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VOLUME 10 EDITION 1

Stonewall Teulon Tribune

THURSDAY,
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TRIBUNE PHOTO BY JO-ANNE PROCTER

The Ecole RW Bobby Bend School Parent Advisory Council recently purchased 25 sets of snowshoes for \$2260, with half of the cost covered by an \$1170 grant from the Interlake Community Foundation. The school was able to purchase enough sets for a full class to use them at a time, which will provide health and fitness benefits for the 449 Kindergarten to Grade 4 students. Snowshoeing provides a cardio workout for the students while also building strength, agility, balance and endurance in the beautiful outdoors at Quarry Park. Pictured left to right, Cole C., Principal Sascha Epp, Jett A., PAC representative Nicole Smallwood, Cora G. and Rachel H.

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Lakeside MLA shares greetings for 2019

Staff

As Lakeside MLA and Minister of Agriculture, Ralph Eichler has much to reflect on as he rings in the new year.

For Eichler, several projects stand out as great successes of 2018.

"As MLA, having the opportunity to represent the people of Lakeside for 15 years has been an honour and privilege. The start of engineering work for the Lake Manitoba and Lake St. Martin outlet project is one that is critical for the sustainability and profitability of the people of Lakeside. The beginning of repairs on Highway 415 connecting us to the neighbours of the west is also of vital importance," he said by email.

"As Minister, 2018 saw large-scale investments in the agri-processing sector, with companies like Simplot who believed in our government investing \$460 million dollars. The agri-processing and agri-food sector continues to be the economic engine to create good jobs and sustainability for

jobs now and into the future. Manitoba leads all provinces with total farm cash receipts, surpassed \$6.5 billion, which is a record."

Of course, 2018 also brought with it many hurdles to overcome.

"Unpredictable weather and climate change remains a challenge now and into the future as we work to adapt to our new reality. Severe dry conditions put our crops at risk and pasture land at risk, which creates real questions about return on investment when crops are damaged," he said.

"Through the year it turned wet, causing another set of challenges: getting the crop off and into the bins. The moisture caused significant damage to potatoes, onions and carrots and caused delays in getting the crop off. The significant moisture from the fall will be beneficial going into next year's crop."

Looking ahead, there is much to be optimistic about in 2019. Eichler points to the completion of Simplot as well as the completion of new hog

and poultry barns and grain elevators. He's also looking forward to the launch of Roquette and their new facility being built, along the forging forward with the government's protein strategy.

"We have to work further to ensure sustainability and predictability in the Ag sector, while at the same time increasing processing capacity. We also have to work with our Ag sector to ensure that producers are seeing a return on investment and that the capital they put at risk each and every day is returned to them," he said.

"We are looking to develop a long-term food strategy, not only for food waste but to ensure the best return on investment for all Manitobans."

As the holiday season wraps up, Eichler extends a message to fellow Manitobans from his Lakeside constituency and beyond.

"Whether it is infrastructure, health care, family services or agriculture, we are focused on making our province the most improved in the country.



Ralph Eichler
MLA Lakeside

That means we are working each and every day to ensure Manitobans have strong government services. The people of Lakeside deserve to have their health-care services maintained and made stronger," he said.

"We are focused on a great 2019, and ensuring that Manitobans know their government is working hard for them each and every day."

Garson amputee thanks War Amps for their support

Submitted

The War Amps 100th anniversary year-long celebration is coming to a close. What began as an association to assist war amputee veterans returning from the First World War, has expanded its programs over the years to support all amputees, including Jayden Doner, 22, of Garson.

Jayden was born a right leg amputee and grew up with The War Amps Child Amputee (CHAMP) Program, which provides financial assistance for artificial limbs and recreational devices. She also attended regional CHAMP seminars where "Champs" and their parents learn about the latest in artificial limbs, dealing with teasing and bullying and parenting an amputee child.

"I am so thankful for the support from The War Amps. The financial

assistance to cover the cost of expensive artificial legs has been invaluable and the seminars provided me with a strong support system," says Jayden. "I'm proud to be part of this Association and its 100-year legacy."

