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THURSDAY, AUGUST 18, 2016

VOLUME 7 EDITION 33

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Worth the trip

RECORD PHOTO BY LINDSEY ENNS

Gary Ironstand Sr. puts the final touches on his traditional dress before the 12th annual Traditional Powwow during Treaty Days in Brokenhead Ojibway Nation last Saturday. Ironstand, a men's golden age grass dancer from Valley River First Nation, travelled to Brokenhead with his daughter from Waywayseecappo First Nation to take part in Treaty Days. For a story and more photos, see page 9.

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

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Doc shortages lead to scheduled ER closures

Selkirk General Hospital will not be affected, CEO says

By Patricia Barrett

The majority of emergency rooms in hospitals across the Interlake-Eastern Regional Health Authority will experience scheduled closures starting Tuesday, Sept. 6.

Until more doctors can be recruited, about eight of the region's 10 hospitals will experience ongoing, temporary ER closures.

"The only one for sure that we know ... won't be affected to any degree is the Selkirk General Hospital because

that's where we have true emergency docs with 24-hour coverage," said IERHA CEO Ron Van Denakker during a conference call with media last Thursday. "It really depends on the availability of the doctors."

For the past few years, nurses have been staffing ERs in the absence of physicians, but that system will soon be replaced with scheduled closures.

In addition to Selkirk, Van Denakker said Pine Falls, which is fully staffed with five doctors, will unlikely see service disruptions.

"The east side of the lake is quite a bit more stable right now," he said.

But hospitals along Highway 6, including in Eriksdale and Ashern, continue to suffer from doctor shortages.



RECORD PHOTO BY PATRICIA BARRETT

An ambulance drives along Highway 68 heading towards Arborg. Starting Sept. 6, some Interlake-Eastern Regional Healthy Authority hospitals will experience scheduled closures.

"I have a lot of compassion ... and empathy for the people on Highway 6," Van Denakker said, "and we are working really hard to try to deal with that."

Scheduled closures are expected to bring stability and predictability to ER service, he added.

Continued on page 10

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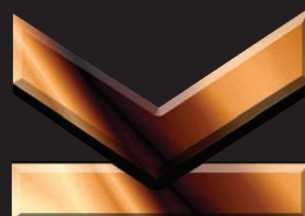
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Local advocate hopes MMIW inquiry ignites change

By Dave Baxter

A woman who works directly with abused and battered women and a local First Nations chief say an inquiry into missing and murdered Indigenous women needs to lead to real change for it to ultimately be considered a success.

"I know that we would love to see change, and hopefully this will be the beginning of that change," Nova House Inc. executive director Anna Pazdzierski said on Monday.

On Aug. 3 the federal government outlined the terms of an inquest into missing and murdered Indigenous women across Canada.

The inquiry is expected to start on Sept. 1 and take about two years.

It will be run at "arm's length" by the federal government, and cost an estimated \$53.8 million.

Five appointed commissioners will lead the inquiry.

Nova House is an organization in the Interlake that offers shelter and resources to women and their families who are dealing with abuse.

Pazdzierski said a high number of the clients and families the local organization works with are of aboriginal descent.

One of the changes she would like to see come out of the inquiry is a change in attitude among many working in law enforcement.

"We have already heard a lot of stories surrounding the inquiry where deaths were ruled suicide or accidental when they were not," Pazdzierski said. "Hopefully what will come out of this is that officers will start taking aboriginal women's disappearances and murders far more seriously."

She also hopes the inquiry will lead to media putting more of a spotlight on missing and murdered women and girls of aboriginal descent.

"With missing and murdered women if it's an aboriginal it only seems to hit the news cycle the day it happened, so hopefully it will create more attention."

Pazdzierski said aboriginal women must feel comfortable approaching law enforcement for help when they are in dangerous situations, and officers need to be educated on how to make them

feel comfortable.

"I don't think that to most aboriginal people the police are the first place they think of going," she said. "They should feel comfortable and confident they will get action if they go to police."

Brokenhead Ojibway Nation Chief Jim Bear says he personally knows families in his community that have had to deal with loved ones going missing or being murdered.

For Bear, he would like to see more federal funding for social programs in First Nations communities across Canada.

"It's very emotional for these people and there has to be closure," Bear said. "There has to be healing programs and intervention programs and safe

homes, so there has to be the funding to make those programs available."

Bear is also calling on First Nations communities to "step up" by making sure women who are abused or mistreated feel comfortable coming forward.

"We have to realize this involves our own people as well, and we can't hide from that," Bear said. "In our community we are moving towards zero violence. If we get word someone has committed violence we ask those victims to step forward, speak up, and press charges if necessary."

In 2014, RCMP reported that more than 1,000 aboriginal women and girls have been reported murdered or missing in Canada.

Sand castle creations for a cause



RECORD PHOTO BY LAURA TUTLIES

This depiction of Easter Island icons won first place during the annual Grand Beach Sand Castle Contest last Saturday. This year's competition helped raise funds for Macdonald Youth Services's mental health awareness education program.

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BIG DOLLAR

Governments team up to support ELA

Staff

The governments of Canada, Manitoba and Ontario have teamed up to ensure research at the world-renowned Experimental Lakes Area can continue.

Experimental Lakes Area (ELA) operated by the International Institute for Sustainable Development (IISD-ELA), located in northwestern Ontario, is a unique research facility and is the only place in the world where scientists can conduct research on real lakes and ecosystems for the most accurate and comprehensive results.

"Manitoba is proud to provide IISD its largest, stable grant," Premier Brian Pallister said in a release last week. "The IISD Experimental Lakes Area has the potential to achieve breakthroughs in the science around sustainable solutions to many of our province's water issues. Our lakes and waterways are more than a source of drinking water. They are a significant component of our province's economic, recreational and tourism potential. Working in partnership with organizations like IISD, we will ensure that future generations are able to rely upon and enjoy our waterways."

Research conducted at IISD-ELA supports Canada's long-term understanding of freshwater ecosystems and leads to better decision-making on the use and protection of freshwater resources for the benefit of future generations. The Province of Manitoba has committed more than \$6 million over six years to support and advance IISD's operating costs including the advancement of freshwater science and policy research.

The Government of Ontario provides up to \$2 million each year to IISD-ELA. Last week, the Department of Fisheries and Oceans Canada said they will be providing \$1.7 million over the next two years to IISD. The federal funding to IISD-ELA will cover the salaries of researchers and technicians and contribute to the facility's maintenance, data management and equipment costs.

As part of the efforts to better understand climate change, Manitoba will provide an additional \$200,000 from Budget 2016 for the Prairie Climate Centre, which is a collaboration of IISD and the University of Winnipeg. The Prairie Climate Centre aims to develop a Canadian Prairies-focused climate-change research.



Wise customers read the fine print: 1. * \$, **, ^ The Summer Clearout Sales Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers on or after August 3, 2016. Offers subject to change and may be extended without notice. All pricing includes freight (\$1,795) and excludes finance, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer trade may be necessary. Retailer may sell for less. 0.814,000 in total discounts includes \$12,500 Consumer Cash and \$1,500 Loyalty/Conquest Bonus Cash. Consumer Cash Discounts are deducted from the negotiated price before taxes. \$1,500 Loyalty/Conquest Bonus Cash is available on the retail purchase/lease of 2015/2016 Ram 1500 (excludes Reg. Cab). 2014/2015/2016 Ram 2500/3500, 2014/2015/2016 Ram Cab & Chassis or 2015 Ram Cargo Van and is deducted from the negotiated price after taxes. Eligible customers include: 1. Current owners/lessees of a Dodge or Ram Pickup Truck or Large Van or any other manufacturer's Pickup Truck or Large Van. The vehicle must have been owned/leased by the eligible customer and registered in their name on or before August 3, 2016. Proof of ownership/lease agreement will be required. 2. Customers who are seller/tradesman or are acquiring a seller/tradesman. This includes Licensed Tradesmen, Certified Journeyman or customers who have completed an Apprenticeship Certification. A copy of the Trade License/Certification required. 3. Customers who are Dealer/Approved service providers. Proof of membership is required. Limit one \$1,500 bonus cash offer per eligible truck transaction. Some conditions apply. See your retailer for complete details. *Consumer Cash Discounts are offered on select new 2016 vehicles and are deducted from the negotiated price before taxes. \$Starting from prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g. paint). Upgrades available for additional cost. †Based on Automotive News full-size pickup segmentation. 2015 Energy Guide highway fuel consumption ratings. Government of Canada test methods used. Your actual fuel consumption will vary based on driving habits and other factors. 11.3 L/100 km (25 mpg) city and 8.0 L/100 km (35 mpg) highway on Ram 1500 Quad Cab 4x4 with a Purchase Price of \$30,495 financed at 3.49% over 96 months with \$0 down payment equals 208 bi-weekly payments of \$168 with a total obligation of \$34,970. ‡Based on 3500/F-350 full-size pickups and competitive information available at time of publication. Based on approved credit through RBC, Scotiabank and TD Auto Finance. Examples: 2016 Ram 1500 Quad Cab SXT 4x4 with a Purchase Price of \$30,495 financed at 3.49% over 96 months with \$0 down payment equals 208 bi-weekly payments of \$168 with a total obligation of \$34,970. †Based on 3500/F-350 full-size pickups and competitive information available at time of publication. Based on max towing comparison between 2016 Ram 3500 - up to 31,210 lb, 2015 Chevrolet 3500 - up to 23,200 lb and 2016 Ford F-350 - up to 26,500 lb. †Lease Loyalty/Conquest Pull-Ahead Bonus Cash is available to eligible customers on the retail purchase or lease of select 2016 Chrysler, Dodge, Jeep, Ram or FIAT models at participating retailer and is deducted from the negotiated price after taxes. LIMITED TIME OFFER. Eligible customers are individuals who are currently leasing a Chrysler, Dodge, Jeep, Ram, FIAT, or competitive vehicle with an eligible lease contract in their name on or before August 3, 2016. Proof of Registration and/or Lease agreement will be required. Trade-in not required. See your retailer for complete details. †Based on Canadian 2015 calendar year sales. ††The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

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East Selkirk farmer proposes with message in wheat field

By Lindsey Enns

A message written in a wheat field is how an East Selkirk farmer always pictured he would propose when he met the girl he wanted to marry.

"Maybe it's just the farmer in me, ever since I was young I just had that idea, thought it would be kind of cool," said John Yokimas of East Selkirk who has been farming for about eight years. "I've seen other farmers do something similar so I thought it would kind of be a neat thing."

So after combining his wheat field earlier this month, the 28-year-old went around the field in his tractor and tiller and spelled out "I love u Sally will u marry me?"

"I used the combine ... to keep my letters the same height," he said with a laugh, adding it took him about an hour to finish.

He then booked a flight through St. Andrews Airport for him and his soon to be fiancée, 22-year-old Sally Hnati-



East Selkirk farmer John Yokimas, pictured left, proposed to his girlfriend Sally Hnatiuk of St. Andrews with a special message cut into a wheat field which they flew over during a surprise plane ride last Friday.

uk of St. Andrews and the couple flew over his wheat field last Friday.

"I was completely surprised and just wondering what it said and what it was for," Hnatiuk said. "I said 'yes'



PHOTOS COURTESY OF MEGAN GERYLO AND SUBMITTED

right away and he gave me a ring.

"It was just so surreal."

Hnatiuk said one of the things she liked most about the creative proposal was that her soon to be husband involved her family.

"My dad was in on it, my brother and sister knew," she said. "My mom

didn't know but she met us at the airport so that was pretty special."

Yokimas said the couple met through mutual friends about three and a half years ago.

They are planning on making it official with a wedding next fall, the couple said.

Communities in Bloom 2016

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RECORD PHOTO BY LINDSEY ENNS

Two-year-old Rylee Darvill enjoys a Blizzard while her two-month-old baby brother Ryker takes a little nap at Selkirk's Dairy Queen location during Miracle Treat Day last Thursday afternoon. This year Selkirk's Dairy Queen location raised nearly \$10,000 for Children's Miracle Network member hospitals.

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Remains found in Red River belong to missing Winnipeg man

By Lindsey Enns

Human remains found in the Red River near a dock in St. Clements earlier this summer have now been identified.

Winnipeg Police Service Cst. Robert Carver confirmed on Sunday that the partial remains belonged to missing Winnipeg man, Reid Bricker.

