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VOLUME 6 EDITION 34

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Reaching
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RECORD PHOTO BY AUSTIN GRABISH

Selkirk resident and long-time Ukrainian dancer Jared Laberge jumps during the hopak dance at the Ukraine-Kyiv Pavilion while ladies with the Verba Ukrainian Dance Company spin in the background last Wednesday during the second week of Folklorama in Winnipeg. For a full story see page 6.

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

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Selkirk shelling out thousands to defend \$25 parking tickets

By Austin Grabish

The City of Selkirk is spending thousands on legal fees to defend \$25 parking tickets it has issued, but is still retaining a hefty amount of revenue from the fines.

Documents obtained by the *Selkirk Record* through a Freedom of Information request show the city spent a total of \$7,127.20 on legal fees associated with defending the tickets over the last two years.

Despite the cost, the city still man-

aged to pull in \$25,100 from parking fines during 2013 and 2014, leaving the city with nearly \$18,000 in revenue from the tickets.

The legal costs stem from fees the city incurs when a lawyer represents them in court and when the city receives legal advice on parking ticket related matters, the city's CAO Duane Nicol said via email.

Currently, formal parking ticket challenges can only be made in a provincial court.



RECORD PHOTO BY BRETT MITCHELL

A ticket for a parking violation sits on a vehicle's windshield along Manitoba Ave. in Selkirk on Monday. The City of Selkirk is spending thousands on legal fees to defend \$25 parking tickets it has issued.

A ticketed driver can plead not guilty, or guilty with an explanation, and a provincial judge then determines if the person is guilty and what fine, if

any, should be paid.

On July 15, at least two ticketed drivers pleaded guilty with an explanation in Selkirk traffic court.

Both offered explanations for why they violated parking rules, but were ultimately found guilty by a provincial judge.

Continued on page 10

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Soaking up some rays



RECORD PHOTO BY LINDSEY ENNS

An endless field of colourful sunflowers in St. Andrews soaks up some sun on a sweltering hot day last Thursday afternoon.



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2015 federal election

Liberals unveil plan for investments into First Nations education

By Lindsey Enns

The Liberal Party of Canada is promising to make new investments in First Nations education if elected in the upcoming federal election, Selkirk-Interlake-Eastman Liberal candidate Joanne Levy said.

"In order for Canada to succeed, we must all succeed. Indigenous Peoples are the fastest growing segment of our population, and it is critical to our shared future that those in Brokenhead Ojibway Nation and Lake Manitoba First Nation have the same education and economic opportunities as everyone else," Levy said in a release on Aug. 13. "A Liberal government will immediately engage in a renewed, respectful nation-to-nation process, and make important new investments in First Nations education to close the existing funding gap."

The Liberals' plan includes an im-

mediate new investment of \$515 million per year in core annual funding for First Nations K-12 education, rising to more than \$750 million per year by the end of their first mandate; a new investment of \$500 million over the next three years for First Nations education infrastructure; and \$50 million in additional support for the Post-Secondary Student Support Program, which provides financial assistance to Indigenous students attending post-secondary education.

Levy added their plan also includes new funding commitments to promote, preserve and enhance Indigenous languages and culture in the classroom.

"We will work collaboratively to include Aboriginal and Treaty rights, residential schools, and the contributions of Indigenous Peoples to Canada in classroom learning," she said.

Although a plan for First Nations education is "very necessary," Selkirk-Interlake-Eastman Green Party candidate Wayne James said making new investments won't solve all of the issues.

"We need to go even deeper into it and deal with it right in the communities themselves," James said. "We need to talk to the people down on the ground and let them help them find

a way out of it ... we can't do that for them."

Wayne added he believes the best way to address First Nations education is to first deal with the amount of poverty in remote communities.

"Poverty ... is a source of a lot of discontent and a lot of violence that is coming into play now," he said.

Continued on page 9

re-elect

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Big DOLLAR

Fake handgun phone case draws real police to Grand Beach

By Austin Grabish

They may look like real guns and although they contain no bullets, police fear someone could still get hurt by one of them.

That's why Manitoba Mounties are asking anyone in possession of a gun-replica phone case to treat it as if it was real and destroy it immediately.

The plea from police follows a gun-scare in Grand Beach that occurred last Sunday around 2 p.m. when a 34-year-old Winnipeg man was seen packing one of the gun-replica iPhone cases in the waistband of his shorts.

Beachgoers who believed the man had a real handgun called police and several members of Selkirk's RCMP showed up with rifles and other weapons drawn.

RCMP spokesman Sgt. Bert Paquet said officers had their weapons "ready to go."

"They responded accordingly based on the very few details provided," Paquet said. "We are not provided with the luxury of an extra, five, 10, or 30 seconds to confirm whether or not this is a real handgun."

"We have to assume that it is real."

Paquet added once they got closer to the man, police realized the gun was



This handgun-replica iPhone case was believed to be real by beachgoers who called RCMP after seeing it tucked in a man's waist last Sunday at Grand Beach. Police want anyone with similar phone cases to destroy them immediately.

probably fake. After talking with police the man handed over the phone case to police without incident.

"The exchange between our officers and this individual was quick, to the point," Paquet said.

RECORD PHOTO BY AUSTIN GRABISH

But the incident and the swift response by police shook up several people including children who were with the man and others on the beach that were unaware what was happening.

"It drew the attention of a lot of beachgoers, people on the beach, families, children," Paquet said.

Although RCMP may have run into incidents like this one before, "one incident is too many," Paquet said.

Cases like these aren't just a problem for police in Canada. In early August, Chicago State Senator Ira Silverstein introduced a measure in the U.S. Senate that would see replica firearms banned.

Silverstein said the making of phone cases shaped like handguns are a "dangerous" and "terrible" idea.

"It is only a matter of time before a replica gun is mistaken for a real gun and its owner is shot," a statement on his website says.

Paquet said being in possession of a replica handgun isn't a criminal offence itself, but police are still asking the public to get rid of the devices.

"We're asking these items to be destroyed immediately," Paquet said.

Some online retailers have banned handgun-replica phone cases from their websites, but last week the *Selkirk Record* was still able to find one of the cases on eBay for \$5.99 with free shipping.

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Province kicks in \$5M for Winnipeg Beach seawall repairs

By Lindsey Enns

Nearly \$5 million in much needed repairs to Winnipeg Beach's seawall will mean increased flood protection for the community's businesses and boardwalk, Premier Greg Selinger announced last week.

Selinger said the seawall at Winnipeg Beach was "severely damaged" during a severe storm over the May long weekend of this year. He added the seawall provides protection for the community's beach and popular boardwalk along with the main business section and Winnipeg Beach Provincial Park campground.

"It will provide security and safety to all the people that live and work ... in the Winnipeg Beach area," Selinger said during his visit to Winnipeg Beach last Thursday. "It will just enhance the whole safety and security and accessibility of this area of Manitoba."

The provincial funds will allow for immediate repairs to the seawall while approved capital funds will make further improvements in 2016, Selinger said.

Tentative plans include extending the beach's current steel wall to the damaged areas and pushing the sea-

wall back further to provide more beach space while extending the boardwalk.

"This project will allow for future public and private investments thanks to the increased protection the repaired seawall can offer from storms and flooding," Winnipeg Beach Mayor Tony Pimental said.

While stepping onto Winnipeg Beach last Thursday afternoon, Ashley Taylor said she would be happy to see some improvements made to protect the community's boardwalk.

"I like the boardwalk ... it's a good thing," the Winnipeg resident said.

Manitoba Conservation and Water Stewardship is in the process of hiring an engineer to oversee the project. Once a design has been approved, the project will be put out for tender.

Construction will take place throughout the winter months so the most critical parts of the project can be completed within the current fiscal year, Selinger said.

"I look forward to seeing this project unfold in a timely fashion," he said.



RECORD PHOTO BY LINDSEY ENNS

Premier Greg Selinger and Winnipeg Beach Mayor Tony Pimental walk along the Winnipeg Beach boardwalk next to the damaged seawall that will be repaired after close to \$5 million in funding was announced during a press conference last Thursday.

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Selkirk dancers light up 46th annual Folklorama stage

By Austin Grabish

Folklorama organizers are calling this year's festival another smashing success and some Selkirk residents played a few key roles throughout the 46th annual Winnipeg festival.

Whether it was volunteering behind the scenes or performing on stage, Selkirkians made their mark known.

"Folklorama's 46th annual festival was a huge success, based on feedback from visitors and from our 43 pavilions," Folklorama spokeswoman Deborah Bower said via email.

Performers showcased their talent through song and dance, and volunteers kept the traditional food and drink in good supply at each of the pavilions.

"We are very pleased to note that the majority of our talented pavilion performers were local – from Winnipeg and around Manitoba," Bowers added.

Laura Rawluk Gies volunteered as a culinary manager and helped bring back the defunct Hungarian Pavilion. She could be seen working away in the kitchen at the St. James Civic Centre each night during the first week of the festival.

Her grandparents both immigrated



ABOVE LEFT: Fancy footwork was a big part of performances at the Ukraine-Kyiv Pavilion last Wednesday during the second week of Folklorama in Winnipeg. ABOVE RIGHT: Several Selkirk residents performed at Folklorama in Winnipeg this year including East Selkirk resident Myron Tataryn, pictured second from left.

to Canada from Hungary, and Folklorama has been the Selkirk resident's way of re-connecting with them and their culture.

"It's just a way to keep tied to the community and keep that kind of memory alive," said Gies, whose sentiment was echoed at other pavilions such as Ukraine-Kyiv.

"It's always a pleasure to show off the Ukrainian heritage and what's been carried down for years," East Selkirk resident Myron Tataryn said.

Renée LeNeveu, who also hails

from Selkirk and like Tataryn, was one of several dancers with the Verba Ukrainian Dance Company, who performed at the Ukraine-Kyiv Pavilion last Wednesday.

She explained how the energetic "hopak" dance worked.

The performance, saved for last, was arguably the most exciting of the night and was warmly welcomed by an eager audience.

"Hopak is a dance basically where everybody gets together and shows off tricks," she said. "Girls do a lot of

fast spinning, fancy footwork.

"It's a mix of choreography all together and then giving everybody a chance to shine in the centre."

Selkirk teacher and long-time Ukrainian dancer Jared Laberge left the crowd in awe after jumping to what seemed like the roof several times.

"It takes a lot of practice and a lot of rehearsal time," said a smiling Laberge just moments after the fast-paced dance came to an end.

The two-week long festival wrapped up in Winnipeg on Saturday.

RECORD PHOTOS BY AUSTIN GRABISH

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Independent unit probes possible violent arrest made in Gimli

By Austin Grabish

The new Manitoba unit that investigates serious incidents involving police officers has its first five cases, and one is based in Gimli.

Investigators with the Independent Investigation Unit (IIU) of Manitoba are looking into an incident that occurred north of Gimli on July 19, which left a suspect with serious injuries that required medical attention.

In the early morning of July 19, a vehicle passed an RCMP officer at a high rate of speed and after a pursuit, the driver entered a driveway and refused arrest by the officer, who then requested backup, a press release sent last Tuesday from the unit said.

When RCMP backup arrived, officers entered the building to take the driver into custody and the suspect received serious injuries that required medical attention at a hospital, the release added.

The unit was notified by Mounties the next day and has taken over the investigation.

The IIU is also investigating a complaint made by a person who claims to have been physically assaulted while in custody at the RCMP detachment in The Pas in May, a member of the

RCMP who is alleged to have physically abused a child between 2010 and 2015, as well as the July death of a suspected impaired driver in Anola who collapsed after being told to perform a roadside screening test.

They are also investigating a broken rib an RCMP officer's spouse received after a domestic altercation took place while the officer was off-duty in The Pas last Sunday.

The Independent Investigation Unit of Manitoba came into operation on June 19 and will investigate all serious matters involving Manitoba police officers.

The new unit is the province's response to a 2008 recommendation from the Crystal Taman inquiry.

Taman, a Winnipeg woman, was killed after Derek Harvey-Zenk, an off-duty police

Officer, rear-ended her car after a night of partying.

An inquiry into

her death and how the prosecution of Zenk was handled found an

investigation by the East St. Paul police force was botched.

IIU executive director Zane Tessler said it doesn't matter if the officers were on or off-duty at the time of an incident.

"We are involved in investigating any serious incident involving a police officer in the province," Tessler said.

Tessler said a serious incident includes anytime serious force by police has been used and when injury, death, or potential breach of provin-

cial or federal laws by an officer has occurred.

The new unit also has the authority to take on a case if it determines it's in the public's best interest to do, he said.

Tessler said it's important to note when the IIU takes on a case it doesn't mean there has been wrongdoing.

Seven investigators, a team commander, and director of investigators staff the IIU.

All are former police officers that are under Tessler's watch as civilian director of the unit.

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Cool treats for a good cause



RECORD PHOTO BY LINDSEY ENNS

The Selkirk Record's Brett Mitchell and Michelle Balharry help serve Eric Whettell a Blizzard during Miracle Treat Day at Selkirk's Dairy Queen location last Thursday. Hot temperatures helped make this year's Miracle Treat Day a huge success with staff serving nearly 2,400 blizzards throughout the day. On Miracle Treat Day each year all of the proceeds from Blizzard sales go to local Children's Miracle Network Hospitals.

