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# The Selkirk Record

THURSDAY, AUGUST 17, 2017

VOLUME 8 EDITION 33

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## Sweet sounds of summer

RECORD PHOTO BY BRETT MITCHELL

Twelve-year-old Ian Walesiak of Selkirk, pictured centre, flashes a smile in between singing and playing his guitar alongside his R&R bandmates during Dairy Queen's Miracle Treat Day in Selkirk last Thursday. For another photo see Page 11.

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



## WOOD FIRED PIZZA

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# Doc shortage puts patients in danger, rural resident says

By Maggie Wysocki

A Victoria Beach resident says the Interlake-Eastern Regional Health Authority's (IERHA) severe shortage of doctors and first responders in the region is threatening the lives of patients.

On June 22, 53-year-old Henry — who asked that his last name remain anonymous — suffered a heart attack inside his Victoria Beach home.

It was an estimated 30 minutes before volunteer emergency medical responders arrived, he says.

"I wasn't sure what was happening ... but when the volunteers came and couldn't give me anything to ease the pain, it made me more scared," he said during a recent telephone interview with the *Record*.

According to St. John Ambulance Canada regulations, EMR volunteers are unable to administer any medication or to transport patients to the nearest hospitals until professional paramedics arrive.

Medical calls are always directed to volunteer EMRs first, says Victoria Beach Police Chief Stewart MacPherson, adding he'd like to see trained police officers be contacted to assess the situation as well.

"I would like that to change, we should get a call from 911 because we can help too," MacPherson said. "We can intervene first because we are on duty whereas volunteers are on-call and coming from somewhere, which means it usually takes longer."



**RECORD FILE PHOTO**  
A Victoria Beach man who suffered a heart attack in June says the Interlake-Eastern Regional Health Authority's severe shortage of doctors and first responders puts rural residents in danger.

The *Record* requested an interview with Victoria Beach Fire Chief Brad Patzer, who organizes the EMR volunteers, but he didn't respond before press deadline.

Henry says he waited another two-in-a-half hours before an ambulance from Selkirk arrived, which was re-directed from Pine Falls where they didn't have a doctor on call.

According to the current IERHA rural doctors schedule, Pine Falls Hospital has a doctor available full-time three days a week. Otherwise, a doctor is available during irregular hours or on re-direct to the nearest hospital.

Once Henry arrived at the Selkirk hospital, nearly four hours after his heart attack, he says staff apologized

profusely and offered him "excellent service."

Though he's in stable condition now, Henry says he doesn't want to live in a community where he can't count on medical assistance.

"I can't live here if I can't get help. When I moved here I was under the impression that the ambulance would be coming 30 kilometers from Pine Falls and I can live with that ... but that's not the case now," he said.

This incident

in Victoria Beach follows even more turmoil for the IERHA which began on July 13 when the authority's emergency medical services director, Louise Alarie, wrote a memo ordering patients within the region — apart from apparent stroke victims — be first transported to and treated at the nearest regional hospital.

It meant someone requiring emergency assistance just north of the Perimeter Highway, for instance, would be taken to Selkirk or Stonewall when, in the paramedics' judgment, it would have been best for them to go to Concordia Hospital, Seven Oaks General Hospital or Health Sciences Centre, all in Winnipeg.

During the two weeks the directive remained in effect, some paramedics said the order was preventing them from using their medical judgement and the authority retracted the order.

— With files reprinted with permission from the *Winnipeg Free Press*

## K9 Swim and Splash set for Aug. 29



**RECORD FILE PHOTO**  
Sals Medeiros plays fetch with her dog Roscoe during the first-ever dog swim event at the Selkirk Park Pool and splash pad in this 2016 photo. Community members and their furry friends are once again invited to the City of Selkirk's K9 Swim and Splash at the Selkirk Park Pool on Monday, Aug. 28 from 3 p.m. to 7 p.m. To register you and your pet, visit MySelkirk.ca or call 204-785-4952. There is no charge to attend although donations of doggie treats and doggie toys would be graciously accepted.

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## Car show helps raise nearly \$14K



RECORD PHOTOS BY MAGGIE WYSOCKI

The 14th annual Memories Show N' Shine Car Show brought out nearly 600 cars from all over Manitoba, Ontario, Saskatchewan and North Dakota to show off their rides along the Selkirk Waterfront last Sunday. The day featured live music by local band, Thin Ice, a silent auction and barbecue. An estimated \$14,000 was raised for The Compassionate Friends of Winnipeg, an organization that provides counselling and other resources to bereaved parents.

## Argument turns violent in Selkirk

### Two men stabbed, teen girl injured last Saturday night

Staff

An argument in Selkirk last Saturday night ended in two people being stabbed, according to RCMP.

On Aug. 12 around 10 p.m. Selkirk RCMP were called to Jemima Street following a report of a large group of people arguing.

"When officers arrived, it was determined that three people had been injured and required medical assistance," RCMP stated in a release on Sunday. "Emergency services from

Selkirk attended and the three victims were taken to hospital for treatment."

Investigation revealed two of the victims had been stabbed and one suffered severe injuries.

A 19-year-old male from Selkirk and a 27-year-old male from St. Laurent were treated for stab wounds.

A 16-year-old female from Selkirk was treated for injuries. All victims are reported in stable condition, RCMP said adding they are still investigating.

If you have information regarding this incident, please call Selkirk RCMP at 204-482-1222 or Manitoba Crimestoppers at 1-800-222-8477 or Text your tip to TIPMAN at CRIMES(274637).



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# BIG DOLLAR



# Flooding closes Selkirk's indoor community pool

By Lindsey Enns

Several feet of water from the Selkirk Community Pool flowed into the pool's mechanical room last week, forcing the popular local swimming hole to close until further notice.

Pool manager Michelle Stamm said a leak caused nearly half of the indoor pool to drain and flood into the mechanical room located below the pool on the morning of Aug. 6.

"Staff are pumping the water out so they can find where and why the leak occurred and to start cleaning and rebuilding the system," Stamm told the Record via email last Wednesday. "The work as I understand it is intensive and may take months."

Crews were spotted removing damaged materials from the pool's mechanical room last Wednesday afternoon. The Selkirk Community Pool is located inside of the Comp.

Stamm added the pool's closure has a "huge" impact on the community as well as programming for 19 schools,

the Royals water polo team as well as the Selkirk Dolphins swim team.

According to the pool's website, so far the closure has cancelled Red Cross swimming lessons and a life-guard course, adult programming and Aquafit classes planned for this month.

Lord Selkirk School Division Supt. Michele Polinuk said a mechanical malfunction at the pool caused "major" flood damage.

"Although people were on the scene rather quickly, the pool was emptying basically," Polinuk said, adding several feet of water flowed into the mechanical room.

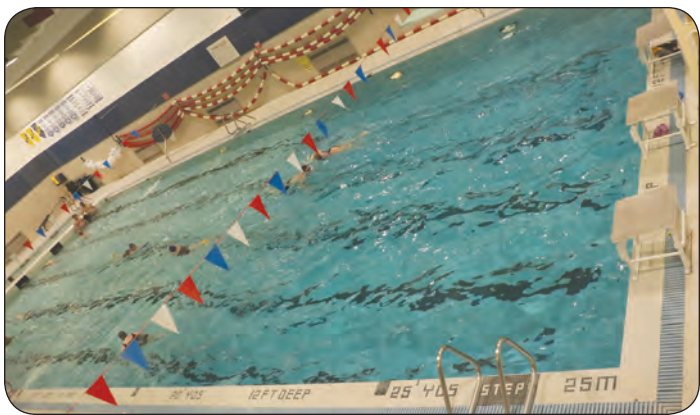
Polinuk added the damage is quite "extensive" but they won't have an estimate for another couple of weeks.

"It's a huge hit to the community," she said, adding the last time the pool was closed was due to renovations in 2013.

The pool is expected to be closed the entire month of September but Poli-

nuk said they are hoping to reopen it sometime in October if all goes well. "As soon as we can we'll get it open," she said. "This is definitely difficult

to take when we have such a beautiful facility but things happen so we're lucky. "It could have been worse."



**RECORD FILE PHOTO**  
Flooding caused by a mechanical malfunction has closed the indoor Selkirk Community Pool located inside of the Comp until further notice.

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# 'Spread the word'

## Everyone is welcome at Brokenhead Ojibway Nation Treaty Days, chief says

By Maggie Wysocki

Every summer, each of Manitoba's seven Treaty 1 First Nations host their own Treaty Days celebration with talent nights, pancake breakfasts, live music and powwows.

"It's so good for our community to get together, drum, dance ... I love to see it," said Brokenhead Ojibway Nation (BON) Chief Jim Bear during his communities celebrations last week.

The annual five-day event, held outside Sergeant Tommy Prince School, quickly filled up with hundreds of tents and motor homes and Bear says it was one of their best turnouts yet.

"We continue to grow every year and we've even started to outgrow the main tent," he said. "This year we had

24 drums participate in the grand entry."

Members from many of Manitoba's reserves, including Peguis First Nation and Sagkeeng First Nation, joined BON for the drug and alcohol free event, but Bear says it was the turnout of non-Indigenous visitors that made him the most proud.

"A couple came from Athens and are telling their friends about it. So many Manitobans have never been but these people from another country have ... it's incredible," he said.

Next year, Bear says he hopes to publicize the event more and spread the word that BON welcomes all people of all backgrounds.

Continued on page 7



RECORD PHOTO BY MAGGIE WYSOCKI

Brokenhead Ojibway Nation Chief Jim Bear, pictured left, smiles during Sunday's powwow during Treaty Day celebrations in his community last Sunday afternoon.

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# Abandoned property on Dufferin Ave. concerns nearby residents



RECORD PHOTO BY MAGGIE WYSOCKI

Some Kiwanis on the Red residents say the lot beside their apartment hasn't been kept up in more than two years but the city says they don't own the land and can't release who does.

By Maggie Wysocki

Filled with garbage and over-grown with weeds is how some Kiwanis on the Red residents describe the lot next to their apartment complex.

They say the property behind the Marine Museum is unkept and they're worried about who the property belongs to.

"For the past two years it's been like this," said Jackie, a Kiwanis resident who asked that her last name not be used. "I used to see people taking their wedding pictures there and now it's a dump."

Other residents said they often stop at the property to pick up broken glass and garbage.

"Everyone who lives here doesn't like looking at it. It's an eyesore," said Jackie.

The land located at 430 Dufferin Ave. backs onto the river and is home to a large steel structure once used to load boats as well as more than 100-feet of wooden dock and two storage sheds.

Jackie says she assumes it was owned by either the Marine Museum or the City of Selkirk.

But that's not the case.

Employees at the Marine Museum said the structures are off their property line.

"It's not city property but I'm not able to reveal who owns it," said Grant Warren, communications and marketing co-ordinator for the City of Selkirk.

Selkirk Mayor Larry Johannson said

**"I USED TO SEE PEOPLE TAKING THEIR WEDDING PICTURES THERE AND NOW IT'S A DUMP."**

he was also unaware of who owned the property but made mention of Peguis First Nation owning other land off of Main Street.

Members of Peguis First Nation band originally lived in the Selkirk area before being evicted to the reserve in the North-Interlake in 1907.

Peguis First Nation didn't respond to the *Record's* requests before print deadline.

Regardless of who owns the land, Jackie says she and other Kiwanis on the Red residents would like to see the property cleaned up soon.

## > TREATY DAYS, FROM PG. 6



RECORD PHOTOS BY MAGGIE WYSOCKI

ABOVE AND BELOW: Powwow dancers make their grand entry during Treaty Days celebrations in Brokenhead Ojibway Nation last Sunday afternoon.

"We haven't in the past, but now we want outside people to join us in the grand-entry powwow. They can spread the word about what First Nations are really about," he said.

Though the smell of fresh bannock and sound of children laughing made the occasion appear joyous, Bear says the "treaty payment" also makes it a reminder of the slow process of reconciliation.