**"I'M PROUD TO
BE PART OF THIS
ASSOCIATION."**

Executive Director of the CHAMP Program, Danita Chisholm says, "Although the Association has developed many innovative and unique programs over the past 100 years, there is still much to do to ensure amputees like Jayden have the artificial limbs they need to lead full and active lives. With the public's support of the Key Tag and Address Label Service, our vital programs for amputees will carry on long into the future."

The War Amps receives no government grants and its programs are possible through public support of the Key Tag and Address Label Service.



TRIBUNE PHOTO SUBMITTED

Jayden Doner, 22, of Garson at a War Amps CHAMP Seminar in 2001 (left) and today (right).



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Active at any age

By Jennifer McFee

For a local nonagenarian, volunteerism might be one secret to his longevity.

At the age of 95, Ron Schott volunteers as often as possible at Rosewood Lodge.

"I used to volunteer from morning till night but the last couple years it's been more limited because, well, I'm 95 years old now. I don't do as much as I used to do, but I help out with any of their projects. For example, when they had their tea here, I sold tickets for their raffle," said Schott, a Stonewall Place resident.

"At one time, I used to push people down for meals and do anything that needed to be done. When there were concerts, I would help put the chairs out and help move them back afterwards. I was happy to help."

Born in Warren, Schott married a girl from Woodlands.

"I moved to Woodlands and lived there until the year 2000. Then we moved to Lions and we were there for six and a half years," said Schott, who has 12 grandchildren and seven great-grandchildren.

"My wife, Ruby, was panelled for Rosewood personal care, so we moved to Stonewall where we could be in the same building. There would be no need for me to put on winter clothes

to visit her, but she died before she ever got into Rosewood."

Although Ruby never made it to Rosewood Lodge, Schott was determined to keep connected with the personal care home.

"My wife was always with me, and after she died down here in Stonewall, there was nothing to do. So it was a great opportunity for me because I could volunteer at Rosewood without going outside. I would just walk over to the next other building," he said.

"So I would say it was a lifesaver for me because it gave me purpose to get up in the morning and gave me something to help the day pass faster."

For Schott, the adventure of life extends beyond local sites. About eight years ago, Schott fulfilled his childhood dream of visiting the Black Forest in Germany. He travelled with

his friend Eleanor.

"There were four things I dreamed about because I learned it in the geography book in Grade 5. The other three, my wife and I did that because it was all on this continent: Mexico, Peace River country and Stanley Park. The fourth one was the Black Forest. I dreamed about it when I was in Grade 5, but I never ever thought for a minute it would be possible," he said.

**"JUST IMAGINE
A MAN MY
AGE DOING
SOMETHING LIKE
THAT! IT WAS
GREAT."**



TRIBUNE PHOTO BY JO-ANNE PROCTER

Ron Schott, left, volunteered at the Stonewall & District Health Centre Ladies Auxiliary, the Rosewood Lodge Recreation Department and the Adult Day Program annual fall tea at the Stonewall Legion in November. Schott was selling Christmas draw tickets to Joie Van Dongen.

"I previously told my friend about the dream but she never said anything to me until shortly before we did it. When I got back, I just felt so good that I had fulfilled that dream after so many years. It was amazing."

Embarking on another unforgettable adventure, Eleanor took Schott rafting on the Winnipeg River last summer when he was 94. She invited him for a drive and told him to bring his bathing trunks, but she left the destination to his imagination.

"So we started out on Highway 67. I thought maybe she was going to Gimli or Winnipeg Beach, but once we passed Lockport bridge, I started to wonder. So we got to Pinawa and we went rafting on the Winnipeg River," he said.

"It's one of the biggest rivers we've got around here. It was so peaceful and relaxing just floating down the river — just imagine a man my age doing something like that! It was great."

When he's not busy volunteering or adventuring, Schott likes to read mysteries and plug away at jigsaw puzzles. He also has friends who continue to get him out and moving.

"I firmly believe that if I hadn't done what I've done since my wife died, I wouldn't be here today," he said.

"It gives you purpose. I've seen examples of people who retire and they sit down and do nothing — and they don't last that long. The main thing is to have a purpose in your life."

