









RECORD PHOTO BY LINDSEY ENNS

A group of paddlers patiently wait to cross through the St. Andrews Lock and Dam during their trek from Lockport to Selkirk via the Red River last Wednesday evening. For more photos, see Page 12.

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Teachers gear up for back to school

By Lindsey Enns

With just under two weeks to go until the start of a new school year, Lord Selkirk School Division (LSSD) students aren't the only ones preparing to head back to class.

The first official day of classes is on Wednesday, Sept. 6 with grades 11 and 12 returning on Thursday, Sept. 7.

Comp teacher Lisa Michaleski says she's been working on her lesson plans since early August so she can focus on her students.

"For me the best part of teaching is the relationships that I have with students," the high school business education teacher said. "If I can have a great relationship with a student, I will get them to come to school far more often."

Michaleski, who will be entering her 18th year of teaching this year, added feedback from her students helps her formulate her lesson plans.

"If I can make what I talk about in



my classes relatable ... then it becomes real to them," she said. "The idea of authentic learning is very important ... I can't just teach out of a textbook anymore."

She added technology in the classroom has created some challenges for teachers today.

"I feel like students need to be taught more at the high school level how to critically think ... because every answer is easily findable on the internet,"



RECORD PHOTO BY LINDSEY ENNS AND SUBMITTED

ABOVE: Comp teacher Lisa Michaleski has spent the last few weeks gearing up to welcome her students back to school. Lord Selkirk School Division students return to class on Wednesday, Sept. 6. LEFT: Robert Smith School teacher Rhonda Arason says the start of a new school year means it's time to spruce up her classroom for new and returning students.

she said. "I want them to think harder and dig deeper."

When it comes to gearing up for back to school, Robert Smith School teacher Rhonda Arason says her preparations start in June.

The Grade 3 and 4 teacher with 26 years of experience said besides lesson planning, one of her main focuses is always making her classroom an exciting and inviting space for learning.

"I want something that's going to get them excited right when they walk into the room," Arason said. "That kind of sets the tone for the classroom."

LSSD Supt. Michele Polinuk said back to school is always an exciting

time of year throughout the division.

"Every year is like a new year, it's always exciting, it's always fresh," said Polinuk who replaced former Supt. Scott Kwasnitza when he retired at the end of June. "Students are just ready for the hope of the new year."

As for some changes students can expect this school year, Polinuk said a new gym floor is currently being installed at Happy Thought School and students and parents will soon be notified about any school bus route changes.

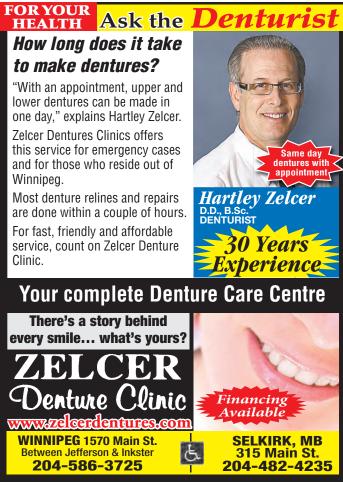
Polinuk added this year Comp students will be able to charge their personal devices in one of 30 charging

lockers, which are located inside the school's library, at student services and the cafeteria. Students will be able to lock up and charge up to three of their devices at a time.

"With the increase use of personal devices it will be timely and we'll see how that goes," Polinuk said.

The LSSD stretches along both sides of the Red River and includes Lockport and St. Andrew's, the farming areas of Clandeboye, Petersfield and Libau as well as Grand Marais and Victoria Beach on Lake Winnipeg. more information, visit lssd.ca.





Man who attacked Selkirk seniors pleads not criminally responsible

A man has pleaded not criminally responsible on account of a mental disorder in connection to a home invasion and brutal attack on two Selkirk seniors in their own home last

Last week, 23-year-old Justin Bannab appeared in court to face multiple charges including several counts of assault and breaking and entering with intent after allegedly breaking into the elderly couple's home in Selkirk on the evening April 3, 2016.

During a nearly two hour videotaped interview with an RCMP officer, Bannab recounted how he walked through the unlocked front door of the elderly couple's home, beat an 88-year-old man who was seated at the kitchen table, and "tried to rape" an 85-year-old woman who had already gone to bed, severely injur-

ing both victims. The interview was played in court last Wednesday during Bannab's trial before provincial court Judge Sidney Lerner.

Bannab has pleaded not guilty on account of a mental disorder, and his defence team will ask the court to declare him not criminally responsible, which would mean he was suffering from a mental disorder at the time that made it impossible for him to understand what he was doing was wrong. Bannab was arrested about an hour after the attack on April 3, 2016, when police responded to a call about a suspicious person and found him kneeling in the middle of the street a few blocks from the victims' home.

Both seniors later recovered from their injuries related to the attacks, but they have both since died.

Shortly after the assault last year, local businesses and community members stepped up to help the elderly couple.

Noventis Credit Union's Selkirk branch collected monetary donations for the couple and Brown and Sons Construction agreed to help better secure their home.

Although she couldn't reveal how much money was raised for the couple, Sylvia Magyar Brambilla, Selkirk's Noventis Credit Union branch manager, said the Selkirk community was very generous with their dona-

"The family was very touched," she said during an earlier interview with the Record. "It was heart warming and the family was really taken by how many people donated."

Crown prosecutors closed their case Wednesday and the defence is expected to provide testimony from psychologists when the trial resumes in January.

With files reprinted with permission from the Winnipeg Free Press.







RECORD PHOTOS BY LINDSEY ENNS Crews were spotted painting fresh lines on the ice inside the Selkirk Rec Complex last Wednesday afternoon.





RCMP hand out \$30K in warnings to Lake Winnipeg boaters

By Jeff Ward

RCMP found 92 per cent of boats checked on Lake Winnipeg were non-compliant with safety regulations earlier this month and according to the Lifesaving Society's Manitoba branch, it all stems from a larger issue.

Gimli RCMP Staff Sgt. Bob Shabot found 24 out of 26 boats to be non-compliant and wrote up deficiencies totalling approximately \$30,000 during the Aug. 4-6 weekend. The infractions are quite varied and included

things like not having a safety whistle, not having working fire extinguishers, nautical flares and more. The problem, according to Lifesaving Society's Manitoba branch manager, Kevin Tordiffe is that there is simply a failure of proper education when operators get their license. Tordiffe pointed out that the course, which can be done online, is designed to get people their license and not much else.

"Most people will just sit down with a beer and click their mouse for 90 minutes and then they have their license. But I question if they've really learned anything," said Tordiffe.

"All of the programs are designed to get you to pass and get you your card and to me that's why I believe all the people I've run into don't know the rules. The 92 per cent is actually a very consistent number across many years. The vast majority of people I've come into contact with are non-compliant."

Tordiffe said that in the instance that someone is operating their boat under

the influence and are stopped by the RCMP, the officer can give a fine and suspend the driver's license. But the person can be out on their boat the next day as their boating license isn't affected.

"There is simply no mechanism to lose your boating license at all," said Tordiffe.

Even more unsettling is that when a boating license is granted there is no registry of the holder. No database that keeps track of non-compliancy issues or even verification that the cardholder is who they say they are.

In Tordiffe's eyes, the lake is a dangerous place and should be treated as such. However, he's seen people often not realizing that just because they're on a boat, it doesn't mean they're safe. Tordiffe said that even simple things like not wearing a life jacket or even knowing how to navigate buoys are simply not known.

He understands that the RCMP have limited resources to be out on the lake and as a result are using the time they are out there to give warnings instead of issuing tickets.

"But these rules have been implemented since 1999, nearly 20 years ago. I think the warning period needs to be over. We need to formalize the licensing process itself, form a national registry for licensing and in general do more to keep the water safe," said Tordiffe.

He explained those measures are there to save lives and when they're ignored accidents can turn into tragedies.





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Dog show brings hundreds of prize-worthy pooches to ESP

By Lindsey Enns

The tails were wagging and the sun was shining during the Manitoba Canine Association's 42nd annual Manitoba Canine Show last week in East St. Paul.

popular outdoor event returned to the RM's community centre grounds last week attracting hundreds of dogs and their handlers from across Canada and the United States.

Corinne Walker, a member of the Manitoba Canine Association (MCA) for about 15 years and the show's secretary, said 274 dogs were registered in the all breeds show and an additional 400 were registered in the various specialities.

"We have people that come down from the U.S., we have people who come all the way from British Columbia," Walker said during the show's festivities last Friday afternoon. "Depending on what kind of specialties we have ... it'll draw people from all across Canada and all across the U.S."

Walker said the dog show works like a "giant elimination process." Once the top dogs are chosen in their specific categories, including best in breed, they go on to compete for the coveted "best in show" title.

"At the end of the day one dog is chosen for best in show," she said.

Walker added the outdoor dog show has been hosted in East St. Paul for nearly six consecutive years.

"MCA is the only outdoor show in Manitoba left so for a lot of people it's their favourite show because it's outdoors," she said. "The rings are big, the sun is shining, hopefully, and that in itself is a draw.





RECORD PHOTOS BY LINDSEY ENNS

ABOVE LEFT: Fred Heinrichs of St. Laurent gets two-year-old Darija the dalmation into position for a photo during the 42nd annual Manitoba Canine Show hosted by the Manitoba Canine Association in East St. Paul last Friday afternoon. More than 600 dogs registered for this year's event. ABOVE RIGHT: A couple of dogs find a place to cool off during the Manitoba Canine Dog Show in East St. Paul last Friday.

"It's very expensive to run this show so you have to hope that you have a big enough draw that people will come across Canada ... so we can afford to put the show on."

Walker said their hope every year as a non-profit organization is just to simply break even.

"It's getting tougher and tougher as we go along because the expenses keep going up," she said, adding she also shows her own dog. "One show a year I step out and volunteer so that's what I'm doing this year."

Walker added most of MCA's members are from Winnipeg.

MCA was formed in 1975 as a nonprofit all breed dog club. For more information, visit manitoba-canine.ca.





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Communities in Bloom 2017

CiB judges tour participating communities providing an evaluation which focuses on beautification, environmental and heritage conservation efforts. Selkirk was evaluated on July 20, 2017.

The Evaluation assesses the following six categories:

Tidiness Effort: Maintenance of buildings and structures, removal of litter, weeds and graffiti **Environmental Action:** Waste reduction, sewage disposal, recycling, composting, integrated pest management (IPM) and water conservation

Heritage Conservation: Efforts to preserve built heritage; natural and cultural heritage Urban Forestry: Existence of long and short term planning, by-laws and standards for planting suitable trees, appropriate care practices

Landscaped Areas: Community efforts to make plants an element of surroundings; colour, texture, regional suitability, native species and maintenance

Floral Displays: General beautification with beds, containers and ornamental displays Evaluated communities are provided with a bloom rating (1 to 5), a special mention (community highlight), and an Evaluation Report. This report provides specific feedback on community successes and constructive suggestions for improvement. The city will find out their results at the annual awards and conference hosted at the International Peace Gardens on September 9, 2017.





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Walk raises over \$3K for St. Clements Church



RECORD PHOTOS BY LINDSEY ENNS

Angela Kirkness, pictured above far right, gets ready to cut the ribbon to start the seventh annual Memorial Walk/Run outside St. Clements Church last Sunday afternoon. This year's walk was dedicated to Kirkness's mother, Peggy Kirkness, who lost her battle with cancer in December 2016 at the age of 68. Kirkness was also one of the founders of the memorial walk. This year's walk raised more than \$3,000 for St. Clements Church.





Glitter by the River fundraiser to benefit **Andrew Henderson memorial scholarship**

By Maggie Wysocki

Before Andrew Henderson lost his battle with terminal cancer last year, he made sure glitter, champagne and pop music were all present at his funeral, which he turned into a performance art piece entitled, Taking it to

"It's going to be exactly how I've always imagined my funeral, so it's an opportunity to live out some of my fantasies about my own funeral," the 28-year-old artist who grew up in Clandeboye said during an interview with the Record last October before the event.

Now, nearly a year after his passing, glitz and glam will help honour his memory again during a Glitter by the River fundraiser at Lower Fort Garry on Friday, Aug. 25.

"Andrew worked at the fort so it's special to all of us and we all loved him as everyone who met him did," said Henderson's friend and co-worker, Sandy Klowak, who is one of the board members organizing the event. "The idea is to combine Lower Fort Garry with a lot of the things Andrew

"HE LOVED GLAMOUR, LUXURY, GLITTER AND **GOLD AND LIVING LIFE** TO THE FULLEST."

loved.

"He loved glamour, luxury, glitter and gold and living life to the fullest." General admission to the adult-only event is \$15 but VIP packages are also

A manicure bar, photo booth and dance floor are only some of the glamourous activities the event will

"We talked to him about this before he passed away and one of our members came up with the idea and Andrew was very supportive about it and even gave us some ideas," Klowak

The evening will also be dedicated to honouring Henderson's passion for

Glitter the River will fundraise for the Andrew Henderson Memorial Scholarship, which will be presented annually on behalf of Friends of Lower Fort Garry to a deserving Grade Comp student that plans to attend post-secondary.