"It's a policy that represents what wasn't given to us," he said.

The payment is a \$5 annuity from the federal government, representing the money agreed on during the signing of the treaties in Manitoba between 1871 and 1906. It was last increased from \$3 in 1875, but since then hasn't increased with inflation.


Close to 580,000 First Nations people were eligible to collect the annuity in 2016 and last year the government distributed \$1.9-million at 360 treaty payment events throughout the country, according to Indigenous and Northern Affairs Canada who oversees the payments.

"Yes, it is ... one more step towards reconciliation, but it's time to break the stereotype of our people," he said.





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# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL

## When a fish comes, you jump on it!

Welcome folks,  
The clear, sun filled sky seemed in tune with the great feeling I had last Wednesday as I walked onto the bridge over the Brokenhead River to once again meet with my Ojibway friends for their summer fishing derby. I noticed long time councilor Winston Desjarlais was working his rod and as I approached him he shook my hand saying, "Hi Arnie, how's it going." We hadn't seen each other for a while but after catching up, Winston gave us a humorous if not biting story from his youth. Years ago when he was about 8, his favorite uncle took him to get some crayfish at the Red Lodge rapids and when uncle poured the "little lobsters" as Winston used to call them into a pail, one fell inside "Wins'" rubber boot. Well, it reacted predictably and began biting which caused him to hop around wildly. Uncle took charge of the situation and grabbed Winston, held him down and pulled his boot off. Free of the terrifying crayfish Win settled down as his uncle gave him a comforting smile, ruffling his hair, saying, "Boy, you'll be ok."

Before I left that afternoon, Meech Hocaluk with his secret bag of fishing tricks got 1st prize for the biggest walleye. The next day I went visiting our angling friends on the Selkirk pier and met Doug Smart, a Winnipegger, who originated from Scotland. He was a thin fellow with grey hair, fine facial features and a ready open smile. His story takes us to that wonderful Scottish highland town, Tomnavoulin at a time just after the war. His family was having relatives come for a visit from Aberdeen and mother was in a "tizzy" because at that time getting any kind of meat for meals was impossible.

Doug's Grandfather Sandy Irvine heard of the crisis and showed up bidding Doug come with him. There were many spring fed creeks in the



**RECORD PHOTO BY ARNIE WEIDL**  
Jason Zhang of Winnipeg with his catch at Hecla.

area filled with trout but they were all on crown land and taking them was poaching. Intrepid Scotsman Sandy, vowed there would be fish before their company on the supper table so he, with little Doug, shuffled along back roads to a fine crystal clear cold creek full of trout. There, big Sandy, barefoot with pants rolled up, waded into the icy water and spreading his legs wide said to the boy on the bank, "When a

fish comes, you jump on it!" Then with lightening speed Sandy scooped and threw fish to Doug. When they had enough they strung them on a willow branch and tripped through lanes and fields home under the cover of night. When the relatives arrived the whole family had their fill of a fine meal.

Toward the weekend I was at a party for Robert Kristjanson at the commercial fishers' landing at the Gimli Marina Complex. Rob was a leader in the development of how commercial fishing works in the country and still fishes in his eighties. I sat listening to Rob reminding us how the huge marina came from nothing to a place for all kinds of fishing and boating. Sitting beside me was a young guy talking about lifting nets. It turned out he was a rookie commercial fisher who without family connections or experience decided this is what he wanted to do. Justin Cerbeandt, a huge unassuming lad with short sun-bleached hair, laughed as he recalled going out on his first open water net setting trip. The waves were 8' high slamming the skiff about wildly. He told his partner Mike Lenton, "I don't care if I'm going to be called a sissy, but we're going back to harbor!" When they got there all the other fishers had stayed in and one old-timer looking at them shook his head saying, "You don't go out in this!" I sat there listening to Rob talking about his half century of fishing and to Justin who was just starting and I was filled with pride knowing our fishing culture and industry is alive and well in these men.

I've wanted to show you the picture of Jason Zhang with his catch at Hecla for some time. He struck me as such an interesting chap because he will only fish Hecla and he's one of those guys who when nobody's catching anything; he will.

See you next week, happy fishing!

**View the Selkirk Record online at [selkirkrecord.ca](http://selkirkrecord.ca)**



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

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

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# Young cyclist makes recycling easy in Victoria Beach

By Arlene Davidson, The Clipper Weekly  
Bennett Sime-Surcon is setting an example when it comes to recycling.

The 10-year-old environmentally conscious summer resident of Victoria Beach and his business, Bennett's Bike Delivery, have been featured in a television ad released by the Recycle Everywhere Bin Bag program, an initiative of the province of Manitoba and the Canadian Beverage Container Recycling Association (CBCRA).

The Bin Bag is a lightweight, collapsible recycling bin designed to help Manitobans recycle at their cottages. Bennett travels by bike with an attached cart and picks up recyclables from residents in the community who would otherwise have to walk some distance to the collection depot.

Since April, Recycle Everywhere has distributed over 16,000 Bin Bags free of charge to cottages and seasonal site across Manitoba.

"CBCRA and Recycle Everywhere continue to do whatever it takes to provide all Manitobans with innovative and convenient ways to recycle beverage containers at home, at work, and at play," said Ken Friesen, CBCRA's Executive Director.

Bennett's parents, Garrett Surcon and Jenny Sime, bring him and his eight-year-old sister Annabella to their summer home in June right after school is out.

"We stay all summer, which is the same time the roads here are closed," Bennett explained. "When I head



RECORD PHOTO BY GARETT SURCON

Bennett Sime-Surcon collects recyclables from residents of Victoria Beach and sorts them at the collection bins placed around the community.

back to school the roads open to traffic again so my service isn't needed in the fall and winter."

Bennett's father added that Annabella helps out and does Bennett's runs for him when he is unavailable.

Bennett said that it is important to recycle because it's better for the earth.

"People my age have grown up recycling. It's just something we can do," he added.

He explained the cart he pulls behind his bike was supplied to his family by Recycle Everywhere.

"It's a big box and can handle four cottage bin bags at once. I can often fit

two or three cottage loads in there at once unless people have a big load," said Bennett.

RM of Victoria Beach Coun. Linda McMillan said the community was actively involved in recycling long before the province wide system was put into place.

"Recycling began at Victoria Beach as a joint project between the municipal council and the Victoria Beach Summer Club in the late 1980s," McMillan said.

McMillan and Coun. Diana Pennington spearheaded the initiative and recruited community volunteers to sort through the bottles and cans

deposited by ratepayers in the bins that Public Works staff placed around the community.

She said volunteers collected and sold bottles and cans as an environmental project.

"The aluminum and plastic was sold over the winter and the proceeds split between the Victoria Beach Club and the Victoria Beach Sports Club, whose members sorted in the spring and fall," explained McMillan.

When the province became involved in recycling in the 1990s, McMillan said the little community fund raiser was no more, but Victoria Beach continues to be one of the biggest recyclers in the area.

"Our staff (members) are on the road to the recycling centre in Lac du Bonnet most days during the summer," McMillan said. "We keep tonnes of recyclables out of the land fill with our efforts."

McMillan said Bennett's project builds on the spirit of recycling.

"As our seniors age and are less able to get to the central drop off area, it is good to have an able bodied younger person who will pick up the recycling and take it away for them," she said. "He is an asset to our community."

Bennett said the Victoria Beach recycling bins he uses are located in a big area next to a parking lot. The RM of Victoria Beach values recycling and McMillan reported they spend thousands of dollars each year to do so.

## > DOWNTOWN RENEWAL, FROM PG. 4

"The people of Selkirk have really taken to this concept, they want a downtown that offers them something – a place to go, a place to meet others and a place to enjoy a meal or a drink and some music," Beerman said. "The city had the vision, but the community did too and it's starting to come together. It was years of planning and engaging the public, and obviously it's all been worth it. The end result is going to be incredible."

Some of the big ideas already captured in the conceptual plan include narrowing the laneway for traffic and widening sidewalks to improve walkability and make the area more pedestrian friendly. The plan calls for 'bump outs' at the corner of Main and Manitoba and Eveline and Manitoba and well defined crossing areas. There will still be on-street parking, but it will be parallel, not angle.

Faisal Anwar, the city's director of sustainable economic development, said while the detailed design work

is not yet complete and there will be more opportunity for public input, the city is poised to begin a grant program that will encourage improvements and development in the downtown area.

Anwar said targeted incentives for façade improvement and housing development as well as incentives for new business creation and renovation or expansion are being explored.

The announcement that all three levels of government are investing in Selkirk's downtown was also sweet music to the ears of the Holiday Alley organizers, who chose Manitoba Avenue East as their spot to host a new winter arts festival this year.

"We know the City of Selkirk has been working hard and long on a commitment to downtown revitalization, which is one of the reasons we wanted to contribute and bring light, art, sound and creativity to the downtown," Lois Wales, president of Red River North Tourism and a Holiday

Alley volunteer, stated in a release on Monday.

The Holiday Alley festival, which launches the winter season with outdoor and indoor art, music, food and entertainment Dec. 1 and 2, will complement the city's vision, added Shirley Muir, one of the organizers.

Irene Hebert, of Bonded Mobility Health, who's had several businesses in the old downtown over the years, says she supports Holiday Alley because it reminds her of the energy the downtown used to have.

"It's great to see new young people down here opening up everything

from barber shops to juice bars. Holiday Alley and the City's commitment are a great combination that will help them grow," Hebert said.



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# East St. Paul warmly welcomes Communities in Bloom judges

## Submitted

East St. Paul rolled out the welcome mat for two Communities in Bloom judges earlier this month, in hopes of earning two green thumbs up and possibly a decent bloom rating at the upcoming annual convention and awards show.

Although local and area communities will have to wait until September for their bloom ratings, judges Don Budinsky and Tanya Blatz gave early indications that their thumbs were pointing skyward after the first half of their tour of East St. Paul. This is the community's first year in the Communities in Bloom competition.

"There's a real garden culture in East St. Paul, people really have pride of ownership, it's very evident," Budinsky said during a stop for lunch at the Farmers Market site. "The community is very clean, very green, haven't seen any litter or any graffiti so kudos to the community for keeping that under control."

The judges enjoyed lunch with East St. Paul Mayor Shelley Hart, St. Paul MLA Ron Schuler as well as municipal staff and local Communities in Bloom committee members.

Students enrolled in summer camp made the judges a special "Welcome Judges" sign and ate lunch with them as well.

Blatz said recreation programmer Tyne Mills and bloom committee members had provided them with



**SUBMITTED PHOTO**  
Communities in Bloom judges Tanya Blatz and Don Budinsky pose for a picture with summer camp kids who warmly welcomed them to East St. Paul for the first time last week.

plenty of information on local history, and she was looking forward to more during the second part of the tour.

"We've heard lots of great stories and we're still hearing more and more of the heritage and the care and the

environmental avenues that people have invested into the community. It sounds like we're going to be learning a lot more today," Blatz said.

She particularly enjoyed the rural and urban mix of East St. Paul.

"THERE'S A REAL GARDEN CULTURE IN EAST ST. PAUL, PEOPLE REALLY HAVE PRIDE OF OWNERSHIP, IT'S VERY EVIDENT."

"It's the mix of rural and urban and it's really special and unique to your community."

Budinsky said he was pleased with the environmental practices he saw throughout the RM, from composting to rain barrels as well as the garbage receptacles that go 10 feet into the ground. The fact that they need to be emptied far less to save staff time and energy was "a really smart thing," he said.

"The containers are made from recycled plastic, so everything's good there, very environmentally sound."

Communities in Bloom consider the following categories while judging — tidiness effort, environmental action, heritage conservation, urban forestry, landscaped areas, and floral displays.

Communities are rated on a bloom scale of one to five, with five being the highest rating.

Ratings will be revealed at the annual provincial conference on Sept. 8 and 9.