Rhia Rae Saj releases first album after walking away from a synch-licensing deal

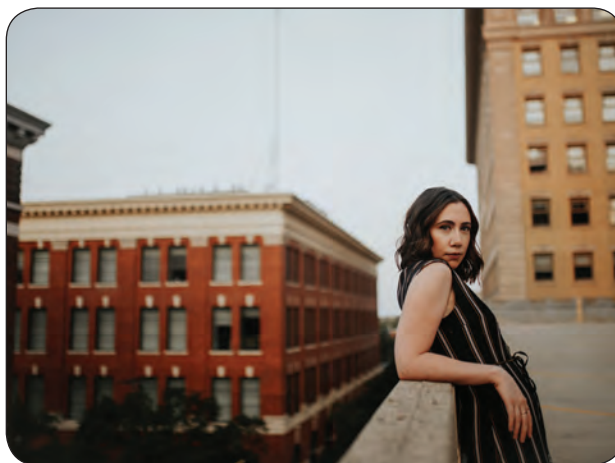
Album release party on Jan. 5 at The Park Theatre

By Raegan Hedley

Rhianna Rae Saj, a singer-songwriter from Stonewall, is no stranger to writing music and performing. She has received Manitoba Country Music Award nominations, been accepted into the Stingray Young Performers Program for the last eight consecutive years and has played over 60 shows in for intimate audiences, crowds at festivals and music industry folks.

But when she hits the stage at The Park Theatre on Jan. 5, 2019, the biggest difference is that she will be playing original music from her debut album, *Begin Again*.

Saj started making the reoccurring trip down to Tennessee in 2014 and began building her catalogue of songs, which resulted in her signing a



TRIBUNE PHOTO SUBMITTED

Rhianna Rae Saj is hosting an album release party on Jan. 5 at the Park Theatre.

synch-licensing deal with Indie Orange, based out of Nashville & Los Angeles. However, she was told her original songs were too slow, sad and not

a great fit for radio — and she was subsequently pushed in a direction she didn't want to go in until she decided it wasn't for her. She took a four-year hiatus from writing original music and waited until she was emotionally in a place where she felt it was right to go back into the studio to record.

For Saj, creating *Begin Again* was a process of learning to fall back in love with what she's always done through her lyrics: tell stories. You can find the story behind each track in her media kit for this reason.

"Some of the songs were dug out from the archives, while others I finished minutes before we laid down the bed tracks," says Saj. "I completely forgot about radio, being a massive success and just let the songs lead the way."

Her knack for blending her silky falsetto and country/folk strings with endearing stories about ghosts, monsters and gin comes through in this insightful album.

Rural family medicine residency program expands to IERHA

By Lindsey Enns

Selkirk will serve as one of the sites of a new family medicine residency program coming to the Interlake-Eastern Regional Health Authority (IERHA) next year.

The announcement was made at the Selkirk Regional Health Centre last Wednesday afternoon. The province says the new program aims to support physician training in rural Manitoba communities while encouraging doctor recruitment and retention efforts.

"Other regions hosting family medicine residency programs have been able to successfully recruit doctors from the trainee program to remain and practise in rural communities once their studies are complete," Health, Seniors and Active Living Minister Cameron Friesen stated in a release last week. "This formal residency program will allow medical residents to experience working in a rural community, helping them better understand the needs of rural patients and the variety of services they will be able to offer if they choose to practise in a rural community following their training."

Dr. Ian Alexander, who grew up in Clondeboy and now practices in Selkirk, says when he was going to medical school, a residency program like this one didn't exist in the Interlake so he had to train in Dauphin. He added family medicine is based on relationships and this program will allow medical students to be apart of the community they are training in.

"You have a built-in relationship with the community and it makes the hard work worthwhile to spend your efforts on people that you know," Alexander said following the announcement last Wednesday. "You don't get



TRIBUNE PHOTOS BY LINDSEY ENNS

Left photo, Interlake-Eastern Regional Health Authority CEO Ron Van Denakker, left, helps announce that Selkirk will serve as one of the sites of a new family medicine residency program coming to the Interlake region at the Selkirk Regional Health Centre last Wednesday afternoon.

that if you go to a new town so it's a great opportunity."