The 33-year-old disappeared in Oct. 24, 2015 after being released from the Health Sciences Centre following a suicide attempt. It was the third time in 10 days Bricker had been discharged from a Winnipeg hospital following multiple suicide attempts.

Jack and Sue Bakker of St. Clements and another man discovered the badly decomposed remains of a human leg inside a boot on the evening of June 6.



RECORD FILE PHOTO BY BRETT MITCHELL

Members of the RCMP's underwater recovery team search the Red River on June 7 where human remains were found in St. Clements on June 6. The Winnipeg Police Service says the remains have now been identified as belonging to missing Winnipeg man, Reid Bricker.

In an earlier interview with the *Record*, Sue said the boot surfaced near the family's private dock located on Gowryluk Road while her husband

was test driving a Sea-Doo. She said when she bent down to pick up the boot, she noticed there was some weight to it. Originally Sue said she thought someone just lost a boot in the river, but that wasn't the case.

"I realized there was weight to it, so I dropped it," she said. "I thought we have to check it ... that's somebody's loved one, I couldn't just leave it there."

Sue said when the man her and her husband were with pulled the boot out of the river and they discovered two leg bones, a knee and a thigh bone were connected to it they immediately called RCMP.

"I don't know if it was fabric or body tissue, but there was something whitish coming out of the boot," she said. "It could have been a sock. Who knows how long it had been in the river."

New wastewater treatment plant huge for Selkirk, mayor says

By Dave Baxter

A new state-of-the-art sewage treatment plant coming to Selkirk is a very big deal for the city and surrounding communities, Selkirk's mayor says,

"This is probably the biggest infrastructure project in the city's history," Larry Johannson said last Friday. "It's going to bring us into the 21st century."

Johannson and members of Selkirk city council joined Manitoba Premier Brian Pallister, Selkirk Interlake-Eastman MP James Bezan, and other dignitaries at the Selkirk Waterfront on Aug. 5 to announce the \$36 million treatment plant project.

The project will be cost-shared between the city, the province and the federal government, and will be built on land behind the existing plant on Main Street.

Johannson said the long-term ramifications of the new plant will be felt in Selkirk for decades.

"It means long after this current council is gone, our city is going to be taken care of infrastructure wise," Johannson said. "This plant will last another 40 years and beyond."

"This plant will be able to supply all our needs into the future."

Johannson believes new developments will blossom in Selkirk because of the plant.

"We can supply service for new business developments, and new commercial and residential development," he said. "And it will supply service to our new business park."

"We won't have to think about turning anyone down as long as it's a project that makes sense for Selkirk."

He added that although wastewater projects are not what many consider to be high profile or "sexy" projects, it will allow more of those high profile projects to come to the city.

"This isn't as sexy as some of the other projects we've seen in the last

10 years here," he said. "But it's so important to future development in this city."

The project could also open the city's wastewater system to neighbouring communities, Johannson said.

"It opens us up to provide services outside our boundaries and that's a part of why we were able to get funding. Selkirk is a

hub because we are the central location for the Interlake."

Johannson said the "doors are now open" for neighbouring communities to approach them about wastewater service.

"Our guys will sit down with anyone that wants

to talk, and if there's a way we can help our neighbours out, our guys are ready to make time and discuss what we can do for them."

Johannson expects the plant to reduce the amount of phosphorous the city is producing by about 75 per cent, and nutrients by about 40 per cent.

Notice of Environment Act Proposal

Manitoba Sustainable Development has received a proposal pursuant to *The Environment Act* regarding the following operation and invites public participation in the review process:

RURAL MUNICIPALITY OF ST. ANDREWS PETERSFIELD WASTEWATER TREATMENT LAGOON EXPANSION - FILE: 4138.10

A proposal has been filed by Stantec Consulting Ltd. on behalf of the Rural Municipality of St. Andrews for the expansion of the existing wastewater treatment lagoon in SW 36-15-4E, which is located one kilometer north and three kilometers east of Petersfield. The facility treats truck hauled wastewater, and would be expanded with the addition of two new primary cells, to be located immediately north and south of the existing cells. Treated effluent would continue to be discharged between June 15 and October 31 through a constructed wetland and south through wetland areas to Netley Creek, which flows to Netley Lake. Construction of the expansion would take place once licensing requirements were met and funding was in place.

Anyone likely to be affected by the above operation and who wishes to make a representation either for or against the proposal should contact the Department, in writing or by E-mail (bruce.webb@gov.mb.ca), not later than SEPTEMBER 19, 2016. Further information is available from the Public Registries located at: Legislative Library, 200 Vaughan St., Winnipeg; Millennium Public Library, 4th Floor, 251 Donald St., Winnipeg; Online Registry: <http://www.gov.mb.ca/conservation/eal/registries/index.html> or by contacting Bruce Webb, Environmental Engineer.

Information submitted in response to this proposal is considered public information and will be made available to the proponent and placed on the public registry established in accordance with Section 17 of *The Environment Act*.

Environmental Approvals Branch
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Funds to help upgrade WSP rink, curling club

By Lindsey Enns

Two recreational hubs in need of upgrades in West St. Paul received provincial funding last week.

Through the province's Community Places Program, the West St. Paul Curling Club will receive \$20,000 towards their heat reclaim project and the Sunova Centre's outdoor rink will receive \$15,000 to upgrade it for year-round use.

St. Paul MLA Ron Schuler made the announcements during a brief press conference at the Sunova Centre last Thursday.

"We're really excited to be here today," Schuler said. "It's great to see this happening in our community."

West St. Paul Mayor Bruce Henley said the RM will have to match the province's \$15,000 to complete the Sunova Centre's outdoor rink project, which will see the current gravel surface be expanded and covered with a layer of asphalt.

"Anytime we can bring improvements to the community that's something that we're always interested in participating in," Henley said, adding the RM has already set aside cash for the project. "It's an investment in our infrastructure and community recreation.

"It means that our hockey surface can be used year-round."

Henley added once complete, the rink will be able to house a wide range of activities including basketball, lacrosse, inline skating, skateboarding and ball hockey.

Henley said the curling club will be



RECORD PHOTO BY LINDSEY ENNS

St. Paul MLA Ron Schuler, pictured centre left, announced funding for improvements to two recreational facilities in West St. Paul at the Sunova Community Centre last Thursday morning.

responsible for fundraising the rest of the dollars for their heat reclaim project, which is estimated at roughly \$40,000.

Following Thursday's press conference, members of the curling club said they plan to apply for more funding grants as well as fundraise locally.

Larry Liebrecht said the project will help the club reclaim the heat that is currently being lost and will help them cut gas and hydro costs in the future.

Liebrecht added this will be the biggest upgrade the four-shed curling club has seen since it opened 54 years ago.

The club, which is open seven days a week throughout the winter months,

currently has more than 300 members and runs men's, women's and junior curling leagues.

The province's Community Places Program, which is in its 30th year, provides grants to projects being led by non-profit and community organizations with a focus on culture and recreation.

Successful grant applicants must contribute to the project costs, often through local fundraising efforts, grants from other sources or donations.

Over the past 30 years the program has provided more than \$118 million to support more than 7,700 community-led projects throughout Manitoba.

Museum fundraiser to ship residents back to WWII

By Dave Baxter

An event in Selkirk this weekend is inviting community and area residents to take a trip back in time and enter the era of the Second World War.

The 1940's War-Era Party Fundraiser takes place this Saturday at the Marine Museum of Manitoba from 7:30 p.m. to 10:30 p.m.

Tickets for the party are \$10, and money raised from the event will go to the Marine Museum, which sits along Eveline Street in Selkirk, just next to the entrance to Selkirk Park.

Event organizer John Mackay said he has a "fondness" for the culture of

the 1940's so he wanted to create an event that celebrated that era.

Anyone who comes to the party is asked to dress in 1940's era clothing, and Mackay said the event will make visitors feel like they have taken a step back in time.

"We just truly hope to take people back to the 40's," Mackay said.

There will be a 1940's dance demonstration and dance contest, featuring 1940's style big band music.

There will also be a 1940's themed scavenger hunt, donations accepted as "war bond sales," and ration cards will be given out for refreshments.

The event will also take visitors back

to what it would have felt like when an air raid siren went off in the 1940's during the Second World War.

"There will be some air raid sirens and the Joe Simpson ship will be the bunker," Mackay said.

Mackay also hopes the event gets more residents walking into and appreciating the Marine Museum.

"We need to help preserve these gems in our town, and the Marine Museum has become a forgotten gem."

Tickets for and more information about the event are available by calling the Marine Museum of Manitoba at 204-482-7761.



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Treaty Days 'just like one big family' reunion

Hundreds travel to Brokenhead Ojibway Nation for 5-day event

By Lindsey Enns

Cheyenne Thompson is no stranger to dancing in front of big crowds.

The 25-year-old jingle and fancy shawl dancer travelled from her home in Portage la Prairie to Brokenhead Ojibway Nation with some of her family members to take part in this year's Treaty Days celebrations.

"I'm not used to dancing under a tent so it's different but it's good," Thompson said with a smile following the celebration's 12th annual Traditional Powwow last Saturday afternoon. "The feeling you get ... it's not like you're just entertaining the spectators you're also healing them because it's a healing dance.

"It's a good feeling."

Thompson was among more than 100 dancers who took part in the traditional powwow under a big white top last Saturday afternoon.

Dancers of all ages dawned colourful and creative headdresses and outfits as dozens of drummer circles and hundreds of spectators cheered them on.

Brokenhead's 12th annual Traditional Powwow, which is part of Treaty Day celebrations, brought hundreds of visitors from across the province and beyond to the nearby First Nations community.

The five-day event, which wrapped up on Sunday, included various family activities such as a petting zoo and horse back rides, canoe races, bingo and multiple powwows.

For Thompson, who has been dancing for nearly 16 years, the event was like a family reunion.

"You can feel all the eyes watching you and if you make a mistake ... they encourage you to get back up," she said adding being with her "powwow family" was her favourite part about the event. "There's lots of people here ... it's just like one big family."

Brokenhead Ojibway Nation Chief Jim Bear said despite cloudy skies, he was very pleased with the event's turnout on Saturday.

"It's been a great couple of days," Bear said with a smile looking around at Saturday's crowd.

Bear added Treaty Days are all about celebrating the signing of Treaty No. 1, which in 1871 was signed by representatives of the Crown, Anishinaabe, and Muskegon Cree peoples making a commitment to each other with the first of the numbered treaties in west-



RECORD PHOTOS BY LINDSEY ENNS

ABOVE: Cheyenne Thompson takes a brief break during the 12th annual Traditional Powwow during Treaty Days in Brokenhead Ojibway Nation last Saturday. RIGHT: Crowds gather to watch the powwow during celebrations last Saturday. BOTTOM RIGHT: A woman smiles while getting ready for the 12th annual Traditional Powwow during Treaty Days last Saturday. BELOW: Brokenhead Ojibway Nation Chief Jim Bear stands during Saturday's powwow.



ern Canada.

"We're a peaceful people," Bear said. "This is sort of a symbolic recognition of that treaty we first signed with the Crown.

"It's all about peace and harmony."



Lassie ladies help raise over \$4K for CancerCare Manitoba



RECORD PHOTO BY DAVE BAXTER

Lassie Golf Tournament committee members and CancerCare Manitoba special events manager gather during a cheque presentation on the links at Larters at St. Andrews Golf and Country Club last Thursday.

By Dave Baxter

Dozens of ladies hit the links during this year's Lassie Golf Tournament and helped raise more than \$4,000 for CancerCare Manitoba.

The 20th annual Lassie Golf Tournament took place at Larters at St. Andrews Golf and Country Club on July 19 and last week tournament organizers walked out onto the links at the club, and presented a cheque for \$4,300 to CancerCare Manitoba.

The Lassie tournament, which happens every summer, is a women's golf tournament that raises cash in a number of different ways, and has raised approximately \$40,000 since first starting 20 years ago.

"We're golfing, but on every hole there is a competition and a prize," Lassie committee member Tanis Bannister said.

"Every year you see ladies laughing and just having a great time because there is so much going on."

Bannister said having 144 women take part in the tournament this year gave them a "full compliment," and they were already filled up by the middle of June.

"It was a very successful tournament, and a perfect day, no rain and not too hot, and we were able to raise a lot of money," she said.

Because it was the 20th anniversary of the tournament, Bannister said they started the morning with a special ceremony.