The Selkirk Record



PUBLISHER
Lana Meier



MARKETING & PROMOTIONS
Brett Mitchell



EDITOR
Lindsey Enns



SALES
Michelle Balharry



REPORTER/PHOTOGRAPHER
Austin Grabish
austin@selkirkrecord.ca



ADMINISTRATION
Georgla Campbell



SPORTS REPORTER
Brian Bowman



OFFICE MANAGER/ADS
Lucy Kowalchuk



DISTRIBUTION
Christy Brown



PRODUCTION
Debbie Strauss



PRODUCTION
Nicole Kapusta



PRINT
Dan Anderson



ADMINISTRATION
Corrie Sargent



ADMINISTRATION
Allana Sawatzky

getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL

McKay wins Brokenhead fishing derby

Hi gang. Over in Scantbury last week, I had stopped at the South Beach Casino for lunch and as I walked out to my truck, there in the parking lot was a big black dinosaur-sized turtle-shaped vehicle slowly wandering around seemingly trying to decide where it was safe to park.

We've all heard about a storm-chasing outfit that has been working in southern Manitoba lately and I guessed this customized truck was part of it. Patiently, I waited until the big black turtle finally found a safe parking spot it seemed comfortable with and as its armored gull wing drivers' door swung high in the air a young muscular chap with a clean-shaven face and head exited the tank-like machine. I quickly strode up and introduced myself.

The driver, Curtis Brooks, of Melville, Sask. soon explained that he was part of that Oklahoma/New York/Canadian tornado chasing crew that were now rallying at South Beach to prepare for a violent weather chase along the Manitoba Minnesota border. Now, while normally all this would be quite interesting, we are angling folk and I guess I caught Curt a bit off guard when I abruptly asked if he liked to fish. A blank look came over his face for a second then with a big bright smile he exclaimed he loved fishing in Northern Saskatchewan.

He gave us a story where not long ago he was fishing in Crooked Lake, Sask. and his rod was torn from his grasp and lost as a fish took his hook. About a half hour later using a spare rod and reel he not only snagged and retrieved his original gear but landed the monster walleye that had taken off with his favourite rod.

Actually, the reason I was in Scantbury was because I wanted to find out who had won the Brokenhead open fishing derby. I got hold of Angela Pettrash who runs it and she said George



RECORD PHOTO BY ARNIE WEIDL

George McKay holds up his prize winning walleye at the Brokenhead open fishing derby

McKay, a great well-known angler, won the walleye division with a six pound 11 ounce beauty.

Later in the afternoon I stopped by the "fish ladder side" of the Locks at Lockport where I met two younger chaps Andy Plet and Sebastian Pauls from Winkler. Sebastian was very talkative and enjoyed telling a story of when he was fishing at Point Du Bois.

A while back on a cold rainy day he was about to quit but cast out one more time and low and behold caught a 45" jackfish his biggest catch before or since.

After leaving Andy and Sebastian, I walked up the inclining sidewalk beside the fish ladder, which has always fascinated me. I could see inside the concrete water trough where wooden barriers protruding half way across the trough first on one side then further up on the opposite side which slowed the river waters allowing fish to swim up the ladder in a zigzag fashion. It's such a simple yet effective device allowing fish free river migration.

A couple of days ago I was at Breezy Point and met a long time angler Bar-

ry Domino from Transcona. He was shore fishing on the Netley Creek side but said two days ago he and some buddies were fishing along the east bank of the Red here and caught all kinds of drum and bass.

You may have noticed that I have not written much in the way of angling stories out of Gimli this summer. As some may know the pier is closed for repairs. I did however run into New Yorkers, Jeff Levine and his son Jaden who come to the Winnipeg Beach-Gimli area every summer to vacation and spend time with Jeff's mother who has a cottage there. They told me how much they have always liked angling off the Gimli pier. Jeff remembered one afternoon last year when he and Jaden caught 14 fish which the family enjoyed at supper that evening. The pier will be ready for you next summer boys.

Well, good fishing my friends and so-long for now.



> CONTACT US

By phone: **204-785-1618**
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TO PLACE AN AD or for COMMERCIAL DESIGN & PRINTING

Brett Mitchell: 204-485-0010
Email: bigandcolourful@mymts.net

Michelle Balharry: 204-485-1419
Email: michelle@selkirkrecord.ca
or call our office at 204-785-1618

EDITORIAL

Lindsey Enns 204-485-3337
news@selkirkrecord.ca

Austin Grabish 204-785-1618
austin@selkirkrecord.ca

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

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Carnival carriage rides to benefit princesses for a day

By Lindsey Enns

For yet another year, Equine Elegance will be donating their horse and carriage rides during Selkirk's Country Carnival to help young girls battling life-threatening illnesses feel like princesses for a day.

"People can come ride by donation and we'll pass along the proceeds to sponsoring princesses for a day," said Lana Young who owns Equine Elegance along with her husband Mike.

All proceeds raised will go towards sending young girls to the 10th annual Princess For A Day event held in October at the Manitoba Legislative Building in Winnipeg.

Young said they will be offering horse and carriage rides this Saturday from 4 p.m. to 10 p.m. during the City of Selkirk's fourth annual Country Carnival near Selkirk Waterfront Park.

"We love working with the horses and we want to share that experience with as many people as possible," she said.

Along with an evening fireworks show around 10:30 p.m., the carnival will include a pancake breakfast from 8-11 a.m. at the Marine Museum, a kids zone from 4-8 p.m., live local entertainment from 4-7 p.m., bull rides from 7-10 p.m., and the Foster Martin



RECORD PHOTOS SUBMITTED

ABOVE LEFT: A 13-year-old Princess For A Day stands with Bonnie, one of Equine Elegance's Clydesdales. Equine Elegance will be offering rides in donation in support of Princess For A Day during Selkirk's fourth annual Country Carnival on Saturday at Selkirk Waterfront Park. ABOVE RIGHT: One of the princesses for a day and her mother react after first seeing the horse and carriage.

Band is set to hit the stage at 7:30 p.m. For a full list of events visit cityofselkirk.com.

Young said they are hoping to raise enough money during the carnival to help sponsor several princesses.

"You show up with the horses and the little princesses are all decked out ... and they come outside and see the horse and carriage and it's just like

a fantasy," she said. "We can't think of anything more rewarding than spending time with our horses and these little girls."

> NDP NOMINATION MEETING SET FOR AUG. 30, FROM PG. 3

James, who was acclaimed as a candidate for the Green Party in late July, is the third nominated candidate fighting for the Selkirk-Interlake-Eastman MP's seat, which is currently held by Conservative MP James Bezan, who is seeking re-election.

Bezan was unable to provide a comment regarding the Liberals new plan before press time Monday.

An NDP nomination meeting where members of the Selkirk-Interlake-Eastman riding will vote for one of two candidates is set to take place on Aug. 30 in Selkirk.

Deborah Chief, former chief of Brokenhead Ojibway Nation, and Gimli resident Marc Gourdeau, a retired translator, are both running to represent the party.

Voters go to the polls on Oct. 19.

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Interlake chiefs rally against outstanding flood issues



RECORD PHOTO BY AUSTIN GRABISH

Peguis First Nation Chief Cindy Spence, pictured far right, speaks during a rally put on by the Assembly of Manitoba Chiefs regarding outstanding flood issues at the Manitoba Legislature in Winnipeg last Wednesday.

By Austin Grabish

The Interlake chiefs who represent the hardest hit First Nations from the 2011 and 2014 floods are calling on the federal and provincial governments to deal with outstanding issues before further plans for \$495 million in flood channels are made.

Close to a dozen chiefs rallied at the Manitoba Legislature in Winnipeg last Wednesday to make the plea.

The chiefs, who came from communities across the province including Lake St. Martin, Dauphin River, Little Saskatchewan, Pinaymootang, Lake Manitoba, and Peguis, all say too many outstanding flood-related issues with both levels of government remain.

Assembly of Manitoba Grand Chief Derek Nepinak said millions are still owed to First Nations for outstanding flood claims, but the issues run deep-

er than just money.

Nepinak said First Nations haven't been properly consulted by both levels of government on the construction of the new Lake Manitoba and Lake St. Martin flood-outlet channels, which the feds and province jointly committed \$495 million in funding to in July.

"There's a tremendous amount of discussion that needs to happen including what the impacts are going to be on the communities, how soon are people going to get home," Nepinak said. "The tragedies that have unfolded here in the Interlake, they're more than a politically expedient manner to be dealt with at the whim of politicians."

Peguis Chief Cindy Spence said her First Nation is still stuck trying to cut through red tape with the federal gov-

ernment on outstanding claims and displaced Peguis residents are suffering.

"Really, our people are victims," Spence said while talking about some of the social impacts displaced band members have endured while living off-reserve.

Lake St. Martin Chief Adrian Sinclair said despite recent milestones including a June groundbreaking ceremony, which marked the awarding of tender for road construction, ditching, and piping for water and sewer, people are still hurting in his community.

Some band members have taken their own lives since being flooded out and moving to Winnipeg, while many still live in hotels, and school dropout rates have soared.

"It's impacted the community members in a lot of ways," Sinclair said.

Dauphin River First Nation Chief John Stagg said fishers from his community had their livelihood destroyed in addition to being forced out of their homes.

"What we had to leave with was just a bag and jump in the boat," Stagg said.

Manitoba Aboriginal and Northern Affairs Minister Eric Robinson said the province is only in the initial stages of the two projects and said consultation with First Nations, farmers, and municipalities, which will all be affected by the outlets, are still in the works.

"To suggest that we've left people out of the consultation phase is completely wrong," Robinson said.

He added the recommendation to build a flood channel came from First Nations.

Numbers tallied by the federal government in late June show a total of 1,926 flood evacuees still remained displaced from the 2011 flood.

A request for comment from Aboriginal Affairs and Northern Development Canada was re-directed to Infrastructure Canada but went unreturned before press deadline.

**"IT'S IMPACTED
THE COMMUNITY
MEMBERS IN
A LOT OF WAYS."**

> CITY USING LEGAL COUNSEL TO ENSURE TICKETS GET PAID, FROM PG. 2

The City of Selkirk's legal counsel was asking for \$200 fines to be upheld in each case, but the judge only ordered the original ticket amount of \$25 to be paid, saying \$200 was too outrageous for a parking ticket.

Nicol said the city sees the current expenses as reasonable and necessary given current provincial legislation that requires tickets be fought "formally" in court.

He said people have the right to challenge a ticket outside of the city's own appeal process and added when the city gets proper legal advice and representation, it has a better chance of getting the fine paid.

Breaking down the numbers

- In 2014 the city spent \$3,917.20 on legal costs associated with parking tickets and collected \$12,900 from tickets that year in revenue.

- In 2013 the city spent \$3,210 on legal fees associated with parking tickets and collected \$12,200 from the tickets the same year.

- Information provided by the City of Selkirk

Selkirk Mayor Larry Johannson said the cost of a lawyer is necessary because the city has to do its due dili-

gence and make sure parking tickets get paid.

"If we didn't do anything on it and just left it up to people's good faith to come in and pay them, I really don't think we would see very many parking tickets paid," Johannson said.

Nicol said while the city is retaining revenue from the tickets, there are other costs to consider like the salary of a bylaw enforcement officer.

"The purpose of our enforcement activity is achieving public compliance with the by-law, not issuing tickets," he said.

Parking tickets in Selkirk are \$25 if paid within 11 days, they then rise to

\$50 if paid within 20 days, before finally going up to \$200.

The tickets are placed on vehicles parked in no-parking zones, time-restricted areas, loading zones, and fire hydrants, for example.

After 30 days, an unpaid ticket is defaulted and can be handed over to a collection agency, and the city also has the authority to place a lien on a vehicle.

The city wasn't able to provide the total number of parking tickets issued for both years and couldn't say how many were contested in court, because it doesn't track that information, Nicol said.

Former Red River clinic doc sets up shop in Winnipeg

Benshaben says issues with his lease at Selkirk Town Plaza forced him to leave

By Austin Grabish

A Selkirk doctor, who abruptly closed his walk-in clinic's doors in June, says he didn't want to leave the city and is desperately looking for a way to come back.

Dr. Lamin Benshaban was the primary physician at the Red River Medical Clinic, which shut down suddenly on June 28.

Benshaban said he had to close his clinic because his lease with Towers Realty Group, which owns Selkirk Town Plaza, was up and mall management wouldn't let him renew it, instead they offered him a chance to rent the space on a month-to-month to basis.

Benshaban said he declined, citing uncertainty as a concern, and in July started working at a clinic on Ellice Ave. in Winnipeg, before moving to the Leila Medical Clinic.

"I told them I can't go for that space just after a month you ask me to move again, that doesn't make any sense," Benshaban said.

Benshaban is a father of four and lives in Winnipeg but insists he never wanted to leave Selkirk despite the daily commute.

"I'm still hoping to go back," he said. "I felt I am connected to the people there and I have hard time to quit

that clinic."

Benshaban had worked at his Selkirk clinic for five years before it closed in June.

The clinic was technically a walk-in, but the majority of patients were regulars of Benshaban's who couldn't find a family doctor, he said.

The doctor estimates he would see 40 to 50 patients in his clinic on an average day.

He estimates the Red River Medical Clinic has at least 3,000 patient charts and some belong to longtime patients who were there before he took over the clinic in June 2010.

The files remain in Selkirk, but Benshaban admits he doesn't have a time-frame of when he could be returning to the city.

"For the last two months I've been in a dilemma," he said. "You don't know what you have to do, because something happened without plan to do this move."

Benshaban said Towers Realty offered him a different spot in the mall, but the estimated \$40,000 in set up costs for him to move was too expensive.

Property manager Linda Muron said she couldn't comment on the matter, because she didn't handle the file. However, she did say leases and their



RECORD PHOTO BY AUSTIN GRABISH

Dr. Lamin Benshaban is temporarily working at the Leila Medical Clinic in Winnipeg. The Red River Medical Clinic, which he ran for the last five years in Selkirk, closed at the end of June but the doctor says he never wanted to leave the city.

length vary and depend on both the person coming forward and agents who handle the contracts.