# Local dancers take the stage at Folklorama's Ukraine-Kyiv Pavilion



**RECORD PHOTOS BY LANA MEIER**

Local dancers from the Rossdale Ukrainian Dance Club hit the stage for opening night of the Ukraine-Kyiv Pavilion last Sunday. Folklorama runs throughout Winnipeg from until Saturday, Aug. 19 and celebrates the multiculturalism in our province with amazing hospitality, fabulous food and drink, and entertainment of 41 countries. Pictured far left, Stonewall's Jordan Riley performs the hopak, while his brother McHale Riley leads his partner in the volyn. Far right photo, Alexa Loehmer, left and Ella Loehmer, second from right, of Balmoral hold their pose. Rossdale Ukrainian Dance Club is celebrating 40 years of dance this year.

# Anglers hope to get girls Hooked on Fishing

By Maggie Wysocki

The RM of St. Andrews is helping launch a new program in hopes of getting local girls hooked on fishing.

"There's so many things offered for boys when it comes to the outdoors and we're big advocates to get girls involved in fishing and hunting," says organizer Courtlyn Suszko, who will co-instruct the Hooked on Fishing camp along with outdoor enthusiast, Shauna Lowe Sjtreet.

Between them, the two women have more than 20 years of fishing experience and say they're excited to show young girls that fishing is anything but boring — if you know what you're doing.

"Fishing is boring if you just go out with a jig and a rod. We're so excited to show these girls how much fun it is when you have the right skills," Susko said.

Running throughout 10 Wednesdays starting from Aug. 9 to Oct. 11, Hooked on Fishing has room for 20 girls. The camp is being hosted at the Chesley Resort.

"We've had so much support from the RM and from sponsors in the area that we can make it really inexpensive for families," Susko explained. "All girls need to bring is a life jacket and rod and we'll provide the rest."

Each session will focus on a different skill, ranging from casting to channel fishing. Guest speakers will share their knowledge too and the final session will feature a fishing derby



SUBMITTED PHOTO

Young anglers get a fishing lesson as part of the RM of St. Andrews Hooked on Fishing for girls program at Chesley Resort last Wednesday evening. The program runs until Oct. 11.

where all catches will be submitted to the master angler program for certification.

"It's going to be really cool. We're so grateful for the support and can't wait

to show these girls how great fishing is," Susko said.

To register, contact the RMs office or visit [rmofstandrews.com](http://rmofstandrews.com) for more information.

# Solar Manitoba looks to expand into Interlake

By Jeff Ward

A Manitoba company is looking to the Interlake as a big opportunity to bring solar power to agricultural producers looking to hedge their energy costs.

Alex Stuart, vice-president of Solar Manitoba said that his company is looking at agricultural producers all over the province as a means of expansion following the successful installation of a solar array in MacGregor earlier this year.

Tim Sawatsky's farm and home now run entirely on solar power which in turn slashed his costs for electricity and heat from Manitoba Hydro. Stuart said that many producers are looking to make a similar change given the reduced energy rates and longevity of the solar system. Taking a look at a solar irradiation map shows the Interlake among the highest for potential energy gains in the province.

"The question we ask is, would you buy 30 years worth of power today," said Stuart.

"And not just at a price comparable with today's rates, but better. Would you have bought 30 years worth of gas 30 years ago? I think most people would say yes because their investment works out well in their benefit in the long run, and that's what we're talking about."

Karen and Allan Sabados run a greenhouse business in Clarkleigh and have photovoltaic panels that help offset their energy costs for heat and electricity. Their business isn't entirely run off of solar, but enough of it is to notice a difference in the monthly bill. Allan Sabados said they purchased the materials themselves about five years ago and have since been reaping the benefits of solar power.

For the Sabados' the financial impact was less important than the impact their energy usage has on the environment. They try to use biodegradable materials where ever possible and do their best to lessen their impact on the environment.

"Basically for the type of heat we need we have to burn something. Wood pellets or oil to create electricity. But this little thing just sits there and creates heat and it's just wonderful. I suppose other than the shadow it casts it has zero impact," said Allan Sabados.

# Sweet treats for a good cause



RECORD PHOTO BY BRETT MITCHELL

Pictured from left to right: local philanthropists Jim and Betty-Anne Gaynor and president of Dairy Queen Global John Gainor hold up their ice cream treats outside Selkirk's Dairy Queen location on Main Street during Miracle Treat Day last Thursday. This year Selkirk's location helped raise nearly \$14,000 for Children's Miracle Network member hospitals.

## Gord Henrikson named new community foundation chair



SUBMITTED PHOTO

Gord Henrikson, pictured right, has been named the new chair of the Selkirk and District Community Foundation. Aaron Martyniw, pictured left, who was born and raised in Selkirk, recently joined the foundation.

### Staff

Gord Henrikson has been named the new chair of the Selkirk and District Community Foundation.

Henrikson has previously served as co-chair for the past couple of years with Kelly Lewis, who completed her tenure with the foundation this year.

Now, as he takes the reigns alone, he said those who held the position before him have put in a lot of hard work to get the foundation to where it is today.

"I like to have fun, but we have very important jobs to do here," Henrikson said in a release. "We're handling donors' generous contributions, and that makes it pretty serious in my mind. They've trusted us with their hard earned money.

"I feel that my role is to continue that tradition to make sure that the board continues to grow and improve."

He said the board has several tools available to it that will drive future growth. Vital Signs – a report card on the health of the foundation's communities of Selkirk, St. Andrews and St. Clements – will be released in 2018 and Henrikson said it's as important to the future of the foundation as its name implies.

"Vital Signs is going to show us areas of our community that perhaps we didn't know had some gaps and had some need. It's also going to show us what we're doing really well, it's going to confirm that," Henrikson said. "I'm excited about that. I think Vital Signs is the vehicle that's going to show us the direction for the foundation in the future."

He also said he's always impressed with the other faces he sees around the foundation's board table. Over the last couple of years it has filled a need every volunteer board is looking to fill by bringing on two new members, one under the age of 40, the other under 30. Rosalyn Ferguson is the under 30 and she joined in 2016; 36-year-old Aaron Martyniw is new this year.

And while Henrikson concedes board recruitment is a difficult task, the foundation almost seems immune from it, consistently finding great people and solving the riddle of filling that elusive youth gap with Ferguson and Martyniw.

And he's confident they'll play a crucial role in a task the entire board revels in – spreading the word of who the foundation is and what it does, because even though it granted just under a quarter of a million dollars last year alone, there are still people who don't know about the foundation.

For Aaron Martyniw, who was born and raised in Selkirk, joining the foundation was a perfect fit for him. He works for RBC Royal Bank in Winnipeg, and his career has seen him positioned in several rural Manitoba communities as well as Saskatchewan.

"Connection to my community, I think that was a big thing. Connection to my home town, I grew up here," he said. "It's critical to me, even though I don't really have a job that allows me to participate in the local economy because I work in Winnipeg, I thought it was a great opportunity to get back to my community and use some of the skills that I can use to better it."

## Singing songs in the rain



RECORD PHOTO BY LINDSEY ENNS

A musician takes cover from the rain underneath a tent during D.O.G. Days of Summer at the Selkirk Waterfront last Wednesday afternoon. D.O.G. Days and the Selkirk Waterfront Market runs every Wednesday in August from 11 a.m. to 2 p.m.

## Great Manitoba Food Fight seeks aspiring entrepreneurs

### Submitted

Aspiring Manitoba entrepreneurs with creative ideas for new foods or alcoholic beverages are invited to enter the 11th annual Great Manitoba Food Fight (GMFF), Agriculture Minister Ralph Eichler announced Monday.

"Manitoba is home to many budding entrepreneurs with a passion for food and drink and the skill to create innovative and delicious new products," said Eichler. "The Great Manitoba Food Fight is a fun and exciting way to find a new group of talented Manitobans who are ready to take the next step and turn their culinary creations into a possible career and a profitable food or drink-based business."

GMFF is sponsored by the Manitoba government, in partnership with De Luca's Specialty Foods Store and Food and Beverage Manitoba. This year's event features a new alcoholic beverage category, in support of the growing craft beer and spirits industry in Manitoba, the minister noted.

The competition provides entre-

preneurs with an opportunity to fast track their products to commercialization by competing for product development and service awards. In addition to pitching their product to a panel of judges, participants must submit an application form that outlines how they would commercialize their new product.

Ten applicants will be selected to compete in the food portion of the competition and three will be selected for the new pub competition. Judges will select gold, silver and bronze winners in the food category, with prize money ranging from \$13,000 to \$3,500. A single winner will be selected in the craft beer and spirits category, with a \$5,000 prize.

The competition will be held on Sept. 20 at De Luca's, 950 Portage Ave., in Winnipeg. The entry fee is \$50 and the application deadline is Aug. 4. Applications not accepted will have their entry fee returned.

To apply for the Great Manitoba Food Fight or for more information, visit gmff.ca or call 204-841-4084.

# Aurora Recovery Centre to host Fun Run for addictions awareness

By Lindsey Enns

Gimli's Aurora Recovery Centre is gearing up to host its first Fun Run for addictions awareness.

The event is set to take place on Sunday, Sept. 3 from 8 a.m. to 2 p.m. at the Gimli Park Pavilion

The event will kick off with a group yoga session in the park at 8 a.m. with the five or 10 kilometre walk or run beginning at 9 a.m.

Although the run is a family friendly event, Samantha Hampton, the centre's activities co-ordinator, said it will also be about raising awareness about addictions.

"There's such a dark stigma that's around addictions and people don't really understand, a lot of people think it's a choice rather than a disease," Hampton said. "This event is about celebrating recovery. There's millions of people that are sober and

**"THIS EVENT IS ABOUT CELEBRATING RECOVERY."**

are in recovery and we want people to know that goal, that lifestyle, to be sober, it's achievable and that you can't do it alone."

Hampton added all funds raised from registration fees will be donated to the sober living homes Two Ten Recovery and Destiny House in Winnipeg.

Hampton said they are hoping to raise around \$10,000.

Following the run, the Gimli Cadets will be hosting a barbecue and Selkirk's Fireheart Traditional Women's

Drum Group will also perform. The event will also feature an obstacle course, a bouncer, face painting as well as a bike decorating contest. There will also be a guest speaker at 12:30 p.m.

Participants will be entered to win an Ultimate Churchill Adventure for two, sponsored by Calm Air.

To register or for more information about the Fun Run, visit [aurorarecoverycentre.com/aurora-fun-run/](http://aurorarecoverycentre.com/aurora-fun-run/).

Aurora Recovery Centre is located at 20025 Lakeside Road in Gimli.

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.

For more information visit, [aurorarecoverycentre.com](http://aurorarecoverycentre.com).



RECORD FILE PHOTO BY LINDSEY ENNS

Aurora Recovery Centre is set to host its first Fun Run for addictions awareness at the Gimli Park Pavilion on Sunday, Sept. 3.

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# Canada 150 Summer Street Festival coming to St. Andrews

By Jessica Worb

The St. Andrews Rectory is welcoming community and area members to take a step back in time during the St. Andrews Canada 150 Summer Street Festival.

The two-day festival will take place on Saturday, Aug. 26 and Sunday, Aug. 27. On Aug. 26 there will be craft vendors and a farmers market set up at the St. Andrews Community Club located at 28 St. Andrews Road from 9 a.m. to 4 p.m.

The St. Andrews Rectory will join in on the community fun on Aug. 27 with 19th century demonstrations, tours, a barbecue, live music, contests, dancers and more all weekend.

The St. Andrews Rectory has been a part of the St. Andrews commu-

nity for decades and it has become a place where children and families can go for authentic experiences, says Gabriel Winestock, the museum's coordinator.

"Everything is hands on here. It's a great family experience and a great opportunity for imaginative and creative growth for children," Winestock said.

The rectory, which has offered tours and authentic activities for all-ages throughout the summer, will be closing their doors for the summer on Aug. 31.