"He wants people to compete for it by performing their talents. We're looking to award the scholarship to someone who's into the arts and reflects what Andrew brought to life," said Klowak, adding this fundraiser hopes to raise a capital investment of

Tickets for Glitter by the River are available online at brownpapertick-



PHOTO COURTESY OF CAROLINE BRASSARD

Andrew Henderson of Clandeboye was a Manitoba artist who touched many lives. This Friday, Lower Fort Garry will host Glitter by the River to help raise funds for a memorial scholarship in his name.

> ets.com or can be purchased at the door. More information can also be found on the Friends of Lower Fort Garry Website, folfg.com. Donations to the fund can also be made on the

> "It's no doubt been a difficult year but thinking about him you can't help but feel good. Not to mention what he did with his show and exploring death was really mind blowing and life changing for many," Klowak said.

Manitoba, federal government finalize health care funding deal

Manitoba has secured an additional \$10.9 million in federal health funding, Health, Seniors and Active Living Minister Kelvin Goertzen announced on Monday.

For the 2017-18 fiscal year, the federal government will provide Manitoba with targeted funding of \$7.27 million in funding for home and community care, and \$3.63 million for initiatives to address mental health and addictions. Funding will begin to flow to Manitoba immediately.

Manitoba will also be receiving an additional \$5 million in federal funding during the current 2017-18 year, in other critical areas identified by the province. Manitoba will use these funds in the battle against opioid addiction and the disproportionately high rate of chronic kidney disease suffered by Manitobans, particularly among Indigenous peoples, Goertzen added.

The governments of Canada and Manitoba agreed to work together with Indigenous organizations and governments to pursue improvements in health-care service delivery for remote Indigenous communities, with particular emphasis on transportation and procurement challenges.

"Our government has consistently



KELVIN GOERTZEN

championed Indigenous health concerns and was very pleased to see the federal government commit extensive additional funding for First Nations

and Inuit health in its last budget. We look forward to seeing that translate to direct benefits for Indigenous people in Manitoba," Goertzen stated in a release on Monday morning. "Manitoba will continue to work with local Indigenous organizations and communities to identify collaborative health-care improvements and advocate for appropriate long-term federal action and investment."

While additional targeted funding to support health services for Manitobans is welcome, it is no substitute for a strengthened growth model in the annual Canada Health Transfer, Goertzen said.

"We will continue to stand up for the people of Manitoba, by pressing the federal government to negotiate a real health accord with all provinces

and territories that actually secures a strong, safe and sustainable healthcare system for all Canadians," he added.

Over the next 10 years, the federal government will provide Manitoba with a total of \$399.6 million in targeted funding for home and community care and mental health and addiction initiatives. But over the same timeframe, Manitoba will receive \$2.25 billion less through the Canada Health Transfer than it would have under previous funding arrangements, the minister noted.





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Mixing angling and practical jokes

Welcome my friends.

The heat of late summers' unrelenting sun and dry wind lately has driven the fish to deeper, colder waters which meant our anglers, regardless of the fishing spot, generally have been going home empty handed. That was unacceptable to Art Reimer of Winnipeg who I met fishing with his friend "Mike" off the Hnausa pier a couple of weeks ago. (Arts' friends didn't want their names used so let's call them Mike and Peter). Art was a stocky, muscular guy with thick straight graying hair, a quiet mischievous air about him while Mike loved to talk. Apparently Art lived to play practical jokes on anyone he could so, there he was sitting at the piers' edge endlessly casting and reeling in when he saw a commercial fisher coming off the lake into the harbor with boxes full of pickerel.

That did it; he reeled in, got up striding over to the fisher and bought some pickerel. Dropping back into his fishing chair, an opportunity for a practical joke came to him. He called his buddy, "Peter," in Winnipeg and told him to get out to the pier right away because the pickerel were really biting. An hour and a half later Peter was sitting beside Art eagerly waiting for his first bite while he admired Arts' "catch." Art played along as the day wore to an end casually talking fishing as his pal began wondering why Art was the only one on the pier with fish! As he packed up his gear for the ride home Peter asked Art, "How about giving me a fish so I won't look so bad in front of my wife." "Sure, that'll be seven bucks," Art came back. "You would charge me for a fish," his buddy asked? "Well, that's what that commercial guy over there charged me," Art explained in mock innocence. Peter stood shocked looking at Art realizing he had been had. "Oh Art," his pal exclaimed, "You either



RECORD PHOTO BY ARNIE WEIDL Andrea Pshyk holds up her catch near the Red River recently.

help me here or I'll never believe you again!" Art, laughing, totally pleased with himself made good saying,"Take all the fish home and tell your wife it was the best day of fishing you ever had!"

Downstream of Selkirk on the Red I met some folks fishing last week. Again, no one was catching any fish except Andrea Pshyk and her friend Phil. I tried to see what they were doing differently and all I could see was they had found a curved spot in the riverbank where the water was slightly "whirl pooling" about twenty feet out and that's where they were dropping their lines. Not far from Andrea and Phil I stopped to visit with Jaden a young, thin teen that had an unusual experience when he was fishing with a buddy on Tulabi Lake in Nopiming Park. He was cautiously stepping out on some slimy shore rocks to cast when his feet took for the sky and his back became acquainted with the slippery rocks in a very painful fashion. At that same instant Jaden's baited hook falling into the water, got a strike. Flat on his back getting covered in brown smelly "goo," he reeled his line as best he could. At water level it looked like he had a big green-brown small mouth bass. Soon that wiggling object was only a few feet away as he struggled to stand up. It was only then he realized he had a bass covered in a trail of weeds. When he cleared the weeds away he became the proud owner of a nice little six inch bass!

Close by Jaden was Bob Robichaud, a big guy with a shaven head and great sense of humor with a story that can only be described as "wow". Apparently he was fishing with friends some years ago a proper distance from the old fish ladder by the Lockport locks and along came a guy who started trying to pail fish from the ladder. Onlookers' couldn't believe their eyes! Then seemingly from nowhere an RCMP officer came casually walking up to the "pailer" and asked, "can I give you a hand?""Mr. Pailer" turned and realizing who was before him dropped his pail and jaw at the same time as Bob and the other anglers tried to stifle fits of laughter. It went without saying; the remainder of the 'pailers" day was not the best of his

See you around the water.

View the Selkirk Record online at selkirkrecord.ca

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Red River North Trail Association to celebrate Great Trail

By Mel Stefaniuk, The Clipper Weekly

The Red River North Trail Association (RRNTA) will be unveiling the expansion of their section of The Great Trail with a multi-site celebration this Saturday.

The Great Trail — also known as the Trans Canada Trail with a rebranding last year — will be celebrating its 25th anniversary in 2017 with its 24,000 kilometres of multi-use recreational trail now almost completely connect-

The Great Trail began in 1992 as part of Canada's 125th anniversary celebrations as a project which would better bridge the country together.

The RRNTA was formed to develop a section of The Great Trail within Manitoba. They manage a trail which stretches from the north from Winnipeg to Birds Hill Provincial Park, along the Floodway to cross the locks and dam at Lockport and north along River Road to Lower Fort Garry. It continues east through Selkirk to Tyndall and Beausejour before turning north through the Mars Sandhills, Gull Lake, Beaconia, Grand Beach, Lester Beach and up to Traverse Bay. It then heads southeast through Powerview-Pine Falls to the Great Falls Dam

RED RIVER NORTH TRAIL ASSOCIATION CITY of SELKIRK TRANS CANADA TRAIL

PHOTO COURTESY OF THE RED RIVER NORTH TRAIL ASSOCIATION This aerial photo shows where the Trans Canada Trail runs through Selkirk. The Red River North Trail Association will be unveiling the expansion of their section of The Great Trail with a multi-site celebration

before heading south.

this Saturday.

RRNTA executive director Dan Lester said that on Saturday, Aug. 26, the group will be celebrating the 100 per cent connection of their section of The Great Trail.

Lester said that more than \$900,000

worth of work had been put into the trails, which had come from 2016 grants given out prior to the anniversary, from municipal funding and private donations.

Five events will be held throughout the day at various locations throughout the RRNTA's trail system.

An event will take place at the Lower Fort Garry parking lot from 12 p.m. to 4 p.m., at the Tyndall Village Community Centre from 2 p.m. to 6 p.m., at the Grand Marais Community Central from 10 a.m. to 1 p.m., at the Lester Beach Sportsfield from 11 a.m. to 2 p.m., and lastly at the Pine Falls Locomotive from 11 a.m. to 2 p.m.

Each event location will feature food and refreshments as well as some customized activities designed for the various sections of the trail including some promotional gifts.

Along with new trail openings in Lower Fort Garry, East Selkirk, Beaconia-Gull Lake, Grand Beach-Grand Marais and Lester Beach, Lester said that the RRNTA were working to get trails in Brokenhead Ojibway Nationand Sagkeeng First Nation in the near future.

Lester said that after all of the time the RRNTA has put into planning the hundreds of kilometres of trail for the area, it was a relief to finally be able to see it all coming together.

"We've been working at this for more than 15 years so to get support to connect it all this year has been wonderful," Lester said.

East Beaches Heritage Wing explores area's rich history

By Maggie Wysocki

Just two years ago, the East Beaches Heritage Wing in Grand Marais was merely an idea.

But since opening its doors in 2015, it's seen more than 8,000 visitors, allowing for the beaches' history to have a"new kind of nostalgia."

"It's (the museum) a new way to hear stories. Instead of listening to them from your grandparents, you can really see and feel it here," said Jean Valentine-MacDonald, one of eight committee members who has been developing the idea since 1998.

Funded by the RM of St. Clements, the East Beaches Heritage Wing was created with a purpose of preserving the area's history by encouraging residents to share their own family's stories, says Valentine-MacDonald.

"When we first starting looking at archives for photos we could only really find 20 or so. Some things that should have been documented just disappeared, so we reached out to others and now have collected close to 3,000," she said.

The area is rich with history, she says and sharing it with future generations will allow the stories to live on.

Located inside Grand Marais Community Central, the narrow space is





RECORD PHOTOS BY MAGGIE WYSOCKI

Since opening its doors in 2015, the East Beaches Heritage Wing in Grand Marais has attracted thousands of visitors to explore the history of the area, which interpretor Richelle Recksiedler, pictured above left, says many are surprised to learn about.

organized to move visitors from past to present, showcasing first on the First Nations and Europeans who lived on the edge of Lake Winnipeg and ending with two aquariums replicating the lake's health and ecology

Visitors can watch videos of "oldtimers" sharing their stories; listen to sounds of the train, dance hall and carousel when the Canadian National Railway made the beach an even busier place than it is now; and explore

a miniature replica of what the area looked like circa the 1920s.

In 2015, the wing received an honorable mention under Interpretation Canada's Awards of Excellence and took home the Award of Excellence from the Association of Manitoba Museums in 2016.

"People like to see what life once was like around here," said one of the museum's interpreters, Richelle Recksiedler. "I really like history and hearing people's stories about what they've encountered."

The 19-year-old university student says she's given tours to people from around the world who are often surprised by what the popular provincial park was once like.

"People in the area grew up hearing these stories but others that just come for the beach don't really have an idea," she said.

The East Beaches Heritage Wing is located 45-minutes north of Selkirk and is a donation-based entry.

'I'm up for the challenge'

St. Paul MLA Ron Schuler named new minister of infrastructure

By Lindsey Enns

St. Paul MLA Ron Schuler says he's looking forward to taking on his new role as Minister of Infrastructure following Premier Brian Pallister's cabinet shuffle last week.

"This is a new opportunity, it's very exciting," Schuler said following an announcement in East St. Paul last Friday. "It involves every highway and bridge in the province and I fully intend on spending some time travelling our province and seeing the condition of our highways and our roads and where the needs are greatest.

"It's a new challenge and I'm up for the challenge and I'm excited about it."

Despite being assigned a new role, Schuler says this won't impact how he connects with his constituents. Schuler previously served as the Minister of Crown Services for a total of 14 months.

"I always take my constituency very seriously," he said. "I am always avail-

able in my community and you have to be."

Pallister announced changes to the provincial cabinet last week in preparation for the fall legislative session.

"This fine-tuning of our cabinet team will allow our government to focus more effectively on the priorities of Manitobans," Pallister stated in a release last Thursday. "I am very satisfied with the integrity and commitment of our cabinet and caucus, and the progress we have made to fix our finances, repair our services and rebuild our economy. We are meeting the challenges we were elected to tackle. This is the right team for the next phase of our mandate."

Pallister also announced a restructuring to create two new departments – Indigenous and Northern Relations and Municipal Relations – out of the existing Indigenous and Municipal Relations department.

"We are dedicating full ministers to these portfolios because of the enor-



RON SCHULER

mous importance of each to ensuring our province's full prosperity and quality of life wherever Manitobans live," said Pallister.

Jeff Wharton (MLA for Gimli) will be sworn into cabinet as the new minister of municipal relations and Eileen Clarke (MLA for Agassiz) will become minister for Indigenous and northern relations.

Other changes to the Manitoba Executive Council are as follows:

- Cliff Cullen (MLA for Spruce Woods) minister of Crown services and government house leader;
- Blaine Pedersen (MLA for Midland) minister of growth, enterprise and trade:

- Cathy Cox (MLA for River East) minister of sport, culture and heritage; and
- Rochelle Squires (MLA for Riel) minister of sustainable development and minister responsible for francophone affairs and status of women.