"It just depends on what the individual wants and if the landlord and owner is prepared to accept it," Muron said.

Benshaban said he is still exploring other options that would let him reopen in Selkirk, but warned if nothing

happens soon he may not come back to the community.

"If it's going to take too long, I'm not sure," he said. "I'm going to establish patients here (in Winnipeg)."

Benshaban said he is welcoming patients in Winnipeg, in the meantime and can be reached at the Leila Clinic by phone at 204-953-2787.

On board with checking out the marine museum



RECORD PHOTO BY LINDSEY ENNS

Visitors tour the Marine Museum of Manitoba adjacent to Selkirk Park on a cloudy and wet afternoon recently.

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Sculptor transforms snow, sand into works of art

By Lindsey Enns

While most of us enjoy laying in it while soaking up some sun, Majid Kermani prefers to transform sand into eye-catching works of art.

Kermani, who is originally from Iran and moved to Selkirk three years ago, has easily become a popular and familiar face at Selkirk Park Pool during the summer months.

The self-taught sand sculptor, who also enjoys working with snow and ice in the winter, said his local award winning creations are his way of expressing his creativity.

"I tried it and I liked it," Kermani said last Wednesday evening during a visit to Selkirk Park Pool. "I didn't know if I can do anything I just started."

Shortly after moving to Manitoba, Kermani realized there were only a few months out of the year when he could work with sand so he quickly made the switch to snow. Despite dealing with the cold temperatures, Kermani said snow is much quicker and easier to work with.

"Snow stays there and doesn't fall but with sand it's much more harder in that way ... because there's always a chance the sculpture may collapse."

With a shovel, some small hand tools, a bucket of water and a tiny action figure nearby, Kermani was busy recreating Darth Vader in the sand last Wednesday.

While he was working on his creation, several children and their parents stopped to watch his technique, some of which even took a shot at guessing what he was making.

"Is it Darth Vader?" one woman asked as she walked by.

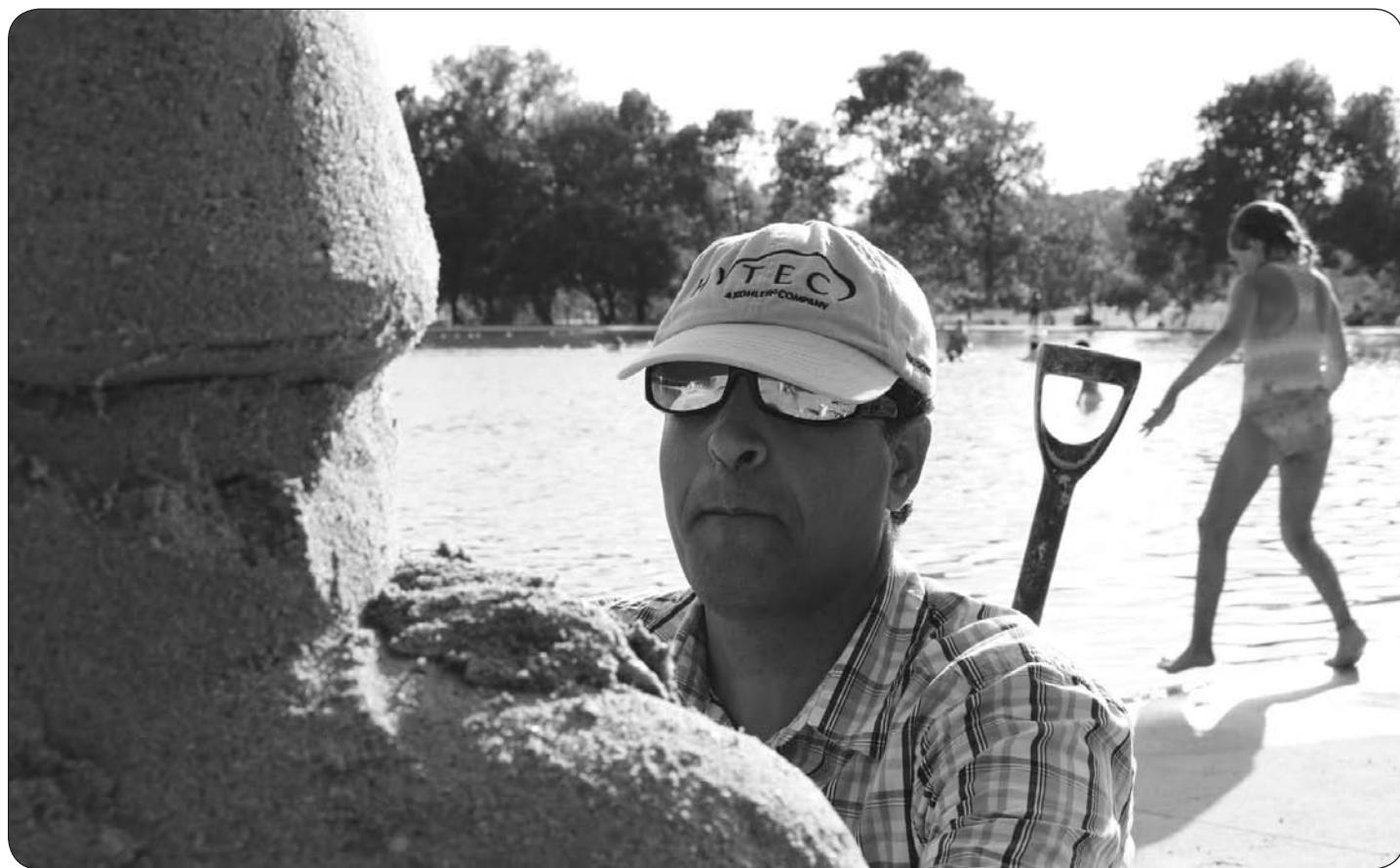
"Yes," he replied with a smile.

Seeing the reactions on children's faces is what pushes Kermani to continue building his sculptures both in the summer and the winter.

"Usually when I start making this children come and see what I'm doing," he said. "Sometimes they ask me to help them and I enjoy it."

"This kind of reaction from children is the best part."

Some of Kermani's most notable creations include various animals,



RECORD PHOTOS BY LINDSEY ENNS

Selkirk's Majid Kermani focuses while building a Darth Vader look-a-like with sand last Wednesday evening at Selkirk Park Pool. Kermani, who moved to Selkirk three years ago with his family, said he hopes to one day teach sand sculpting classes at the local pool.



ABOVE LEFT: Selkirk's Majid Kermani holds up a Darth Vader action figure while recreating the popular movie character with sand at Selkirk Park Pool last Wednesday. ABOVE RIGHT: Kermani shapes Darth Vader's face using water and sand at Selkirk Park Pool.

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people and mermaids, which are one of his favourites to make.

Kermani said he's approached

the City of Selkirk several times offering to teach sand sculpting classes. He said they have showed interest and he's hopeful he'll be able to get that going one day at Selkirk Park Pool.

"I like working with children, I like

teaching these things."

Until then, you can find Kermani at the Selkirk Park Pool most evenings and he said he's always open to chatting with community members.

The **Selkirk Record**

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Grand Beach Sand Castle Contest sheds light on depression

By Laura Tutlies

The winning entry of this year's Grand Beach Sand Castle Contest captured the imagination of its creators Majid Kermani, his wife Rozita Mohammadi and their daughter Selina.

In fact, this is the third year that the Kermani's from Selkirk have captured first place, but this year was little different. Their creation showed the strong intelligent face of a man who is chained to a snake. That snake is so strong it was responsible for an imbalance in the hope of a happy life and reflected what led Kermani's sister to take her own life.

This year the sand castle contest organizers partnered with an outside agency to explore a theme surrounding suicide and depression. Dark topics and a real life occurrence for families such as the Kermani's and those of Paul Lafrance who lost his battle with depression just six weeks ago.

The Kermani's never met Lafrance but Majid has come to understand that, "people who struggle everyday behind a mask of strength but who lose hope as the snake squeezes tighter and pulls on the chain attached to their health." Paul's widow Cindy and a number of Paul's relatives stayed close the activity during the contest on Aug. 8, which saw both professional and amateur contestants.

July Hayden, vice-chair of the Grand Beach and Area Development Corp, the major sponsor of the event along with her husband Patrick Petrucka, a veteran organizer of the annual Grand Beach Sandcastle Contest said "It was time for our event to have a purpose."



RECORD PHOTOS BY LAURA TUTLIES

ABOVE LEFT: A strong intelligent face with a chain around his body attached to a snake caught the eye of judges and won the top prize during the annual Sand Castle Contest at Grand Beach on Aug. 8. ABOVE RIGHT: Another Day in Paradise just about sums up the perfect day for building castles in the sand at Grand Beach.

"When our friend Paul Lafrance, a wonderful person and staunch East Beaches advocate committed suicide six weeks ago, we knew it was time to make the event more than just a fun day," Hayden said. "We teamed up with MacDonald Youth Services of Winnipeg and the new concept just took off from there."

"All proceeds from the T-shirts we sold will go toward MYS."

MacDonald Youth Services (MYS) was founded by Sir Hugh John MacDonald in 1929. The organization fosters hope and opportunities to empower children, youth and families throughout Manitoba to grow and heal through safe, caring, respectful and collaborative relationships. The organizers of the sand castle con-

test considered it a great venue that worked in support of the first theme day in the Grand Beach Sand Castle Contest's history.

This year Margaret George took her granddaughter Chloe for their first visit ever to the contest. Their favourite sculpture was "Another Day in Paradise," which George said "completely sums up our cottage experience."

"Plus we loved the hamburgers and the delicious ice-cream on the boardwalk," she said. "We were really impressed by the inspirational piece that was a popular attraction for the hundreds of people who were on the beach for the day."

This year's Display Castle, which was 10 feet tall, was built through the

week by volunteers Randy Ptashnick, Curtis Fehr, and Kyle Pohl and it has been a fixture of the event for a number of years.

"I am really impressed by the fact that the team took on such a dark topic at such a beautiful place," George said.

Among other things, Lafrance was a volunteer firefighter for East Beaches but most notably an advocate for life in the East Beaches and encouraged everyone he met to visit.

In the family and groups event first prize went to the Curtis Fehr family, while Grays Station Staff and Jeff White Minions placed second and third respectively. In the professional event, Kyle Pohl placed second and Gord Bakaluk in third place.

6th annual Matlock festival to offer mix of music, nature and art

By Austin Grabish

Music, nature, and art will come together in Matlock for a special festival next weekend.

The sixth annual Matlock Festival of Music, Art, and Nature will take place Aug. 28 to 30 and organizers are promising an exciting weekend for festival-goers.

Some 20 artists are set to perform during this year's three-day festival on two separate stages.

All of the talent is "local," with artists coming from across the Interlake and Winnipeg, festival secretary Jeff Diamond said.

Diamond added the festival will offer patrons a chance to hear something new, as most of the performers are young and up-and-coming artists.

"The music is quite varied," Diamond said. "There's a lot of kind of folk and alternative mostly, but we



RECORD FILE PHOTO BY COLE TORFASON

The Crooked Brothers perform during a late-night show at last year's Matlock Festival of Music, Art, and Nature. This year's festival marks the sixth annual and is set to take place Aug. 28 to 30.

also got some electronic music."

The festival will also host several

workshops on everything from yoga, to papermaking, beading, and writ-

ing, and all will be tied into a health and lifestyle theme the festival has become known for.

"One of the things that's different about the festival is that besides having music on stage there's also lots of different workshops going on," Diamond said. "It's a really neat kind of grassroots, very kind of community-oriented festival, and it's growing really quickly."

The festival is non-profit however festival-goers must pay admission. Weekend passes, day and evening passes are all available. Camping spots for those sticking around the whole weekend is also available.

Tickets to the festival are available online at matlockfestival.ca or can be purchased at the gate.

The festival kicks off next Friday night and takes place at 10 Ash Ave. in Matlock.

Selkirk's 23rd annual Terry Fox Run set for Sept. 20

By Lindsey Enns

Selkirk's 23rd annual Terry Fox Run is still a couple weeks away, but the community is already starting to show their support for the event.

"It's been absolutely wonderful," Selkirk's Terry Fox Run chairperson Jana Pringle said. "The community is always supportive."

This year's Terry Fox Run is set to take place on Sept. 20 in Selkirk Park. Registration will begin at noon followed by a ribbon cutting and run kick off at 1 p.m. Proceeds raised during the event will go to the Terry Fox Foundation.

Since its inception in May, 1988 more than \$650 million has been raised worldwide for cancer research in Terry Fox's name, according to the foundation's website.

"We all know how important this is, (cancer) has hit too many people including friends and family members of my own," Pringle said. "We need to work together as a team."

Pringle encourages community and surrounding area members to register for Selkirk's run online by visiting terryfox.org.

The Terry Fox Run is celebrating its



RECORD FILE PHOTO

Close to 150 participants took part in last year's Selkirk Terry Fox Run in Selkirk Park and helped raised more than \$13,000 for the Terry Fox Foundation. This year's run will take place on Sept. 20 in Selkirk Park.

35th anniversary with runs and events happening worldwide.

According to the foundation's website, Terry Fox was diagnosed with bone cancer in his right leg in 1977 and had to have his leg amputated above the knee. During his time in hospital

meeting other cancer patients he decided to run across Canada to raise money for cancer research. He later dubbed his journey the Marathon of Hope, which took place in 1980. During his run he ran an average of 42 kilometres everyday for 143 days until

he was forced to end his journey on Sept. 1, 1980 when the cancer spread to his lungs.

Pringle said hosting a run in Selkirk is one way of keeping Terry's legacy and story alive for younger generations.