"The best part about this job are the stories we get to tell," said Amanda Sinclair, one of the historical interpreters. "Visiting St. Andrews Rectory is such a great way to learn about



RECORD PHOTO BY JESSICA WORB

Historical interpreters Blake Carter, Amanda Sinclair, and Gabriel Winestock have spent their whole summer working at the St. Andrews Rectory. The historic site will host events during the upcoming Canada 150 Summer Street Festival in St. Andrews on Aug. 26 and 27.

Canada."

Originally built in 1854, St. Andrews Rectory has since become the home of 19th century history in the area. In 2010, Parks Canada designated St. Andrews Rectory as a part of Parks Manitoba.

Ginger ale, candle, and soap making are only a few of the activities they have of-

fered this summer. The classes are an opportunity for community members to make something that was either a craft or essential to 19th century life in an authentic manner in an authentic location, says Winestock.

"An interest in history for all ages is something that should be embraced," said Winestock. "We are a young country and it would be such a shame to lose something that was so recent. To some, it may seem old, but in perspective, it isn't."

Those interested in attending one of the final summer classes can visit [st-andrewsrectory.ca](http://st-andrewsrectory.ca) for more information.

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**Todd Borke was caught reading the Selkirk Record in HANGOCK, MICHIGAN last week**

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### 3rd annual Outdoor Yoga Flow set for Aug. 27



RECORD FILE PHOTO BY LINDSEY ENNS

The third annual Outdoor Yoga Flow will take place on Sunday, Aug. 27 at 11 a.m. at the Selkirk Waterfront. Those wanting to take part are encouraged to bring \$10 minimum donation, a mat or thick towel and water. All of the proceeds will go to the Wityshyn family as they navigate living with ALS.

# Block party helps bring neighbours together

By Jessica Worb

Nearly 100 community and area members came together on Dorchester Avenue on Sunday for the Friends of Little Lake committee's first ever block party.

The usual calm, quiet neighbourhood was bustling with music and small and large families, old and new friendships blossoming, and neighbours meeting for the first time.

"Our mission was to see young children, neighbours and new families come together," explained Linda Rosser, one of the Friends of Little Lake Committee members. "To see that come true and see all of the tremendous support we received was so exciting."

The block party, which was organized by a group of Dorchester and Grain residents who formed the Friends of Little Lake Park committee, was the first opportunity for community members to come together like this, Rosser said.

The afternoon event couldn't have been possible without the support of the city, explained Rosser. Earlier in the summer, the City of Selkirk awarded Dorchester residents \$150 for their block party in celebration of Canada's 150th birthday. And on Sunday, they provided the party with

a trailer full of children's games and activities.

"We couldn't be happier with the amount of support the city has given us," Rosser said.

The games, especially the giant soccer ball, kept the children busy while parents mingled, listened to live music and browsed through the silent auction.

"We think it's great," said Donna Kroeker, who played piano during the party. "Meet your neighbours, say hello, get to know everybody."

While this was their first block party, the committee plans to hold further events around Little Lake Park in the future, which Rosser says is Selkirk's best kept secret.

"We were using today to see if it was something people were interested in, and now after seeing the turnout, we know it is," said committee member, Carol Harvey.



RECORD PHOTOS BY JESSICA WORB

Nearly 100 community and area members came together to enjoy live music and other festivities on Dorchester Avenue during the Friends of Little Lake committee's first ever block party in Selkirk on Sunday.



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Grand Marais	10 am - 1 pm	Grand Marais Community Central (RM of St. Clements)
Lester Beach	11 am - 2 pm	Lester Beach Sportsfield (RM of Alexander)
Pine Falls	11 am - 2 pm	Pine Falls Locomotive (Town of Powerview-Pine Falls)

Food & Refreshments will be supplied. Promotions will be at each location while supplies last.

**RRNTA will also be announcing the trail openings of LOWER FORT GARRY, EAST SELKIRK, BEACONIA-GULL LAKE, GRAND BEACH-GRAND MARAIS & LESTER BEACH**



RECORD PHOTOS BY KATHY BURKE

The Selkirk Waterfront stage played host to Rock the Waterfront a tribute to class rock superstars featuring Bed of Roses, a Jon Bon Jovi tribute band, with guests Travelling Band, a tribute to Creedence Clearwater Revival last Saturday evening.





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Continued on page 19

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# Your Local Community Home Real Estate Section

HOUSES APARTMENTS CONDOS COTTAGES RETIREMENT FINANCING IMPROVEMENTS INSURANCE



## Potential indicators of roof trouble

With regard to home repairs, homeowners may be able to delay some projects until the weather permits or they find room in their budgets. But other areas, including the roof, may demand immediate action.

Few homeowners give the roofs of their homes much thought until a problem arises. But learning to recognize potential indicators of roof trouble can help homeowners prevent potentially drastic situations down the road.

· **Light:** Homeowners with attics in their homes can inspect the ceilings inside the attic for signs of holes or leaks. Light peering through the top of the house indicates a hole or leak, as does stains or streaks on the ceiling.

· **Worn shingles:** Shingles should lie flat against the roof, so any that appear to be buckling or turning up are damaged and in need of repair. A single damaged shingle does not require

a full roof replacement, but inspect all the shingles nonetheless. Another indicator of shingle problems can be found when cleaning downspouts or gutters. If the gutters and downspouts contain lots of shingle granules, the roof may soon need to be replaced.

· **Moss:** Moss on a rooftop may give a home character, but that added character is costly. Shady areas of a roof can be susceptible to the growth of moss and fungi because moisture can be trapped in such areas. If possible, remove moss or fungi from a roof with a stiff brush or hire a professional to do the job instead. Moss may come back even after brushing it off, so homeowners should keep an eye on areas of their roofs that get little sunlight. In addition, trapped moisture can be very harmful to a roof, so it may be wise to exercise caution and have roofs with mold or fungi growths inspected.

· **Age:** Another indicator of roof

trouble may be the age of the roof. Even if there are no visible signs of damage, homeowners whose roofs have some years under their belt may want to consider replacing them. Asphalt shingle roofs typically have life expectancies of 20 to 25 years, while

roofs installed over existing layers of shingles may need to be replaced after 20 years.

Recognizing minor roof damage before it escalates into a larger problem can save homeowners substantial amounts of money.

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Road  
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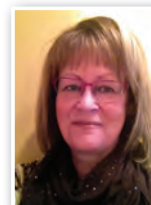
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# Your Local Community Home Real Estate Section

HOUSES APARTMENTS CONDOS COTTAGES RETIREMENT FINANCING IMPROVEMENTS INSURANCE



Continued from page 17 and style your own outdoor kitchen. Elmer, senior Craftsman at Home Hardware, came up with an ingenious idea for homeowners to create their dream space without needing a second mortgage. Using cedar, Barkman concrete stones and tiles, Elmer designed a beautiful, functional out-

door workspace that can be customized for any outdoor space. "This sectional outdoor kitchen can work in any outdoor space. The stones can be customized, different colours may be used. You can choose cedar or treated lumber packages, the possibilities are endless," says Elmer.

Continued on page 20

[www.teammoyer.ca](http://www.teammoyer.ca)



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1032 Colville \$229,900



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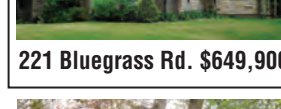
309A Selkirk Ave. \$279,900



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204 Dunara Ave. \$219,500



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42 - 305 Mercy Street Clean starter, low maintenance \$135,500

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229 Clandeboye Ave \$269,000 Classic Character



153 Sophia \$249,900



306 Robinson Avenue, Selkirk \$119,900



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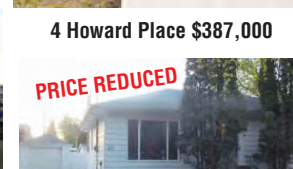


42 - 305 Mercy Street Clean starter, low maintenance \$135,500

SELKIRK  
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201 Eveline Street \$249,900



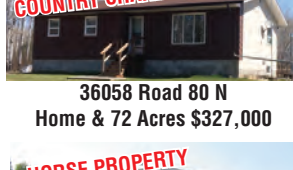
520 Moody Ave \$236,000



737 River Rd, Lockport \$575,000



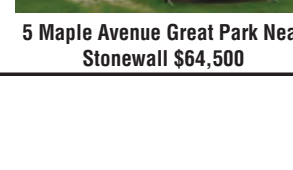
12 Murdoch "Spectacular Creekfront" \$540,000



36058 Road 80 N Home & 72 Acres \$327,000



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VACANT LAND

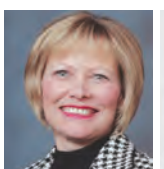
- 332 Acres (150 acres were cultivated) \$202,000
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# Your Local Community Home Real Estate Section

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Continued from page 19

Outdoor entertaining areas often include bars, so it makes sense that homeowners want to include a place to prepare and serve beverages to their guests. Home Hardware has the perfect outdoor sink that can connect to your garden hose. Spending thousands on plumbing is not necessary to install a wet bar where you can rinse mixers, glasses and other items needed to prepare drinks and food.

Home Hardware Selkirk is featuring the Great Outdoor Kitchen Giveaway contest with one lucky winner taking home a fabulous outdoor kitchen. Eligible contestants must spend \$2500 or more on a purchase of a deck, fence or Regal railing package at Selkirk Home Hardware and will be entered to win this out door kitchen shown here. Contest ends August 31st, 2017.

Stop by Home Hardware Selkirk to speak to Elmer and staff at the lumber desk to find out more about creating your own cedar outdoor kitchen.

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# FALL & WINTER ACTIVITIES & registration section 2017-2018

## Exercise and the older woman



08/08/2015

The aging process has a way of making people risk-averse. As women age, some may feel exercise is simply too risky. Hormonal changes brought on by aging decrease a woman's bone density, and that fact makes many women over 50 hesitant to embrace exercise. But exercise plays a key role in helping women over 50 secure their long-term health and reduce their risk of injury.

\* Exercise promotes independence. Some women feel that exercising after 50 increases their risk of injury, which can make them overly dependent on their loved ones. But exercise, in particular strength training, slows bone deterioration, helping bones stay stronger longer and reducing a woman's risk of suffering a potentially debilitating injury. Independence is especially important to seniors, many of whom spent years planning their retirements and waiting for the day when they would be free to travel at their leisure. Daily exercise can help women maintain that independence by reducing their risk of injury and other ailments that can be confining.

\* Exercise can improve sleep. Some women who are fighting fatigue may feel that routine exercise will only make them more tired. But exercise actually improves energy levels and makes it easier to get a better night's

rest. Numerous studies have shown that routine exercise can improve sleep quality and even increase energy levels throughout the day, some-

Continued on page 24

# Keystone Kips Gymnastics

**REGISTRATION Aug 21, 2017 - 6:00 to 7:30 pm for the following classes**

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# 5

**THINGS YOU NEED TO KNOW ABOUT THE**

# 1

**SELO (Село) is the Ukrainian word for VILLAGE**

A perfect word for a dance group started for family, run by a family and promotes the aspect of feeling part of the family... We really are a village!

# 2

**YOU DON'T HAVE TO BE UKRAINIAN TO DANCE WITH US!**

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# 3

**REHEARSALS ARE A SUPER CARDIO WORKOUT**

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# 4

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# 5

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ACCEPTING DANCERS AGE 5 AND UP

# FALL & WINTER ACTIVITIES & registration section 2017-2018

## What athletes should know about shin splints

Exercising more is a primary goal for many people, especially those interested in losing weight. Athletes also look to increase the time they spend exercising as new seasons draw near. While additional exercise can benefit many people, those who frequently perform weight-bearing exercises or repetitive motions, such as running, dancing and jumping, may find themselves battling shin splints.