"This was the 20th anniversary so we started with a bagpiper by the 18th hole," she said. "It was an awesome morning, and a perfect tournament on a perfect day."

CancerCare Manitoba special events manager Nicola Starin accepted the cheque from the Lassie Committee last Thursday.

"It's a very big deal," Starin said. "It's very important and it's just nice to have the community support, so it's really making a difference at CancerCare."

She added having fundraisers for CancerCare outside of Winnipeg is important for "raising awareness."

"It's a great fundraiser and it's great that it's taking place in this community."

> SCHEDULES TO BE POSTED ONLINE, FROM PG. 2

Physicians have agreed to provide the health authority with advanced notice – either one, two or three months – indicating what days they'll be available to staff ERs.

"Our local health involvement groups ... they absolutely clobbered me on the fact that there was no predictability," he said.

Physicians' ER schedules will be provided to the public through a toll-free number and posted on the IERHA's web site.

Nurse-managed care of ERs came under fire this spring when a group of doctors in Selkirk spearheaded a petition to have it abolished.

"At the end of the day, what happened was the doctors did take a bit of a position on things and said that the status quo was no longer sustainable from their perspective," said Van Denakker. "And effectively the May long weekend, they wanted us to move towards removal of nurse-managed care."

The health authority negotiated with doctors to provide ER service over the summer months when the region's population doubles, and asked them to support nurse-managed care until it could find an alternative.

The "Band-Aid" measure, as Van Denakker calls the scheduled closures, doesn't sit well with some RHA staff.

A paramedic in the RM of Rockwood took to Facebook after learning about the scheduled closures from the Manitoba Government and General Employees' Union, which represents paramedics and other health professionals who may go on strike.

"We have a region who is willing to close our hospitals and let EMS... professionals go on strike rather than negotiate," wrote the paramedic. "I'm not usually one to be political but this is just downright offensive as a Canadian citizen that our health care in this region has been allowed to get to this."

It's unclear whether a possible strike by ambulance attendants could complicate the scheduled ER closure system.

"Both parties in this negotiation have agreed to get back to the negotiation table," said an IERHA spokesperson. "If they were to strike, essen-

tial service agreements are in place."

According to Van Denakker, nurses themselves raised concerns about scheduled closures.

They were "adamant" that they be permitted to assess patients who overlook or are unaware of a scheduled closure and show up at an ER, he said.

The IERHA needs, at a minimum, 20 to 25 doctors in order to maintain ERs 24/7, Van Denakker said.

The College of Physicians and Surgeons of Manitoba, which oversees standards of medical practice, indicated that it's up to the health authority to address physician shortages.

Van Denakker said the IERHA, which is funded by the provincial government and was formerly two separate health regions until 2012, is underfunded in comparison to other RHAs. The provincial average is about \$6,000 per head, but the IERHA is "somewhere around \$2,000 per head."

"The former North Eastman health and the former Interlake health region were very, very low-funded regions, and they were combined," he said, "so it's basically combining – I hate to say the term the poor sisters – but, quite frankly, that was the case."

A government spokesperson sent the *Record* information about the global funding model used to allocate resources to RHAs, but did not say whether the IERHA will receive additional funding to help attract and retain doctors in order to avert future service crises.

An emailed statement from Minister of Health Kelvin Goertzen said "reliable access to front-line services for all Manitobans" is a priority and the government will continue to work with the IERHA.

"The health region has assured government that a plan is in place to provide safe, accessible care to people throughout the area and to make emergency department care more predictable," said Goertzen.

Meanwhile Van Denakker said he is working with the province to address physician shortages, which includes recruiting international medical graduates. But for long-term stability, he said the region needs homegrown doctors who would be more likely to stay.

"We are the only region in this entire province that does not have a residency teaching program," he said. "Which means it makes it very difficult to retain students."

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Stead Community Centre celebrates 50 years

By Laura Tutlies

When Stead Community Centre members realized a couple of years ago that 2016 would mark 50 years that their gathering place was in existence, they got prepared to party.

The centre's executive became the organizing body with Karen Pùgè at the helm and Irene Thomson her trusty accomplice. Under a cloudless blue sky, Pùgè was busy firming up last minute details during their community celebration on Aug. 6.

On the huge makeshift outdoor stage, The Bowman Brothers thoroughly entertained the guests of the celebration with their country, old tyme and classic rock repertoire – requests welcome. Meanwhile, there wasn't so much dancing as visiting while old friends, neighbours, families and former residents caught up on the gossip and a review of bygone days.

Folks from the near neighbouring communities of Thalberg and Gull Lake along with out-of-town guests from across Canada and abroad, came and went and mingled all day long.

There were outdoor games all afternoon for kids of all ages, plus a big bouncer for the little ones and no shortage of hugs and stories of "remember when" within the crowd.

"We are not looking to make money, we are here to create a community party," the community centre's president and fellow co-ordinator, Mark Otto said referring to the festivities.

Otto has been on the executive of the centre for 42 years. The club currently



RECORD PHOTO BY LAURA TUTLIES
President of the Stead Community Centre, Mark Otto, stands alongside a commemorative plaque which was unveiled on Aug. 6 at the centre's 50th anniversary celebration.

has 160 members, including the 4-H club and the 'Crafty Ladies' and those that use the grounds for baseball, hockey and other outdoor activities.

In the winter, the snowmobile club meets there to plan their outings.

But it wasn't always a recreational hub. In 1966 three local groups got

together and bought the building for one dollar. What is now known as "Stead Hall" was formally a school and teacherage. One room, eight grades, wood heat and an outdoor biffy without gender. The teacher lived in a small room in the back.

Anne Chrusch was Anne Kubas when she came to Stead to teach in 1951. She had graduated in June of that year along with 320 others who had attended 'Normal School' to get a teaching certificate. She was 19 by September when school started. She still remembers the challenges of instructing 34 children from age five to 14 or 15.

"We were small but we took care of each other," one former student said. "We were one huge family."

Dignitaries were also on hand to deliver words of praise and certificates of appreciation for the centre's 50th Anniversary.

"It is clear that there is much pride among the folks who call Stead home," Selkirk-Interlake-Eastman MP James Bezan said.

On behalf of the community centre, Otto also dedicated a plaque commemorating the centre's 50th anniversary.

"These days most rocks are hauled away but we decided to place a huge boulder outside of our hall," he said. "On the rock we have mounted a bronze plaque to commemorate the event and to honor those volunteers from the extended Stead community who support our organization."

Interlake RHA heading back to bargaining table

By Dave Baxter

In an effort to avoid a march to the picket line, local health care and EMS workers are heading back to the bargaining table next week.

The Manitoba Government and General Employees' Union (MGEU) locals 411 and 418 are expected to begin negotiations with the Interlake-Eastern Regional Health Authority (IERHA) next week regarding their collective bargaining agreement.

"MGEU has confirmed in a letter to Provincial Health Labour Relations Services dated August 5 their request to return to the bargaining table," IERHA said in a statement released last week. "Both parties have agreed to return to the table to discuss non-monetary issues to attempt to achieve a resolution."

MGEU Local 411 is a team of health

care professionals, which includes home care case and resource coordinators, palliative care coordinators, mental health workers, dietitians, pharmacists, occupational therapists, and physiotherapists, while MGEU 418 is made up of EMS workers.

The union rejected a final offer from their employer in March due to "ongoing concerns over recruitment and retention and excessive workloads," MGEU president Michelle Gawronsky said.

In early August, Local 411 and 418 members voted "yes" on a strike vote, bringing them closer to the possibility of a strike.

The union said if they did not get back to the bargaining table with IERHA soon, a strike would likely be the next step.

Gawronsky said getting the IERHA

to agree to return to the bargaining table is a good first step towards avoiding a strike.

"We're ecstatic," Gawronsky said. "We've been asking since the day the members said no to the collective agreement back in March to get back to the table."

"This is not about money, this is about fatigue issues for our EMS workers and retention issues for our case workers, but they kept telling us they didn't have a mandate to go back to the table, so we're ecstatic cause we were going back to the table after months of requests."

MGEU members held information pickets in a number of areas in the Interlake including Selkirk between July 18 and 20.

Gawronsky was asked if those information pickets, and the "yes" strike

vote in August may have combined to force the IERHA back to the table.

"I think that's the gist of it," she said. "I think the strike vote definitely let them know where we were at."

"It was a very sound message from the membership that they are not happy with things."

IERHA said in a statement released last week that if a strike were to happen they are prepared to continue offering health care services to Manitobans.

"We have essential services agreements in place and will provide essential services to Manitobans in our region in the event of job action. Of necessity, service levels will be required to be adjusted as a result," IERHA said in a statement released last Monday.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Interlake places fourth in medal standings at Summer Games

Staff

Interlake athletes had a multitude of outstanding performances at the 2016 Power Smart Summer Games in Steinbach from Aug. 7 to 13.

Local athletes brought home 71 medals — which included 24 gold, 20 silver and 27 bronze — to place

fourth out of eight regions.

Team Winnipeg Blue finished with the most medals at 104. That included 39 gold, 41 silver, and 24 bronze.

They were followed by Winnipeg Gold (34-32-29-95), Central (40-22-28-90), the Interlake, Eastman

(19-21-24-66), Westman (8-14-12-34), Parkland (3-11-9-23) and Norman (0-5-11).

Here are the Interlake medal winners from the 2016 Power Smart Summer Games.

Gold

Athletics 100m Midget Female
Alex Chester
Athletics 200m Midget Female
Alex Chester
Athletics 4x100m Midget Female
Interlake
Athletics High Jump Bantam Male
Brayden Wiebe
Athletics Long Jump Midget Male
Andrew Hopko
Athletics Javelin Midget Female
Grace Goodman
Athletics Shot Put Midget Male
Andrew Hopko
Athletics Discus Midget Male
Ben Kelly
Athletics Cross Country Team Bantam Female
Team Interlake
Athletics Tetrathlon Midget Male
Interlake
Athletics Team Shot Put Midget Female
Interlake
Athletics Team Triple Jump Midget Female
Interlake
Athletics Team Long Jump Midget Male
Interlake
Athletics Team Javelin Midget Female
Interlake
Athletics Team Discus Midget Male
Interlake
Golf Individual Competition
Special Olympics Open Female
Dominique Abraham
Sailing Laser Radial Female
Molly Ingenmey
Swimming 50m Freestyle Junior Female
Jillian Friesen
Swimming 50m Breaststroke Junior Female
Sofia Paunovic
Swimming 50m Backstroke Junior Female
Jillian Friesen
Swimming 100m Freestyle Junior Female
Jillian Friesen
Swimming 100m Backstroke Junior Female
Jillian Friesen
Swimming 100m Individual
Medley Junior Female
Jillian Friesen
Volleyball 14 & Under Female
Team Interlake

Silver

Athletics 100m Midget Male
Andrew Hopko
Athletics 4x200m Midget Coed
Interlake A
Athletics Distance Medley Bantam Female
Interlake
Athletics Distance Medley Midget Female
Interlake
Athletics Triple Jump Midget Male
Andrew Hopko
Athletics Javelin Midget Female
Asha Gurney
Athletics Shot Put Midget Female
Brenna Barylski
Athletics Shot Put Midget Male
Ben Kelly
Athletics Cross Country Team Bantam Male
Team Interlake
Athletics Tetrathlon Midget Female
Interlake
Athletics Team High Jump Midget Female
Interlake
Athletics Team Shot Put Midget Male
Interlake
Athletics Team Long Jump Midget Female
Interlake
Athletics Team Javelin Midget Male
Interlake
Basketball 16U Female
Team Interlake
Sailing Optimist Male
Tomas Green
Sailing Windsurfing Mix
Alex Martin
Soccer U13 Female
Team Interlake
Softball U16 Female
Team Interlake
Triathlon Individual 12 & 13 years of age Female
Anja Krueger

Bronze
Athletics Medley Relay Bantam Female
Interlake
Athletics Medley Relay Midget Female
Interlake
Athletics Distance Medley Bantam Male
Interlake
Athletics 80M Hurdles Midget Female
Asha Gurney

Athletics High Jump Bantam Female
Rofiat Badmos
Athletics Javelin Midget Male
Ben Kelly
Athletics Shot Put Midget Female
Laine Vandersteen
Athletics Individual Cross Country Bantam Male
Tyson Barylski
Athletics Individual Cross Country Midget Male
Jordan Simko
Athletics Cross Country Team Midget Male
Team Interlake
Athletics Team Shot Put Bantam Female
Interlake
Athletics Team Standing Long Jump Bantam Male
Interlake
Cycling Individual Cross Country U15 Female
Ella Russell
Cycling Individual Cross Country U15 Male
Grafton Hopkins
Cycling Individual Short Track U15 Female
Ella Russell
Cycling Individual Short Track U15 Male
Cody Brown
Golf Individual Competition Special Olympics
Open Female
Amanda Coutu
Golf Team Competition 17 & Under Female
Team Interlake
Swimming 50m Breaststroke Youth Female
Sapphire Johnson
Swimming 50m Butterfly Junior Female
Jillian Friesen
Swimming 50m Butterfly Youth Female
Jill Smuttell
Swimming 100m Freestyle Youth Female
Sapphire Johnson
Swimming 100m Breaststroke Youth Female
Sapphire Johnson
Swimming 100m Butterfly Junior Female
Anja Krueger
Swimming 100m Butterfly Youth Female
Jill Smuttell
Triathlon Individual 14 & 15 years of age Female
Megan Van Heyst
Triathlon Individual 16 & 17 years of age Female
Serena Derksen

Diabetes camp helps Selkirk boy be a kid again

By Lindsey Enns

A local mother is crediting the Canadian Diabetes Association's D-Camp for allowing her son to feel like a kid again.