"He took this upon himself and he created it on his own for others," she said.

Selkirk's Terry Fox Run committee is also selling raffle tickets, T-shirts and are hosting a bake sale at the Selkirk Recreation Complex on Aug. 26 from 5 p.m. to 8 p.m. Those seeking more information or willing to donate baked goods can do so by calling Jana directly at 204-785-1856.

Manitobans also celebrated the first official Terry Fox Day in the province on Aug. 3.

The Manitoba legislative assembly unanimously approved the Terry Fox Legacy Act earlier this year, legally establishing the first Monday in August as Terry Fox Day. The act also states the second Sunday after Labour Day in September will now be known throughout Manitoba as Terry Fox Run Day.

Selkirk GM to host fundraiser, dog adoption fair Saturday

By Lindsey Enns

Selkirk GM and Hull's Haven Border Collie Rescue are teaming up for a second annual fundraiser and adoption fair this weekend.

From 11 a.m. to 3 p.m. on Saturday, Selkirk GM is hosting the fundraiser and dog adoption fair for the Winnipeg-based rescue.

"We're quite excited," Hull's Haven Border Collie Rescue executive director Sally Hull said. "We're hoping to get a lot of kids out so the dogs can perform for them."

Along with a silent auction and visits

with adoptable dogs, the rescue's "Yes! I Can!" program dogs will also be performing tricks for those in attendance. Hull said some of the tricks include a blind dog catching a ball and another that can ride a skateboard.

"We teach children about the proper treatment of animals," Hull said regarding the educational program they've already showcased in several schools. "It crosses into self-esteem and we teach them about acceptance of people ... the whole nine yards."

"The kids love it and they remember what we're telling them because we



RECORD PHOTO SUBMITTED

Helen Walters plays with some of Hull's Haven Border Collie Rescue executive director Sally Hull's dogs at a dog park in Stonewall recently. Selkirk GM is hosting a fundraiser and dog adoption fair this Saturday for the Winnipeg-based rescue.

deliver it in a very fun way."

Hull said countless volunteers help run the rescue and they are currently fostering about 30 dogs, which have been brought to them from Winnipeg and surrounding communities.

"Foster homes are basically the life

blood of the rescue," she said. "Without them we just couldn't do it."

Hull said despite the rescue's name they take in any breed of dog.

"We get a lot of owner surrenders, people who are moving, people who have family breakups unfortunately," she said, adding they have taken in dogs from across Canada and the United States. "Things happen and the dogs end up coming into care."

Hull added several adoptable dogs will be at Saturday's event.

During last year's event, Don Walters and his wife Helen ended up taking home one of the rescues.

"We weren't really looking for a dog," Helen said. "But he came out of nowhere ... he put his little head on my knee and looked at me ... and I thought he was really cute."

Don, who is one of the owners of Selkirk GM has always had a soft spot for animals Helen said, so it didn't take much convincing. Their border collie mix named Sparky has easily fit into their family.

Helen said the event is all about giving animals a second chance.

Funds raised during Saturday's event will go towards purchasing food for the dogs in the rescue's care along with covering their vet bills.

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Rosemary-Feta Pearl Couscous Salad

Ingredients

2 cups (500 mL) water
3/4 cup (175 mL) uncooked whole wheat or regular pearl couscous
1 medium red bell pepper, seeded and diced
1 medium cucumber, seeded and diced
1/3 cup (75 mL) finely chopped red onion
1 cup (250 mL) lightly packed spinach, coarsely chopped
1/2 can (15-oz/426 mL) no-salt-added navy or cannellini beans, rinsed and drained
1 tbsp (15 mL) fresh chopped rosemary
1 medium garlic clove, minced
2 tbsp (25 mL) canola oil
1 tsp (5 mL) grated lemon zest
2 tbsp (25 mL) fresh lemon juice
1 tbsp (15 mL) cider vinegar
1/4 tsp (1 mL) coarsely ground black pepper
3/4 cup (175 mL) reduced-fat feta cheese, crumbled



Directions

In a medium saucepan, bring water to boil over high heat. Stir in couscous, return to a boil, reduce heat, cover tightly and simmer 10-12 minutes or until tender. Drain in fine mesh sieve and run under cold water to cool completely. Shake off excess liquid.

Meanwhile, in a large bowl, combine pepper, cucumber, onion, spinach, beans, rosemary, garlic, canola oil, lemon zest and juice, vinegar and pepper.

Stir in couscous and toss until well blended. Gently stir in feta.

Prep time: 10 min | Cook time: 15 min

Makes: 10 servings

www.heartandstroke.mb.ca

After-Work Beef Pot Roast Dinner

Ingredients

1 boneless beef chuck shoulder pot roast or bottom round rump roast (3 to 3-1/2 pounds)
1 envelope (0.7 ounces) Italian dressing mix
2 large onions, each cut into 8 wedges
2 cloves garlic, peeled
2 red bell peppers, cut into 1-1/2-inch pieces
1/2 cup ready-to-serve beef broth
2 zucchini, cut into 1/4-inch thick slices
2-1/2 tablespoons cornstarch dissolved in 2 tablespoons water
Salt and pepper

Preparation

Press dressing mix evenly onto all surfaces of beef pot roast. Place onions and garlic in 4-1/2 to 5-1/2- quart Crock-Pot slow cooker; top with pot roast. Add



bell peppers and broth. Cover and cook on HIGH 5 hours or on LOW 8 hours. Add zucchini. Continue cooking, covered, 30 minutes or until pot roast is fork-tender.

Remove pot roast and vegetables. Strain cooking liquid; skim fat. Combine 2 cups cooking liquid and cornstarch mixture in medium saucepan. Bring to a boil, stirring constantly; cook and stir 1 minute or until thickened.

Carve pot roast into slices; season with salt and pepper, as desired. Serve with vegetables and gravy.

Preparation and Cooking Time

High setting: 6 hours

Low setting: 9 hours

Makes 6 to 8 servings

Grilled Herb Potatoes

Ingredients

2 1/2 pounds medium red potatoes, cut in 1/4-inch-thick slices
2 medium shallots, thinly sliced
2 tablespoons olive oil
2 teaspoons minced fresh thyme or 1/2 teaspoon dried thyme leaves
1 teaspoon salt
1/4 teaspoon coarsely ground black pepper
1/2 cup loosely packed fresh parsley, chopped

Preparation

In large bowl, toss all ingredients except parsley until potatoes are evenly coated.



Wrap potato mixture in foil packet.

Place packet on grill over medium heat and cook 30 minutes or until potatoes are fork-tender, turning packet over halfway through grilling.

Sprinkle with parsley before serving.

Makes 6 servings



Peaches and Cream Pops

Ingredients

1/2 cup peeled, chopped fresh California peaches
1/3 cup peeled, pureed fresh California peaches
2/3 cup vanilla yogurt

Preparation

Lightly swirl all ingredients together in small bowl.* Spoon into 4 popsicle molds and insert handle. Freeze at least 4 hours.

Preparation Time: 10 minutes

Chill Time: Freeze time: At least 4 hours

Makes 4 pops

*For extra sweet pops, add 1 to 2 tablespoons of honey to yogurt before swirling.



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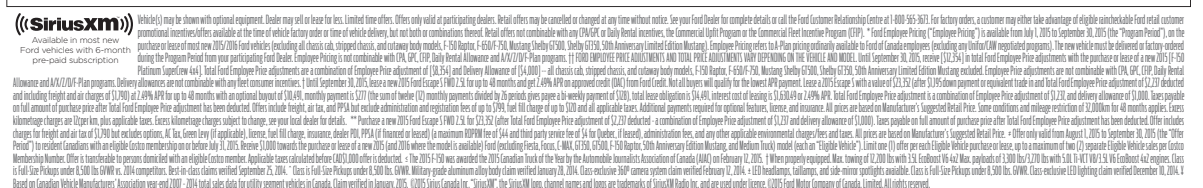
By Stefanie Lasuik

The third week in August usually marks the beginning of the critical harvest period. The advice goes that farmers shouldn't harvest four to six weeks before the first killing frost, which is -5°C for alfalfa.

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204 669 5360, howardken80@gmail.com



Councillors debate pay for attending charity golf tournament

By Austin Grabish

Members of St. Andrews council pondered the notion of paying themselves to golf at an upcoming tournament for charity, but will ultimately do just that next week.

Some council members will take part in the sixth annual Community Golf Tournament hosted by Selkirk RCMP on Aug. 24 at the Selkirk Golf and Country Club.

The issue was raised when council was going through correspondence at its Aug. 11 meeting.

Veteran Coun. Elmer Keryluk said the event was "extremely important" for the community.

"I hope that people in the community are not thinking that these golf tournaments are for councillors to increase their golf skills," Keryluk said. "These are fundraisers for different community groups."

The event's invitation says it raises funds annually for youth programs, non-profit organizations, and the Slain Peace Officers Fund.

Rookie Coun. Joy Sul quickly jumped in and said residents have raised concerns about council members golfing at charity events the RM pays for them to enter.

Sul asked if councillors who attend this tournament would be paid and

noted taxpayers would already be picking up the \$400 entry fee.

"The concern is are council members charging their time or paid meeting dollars, or per hour, to attend the golf courses," she said.

Deputy Mayor Laurie Hunt likened the tournament to just another meeting outside of council that councillors go to and said there is work that happens before and after.

Current rules see councillors paid \$216.24 when they attend meetings or conferences that last four hours or more.

Hunt also said a recent tournament attended by council members demon-

strated that municipal business does happen at events like it.

"You could argue this one several ways," he said.

But Sul challenged Hunt's claim and questioned what kind of work could happen at a golf tournament, "are you sitting at a table and chair while you golf?" she asked.

"If the people are not happy with this maybe they should realize that in another three years time that there's an election and maybe they should be running if they'd like to make this fantastic wage that the councillors are getting," Keryluk said.

Province asking Manitobans to provide photos, reports of zebra mussels

By Staff

Have you spotted a zebra mussel or any other aquatic invasive species?

If so, Manitoba Conservation and Water Stewardship is asking you to take a photo and report it by visiting the website www.manitoba.ca/stopais or calling 1-87-STOP AIS-0 (1-877-867-2470).

Watercraft inspection stations with decontamination units were available from Aug. 13 to 17 at Selkirk Park in Selkirk and at St. Vital Park in Winnipeg to target aquatic invasive species.

As well, one watercraft inspection team roved the South Basin of Lake

Winnipeg between Balsam Bay and Winnipeg Beach, while another team roved the Red River between Winnipeg and Lockport.

For the first time, zebra mussels veligers, or larvae, have been identified in samples collected from the M.V. Namao in the Lake Winnipeg channel between Hecla Island and Grindstone Point. Zebra mussels are small, clam-like aquatic creatures that pose an environmental and economic concern in Manitoba. They are difficult to find and they can survive out of water for up to 30 days. They can be inadvertently spread in water carried in und-

rained water-based equipment.

In partnership with the Lake Winnipeg Research Consortium, the province is collecting water samples for zebra mussel veligers from the M.V. Namao as part of a larger ongoing initiative to monitor the issue.

In Manitoba, it is illegal to possess or transport zebra mussels, which are present in Lake Winnipeg south of Grindstone Point and in the Manitoba portion of the Red River.

Everyone is asked to do their part to deal with the problem by leaning and removing any visible aquatic plants, aquatic invasive species or mud from

their watercraft, trailer and all other water-related equipment.

You should also drain all water from motor, bilge, bait buckets and any compartments. As well, don't forget dry all water-related and hard-to-drain compartments that have contacted the water with a dry towel or sponge before it is used in any other body of water.

Lastly, be sure to dispose of unused bait and worms in the trash.

Manitoba currently has 15 aquatic invasive species, including zebra and quagga mussels, spiny waterflea, rusty crayfish and Asian carp.

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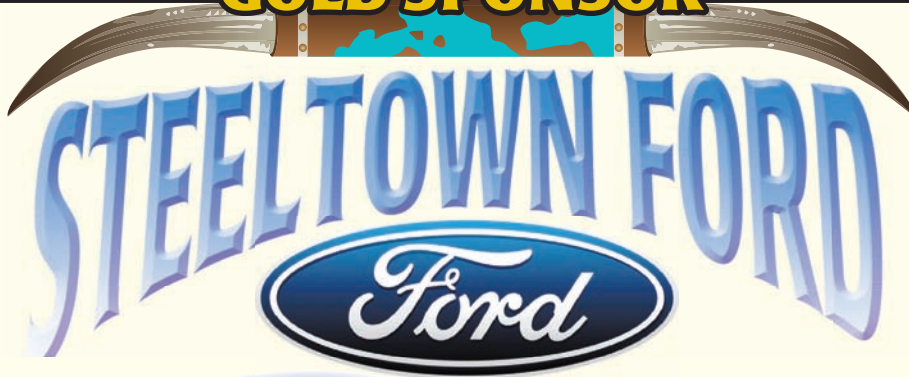
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- 4pm - 8pm Selkirk Tire Kids Zone
- 4pm - 11pm Food Vendors
- 4pm - 10:30pm Equine Elegance Horse Drawn Carriage Rides
- 7pm - 10pm Steeltown Ford "GIT 'R DONE" Bull Rides
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Time: From 8am to 11am

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FALL & WINTER ACTIVITIES & registration section 2015-2016



Injury prevention tips for school-aged athletes

The dawn of a new school year is an exciting for school-aged youngsters. Though many kids may not look forward to homework or getting up early, a new school year is often exciting for young athletes who long to get back on the playing fields and compete with their teammates.