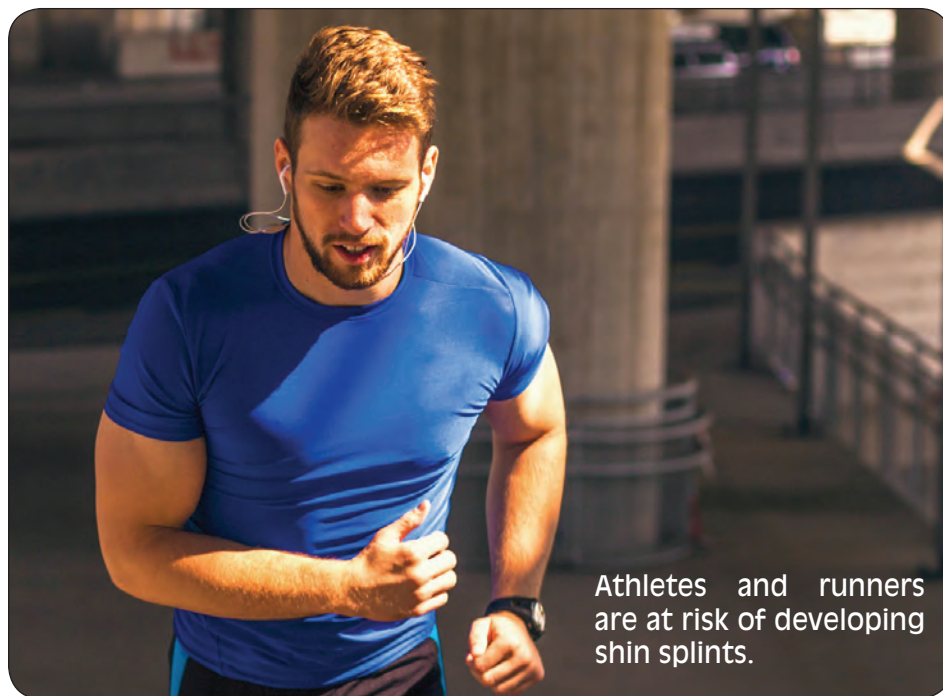
Also known as tibial stress syndrome, shin splints are a condition marked by pain in the shinbone, also known as the tibia. Shin splints are common among athletes and dancers who spend so much of their time on their feet. The Mayo Clinic says shin splints are caused by repetitive stress on the shinbone and connective tissues that attach muscles to the bone. Shin splints typically appear when

there is a sudden increase in distance or intensity of a workout schedule.

Shin splints are characterized by tenderness, swelling, soreness, and/or pain along the inner part of the lower leg. While the pain may stop when the body stops exercising, eventually that pain can transform into continuous pain.

Many cases of shin splints can be alleviated through rest, icing and other self-care methods. Wearing proper footwear and modifying exercise routines can help ensure that shin splints are not a recurring problem.

Should shin splints not clear up on their own, or if over-the-counter pain relievers prove ineffective at managing pain, then athletes should contact their physicians. Doctors will likely try to determine if the pain is caused by something other than shin splints.



Athletes and runners are at risk of developing shin splints.

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For more info visit [selkirkdance.org](http://selkirkdance.org)  

# FALL & WINTER ACTIVITIES & registration section 2017-2018

## How to be a good youth sports parent

Extracurricular and summer season sports leagues keep thousands of children occupied. Youth sports promote physical fitness and teamwork while helping children acquaint themselves with sportsmanship and camaraderie.

The Journal of Sports Medicine says three out of four American families with school-aged children have at least one child playing an organized sport. While many kids play just for recreation, others play competitively.

Sports are meant to be sources of enjoyment for children, but parental pressure and poor adult behavior on the sidelines can make kids reluctant to compete. Parents who behave poorly may inadvertently pass on bad habits to their children or cause kids

to prematurely abandon their athletic pursuits. The following are a few tips for parents who want to encourage their kids' passions for sports in positive ways.

- Show respect for coaches and officials. Parents should not act like they are the final authority on calls or how team members should play. Respect should always be shown to coaches and referees.

- Let your child have fun regardless of his or her performance. Too often parents get swept up in how their children are performing when the goal for young athletes should be to enjoy themselves. Resist the urge to

Continued on page 24



Parents can take several steps to make their kids' experiences with sports as positive as possible.



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# FALL & WINTER ACTIVITIES & registration section 2017-2018

## > YOUTH SPORTS PARENT, FROM PG. 23

focus on performance and focus instead of whether or not your child is having fun.

- Recognize college scholarships may not be in the cards. Although some children are destined for athletic greatness, many will not play sports after high school. Pressuring older children to improve their performance in the hopes of landing college scholarships can make the little time they do have to play their favorite sports less enjoyable.

- Take cues from the child. Children are often great indicators of parental behavior at sporting events. Parents whose children seem unenthusiastic about mom and dad attending their sporting events may be trying to tell you they don't appreciate your behavior at the games.

- Provide constructive criticism. Early coaching and practice with parents

can give kids a leg up on the competition. But keep your advice constructive. Parents who become pushy or force constant practices can make sports unenjoyable.

- Place emphasis on fun and learning skills. Find out what the kids hope to accomplish by playing sports and help them to achieve those goals. Focus on being supportive rather than emphasizing winning, as doing so can help children view sports participation in a more positive light.

If children seem to have lost interest in sports, parents can ask why in an effort to make sports fun again or encourage other pursuits. Many sports now require year-round participation, which can cause burnout in some youngsters. Sometimes a brief break and some fine-tuning may be all that's needed to rekindle a child's passion for sports.

## > OLDER WOMAN, FROM PG. 21

thing that should raise an eyebrow among women who do not exercise but routinely find themselves fighting fatigue. A more quality night's rest improves vitality, making it easier for women to exercise and make it through the day without feeling fatigued.

- \* Exercise benefits those with limited mobility. Women over 50 with limited mobility may feel that exercise serves no purpose because of their disability or physical condition. But even women confined to wheelchairs or those forced to walk with a cane or walker can benefit from cardiovascular exercise and even light strength training. Such exercises can improve a woman's range of motion while reducing her risk of heart disease.

- \* It's never too late to start exercising. Many aging women feel their

time to embrace exercise has long since passed. But it's never too late to start exercising. Women should take a conservative approach when exercising after a long hiatus, beginning with a slow walk around the neighborhood or a local park. Walking is a great beginner's exercise, as it provides a good cardiovascular workout while working a variety of muscle groups. As your body readjusts to physical activity, gradually increase the intensity of your exercise sessions, adding some strength training, ideally under the supervision of a professional. Always stretch immediately after each exercise session, and give your body ample time to recover, especially when you begin your new regimen.

Check out our registration section for activities geared towards older women.

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## Selkirk Ringette Registration

### Selkirk Rec Lobby

**Wednesday, Aug. 23<sup>rd</sup>**  
**5:00 pm - 8:00 pm**  
(Need to be registered for "A" Try-outs)

**Ringette 4 U Program (2010-2014)**  
**Fall Conditioning Camp starts Monday, August 28<sup>th</sup>**

**Come Try Ringette Saturday, Sept. 16<sup>th</sup> 1:30pm - 2:30 pm Selkirk Rec**  
• Please pre-register at [www.cometryringette.com](http://www.cometryringette.com)

**Register online at our website: [www.selkirkringette.com](http://www.selkirkringette.com)**  
Payment can be made in person on registration date, by e-transfer or mail to:  
Selkirk Ringette, c/o Tanya Zorniak 655 Pigeon Bluff Road, St. Andrews R1A 4K2 [dtksz@outlook.com](mailto:dtksz@outlook.com)



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Andjelic has golden moment for Manitoba in volleyball

By Brian Bowman

It was a golden moment on the court for Manitoba's female volleyball team.

Manitoba, whose roster included St. Andrews' Jessica Andjelic, defeated Alberta 3-1 by scores of 28-30, 25-22, 25-20 and 25-15 at the University of Manitoba's Investors Group Athletic Centre.

It was a great win by Manitoba in front of a boisterous – and very supportive – home crowd.

"It was super surprising, especially coming from the smaller town and everything," said Andjelic, who lives in St. Andrews, Monday afternoon. "Most of our girls are physically from Winnipeg.

"It was a very exciting moment and it still doesn't feel real."

Manitoba did a super job bouncing back from that tough first-set loss to win the match in four sets.

"We all realized that we had to stick together as a team, especially after one of our players on the left side made a huge block," said Andjelic, Manitoba's starting libero. "We realized we had to keep pushing, especially against that team, because we knew it was going to be super good competition.

"We knew we had to calm down and keep going because we knew that if we gave up, (the momentum) would go the other way."

The win over Alberta secured Manitoba's 10th gold medal at the Canada Summer Games. Team Manitoba lost only one match throughout qualification and playoff rounds.

The players received a ton of support from their parents and coaches,



Jessica Andjelic

said Andjelic.

"I'm thankful for all of the coaches and our parents that we had that helped us get where we are," she stressed.

The gold medal win was a nice way for Andjelic to end the summer as she prepares to make the transition from the Balmoral Hall School Blazers to the University of Winnipeg Wesmen.

"It's going to be scary," she gushed. "But it's going to be super exciting and fun with going to different places. It will be all new players that you're going to be playing against."

Andjelic will be one of three players vying for the starting libero position. The Wesmen are really looking forward to seeing what Andjelic can do on the volleyball court.

"Jessica Andjelic is a perfect piece to complete our athletic team puzzle,"



RECORD PHOTO CANADA SUMMER GAMES

St. Andrews' Jessica Andjelic won a gold medal with Team Manitoba in women's volleyball at the Canada Summer Games.

said Wesmen head coach Diane Scott on the school's website. "She brings a substantial resume of success and achievement (and) is a gifted athlete and warrior on the court.

"Jessica reminds me of former Wesmen standout, Tia Boroski, with her natural volleyball IQ and her dynamic ability on the court."

Andjelic, a talented 5-foot-7 left player, was named the Blazers' most valuable player in Grades 10 and 11.

She also played for the Vision Volleyball Club (Grade 10) before moving on to the Cobras for Grades 11 and 12.

In Andjelic's Grade 11 year, her Cobras won silver at the provincial championships and she was named to the all-star team.

Andjelic continued to find success with the Cobras in Grade 12, finishing second at the provincials and fourth at the National Championships, which were held this past May in Edmonton.

She also was a member of Manitoba's provincial team program for two years (2014-2015), winning a bronze medal at the National Team Challenge Cup in 2015.

## Langlais selected to Canada's women's summer baseball program

Staff

Garson's Brittney Langlais was one of three Manitobans recently selected to participate in Canada's Women's National Team's 2017 summer baseball program.

She was joined on the 31-player roster along with Katie Heppner (Winkler) and Sarah Moir (Winnipeg). Fifteen athletes named to the roster participated with the program for the

first time.

The athletes were selected from the Women's Invitational Championships, which were held in Windsor, Ontario. Athletes, coaches and staff then travelled to Washington, D.C. and were split into two teams with each squad playing a four-game series against two teams from USA Baseball last week.

The development series between

Baseball Canada's Women's National Team Program and USA Baseball's Women's National Team Development Program concluded with the U.S. winning both ends of a split-squad doubleheader Sunday at the Washington Nationals Youth Baseball Development Complex.

The seven-game series finished with both teams going 3-3-1.

Athletes, coaches and staff returned

home this past Monday.

Langlais is also a member of the North Winnipeg Pirates' team that will be competing at the 18U "AAA" national championships in London, Ont. That tournament begins today and wraps up Sunday.

The Women's National Team Program, meanwhile, will now set their sights on preparations for the 2018 WBSC Women's Baseball World Cup.

# Adams paddles way to bronze at Canada Summer Games

By Brian Bowman

As Manitoba enjoyed medal mania this past week with its record-breaking performance at the Canada Summer Games, a local athlete can be proud to say he added to that count.

Selkirk's Zachary Adams won a bronze medal for Manitoba in the canoe/kayak K4 200-metre sprint last Friday.

"I really didn't know what it was like to win until I won the medal," said Adams, a Comp grad. "When we got past the finish line, we didn't really know if we got third, but we looked over and saw Team Ontario just behind us."