The following ministers remain in their current portfolios:

- Brian Pallister (MLA for Fort Whyte) premier and president of the Executive Council; minister of intergovernmental affairs and international relations;
- Heather Stefanson (MLA for Tuxedo) – minister of justice and attorney general; Keeper of the Great Seal of the Province of Manitoba; deputy premier:
- Kelvin Goertzen (MLA for Steinbach) minister of health, seniors and active living;
- Ralph Eichler (MLA for Lakeside) minister of agriculture;
- Cameron Friesen (MLA for Morden-Winkler) minister of finance; minister responsible for the civil service:
- Ian Wishart (MLA for Portage la Prairie) minister of education and training; and
- Scott Fielding (MLA for Kirkfield Park) minister of families.

The premier noted the overall size of the cabinet remains the same.

East St. Paul receives over \$38K through Small Communities Fund

Staff

Two grants totalling \$38,750 are helping fuel two infrastructure projects in East St. Paul.

Last Friday, St. Paul MLA Ron Schuler announced that the local RM would be receiving \$20,000 towards a new generator installation at the East St. Paul Arena and \$18,750 towards the

community's sewage treatment plant upgrade feasibility study.

East St. Paul Mayor Shelley Hart said the grants will help fund sewage plant upgrades and allow for the purchase of an emergency power source for their arena and banquet hall.

"East St. Paul's original sewage treat-

ment plant was constructed in 1980 and we have been a leader in large scale development in the Capital Region with neighbourhoods such as Glengarry Park, North Hill Place and Pritchard Farm Properties to name just a few. While the original plant has been upgraded and expanded, an additional

system with newer technology was added in 2009. To-day's announcement will provide a total of \$75,000.00 to undertake a feasibility study to review all the options available for the replacement of our 1980 sewage treatment technology," said Mayor Shelley Hart.

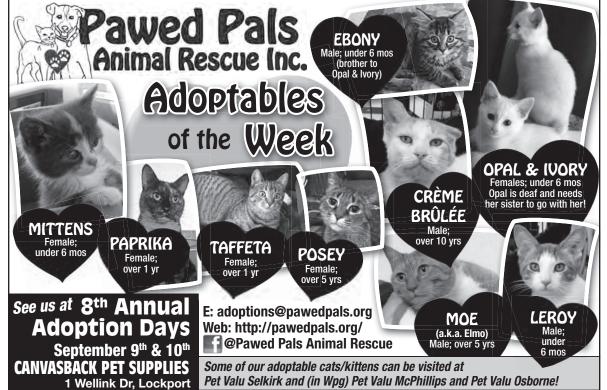
The secondary power source falls in line with East St. Paul's commitment to emergency preparedness.

"In December 2016, East St. Paul was the recipient of a Manitoba Community Emergency Preparedness Award. This award recognizes communities with programs that have demonstrated excellence in developing and maintaining their emergency preparedness. East St. Paul's ongoing commitment to community resiliency is demonstrated by our recent decision to pursue a permanent generator for our arena and banquet hall, which is designated as our Evacuation Centre. We appreciate the support of our MLA Ron Schuler and the \$20,000.00 in funding from the Province of Manitoba in support of this project."

Schuler said the Manitoba government is investing in important infrastructure in the St. Paul constituency.

"Our government understands that small communities and their residents depend on investments in important local infrastructure projects," Schuler said. "With the Small Communities Fund, we are supporting priority, local projects across Manitoba with investments in infrastructure that facilitates growth, improves the quality of life and boosts regional development."

Provincial funding will cover onethird of the overall eligible project costs, which will be matched by onethird contributions from the federal government and the East St. Paul municipal government.



Gov't funds help pave the way for rec centre repairs

The City of Selkirk's plan to extend the lifespan of one of its recreational hubs is moving ahead as planned, thanks to funding from both the provincial and federal government.

Structural repairs to the Selkirk Rec Complex is projected to cost around \$150,000, which will be shared equally amongst the city, the province and the federal government as part of the Small Communities Fund.

'We need to make sure that the shifting of the building is being taken care of, addressing some of the cracks that we are seeing ... when you come in you're likely not going to notice it but it's the difference between having to replace the building in 10 years versus having it for another 30 years," City of Selkirk CAO Duane Nicol said during a brief press conference at the local complex last Wednesday.

The city announced plans for critical renovations to the facility about a year ago as part of its Recreation Strategy, a master plan to define the direction of recreational and cultural life in Selkirk in the years ahead. Work has begun in many areas and will continue in stages over the next 10 years of the plan that carries an overall investment of close to \$1 million.



RECORD PHOTO BY LINDSEY ENNS

Selkirk Mayor Larry Johannson, pictured left, speaks during a funding announcement alongside Selkirk MLA Dr. Alan Lagimodiere, pictured centre, and Selkirk-Interlake-Eastman MP James Bezan last Wednesday at the Selkirk Rec Complex.

The renovations, which began last year, will target interior and exterior needs to revamp and enhance the entire facility and ensure its longevity. The project is expected to extend the lifespan of the complex by as much as three decades.

"This facility is a gem and provides recreational opportunities for all age groups and skill levels,"Selkirk Mayor Larry Johannson said. "From hockey to fitness walking - this facility is a core part of our recreation infrastruc-

"Its renewal ensures it provides these services for years to come."

The project will be administered under the Selkirk's Capital Asset Man-

agement Program (CAMP), which identifies what is required to maximize the value city-owned buildings. In the long run, CAMP is expected to create better infrastructure for less tax

"Using experts to get good data on the health of our facility, we've identified the issues that could shorten the useful life of the building," Johannson said."By addressing those issues now, we will have a better building today and for the next 30 years. This project extends the life of our building and ensures we get the maximum returns on our infrastructure investments."

By restoring the facility to its optimum potential, the upgrades will ensure the facility maintains its value to the entire region.

"The complex is actively used by residents of St. Andrews, St. Clements and people from all over the Interlake," Johannson said. "It also helps us to capitalize on Selkirk's tourism potential. From regional tournaments to large national and international events, the Selkirk Recreation Complex has helped put Selkirk on the

"Over its life span, this facility has brought hundreds of thousands of people to our city."

Province pours \$3.5M into St. Andrews wastewater project

By Maggie Wysocki

Earlier this month, the province announced it would spend \$35-million over the next five years to fund wastewater projects in Manitoba with a focus on economic development, public health and the environment.

Last week, the RM of St. Andrews became one of the largest projects to receive that funding, collecting \$3.5-million to develop its regional wastewater system with West St. Paul.

"This project is a win-win on the economic and environmental fronts and will move the RM of St. Andrews in-step with other forward thinking municipalities," St. Andrews Mayor George Pike said during an annoucement last Wednesday morning.

The funds will be used specifically for Phase 2 residents, carrying their wastewater to a lift station on Highway 27 and carrying on to the existing system in West St. Paul.

Before waste travels to Winnipeg, which is what St. Andrews has proposed for the future of the project, it must first be carried to West St. Paul, explained the RM's CAO Andrew Weremy.

"There's a portion of sewer that doesn't exist in that distance called



RECORD PHOTO BY MAGGIE WYSOCKI

St. Andrews Mayor George Pike and Gimli MLA Jeff Wharton accepted \$3.5-million from the province last week to support Phase 2 of the St. Andrews wastewater system, which connects to the existing sewer in West St. Paul.

the gap ... so for us to connect to the City of Winnipeg we need this step," Weremy said.

"What makes our announcement such an important milestone for our municipality today is the collaboration, leadership, business sense and vision that our RM has put forth on behalf of our citizens," Pike said.

But not all citizens say they're onboard with where this investment will lead them to next.

"I wish I knew where this puts option Selkirk but I don't," said Lou Morisette, a Phase 2 resident and member of Citizens of St. Andrews Sewer Coalition (CSSC) member.

"Option Selkirk" refers to prior discussions Selkirk Mayor Larry Johansson had with the RM of St. Andrews, saying Selkirk's Wastewater Treatment Plant would be capable of accommodating St. Andrews residents.

"The other huge issue is that when funding is proposed in such a large sum we really don't know if that will provide direct relief to the homeowner. My take, all government monies offsetting homeowner costs is very welcome. If this money comes with a necessary tie in to West St. Paul then that certainly changes the complexion of the offering," Morissette said.

There's more information Morissette says he needs to fully understand in regards to what this provincial investment means for homeowner's financially.

The RM of St. Andrews is set to host their next public hearings for the project on Sept. 27 at 6:30 p.m., Sept. 28 at 10 a.m. and Sept. 29 at 10 a.m. at the St. Andrews Community Club.

Paddling adventure guides group from Lockport to Selkirk





RECORD PHOTOS BY LINDSEY ENNS

A planned urban paddling adventure guided a group of 10 from Lockport to Selkirk via the Red River last Wednesday evening. Paddlers launched their canoes and kayaks behind Half Moon in Lockport to begin their nearly 14 kilometre trek, which included an 11 metre descent through the St. Andrews Lock and Dam. The evening paddle was organized by Brett Bourne, avid paddler and founder of You Should Be Paddling. For upcoming urban paddling adventures, visit the "You Should Be Paddling" Facebook page.





Manitoba invests \$54K to protect RCMP officers from fentanyl exposure

The Manitoba government has in-

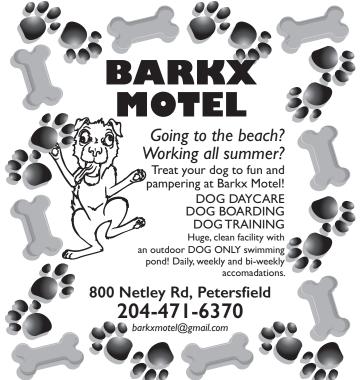
vested nearly \$54,000 in personal pro-

tective equipment in an effort to protect all front-line officers from the health posed by fentanyl and other opioids.

"Fentanyl poses a serious and sometimes unexpected risk to officers when they respond to calls for assistance," Minister Heather Stefanson said in a release earlier this month. "This equipment will allow RCMP

members to take the necessary precautions when fentanyl may be present, reducing the risk to themselves and others. Our government is proud to make this investment in the health and safety of our RCMP officers who work hard to protect all Manitobans."

> Approximately 1,080 front-line **RCMP** officers will be fitted with respiratory eye protection, to be used in situations where they may be exposed to fentanyl or other dangerous oids. RCMP will also ensure remote detachments have access to fit-testing equipment so all officers' respiratory protection will work effectively.





West St. Paul continues its fight against Dutch elm disease

The Province of Manitoba Forestry Department has been working on identifying infected Dutch elm trees in West St. Paul.

Dutch elm disease is a fatal disease of elm trees.

These surveys require that inspectors, who usually work in pairs, visually inspect every property in the community. This means that crews will drive slowly (10 km/hr) down each street and back lane looking for elm wood or trees.

Properties that cannot be easily seen from roads or back lanes will be surveyed by foot (i.e. riverbank proper-

ties). The crews have binoculars and may use them to look at the crowns of trees for DED symptoms, or they may use them to look at firewood piles. Inspectors wear high visibility vests that say "Manitoba Forestry" on the back. The vehicles have signs that say "Manitoba Conservation" or "Sustainable Development."

In 2016, approximately 349 trees were tagged for DED in West St. Paul.

If you are concerned that a tree on your property may be infected with DED or you have other questions related to DED, please call the provincial tree line at 204-945-7866.

Bowman Brothers return to Selkirk



RECORD PHOTO BY BRETT MITCHELL The Bowman Brothers returned to Selkirk's A&W's outdoor stage last Wednesday for an encore performance. The event helped raise funds for MS. A&W's official Burgers to Beat MS Day will also return on Thursday, Aug. 24. For every teen burger sold, \$2 will go towards helping those living with MS.







Happy 70th Birthday Dale McMillan!





Six-Mile High Burger



Recipe courtesy of ALDI Test Kitchen 1 tablespoon Carlini Vegetable Oil 10 Baby Bella mushrooms, sliced 8 pieces Specially Selected Center Cut Bacon

8 Season's Choice Whole Onion Rings

4 All Natural 80 percent Lean Ground Beef Patties

8 slices Happy Farms Pepper Jack Cheese

1 cup Burman's Mayonnaise 1/4 cup Burman's Hot Sauce

1/2 cup Burman's Mustard

1/4 teaspoon Stonemill Iodized Salt 1/4 teaspoon Stonemill Ground

Black Pepper

4 L'oven Fresh Hamburger Buns

1 tomato, sliced

2 romaine lettuce leaves, cut in half width-wise

Heat grill to medium-high.

In saute pan, heat vegetable oil and saute mushrooms 2-3 minutes. Set aside. Fry bacon to desired doneness, about 5 minutes on each side. Set aside. Bake onion rings according to packaging instructions. Set aside.

Grill burgers 5-7 minutes on each side until they reach desired doneness. Place two slices cheese on each burger and continue to grill until melted. Remove from heat.

Mix together mayonnaise, hot sauce, mustard, salt and pepper, and spread on both sides of buns, to taste.

To assemble burger: layer bottom bun with patty with cheese, tomato, lettuce, mushrooms, two onion rings, two pieces of bacon and top half of bun.