As valuable and exciting as participating in team sports can be, they can just as easily prove dangerous for athletes who aren't prepared for the rigors of physical activity. A summer spent lounging poolside might be just what kids need after a long school year, but that relaxation can put youngsters in jeopardy of suffering an injury when they

return to team sports in the fall. Many a young athlete has pulled a hamstring or suffered a shin splint when returning to athletic competition after a long layoff. But such injuries are largely preventable, and the following tips can help school-aged athletes ensure their return to competition is as

Continued on next page.



#77 Daerwood Royal Canadian Sea Cadet Corps
PARADE NIGHTS
 Tuesdays from 6:30 pm to 9:30 pm
First parade night is Tuesday Sept. 8, 2015
 Memorial Hall & Arena
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 Selkirk, MB
 204-785-2520
 Email: elizabeth.nordin@cadets.gc.ca

FREE PROGRAM DEMOS
 at the **sunova centre** West St. Paul's Recreation Site

FITNESS PROGRAMS - FREE DEMO DATES

Pilates - Wednesday, September 9th - 6:10-7:10pm
 Yoga: Chakra Series - Wednesday, September 9th - 7:20-8:20pm
 Monday Basic Hatha Yoga - Monday, September 14th - 7-8pm
 ZUMBA! - Thursday, September 17th - 5:55-6:55pm
 Yoga/Pilates Combo Class 55+ - Monday, September 21st - 10-11am
 Fitness Ball Class - Monday, September 21st - 5:45-6:45pm
 Zumba Gold Class 55+ - Wednesday, October 7th - 10-11am
 TONE FX! Weight Training Class - Wednesday, October 7th - 5-6pm
 HOUR OF POWER! Circuit Class - Tuesday, October 13th - 5:45-6:45pm

KIDS PROGRAMS - FREE DEMO DATES

Kidz Dance - Wednesday, September 9th 3 & 4yrs: 5:45-6:30pm;
 5 & 6yrs: 6:30-7:30pm; 7yrs+: 7:30-8:30pm
 Kids Yoga - Monday, September 14th - 6-6:50pm
 Big & Littles Yoga - Tuesday, September 15th - 6-6:50pm
 Zumba Kids - Thursday, September 17th - 6-6:50pm
 Big & Littles Zumba - Tuesday, November 3rd - 6-6:50pm

Please RSVP to recreation@weststpaul.com for all FREE PROGRAM DEMOS!

Visit www.weststpaul.com for a schedule of all the Sunova Centre Programs for the Fall 2015 Session

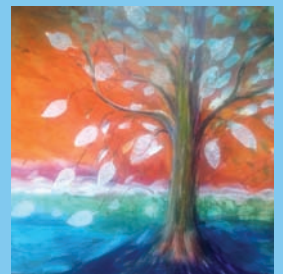


sunova centre

Contact the
 Sunova Centre - West St. Paul's Recreation Site
 for more information
 Phone: 204-336-0294
 Email: recreation@weststpaul.com
<https://www.facebook.com/sunova.centre>

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Contact: beverlymariehart@outlook.com

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Tai Chi Fall Registration

@ Gordon Howard Centre
 Tuesday, September 1
 6:00 p.m.

Beginner Classes

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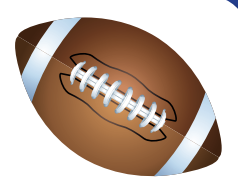
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Fall Recreation & Leisure Fair



Wednesday, August 26th 5 pm to 8 pm

Selkirk Rec Complex Lobby

To register call or email Kayla at
 204-785-4992 selkirktourism@gmail.com

LIST OF ATTENDEES:

- Cain's Tae Kwon Do
- Cool Dozen Micro Golf
- Interlake Thunder Football
- Selkirk Ringette
- Selkirk Skating Club
- Sport Manitoba East
- Terry Fox Run
- Your-Life Fitness
- LS Minor Hockey Association
- Daerwood Sea Cadets #77
- Selkirk Judo Club
- Bev Hart Studio
- Evolution Dance Company
- Interlake Speed Skating Club
- ...and more



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FALL & WINTER ACTIVITIES & registration section 2015-2016


painless as it is pleasurable.

* Condition your muscles in the weeks leading up to tryouts or the start of the school year. Many fall sports feature tryouts near the end of summer or at the very beginning of the school year. That means athletes must start conditioning their muscles early. Discuss with your parents, coaches and physicians which muscles you will be working when playing a particular sport. Adults should help you develop a conditioning program that gets the right muscle groups ready for the rigors of your sport. A properly conditioned athlete has a much lesser risk of injury than one who is not. Your offseason conditioning program should begin slowly and gradually grow more challenging as you draw closer to the school year.

* Stretch, stretch, stretch. Always stretch your muscles before any strenuous activities, whether it's an


Continued on next page.

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Tuesdays & Thursdays 5:00 – 8:00pm
August 18th to September 10th
(No Registration September 8th)

Classes begin Monday, September 14th!

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TRI-S Indoor Soccer Registration



Online registration will open at www.trissoccer.com on August 21st and run until September 12th. Registration will be for all players born from 1997 to 2006. Teams will play in 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.

Age groups may be combined to form teams and to accommodate as many players as possible. Payment must be made by Sept. 12th or a \$35 late fee will apply. Teams will be formed based on the PAID registration as of September 12th.

FALL & WINTER ACTIVITIES & registration section 2015-2016



offseason conditioning program or an in-season competition. Stretching significantly reduces your risk of injury and can improve your performance on the field.

* Get geared up. The right gear is essential for young athletes looking to avoid injury. Though summer might seem tailor-made for flip-flops, such footwear should never be worn when exercising and preparing for the coming sports season. Athletic shoes specific to your sport are made to provide the support you will need as you train and compete. The same goes for the clothing you should wear when getting ready for the season. Wear the appropriate athletic attire to reduce your risk of injury.

* Weight train in the presence of your coaches or parents. Many athletes begin weight training for the first time when they are in high school. Weight training can be beneficial to young athletes, but such athletes should never lift weights unsupervised. Parents, trainers and coaches can explain the equipment to young athletes while ensuring they don't overdo it in the weight room. Lifting too much weight or having bad form

when weightlifting can cause serious injury that can sideline youngsters for the coming season, if not longer. So young athletes should always weight train in the presence of an adult and always work with a spotter to help them should they struggle to finish a repetition.

* Don't try to match your fellow athletes. The human body develops differently for everyone. Young athletes must recognize that there's a chance their classmates and teammates may be developing more quickly than they are. These classmates may be more capable of performing certain physical

Continued on next page.



Selkirk & District Ukrainian Dance School

Ukrainian Dance Classes for everyone ages 3 and up

Register August 26, 2015
at the Selkirk Leisure Fair

Or register online at www.selkirkzorya.ca
For more information
e-mail: sdukanceschool@yahoo.ca
or phone 204-268-2749

Classes start September 14, 2015!



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

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

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



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September 17th to November 19th 2015

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Please call Sherisse for details and to register: sherissepower@mymts.net or (204) 771-0567

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for registration fees and information.

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For Info. or to Register Phone JANICE: 339-6451 or 612-0478

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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, Sept. 19th, 2015

Register online at www.runningroom.com

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Join the Steelcity Run Club every Thursday night for 6 weeks (August 13th - September 17th) from 6:30 to 7:30 pm

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FALL & WINTER ACTIVITIES & registration section 2015-2016

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activities. For example, a teammate might be able to lift more weight than you. Do not try to match your fellow athletes if your body is uncomfortable performing a certain exercise. If you must endure substantial pain to perform a given exercise, then your body is likely telling you it simply isn't ready for that exercise. Don't force the body to do something just to keep up with your teammates.

* Take a break. Even if you rested for

most of summer, you still will need to rest when you begin getting ready for the upcoming athletic season. Take at least one day off per week to allow your body to recover and recharge. Your body needs that recovery time to reduce its risk of injury.

School-aged athletes often look forward to a new school year as a chance to get back on the playing fields. But such athletes should emphasize safe training as the season draws closer.



Selkirk Ringette Registration

Selkirk Rec Lobby

Wednesday, Aug. 26th 5:00 pm - 8:00 pm

Wednesday, Sept. 2nd 6:00 pm - 8:00 pm

(Need to be registered for "A" Try-outs)

Ringette 4 U Program (2008-2011)

Fall Conditioning Camp starts Saturday, Sept. 12th

Come Try Ringette Saturday, Sept. 19th 12:00pm - 1:00 pm Selkirk Rec

- Please pre-register by emailing dtksz@outlook.com

Registrations can be done on-line at our website: www.selkirkringette.com

Payment can be made in person on Registration dates, or mail to

Selkirk Ringette, c/o Tanya Zorniak, 655 Pigeon Bluff Road, St. Andrews, R1A 4K2



Selkirk Dance Registration

City of Selkirk Recreation & Leisure Fair August 26th

and

September 3rd, 6-8:30pm

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Letters

RETENTION POND COULD WASH AWAY DRAINAGE WOES

I can't help but to address the article, "Water drainage woes upset Lockport Road residents," which appeared in *The Selkirk Record* on July 23 on page 11.

My residence is near the intersection of Lockport Road and Ostermann Road and we do not have any drainage issues. However, I will concede that the land towards the west has more recently, especially after a heavy rainfall, the tendency to have very full drainage ditches.

That does not mean that there is a drainage issue. Does the public not realize that the water must stay on the land for longer in order to have the water tables filled beneath the land? If we constantly drain the land to the ditches, which run to the rivers and lakes, we are not retaining enough fresh water on the land to fill the water tables. A constant demand of fresh water from the ground puts stress on the tables.

When my husband was canvassing for the previous municipal election, we talked to many folks along this route and they were in perfect agreement to have holding ponds built on a portion of the lands that are already low spots. However, they did not feel that the building of these ponds

should come from their pocket. When the stress to the area has been the development of housing which has been built at a higher elevation, taking too much soil with it and disturbing the path of natural drainage causing the waters to run, of course, to the lowest spot, being these areas along Lockport Road. A retention pond, properly monitored, will be able to retain the water in a heavy rainfall, causing less stress on the drainage system of ditches and rivers. Secondly, it has been proven that leaving natural vegetation in the low spots also helps slow down the water leaving the land and retains it in the ditches where it should remain to percolate through the layers of soil to the water tables below.

We must start thinking of long-term and the way we waste fresh water constantly as many have not switched to low flush toilets and water conservation processes, we will be running short of this very important commodity. We have been very blessed in this area to have good quality water. Why do we want to send it down the "drainage?"

On a separate note, I did not hear about a drainage meeting on June 23. I would most certainly have been in attendance.

Thea M. Haut Ostermann
Lockport, MB



RECORD PHOTO BY BRETT MITCHELL

After sitting in the Selkirk Slough since 1990, city and provincial funds are helping remove and dismantle the MS Lord Selkirk II this summer.

SELKIRK FAMILY THANKFUL FOR SHIP'S REMOVAL

As a family that has had to endure watching the Lord Selkirk II deteriorate over the years in our neighbourhood, I wish to thank Mayor Larry Johannson and Selkirk City Council for all the work that they have put in

to finally getting the ship moved and dismantled. We know that you have been trying for years to accomplish this, it is not something that has been done in the last couple of weeks.

Thank you and keep up the good work.

Mike Stevenson
Selkirk, MB



RECORD PHOTO BY LINDSEY ENNS

Kiwanis Club of Selkirk and District president Don Tole holds up his Kiwanian 2015 award he received recently during the Western Canada District of Kiwanis International convention held in Thunder Bay, Ont.

Local Kiwanis club president 'humbled' by service award

By Lindsey Enns

The new president of the Kiwanis Club of Selkirk and District said a special award he received recently will only push him to work harder for the community.

"I hope to do a lot of good ... as president of the new club," Don Tole said. "Selkirk is a big town and I think there's certainly room for further service clubs and we plan to work in partnership not as competitors with the others."

"We're all here for the same purpose, for the good of the community, so I think we can join forces to do some of the big things."

The Lockport resident was presented with the distinguished Kiwanian 2015 award during the Western Canada District of Kiwanis International convention held earlier this month in Thunder Bay, Ont.

"The Western Canada District recognizes Past Governor Don Tole for his continued dedication to the ideals of Kiwanis, his continued commitment to growth in our district and his tremendous enthusiasm and spirit towards this fabulous organization," the inscription on the award reads.

Tole said he was "humbled" to receive the award.

"It is an honour to be chosen as one out of the whole district and I have just started getting really excited about Kiwanis again with the open-

ing of the club in Selkirk," he said.

Tole has been an active Kiwanis club member since 1999. He has also served on the board of directors of the Kiwanis Foundation of Canada for the past six years.

More recently he and several other Kiwanians have brought a club back to Selkirk. Anyone interested in becoming a member can contact Don Tole directly at 204-757-2848.

The Western Canada District of Kiwanis International extends from Thunder Bay in the east to Dawson Creek, B.C. in the west. There are 973 members, not including Selkirk since their club's charter night is being held on Sept. 14.

This past year, Kiwanis clubs across Western Canada contributed approximately 44,000 hours of community service, which averages at about 45 hours per member.

This year Western Canada Kiwanis clubs have already raised more than \$1 million, \$400,000 of which went back into their own communities.

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Lowrie a triple gold medallist at WCSG

By Brian Bowman

It's a good thing that Stephanie Lowrie did not travel to the Western Canada Summer Games via a canoe or kayak.

If she did, she surely would not have had any room to bring home her medals from Wood Buffalo, Alta.

Lowrie won three gold medals, one each in the C4 1,000-metre, C4 500m and C4 200m events (which is the four-person canoe). She was surprised to win three gold medals against elite competition from western Canada.

"I was just there to have fun and help my team out – not let them down," said Lowrie Monday evening.