Manitoba coach Dave Anderson was very pleased with the bronze-medal performance.

"I'm not surprised," said Anderson, who also lives in Selkirk. "I knew if those guys would have a good race that they could put it together and they could squeeze out a medal. Those guys were going up against some fierce competition...but the boys came together as a team."

Adams also competed in K4 100-metre race, placing fifth overall. Those results are very good considering Adams was up against the top canoe/kayakers in Canada.

"I usually compete against just the western provinces, so this was like our nationals and I'm going to nationals in Welland, Ont. next week," he explained last Saturday. "But this is the best of the best and only five athletes from each discipline are able to race in this."

Adams enjoyed representing our province right here in Manitoba. He usually has to travel when he competes.

"We didn't have to pack boats, which is really nice," he said. "And the home advantage was really nice as well."

Manitoba has caught the Summer Games fever, with outstanding crowds voicing their support for the home province at many of the events.

The media coverage has also been



Zachary Adams

very, very good.

"A lot of the media has been interviewing (our team)," Adams said. "It's been really great. A lot of the French media came because a lot of the athletes on my team are French."

Adams didn't have much time to reflect of his medal performance at the Summer Games, though, as he quickly had to turn his attention to the nationals.

"I'm extremely excited," Adams stressed. "I've never been to Welland before and I hope that I can turn the exact same scenario I did at the Canada Games."

Adams, 17, will be competing in the 1,000-metre, 500-metre, and 200-metre sprints along with his partner, Sacha Skirzyk.

"I have a lot of confidence going into nationals," Adams said.

Anderson said both athletes have been improving significantly. He added that they could surprise some people at nationals.

"They may be able to take the lead there," Anderson predicted. "Those two have been accelerating as a team quite well (and) there could be a pleasant surprise from those two."



RECORD PHOTOS SUBMITTED

Zachary Adams, second from left, helped Manitoba win a bronze medal in the K4 200-metre sprint at the Canada Summer Games.



Adams, second from right, will be competing at the national in Welland, Ont..

## Manitoba places second at Willington Cup

Staff

Manitoba finished second at the Willington Cup team event at the Canadian Men's Amateur Championship last week at the Toronto Golf Club.

Manitoba, whose team included Selkirk's Travis Fredborg, Devon Schade

and Eric Johnson, combined for a 284 total. That was 11 strokes back of Quebec and three better than Ontario.

On an individual note, Fredborg fired rounds of 71 and 75 and missed the cut.

Zach Bauchou, meanwhile, shot a fi-

nal round 2-under 68 to win the 113th playing of the Canadian Men's Amateur Championship last Thursday.

In addition to becoming the 22nd American to claim the title of a Canadian Men's Amateur champion, Bauchou earned an exemption into this

week's 2017 U.S. Amateur at the Riviera Country Club in Palisades, Calif.

The 2018 Canadian Men's Amateur Championship will be held Aug. 6-9 at Duncan Meadows Golf Resort and Pheasant Glen Golf Resort, in Vancouver Island, B.C.

# Narol players have soccer experience of a lifetime at Games

By Brian Bowman

Tomas Chaloupka and Marques Scott have known each other for a very long time.

And they have played a lot of soccer together.

But their soccer careers took another step forward last week as both Narol products led Manitoba to an impressive fourth-place finish at the Canada Summer Games.

"For me, I went to westerns and it was amazing but this being the Canada Games, it was extraordinary," Chaloupka said Monday afternoon. "The atmosphere was amazing and everyone was friendly. The team, Manitoba as a whole unit, was awesome."

Team Manitoba had to settle for fourth after losing 2-1 to Quebec (Manitoba trailed 2-0 fairly early in the contest) in the bronze-medal game. It was a tough loss for the local squad but a great overall placing.

"We definitely felt we outplayed them," said Scott, a centre midfielder. "We gave away two easy goals on giveaways and they hit us with a quick attack."

"At this type of tournament, if you are going to give the ball away to a quality team like Quebec, Alberta, Ontario, B.C., they're going to make sure that they capitalize on it and punish you."

Chaloupka said Manitoba pushed hard at the end of the game, trying to net the equalizer.

"It just didn't go in our favour," Chaloupka lamented. "Everybody would love to come home with a medal but, in some games, it just doesn't go your way. You still keep your head high because you know that you did the best that you could."

Despite the bronze-medal game loss, the experience of competing in the Summer Games was a special one.

"It was the biggest event that I have ever played in my life," Scott said, noting he played in the Western Canada Summer Games in 2015. "When I was younger, I never would have imagined playing in something this big."

The crowd of supporters was a big boost to Team Manitoba as they competed against the top athletes from across the country.

"I never would have imagined that we would have had as many fans as we did at Waverley," Scott said. "It was a great experience and definitely the greatest soccer experience of my life so far."

Both Scott and Chaloupka were on the same East St. Paul team as nine year olds and have played premier soccer for FC Northwest for many years. Chaloupka is also part of the NDC program at Glenlawn Collegiate. They have been friends since early childhood.

Living down the street from each other on Raleigh Road (off Hwy 202, halfway to Lockport from Bird's Hill Park), they have shared many great



Marques Scott



Thomas Chaloupka

moments in soccer and away from the field.

Their fathers, Marcel Scott and Paul Chaloupka, went to junior and senior high together at Valley Gardens and Kildonan East Collegiate.

It was pretty special for the two friends to represent their province at the Games last week.

"On and off the field, it was pretty special to experience something with a friend that you have known your whole life," said Scott, who will be entering Grade 12 at River East Collegiate next month.

Scott, meanwhile, was extremely impressed with Manitoba's coaching

staff and the hard work they put in at the Games.

"I want to thank the Team Manitoba staff, Tony Nocita, Mike Vitulana, and Gerald (Olin), our manager," Scott said. "Those two coaches and our manager made sure that we felt like professionals and made sure that we were well prepared with scouting reports before the game. They worked hard - they would stay up until 2/3 a.m. making scouting reports."

"I want to give full credit to Mike and Tony and definitely Gerald. Those guys made the difference."

# Carter competitive at Canada Summer Games

Staff

Manitoba placed eighth in the tennis team competition at the Canada Summer Games at the Winnipeg Lawn Tennis Club.

Team Manitoba defeated the Northwest Territories 6-0 in the round of 16 before falling 5-1 to B.C. in the quarterfinals.

In Flight 5-8 play, Manitoba defeated P.E.I. 4-2 in the quarter-finals and then lost 4-2 to Nova Scotia in the semifinals.

Saskatchewan beat Manitoba 4-2 in the seventh-eighth game. Ontario won gold in the team event, with B.C. claiming silver and Quebec earning bronze.

Meanwhile, St. Andrews' Reece Carter tied for fifth in the female singles competition after losing in the quarterfinals 6-2, 6-3 to eventual

bronze-medalist Vanessa Wong of Ontario.

The Manitoba team of Maya Arksey/Monika Popovic tied for fifth in female doubles after losing in the quarterfinals to eventual champions Ariana Arseneault/Jada Bui from Ontario.

## Other local competitors

In rowing, Lockport's Riley Smith was a member of Team Manitoba. Manitoba was fifth in the rowing eight with coxswain female competition.

Smith also teamed up with Winnipeg's Chelsea Redecopp to place seventh in the female pairs rowing event.

On the mat, Manitoba placed seventh overall in women's wrestling. Team Manitoba included West St. Paul's Jessica Johnson and Jayden Ramgotra, formerly of St. Andrews.



RECORD PHOTO COURTESY OF CANADA SUMMER GAMES

St. Andrews' Reece Carter lost a quarter-final tennis match at the Canada Summer Games.

# Locals lead Manitoba to fifth in men's volleyball

Staff

Manitoba finished the Canada Summer Games in fifth place in men's volleyball after defeating Saskatchewan 3-1 last Friday.

Manitoba won the match by scores of 25-23, 25-20,

24-26, and 25-10.

Manitoba was relegated to the fifth-place game after getting swept 3-0 by B.C. in a quarter-final matchup.

Manitoba finished Group "A" play in third place

behind Ontario (5-0) and Alberta (4-1) after posting a 3-2 record.

Local players Nigel Nielsen, Owen Schwartz and Jack Mandryk, who have all played for the Selkirk Royals, were members of Team Manitoba.



Owen Schwartz smashes the ball.



Jack Mandryk serves the ball against New Brunswick.



RECORD PHOTOS BY JO-ANNE PROCTER  
Nigel Nielsen smashes a kill at the Canada Summer Games.

## Hoydalo, Albert win rural golf championships

Staff

Wesley Hoydalo fired a sizzling 68 on Sunday to edge Portage's Trevor McCartney by a stroke at Golf Manitoba's Rural Men's Championship at the Portage Golf Club.

Hoydalo began play Saturday with a 70 to finish the tournament at a solid 2-under 138.

Rounding out the top five were Colwyn Abgrall (140), Josh Neufeld (148), Avery Livingston (149) and Colton Harder (149).

Hoydalo, meanwhile, also easily won

the junior title, finishing 11 strokes better than Harder.

Clear Lake's Keith Fawcett won the senior championship with rounds of 76 and 79.

On the women's side, Mikyla Albert won the rural championship by four strokes over Coral Zamzow. Albert carded rounds of 81 and 87 to finish at 26-over 168.

That was four strokes better than Zamzow and 17 in front of Marni Zamzow in the three-player field.



SUBMITTED PHOTO  
Wesley Hoydalo, left, and Mikyla Albert, won the rural men's and women's golf championships last Sunday in Portage la Prairie.

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# take a break > GAMES

## SUDOKU

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

Fun By The Numbers

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Level: Intermediate

### Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

# X CROSSWORD

### CLUES ACROSS

1. Nocturnal rodents
6. "Sin City" actress Jessica
10. Strong dark beer
14. Nebraska city
15. Inclined to avoid conflict
17. Mistaken belief
19. Expresses disgust
20. Greek goddess of the dawn
21. Cranky
22. Boy who wouldn't grow up
23. Scots for "home"
24. Turfs
26. Countries
29. The duration of something
31. Pastries
32. Golf score
34. Reasonable
35. Female parents
37. Art \_\_, around 1920
38. Beloved sandwich
39. Damaged
40. Long time
41. One who rears
43. Without
45. Occupational safety and health act
46. Political action committee
47. Geological period
49. Swiss river
50. Type of mathematical graph
53. Doctors are sworn to it
57. One's concerns
58. Type of wrap
59. Foray
60. Born of
61. A temporary police force

### CLUES DOWN

1. \_\_ and circumstance
2. Bowfin fish
3. Ready money
4. Expression of satisfaction
5. A person who lacks good judgment
6. Cooks where one

1	2	3	4	5		6	7	8	9		10	11	12	13	
14						15					16				
17						18									
19						20				21					
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29	30							31				32		33	
34						35	36					37			
38					39							40			
			41		42					43	44				
					45					46					
			47	48					49				50	51	52
53								54				55	56		
57												58			
59								60				61			

7. Majors and Oswald
8. \_\_ humbug
9. Salts
10. Type of hound
11. A notice of someone's death
12. Disgust with sweetness
13. Barbie's friend
16. Rectal procedures
18. Partner to carrots
22. Group of cops (abbr.)
23. First Chinese dynasty
24. A favorite of children
25. Being a single unit or thing
27. Fencing swords
28. New England river
29. Sino-Soviet block (abbr.)
30. Insect feeler
31. Payment (abbr.)
33. Director Howard
35. Large deep-bodied fish
36. Architectural term describing

- pillars
37. Chargers legend Fouts
39. Awaken
42. Covered
43. Frock
44. Cools a home
46. Congratulatory gestures
47. \_\_ fide
48. Ancient Incan sun god
49. Card players' move: \_\_ up
50. Gentlemen
51. Educational organizations
52. Actress Daly
53. Southern sky constellation (abbr.)
54. Midway between east and southeast
55. Small European viper
56. Language close to Thai

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## NOTICE OF HEARING

### UNDER THE HIGHWAYS PROTECTION ACT THE HIGHWAY TRAFFIC BOARD

Notice is hereby given that a hearing of the Highway Traffic Board will be held on Tuesday, August 29, 2017 at 10:00 a.m. in Room 204-301 Weston Street, Winnipeg MB R3E 3H4 Phone: (204) 945-8912.