Alexander, who has also lent a hand in bringing the program to the Interlake region, said lots of communities have shown interest in hosting the program including Lac du Bonnet, Stonewall as well as Gimli.

"That has all been vital to making this happen is recognizing that it isn't just Selkirk, it's all of these communities," he said. "We know that this will help our recruitment and retention."

Residency is the last stage in training for doctors following graduation from medical school. Similar residency programs already exist in Prairie Mountain Health and Southern Health-Santé Sud. Approximately three-quarters of all graduates from those rural residency programs stay in Manitoba to practice. More than half of all graduates are still practicing in rural Manitoba 10 years later, said Dr. José François, head of the Department of Family Medicine at Max

Rady College of Medicine and medical director of the Winnipeg Regional Health Authority's family medicine program.

"Having a site for the family medicine residency program located in Selkirk provides an additional opportunity for learners to experience the unique needs of a rural setting while better serving the residents of the Interlake," François stated in a release last week.

The selection of medical residents for these training opportunities will be made through the Canadian Resident Matching Service (CaRMS) for positions beginning in July 2019.

Residents selected for the IERHA program will work with community residents to address a wide range of health-care needs from prevention to chronic disease management, and across the full continuum of care from community health to hospital-based care to palliative care.

IERHA CEO Ron Van Denakker said

they have been working on bringing this program to the Interlake for nearly four years.

"Training physicians locally leads to better recruitment and retention of these positions within the region," said Van Denakker, adding 17 towns and rural municipalities have shown their support for the program so far. "I want to thank the broader physician community in our region that has taken a strong leadership role in making this program a reality."

The program will also emphasize understanding the health-care needs of Indigenous populations in the region and the social determinants that influence health. Other training will include work on pre- and post-natal care, nutrition and sports medicine.

For more information on the family medicine residency program at the University of Manitoba, visit umanitoba.ca/faculties/health_sciences/medicine/units/family_medicine/postgrad/index.html.

Rise in smoking rates across Canada 'a wake up call,' lung association says

By Justin Luschinski

The Lung Association of Manitoba says knowledge and prevention is key when it comes combating rising smoking rates across Canada.

"The key is to prevent people from taking up smoking in the first place," said Neil Johnston, president and CEO of the Lung Association of Manitoba. "Usually, people start smoking in their early teens, so you have to start teaching them in Grade 4. We're working on a couple of projects to do just that."

Throughout the month of November, the Lung Association of Manitoba promotes Lung Month, a chance for Canadians to understand the importance of lung health. But a recent

Statistics Canada survey revealed that the amount of Canadian smokers has increased, a sign that smoking prevention programs are no longer working.

According to a recent survey by Statistics Canada, the number of Canadian smokers aged 25 and up hit 16 per cent of the population in 2017, up from 13 per cent two years earlier.

Health Canada recently launched a review of its Federal Tobacco Control Strategy (FTCS). The FTCS spearheaded a number of initiatives between 2001 and 2017, including putting warning labels on cigarette packs and creating a toll-free "quit-line" to give information on how to quit smoking.

Johnston says the fight against tobacco smoke isn't over.

"That's a major concern for us. For many years, smoking rates have been dropping, now all of a sudden we have an uptick or a plateau," Johnston said. "This survey is a wake up call that we're not quite done with cigarettes."

Johnston added that the Lung Association is concerned about E-cigarettes and cannabis smoke, as they might be a gateway for non-smokers to start trying tobacco products. Many vaping products contain nicotine, the same addictive chemical found in cigarettes, and they should only be used by existing smokers to help them quit.

Adrian Powell of Selkirk took up vaping to quit cigarettes and says vap-

ing is a viable alternative to smoking tobacco.

"I think everyone gets that smoking is dangerous, and I wouldn't be surprised if some study came out saying that (vaping) is bad for you," Powell said. "Honestly, everything can be bad for you if you do it too much."

Smoking is the leading cause of premature death in Canada, according to Statistics Canada. Recent studies have estimated that 21 per cent of all deaths over the past decade are due to smoking.

For more information about lung health, visit mb.lung.ca.