"It's really hard to let your child go when you know it's life or death situations with needles," Tia Carey of Selkirk said. "We would never let him go to a normal camp."

"Now I look forward to it for him."

This summer marks 14-year-old Cruz Carey's third time attending D-Camp.

Cruz left Monday for the one-week camp being held in Manitoba's Whiteshell Provincial Park this year.

D-Camps encourage youth with diabetes to indulge their sense of fun and adventure in a diabetes-friendly environment while connecting with others who share the same life experiences.

"They let them be kids because they become adults when they're so young but when he goes there he can actually just relax," Tia said. "He meets so many kids that live the same life, he doesn't get that in school."

Cruz was diagnosed with type 1 diabetes when he was eight years old and now gives himself six needles a day.



RECORD PHOTO BY LINDSEY ENNS

Fourteen-year-old Cruz Carey, pictured left, and his mother Tia Carey play with their dogs Kahlua and Georgia outside their Selkirk home last Saturday. This summer marks the third time Cruz, who has type 1 diabetes, is attending the Canadian Diabetes Association's D-Camp.

Diabetes is a disease in which your body either can't produce enough insulin or can't properly use the insulin it makes.

Type 1 diabetes, which is sometimes

referred to as juvenile diabetes, can occur at any age, but is most often seen in children and young adults. With type 1 diabetes, your body makes little or no insulin.

A management plan for type 1 diabetes includes taking insulin as prescribed, eating a well balanced diet, staying physically active and testing your blood sugar levels regularly.

"It takes all of us to keep it regulated," Tia said. "It's an everyday challenge."

Tia said her son's needles change based on what he eats that day and how much exercise he's getting.

"He could go into a really bad low, have convulsions and then eventually die," she said, adding Cruz recently had a close call while at home but thanks to the quick actions of his sister an ambulance was called just in time. "My daughter had to call 911 ... it's pretty intense."

Along with making new friends, Cruz said over the years he's also learnt a lot while attending D-Camps.

"They make you draw up your own needles and everything," he said. "It's kind of a good skill to have ... once you move out you have to know how to do all of that stuff."

Cruz said his advice for those who just found out they have some form of diabetes is "just to accept it."

"It's not ever fun but it will make it a lot better," he said.

St. Clements to host 6th annual memorial walk Aug. 28

By Dave Baxter

Residents will gather to run or walk in St. Clements later this month as a way to remember and honour lost loved ones.

The sixth annual St. Clements Church Memorial Run/Walk will take place on Sunday, Aug. 28 at 12:30 p.m. at the St. Clements Church.

The event is put on as a way for community and area members to honour and remember anyone they have lost in their lives.

"It's to remember all of our loved

ones for any reason," event organizer Cindy Hoogervorst said. "It's open to everyone, and it's not just for people from St. Clements or people from the church."

"It's for anyone who has lost anyone, anywhere, at any time, for any reason."

The event kicks off with a pancake breakfast from 9:30 a.m. until 11 a.m., with an adult breakfast costing \$7 and a kid's breakfast costing \$3.

There will also be hot dogs and drinks served after the run/walk, as well as live music, kid's activities, a si-

lent auction and a 50/50 raffle.

Hoogervorst said no one should be intimidated about taking part in the run/walk despite their age or personal fitness level.

"This is absolutely for everybody and anybody," she said. "It's not an official run, there are no numbers, and it's not timed."

"It's more of a family fun walk and run."

She added there will be 2 km, 5 km and 10 km options and the run/walk will make it's way down River Road,

around Lower Fort Garry, and return to St. Clements Church.

Hoogervorst added participants can walk or run as far as they feel comfortable with.

Pledge forms can be found at Keystone Source for Sports in Selkirk, or printed at the Manitoba Runners Association website at mra.ca.

Registration forms will also be available on site.

For more information call Cindy Hoogervorst at 204-482-3968.

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Italian-Style Hamburger Soup



- 1 lb (500 g) Extra Lean or Lean Ground Beef
- 1 large onion, chopped
- 4 cloves garlic, minced
- 1 cup (250 mL) EACH thinly sliced carrot, celery and zucchini
- 1-1/2 tsp (7 mL) dried Italian herb seasoning
- 1/4 tsp (1 mL) chili pepper flakes (optional)
- 1 can (28 oz/796 mL) diced tomatoes
- 1 pkg (900 mL) sodium-reduced

- chicken or beef broth
 - 1 can (213 mL) tomato sauce
 - 1 cup (250 mL) shredded fresh spinach (optional)
 - 1/4 cup (50 mL) chopped fresh parsley (optional)
 - 1/2 cup (125 mL) broken whole wheat spaghetti
- Directions

Cook beef, onion, garlic, carrot, celery, zucchini, Italian seasoning, and chili pepper flakes (if using) in Dutch oven over medium-high heat for 10 to 15 minutes or until meat is thoroughly cooked and any liquid has evaporated.

Add tomatoes, broth and tomato sauce; bring to boil. Reduce heat and simmer for 15 minutes.

Add spinach and parsley (if using). Stir in pasta; simmer for 10 minutes or until pasta is tender.

Minestrone Soup

- 2 tablespoons olive oil
- 1 ounce pancetta, chopped (5-6 thin slices)
- 11/2 cups chopped green cabbage
- 1 cup chopped onions
- 1 cup sliced carrots
- 1/4 cup chopped celery
- 2 garlic cloves, minced
- 1 cup chopped, drained, canned plum tomatoes
- 2 quarts chicken broth
- 1/2 cup peeled, diced potato
- 1 ounce Parmesan cheese rind
- 3 ounces vermicelli or angel hair pasta, broken into 2-inch pieces (about 3/4 cup)
- 1/4 cup drained, canned chickpeas
- 1/3 cup drained, canned kidney beans
- 1/3 cup Pesto (see box)
- 1/2 teaspoon salt, or to taste
- 1/4 teaspoon freshly ground black pepper, or to taste

Freshly grated Parmesan cheese, as needed

Heat the oil in a soup pot over medium heat. Add the pancetta and cook until the fat melts, 3 to 5 minutes. Do not brown.

Add the cabbage, onions, carrots, celery, and garlic. Cook until the onions are translucent, 6 to 8 minutes. Add the tomatoes and saute another 2 to 3 minutes.

Add the broth, potato and Parmesan cheese rind. Bring to a simmer and cook until the vegetables are tender, about 30 minutes. Do not overcook.

Meanwhile, cook the vermicelli according to package directions, until tender. Drain.

When the vegetables in the soup are tender, add the cooked vermicelli, chickpeas and kidney beans. Remove and discard the Parmesan rind.

Season the soup to taste with the pesto, salt and pepper. Serve in heated bowls, sprinkled with cheese.

Chicken With Matzo Dumplings



- For the broth
- 1 leftover chicken carcass, all skin and fat removed
 - 2 Spanish onions, 1 whole and unpeeled, the other peeled and chopped
 - 1 leek, coarsely chopped
 - 3 celery stalks, with leaves if possible, coarsely chopped
 - 4 bay leaves
 - 1 large spring of rosemary
 - 2 large sprigs of thyme
 - 1 large sprig of sage
 - 4 large sprigs of parsley
 - 12 white peppercorns

Note: You can use good-quality, low-salt kosher chicken stock cubes or bouillon powder, but the recipe above for homemade broth is recommended.

- For the dumplings:
- 7 ounces medium matzo meal (about 8 matzo sheets, ground up)
 - 3 eggs
 - 1 tablespoon olive oil
 - 1 tablespoon finely chopped flat-leaf parsley
 - 3 grindings of black pepper
 - 2 pinches of salt

First, make the broth. Put the carcass in a large pot and cover with about 21/2 quarts of water. Bring to a boil, cover and simmer for 30 minutes. Add the vegetables, herbs and peppercorns, return to a boil, cover and simmer for 1 hour. Strain, reserving the broth.

Make the dumplings by mixing all the dumpling ingredients together, then knead until you have a smooth dough, adding a little water if necessary. Cover and let rest for at least 3 hours.

Using your hands, form the mixture into balls the size of apricots. To put it all together, bring the chicken broth up to simmering point. Drop in the dumplings and continue simmering, covered, for 30 minutes.

If you don't have a chicken carcass, boil a whole chicken for the soup and use the meat in other dishes. Traditionally, a boiling fowl from a kosher butcher would be used.

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City urges residents to fill out water conservation survey

Submitted

Do you make an effort to conserve water? Do you think you could do more? Why is water conservation important to you?

These are examples of the types of questions the City of Selkirk is asking on its Water Conservation Survey, available now at myselkirk.ca/water-survey

survey or at the front desk of the Civic Office at 200 Eaton Avenue.

"We're encouraging every resident of Selkirk to go on the website and complete the survey," said Dan McDermid, the city's director of operations. "It'll help us develop a water conservation strategy in the near future that will meet the community's

needs."

Selkirk Mayor Larry Johannson said water is essential for life, and protecting it and preserving it is everyone's responsibility.

"We need to be good stewards of our most precious resource and we want our citizens' input, their ideas, and we want their support," Johannson said.

"We know that clean, fresh water is the number one priority of every citizen in all communities. Let's protect number one and let's make sure that it's going to be there for the ones that come behind us."

The city announced last week a \$36-million wastewater treatment plant will be built, to replace its non-compliant, 40-year-old plant. The provincial and federal governments will cover two-thirds of the cost, but the remaining \$12 million will be the city's responsibility, meaning utilities bills could rise.

McDermid said the environment benefits when people conserve

"WE NEED TO BE GOOD STEWARDS OF OUR MOST PRECIOUS RESOURCE AND WE WANT OUR CITIZENS' INPUT ..."

water, but residents can benefit as well with lower water fees.

"We anticipate our rates are going to go up, now's the time to start thinking about conserving water so that your utility bill will be lessened by our potential rate increases," McDermid said.

The city has been doing its best to conserve water in recent years by installing low-flow toilets in all its buildings and using the Red River for watering plants. City planters are zero-scaping, which also uses less water. McDermid said the city is setting a trend it hopes residents will follow.

The city has also recently established a supplemental water source from two wells in St. Andrews and is currently installing 11 kilometres of pipeline to bring the water to the Selkirk treatment plant. The new source, paired with new water conservation practices, will ensure a safe and reliable supply of water for Selkirk citizens now and into the future.

The survey will show where the public's mindset is at in regards to conservation and that will be helpful when the city unveils its water conservation strategy in the near future.

The survey is for Selkirk residents only, and anyone who completes the survey will be entered to win a prize.

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Home Real Estate Section
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Factors To Consider When Choosing a Neighborhood

When shopping for a home, it's easy for buyers to fall in love with a property. A well-maintained home with updated features can be hard to resist, but buyers must consider more than just a home's appearance before submitting an offer.

One variable prospective homebuyers tend to value more highly than others is the neighborhood where they will ultimately choose to live. Many buyers even value neighborhoods more than homes, feeling they can always fix a home but cannot necessarily fix an undesirable neighborhood. When considering which neighborhood to begin a home search, buyers should research a host of factors.