Grilled Balsamic Vegetable Pops



Recipe courtesy of Chef Alyssa, ALDI Test Kitchen

- 4 wooden skewers
- 1 zucchini, cut into rounds
- 1 yellow pepper, chopped
- 4 mushrooms, halved
- 4 cherry tomatoes
- 1 ear sweet corn, cut into rounds

2 tablespoons Carlini Pure Olive

1 teaspoon Stonemill Iodized Salt

1 teaspoon Stonemill Ground Black Pepper

2 tablespoons balsamic vinegar Soak wooden skewers in water for 10 minutes before grilling. Heat grill to medium-high (400-425 F.)

Pierce vegetables with skewers and drizzle with oil. Sprinkle with salt and pepper, and place on hot grill.

Turn frequently to prevent burning. Vegetables should be golden and tender after 10-15 minutes. Remove from heat and drizzle with balsamic vinegar.



Serves: 8

18 slices (1/2-inch thick) small baguette-style bread

1 tablespoon olive oil, divided

1 1/2 cups pitted Northwest fresh sweet cherries, coarsely chopped

1/4 cup chopped cilantro

1/4 cup diced yellow sweet pepper 2 tablespoons finely chopped green onions

2 tablespoons lime juice

1 teaspoon grated lime peel

1/2 teaspoon garlic salt

1/4 teaspoon ground black pepper 2 ounces fresh mozzarella cheese

1 tablespoon thinly sliced fresh basil

Heat oven to 350 F.

Arrange baguette slices on cookie sheet and toast one side 5 minutes. Turn slices, brush with 1/2 tablespoon olive oil and bake 5 minutes longer.

Combine cherries, cilantro, sweet pepper, green onions, lime juice, lime peel, garlic salt, pepper and remaining olive oil; mix well.

Top each baguette with thin slice of cheese, 1 tablespoon cherry mixture and sprinkle of sliced basil. Serve warm or cold.

Cherry Bruschetta







Duck Bacon Burgers with Cheese



Servings: 6
Burgers:
2 pounds Maple Leaf Farms All
Natural Ground Duck
4 tablespoons bread crumbs
2 tablespoons white onion, minced
1 teaspoon minced garlic
1 teaspoon paprika
1/4 teaspoon chili powder
salt, to taste
pepper, to taste
canola oil
6 strips Maple Leaf Farms Duck

Bacon, halved

6 hamburger buns

3 tablespoons Maple Leaf Farms All Natural Rendered Duck Fat

6 slices cheddar cheese

6 slices red onion (optional)

6 slices tomato (optional)

lettuce leaves (optional)

Heat grill to medium-high heat. In large bowl, mix together ground duck, bread crumbs, onion, garlic, paprika and chili powder. Divide

mixture into six equal parts and form into patties. Season both sides of each patty with salt and pepper.

Lightly brush grill rack with oil. Place burgers on rack and cook, flipping frequently until internal temperature reaches 155 F.

While burgers are cooking, place bacon on grill and cook until crisp.

Once burgers are done, remove from heat and let sit 3-5 minutes. Brush insides of hamburger bun halves with duck fat and toast lightly on grill.

Serve each burger on toasted bun with two bacon half-strips and slice of cheese then top with red onion, tomato and lettuce, if desired.

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Selkirk man turning 105 says he has 'no complaints'

By Jessica Worb

"You just have to make the best of it," were just a few wise words from Selkirk resident, Edmund Henry Schmidt, who will be celebrating his 105th birthday later this month.

Schmidt, who was born in Winnipeg on Aug. 31, 1912, has had an illustrious career and life, explained Ruth Long, Schmidt's only child. Growing up with 15 brothers and sisters, Schmidt began working at the early age of nine, laying bricks and tile for Alsips Building Products and Services.

Schmidt and his family credit his longevity to a good glass of rum and Coke, a large close family, fishing, dancing at parties, and making the best out of life.

"And having three wives!" Long added in with a chuckle.

Schmidt was married to his first wife for 60 years before she passed away. After her death, Schmidt had two other marriages. He loved life and loved having fun, shared Long.

"Life has been pretty good with me," said Schmidt. "You know, 100 and somewhat years."

While Schmidt is hard of hearing, he is still able to reminisce and be involved in conversations.

"You're bringing back a lot of memories," Schmidt laughed.

For being 105-years-old, Schmidt has great health. Up until the age of 100, Schmidt was active and he was even driving himself everywhere.

"At the age of 88, he moved from Victoria to come live with us in Petersfield," Long explained."He would leave (to the Gordon Howard Centre) in the morning, and we wouldn't see or hear from him till he came home late at night."

Schmidt is a father, grandfather, great-grandfather, a funny man, and a man of many careers.

"Oh man, it's hard to pick just one," Long explained of all the memories she has with her father. "There are so

Although Schmidt loved a good party back in his day, he and his family plan on spending his 105th birthday at a private coffee and tea.

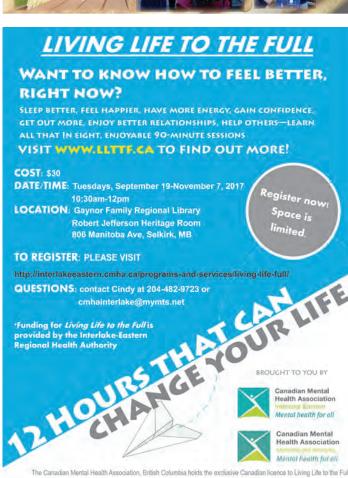
"No complaints over here, no complaints," said Schmidt.

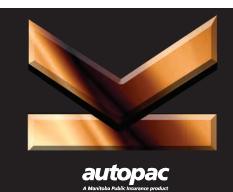


RECORD PHOTO BY JESSICA WORB Edmund Henry Schmidt of Selkirk is gearing up to celebrate his 105th birthday on Aug. 31.









Attention Snowbirds are you spending the winter down south? We have your coverage.

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Greenhouse effect helps dry beans mature early in AB

By Harry Siemens

The edible bean harvest is underway in Alberta almost two weeks earlier than normal, according to Alvin Klassen, president of Dry Bean World Inc.

Alberta dry beans have experienced a unique growing season, kicking off with an early seeding into warm soil.

"With the hot dry weather ... growers were able to control the water [through irrigation], giving the beans exactly what they needed," said Klassen.

While plenty of sunshine and heat in June and July, there was also an abundance of smoke from forest fires in the air, which also impacted the growth cycle.

"The smoky air has continued throughout a good portion of the growing season and also helps to hold humidity creating a greenhouse effect," said Klassen. "Throughout the flowering period, there was little or no rainfall and growers ran the pivots when necessary, helping to advance the crop very quickly with excellent pod set.

"On Aug. 10, farmers cut some pinto beans and should be harvested early in the week of Aug. 21. If the hot dry weather continues harvest will be over by early September. Yields are estimated to run between 25 to low 30 hundredweights per acre."

Klassen also talked about an in-

teresting phenomenon in Manitoba where at least seven dry bean processors are competing for about 125,000 acres of crop.

"We have seven active companies contracting and buying beans within Manitoba where the last number of years, we've grown between 100 and 125,000 acres of beans," he explained. "For a lot of our processors, which have gotten bigger over the years, it's difficult to find enough beans to keep the plants running that exist here in Manitoba. The competition level is quite high and this is favorable for growers producing dry beans in Manitoba."

Some of Alberta's dry beans could be coming to Plum Coulee's own Global Grain.

"We will see some beans from Alberta coming into Manitoba. That will probably happen that latter part of the week of Aug. 21," said Klassen, who travels extensively throughout the dry bean growing areas of Canada and the United States. "That's a really early harvest. Throughout North America right now we have beans that are currently cut and laying down and we have beans that are just at the verge of starting to produce pinto beans in some of the southern states."

You can find more of Klassen's dry bean reports online at drybeanworld.





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- All classes run subject to enrolment.
- Please register early to avoid cancellation and disappointment!
- All classes held at the High School unless otherwise noted.
- Classrooms may be subject to change.

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- For courses cancelled due to insufficient enrollment you will be notified and money will be refunded in full.
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Check out our new WEBSITE www.selkirkconed.com

PERSONAL INTEREST

SPANISH LEVEL I \$85 Wednesdays, Oct. 4 - Nov. 22 6:00 - 7:30 pm (8 sessions)

Designed for adults who want to learn Spanish but have no previous experience. Learn basic vocabulary and sentence structure. Each class will have a listening component where students will have the opportunity to practice listening and speaking in Spanish. No experience necessary.

Room 182

SPANISH LEVEL 2 \$85 Thursdays, Oct. 5 - Nov. 30 NO CLASS: Nov. 9 6:00 - 7:30 pm (8 sessions)

If you have ever taken Spanish lessons, this class is for you. Practice your skills and learn more vocabulary, improve your listening and writing skills. We will use a variety of methods to learn, from fun games, to listening to music and conversations.

If you have knowledge of the French language, you are welcome to join this class!

Room 182

SMALL ENGINE REPAIR \$120 Tuesdays, Sept. 19 - Oct. 24

6:00 - 9:00 pm (6 sessions)

Come with lawn equipment such as weed wacker, lawnmower tiller or winter tools such as snow blower. ice auger or log splitter. Hands on maintenance for beginners. Learn in a few easy lessons how you can save on repair and maintenance. Covers basic operating principles and trouble shooting in a relaxed environment. Must be a take home project each week. Please bring a ratchet set, oil, gas, a flat screwdriver, rags, flashlight and pencil.

Room 199 Power Mech. Lab **WOOD WORKING at E.S.M.S \$110** Tuesdays, Oct. 3 - Nov. 7

6:30 - 8:30 pm (6 sessions)

(6 sessions)

Åges 18 to 95, and for all levels of skills. First class covers safety and project plans. Includes instruction on the safe use of the table saw, band saw, drill press, planner, air nailer, jigsaw and all hand tools for woodworking. Projects will be up to you, make what you like or copy the instructor's project. Material cost not included. Please bring safety glasses.

Wood Working Lab at East Selkirk Middle School

WELDING \$130 Wednesdays, Oct. 4 - Nov. 8 6:30 - 8:30 pm

For Males/Females ages 18 to 95! No Experience Necessary!

You will learn how to do basic welding procedures in Gas + Mig, plasma cutting, & brazing. Shape metals and weld them together to make a project to take home. Please wear clothing that you don't mind getting holes in and dirty, or coveralls. The welding material you will be using can be purchased through the instructor or can be brought from home. Will be discussed at first class. Safety glasses and welding glasses #5 or 6 need to be brought to 1st class. **Metals Shop**

BECOME A GUITAR DOCTOR

\$85 Saturdays, Oct. 14 & 21 9:00 am - 1:00 pm (2 sessions) Repair 101

Learn the basics of guitar repair. Change strings and set up your guitar to play like a dream. Learn how a refret is done. Remove an acoustic guitar bridge and flatten a bellied top on a guitar. Learn how to assess major cracks and repair them. If time permits, you will learn how to fix a broken head stock on an acoustic and assess wiring issues in your electric. Students are encouraged to bring a project to work on. Understanding your

guitar can save you money and frustration, and if you're a player, it may help you play better. Room 142

DIGITAL CAMERA FUN with Brent

Smile - Bring your camera! **BONUS: Take \$5 off second class!**

TIPS & TRIX \$35 Thursdays, Oct. 5 & 12 7:00 – 9:00 pm (2 sessions)

Basic knowledge & procedures to take great photos & saving/printing pictures.

Room 142

TAKE IT TO THE NEXT LEVEL

Thursdays, Oct. 19 & 26 7:00 - 9:00 pm (2 sessions)

You've mastered the basic settings; now seek its full potential. Explore creative settings, lighting techniques, composition & studio photography. Bring camera, take photos & make prints for a homework assignment.

Room 142

DOG OBEDIENCE

Tuesdays, Sept. 19 - Oct. 24 (6 sessions each)

Please see website or call the office for full course info. Dogs must be up to date on shots, please bring proof of vaccinations to the first class. Please come equipped with a well fitted collar, 6 foot leash, and lots of tasty treats. No Flexi-Leashes allowed.

Front Hall Near Theatre

PUPPY CLASSES \$75

6:00 - 7:00 pm

BASIC DOG OBEDIENCE \$75 7:00 - 8:00 pm

All ages are accepted. But recommend very young dogs do a puppy class first.



CREATIVE SIDE

OIL PAINTING

Beginners always welcome, no experience required. All supplies included.

Room 162 BONUS* - Register for Both Same Day Classes and Save \$5!

GOLDEN GLOW OF MORNING \$70 Saturday, Sept. 30 1:00 - 4:00 pm

BIRCH TREES \$60 Saturday, Oct. 28 9:00 am - I 2:00 pm

BICYCLE \$65 Saturday, Oct. 28

NORTHERN LIGHTS \$65

1:00 - 4:00 pm

Saturday, Nov. 25 9:00 am – 12:00 pm **CHRISTMAS**

DUO \$70 Saturday, Nov. 25 1:00 – 4:00 pm



Tuesdays, Sept. 26 - Oct. 10 7:00 – 9:00 pm (3 sessions)

Basic Knitting is back with a new learn-to-knit project. Simple fingerless gloves.

You will learn to cast on, knit in garter stitch and cast off to create fingerless gloves/wrist warmers. If time permits, we can create a matching cowl or infinity scarf.