As cyber wars erupt, Canada must protect itself

By Eamonn Brosnan, Research Associate, Frontier Centre for Public Policy

If Canada is serious about standing as a sovereign entity, it would make sense to support our tech companies to ensure our security

The United States is pressuring Canada to block telecommunications companies from using equipment provided by Chinese company Huawei when building our 5G cellular network for smartphones.

The U.S. logic is along the lines of "We don't have actual evidence that China is using Huawei's products to spy on us, but we suspect that they have in the past and will in the future." In court, that wouldn't be sufficient to be allowed as evidence, much less get a conviction.

But this isn't a criminal court. This is about national security and corporate spying. And a cyber war is being waged that's similar to the Cold War.

The treasures we're fighting over?

Rare commodities in a world that's rapidly being depleted of natural resources, wealth, and political favours and control.

Russia has been suspected of Internet-based attacks in a variety of nations and has become increasingly bold using this strategy.

After taking the Ukrainian power grid down in December 2015, Russian hackers, from the state-sponsored group known as Dragonfly, seized control of

critical computers in the U.S. power grid in the spring of 2016.

Groups working for Chinese intelligence have apparently hacked everything from natural resource companies to the Pentagon. It's believed they've directed their activities toward either hacking companies that control access to critical natural resources or high-technology equipment, civilian or military.

The Chinese government maintains firm control over their companies, government-owned or private, and these companies are required to co-operate with any national intelligence activities. Huawei and several other Chinese-based suppliers have been caught embedding backdoor access in various digital equipment. It's not known whether these security lapses were intentional or leftover access for testing that was forgotten and not removed before releasing them to production.

Either it was intentional or it was sloppy. It was definitely not secure.

In truth, the U.S. has been doing all of these things, too. Many U.S.-based hardware and software suppliers have National Security Agency-directed backdoors installed. This had been heavily documented by Edward Snowden.

This NSA program, PRISM, has alleged been used to intercept all manner of communications. There are seri-

ous concerns about how much this is used domestically, without warrants and without judicial oversight.

In 2010, a malicious worm (it sends copies of itself out to infect other machines networked with the infected machine) called the Stuxnet attacked and destroyed a number of centrifuge machines being used by the Iranians in their nuclear weapons program. The worm was carefully crafted to target these machines and the suspicion is that it was produced by a joint operation of American and Israeli intelligence. It set the Iranian nuclear weapons program back due to the loss of the centrifuges.

This isn't about ethics or moral outrage. Depending upon where you live, you might agree with some of these cybernetic attacks and feel outraged at others. However, we don't need to determine who's right or wrong - this is simply about being pragmatic.

China, though a trade partner, is also a competitor that seeks every advantage when dealing with us. The Chinese have engaged in corporate espionage, stealing technology where they can.

It doesn't need to be proven beyond a reasonable doubt that Huawei will install backdoors for Chinese intelligence. This isn't a criminal court trial. This is national security and suspicion is all that's needed in the murky world of spies.

If Canada is serious about standing as a sovereign entity, it would make



Eamonn Brosnan

sense to support our tech companies.

Blackberry, a Canadian-based smartphone maker, has traditionally had the best security of any phone maker. Nortel was a major player in network infrastructure before its financial collapse in the early 2000s. Maybe Canada should take a page out of the playbook of so many other nations and start supporting and encouraging our companies. Companies like these are our only real way to ensure our security and independence from the prying eyes of foreign intelligence operations.

It's high time we started putting the interests and security of Canadian citizens, businesses and government first, and stop worrying about offending a foreign power's sensibilities.

Eamonn Brosnan is a research associate with Frontier Centre for Public Policy.