Manitoba was outstanding in the water with the paddle in Alberta.

"I believe every kayak and canoe, male or female, medaled," said Lowrie, who has graduated from the Comp and will be studying at the University of Winnipeg. "We had lots of practice (leading up to the Games) and our coach trains us long distance rather than short distances. All of the other clubs like to practice sprints. Practice in longer distances made us better with stamina."

Lowrie was away from the sport for a year with a nagging shoulder injury. She had surgery on that shoulder and is still trying to work it back to 100 per cent.

"I had been paddling (this summer) but not as hard as I had been previously," Lowrie, 18, explained. "My position in the boat was steering the boat, so the fourth person, which was myself, kind of just kept the boat in the lane."

Lowrie said she loved the experience – and the scenery – of northern Alberta. She highly recommended that young Interlake athletes work hard in their respective sports in order to have an opportunity to represent Manitoba against other provinces.

"If you try your hardest, you can make it," she said positively. "If you practice and don't second-guess yourself, then one day you can be good. When I started everyone thought, 'Oh, you're from (East) Selkirk, you're never going to be good at what you do.'"

"So I just want to say to Interlake athletes that if you don't give up, you can do great things."



RECORD PHOTO SUBMITTED

East Selkirk's Stephanie Lowrie, second from left, won three gold medals at the Western Canada Summer Games in Alberta.

Locals win soccer silver at WCSG

By Brian Bowman

St. Andrews' Veronica Jackson and East St. Paul's Maya Rarog led Team Manitoba to a silver medal in female soccer at the Western Canada Summer Games in Wood Buffalo, Alta.

Manitoba received the silver after losing 3-1 to B.C. in the gold-medal match.

Manitoba reached the gold-medal game after edging Alberta 4-3 in penalty kicks. The two teams were scoreless after regulation time and two 10-minute overtime periods.

Manitoba opened WCSG action with a dominating 7-0 victory over Yukon.

Also winning silver was Manitoba's boys' basketball team, which featured West St. Paul's John Aaron and East St. Paul's Alexander Stefanko.

Manitoba lost 66-60 to B.C. in the gold-medal match.

Manitoba's boys' soccer team – which included Narol's Tomas Chaloupka and Marques Scott and East St. Paul's Alexander Sneyzyk – won a bronze after crushing Saskatchewan 5-1 in the bronze-medal game.

In wrestling, St. Andrews' Jayden Ramgotra placed fourth in the 61 kg female division while Tyler Minsky of East St. Paul was fourth in 74 kg female.

Kopp, Hoydalo win golf medals

By Brian Bowman

Lexie Kopp of Winnipeg Beach led Manitoba's female golf team to a silver medal at the Western Canada Summer Games in Wood Buffalo, Alta.

Manitoba finished with a two-round total of 493, which tied them for the silver with Saskatchewan. Manitoba combined for a 254 during the first round and a 239 in the second round.

B.C. won the gold with a 435.

As an individual, Kopp had rounds of 92, 86 and 97 for a 275 total.

On the men's side, Manitoba won a bronze medal after finishing with a 468. That was behind B.C. (446) and Alberta (455).

Selkirk's Wesley Hoydalo was on Manitoba men's team. As an indi-



SUBMITTED PHOTO

Selkirk's Wesley Hoydalo (left) and Winnipeg Beach's Lexie Kopp show off their medals won in golf.

vidual, Hoydalo carded rounds of 85, 80 and 79 for a 244.

Manitoba finished third overall in the medal count at this year's Games with 144, behind only B.C. (280) and Alberta (226). Manitoba won 48 gold, 47 silver and 49 bronze.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Local judokas excel at Summer Games

By Brian Bowman

Damien Ekosky's goal at the Western Canada Summer Games was a simple one. He wanted to bring home a gold medal.

And the Selkirk product did exactly that, placing first in the judo over 60 kg up to 66 kg male division in Wood Buffalo, Alta. last week.

Ekosky defeated Alberta's Adam Skene Thomson in the gold-medal match on Aug. 8.

"It wasn't my toughest (match) but it wasn't my easiest, either," said Ekosky, the day after arriving home from Alberta. "He was very hard to throw and in judo, you want to throw the person. It was more of a challenge to get him on his back."

After winning silver at the 2015 Canada Winter Games, Ekosky's goal was a golden one at the WCSG.

"That was a lot better competition, so I was hoping for a gold (at the WCSG)," he explained.

The Selkirk Judo Club member was a perfect 4-0 before the gold-medal match, beating B.C.'s Mitchell Wolfe, Skene Thomson, Saskatchewan's Jack Karaim, and the Yukon's Jacob Melanson.

Ekosky made fairly quick work of three of those four competitors.

It was a busy – and very successful year – on the mat for Ekosky. He is, without question, one of the top, young judokas in Canada. After taking a much-deserved few weeks off, he will then be back on the mat working hard in September.

"It's cottage time right now," said the 5-foot-9, 150-pound Ekosky. "It will be nice to relax and not have to worry about cutting weight. I'll probably be moving up a weight class this year, so that will be (exciting)."

He hopes this upcoming judo season can be just as successful as this past year.

"Every year is a new category and a new group of people," he noted. "The first two tournaments, I'll just try my best and see where I'm at with everyone else. By then, I can set goals for myself."



RECORD PHOTO SUBMITTED

Selkirk Judo Club members, from left to right, Damien Ekosky, Tanner Onagi, Justin Ekosky and Riley Malinowski competed at the Western Canada Summer Games in Alberta.

Ekosky also represented Manitoba - which placed fourth - in the team competition at the WCSG. He won four of his five matches (losing on penalties in his lone loss).

The team competition has each province have five fighters battle in five different weight classes. Manitoba's local fighters in that team competition included Tanner Onagi of Beausejour and Selkirk's Justin Ekosky and Riley Malinowski.

Onagi and Justin Ekosky each won a bronze in the individual portion of the judo competition while

Malinowski placed fourth.

Justin Ekosky won his bronze in the over 55 kg up to 60 kg male division, defeating Saskatchewan's Alex Li.

"I beat him within about 40 seconds," Justin recalled.

Justin was 1-2 before the bronze-medal match, winning his first match and then losing the next two.

"I think I could have done better," said Justin, 14. "But that's always the way that I am."

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Tri-S area well represented at basketball nationals

By Brian Bowman

The Tri-S area was well represented on Team Manitoba at the 2015 15U and 17U National Boys' Basketball Championships in Halifax earlier this month.

Selkirk's Mason Foreman played extremely well for the 17U squad – averaging just under 17 points per game – while Lockport's Zeke Plishke played on Manitoba's 15U squad.

Manitoba's 17U team finished fifth overall after an 81-60 victory over Saskatchewan in the fifth-place game.

"I thought we should have done better," said Mason, a talented 6-foot-7 forward, who averaged 10.2 rebounds a contest at the nationals.

"I thought we had a chance for gold this year but we had a tough game against B.C. where we lost by three points (59-56)."

Mason said the atmosphere out in Halifax was a real good one.

"It was pretty exciting playing there because basketball is their biggest sport and they had lots of fans," he recalled.

Mason will be heading into his final year of high school this fall. After that, he will be playing college or university basketball somewhere as many



Mason Foreman

schools have already been in contact with him.

Mason's younger brother, Marcus, meanwhile, is a practice player with the 15U team. He did not make the trip to Halifax.

"I thought I was going to make it this year," Marcus, a centre, said. "I was feeling good...but I'm not disappointed that I didn't make it – I'm still young and I can improve a lot more."

Marcus stands 6-foot-6 at just 14 years of age. If he continues to work hard, Mason should be a fixture on Team Manitoba squads for years to come. He's been told by coaches that



Zeke Plishke

he has to improve his shot and Mason is hoping to get an opportunity to play club basketball with the Winnipeg Wolves. He will be going into Grade 9 at East Selkirk Middle School in just a couple of weeks.

Plishke, meanwhile, was a defensive stalwart for the Manitoba's 15U squad, which won just one game over P.E.I. at the nationals and finished in ninth place.

"We really weren't on our game," noted Plishke, who scored seven points in the P.E.I. win.

The 6-foot-10 power forward, who lives in Lockport, represented our



Marcus Foreman

province for the first time this year. He travelled with the Manitoba team to Brandon and Minneapolis for tournaments earlier this year.

"It was a very good experience," said Plishke, 15, who averaged about 10 minutes per game in Halifax. "All of the education I got from all of the coaches (was outstanding)."

Plishke will be looking to use that basketball education with the Selkirk Royals this season. He hopes to make the rare jump straight to varsity as a Grade 10 student-athlete.

"It's going to be a lot better basketball," he predicted.

Manitoba places fourth at 16U girls' baseball nationals

By Brian Bowman

Team Manitoba placed fourth at the 2015 16U Girls Invitational Baseball Championships in Saguenay, Que.

Manitoba missed out on a bronze medal after losing 12-8 to Alberta last Sunday.

Trailing 9-1 in the sixth inning, Manitoba closed the gap to just a single run after scoring seven times in the top of the inning. But Alberta came right back with three runs in the bottom of the sixth.

Garson's Brittney Langlais was 2-for-4 with two runs scored in the bronze-

medal game. Arborg's Jamie Johnson finished 1-for-3 with a walk and a run scored.

Kaitlyn Holod of Grosse Isle and Laura Kilbrei of Arborg were each 0-for-2 at the plate. Holod also pitched in the game, giving up four hits and three earned runs in 2 2/3 innings. She also issued four walks and struck out one.

Earlier Sunday, Manitoba was shut out 10-0 by Quebec 1 in five innings. Manitoba had just three hits in the game and committed five errors.

Manitoba started the nationals with

a 9-3 loss to Ontario. Trailing 2-0 in the third inning, Ontario scored five runs and then added three more in the fourth.

Langlais had a hit and an RBI while Johnson and Holod also had a hit apiece. Kilbrei was 0-for-2 with a walk.

Langlais and Holod both pitched in the loss.

Manitoba rebounded nicely from that defeat, however, to trounce Quebec 2 16-3 the next day.

Langlais had another good game at the plate, going 3-for-4 with three runs scored. Johnson was 2-for-3 with

a run scored and pair of RBI. Holod had a hit, a run scored, and an RBI in her lone plate appearance in the game.

Johnson earned the win on the mound, surrendering a hit and two runs in 3 2/3 innings. She also walked one and had four strikeouts.

On Saturday, Manitoba beat B.C. 11-1 in six innings. Johnson scored twice and had an RBI while Langlais also crossed the plate for a run. Kilbrei had a hit in the game while Holod earned a walk.

Selkirk senior soccer teams struggling

By Brian Bowman

August hasn't been too good so far to the Selkirk FC senior men's soccer club.

Selkirk lost its second straight 2-1 decision this month after Bonivital United slipped by them with a one-goal victory last Friday at the Winnipeg Soccer Complex.

Aaron Bruce-Bell scored Selkirk FC's lone goal while Daniel Akpabio

and Dallas Friesen scored for Bonivital. On Aug. 9, the Storm edged Selkirk FC by a goal in Winkler.

Brodie Ogg scored for Selkirk while Christian Dyck and Tobias Morasch tallied for Winkler.

With the two losses this month, Selkirk FC is now 4-9-1 and has 13 points to occupy seventh place in the nine-team MMSL's 1st Division.

Selkirk FC will play the Britannia

Rovers this Monday (7:45 p.m.) at Shaughnessy Park in north Winnipeg.

Selkirk FC will then wrap up its regular season Sept. 14 when they play Pescara at the Winnipeg Soccer Complex.

In MMSL 4th Division action, the Tri-S Strike Force is fresh off a 3-1 loss to FC Aura on Aug. 16 at the Selkirk Rec Complex.

No goal scorers were posted on the

league website at press time.

The Strike Force had snapped a four-game losing streak when they defeated El Condor FC 2-1 on Aug. 13 in Selkirk.

Jordan Bekkering scored both Tri-S goals. Muluken Tegegne had the lone goal for El Condor.

The Strike Force hosted the King's Head Knights last night but no score was available at press time.

Tri-S (4-11-1) will wrap up its regular season Sunday when they battle the Hanover Strikers (6-5-4) in Steinbach. Game time is 6 p.m.

Midget Thunder collar Coyotes in weekend play

By Brian Bowman

The Interlake Thunder could not have asked for a better start to their Midget Football League of Manitoba season.

Interlake destroyed the Sunrise Coyotes 47-0 in the season opener for both teams last Saturday in Stonewall.

"It's always huge to win your home opener, but not only that, Quarry Days is a really big community event," said Thunder head coach Kris Johnston. "To be part of that was really huge. We loved being part of that and we always get a great fan turnout."

Interlake led 7-0 after the first quarter and then exploded for 27 points in the second stanza to turn a close game into a rout.

"The guys really came alive in the second quarter," Johnston recalled, noting every healthy player saw the playing field in the lopsided win. "We were playing well in the first but we were still getting our feet under us, sort of speak. We only had one controlled scrimmage prior to the game, so there were various different kinks that we were working out with regards to special teams, offence, and defence."

Thunder quarterback Declan Kubel of Selkirk was very effective in the win, finishing 10-for-17 for 122 yards and four touchdown passes. Three of those TD throws went to Thunder receiver Kurtis Janzen. The 6-foot-4 Janzen, a dynamic playmaker, hauled in

five passes for 122 yards.

The other TD pass was caught by Thomas Dunlop.

"The players on the field and our offensive coaching staff did an outstanding job," Johnston praised. "We did a very good job throwing the football, short, medium, and long. We attacked all three phases of their secondary with our passing game."

Interlake was also very effective running the ball. David Aisicovich rushed the ball 14 times for 102 yards and two scores. The Warren product had a fantastic game for the Thunder.