Crime
 Crime statistics are public domain, meaning buyers can examine crime

figures for any neighborhood where they are considering buying a home. Some real estate websites list neighborhood crime ratings among the information they offer about a given property. In addition, buyers interested in learning about crime in a given neighborhood can visit a site such as CrimeReports.com to access data on crimes committed near a particular address.

Home values
 Home values are another factor to consider when choosing a neighborhood in which to buy a home. Buyers can work with a local realtor to find a neighborhood or area where real estate prices are trending upwards. While buyers might be able to find a great deal on a home in a neighbor-

Continued on page 19

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Bountiful, healthy trees can be beautiful to behold and important contributors to a thriving environment. A tree can absorb as much as 40 pounds of carbon dioxide per year and can sequester one ton of carbon dioxide by the time the tree reaches age 40. Manitoba Conservation adds that trees placed properly around a home can

reduce air conditioning and heating demands considerably.

Many homeowners are content to leave healthy trees alone. However, trees eventually must be pruned or removed if they become safety risks or pose other threats. Trees with roots

Continued on page 20

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Continued from page 17

hood where home prices are dropping, it's important to remember those home prices are dropping for a reason. Work with your realtor to find a neighborhood where you can afford a home and where property values are not in decline. Realtors will have access to recent sales figures so you can get an idea of whether a neighborhood is trending upward or in decline.

Amenities

The proximity of amenities such as shopping, restaurants and parks is attractive to many buyers, and that's something all buyers should consider before buying a home. Even if you prefer a home in a remote location, that could limit your market of buyers when you want to sell the home down the road. While your own comfort and preferences should ultimately prevail over potential resale value, it's important that you at least consider access to amenities before making a decision. You might be able to find a compromise in a home that is a short drive away from a town center, but still remote enough that you are not in the middle of the hustle and bustle.

Commute

Quality of life is heavily influenced by commute time. Many men and women feel their quality of life improves dramatically the shorter their daily commute is. When considering a particular neighborhood, do a test run before making an offer on a

home. Wake up early and drive to the area where you are thinking of buying, and then commute from there during rush hour. Also, do the reverse commute come quitting time. You might be able to get an estimated commute time online, but a test run can give you a more accurate idea of

what your daily trips to and from the office will be like.

Choosing a neighborhood where you will enjoy living requires some forethought and research.

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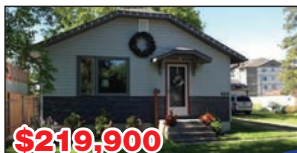
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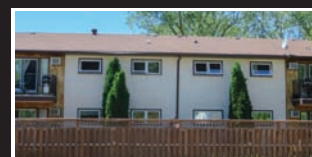
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Continued from page 18

that are damaging home foundations or those with limbs overhanging property limits or power lines can be troublesome. Although homeowners can handle relatively minor tree maintenance, for a variety of reasons, many tree projects are best left to the professionals.

Avoid injury

Professional tree contractors recognize and understand the hazards associated with tree and limb removal. Many operate in accordance with national or local guidelines to maintain proper clearance of power lines and structures.

Trimming trees close to electrical lines puts a person at risk of being electrocuted. Professionals know how to protect themselves and prevent power outages, which can result when limbs come into contact with power lines.

Professional tree services will use machinery appropriate for the task. Cherrypickers and cranes may lift workers to the correct height to work on trees, while do-it-yourselfers who rely on climbing trees or using ladders are at risk of injury.

Prevent damage to the tree



Many tree services understand the proper way to prune trees to minimize stress and damage to the tree itself. Novice pruners may inadvertently do more harm than good, resulting in proliferation of tree disease or shock. Improper pruning technique also can lead to an unsightly tree.

Liability

A professional tree service will possess the correct liability and worker's compensation insurance.

This protects homeowners against litigation should someone be injured while tree work is being done.

Homeowners who damage neighboring properties when cutting down a tree may find that they are not covered by their homeowner's insurance policies. This can be a costly mistake that's easily avoided by simply hiring a fully insured tree removal service.

The right tools

The right tools can mean the difference between a job done correctly and one that results in disaster. Professional arborists and tree services have acquired the training, tools and techniques to perform the job safely. This includes using the right tools to tackle the job. Ropes, pulleys, cranes, stump grinders, and other heavy machinery are just a few of the tools tree services have at their disposal that the average homeowner does not.

Trimming or removing trees can be an unpredictable and potentially dangerous endeavor. Such work is best left to professionals. For professional tree service in Selkirk and surrounding areas contact Step Up Tree Removal at 204-785-3273

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FALL & WINTER ACTIVITIES & registration section 2016-2017

How To Beat The Couch Potato Curse

Diet and exercise make great bedfellows for men and women looking to live a healthier lifestyle. A combination of a healthy diet and regular exercise makes it easier for men and women to maintain a healthy weight while lowering their risk of various ailments, including heart disease and diabetes.

A heightened awareness of what makes for a healthy and unhealthy diet coupled with the increased availability of healthy foods has helped many people smoothly transition to

a healthier diet. But many people still struggle to find time to exercise every day. Commitments to work and family can make it difficult to squeeze in regular workouts, and the call of the couch is often more appealing than a trip to the gym at the end of a long day juggling both personal and professional obligations. But exercise is integral to a healthy lifestyle, so it's important that men and women take steps to incorporate exercise into their daily routines.

* Figure out when you're free. Find-

ing free time is perhaps the biggest hurdle adults must clear when attempting to exercise more. Track your daily schedule for a week or two, making note of down times during the day when you might be able to squeeze in 30 to 60 minutes of exercise. If you notice you're spending your lunch hours catching up on personal emails

or surfing the Internet, then consider joining a gym near your office and turning those lunch hours into workouts. If your mornings are not dominated by getting the kids ready for school, then wake up a half hour earlier each morning to squeeze in some time on the treadmill. You likely have some down time with regard to your daily schedule, and identifying such time is the first step toward making

Continued on page 22

Keystone Kips **Gymnastics**

Recreational & Competitive Programs

Girls and Boys Classes
Ages: 3 years and up

Girls Competitive
Regional & Provincial Stream

Registration:

August 24th, 2016
6:00 pm to 7:30 pm

Location: West St Paul School
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For information call:
204-694-8096

Email us at:
Keystonekips@mts.net

Visit our website:
www.keystonekipsgymnastics.ca
www.facebook.com/keystonekipsgymnastics





TRI-S

Indoor Soccer Registration

Online registration

will take place August 20th to September 4th. Registration will be for all players born from 1998 to 2008. Teams will play in the U9-U18 Recreational or Developmental divisions of the Winnipeg Youth Soccer League and play games in Winnipeg with practices in the Selkirk area. To register or more info go to www.trissoccer.com as well as www.winnipegyouthsoccer.com

Age groups may be combined to form teams and to accommodate as many players as possible. Payment must be made by September 4th or a \$35 late fee will apply. Teams will be formed based on the paid registrations as of September 4th.



CITY OF

Selkirk

Fall Recreation & Leisure Fair



Wednesday, August 24th 5 pm to 8 pm

Selkirk Rec Complex Lobby

To register call 204-785-4950 or email sleonard@cityofselkirk.com

myselkirk.ca



**Lord Selkirk Steelers "A" Hockey
- Novice - Midget (A1 - A3) Programs**

**LSMHA Players Registration 2016-2017 Season
Ages 5-17 - Register on our
website: www.lsmha.com
Registration Deadline
- Aug 23rd 2016**



**Looking for qualified volunteers
looking to Coach or Help with
the upcoming Season.**

Please send Coaching Resume or request an application from:
lsmhacoaching@gmail.com

**REFEREE AND TIME KEEPERS NEEDED
for 2016-2017 Season**

If Interest in Refereeing or Timekeeping this Season please contact:
lsmhaofficials@gmail.com



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Fall Registration Begins August 16th!

Registration Hours (In-Person)
Tuesdays & Thursdays 5:00 – 8:00pm
August 16th to September 8th

Classes begin Monday, September 12th!

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Adult Fitness	Musical Theatre	Ages 2 – Adult	Recreational & Competitive

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Continued from page 21

better use of it.

* Make it a team effort. Daily exercise is not just good for adults; it's great for kids, too. Parents looking to fit more physical activity into their daily routines should consider involving their children, many of whom are dealing with a fitness crisis of their own. According to a 2014 report in the Journal of the American Medical Association, childhood obesity has more than doubled in children and quadrupled in adolescents over the last three decades, putting youngsters at increased risk for cardiovascular disease, pre-diabetes, bone and joint problems, and sleep apnea. Parents can make daily exercise a family affair, which increases the time they spend with their children while ensuring their kids stay fit as well. Men and women without families also can make daily exercise a team effort by working out with a friend or significant other. The buddy system often proves motivational, encouraging men and women to exercise even on those days when the couch is calling.

* Make exercise more interesting. Many workout routines fall by the wayside because they simply do not engage men and women no matter how motivated they are to lose weight. An hour on the treadmill can seem like an eternity to certain men and women, who can benefit by choosing

workout routines that are less monotonous. For example, Zumba is a combination of dance and aerobic exercise that is growing in popularity. In lieu of spending an hour on the treadmill or elliptical machine, Zumba participants get an equally if not exceedingly challenging cardiovascular workout that many find more fun than traditional aerobic exercise thanks to its incorporation of dance. For those without such happy feet, bring a tablet along to the gym and catch up on your favorite television shows or a good book during your cardiovascular routines. The more interesting you find your workout routine, the more likely you are to find time for that routine every day.

* Choose an accessible routine. When planning your workout, make it as accessible as possible. While sports like kayaking and mountain bike racing make for great exercise, such activities are not readily accessible to many working professionals with busy schedules. Join a gym that's only a short drive from home, or purchase some gym equipment you can set up in your own home. The more accessible a workout routine is, the more likely you are to embrace that routine.

The call of the couch can be difficult to ignore. But the side effects of a sedentary lifestyle can be grave, so men and women should work to find ways to include exercise in their daily routines.



**Classes for
ages 7 and up on
Tuesday & Thursday
evenings beginning
September 8th at the
High School Upper Gym**



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call Brian 782-9785**



www.selkirkjudoclub.com

FALL & WINTER ACTIVITIES & registration section 2016-2017

Simple Ways To Stay Fit All Year Long

Many people find it easier to maintain their beach bodies during summer than they do throughout the rest of the year. Summer weather encourages people to get off the couch and enjoy the great outdoors, and many people prefer to eat lighter meals during the summer to combat the heat and humidity.

But once the dog days of summer give way to autumn, the motivation to stay in beach shape tends to wane. Couple that dwindling motivation with the tendency to eat larger, heartier meals as the weather gets colder, and it's easy to see why so many people gain weight over the last several months of the year and into the new year. But maintaining a healthy weight year-round promotes long-term health and reduces a person's risk for various ailments and diseases, including heart disease and diabetes. The following are a handful of strategies men and women can employ as they try to turn their beach bodies into the bodies they see in the mirror

all year long.

- Keep setting goals. As winter heads toward spring, many people set short-term goals to motivate them to get back into beach shape. That's a highly effective strategy that need not be exclusive to late winter. Setting short-term fitness and dietary goals throughout the year can keep you from falling back into bad habits. Tie your goals into the season to increase your chances for success. For example, resolve to run outdoors or cycle a certain number of miles each week in autumn, when the weather is still conducive to physical activity and the scenery is idyllic. When winter arrives and exercising outdoors is no longer viable, commit to attending a few fitness classes per week at your gym.