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AQUAMAN

Coarse Language; Violence **PG**

FRI-SAT-SUN-MON JAN 4-5-6-7 (CLOSED TUES) OPEN WED-THURS JAN 9 & 10

BUMBLEBEE

Hailee Steinfeld John Cena

Coarse Language; Violence **PG**

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Will Ferrell John C. Reilly

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Coarse Language; Violence **PG**

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Tribune



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Lana Meier



SALES
Brett Mitchell



REPORTER/PHOTOGRAPHER
Jennifer McFee



SALES
Stephanie Oland Duncan



SPORTS EDITOR
Brian Bowman



DISTRIBUTION
Christy Brown



PRODUCTION
Nicole Kapusta



ADMINISTRATION
Jo-Anne Procter



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Corrie Sargent



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Offerings of peace and love



TRIBUNE PHOTO BY JO-ANNE PROCTER

Grief doesn't choose a season and the holiday season can be a more difficult time than others. Stonewall's Memory Garden, located south of 3rd Ave. South between 1st Street West and 2nd Street West is a place to visit and cherish memories of loved ones who have passed away any time of the year.

Last week a tree was decorated with a note attached offering butterflies in memory of a loved one and read: "Hugs to all those grieving the loss of a loved one. The holiday season is a difficult time to go through. A wish for peacefulness in everyone's hearts, cherishing the love and memories of our loved ones. Whenever you've been touched by love, a heartprint lingers." This message was written by an anonymous visitor in loving memory of their dear son.

The Memory garden was developed by The Town of Stonewall in co-operation with the Stonewall Communities in Bloom Committee and the South Interlake Garden Club.

**ADVERTISING OR PRINT
CONTACT INFORMATION**

Stephanie Duncan 204-461-4771
ads@stonewallteulontribune.ca

PHONE 204-467-5836
FAX 204-467-2679

> EMAIL US

Letters to the Editor: letters@stonewallteulontribune.ca
Classified: classifieds@stonewallteulontribune.ca
News: news@stonewallteulontribune.ca
Print: igrphic@mymts.net

OUR EDITORIAL STAFF

Jennifer McFee 204-461-5352
jen@stonewallteulontribune.ca

Brian Bowman Sports Reporter
sports@stonewallteulontribune.ca

ADDRESS

**74 Patterson Drive,
Stonewall Industrial Park
Box 39, Stonewall, MB R0C 2Z0**

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We can't afford Trudeau

By James Bezan
MP Selkirk-Interlake-Eastman

For over a decade, I've had the tremendous honour to serve as your Member of Parliament for Selkirk-Interlake-Eastman. Since my very first day on the job, my top priority has been to make life better for the hard-working communities and families in our riding.

From saving our Coast Guard stations to building the outlets for Lake Manitoba and Lake St. Martin, I work every day to make sure our communities can thrive. It's an honour and a privilege to work for and represent the great people of Selkirk-Interlake-Eastman. But as I crisscross our riding, from Gypsumville to Stonewall to Pinawa, I see that our Prime Minister Justin Trudeau's government is making life harder than ever for rural families.

Trudeau thinks disgraceful policies like the carbon tax, steel tariffs and the new NAFTA will somehow help

Canadians. And his fellow Liberals might agree. But for all of us who live in the real world, we know that Trudeau's policies mean hard-working families have less money in their bank accounts.

It's easy to praise the carbon tax when your commute is a five-minute downtown bike ride. But when driving to work, home, or the doctor's office is the only option, the carbon tax starts to take a real toll. In an insult to Canadian voters, Trudeau has tried to sell this tax grab as a climate plan, and promised Canadians that this tax will somehow leave them with more money. Only a Liberal would try and pitch a tax as a way for families to save money.

As Trudeau shrinks the budgets of hard-working Canadians with his carbon tax grab, he's simultaneously making life harder for our crucial local businesses. Through his tariffs on steel, Trudeau is making our cars and tractors more expensive, while mak-

ing steel production less productive. Companies like Vidor Machine, Black Cat and Kinetic Machine are essential to the region, and Trudeau's tariffs are making their futures less viable.

Trudeau promised these tariffs would strengthen Canada's stance in the NAFTA-renegotiations. But now we have a weak new deal, and no sign of when, or if, these tariffs would be lifted. Just like when Trudeau gave up the sovereignty of our dairy industry, with the United States Mexico Canada Agreement (USMCA) trade deal he's giving up Canadian sovereignty to Donald Trump.

