold countless garden baskets, hangers, furniture over the years but his purple martin houses were his focus. He was a proud member of the Purple Martin Club and was featured in cottager magazine for his purple martin houses.

Family was everything to Clyde. His sons were his pride and joy and they will both miss the wise and thoughtful advice and direction he always had to offer. He surrounded himself with his grandchildren. The house was full of them along with their friends every weekend. Clyde took the time with them to teach them practical things like building and maintaining their vehicles but most importantly instilled strong values and love and loyalty to family in them all. We are all better people because of his strong moral compass.

His flowers and gardens were another joy for Clyde. He loved to work outside and has transformed their yard into a fairy garden. We cannot forget Clyde's love for his furry friends. Since 19 when the first Dachshund showed up at the door in Germany in a basket, there has been hounds running to greet you at mom and dads. There had been a number of them over the years and I am sure the reunion on the rainbow bridge was joyful.

The family would like to thank Doctor Lindenschmidt and the staff at Selkirk General Hospital for all their kindness and care.

There will be a private family interment at Brookside cemetery on August 4. In lieu of flowers, donations to the Humane Society will be accepted.



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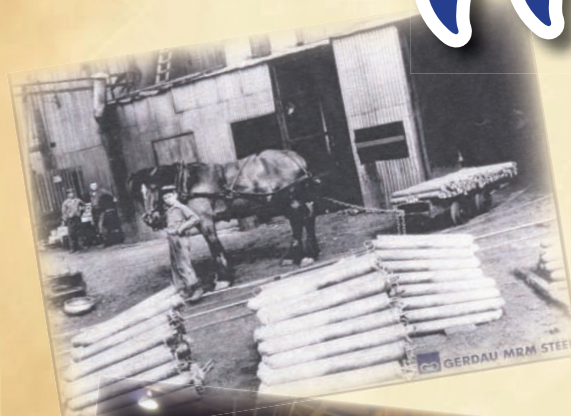
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before FRIDAY SEPTEMBER 2, 2016**

**Phone: 204-482-3241 ext. 1665**

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**Casting Steel – guiding liquid  
steel into ingots vs mechanical  
technology creating 3 billets  
simultaneously**



**Billet Handling – Horse and  
Cart vs Overhead Cranes to  
move ingots/billets**

***Our business started as a  
horseshoe works factory in  
Winnipeg in 1906; in 1916 the  
business and operations moved to  
our current location in Selkirk.***

***We are proud of our 110 year legacy in Manitoba and in particular our contribution to Selkirk and the  
surrounding Municipalities. Our strong roots in the community through community partnerships and  
dedicated, skilled employees are what makes us a successful operation in Selkirk.***

***Please come out to help us celebrate a Century of Steel in Selkirk!***