- Switch up your workout routine every few weeks. Boredom also can affect people's ability to maintain healthy weights year-round. Adhering to the same exercise routine for

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TK TAE KWON DO

EAST SELKIRK - Terry 204-482-7034
SELKIRK - Rick 204-785-1699
BEAUSEJOUR - Breanne 204-485-6351
TYNDALL - Barry & Jayden 204-268-2819
ANOLA - Kelly & Dev 204-866-3688



Fung Loy Kok Institute of Taoism
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Tai Chi Fall Registration

@ **Gordon Howard Centre**
Thursday, September 1 at 9:00 am
Tuesday, September 6 at 6:00 pm

Beginner Classes

Tuesdays 6 p.m.
Thursdays & Saturdays 9 a.m.
Gordon Howard Centre
 384 Eveline St. Selkirk
 For info call 204-999-9701



Selkirk Ringette Registration
Selkirk Rec Lobby

Wednesday, Aug. 24th 5:00 pm - 8:00 pm
Tuesday, Aug. 30th 6:00 pm - 8:00 pm
 (Need to be registered for "A" Try-outs)

Ringette 4 U Program (2009-2012)
Fall Conditioning Camp starts Sunday, Sept. 4th

Come Try Ringette Saturday, Sept. 17th 1:15pm - 2:15 pm Selkirk Rec
 • Please pre-register by emailing t.clegg@mymts.net

Registrations can be done on-line at our website: www.selkirkringette.com
 Payment can be made in person on registration dates, by e-transfer or mail to:
 Selkirk Ringette, c/o Tanya Zorniak 655 Pigeon Bluff Road, St. Andrews R1A 4K2 dtksz@outlook.com

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WE OFFER RECREATIONAL AND COMPETITIVE DANCE CLASSES

AGES 3+
CREATIVE MOVEMENT
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BALLET
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Classes run September through May with a final recital at the Concert Hall in Winnipeg.

SIGN UP FOR FALL ENROLMENT:
 Wednesday, August 24th 5 – 8 pm
 City of Selkirk Fall Recreation & Leisure Fair
 Selkirk Rec Complex Library

COST OF REGISTRATION:
 1st Dance Class \$250 each additional dance class in the family \$190, costume deposit and fundraising are additional.

Selkirk dance is a community organization managed by volunteer parents and professional teachers.



www.selkirkdance.org

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30k MARATHON 8 am	1/2 MARATHON 8 am	10k RUN/WALK 10 am	5k RUN/WALK 10 am
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Saturday, September 17th, 2016

Start & Finish at Skinner's River Road in Lockport, MB

Manitoba's Beautiful Run



Register online at www.runningroom.com
lockportriverrun@shaw.ca

FALL & WINTER ACTIVITIES & registration section 2016-2017

Continued from page 23

months on end can grow tedious. The body can even grow accustomed to the same workout routine, meaning you won't be getting as much out of your exercise sessions as

you might if you switch things up. If you find your daily workouts taking a turn toward the mundane, switch up your routine by changing exercises or signing up for classes that interest you.

- Find healthy seasonal foods. Many people prefer to buy locally sourced and/or in-season foods, recognizing the positive impact that such dietary habits can have on the environment. That commitment to buying healthy, locally grown foods can be tested as the seasons change and the offerings at your local market change along with them. Educate yourself about which foods are in-season in your area throughout the year, opting for the most nutritious foods you can find. Buying in-season foods saves you money, and you will also feel good about staying on a nutritious, eco-friendly track.

- Join an exercise group or sports league. The buddy system is an effective way to stay committed to a fitness regimen, but if you cannot find a friend or family member to brave cold winter treks to the gym with you, then consider joining an exercise group or competitive sports league. As summer turns to autumn, join a road runner's club to motivate you to run. When harsh weather makes running outdoors too difficult, sign up for a winter sports league. Such groups or leagues get you off the couch and provide great opportunities to meet like-minded men and women who have made their own commitments to staying fit.

Staying fit all year long is a challenge for many people. But maintaining that beach body even after summer has come and gone need not be so difficult.

Art by Bev Hart
at the **Selkirk Leisure Show August 24**
Selkirk Recreation Centre
5 to 8pm

Children's and youth painting classes available for signup!
Also paint nights for adults!

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Hours: Tues., Thurs. 6:30-8:30 pm

Fri. 6:30 - 7:30 pm



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Classes start Tuesday, September 6th, 2016

WTF, CTF, MTAI Certified Instruction/School/
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Register In-Person for Fall Classes Wednesday Aug 24, 7 pm
Selkirk Waterfront
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NEW for Fall: "STRONG by ZUMBA" and "Bellyfit" is back!

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Evening youth drop-in for teens every Tuesday & Thursday 7-9PM

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Joining an exercise group is one way men and women can stay motivated and maintain healthy weights year-round.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Interlake golden in 14U girls' volleyball

By Brian Bowman

Team Interlake was golden in 14U girls' volleyball at the 2016 Power Smart Manitoba Summer Games.

And they now have gold medals to prove it.

Interlake was sensational in volleyball on their way to winning gold after defeating Winnipeg Gold 2-1 by scores of 25-19, 19-25, 15-6 on Saturday.

Interlake advanced to the gold-medal game after notching playoff wins over Westman (25-13, 28-26) and Winnipeg Blue (13-25, 25-22, and 15-10).

The comeback win over Winnipeg Blue was an exciting one.

Interlake started play last Thursday afternoon with a 2-0 sweep over Eastman, winning by scores of 25-18 and 25-22. Later that evening, Interlake was beaten 2-0 (19-25, 24-26) by Winnipeg Gold.

The U14 Interlake girls' roster included Taylor Barron, Emma Benson, Abigail Benson, Holly Feschuk, Jana

King, Quinn Moroz, Hannah Nick, Kendall Sorokowski, Sheriden Wagner, Peyton Wagner, and Makenna Wryha.

Interlake coaches included Nicole Clemons, Aaron Cyr and Megan Cyr.

On the boys' side, Interlake placed sixth after losing 2-0 (6-25, 19-25) to Winnipeg Gold on Friday evening.

Team Interlake started the playoffs with a 2-0 (18-25, 23-25) loss to Winnipeg Blue but they rebounded with a solid 2-0 (25-18, 25-22) victory over Parkland.

In pool play, Interlake was 1-1 on Thursday after a loss to Winnipeg Gold and a victory over Norman.

The Interlake's 14U male roster included John Donald, Brandon Doucet, Spencer Grahame, Josh Jehle, Sean Mullin, Aidan Mulvihill, Nicholas Murray, Conner Nagy, Hunter Olson, Joseph Phillips, and Samuel Warken-tin.

The coaches were Tristan Hodges and Michael Munday.



RECORD PHOTO SUBMITTED

Team Interlake captured the gold in 14U girls' volleyball at the 2016 Power Smart Manitoba Summer Games last Saturday.

Interlake wins bronze in girls' golf at Summer Games



By Brian Bowman

Team Interlake needed a strong Day 2 of the girls' 17-and-under golf event to win a medal at the 2016 Power Smart Manitoba Summer Games in Steinbach.

And that's exactly what they accomplished.

Interlake was very good on Aug. 9 as it combined for a second-best 163 to finish third overall at 333 after 36 holes of competition.

Only Team Westman (320) and Team Winnipeg Gold (321) finished ahead of the Interlake.

The local team was led by St. Andrews' Reece Carter's sizzling 78. Her two-day total 165 placed her fourth.

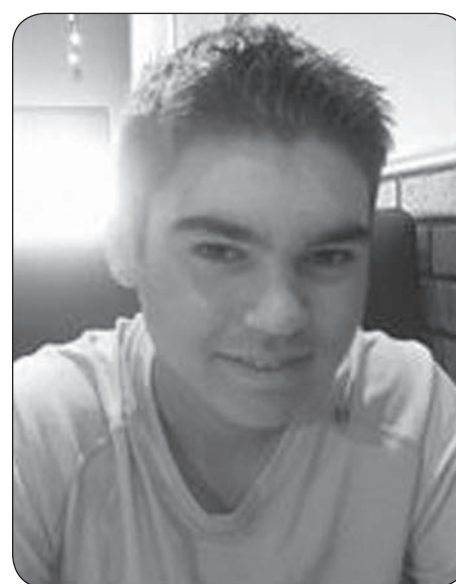
Matlock's Lexie Kopp placed sixth after carding rounds of 83 and 85 for a 168, followed by teammates Dayna Dubnicoff of West St. Paul (91-90-181) and Selkirk's Mikyla Albert (95-98-193).

East Selkirk's Lorrin-Jeanne Baker, meanwhile, competed for Team Parkland and shot 130 on Monday and 129 the following day for a 259.

Rebecca Kuik of Winnipeg Gold was the low women's golfer after firing impressive rounds of 73 and 76. That was five strokes better than Westman's Bobbi Uhl.

On the boys' side, Interlake finished fourth after combining for a 497 total. That was behind Team Winnipeg Gold (452), Team Winnipeg Blue (487) and Team Central (491).

Selkirk's Brady Bandura was the low Interlake golfer in the 15-and-under male division after carding rounds of 72 and 82 for a 154 total. Bandura's Interlake teammates Adam Ingram of West St. Paul finished at 170, followed by West St. Paul's Brent Ingram (176)



Selkirk's Brady Bandura



St. Andrews' Reece Carter

and East St. Paul's Noah Johnstone (180).

Josh Shuster won the gold after a 149 total, which was three strokes better than Nick Fernandes and Blake Jacques.

Meanwhile, St. Laurent's Dominique

Abraham won the gold in the Special Olympics Open Female division for golf. She finished with a two-day total 142, which was ahead of Parkland's Tammy Lumax (145) and St. Laurent's Amanda Coutu (159).

Interlake makes history in basketball at Summer Games

By Brian Bowman

Team Interlake made history in basketball at the 2016 Power Smart Manitoba Summer Games last week.

For the first time ever, Interlake won a medal in basketball.

Interlake's great run in girls' basketball ended abruptly after a 60-39 loss to Team Winnipeg Gold in the 16U championship game but the local squad were still proud owners of some shiny new silver medals.

Winnipeg Gold was a very dominant team throughout the three-day tournament.

"They were undefeated and I don't think a team came within 20 points of them the entire tournament," said Interlake co-coach Sue Gilmour. "They have a lot of skill and a lot of experience."

Sarah Buchan and Callista Howard each led the Interlake with 10 points apiece.

Interlake had trouble shutting down Winnipeg Gold's talented Sonum Sidhu. Sidhu scored a game-high 17 points.

"We keyed in on her a little bit but she just found a way around us and didn't miss," Gilmour said. "Most of

their shots went in – they shot very, very well."

Interlake reached the gold-medal game after upsetting Team Winnipeg Blue 55-48. That was a huge revenge win for the Interlake, which was defeated soundly by Winnipeg Blue the previous day.

"I was so proud of the girls," Gilmour said. "They played so well against Winnipeg (Blue). They finished well and played as a team. Everyone contributed and it was a really, really good team victory to get us into the final."

Interlake's Anika Loeppky did a great job shutting down Winnipeg Blue's Deborah Nkiasi. Nkiasi, who was averaging 18 points per game at the Summer Games, was held to just four points by the Interlake.

Gilmour said her girls really came together as a unit at the Summer Games.

"This has been an exceptional group of young women," Gilmour said proudly. "They bonded right off the hop and they have been so supportive of each other. The kids that maybe didn't get as much floor time never complained and they were encouraging and loud on the bench.



RECORD PHOTO SUBMITTED BY SUE GILMOUR

The Team Interlake girls' basketball team won silver at the 2016 Power Smart Manitoba Summer Games last week.

"Overall, I was extremely impressed with everyone on the team."

On the boys' 16U side, Interlake lost 73-49 to Team Norman on Aug. 9 to finish eighth overall.

Carl LeBlanc of St. Andrews led the Interlake with 14 points while Jacob McCutcheon of Grosse Isle added 10.

Team Winnipeg Gold took top spot after an 82-75 victory over Team Winnipeg Blue while Team Parkland won the bronze after beating Team Westman 52-47.

In other basketball news, the Selkirk

Royals will be hosting a Girls Basketball Camp 2016 at the Comp from Aug. 29 to Sept. 2.

The U18 girls will practice from 9 a.m. to noon each day, followed by the U14s from 12:30-3:30 p.m. Cost for the camp is \$100 and each player will receive a T-shirt if registered by this Friday.

Space is limited to 25 players per session. Anyone interested can contact Trish Hallson at thallson@lssd.ca or Sue Gilmour at sgilmour@lssd.ca

Interlake wins silver in softball at Summer Games

By Brian Bowman

Team Interlake won a silver medal in girls' softball after losing 7-5 to Team Central in the championship game at the 2016 Power Smart Summer Games in Steinbach.

Interlake had the bases loaded with one out in the seventh inning but couldn't cash in a pair of runs to tie the score. In the sixth inning, Interlake had the tying run on second base and also failed to score.

"The girls put in a tremendous effort and the team really jelled over the week," said Interlake head coach Blaine Shewchuk. "It was quite exciting to be part of (and) while it's disappointing to lose in the final, as I mentioned to the girls, it will sink in (soon) and they'll appreciate what they accomplished."