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

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

### 1/008/130/A/17 - MANITOBA

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Century Selkirk, 165 Main Street. Currently we have bachelor & 1 bedroom suites for rent. Rent includes heat & water. Close to all amenities & bus route. Onsite laundry & parking available. Rents start at \$825. No pets & no smoking. Please contact Karen at 204-482-5019 for suite viewings.

### APARTMENT FOR RENT

Upstairs apartment rental. Spacious 1 bedroom/1 bath. Rent \$1,000/mo. Utilities extra (hydro, water, phone, cable.) Included parking, security system, appliances (fridge, self-cleaning oven, 30 inch stove, dishwasher, AC, washer & dryer), & blinds on windows. Laminate hardwood floors. Kitchen, living room - open area concept. 1 year lease, no pets, non-smoking, adults only. Damage deposit \$500. Location 204 Clankdeboye Ave. Selkirk, Manitoba R1A 0X1. Phone 204-785-3097.

1 and a 2 bedroom suite available at Tollak 1 Building. No smoking and no pets. Rent is \$1030/mo. for 1 bedroom and \$1,015/mo. for 2 bedroom plus \$46 for parking. Inquires at 204-482-2751 or 204-485-0246 or [tollakplace@outlook.com](mailto:tollakplace@outlook.com)

### PROPERTY SERVICES

Silver Dog Demolition and Property Services. Demo of steps, sidewalks, pads, and small to double garage size buildings. Property and building clean ups and clean outs. Salvage pickup. Text anytime or call after 1 p.m. 204-485-1234.

### GARAGE SALE

Multi-family garage sale 505 Vaughan Ave. Selkirk, Fri., 4-8 p.m.; Sat., 9 a.m. - 4 p.m.; Aug. 18 & 19. Bunkbed, hockey and free items.

### HELP WANTED

Are you physically or medically challenged & motivated to work? Call A.I.M. for Work at 204-482-2130 or 1-800-494-4179.

Hiring Now - restaurant help - line cooks, servers, etc in St. Andrews. Call 204-339-6904 or 204-232-3630 or drop off resume at 610 Club Rd.

### HELP WANTED

Full time chef/sous chef or cook required. Experience necessary. Call Sheri at 204-467-2354 or email [sherilab@hotmail.com](mailto:sherilab@hotmail.com)

LOADER OPERATOR WANTED at Great Plains Rail Contractors located in Winnipeg. Competitive wage and full benefits. Must be willing to work out of town. Please email your resume to [stevenritchot@gprail.ca](mailto:stevenritchot@gprail.ca)

Part time bar help required. Also, restaurant waitress needed (mostly days). Call Bruno at 204-467-2354 or email [brunolab@live.com](mailto:brunolab@live.com)

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### HELP WANTED

Russell Banner reporter wanted. Requirements - self-motivated, computer experience, photography skills an asset. We offer competitive wages. Apply by resume to The Dauphin Herald P.O. Box 548, Dauphin, MB R7N 2V3 Attention: Bob Gilroy Email: [bob.gilroy@mymts.net](mailto:bob.gilroy@mymts.net) Closing date: August 22nd, 2017.

### MISCELLANEOUS

35 steel wheels, drill etc. Rolex watch \$1200; 2 horse show wagon \$950; 600 LP records, large assortment. Steam engine bell; 73 Pontiac; 95 Buick Road master \$1,250 each. Phone booth with phone, 5000 hub caps chrome car and truck, older motor home, 25 ft. Sky Jack electric \$1,200. 500 gal. fuel tanks with stands \$150 each. 7 wood stoves, trophy elk head, 18 ft. refinery tower with stairs. Alum. beams 18 ft., lots of steel, misc. antiques, and lots more items. Selkirk area 1-204-482-7251.

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

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## LAND FOR SALE BY TENDER

Completed Tenders and a \$20,000.00 deposit will be received up to **4:00 PM on September 29, 2017** (the "Deadline") at:

MLT Aikins LLP  
30th Floor - 360 Main St  
Winnipeg, MB R3C 4G1

Attn: Michelle R. Redekopp  
Ph: 204-957-4698  
Fax: 204-957-4228  
Email: [mrrdekopp@mltaikins.com](mailto:mrrdekopp@mltaikins.com)

### Property for sale

S 1/2 OF 26-16-8 EPM  
SUBJECT TO THE RESERVATIONS, PROVISOS AND CONDITIONS RESPECTING MINES, MINERALS, MINERAL OILS AND OTHER MATTERS AS THE SAME ARE MORE FULLY SET FORTH IN TRANSFER 894308 WLTO (320 acres)

all as more particularly described in the Vacant Real Estate Tender.

### Conditions of Tender

1. Tenders to be in the form prepared by MLT Aikins LLP. To obtain a Tender form or more information, contact Michelle R. Redekopp at MLT Aikins LLP at the contact information above.
2. Each Tender must be accompanied by a certified cheque, payable to MLT Aikins LLP (in trust), in the amount of \$20,000 (the "Deposit").
3. Deposits of Tenders not accepted by October 15, 2017 will be returned to the bidders after October 15, 2017.
4. The possession date and the due date of the balance of tender price shall be on November 30, 2017.
5. If the balance of the accepted Tender is not paid on or before the possession date, the Deposit paid will be forfeited to the Vendor.
6. The successful bidder shall be responsible for payment of the GST or shall self-assess GST.
7. Bidders must rely on their own inspection and knowledge of the property. Successful bidders will be responsible for the payment of property taxes commencing December 1, 2017.
8. **The highest Tender or any Tender will not necessarily be accepted. The Vendor is not obligated to sell any of the land or to accept any Tender.**

**CITY OF Selkirk**

## TENDER NOTICE

### Lime Sludge Removal and Disposal Service TR-2017-07

Separate Sealed Tenders will be received by the undersigned at 200 Eaton Avenue, up until 2:00 P.M., Local Time on Thursday, August 31, 2017 for the following:

**TR-2017-07 Lime Sludge Removal and Disposal Service**

Tender for the furnishing of all labour, equipment and miscellaneous material required for the City of Selkirk's Lime Sludge Removal and Disposal Service from the Water Treatment Plant.

Specifications and tender packages are available at the Operations Department, 739 Sophia Street, Selkirk, request a copy by email at [operations@cityofselkirk.com](mailto:operations@cityofselkirk.com), or view on the City's website at [www.MySelkirk.ca/tenders](http://www.MySelkirk.ca/tenders).

All inquiries related to this Tender should be directed to Mr. Dale Scott, Manager of Water and Wastewater Treatment Facilities at 785-4943.

The lowest or any tender not necessarily accepted.

Mr. Duane Nicol  
Chief Administrative Officer  
City of Selkirk, 200 Eaton Avenue, Selkirk, Manitoba, R1A 0W6

## SHOP LOCAL



## R.M. OF ST. ANDREWS Request for Contractors to Install Underground Utility Services in the R.M. of St. Andrews MB

The purpose of this request is for the R.M. of St. Andrews to create a list of Licensed Contractors to install underground utility services for Phase 1 of its Low-Pressure Sewer Project in the South part of St. Andrews.

Owners of approximately 1,900 properties must connect the underground services and accessories from the R.M.'s main lines to the owner's premises.

The main lines are currently scheduled to be in operation on March 1, 2018 and the owners have five years to connect.

The Contractor must have a valid Business License or pay a Business Tax to the R.M. of St. Andrews.

Provide the R.M. with a copy of an Indemnity Bond in the amount not less than \$10,000.00 dollars to fully indemnify the R.M. for all damages or expenses due to settlement, breakage, poor workmanship, or faulty material.

Provide the R.M. with a copy of their Comprehensive General Liability Insurance Policy in the amount no less than \$2,000,000.00 to defend, keep harmless and fully indemnify the R.M. from and against all accidents, loss, costs, charges, damages, and expenses which it may at any time bear, sustain or suffer by reason or on account of said work performed and materials supplied by the Contractor

Submissions can be dropped off at the R.M. of St. Andrews Office marked "Licensed Contractors to Install Underground Utility Services". They can also be e-mailed to [info@rmofstandrews.com](mailto:info@rmofstandrews.com).

R.M. of St. Andrews  
Box 130, 500 Railway Avenue  
Clandeboye, Manitoba R0C 0P0  
Phone: 1-866-738-2264

# get inspired

> MEAL IDEAS

THE Marketplace  
AT SELKIRK

## Savory Yogurt with Grape and Cucumber Salad



Servings: 4  
**Dukkah:**  
 1/3 cup raw cashews  
 1/3 cup hazelnuts  
 1/4 cup sesame seeds  
 2 tablespoons cumin seeds  
 2 tablespoons coriander seeds  
 2 tablespoons dried thyme  
 1/2 teaspoon salt  
**Yogurt:**  
 3 cups plain, nonfat Greek yogurt  
 1/2 cup green California grapes, halved  
 1/2 cup red California grapes, halved

1 cup English cucumber, diced  
 1 tablespoon minced shallot  
 1 tablespoon extra-virgin olive oil  
 1 tablespoon white balsamic vinegar  
 salt, to taste  
 pepper, to taste  
 4 tablespoons dukkah  
 1 teaspoon lemon zest  
**To make dukkah:** Heat oven to 350 F. Spread cashews and hazelnuts on baking sheet and toast 6-8 minutes. Transfer to food processor and set aside. In skillet over medium heat, toast sesame seeds, cumin seeds

and coriander seeds until fragrant, 1-2 minutes, then transfer to food processor. Add dried thyme and salt. Pulse mixture until coarsely ground. Makes about 1 cup that can be stored in an airtight container.

Divide yogurt into four 3/4-cup portions. In small bowl, combine grapes, cucumber, shallots, olive oil, vinegar, salt and pepper. Toss to combine. Top each bowl of yogurt with 1/2 cup grape mixture, 1 tablespoon dukkah and sprinkle of lemon zest.

## Rainbow Fruit and Cheese Kabobs



Recipe courtesy of the Midwest Dairy Council  
 Prep time: 15 minutes  
 Servings: 6  
 8 wooden skewers  
 6 ounces Monterey Jack cheese, cut into 18 cubes  
 1/2 cup strawberries, halved  
 1/2 cup cantaloupe, cut into 3/4-inch cubes  
 1/2 cup pineapple, cut into 3/4-inch cubes

1 kiwi, peeled and cut into 6 pieces  
 1/4 cup blueberries  
 6 purple grapes  
 Thread each skewer with one piece of cheese, one strawberry half, one cantaloupe cube, one pineapple cube, another piece of cheese, one piece of kiwi, two blueberries, one grape and another piece of cheese. Repeat pattern with remaining skewers.

## Peanut Butter Banana Crunch Yogurt Parfait



Recipe courtesy of the Midwest Dairy Council  
 Prep time: 10 minutes  
 Servings: 1  
 1 cup nonfat, light vanilla yogurt  
 1 tablespoon creamy peanut butter  
 1 tablespoon chopped walnuts  
 4 pretzel twists, crumbled (about 1 tablespoon)  
 1 banana, sliced  
 In small bowl, mix yogurt and peanut butter together. In separate bowl, toss walnuts and pretzels

together.  
 In tall glass, build parfait. Layer 1/2 cup yogurt, half of banana slices and 1 tablespoon of walnut/pretzel mixture. Repeat layers. Serve immediately.