Materials required: I skein of Bernat premium yarn in any color, 4.5 mm knitting needles (longer ones), Tapestry needle or any needle with a large eye Mini gloves to be worn with the fingerless gloves Scissors

Room 141

INTRO TO SEWING \$70

Tuesdays, Sept. 19 - Oct. 24 7:00 - 9:00 pm (6 sessions)

Learn the fundamentals of sewing. Including, learning to thread a bobbin, thread the sewing machine, sew a straight seam, and overcast seam, blind hem, installing a zipper. Bring your own machine or try out a school machine if you don't have one yet. No experience necessary.

Room 175

BASIC SEWING -Children's Pajamas \$70 Wednesdays, Oct. 25 - Nov. 29 7:00 - 9:00 pm (6 sessions)

Learn to follow a pattern, making a pair of children's pajamas. Bring your own machine or try out a school machine if you don't have one yet.

Room 175

JEWELRY MAKING: BEGINNER BEAD WEAVING \$45

Thursday, Oct. 12 6:00 – 9:00 pm All Supplies Included!

This is a great class to take if you have never beaded before. You will make a bail for

a pendant. All supplies are provided to finish and

wear one necklace. Ages 12 and up please.

Room 175

JEWELRY MAKING: CATERPILLAR BRACELET \$60

Thursdays, Oct. 19 & 26 6:00 - 9:00 pm (2 sessions) Àll Supplies Included!

This is a great project for a beader with a little or a lot of experience. The finished

bracelet is lush and funky. Ages 12 and up please.

Room 175



Thursday, Oct. 12 6:00 – 9:00 pm All Supplies Included!

This is a great class for the absolute beginner who wants an introduction into wire wrapping. Students will learn a minimum of three different ways to wrap, and make three beautiful pendants from their choice

of beads that are ready to wear Includes wire (lead free, nickel free, cadmium free),

minimum 3 beads each, likely more (student's choice), leather or waxed cotton cord for adjustable necklace, printed tutorial, use of all tools needed.

Room 175

LEATHER WORKS with Amber Cook

All Premium Supplies included! Many different material choices! See Website for Full Class Details. Group Instruction, Please Be On Time

Room 149

MOCCASINS \$145 Wednesdays, Oct. 4 – 25 6:30 - 9:00 pm (4 sessions)

MUKLUKS \$310 Wednesdays, Oct. 4 – Nov. 8 6:30 - 9:00 pm (6 sessions) **NEW -**ALASKAN STYLE**

MITTS \$130 Wednesdays, Nov. 15 - Dec. 6 6:30 – 9:00 pm (4 sessions)







YOUTH PERFORMING ARTS

BONUS - Save \$20 and Register for Back INTRO TO ACTING & to Back Dance and Intro to Acting! \$140 for Both!

Mondays, Sept. 25 - Dec. 4 NO CLASS: Oct. 9 (10 sessions each)

DANCE (Ages 6 and Up) \$80 5:00 - 6:00 pm

Come move to the groove with Gabby! Introduction to Jazz, Ballet and Hip-hop dancing. Performance for parents on the final evening! Cafeteria

THEATRE \$80

Ages 7 and Up 6:00 - 7:00 pm

"Have you ever wondered how to play a specific character for a play? Or how to mime? Or are you simply wanting to just gain confidence? Come join us on Monday evenings for a glimpse into the theatrical world! This class is for beginners, so do not worry if you have no experience. All you need is an open mind and a little creativity!"

Theatre

YOUTH SAFETY

BABYSITTING SAFETY \$55

Ages II-I5 Saturday, Nov. 25 9:00 am - 5:00 pm Youth ages II - 15 come learn to be a safe. Red Cross Certified

Babysitter.

Class includes textbook and laminated wallet certificate. Bring a bagged lunch.

Library

PEOPLE SAVERS Level 3 \$30 Ages 8 & up

Tuesday, Sept. 19 6:00 - 8:30 pm

This Red Cross program will teach important safety awareness & basic first aid to elementary school aged children. Students will receive a workbook to follow through.

Room 145

SAFETY FIRST

FOOD HANDLERS \$115

Includes work book Saturday, Oct. 21 9:30 - 4:00 pm (I session)

Recommended for anyone looking for a job or presently working in the food services industry. Learn the principles of safe food handling and upon successful completion, receive a Province of Manitoba Level I Food Handling Certificate (valid for 5 years). There is a short lunch break (30 minutes).

Room 141

RE-CERT \$70 Exam only 3:00 - 4:00 pm Room 141



STANDARD FIRST AID \$125

Includes Canadian Red Cross First Aid & CPR Manual Saturday & Sunday, Oct. 28 & 29 Saturday 9:00 am - 5:00 pm & Sunday 10:00 am – 4:30 pm (2 sessions)

Certification is valid for three years and includes CPR C and AED. Canadian Red Cross Certification is recognized by all employers.

Library

HUNTER EDUCATION

\$70 Saturday, Sept. 16 9:00 am - 5:00 pm (I session) Minimum Age 10



In Manitoba, thousands of hunters take to the field each year. Hunter education courses have contributed to a significant decrease in hunting accidents and an increased understanding of the responsibilities each hunter accepts while hunting. The primary goal of the Hunter Education Program is to help you understand the important role you, as a hunter, have in wildlife management and conservation. Equally important is the safe use and handling of firearms and the ethical and responsible behaviour of all hunters. Students are required to pass the exam to acquire the Hunter Education Card.

Room 142

CANADIAN FIREARM SAFETY COURSE (CFSC/PAL Course)

\$100 Saturday, Sept. 30 8:30 am - 6:30 pm (I session)



Minimum Age 12 All students need to bring ID and a lunch. Students age 12-17 need to have consent from their parent. To be eligible to apply for a Possession and Acquisition License, classroom participation in the full CFSC is mandatory for first-time license applicants. Once the course is completed, individuals will then have to pass the tests. For full course information please visit www.selkirkconed. com or call the office at 204-785-7312.

Room 142

FITNESS & SPORTS

ZUMBA and ZUMBA TONING with Melissa

\$100 for One Class (11 classes) \$165 for Two - Save \$35 (22 classes) **ZUMBA CRAZY BONUS -**\$220 for ALL Three Classes (Best Value! Save \$80) (33 classes)

ZUMBA Mondays, Sept. II – Dec. 4 NO CLASS: Oct. 9 & Nov. 13 7:00 – 8:00 pm

AND/OR **Thursdays**, Sept. 14 – Nov. 30 NO CLASS: Nov. 16 6:00 - 7:00 pm

Ditch the workout, Join the party! Zumba is a dance-fitness class that incorporates Latin and international music and dance movements. creating a dynamic, exciting, exhilarating and

effective fitness system in a party like atmosphere. No dance experience necessary. \$10 Drop ins Welcome!

Cafeteria

ZUMBA TONING Mondays, Sept. II – Dec. 4 OCLASS: Oct. 9 & Nov. 13 6:00 - 6:45 pm

Party while putting extra emphasis on toning and sculpting to define those muscles! Adding resistance by using lightweight maraca-like Zumba® Toning Sticks, helps you focus on specific muscle groups, including arms, core and lower body, so you (and your muscles) stay engaged! Please bring maximum 3 lbs. dumbbells. \$10 Drop ins Welcome!

Cafeteria

STRONG AND LEAN \$100 Tuesdays, Sept. 19 – Nov. 28 NO CLASS: Oct. 31

6:30 - 7:30 pm (10 sessions)

Complete and total body workout, utilizing resistance and cardio training, which masterfully combines resistance, intervals, power and plyometrics - all of these components will help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective. Great for all fitness levels.

Cafeteria

ZVMBA

STRONG

UNSTOPPABLE

TOO SHORT TO SIT OUT

ANOTHER

MORNING BOOTCAMP

\$90 OR \$150 FOR BOTH! Tuesdays, Sept. 26 - Nov. 28 AND/OR

Thursdays, Sept. 28 - Nov. 30 7:00 - 8:00 am

(10 sessions each)

Come have fun and get fit! Complete total body workout using body weight cardio/plyometrics, body weight and resistance strength training & muscle toning! All fitness levels accepted & modifications shown. Whether it's weight loss, increasing muscle strength or increase in energy, our class is sure to help!

Indoor Track

THAI FIT! Muay Thai Kickboxing \$125 Saturdays, Sept. 23 – Dec. 2 NO CLASS: Nov. 11

10:00 - 11:00 am (10 sessions)

This exciting new class will be dedicated to providing you with an intense workout

while you learn the "art of eight limbs", the martial art known as Muay Thai. Our instructor has over 15 years of experience in the fighting arts and has competed for 7 years. We look forward to providing everyone with a safe, fun, engaged and energized environment. Let's kick start your day properly! Ages 12 and up - come out, throw some kicks, feel amazing and have fun! Students will need to purchase a pair of gloves for the second class.

Indoor Track

HEALTH & WELLNESS



HATHA YOGA \$95 each *Bonus - Save \$25 When You Register for Both Monday and Thursday! \$165

With Cecilia Malcolm For Stretching and Relaxing Work at your own Level!

Bring a Yoga Mat! Library

BEGINNERS Mondays, Sept. 18 - Nov. 27 (10 sessions) S: Oct. 9

6:45 - 7:45 pm

Foundational (Beginner) First time to yoga or returnees, learn the foundation of yoga poses in a safe, intelligent manner with compassion towards ourselves.

Thursdays, Sept. 21 - Nov. 23 (10 sessions) S: Nov. 9

6:00 – 7:00 pm

Gentle (Basic) this class is slow moving with long holds in a Yin or restorative style, inviting the body and mind to respond. Coming home to within. Please bring small blanket or large towel.

CONTINUING BEGINNERS Mondays, Sept. 18 - Nov. 27 (10 sessions) SS: Oct. 9 5:30 - 6:30 pm

Flow (Continuing) for those who are familiar with yoga poses continuing to work on strength, stamina and refinement in a Vinyasa or flow style.

MEDITATION \$65 Tuesdays, Sept. 19 - Oct. 24 7:00 – 8:15 pm (6 sessions)

Attention and awareness are fundamental functions of our Human brain, and understanding each of their applications in life are significant to our well-being. This meditation series overviews the ten stages of meditation as well as instructions. which when practiced, lead to concentration and insight; in other words, blissful deep calm and depth understanding. This series can be useful for both beginning and well-practiced meditators. Please bring a notebook and a cushion.

Library

BASIC HEALTH WITH KETOSIS \$40

Thursday, Sept. 21 7:30 - 9:30 pm

If you're looking for better sleep, fat loss, increased focus, muscle preservation, insulin control, look no further! Come on down for an evening of discussion on the topic of ketones and Ketosis. We will explore how relaying on fat as a fuel source can actually boost your metabolism, stabilize your hormone levels and make your overall quality of life BETTER!

Room 184

REIKI LEVEL | \$125

With Bonnie Ryall, Certified Usui Reiki Master

Thursdays, Oct. 5 - 26 7:00 – 9:00 pm

(4 sessions) Are you stressed or feeling anxious? Reiki is a lapanese technique



stress reduction and relaxation that also promotes healing. It is based on an unseen "life force energy" that flows through us.

Level Lincludes an overview of what reiki is the history of Reiki, attunements, hand placements and self and group practice. Opening the energy channels on a physical level, through initiation to

Library

REIKI LEVEL 2 \$175

With Bonnie Ryall, Certified Usui Reiki Master Thursdays, Nov. 2 – 30 NO CLASS: Nov. 9

7:00 - 9:00 pm

(4 sessions)

In Reiki Level 2 (also called 2nd degree), you receive an attunement which opens your heart chakra as well as expanding the opening of the energy channels. Learn sacred symbols, their form, sound and meaning, which will enable you to consciously direct Reiki energy. The Reiki symbols allow the practitioner to connect more deeply to the universal energy, as well as draw on the qualities that the symbols represent. This includes the ability to provide distance Reiki, or sending healing energy to individuals wherever they may be. Prerequisite is Reiki level I Library

"EFT" THE EMOTIONAL FREEDOM TECHNIQUE

\$50 Monday, Sept. 25 7:00 – 9:00 pm

Also known as the Tapping Technique, helps with healing on all levels. Come learn about and experience this simple yet effective technique.

Room 149

MY NEAR DEATH EXPERIENCE \$40 Monday, Sept. 18 7:00 - 9:00 pm

Have you or a loved one been to "the other side"? NDE's or Near Death Experiences: What are they? How do they affect us? What can we learn from them?

"THE JOURNEY"

The Physical and the Emotional Journey Technique based on Brandon Bays' book "The Journey" Learn and practice this process that assists our healing. Instructor, Pamela Thrift trained with Brandon Bays in learning the techniques. Room 149

*BONUS - Register for Both and Save \$10!

THE PHYSICAL JOURNEY \$145 Saturday, Sept. 30 10:00 am – 4:00 pm

THE EMOTIONAL JOURNEY \$145 Saturday, Oct. 28

10:00 am - 4:00 pm

COMPUTERS

QuickBooks TRAINING \$75

Wednesdays, Oct. 4 – 25 7:00 - 9:00 pm (4 sessions) Learn the Basics

QuickBooks, Canada's #1 accounting solution for small business, saves time on invoicing, bookkeeping and billing. If you run a small business, or are a rental property owner, and are looking for an easy, streamlined, up to date business managing tool, this course is for you! Introductory course covers the basic operating systems and procedures for the most recent version of QuickBooks online.