"We ran the ball very well on the perimeter and between the tackles," Johnston noted. "We were very balanced all day."

Defensively, the Thunder were strong right from the opening whistle. Austin deLaroque, a linebacker, had a great game for the Thunder, finishing with a team-high seven tackles while also getting a sack.

Trayton Smith and Mike Tillett also had very good games, dominating the interior line.

"They snuffed out pretty much any attempts to run up the middle and they collapsed the pocket on every single passing down," Johnston said.

Interlake was also very good in shutting down Sunrise's passing game. The Thunder finished the game with seven interceptions. Dunlop and deLaroque had two picks each while Smith, Matt Thoresby and Dakota



RECORD PHOTO BY JO-ANNE PROCTER

Selkirk quarterback Declan Kubel finished 10-for-17 for 122 yards and four touchdown passes in the Interlake Thunder's 47-0 season-opening win over the Sunrise Coyotes Saturday.

Holden also had interceptions.

Holden's interception was returned for a touchdown.

The Thunder (1-0) have a tough matchup this Saturday when they host the Transcona Nationals (1-0) at the Selkirk Rec Complex (4:30 p.m.). Transcona shut out the St. Vital Mustangs 22-0 in their season opener last Saturday.

"We have a big game at home in Selkirk," Johnson said. "We know (Transcona) is big, physical and they play

quality defence. They run the football and they're pretty balanced, at least that's my understanding from preliminary scouting reports."

In Week 3, the Thunder will host the Mustangs on Aug. 29. The next two games will pose a tough challenge for the Thunder.

"We go into every game looking to compete and we want to put the best product on the field that we can," Johnston said. "We'll learn a lot about ourselves in the next two weeks."

Thunder Atoms have awesome football experiences

By Brian Bowman

The Interlake Thunder Atom football team has had quite a beginning to their season.

After starting with an impressive 59-8 victory over the Transcona Nationals, the Thunder won tickets from the Manitoba Lotteries Flight Deck program for their entire team to go to the Winnipeg Blue Bombers' game last Friday against the Toronto Argos.

The Thunder also received an on-field experience where they were able to be in the tunnel and high-five players. As a bonus, Bombers' receiver Nick Moore gave Thunder quarterback Brett Gascoigne a football.

Thunder head coach Darcy Gascoigne said the Bombers were able to expand their experience by providing a deal on additional tickets so more parents and siblings could take in the game.

"We had 42 thunder faithful on the bus," Darcy Gascoigne said. "It was a fabulous experience for all."

The next day, a tired group of Thun-

der players battled the Valour Patriots. Trailing 20-0 early in the game, Interlake stormed back to win 39-33 in a stifling 35 C heat.

"I don't think I have ever been prouder of a team," Darcy Gascoigne said. "We were down 20-0 early (and) it would have been easy for these kids to quit. They were tired, it was 35 degrees outside, but they didn't (quit) led by the play of our quarterback Brett Gascoigne on offence and the hard tackling of Jon Melsted on defence."

The Thunder were able to orchestrate a game-winning drive despite multiple penalties called on them. Interlake was penalized 30 yards, making it first and 40 but Brett Gascoigne ran the ball, breaking multiple tackles and running over several players to get 41 yards and a first down before eventually scoring the winning touchdown.

"I believe these kids learned a huge life lesson here," Darcy Gascoigne said. "They learned that if you don't give up, winning is possible and that's



RECORD PHOTO BY AUSTIN GRABISH

The Interlake Thunder's Atom team were treated to a Blue Bombers' game in Winnipeg last Friday. The Blue and Gold didn't do so well, but the Thunder prevailed the following day with a 39-33 win against the Valour Patriots in Stonewall.

special. This is why we put our kids in sport, not only for exercise, but to learn these important life lessons and how to be part of a team and believe in themselves."

The Thunder's next game is at home

this Saturday (2 p.m.) at the Selkirk Recreation Complex.

All five of the Thunder teams will be playing, starting with the Bantams at 9 a.m. and ending with the Midget and Cruncher teams at 4:30 p.m.

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Possibilités d'emploi
Mécaniciens de marine et officiers de pont requis pour des postes civils à la flotte auxiliaire des Forces canadiennes du ministère de la Défense nationale à Victoria et à Nanose Bay en Colombie-Britannique. Postuler en ligne seulement par le site emplois.gc.ca du gouvernement du Canada. Les candidats doivent posséder toutes les qualifications essentielles.

Mécanicien: n o de référence DND15J-009781-000048, n o de processus de sélection 15-DND-EA-ESQ-394701, lien <https://emploisfp-psjobs.cfp-psc.gc.ca/psrs-srpf/applicant/page1800?poster=820743&toggleLanguage=fr>
Officier de pont: n o de référence DND15J-013566-000006, n o de processus de sélection 15-DND-EA-ESQ-394258, lien <https://emploisfp-psjobs.cfp-psc.gc.ca/psrs-srpf/applicant/page1800?poster=817589&toggleLanguage=fr>

HELP WANTED

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

Part-time housekeeping staff required days & evenings; part-time waiting staff for restaurant days & evenings; part-time dishwasher evenings & weekends. Call Sheri at Rockwood Motor Inn 204-467-2354.

Kletke Seed Farm Ltd has openings for self-motivated individuals for full time year round positions in our automated seed processing plant/grain farm near Teulon Mb. There are 2 shifts to be filled. The day shift is from 7 a.m. to 4 p.m. and the evening shift is from 3 p.m. to midnight. Duties are multi diversified including operating computerized bagging and seed treating equipment, seed cleaning mills, forklift, and grain farm equipment. Assets include Individuals that work well in a team atmosphere, take responsibility, show leadership. We offer a great work environment, competitive wages and benefit plan. Please e-mail resumes to Attn. Glenn at ddkletke2@mymts.net or fax 204-886-3446.

HELP WANTED

Round-Tuit Cleaning Services Ltd. has permanent, part-time janitorial positions in SELKIRK and IMMEDIATE AREAS, various days and hours. Our employees are mature, responsible, dependable and physically fit and have an eye for detail. Possession of a clear criminal record check, a valid driver's license and a vehicle to get to and from work is absolutely necessary. Please call 204-785-3257 for application information. All Training is provided. Sub-contractors need not apply.

Assistant Farm Manager wanted for hog and grain farm near East Selkirk. We are looking for a motivated person with at least 5 years experience in all aspects of hog and grain production. Must be able to operate all farm equipment related to crop production. Education in business or financial management and experience in supervising others is a definite advantage. Drivers license and criminal record check required. Weekend and holiday work required. \$17 per hour plus overtime. Reply to dvs@highspeedcrow.ca



LORD SELKIRK SCHOOL DIVISION

Library Clerk and Education Assistant (Bilingual) Needed

Positions are available starting in September 2015

Candidates must have the ability to communicate in both official languages, be functional in the French language, and enjoy working with children.

For the complete list of duties & qualifications visit Employment Opportunities at www.lssd.ca



LORD SELKIRK SCHOOL DIVISION

Spare School Bus Drivers Needed

Training Program is being offered in September

If you enjoy driving and working with children, this training program prepares you for the perfect job.

Responsibilities:

- Safely drive students to and from school.

Experience and Knowledge:

- Must hold a valid Class 5 driver's license;
- Clear driver abstract for 2+ years driving;
- Ability to read and follow maps;
- Must be able to communicate in English (both written and oral).

For the complete list of duties & qualifications visit Employment Opportunities at www.lssd.ca

FULL TIME Graphic Designer LEVEL 3 REQUIRED

The Stonewall Teulon Tribune, Selkirk Record, Express Weekly News and Winkler Morden Voice is looking for a full time graphic designer to work in our Stonewall office. The applicant must have a minimum three years MacIntosh experience using InDesign CS5 or later, Adobe Photoshop and Adobe Illustrator. Must possess the ability to create print ready PDF files. Microsoft Word an asset. A strong feel for typography - tracking/ kerning/leading and a strong sense for detail would be beneficial. Work week is Friday to Tuesday. Must be able to work independently in a fast paced environment with a multitude of deadlines.

Please email resume and three samples of work to:
Nicole Kapusta - Production Manager
adproofsrtv@mymts.net



Employment Opportunity Administrative Support Staff

The RM of St. Clements is accepting applications for the full-time positions of Administrative Support Staff. The ideal candidate will be experienced in various administrative and finance duties within a municipal environment with a solid aptitude for learning new software programs.

The successful candidates will have

- Having or willing to obtain the CMMA (Certificate in Manitoba Municipal Administration) designation
- A diploma or studies in business administration and/or accounting; knowledge of basic accounting principles
- Knowledge or experience using GIS mapping systems
- Proficiency with Microsoft Excel and Word; experience using Muniware or other accounting software is highly desirable
- Good time management and organizational skills with the ability to meet deadlines
- Strong interpersonal skills and customer service orientation

The RM of St. Clements offers a starting wage of \$15.60 increasing annually to \$21.33 in three years. Also included is a comprehensive benefits and pension package.

Qualified candidates are invited to submit a resume until **4:00pm August 26, 2015** to: Heather Stanik, Office Supervisor Rural Municipality of St. Clements 1043 Kittson Road Box 2, GRP 35, RR1 East Selkirk, Manitoba ROE 0M0 Email: heather@rmofstclements.com



Classifieds

Book Your Classified Ad Today - Call 785-1618 or Email lucy@selkirkrecord.ca

The Selkirk Record

HELP WANTED

DELI AND BAKERY HELP WANTED - We are looking for energetic and creative team members for our deli and bakery departments, along with cashiers. Reliable, friendly and able to work a variety of shifts is required, including weekends. Experience is preferred but willing to train. Please forward your resume to Harry's Foods 5571 highway 9 or harrysnorth@shaw.ca

Medical Transcription! In-demand career! Employers have work-at-home positions available. Get online training you need from an employer-trusted program. Visit: CareerStep.ca/MT or 1-855-768-3362 to start training for your work-at-home career today!

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ADULT EDUCATION

Adults Only - Reading, Writing and Math Upgrading Classes. Free! Free! Free! Afternoons and evenings. Selkirk Adult Learning Program Call Marcey at 204-482-7525 or email mcherniak@lssd.ca

DAYCARE

St. Andrews Daycare has full time spots. Snacks and lunch provided. Safe and fun environment. Refs. available. Call Charlene at 204-479-0997.

DAYCARE

East Selkirk Area Daycare has full time spots. 1 infant spot and before and after school age spots for Sept. Call 204-785-2397.

MISCELLANEOUS

Men's light blue suit, coat & blue shirt sz. XL, pants sz. 38-40 pants in-seam (leg) 30 out seam 36, immac. cond., \$100; men's purple pinned striped suit, coat & white shirt sz. XL, pants measurements same as above, \$100 - both suit, coats & pants have recently been dry cleaned, had very little use; LN Sz. 9 safety shoes EC, only worn about 2 wks. \$60; BN never used EWO student desk study lamp still in box, \$15; 2 - BN never used 1 black & 1 brown leather wallets w/change purse & side lock, \$15 ea.; Sunbeam 2 - slice toaster in EWO \$15. 204-785-8598 Selkirk.

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PETS

Chocolate Lab., 14 months old, male, has all his shots, friendly and good with people and children. \$50. Call 204-334-2354 or 204-797-7840.

HEALTH

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

FIREWOOD

Bonfire wood \$235 per cord, \$5 per bundle. Call 204-485-0706.

POTATOES FOR SALE

NEW POTATOS avail. Corn, onions, cabbage, beets, turnips & carrots as well. Call 204-886-2676, Interlake Potato Farm.

UPCOMING EVENTS

"Beginner Bridge Lessons" Gordon Howard Seniors Centre, 384 Eveline St., Selkirk. Thursdays September 3, 10, 17, 24. 9:30 - 11:30 a.m. \$65. includes text. Registration deadline: Fri., August 28 - Gordon Howard Centre 204-785-2092. For more information, call Dale Klassen (instructor) 204-642-5178, drklass@gmail.com; or Ken Hardy 204-482-6065, okhardy@mymts.net Lessons will include an introduction to bridge basics for beginners or players who have not previously played bridge. The Selkirk Bridge Club website: www.bridgeweb.com/selkirk

NOTICES

Residents of Township 14 - Range 6E. Sooner or hopefully later we all have to find a final resting place. We the committee of the Walkleyburgh Brookside Cemetery, take this opportunity to advise that there is a Non Denomination Cemetery located at SW1/4 28-14-6E, 2 1/2 miles East of Hwy. 59 on Road 82N. You may become a member for a fee of \$50.00. This entitles you to a plot for you and your partner and your children under 18 yrs. old. These provisions come in force after you have been a member for one year. As a member, you may be called upon to do volunteer work at the cemetery such as cutting grass a few times a summer and may be called to serve on committee. If you would like more information, pls. drop in at the cemetery on Sept. 3, 2015 from 6:30 - 8:30 PM or contact committee members; John Semenowich (Chairman) 204-766-2439 or Leo Danis (Secretary) 204-766-2228.

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3 Miles N on Hwy 59
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Sat August 29 10:00 am

Fraserwood, MB

Jct Hwy #7 & 231

Go West 4 Miles Then South 2 Miles Then 1 Mile West on Dudar Rd.