Interlake advanced to the final after defeating Team Winnipeg Gold 5-2 in a 1-vs.-1 game Friday afternoon.

Interlake started play with a tight 3-2 win over Westman early last Thursday morning.

"That was a real critical game to win right off the hop," Shewchuk said. "It was a very close game and we won it in the bottom of the seventh."

Interlake then knocked off Team Norman 10-3 in six innings and edged Team Winnipeg Blue 3-1.

The Interlake roster included Meghan Cabral, Alexandra Chester, Sarah Fines, Rikki Frost-Hunt, Grace Goodman, Miranda Holod, Jamie Johnson, Hanna Marshall, Loren Proven, Amber Schneider, Kyra Shewchuk, and Ashton Wallack.

Courtney Kwasnitza and Taylor Studler were the team's other coaches.

Nine of the 12 girls on the Interlake Summer Games team are on the South Interlake Phillies' U16 squad that will be competing at the nationals in Montreal this week.

The Summer Games were a perfect setup for the Phillies before they compete at nationals.

"The timing was really good," Shewchuk said. They're playing with con-

fidence and really jelling as a group and building momentum. They're in a

good state of mind going into nationals."

Interlake loses fifth-place game in boys' baseball

By Brian Bowman

Team Interlake lost a heart-breaking 6-5 decision to Team Westman in the fifth-place game of the boys' 14-and-under baseball event at the 2016 Power Smart Manitoba Summer Games.

Westman scored twice in the bottom of the eighth inning for the wild comeback win. Westman's Jayce Soder smacked the game-winning RBI while teammate Zach Maddes drove in the game-tying run in the seventh inning.

Interlake scored three runs in the fourth inning and then added single runs in the seventh and eighth.

Arborg's Austin Adair and Westman's Jake Pool had home runs in the game.

Devon Cassan of Argyle took the loss on the mound.

Team Eastman won the gold medal after defeating Team Central 5-3. Team Winnipeg Gold earned the bronze medal after thrashing Team Winnipeg Blue 10-1.

Interlake wins silver in girls' soccer

By Brian Bowman

Team Interlake's U13 girls' soccer team won a silver medal at the 2016 Power Smart Manitoba Summer Games after a 3-0 loss to Team Eastman on Saturday in Steinbach.

Eastman scored a pair of first-half goals and then added an insurance marker in the second half.

Interlake started play with an impressive 5-0 shutout over Winnipeg Blue last Thursday.

Alexis Vermeulen led the Interlake with a pair of goals while Hailey Witko, Lauren Kelbert, and Maggie Senchuk also tallied.

Interlake then blasted Parkland 11-0 as Vermeulen scored four times while Rorie Werth chipped in with three goals. Taiya Palmer also had a strong game with two goals while Karrisana Sarna and Senchuk added singles.

Team Interlake continued its dominance with a solid 4-0 win over Norman on Friday. No goal scorers from that game were available at press time.

The rest of the Interlake roster included Rachael Mryglod, Leiva Mann, Dessya Mosienko, Lily Hofmann, Halle Cole, Sophia Thorne, Morgan Lenchuk, Jocelyn Heald, and Milina Dueck.

The team coaches were Dennis

Palmer and Jeff Hurschman while managers were Lisa Vermeulen and Corrie Cole.

On the boys' side, Interlake placed fourth after a 2-0 loss to Central in the bronze-medal game on Saturday.

Team Interlake placed second in their pool after finishing with a 2-1 record.

Interlake began action with a hard-fought 4-3 win over Winnipeg Blue last Thursday morning.

Harris Dankochik led Interlake with two goals while Jason Scott and Dawson Zeller also tallied.

Interlake then knocked off Norman 9-0 as Samuel Senchuk netted a hat trick. The other goal scorers were Harris Dankochik (two), Kyle Follhoffer (two), James Frischbutter and Brennan Feschuk.

Interlake closed out its pool play with a 5-1 loss to Westman. No goal scorers were available from the game.

The rest of the Interlake team's roster included Zackary Bergagnini, Cole Bragg, Matthew Church, Jaden Dubois, Nathaniel Gomes, Logan Poloway, Lucas Sousa, Leonardo Takahashi, and Luke Tobin.

Interlake's coaches were Daniel Racicot and Manny Gomes while Paulo Sousa was the team manager.



RECORD PHOTO BY LANA MEIER

East Selkirk's Lauren Kelbert converted a corner kick pass to score a goal to help Team Interlake defeat Winnipeg Blue 5-0 last Thursday at the 2016 Power Smart Manitoba Summer Games.

Hoydalo wins junior rural title

Staff

Teulon Golf & Country Club's Ryan Sholdice was very good in winning the Men's Rural Golf Championship on his home course last weekend.

Sholdice fired a sizzling 66 on Saturday and then wrapped up the 36-hole event with a 73 on Sunday to finish at 5-under 139.

That was six strokes better than Carman's Bobby McNair (72-73) and his brother, Bryce (69-76).

Rounding out the top six were Minnewashta's Josh Neufeld (72-74-146), Golf Manitoba's Aaron Ogrodnick (75-73-148), and Selkirk's Wesley Hoydalo (71-77-148).

Hoydalo won the junior championship by six strokes over Quarry Oaks' Stefan Lavallee.

Darren Kelpin, who golfs out of Teulon, placed 10th after rounds of 77 and 80 while Teulon Golf & Country Club's Mark Huebsch was 12th after shooting an 82 and 80.

In the men's senior championship, Clear Lake's Keith Fawcett finished with a 9-over 153, which was five strokes better than Steinbach Fly-In Golf & Country Club's Al Kehler.

Selkirk Golf & Country Club's Kevin Tyn dall placed fourth after finishing at 170.



RECORD PHOTO BY LANA MEIER

Selkirk's Wesley Hoydalo won the junior rural championship by six strokes at the Men's Rural Golf Championship in Teulon last weekend.

55-Plus Slo-Pitch tourney to be held in Selkirk next week

Staff

A 55-Plus Slo-Pitch Tournament will be held at the Selkirk Recreation Complex ball diamonds next Tuesday and Wednesday.

Teams will be coming from Winnipeg, Steinbach, Portage la Prairie and Killarney. Games start at 10 a.m. and admission is free.

The Selkirk 55-Plus slo-pitch team has won all their league games this season. They were put to a challenge, though, when they were placed in the "A" division of a Winnipeg tournament.

Selkirk lost to Prime Time (6-3), the Winnipeg Flashbacks (3-2), and the Winnipeg Batrons (11-7). Selkirk did earn a win, edging Steinbach 9-8.

Giants on the ball diamond

Three former Royals lead Elmwood to Manitoba Junior Baseball League title

By Brian Bowman

Three former Selkirk Royals - Colten Boudreau, Austin Addison and Brett Boudreau - led the Elmwood Giants to the Manitoba Junior Baseball League championship last Friday in Winnipeg.

Elmwood clinched the title with a thrilling 1-0 win in Game 5 of their best-of-final final.

"It feels unreal," said Brett Saturday afternoon. "I haven't been a part of anything like this before."

For Addison, winning a league title in his first - and only - season with the Giants was real special.

"It feels great after all of the hard work we put in this year," said the 20 year old Addison. "It paid off and it feels good (to win a title)."

The series between the two clubs was a close one. Elmwood won the opening game of the series 10-9 but Winnipeg South took the next one by a 10-7 score.

"The first two games, both teams came out hitting and there were a couple of errors here and there," Colten recalled. "But in Games 3 and 4 it all turned around and became a pitching duel and people were making their plays."

After those two high-scoring games, pitching and defence took over the rest of the way. The Giants, whose roster also includes West St. Paul's Adam Nocita, won Game 3 by a 2-1 score but Winnipeg South forced a Game 5 with a 3-2 victory last Thursday.

"It was the best series that I have ever been a part of," said Brett, a talented catcher. "We had close games every

game. It was a good series to play in but it was also nerve-wracking."

Addison felt the series was a great one to compete in.

"Every game was one run or (three runs) at the most," added Addison, who played in four of the final five games in right field. "Every game came down to the last batter or the last play. It's nerve-wracking at the time, but once it's over it's a great feeling."

Addison and Colten have played baseball together since Grade 8 and had great high school careers with the Royals. They both played their final game with the Giants last Friday.

"It's the last time I'll ever wear that jersey," Colten said. "And this was my first time playing with my brother, so it was really special to go out and win it and also win it with my best friend."

Colten scored the lone run of Game 5. The speedster had a great game, finishing with a hit, a walk, and two stolen bases. He also made the final out of the game when he hauled in a ground ball at shortstop and threw out a Winnipeg South base runner by a step.

The championship win capped off a real good month for Colten, who graduated from the Comp in 2013. Besides winning the league championship, he was also named the Manitoba Junior Baseball League's all-star shortstop and league MVP.

"(To win the MVP award) was something special," said Colten, who will be attending school at Dakota Wesleyan in Mitchell, S.D. this fall. "My intention was never to win it. I'm a team



RECORD PHOTO SUBMITTED

Three former Selkirk Royals, from left to right, Austin Addison, Brett Boudreau and Colten Boudreau, led the Elmwood Giants to the Manitoba Junior Baseball League title. Colten Boudreau scored the only run as Elmwood edged Winnipeg South 1-0 in a series-deciding Game 5 last Friday evening in Winnipeg.

guy and I never think of the personal accolades. I'm always thinking that we have to win as a team.

"But to be honoured with these two awards was great to know that people think highly of me and my skills."

Altona is one of those teams that think really highly of Colten. The MJBL champions from a season ago have selected Colten to go with them to the westerns in Regina later this month.

For Brett, meanwhile, he still has a few years left of junior baseball eligi-

bility. He called the Elmwood Giants the "best program" in the league.

"This was the best year for me in baseball in my life," Brett said. "It's been unreal, to be honest. I wouldn't want to play anywhere else."

Brett, the Royals' baseball MVP this past season, left on Tuesday to attend Lake Region State College in Devils Lake, N.D.

"I'm excited (to go down there)," he said. "It will be an experience of a lifetime and I can't wait to get started and see where it goes."

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Goodbrandson to be inducted into Manitoba Golf Hall of Fame

Staff

Selkirk-born Garth Goodbrandson will be one of four individuals inducted into the Manitoba Golf Hall of Fame & Museum next month.

Goodbrandson will be inducted in the Builder category along with Gord Lenton (Athlete and Builder categories) while two members - Mauriel (Bremner) Rogers and Casmir "Kas" Zabowski, both in the Athlete category - will be inducted posthumously.

The 14th- annual induction ceremony will take place on Sept. 19 at the McPhillips Station Casino in Winnipeg.

"As Golf Manitoba enters its second century of service to golfers in the province, we are pleased to be able to recognize the outstanding accomplishments and contributions to the game over many decades by this year's honoured members," said Don MacDonald, Manitoba Golf Hall of

Fame and Museum Inc. president in a media release.

"Their inclusion in the Manitoba Golf Hall of Fame is public and permanent recognition of all that they have done to advance the game of golf in the province."

Here are Goodbrandson's career highlights:

- Born in Selkirk, Manitoba in 1960
- Golf Professional at Tuxedo (Assistant 1982 -1986), Halcrow Lake (Head 1987 - 1990), Breezy Bend (Associate 1991) and Minnewasta (Head 1992 - 1997)
- Golf Manitoba Director of Player Development since 1997 (the first coach hired full time by a provincial golf association)
- Coached over 20 provincial teams at national events since 1998
- Co-founded the University of

Manitoba Golf Team in 1999 with Derek Ingram

- Member of RCGA Coaching Team 2004 - 2007
- Nominated as a Top 100 Teacher by Golf Magazine 2006
- Named as a Top 50 Teacher in Canada by National Post 2007
- PGA of Manitoba Junior Leader of Year (1999 and 2000)
- PGA of Canada's Junior Leader of Year (1999)
- PGA of Manitoba's Professional Development Award 2014
- University of Manitoba Coach of the Year Award 2012
- Coached the University of Manitoba Bison Golf Team to the 2014 Canadian University Championship
- Canadian University Coach of the Year Award 2014
- City of Winnipeg Outstanding Achievement Award 2014
- University of Manitoba Golf Team,

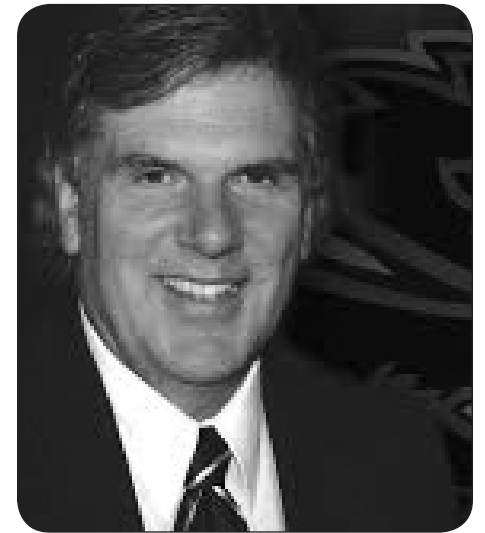


PHOTO SUBMITTED

Garth Goodbrandson will be one of four individuals inducted into the Manitoba Golf Hall of Fame & Museum on Sept. 19.