Room 284



EXCEL \$100 Wednesdays, Nov. I - 29 6:30 - 9:30 pm (5 sessions)

Learn the basics of this important program in a one evening session. Through handouts as well as examples we will cover cell formatting, templates, basic functions and formulas, as well as charts.

Room 276

C.P. Selkirk Community Pool school - COMMUNITY - POSSIBILITIES

2017 Fall Programming

The Comp 221 Mercy Street | Selkirk Mb | 204 785 7310

Registration On Line August 29, 2017 6:00am selkirkcommunitypool.weebly.com /in person/phone August 31, 2017 **Pool closed October 8,9 November 11**

Session

Questions or concerns contact pool manager. mstamm@lssd.ca

Please note call if there is a discrepancy in courses advertised and those open for registration.

Step 1: Prior to registering > Select the activity - Learn to swim level that best suits the participants needs.

Step 2: Prior to online registering > search for and note the course codes for courses of interest

Step 3: Select the course you want to register for and register.

1. SA MW 61

Course ID

Day/s of the Week

Red Cross Swim Schedule Monday & Wednesday 2-4 week sess. Tuesday & Thursday 2-4 week sess. Friday 8 Weeks Saturday 7 Weeks

Sea otter	Salamander	level 1
5:15	5:15	5:15
Sun Fish	Level 1	Sea Otter
5:50	5:50	5:50
Level 1	Salamander	Level 2
6:25	6:25	6:25
Level 2	Level 3	Level 4
7:00	7:00	7:00
Level 5&6		Level 7&8
7:35		7:45
Level 9/10	PRESCHOO	DL

LCVCIZ	LCVCIO	20,40
7:00	7:00	7:00
Level 5&6		Level 7&8
7:35		7:45
Level 9/10	PRESCHOO	_
7:45-	MONDAY MOR	NING
8-30PM	STAPTING API	2II 3

Sea Otter	Salamander	Level 1		
5:15	5:15	5:15		
Level 1	Sea Otter	Salamander		
5:50	5:50	5 :50		
Level 2	Level 3	Level 1		
6:25	6:30	6:25		
Level 4	Level 5/6	Level 3		
7:00	7:15	7:00		

\			
Level 1	Sea Turtle	Level 1	Sea Otter
5:15	5:15	5:15	5:15
Salamander	Salamander	Sea Otter	Level 2
5:50	5:50	5:50	5:50
Level 1	Level 3	Level 5/6	Level 4
6:25	6:25	6:25	6:25
Level 3 7:00		Level 7/8 7:10	Level 9/10 7:10

rtle	Level 1	Sea Otter	SK1		
5	5:15	5:15	11:00-11:35		
nder	Sea Otter	Level 2	SAL	SO	SK1
)	5:50	5:50	11:40-12:05	11:40-12:05	11:40-12:0
3	Level 5/6	Level 4	SK2	SK4	SK3
	6:25	6:25	12:20-12:40	12:20-12:40	12:20-12:5
	Level 7/8	Level 9/10	SK5	P&C Drop-in	SAL
1	7:10	7:10	1:15-2:05	1:15-1:30	1:15-1:30
			SO	SK1	SK2
			2:10-2:50	1:50-2:05	1:55-2:05

11:35		
	SO	SK1
12:05	11:40-12:05	11:40-12:05
	SK4	SK3
12:40	12:20-12:40	12:20-12:50
7	P&C Drop-in	SAL
05	1:15-1:30	1:15-1:30
	SK1	SK2
50	1:50-2:05	1:55-2:05
	Adults & Teens	

1		SEA TURTLE	Level 4		Level 1		Sea Otter
		11:15		11:15		11:15	11:15
		Mom and Me	Level7/8		Level 3		Level 1
5		11:15 -12:00	12:00			11:50	11:50
Ī	N	Sunfish	Level 5/6		Level 2		Salamander
0		12:25		12:50		12:25	12:25
		Level 4	Level 3		Sea Turtle	!	Salamander
		1:00		1:35		1:00	1:00
		Level 9/10	Sea Turtle		Sea Otter		Level 2
		1.45		2.15		1.35	1:35

2:30-2:55

Programs

Pool Rentals available on Saturday and Sundays throughout the year. Contact the Pool office for times {\$90.00 +gst per hour lifeguard included}

Lap Swim

Morning and evening lap swim opens September 5th Mon, Tue, Wed & Fri • Fri 7:00-8:30am

Coming Soon

Men's aquaboot. Mom and Me aquaboot Student pricing for Aquaboot.





Special Programming

Open swim starts Saturday Sept 9 1:00-3:00pm Sunday Sept 10 2:00-4:00pm Friday Toonie Sep 22 7:00-8:30pm **Agua Fit with Linda Monday and Friday** 4:00-5:00pm Wednesday

Adult Aqua boot camp with Melanie Mom and Me boot camp Follow us for flash updates!





SelkirkCommunityPool.Weebly.com

Passes

Lap Swim passes

Adult 10 visits - \$35.00 Senior 10 visits - \$20.00 20 visits - \$60.00 Teen 20 visits - \$35.00 30 visits - \$80.00 30 visits - \$50.00

Lap swim and Aquafit passes can be purchased online. Lifeguard must punch your pass for entry to the pool. Drop in \$10.00 Aquafit

Drop in \$5.00 Lap swim.

NEW Aquafit passes

no need to commit to one class use your pass for any class.

10 visits -\$70.00 20 visits - \$130.00 30 visits - \$180.00

Open Swim (Exact change) Friday toonie swim

Adult or Student \$ 5.00 18+ 0 - 4yr Preschool child Free Child \$ 2.00 5 - 12yr 13 - 17yr \$ 3.00 Teen \$10.00 Family (For purposes here, we define a "family" as an adult and their imn

Unsure what level to register for?

Professional Development

Bronze Cross • Bronze Star

Water Safety Instructor

National Lifesaving Course • Bronze Medallion

Red Cross Lifeguard program.

Contact mstamm@lssd.ca or call 204-785-7310 to schedule a screening

Public admission entry requirements:

Fall to do list

The summer holidays are now behind us and with it all the barbeques, drinking, partying and lack of sleep this time of year usually involves. The best way to face the fall is to clean up our homes, our bodies and our finances.

DO SOME HOUSECLEANING

Cleaning and tidying up does us a world of good — suddenly our homes have a Zen feel to them! Clean the fridge, scrub the floors, let some fresh air in and clean out the medicine cabinet.

EXERCISE

Everyone can benefit from some exercise. There are lots of possibilities for getting back into shape or losing those extra pounds: gymnastics, dancing and aerobics are just a few. And why not get outside for some wonderful fresh air and a bit of running, cy-





jtomchuk_familyliteracy@hotmail.com

cling or even walking the dog? **GET SOME REST**

After some physical exercise, it's easier to fall asleep and get a good night's rest. But there's another way to rest and de-stress: call Marlin Travel in Selkirk and book a trip. Looking forward to enjoying the sunshine on the beach will surely have a positive effect, enjoy la dolce vita!

SORT OUT YOUR FINANCES

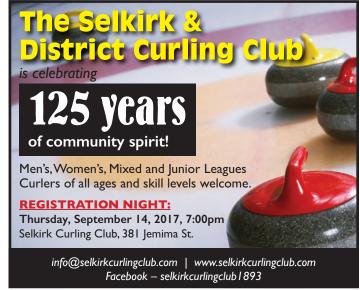
Paying your bills and taking care of

your credit card balance can relieve a lot of stress especially with the Christmas season around the corner. Decide on a schedule and give yourself some objectives in order to solve any lagging financial problems within a few months. If feel you can't do it by yourself, contact a financial advisor.

SHOP SMART

Once you've sorted out your finances you can treat yourself. You want to have some fun? Enroll for some classes that interest you, such as yoga, Spanish or painting. You've wanted a new car for a while now? Contact your local dealers; Steeltown Ford, Selkirk GM, Selkirk Chrysler, True North Motors or Caps Auto Sales. This is also the time to buy a fancy photo album from Big Dollar and print out all your summer holiday photos. And you could also check out the end of season sales in search of some great new clothes at Packers or Keystone Sports.







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How to spur kids' interest in the arts

Art can enrich the lives of people young and old, male and female. The arts can introduce adults and children to different cultures and traditions,

while also helping them to develop more fully as human beings.

While some may feel the benefits of the arts cannot be measured, the non-

Arts notes that kids who are involved in the arts are four times more likely to be recognized for academic achievement than kids who are not involved in the arts. And though mathematics and science may not be the first thing people associate with the arts, kids involved in the arts are four times more

Parents can do a lot to make art a bigger part of their kids' lives. The following are some simple ways parents can bring more art into their kids' lives, courtesy of Americans for the Arts.

likely to participate in math and sci-

ence fairs than kids who are not in-

volved in the arts.

- · Join in the fun. Parents can make art more fun for kids by playing music around the house and singing and dancing alongside their youngsters. In addition, read a book to or with your children and join in when they pursue other artistic endeavors, such as drawing or painting.
- Find local events. Many school districts have slashed their arts budgets in recent years, but parents can still find local arts events for kids in their communities. Peruse the local newspaper and other communitybased periodicals for cultural events

Continued on page 23



The Place for Active Living

384 Eveline Street Selkirk, Manitoba (204) 785-2092

There will be two settings for supper 4:00 p.m. and 6:00 p.m.

<u>Cost:</u> \$15.00 per person \$7.50 for 10 and under

Menu: Pork, mashed potatoes, gravy, meatballs, cabbage rolls, coleslaw, veggies and dinner rolls.

The dessert will be homemade pies.

Advance Tickets Only.

The Gordon Howard Centre offers many activities, workshops and information sessions for older adults.

Bridge, Crafts, Cribbage, Fitness Classes, Quilting, Floor Curling, Painting, Pickelball, Tai Chi, Snooker/Pool and Woodcarving are just some of the weekly activities as well as numerous special events and dinners throughout the year.



Registration August 29th & 30th at Holy Eucharist Hall from 6pm - 8pm

Offering Recreational and Competitive Classes in Creative Movement, Jazz, Ballet, Lyrical & Hip Hop!



For more info visit **selkirkdance.org** (a) (f)





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FREE REGISTRATION





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

> ARTS, FROM PG. 22

for kids. Support local theater groups by attending performances with your children and explaining to them that the performers live in the community just like they do.

· Pitch in with local arts organizations. Local arts organizations typically rely on donations and volunteers 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

to support their programs. Parents who want to instill a love of the arts in their children can help local organizations' fundraising efforts and even volunteer their time if the opportunity presents itself. If possible, take kids along when volunteering so they can get some firsthand experience with

· Encourage kids' artistic pursuits.

layoff. But such injuries are largely preventable, and the following tips can help school-aged athletes ensure their return to competition is as 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

Some kids may decide to pursue artistic endeavors on their own, and parents can encourage such pursuits. Celebrate kids' participation in artsbased activities in school and in the community, recognizing their hard work in the same way you would acknowledge their successes in the classroom and in sports.

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> ATHLETES, FROM PG. 23

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 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 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.

For more info,

call Brian 782-9785

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North Winnipeg Pirates place fifth at 13U westerns



RECORD PHOTO BY JODI KARDASH

The North Winnipeg Pirates placed fifth overall at Baseball Canada's 13U National Western Baseball Championships in Spruce Grove, Alta. Local St. Andrews' players included, Colson Smith, third from left, Keenan Allen, next to Colson, Rylan Sliworsky, seventh from the right, and coach Ken Allen, far right.

By Brian Bowman

The North Winnipeg Pirates placed fifth overall at Baseball Canada's 13U National Western Baseball Championships in Spruce Grove, Alta.

North Winnipeg defeated the host Parkland squad 3-2 in the fifth-place game Saturday morning.

"The last game was a close one," said Pirates' head coach Ken Allen. "You could tell both teams were a little bit subdued but they still wanted to win and we made sure everyone had a chance to play.

"It was a good way to end the season. I like to win the last game no matter the division or the category."

Manitoba scored a pair of runs in the bottom of the second inning and then added the game winner in the sixth.

The Pirates began play at the westerns with a 15-1 loss to Camrose, Alta. last Thursday afternoon.

"We had a really slow start," Allen noted. "We were making some fundamental mistakes in our first two games and we got behind early."

Camrose scored early and often, plating four runs in the first inning, one in the second, and then added nine more in the third.

St. Andrews' Keenan Allen scored North Winnipeg's lone run in the bottom of the third inning.

North Winnipeg had a similar result Friday, losing 15-9 to Sask Five. The Pirates scored six runs in the bottom of the sixth to close the gap to 10-9 but Sask Five replied with five runs in the top of the seventh.

Keenan Allen was 1-for-3 with two runs scored and an RBI. St. Andrews' Rylan Sliworsky finished 1-for-4 and scored a run while St. Andrews' Colson Smith earned a walk.

Going 0-2 to start a western cham-

pionship wasn't exactly in the Pirates' plans but they rebounded nicely with wins in their next two games.

"We just kind of reminded them that at this point of the season, there's only eight teams in our age category still playing throughout western Canada," Ken Allen said. "And to be one of those is pretty special. There are a lot of kids out there that would be extremely excited to have this opportunity to still be active in baseball."