Contact: Tom (204) 299-9045 or Kathy (204) 275-5008

Tractors & Crawler Ford 7710 Cab MFWA 3PH 540/1000 Triple Hyd w Leon 690 FEL 7531 Hrs. -Needs Engine Repair * Deutz D7206 Cab 540 PTO Dual Hyd. w Leon 690 FEL 7250 Hrs. * JD 4020 Dsl Cab 540/1000 Hyd 6584 Hrs. * EEZ On FEL w JD 4020 Mts. * JD 1010 Gas Crawler w FEL Hyd. 540 PTO -New Undercarriage * JD Mt Row Crop 2PT Hitch Pulley * Case 630 Hyd. * Case 430 Hyd * Case DC 4 w FEL * FEL Manure Forks * FEL Bale Forks *

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Heavy Trucks & Vehicles 80 Mack Semi * 77 Chev C 50 w 15' B & H * 87 GMC 4 x 4 1/2 Ton * 78 Chev 2500 * 75 Ford 1 Ton Dually w 11' Deck & Hoist *

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37 Pawley Place Creekside	\$79,000	The George Hacking Team
1367 PR 320 Road	\$79,900	The George Hacking Team
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11 Murray Rd - 4 Acres	\$125,000	Rich/Judy Moyer
1498 PR 320 - 17 Acres	\$125,000	The George Hacking Team
68 Cowan Place	\$125,000	The George Hacking Team
1488 PR 320 - 25 Acres	\$135,000	The George Hacking Team
Road 88N - 332 Acres Native Pasture	\$200,000	Judy/Rich Moyer
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ANNOUNCEMENTS

CARD OF THANKS



Jean Sutherland - The family of the late Jean Sutherland, who passed away July 29, 2015, would like to thank family and friends for all their cards of condolences, flowers and food they received. Special thanks to all the nursing staff at the General Hospital for the special care they gave Mom. A big thank you to Rob at Gilbert Funeral Home for the guidance and support he gave us in Mom's memorial service preparations, which was August 5, 2015. Also a special thanks to The Legion Ladies for the lovely lunch they prepared. Thanks to Pastor Brad Elliott for officiating the service and also Marilyn Bedard (Mom's niece) for the wonderful words of remembrance she shared. We appreciated everyone's love and support during this time.

-Sincerely,

Stan, Barb (Darrell), Buzz (Pat), Les (Janet), grandchildren and great-grandchildren

ANNOUNCEMENTS

BIRTHDAY



Happy 90th Birthday Frank
August 20, 2015
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-The Skrypec and Samson families
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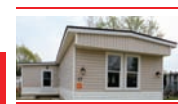
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215 Eveline Ave. 1333sf, 3bed, 1 1/2 bath, great location! \$269,900



8 Grange Drive. Log Home Luxury! 2330sf, 5 bed, 3.5 bath, 24x32 garage. \$429,900



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Turn key Business included.

With 140 acres of land with 4 large paintball fields and equipment included this 3 bed, 1 bath can pay you!! The paintball business is ready to be launched and the property allows for many more income streams.



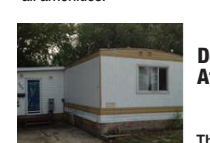
11 Daken Road, East Selkirk \$434,900
Historic Henderson!

This 1.8 acre gem has 3 bed, 2 bath with insulated full basement. This house was built in 2009 and looks like new!



327 Second St. N Beausejour
Income potential.

This 6 unit apartment building in Beausejour can make you the landlord. Close to downtown and all amenities.



305 North Dominique Drive Affordable living in Selkirk \$74,900

This 2 bed, 1 bath is perfect for a starter home or someone looking to downsize. With a fully fenced yard, it is ideal for pets and allows for a more private yard.



23 Willow Drive, Gimli \$156,900

Condo Living in Aspen Park Looking to move near the picturesque town of Gimli? We have the perfect place for you, 3 bed, 1 bath, private condo. Outdoor pool, fitness and rec area and satellite TV and more are all included in condo fees!



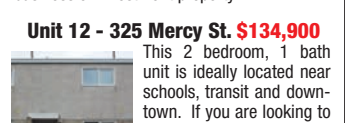
106 Adams Road, Matlock \$159,900

Live near the beach! 1285 sqft house can be used either as a year round house or summer getaway. With 3 bed, 1 bath, wrap around deck and second family room it is worth the trip!



207 Dufferin Ave \$275,000

Ideal Income property. With 2 distinct living quarters, this place is perfect for a large family, home based business or investment property.



Unit 12 - 325 Mercy St. \$134,900

This 2 bedroom, 1 bath unit is ideally located near schools, transit and downtown. If you are looking to downsize or for a starter home, this is worth a look!

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Announcements

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ANNOUNCEMENTS
BIRTHDAY



"Wow"
Junior High Already!
Happy 12th Birthday Hailey Witko
On August 18th
-Lots of Love from your family

ANNOUNCEMENTS
BIRTHDAY



Daniel Mosquin
Happy 80th Birthday
Family and friends invite you for
cake and coffee to celebrate
the 80th Birthday of Daniel Mosquin
at the Tyndall Village Community Centre
on August 23rd from 1-4 p.m.
-Love your family and friends

ANNOUNCEMENTS
IN MEMORIAM



Rudolf (Rudi) Reichart
January 21, 1948 – August 22, 2012
They say there is a reason,
They say that time will heal;
But neither time nor reason,
Will change the way we feel.
For no-one knows the heartache,
That lies behind our smiles;
No-one knows how many times,
We have broken down and cried.
We want to tell you something,
So there won't be any doubt;
You're so wonderful to think of,
But so hard to be without.
-Love always, Annegret, Roman, Oriana,
Derek and Finley

ANNOUNCEMENTS
IN MEMORIAM

Darlene Loutit
In memory of my friend
who passed away August 21, 2014
Sadly missed and always remembered.
-Peggy and family

ANNOUNCEMENTS
IN MEMORIAM

Louise Stocks
In loving memory of
Louise Stocks
a much loved sister and aunt,
who passed away August 25, 2013
Remembering you is easy,
We do it every day;
Missing you is the hard part,
That never goes away.
-Forever loved and remembered by
sister Jo-Ann, niece Lesley Dawn (Kurt),
great niece Alyssa and great nephew Kael

ANNOUNCEMENTS
IN MEMORIAM



Carol Kryswaty
In Memory of our Mom and Grandma
August 23, 2012

"The Best"
God saw you getting tired,
And a cure was not to be;
So He put His arms around you,
And He whispered "Come to Me".
With tearful eyes we watched you,
We watched you fade away;
Although we loved you dearly,
We could not make you stay.
A golden heart stopped beating,
Hard-working hands at rest;
God broke our hearts to prove to us,
He chose to take the best.
It's lonesome here without you,
We miss you more each day;
Life doesn't seem the same,
Since you have gone away.
When days are sad and lonely,
And everything goes wrong;
We seem to hear you whisper,
"Cheer up and Carry on".
Each time we see your picture,
You seem to smile and say;
"Don't cry, I'm in God's hands,
We'll meet again someday!"
-Forever loved and missed
Kim and Tony, Jarrod and Tamara

ANNOUNCEMENTS
IN MEMORIAM



Darah Joseph
August 18, 2013
I found a little sign today,
Just laying on the ground;
The feather that you sent to me,
When you knew I'd be around.
I know you're always helping,
Sending guidance from above;
And giving reassurance,
That I'm surrounded by your love.
So I really want to thank you,
For confirming that you're there;
At just the time I needed,
That extra bit of care.
Love you infinitely Little Dee,
-Mom, Brad, Haley, Marlee, Sam, Charlie

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ANNOUNCEMENTS

IN MEMORIAM



Wesley Darren Swain

April 27, 1961 – August 21, 2013

It's hard to believe it's been two years
Since you left us.

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

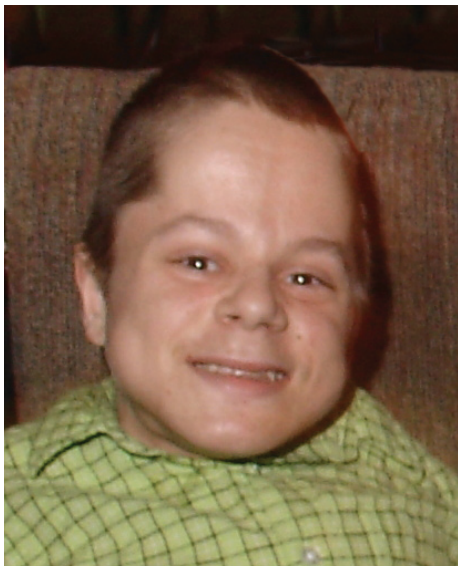
Wes, Dad, Grandpa, you are forever
Loved and forever missed.

Until we meet again.

-Love always, Sandy, Amanda, Tony,
Thomas, Kristin and grandsons; Coen,
Kienan, Bentley and Riley Darren

ANNOUNCEMENTS

IN MEMORIAM



Jason Stanley Neskar

February 18, 1985 – August 24, 2007

No farewell words were spoken,
No time to say good-bye;
You were gone before we knew it,
And only God knows why.
It's been eight years since you left us,
And we miss you more each day.

We pray:

"You're laughing with the angels
And walking in new life.
You're dancing with the angels
And heaven fills your eyes".

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

ANNOUNCEMENTS

IN MEMORIAM



Stan Borowski

June 13, 1933 - August 24, 2003

Love undiminished, our devotion strong,
We honour you today.

May the memory of your gentle ways
Guide us through this life.

May our kindness to each other
Be a mirror of your charity.

May your presence be cherished always,
Our endearment to you un-withered by time.

-Loving you always,
Mary, Cheryle, and David

OBITUARY

FRITZ MUHEIM

On Wednesday, August 12, 2015 in Sherbrooke, Quebec, Fritz Muheim, aged 81 years of Grand Marais, beloved husband of Ruth Carriere passed away.

A memorial service will be held on Saturday, September 12, 2015 at 1:30 p.m. in the Gilbert Funeral Chapel in Selkirk, Manitoba.

Full obituary to follow in Saturday, August 29th Free Press.



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

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OBITUARY

Catherine Smith Biggs (nee MacAulay)

Born February 22, 1925, in Dunrea, Manitoba, Cathy passed away gently on August 16, 2015 with her family by her side.

Now to be reunited with her beloved husband of 49 years, Allan; son David and the many family and friends gone before her.

Left to treasure her memory are her daughters Susan, Colleen Olfert and son-in-law John; the light of her life, her grandson Christian and his fiancé Dyan Unrau.

Heartfelt thanks to the staff of Red River Place, Selkirk for their care and kindness shown to Cathy.

Floral tributes are gratefully declined. Your prayer for Mom and Grandma's safe journey home lovingly appreciated.

An informal gathering to celebrate Cathy's life will be held on Saturday, August 22, 2015 at 2:00 p.m. in the Gilbert Funeral Chapel, Selkirk. Interment of ashes will take place prior to the service.

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



OBITUARY

Janet Catherine Lucyshen

It is with heavy hearts that we announce the passing of Janet Lucyshen (nee Harper), loving wife of Ronnie, on August 13, 2015, at the Grace Hospital.

She is also survived by her sister Kathy; aunty Barb Hawryluk; sisters-in-law Connie (Pat) and Rita; brothers-in-law Dennis, Chris (Lillian) and Richard (Lorraine) and her best friend Francis McPherson. She was predeceased by both of her parents.

Janet was a big all season sports fan. Winter was curling and her Jets, summer was baseball and her Bombers. There was no bigger fan. She was an armchair quarterback and coach. Now she can coach from a higher level.

Cremation has taken place and there will be no service at this time as Ronnie wishes to have his private time to grieve.

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



OBITUARY

Charles Issac Galka November 1, 1916 – August 9, 2015

It is with heavy hearts that we announce the passing of Charlie at his residence in Selkirk, MB. He was 98 years old and lived a long and content life.

He was predeceased by the love of his life Barbara in 2004, who he missed dearly every day since her passing. Also, by his parents Joseph and Rosealia; brothers John, Stanley, and Walter; sisters Amelia and Mary.

Left to cherish his memory are daughters Linda (John) and Bonnie (Hal); grandchildren Sheri (Rusty), Tracy (Bob), Kevin; great-grandchildren Nicole (Jeff), Talon, Rachelle (Blaine), Eliza, Alice, Amelia, Autumn and Kaidence; great-great grandson Owen; brother Ed (Giselle); sister Sophie and many nieces and nephews.

Born in Garson MB, he lived in Walkleyburg and attended Bright Star School. At age 18, he set off to seek his fortune by travelling within Canada doing odd jobs such as farming, mining and logging. In 1942, he joined the army and became part of the Engineering Corp as a dispatch rider. Until he returned home in 1946, he served his country in England, France, Germany and Holland as part of their liberation. He spent 1 ½ years on the front line.

After the war, he met Barbara and they married in 1949. They spent their first few married years in Winnipeg, then moved to East Selkirk in 1953. During this time, he worked at the Manitoba Rolling Mill until retirement in 1979. Charlie and Barb moved to Winnipeg in 1991, but then moved to Selkirk in 2002 to the Kiwanis on the Red. Charlie and Barb loved to travel and entertain family and friends. He enjoyed walking all over Selkirk and visited/made many friends along the way. He was most passionate about reading books. In his later years, he said it took him places without leaving home.

Thanks to Dr. Badenhorst, the home care girls and Candace (Sacred Stone) for your great care. Also, thanks to the Kiwanis staff and a special thank you to staff at the Gaynor Family Library who went above and beyond to make sure his reading needs were met.

A private family service will be held at a later date.

In lieu of flowers and to honour Charlie's memory, consider making a donation to the Gaynor Family Regional Library c/o the Selkirk & District Community Foundation, 200 Eaton Ave, Selkirk MB R1A 0W6.

"Dad, you have been an inspiration to all of us – you will be deeply missed!"

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



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Stk#15153 Platinum model shown

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Stk#15267 ST model shown

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Stk# 15011 Titanium model shown

2015 FUSION AWD TITANIUM

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