Finalists for the 2014 Sportswriter/ Sportscaster Team of the Year

Selkirk FC facing tough competition so far this month

By Brian Bowman

Selkirk FC has had a tough schedule in the first half of August.

The local senior soccer club has played the top two teams in Division 2 already this month and has suffered a pair of losses.

Last Saturday afternoon, second-place Dunvegan Castle left Selkirk with a slim 1-0 victory. Dunvegan scored the game-winning goal in the 83rd minute.

"It was a hard-fought game and was nil-nil at the half," noted Selkirk FC head coach Michael Bruenig. "The

team was disappointed with the loss, but considering we entered the game with a depleted roster, we matched up very well to our opponent.

"Selkirk FC will have a few starters back for this Thursday's match versus Stonewall."

On Aug. 9, Selkirk FC battled hard once again in a 3-2 victory over United Weston FC.

That game was the debut of two new additions to Selkirk FC's roster, which came via the Red River Churches Refugee Sponsorship Team.

Yaya Ramadan Adam and Habib Ra-

madan Adam recently joined Selkirk FC and Yaya made an immediate impact by scoring two goals - including the game winner.

On Aug. 2, Selkirk FC was defeated 3-1 by league-leading Forza-WSP.

Selkirk FC led 1-0 at the half on a tremendous goal by Jordan Bruenig, who one-timed a cross by Blake Carter.

"There is a reason why Forza is undefeated thus far," Bruenig said. "They kind of looked like us in 2014 when we won it all."

Selkirk FC (5-6-1) will now play rival Stonewall Impact FC tonight in

Stonewall. Game time is 6:45 p.m.

Meanwhile, in Division 5 action, the third-place Tri-S Strike Force lost 3-2 to the King's Head Knights last Friday.

Michael Cameron scored both Strike Force goals.

Tri-S hosted the Red Devils United last night and then will play Mobb United next Wednesday at Buhler Recreation Park. Game time is 6:30 p.m.

Thunder howl past Coyotes in shutout win

By Brian Bowman

The game between the Interlake Thunder and Sunrise Coyotes was a tale of two very different halves.

In the first half, Interlake, at best, looked like an ordinary football team. But in the second half, the Thunder suddenly became a potent team that has the potential to be very dominant.

Interlake scored 35 unanswered points in the second half on their way to a 35-0 victory over Sunrise in Midget Football League of Manitoba action last Saturday at the Selkirk Rec Complex.

"It was a great win," said Thunder head coach Kris Johnston. "And this team needed to get over the hump a little bit. It was our second game of the season and you have a new mix of guys with veterans and young guys. Until they do it, they don't know what

they are capable of doing."

After struggling in the first half, the Thunder really played well after the break.

"There was an explosion of confidence and everything just came together," Johnston said.

Alex France got the party started with an impressive 68-yard punt return for a touchdown just four minutes into the second half. That play appeared to give the Thunder a huge lift - and a much-needed spark - to its offence.

Thomas Dunlop had a great game at quarterback, rushing nine times for 89 yards and three touchdowns. He was also effective in the air, finishing 6-for-11 for 115 yards.

Interlake did a good job running the ball. Colton Nedotiafko finished the game with 56 yards on nine carries

and a touchdown.

On defence, the Thunder played really well as a unit and had some great individual performances. Cordell Holder had eight tackles and two sacks while putting consistent pressure on the Sunrise quarterback.

Tanner McCallen, meanwhile, snagged his second interception in as many weeks.

With the win, Interlake is now 1-1 and will host the Southwest Wolves (0-1) this Saturday (4 p.m.) in Stonewall.

"This is a huge opportunity for us to go 2-1, provided we play the game that we're capable of playing," Johnston said. "We don't want to count our chickens before they hatch, obviously, but we're going to work our tails off all week."

Grove hired with OCN

Staff

Former Selkirk Steelers' forward Tyler Grove will be the OCN Blizzard's strength coach and trainer for the upcoming season.

Grove spent time with the Steelers from 2010-2012 and then played two seasons with the Blizzard while serving as an assistant captain and captain.

In 190 Manitoba Junior Hockey League games, Grove, who grew up in Selkirk, scored 84 goals and had 89 assists for 173 points.

He was the runner up for the MJHL MVP award in his final junior season and then spent the 2014-15 campaign with the AIHL's Adelaide Adrenaline in Australia.

After hockey, Grove has completed a Certified Canfit Pro PTS, Manitoba Fitness Council Resistance Training program. He has worked as a personal trainer and has run one-on-one training in the past year.

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

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

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

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

Sudoku Answer

S	V	N	E	H	V	S	O	B
I	N	E	A	V	T	E	O	O
N	I	I	V		V	O	V	D
N	N	K		S	O	V	G	
H	V	O	S		R	E	O	
E	I	V	G	I	S	O	J	V
S	V	X	E	I	S	V	T	V
H	V	H	S		V	W	S	I
H	O	B	N		O	N	I	A
H	V	H	S		O	E	I	N
V	N	V	S		O	E	N	I
B	N	D		E	L	V	O	E

Crossword Answer

CROSSWORD

- CLUES ACROSS**
- Dignified
 - Where to get a pint
 - Broken down
 - Peruvian city
 - Expressed grief
 - Isaac's mother (Bib.)
 - Sizing up
 - Form of Hindustani
 - __-de-sac
 - Greek sophist
 - Greek portico
 - Christian Television Network
 - Attractiveness
 - The man
 - Home of the Cowboys
 - Home to Hollywood
 - Be later in time
 - Woman
 - A type of protection
 - Conservative people
 - Bela __, Hungarian Leader
 - Rodent
 - Gloss or sheen
 - Looks good in clothes
 - Stephen Malkmus' band
 - Org. of C. American States
 - Doorways are some
 - Cattle genus
 - Rock bands play them

- CLUES DOWN**
- Indigenous people of Norway
 - Not odd
 - Ring

	1	2	3	4	5	6		7	8	9
10	11							12		
13								14		
15								16		
17								18		
19		20						21		
22			23	24	25	26		27		
		28						29	30	31
								32		
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								36		
								37		
								38		
								39		
40										
44								41	42	43
48								49		
50								51		

- Adam is one
- Champion Volunteer QB
- The smartest Ed
- Fast cats
- Two-toed sloth
- __ humbug!
- Investigator
- Explosive warhead
- Wrap
- Hidden meaning
- Reciprocal of a sine
- Go with pains
- Small constellation
- Prohibited
- Blocks
- Home to Boston (abbr.)
- Small viper
- Toward
- Promotional materials
- Plundering and destroying
- Provokes
- One point north of due east
- Freshwater fishes
- Male parents
- Little (Spanish)
- Sean __, actor
- Bowfin fish
- Large integers
- An association of criminals
- Genus of grasses
- Annual percentage rate
- Mechanical belt

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CARDS OF THANKS

The family of Linda Martini, and her soul-mate Jerry, would like to express their heart-felt thanks and appreciation to the ambulance staff and fire fighters for all their valiant efforts and assistance.

ANNOUNCEMENT

BIRTHDAY



Hailey Witko
Have fun on your
Special 13th Birthday
On August 18th

-Lots of love,
from all of your family

ANNOUNCEMENT

BIRTHDAY



Happy 70th Birthday
Angela Danko
August 17th

With every passing birthday
We tend to ignore the years,
But it's certainly extra special
When your 70th appears.

Happy Birthday Mom and Nana
-xoxo Lisa and Joshua

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Your Loved
Ones**

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OBITUARY

David Bjornson



On Tuesday, August 9, 2016 David Bjornson passed away peacefully at St. Boniface Hospital with his family by his side.

David is survived by his wife of 51 years Barbara; mother Anne; sister Lorraine (John); sons Warren (Pam) and Keith (Kira); daughter Sandy (Rene), and grandchildren Cassandra, Renelle, Grant, and Jasmine.

He is predeceased by his father Kjartan and sister Sheila.

David was born in Arborg on December 2, 1943. He moved to Gimli as a teenager where he met the love of his life Barbara. They were married in 1965. In 1967 they moved to Selkirk and started their family. David pursued a career in the aircraft industry. He was an aircraft mechanic for 47 years.

His passions included home built aircraft, motorcycles, and guitars.

A memorial service is to be held at 11:00 a.m. on Friday, August 19, 2016 at Gilbert Funeral Home in Selkirk.

In lieu of flowers, donations can be made to Canadian Diabetes Association.

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



ANNOUNCEMENT

ENGAGEMENT



Al and Liz Hnatiuk and Brian and Louise Yokimas are thrilled to announce the engagement of their children, Sally Catherine to John Andrew Roy. Congratulations!
-Love, your family and friends

ANNOUNCEMENT

IN MEMORIAM



Harold Frost
August 14, 2011

In loving memory of a dear
Husband, Dad and Grandpa

It's been five years since our hearts were broken and they still are. It's the fun and good times we had together and the advice you gave that keep us going. We miss you so much.

-Love your wife, Lorraine; your son, Laurie (Madeleine); your daughter, Brenda Waytiuk (Lloyd); and your grandsons Jordan and Dennis Waytiuk

ANNOUNCEMENT

IN MEMORIAM



Michael Halipchuk

March 3, 1957 – August 16, 2011

You may be gone from our sight,
But you are never gone from our hearts.

-Love always,
your family xo

**The Petersfield Curling Club
is accepting tenders for the
2016-2017 curling season for the
BARTENDER position.**

Submit tenders to the attention of Al Croy, President
PO Box 455, Petersfield, MB, R0C 2L0
or by email to info@petersfieldcurlingclub.com.
Inquiries and/or requests for more info can also be emailed.

Deadline for submissions is Sept 1/16.

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IN MEMORIAM



**In Loving Memory of
Our Dear Mother
Carol Kryswaty
August 23, 2012**

We thought of you with love today,
But that is nothing new;
We thought about you yesterday,
And days before that too.
We think of you in silence,
We often speak your name;
Now all we have are memories,
And your picture in a frame.
Your memory is our keepsake.
With which we'll never part;
God has you in His keeping,
We have you in our heart.

-Forever loved and missed,
Glenn and Linda
Jeff and Candice

ANNOUNCEMENT

IN MEMORIAM



**Carol Kryswaty
August 23, 2012**

There is always a face before me,
A voice I would love to hear;
A smile I will always remember,
Of a mother I loved so dear.
Deep in my heart lies a picture,
More precious than silver or gold;
It's a picture of my mother,
Whose memory will never grow old.

-Forever loved and missed
Kim and Tony, Jarrod and Tamara

ANNOUNCEMENT

IN MEMORIAM



Darah Joseph

May 4, 1999 – August 18, 2013

Gone from us that smiling face,
The cheerful pleasant ways;
The heart that won so many friends,
In bygone, happy days.
A life made beautiful by kindly deeds,
A helping hand for other's needs.
To a beautiful life,
Comes a happy end;
She passed as she lived,
Everyone's friend.
Fish On #25
Dee, you're in our hearts and thoughts always.

-Love Mom, Brad, Haley,
Marlee, Sam, Charlie and Doggies

ANNOUNCEMENT

IN MEMORIAM



Jason Stanley Neskar

February 18, 1985 – August 24, 2007

No farewell words were spoken,
No time to say goodbye;
You left us before we knew it,
And only God knows why.
It's been nine years since you left us;
We miss you each and every day.
But we pray:
You're laughing with the angels,
And walking in new life.
You're dancing with the angels,
And heaven fills your eyes.

-Missing and loving you always,
Mom and Dad, Erin, Christopher, Pamela,
David, Spencer, Jaycie, Gabriel and Christian,
Grandpa and Grandma

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