Later that afternoon, the Pirates outslugged St. Albert in a very wild 23-20 victory. North Winnipeg trailed 8-1 after just two innings but roared back to score a whopping 18 runs over the next three innings.

"We could have caved in and let them walk all over us or we would start playing baseball, which we went all the way out there to do," Ken Allen said."We decided to play baseball and managed to get (the deficit) to a run in an inning or two and then we took (a 19-10) lead."

Local players made big offensive contributions in the win. Smith had a hit, an RBI, and three runs scored while Keenan Allen banged out two hits with a run scored and an RBI.

Sliworsky, meanwhile, had a hit and a walk in two plate appearances. He also scored two runs.

Ken Allen was pleased with how his team competed at the westerns.

"There was great competition, the provinces are clearly sending their best," he said. "We competed and we had some good pitching throughout the tournament but our defence was a little bit off." The gold medal was won by Abbotsford, B.C., who defeated Camrose, Alta. 10-0 in the championship game. Regina won the bronze medal after doubling Sask Five 6-3.

Pirates finish .500 at 18U nationals

By Brian Bowman

The rivalry in sports has always been a fierce one between Manitoba and Saskatchewan.

And it added another epic battle on the ball diamond last Saturday between the two neighbouring prov-

Saskatchewan defeated Manitoba, which was represented by the North Winnipeg Pirates, 8-6 at the 18U National Championships in London,

Saskatchewan scored at least a run in the first five innings.

"We needed to win that one," said Pirates' head coach Gary Dear. "They had a couple of really good players that played extremely well. Their shortstop probably made five unreal plays against us and their centerfielder was a phenomenal kid who hit a two-run home run in the first inning over a 330-foot fence that went out in two seconds."

West St. Paul's Christian Ingram had a hit and a run scored in the loss while Gimli's Kalli Einarson added a hit, a walk, and two runs scored.

St. Andrews' Liam Allen also had a

The loss to Saskatchewan was a huge blow to the Pirates' playoff chances.

"They were a good team but we had our chances," Dear said. "We were right there with them but that was the deciding game. It was an intense

North Winnipeg was then defeated 13-3 by the host London Badgers later that evening. The Badgers scored seven runs in the first inning and then added four more in the sixth to end the game early due to the 10-run mercy rule.

Woodlands' Jayden Allary had a hit and run scored while Allen chipped in with a walk and also crossed the plate. Einarson had a hit, walk, and RBI while Ingram also had a hit and two RBI.

The loss relegated North Winnipeg to the seventh-place game against British Columbia. The Pirates won that matchup, 11-10, after leading 8-3 in the final inning before giving up seven runs to trail 10-8.

"It was nice to win it," Dear said. "It was an ugly win but it would have been an uglier loss."

Ingram belted the game-winning two-RBI hit and also scored a run.

Continued on page 28

Pirates 4-1 at 15U western baseball championship

By Brian Bowman

Everyone, at some point in time, has realized that life isn't always fair.

The North Winnipeg Pirates learned that lesson the hard way at the 15U western baseball championships last weekend in Kamloops, B.C.

Despite finishing with a 4-1 record, the Pirates found themselves on the outside looking in as B.C. and the Saskatoon Blue Jays advanced to the championship game.

All three teams finished the roundrobin with identical 4-1 records. But the Pirates had to win their final game by either eight runs or only allow one run.

North Winnipeg won that game, but by just a 5-2 count as the Victoria Eagles scored a run in the top of the seventh and the Pirates did not need their final at bat to win the game.

"Because we were the home team, we didn't get to hit again," explained Pirates' head coach Donnie Smith Monday afternoon from the Kamloops' airport. "We ended up winning the game but that one run that came

in pushed us out (by a very slim margin)."

That rule is a very odd one – and, actually a very stupid way to advance teams to a playoff – when teams travel so far for a western championship.

"You play a long season and the boys put in a lot of work throughout the year but then it comes down to crunching numbers to see who is in and who's out, I think it does a bit of an injustice to the kids that have worked so hard for something," Smith reasoned.

North Winnipeg started play at the westerns with an 8-4 loss to the Blue lays.

"I think we came out in the first game a little timid," Smith admitted. "It was a bigger platform, I guess. It wasn't like they played bad baseball but we didn't play our normal ball."

The Pirates rebounded to win their next four games, however, defeating the Saskatoon A's 6-3, the Kamloops River Dogs 5-1, and Victoria.

"After that first game, everything fell into place," Smith said. "We had some



RECORD PHOTO SUBMITTED

The North Winnipeg Pirates finished the 15U western baseball championships with a 4-1 record last weekend in Kamloops, B.C.

good pitching and timely hitting."

The Pirates should be very proud of how they competed at the westerns.

"We had a good record at 4-1 and one run, whether it was in the first game or in the last game, ended up being the factor of us not getting into the final," Smith said. "We played some good ball. We were a scrappy team, we were down in a couple of big ball games late, and we rallied up and came back.

"We definitely turned some heads there and we received a lot of positive comments from the conveners (and) the umpires. I was very happy how we handled ourselves around the ball field."

Selkirk FC picks up huge home win

By Brian Bowman

The month of August hasn't been a busy one on the soccer pitch for Selkirk FC

But it has been a successful one.

Selkirk FC picked up a huge victory Sunday at the Selkirk Rec Complex, shutting out the Kildonan Athletic Club 2-0.

Yaya Ramadan Adam and Tanner Markevich scored for the winners.

"We are injury depleted right now so it was an important one," said Selkirk FC's Sean Leggett in an email. "We have three starting players out with injuries."

With the win, Selkirk FC improved its record to 6-5-4 and they now have 22 points in the MMSL's 2nd Division standings.

On Aug. 14, Selkirk FC played to a 1-1 draw with Lions FC at the Selkirk Rec Complex. Yaya Ramadan Adam scored for Selkirk while Romaine Francis replied for the visitors.

Selkirk FC played just two league games this entire month.

Selkirk FC will now have a lengthy break between games and won't play again until Sept. 18 when it battles Rovers FC at the Ralph Cantafio Soccer Complex.

Game time is 6:30 p.m.

The Tri-S Strike Force, meanwhile, played first-place Carmania FC Saturday afternoon in Carman but no score was available at press time.

On Aug. 10, the Strike Force lost 5-1 to Matix FC as Marron Barkman scored Tri-S' lone goal.

The Strike Force will conclude play this month with a Sunday home game against Stonewall United at the Selkirk Rec Complex. Game time is 6 p.m.=



RECORD PHOTO BY BRETT MITCHELL

Yaya Ramadan Adam scored Selkirk FC's lone goal in a 1-1 draw versus Lions FC on Aug. 14 and then tallied again in Sunday's 2-0 win.

Manitoba 1-3 at 21U Men's Baseball Championships

Staff

Team Manitoba finished with a 1-3 record at the 21U Men's Baseball Championships in Ottawa/Gatineau last weekend.

Manitoba began action last Thursday with a 13-0 five-inning loss to Windsor, Ont. Windsor scored 11 runs

in the third inning.

West St. Paul's Adam Nocita had one of three Manitoba hits.

On Friday, Manitoba was doubled 4-2 by Hull-Volant Gatineau and then was blanked 8-0 by New Brunswick.

Nocita had a hit in the two-run loss while East Selkirk's Brett Boudreau

was 0-for-3.

Against New Brunswick, Nocita was hitless in three at-bats while East St. Paul's Jackson Dartnell struck out in a pinch-hit opportunity. Manitoba closed out its action Saturday with an exciting 13-12 comeback win over Newfoundland and Labrador.

Tied at 8-8 after six innings, both teams scored four runs apiece in the seventh and then Manitoba claimed the win by scoring a run in the bottom of the extra inning.

Nocita finished the game 2-for-5 with a run scored while Dartnell was 1-for-2 with an RBI.

Pair spike way to beach volleyball bronze

By Brian Bowman

Cameron Gayleard spent a day playing in the sand – and he got rewarded with a bronze medal.

The St. Andrews' native teamed up with Anola's Austin Baran to win the bronze at the Beach Volleyball Provincials Aug. 13 at the Sargent Park Beach Centre in Winnipeg.

"There were a lot of strong teams at provincials," said Gayleard last week. There was a lot of really good competition there."

The bronze medal was a nice result for a hard day's work by two buddies at the beach.

"It means a lot to me," Gayleard said. "I have really good chemistry with my teammate, Austin. We have lots of camaraderie on the court with each other."

Knowing each other's tendencies is huge in the two-person sport. Both Gayleard and Baran have played together with the Royals' indoor club program since 14U.

"You have to know how your partner

plays," said Gayleard, 16." It's a lot different game than indoor (volleyball). There's a lot more strategy to it."

The pair won their quarter-final match in three sets and then lost to the eventual champions in the semis. That semifinal loss relegated Gayleard and Baran to the bronze-medal game.

It was a long day at the beach for the pair as games began at 9 a.m. and didn't wrap up until 7 p.m. that evening. All of those games were played under some pretty hot conditions, Gayleard noted.

"The toughest thing about beach (volleyball) is the sand in order to move around to get to the ball," he said."It's a lot tougher to play but that makes it a better game."

Gayleard was part of the Selkirk Royals' indoor junior varsity high school team that won a MHSAA "AAAA" championship last season. The 5-foot-10 left-side player hopes to make the transition to the varsity team this upcoming season.



RECORD PHOTO SUBMITTED

Cameron Gayleard, left, and Austin Baran won a bronze medal at the beach provincials earlier this month.

Interlake hosts successful Thundergate to start football season

By Brian Bowman

There is no better way to start a football season than how the Interlake Thunder hosts its annual Thundergate.

The Thunder had four teams in action last Saturday as part of Stonewall's Quarry Days.

"We had a really good time," said Thunder president Joel McDonald. "We had some awesome crowds - it was really well attended. (Quarry Days) creates a bigger and better atmosphere. We do a pretty good job already and when we have a big event like this, the kids are amped up and it just makes it a little bit bigger for us."

The crowds were a good mix of locals and people from out of town for the always-exciting Quarry Days.

"With Quarry Days, there's always some families and friends in from out of town," McDonald noted. "That increases our attendance a little bit and I think the out-of- town folks brought other people in as well."

Fans enjoyed a beautiful day and some great football action. Interlake teams did not fare so well on the scoreboard, however, as all four Thunder teams lost.

Still, McDonald said he saw a lot of positives – and some great talent – on the Thunder teams at all four age lev-

The Midget Thunder, meanwhile, did not play last Saturday but will be looking to get the Interlake into the win column when it visits the Greendell Falcons this Saturday at 3 p.m.



RECORD PHOTO BY JO-ANNE PROCTER

The Thunder's Athan Nadon rushes the ball during Saturday's 44-16 loss to the St. Vital Mustangs.

Ingram places third at Bantam boys' golf championship

Staff

West St. Paul's Adam Ingram placed third at Golf Manitoba's Junior Bantam Boys' Championship last week at the Tuxedo Golf Course in Winnipeg.

Ingram carded rounds of 83 and 77 for a 160 total. That was behind

only Pine Ridge's Noah Fike (146) and Rossmere's Carter Johnson

Ingram was the low golfer in the boys' 13-14 age group. He was four strokes better than St. Charles' Nolan Watson.

"We're really excited about the season," said McDonald, the defensive coordinator on the Midget Thunder. "We have a full 40-man roster and we have a lot of second-year guys and lots of depth.

"We're really excited about the sea-

The Midget Football League of Manitoba is struggling with just four

teams operating for the 2017 season. The St. Vital Mustangs and the Sunrise Coyotes are the other two teams in the league.

Those two teams will play each other Saturday at 7 p.m. in St. Vital.

The Thunder's Midget home opener will be Sept. 10 (4:30 p.m.) when they host the Mustangs.

Softball champs



Selkirk Slo-pitch playoffs were held last weekend with the following teams being crowned division champions. The Steeltown Ford team, Giver, won Division 1.



The Pace Electric Pink Sox won Division 2.



The Bad News Beers won Division 3.



The Merch's Living Legends won Division 4.

Blue Jays advance to WSBL final

The Stonewall Blue Jays made quick work of the St. Boniface Legionaires in their Winnipeg Senior Baseball League Pool "A" semifinal se-

But their wait to face the Elmwood Giants in the best-of-seven championship series will be a lengthy one.

Stonewall swept St. Boniface in their best-offive series with an 8-4 win on Aug. 15. The Blue Jays earlier beat the Legionaires 6-2 and 4-0.

But the Blue Jays won't get a chance to play ball again until Aug. 31 when they begin their championship series against Elmwood.

Game two, three and four will be played Sept. 4, 5, and 6, respectively. If needed, Game 5 will go Sept. 11, followed by Game 6 on Sept. 12 and Game 7 (Sept. 14).

Meanwhile, Manitoba will be competing at the National "AAA" Senior Men's Baseball Championship in Victoria this week.

Tournament action begins today and continues through until Sunday.

Manitoba's roster features Lundar's Nick Drews, Selkirk's Chris Norquay, St. Andrews' Matt Mutcheson, and East St. Paul's Ian Bowie.

Oleksiuk selected to Hockey Manitoba's U16 women's roster

Staff

Hockey Manitoba announced its roster for the U16 provincial team last week and it includes West St. Paul's Chloe Oleksiuk.