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 Pots are as follows:

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 Thursday nights  
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Full House in 51#s or less \$1,900  
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 Lucky Star \$2,219+  
 Bonanza \$1,689+

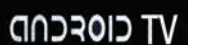
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Doug Semchuk  
Sunday Aug 27 @ 1:00pm  
Beausejour, MB  
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Contact: Doug  
(204) 955-4859

65 Cobra Factory Five  
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Serial 666 \* 65 Pontiac  
Sport Parisian Convertible  
\* 05 Chev Blazer ZR2 4x4  
\* 03 Audi A4 Convertible \*  
09 Harley Davidson Night  
Rod \* 12 BH 14' Enclosed  
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700 cc Side by Side \* 09  
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**Stuart McSherry**  
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Sat Aug 19th @ 10:00 AM

Stonewall, MB, #12 Patterson Drive  
Growing List On Web!  
Consignments Welcome!  
Bombardier, Narrow  
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Bradley Meyers CPPA  
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204-476-6262  
[www.meyersauctions.com](http://www.meyersauctions.com)

**McSherry Auction Service Ltd**  
**AUCTION SALE DOUG SEMCHUK**

Sunday Aug 27th @ 1:00 pm

Beausejour, MB, 442 Ashton Ave.  
Contact: (204) 955-4859  
Viewing Aug 19th & Aug 20th  
1PM - 5 PM

Cars, Motorcycles &  
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**UPCOMING EVENTS**

Cluck and Quack Poultry Club Annual Sale. Poultry, small animals, equipment, and crafts. Saturday, August 26th, 10 a.m. - 4 p.m. at Hazelridge Sports Complex, 26 Memorial St, Hazelridge (off Garven Road). For further vendor information contact Al (204) 467-8654. Email: [govilon@mts.net](mailto:govilon@mts.net)

Duplicate Bridge Lessons for Beginners, Gordon Howard Centre, 384 Eveline St. Selkirk. Thursdays, Sept. 7 - Oct. 26, 9:30 - 11:30 a.m. Cost \$50. Register by Thursday, Aug. 31. Textbook \$20. Call for more info. or to register 204-785-2092 or website: [bridgewebs.com/Selkirk](http://bridgewebs.com/Selkirk)

**HEALTH**

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewall Elk Products Ltd., 204-467-8428 or e-mail [stonewood elk@hotmail.com](mailto:stonewood elk@hotmail.com)

**HAY**

Small square, prime Alfalfa June Courtney grass and small square prime Alfalfa. Leave message Call 204-482-5101.

2017 small square wheat straw bales for sale \$2.50/bale. Ph. 204-481-5015.

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850 Massey combine, hydro, Perkins Turbo, feeder chain, many extras. Good condition. \$6500 obo. 204-383-5697.

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**The Valley Fun Colour Run**  
Sunday, Aug. 20  
Minnedosa

7K course around Minnedosa. Open to all ages and activity levels. Register as a team or family and receive special rates!

Register at the  
Minnedosa & District  
Recreation Office  
204-867-2250

Find us on Facebook at  
The Valley Fun Colour Run

## REPORTER/PHOTOGRAPHER

Are you a natural born storyteller with an eye for photography?

The Selkirk Record is currently seeking a full-time reporter and photographer to join its multi award-winning weekly community newspaper. We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories in Selkirk and surrounding areas. The successful candidate must be able to track down breaking news and dig for original story and creative feature ideas that keep the communities we cover informed.

Qualifications:

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

Please forward your resumé and photography samples to:

Lindsey Enns  
Editor, The Selkirk Record  
Email: [news@selkirkrecord.ca](mailto:news@selkirkrecord.ca)

Deadline to apply is Friday, August 25.



*Don't forget to send your special wishes to your friends and family with a message in the Record*



LORD SELKIRK SCHOOL DIVISION

## NOTICE POOL CLOSURE

Due to unforeseen circumstances, the Selkirk Community Pool located at the Lord Selkirk Regional Comprehensive School will be closed effective August 6, 2017, until further notice. We apologize for any inconvenience this may cause.

B. Spurrill  
Secretary-Treasurer  
Lord Selkirk School Division



# Announcements

The Selkirk Record

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**ANNOUNCEMENT**

**BIRTH ANNOUNCEMENT**

Deja Rose Stella Smith  
Nick and Samantha Smith (nee Dubas) welcome a beautiful baby daughter,  
**Deja Rose Stella Smith,**  
born August 3, 2017 at Woman's Pavilion. Weighing 7 lbs. 15 oz. 20.4 inches long. First time proud grandparents are Stephen Dubas, Gabrielle Bartsch, and Brad and Janice Smith. Also very proud great-grandparents are Stella Dubas and Reinhart and Helga Bartsch.

**ANNOUNCEMENT**

**BIRTHDAY**

Happy 50th Birthday  
**Brent**  
Look at that scowl  
Time to throw in the towel  
50 is here to howl  
"Happy Birthday"

-Love,  
Tina, Sadie, Faith and Wes

**ANNOUNCEMENT**

**BIRTHDAY**



August 22, 2017  
Still young at heart,  
Even though you're turning 80!  
Happy Birthday Amma!  
-Love your family

**ANNOUNCEMENT**

**IN MEMORIAM**



**Cornelius Casey Groot**  
November 5, 1928 – August 11, 2007

God's Garden  
God looked around his garden,  
And saw an empty space;  
He then looked down upon earth,  
And saw your tired face.  
He put His arms around you,  
And lifted you to rest;  
God's garden must be beautiful,  
He only takes the best.  
God knew you were in pain,  
And a cure was not to be;  
So He closed your weary eyelids,  
And whispered come to Me.  
With tearful eyes we watched you,  
And saw you slip away;  
Although we loved you dearly,  
We knew you could not stay.  
It broke our hearts to lose you,  
But you did not go alone;  
For part of us went with you,  
The day God called you home.

-In our hearts forever,  
Love Toni and family

**ANNOUNCEMENT**

**BIRTHDAY**



**Hailey Witko**  
Happy 14th Birthday  
On August 18th

-Lots of love  
from all of your family

**ANNOUNCEMENT**

**IN MEMORIAM**



**Dorothy Burzuik**  
April 23, 1925 – August 20, 2016

As you hold me close in memory,  
Even though we are apart,  
My spirit will live on,  
There within your heart...  
I am with you always.  
When you lean on trusted friends  
And their caring hugs enfold you,  
Within their loving arms,  
I'll be there to hold you...  
I am with you always.  
And beyond the far horizon  
When we'll finally be together,  
Where love will be eternal,  
And life will last forever...  
I am with you always.

-God Bless,  
Love from your family

**ANNOUNCEMENT**

**IN MEMORIAM**



**Jack Blacher**  
In Loving Memory  
July 7, 1943 – August 23, 2012

The tide recedes but leaves behind,  
Bright seashells on the sand;  
The sun goes down but gentle warmth,  
Still lingers on the land.  
The music stops and yet,  
It lingers on in sweet refrain;  
For every joy that passes,  
Something beautiful remains.

-Carol, Allison and Kieran,  
Lesley and Cory, John and Rhiannon  
and all the grandchildren

**ANNOUNCEMENT**

**IN MEMORIAM**



**Carol Krysowaty**  
In Loving Memory of  
Our Mom and Grandma  
August 23, 2012

We miss you now, our hearts are sore,  
As time goes by we miss you more.  
Your loving smile, your gentle face,  
No one can fill your vacant place.

-Forever Loved, Kim and Tony  
and Jarrod and Tamara

**ANNOUNCEMENT**

**IN MEMORIAM**



**Devon William Sinclair**  
April 2, 1984 – August 13, 2009

Little did we know that morning,  
God was going to call your name;  
In life we loved you dearly,  
In death we do the same.  
It broke our hearts to lose you,  
But you did not go alone;  
For part of us went with you,  
The day God called you home.  
You left us peaceful memories,  
Your love is still our guide;  
And though we cannot see you,  
You are always by our side.  
Our family chain is broken,  
And nothing seems the same;  
But as God calls us one by one,  
The chain will link again.

- Love you, Mom, Dad, Brooke,  
Wade, Odin, Ryder, and Grayson

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# Announcements

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**OBITUARY**



**Mary Zapototsky  
(nee Filip)**

Peacefully on Wednesday, August 9th, 2017 at the Tudor House Personal Care Home in Selkirk, MB, Mary Zapototsky, aged 84 years of Libau MB, passed away.

Mary was born in Libau, MB on July 17th, 1933 to the late Michael and Polly Filip (nee Kozyniak). It was in Libau, MB that she was raised and lived her whole life, first on the homestead farm. On January 19th, 1952 she married Peter Zapototsky. Together

with Peter, Mary was involved in mixed farming throughout her life up to 2002 and took pride in raising their children.

Mary also worked part time outside the farm for Rose Marie Catering of Selkirk during the 1960's up to 1972. From 1988 to 2002, Mary worked with Manitoba Home Care taking care of people in need at their homes. She enjoyed company and playing cards. Some of her favorite pass times were gardening, canning, preserving, cooking and crocheting.

She leaves to mourn her children Gilbert, Norman (Janis), and Randy; grandchildren Christopher and Michael; great-grandchildren Kaliesta and Haven. She was predeceased by her brother John in 1931, father Michael in 1981, mother Polly in 2000, husband Peter in 2003 and daughter Shelley in 2010.

Pallbearers will be Christopher and Michael Zapototsky, Carl and Harry Milkowski, Jeff Fedak and Rodney Differ.

She will be deeply missed by her children, grandchildren, great-grandchildren, family and friends.

Thank you to her family doctor Dr. Van Rensburg and the Tudor House Personal Care Home for all their care shown to Mary.

Prayers were held on Tuesday, August 15th, 2017 at 7:00 p.m. in the Gilbert Funeral Chapel, Selkirk, MB. Funeral Services will be held on Wednesday, August 16th, 2017 at 10:30 a.m. also in the Chapel. Lunch will be held after the Funeral Services at the Gilbert Funeral Home Reception Center. After lunch, Interment will follow in the Glen Eden Cemetery, 4477 Main St, West Saint Paul, MB. Rev. Fr. Richard Ehrmantraut officiating.

Condolences may be left at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com).

Gilbart Funeral Home, Selkirk in care of arrangements.



**OBITUARY**



**Norman Schaubroeck  
August 7, 1936 - August 10, 2017**

Accidentally, on Thursday, August 10, 2017, Norm Schaubroeck, aged 81 years, a longtime resident of Selkirk, Manitoba, passed away.

Norman was predeceased by his wife Rose Schaubroeck (nee Leclair); his parents, Archie and Thérèse; brothers Armand, Maurice, Denis; and his sister Rachel. Also by his brothers-in-law, Gabriel, Oscar and Homer.

Norman is survived by his daughter Lorette (Lori) and her husband Daryle; his two granddaughters Leah and Rachel; his sisters Florence, Eveline, Gertrude and Juliette; and brothers Gilles and Camille; his sisters-in-law Florence, Patsy, Lorraine, as well as many nieces and nephews. Norman will be missed by innumerable friends.

Norman was a long time employee of Fleet Vehicles Agency for the Province of Manitoba. In retirement, Norm was a tireless volunteer driver for the Gordon Howard Centre, for those who needed transportation for medical appointments, as well as for Rockwood Institution and Alcoholics Anonymous. Norm was known to drop whatever he was doing to respond to the needs of his family and friends when they asked for assistance.

As well as his volunteer work, Norm was passionate about sports and supporting his favourite teams. He was an avid lifelong fan of the Toronto Maple Leafs, Winnipeg Goldeyes, and Jets. And he was always happy to cheer on the Manitoba and Canadian curling teams with an enormous passion! And Norman always had his next puzzlebook in his hand while in his comfy chair, when not engaged with others.

A memorial service will be held on Friday, August 18, 2017 at 4:00 p.m. in the Gilbert Funeral Chapel, 309 Eveline St., Selkirk Manitoba, followed by a light luncheon.

The family requests that donations be made in Norman's memory to a charity of your choice. Condolences may be left at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



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