Oleksiuk is a forward with the Winnipeg Titans Bantam "AA" team.

The roster was selected after a very successful inaugural spring, Top-40, and summer development camps.

The Female U16 Team Manitoba roster includes 11 players from rural "AAA" programs and nine from the various Winnipeg "AA" teams and Sport Schools.

Female U-16 Team Manitoba will compete at the Central Plains Midget "AAA" Tournament in Portage la Prairie from Sept. 22-24 to wrap up the first year of Female U-16 Program of Excellence.

The Female Program of Excellence is designed to provide high-performance female players with the opportunity to develop advanced skills as well as introduce them to the concepts needed to play at an elite level.

Players from the Program of Excellence go on to play at the USPORTS, NCAA and international level.

Blizzard stopped by Seneca in bronze-medal game

The Manitoba Blizzard lost 15-8 to the Seneca War Chiefs in the bronze-medal game at the Founders Cup in Saskatoon last Sunday.

The two teams were tied at 3-3 after the first period and then Seneca led 7-5 heading into the third.

Manitoba started action Aug. 15 with an 11-9 loss to Seneca and then was outscored 12-8 by the Orangeville Northmen the following day. Last Thursday, Manitoba edged the Sas-

katchewan Swat 16-15 and then beat the Coquitlam Adanacs 14-11 on Friday.

Saturday saw Manitoba wrap up its roundrobin play with a 10-7 loss to the Red Deer Rampage.

Selkirk's Cole Wasnie had three assists in three games played at the tournament. Petersfield's Kaden Kotowich and Stonewall's Seth Mandryk each saw action in five games.

Orangeville won this year's Founders Cup title after defeating Red Deer 18-7 on Sunday.

> U18 NATIONALS, FROM PG. 25

Einarson also had a huge game at the plate with four hits, two runs scored, and two RBI.

Allen and Ingram each banged out two hits, scored a run, and had an RBI.

The Pirates started the tournament with a surprising 6-2 loss to PEI last Thursday morn-

"It put us behind the 8-ball right away," Dear said."We just couldn't hit. They were the lastplace team, so it was a game that we should

North Winnipeg scored runs in the bottom of the first and second innings to lead 2-1 heading into the third. But PEI scored three runs in the top of three and added singles in the fourth and sixth innings.

Einarson was 2-for-3 with an RBI while Ingram was 0-for-2 with a walk.

North Winnipeg then defeated Nova Scotia 5-1 on Friday afternoon. The Pirates plated the winning run in the bottom of the fifth inning and then added three insurance runs in the sixth.

Allen was 1-for-2 with an RBI while Ingram and West St. Paul's Nathan Slaby each had a

walk and scored a run.

The Pirates then improved their record to 2-1 after a 5-4 win over Newfoundland and Labrador.

North Winnipeg trailed 4-3 after five innings but scored a pair in the bottom of the sixth to secure the comeback victory.

Allen had a hit, a run scored, and an RBI while Ingram earned a walk and scored a run. Einarson had two walks while Allary was hitless in two plate appearances.

Einarson was fantastic during the nationals, banging out eight hits in 14 plate appearances for a .571 average.

"His on-base percentage was unreal at provincials and he did extremely well (at nationals)," Dear noted. "He was our best hitter."

Overall, Dear was pleased with the Pirates' 3-3 record at nationals. He noted the club was 20-20-1 during the entire season.

"We probably could have done a little better (at nationals) if we had a break here and there," Dear said. "But, overall, I'm quite happy with how things went."

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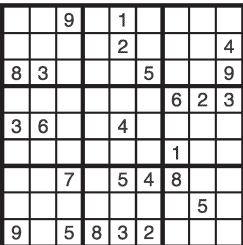
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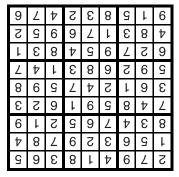


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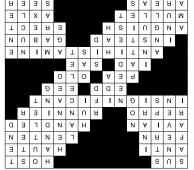
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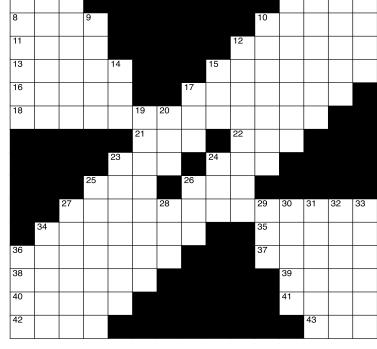
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- 16. Duplicate
- 17. More liquid
- 18. Inconsequential 21. Doctor of Education
- 22. Electroencephalograph
- 23. Partner to the carrot
- 24. Not vouna
- 25. Discontinued Apple advertising platform
- 26. Car mechanics group
- 27. Treats allergies
- 34. Rather
- 35. African nation (alt. sp.)
- 36. Suffering
- 37. A way to raise
- 38. Hairstyle
- 39. Vehicle part
- 40. Subject matters
- 41. One who can see the future
- 42. German courtesy title
- 43. Female sibling

CLUES DOWN

- 1. Jungle vacation
- 2. Off-kilter



- 3. Takes off
- 4. Passing
- 5. Where to plug in devices
- 6. Drive
- 7. Take care of
- 9. City in Finland
- 10. Dved
- 12. Small invertebrate
- 14. Holiday beverage egg
- 15. Hawaiian club
- 17. Rural Free Delivery (abbr.)
- 19. Most impoverished
- 20. British romance novelist **Pollock**
- 23. Burgers

- 24. Organization of **American States**
- 25. Lacking contact with other people
- 26. Sex Pistols bassist **Vicious**
- 27. One who uses a rod and line to fish
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- 29. Get older
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- 32. Cores
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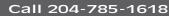
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Attention: Charlene Dunning 630 Sophia St, Selkirk MB R1A 2K1 Closing date: Tuesday September 5, 2017

NOTICE OF PUBLIC HEARING BY THE MUNICIPAL BOARD OF MANITOBA

RE: RURAL MUNICIPALITY OF ST. ANDREWS BY-LAW NO. 4286 (MUNICIPAL BOARD FILE NO. 17E8-0013)

PUBLIC NOTICE is hereby given, under the provisions of The Municipal Act, S.M. 1996, c.58 and The Municipal Board Act, R.S.M. 1987, c. M240, that The Municipal Board will hold a public hearing for the purpose of hearing any presentations in objections to or in support of the proposed By-Law. The public hearing will take place on Wednesday, September 27, 2017 at 6:30 p.m. and if required, . Thursday, September 28, 2017 at 10:00 a.m. and Friday, September 29, 2017 at 10:00 a.m. at the St. Andrews Community Club, 28 St. Andrews Road, St. Andrews, Manitoba.

The By-Law proposes to authorize the construction of a new regional wastewater collection system to service Phase 2 of Local Improvement Plan No. 2017-01. This involves the construction of a regional wastewater forcemain from River Road to Donald Road, a lift station and odour control system at Donald Road and low pressure sewer lines throughout the Phase 2 service area. The estimated cost of the project is \$15,600,000.00. The project has received funding from; the new Building Canada Fund - Small Communities Fund in the amount of \$4,500,000.00, Manitoba Water Services Board \$2,750,000.00 and the Rural Municipality of St. Andrews Federal Gas Tax Reserve Fund in the amount of \$1,034,111.00. The balance in the amount of \$7,315,889.00 will be borrowed by the Municipality.

A copy of the By-Law is available for review at the Municipal Office and at The Municipal Board.

In addition, the Board requires that any party who intends to submit as evidence at the hearing any written material or other documents, shall file four (4) copies of that material with the Board and one (1) copy with the Municipality for public review, at least 10 working days prior to the hearing

If a party wishes to have service in French, or requires assistance because of a disability, they must notify this office 15 days prior to the hearing.

Dated at the R.M. of St. Andrews Office, in Clandeboye, Manitoba, this 21st day of August, 2017.

Brenda Loewen **Acting Secretary** The Municipal Board 1144 – 363 Broadway Winnipeg, MB R3C 3N9 204-945-4014

between Road 94N and Road 94N and also between Road 46E and Road 47E 12 Pace American 20' S 1/2 OF 26-16-8 EPM Snow Pusher Skid Steer

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UPCOMING EVENTS

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

UPCOMING **EVENTS**

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

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NOTICE TO CREDITORS

In the matter of the Estate of John Joseph Metail, late of Selkirk, Manitoba, Deceased. All claims against the above estate, supported by Statutory Declaration must be sent to the attention of: Allison Hunter, Estates Officer, at 155 Carlton St. Suite 500, Winnipeg, MB. R3C 5R9 on or before the 12th day of October, 2017.

DATED at Winnipeg Manitoba, this 8th day of August, 2017. DOUGLAS R. **BROWN**

The Public Guardian and Trustee of Manitoba

Executor

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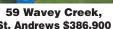
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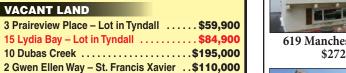




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ANNIVERSARY



Lisa and Doug Johnstone Happy 25th Anniversary 1992- August 29 - 2017 -With love from all your family

ANNOUNCEMENT

IN MEMORIAM



Marin May Fryza (nee Einarson) September 5, 1937 - August 25, 2011 It's been six years since God has Taken you away from us. Time has erased many memories, But the memory of your smile Will never be forgotten. -Frank and family



ANNOUNCEMENT

IN MEMORIAM



Peter Goers April 26, 1935 - August 25, 2011 You touched our hearts in so many ways. We will always miss you! -Always remembered, miss you Ron and Olive

BIRTHDAY



Happy 15th Birthday Jessey Pescitelli And good luck in Grade 10 -Love, Nannie, Papa, Uncle, Aunty, Rayden and Hudson

ANNOUNCEMENT

BIRTHDAY



Ravne McBride August 24th Look at you Who's turning two! -Love Mom, Dad and family

ANNOUNCEMENT

IN MEMMORIAM

Aime In loving memory of our Ted, **Dad and Papa**

Who passed away August 30, 2002 All our memories keep you near, As time unfolds another year.

Away but not forgotten.

-Lovingly remembered by Helen, David, Sarah Ann, Norman, Beverley, Ron, Katherine, Mikael and Janet





IN MEMORIAM



Rudolf (Rudi) Reichart January 21, 1948 - August, 22 2012 Don't remember me with sadness, Don't remember me with tears; Remember all the laughter, We've shared throughout the years. Now I am contented, That my life was worthwhile; Knowing what I passed along the way, I made somebody smile. When you are walking down the street, And you've got me on your footsteps, Only half a step behind. So please don't be unhappy, Just because I'm out of sight; Remember that I'm with you, Each morning, noon and night. We love you so much Dad. We will never stop telling and sharing our stories.

-Annegret, Oriana, Derek and Finley

Your memory will live forever Engraved within our hearts



ANNOUNCEMENT

CARDS OF THANKS

ANAF Unit #151 would like to thank our X-mas in July prize donors: Moira Setter, Gail and Neil Fewchuk, Mike Guzman, Barb Hanson, Debbie and Graham Mathers, Lynne and Lawrence Muzylowski, First Rate Taxi, Selkirk GM, Connie Rapko, Ladies Auxiliary Unit #151, Lisa J, Cathy Vanderhart.

Let your family and loved ones know that you are thinking of them at their time of celebration with a message in the Record

Selkink Regard

nnouncements

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 ten vears since vou left us. And we miss you every 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, and family

ANNOUNCEMENT

IN MEMMORIAM

Stocks, Louise In loving memory of Louise Stocks, a much loved sister and aunt who passed away August 25, 2013 Softly the leaves of memory fall, Gently we gather and treasure them all. Unseen, unheard, you are always near, So missed, so loved, so very dear. In our hearts your memory is kept, To love, to cherish, to never forget.

-Forever loved and remembered by sister Jo-Ann, niece Lesley Dawn and family

ANNOUNCEMENT

IN MEMMORIAM

In Loving Memory Of our Dear Mother **Carol Krysowaty** August 23, 2012

We are sad within our memory. Lonely are our hearts today; For the one we loved so dearly, Has forever been called away. We think of her in silence. No eve may see us weep: But many silent tears are shed. When others are asleen.

> -Forever loved and missed. Glenn and Linda. Jeff and Candice

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OBITUARY

Lillian Harriet Ruth Lavallee



Lillian was predeceased by her parents, Violet and George and her brother Cecil. She leaves to mourn her sister Vivian (Eilert); brothers Bruce (Christine), Douglas (Barbara) as well as numerous nieces, nephews, great nieces, great nephews and many relatives and friends.

Lillian loves music, her favorite was Hank Williams. She enjoyed her outings to Tim's, Walmart (shopping), Half Moon and the Selkirk Park for Aboriginal Days. She loved to eat yogurt and go to watch the Selkirk Parade.

The family would like to express their heartfelt thanks to the staff

and management at The Manitoba Developmental Center in Portage la Prairie who cared for Lillian from 1957 to 2009 and to all the staff from Community Living in Selkirk who cared for her since December of 2009. Thank you to all the staff at the Selkirk Regional Health Center who cared for Lillian in her final weeks.

A memorial service will be held on Friday, August 25 at 1:00 p.m. in the Gilbart Funeral Chapel in Selkirk, Manitoba,

In lieu of flowers, donations can be made to the Cerebral Palsy Association of Manitoba. Condolences may be left at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



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