With this series of Liberal failures, I've spent the past year working to clean up Trudeau's messes. With each punch the Liberals have thrown at our rural lifestyles, our Conservative team has fought to protect hard-working rural communities. We're unveiling a comprehensive environmental plan that will help, not hurt, rural families. We're working with the steel and



James Bezan
MP Selkirk-Interlake-Eastman

manufacturing sectors to find a solution to the tariffs that is in their best interests. And we're holding Trudeau to account for his failure to stand up for Canadian trade when it mattered most.

Conservation trust now accepting project proposals

Partnership to help protect and preserve nature

Submitted by the Province

The Manitoba government is looking for projects that conserve and enhance natural infrastructure and support the Made-in-Manitoba Climate and Green Plan, Sustainable Development Minister Rochelle Squires announced this past Monday.

"When we launched the Conservation Trust, we envisioned a partnership that would support projects aimed at preserving nature and addressing climate change," Squires said. "One of the key pillars of our climate and green plan is a commit-

ment to nature, and the Conservation Trust signals our continued efforts to protect the environment."

The Conservation Trust was announced in Budget 2018 and will be permanently endowed so it can support and inspire important conservation projects for generations. When fully capitalized, the fund is expected to generate about \$5 million a year and will be managed by The Winnipeg Foundation, with projects administered, tracked and evaluated by the Manitoba Habitat Heritage Corporation (MHHC). The agreement was signed today,

with an initial \$28-million contribution made towards the \$102-million trust.

"This \$28-million contribution is a welcome first step toward the goal of building a major trust, supporting important conservation projects in our province," said Rick Frost, CEO of The Winnipeg Foundation.

The minister noted the goal is to work with community groups and non-government organizations to increase the effectiveness of Manitoba's efforts, and have the most impact at the grassroots level.

"We continue to take steps like this on the path to making Manitoba the cleanest, greenest, most climate-resilient province in the country," Squires said. "We look forward to supporting projects that will make a difference in Manitoba for many

years to come."

"The Conservation Trust will offer new funding for Manitoba conservation organizations and that will translate into new projects and additional environmental benefits for Manitobans," said Tim Sopuck, chief executive officer of the Manitoba Habitat Heritage Corporation. "The Conservation Trust is a unique and enduring approach to funding conservation and we are excited by the opportunity to ensure the best possible environmental outcomes."

More information on the Conservation Trust and the proposal process is available on the MHHC website at www.mhhc.mb.ca. Letters of intent must be submitted by Jan. 15, 2019, to be considered in the first round of proposals.

getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL

Life lessons can be learned while fishing

Happy New Year my friends!

2018 will have passed by the time you read this week's gathering of fishing stories our fellow anglers have shared. If you had a great time on New Years, your fishing brothers and sisters are happy for you, however if you need a little "pick-me-up" perhaps the following tales will do the trick!

The sun was just peeking out from behind some thin clouds as I pulled up to Shoal Lake west of Teulon. Not far out on the ice, I saw two men breaking down their portable ice shack and packing it onto their sleigh along with other fishing gear. I left "old red", put my sunglasses on to shade my eyes against the sun's glare coming off the blindingly white snowpack and walked out onto the ice in the pleasantly warm afternoon to meet them. Coming within shouting distance, I called out, "Is this lake one of your favorite places to fish?" "It sure is getting to be," the taller strongly built chap responded as we came up to each other. "Hi, I'm Arnie Weidl, I write the fishing column in the *Express*, the *Tribune* and the *Selkirk Record*," I said.

"I'm Brian Letkeman and this is my son Hunter," the big guy exclaimed, shaking my hand. "We love coming here because you're always assured of catching good quality master sized perch." "Yeah," I said, "I was talking to Jack Ogilvie who has the Erinview Campground here and he said that even though the water level is low, like everywhere else, the giant perch are still here in great numbers." As we were talking, Hunter proudly held up a sample perch of their catch and I wasted no time in taking a picture. I hope you're impressed!

A day or two before I met Brian and

Hunter at Shoal I found a real character, Winnipegger, Chris Reed, on the Red River downstream of Selkirk. He was of average height and well proportioned but you just couldn't be around him and not be swept up in his fun-loving, joking antics. Somewhere during his non-stop fishing stories, he lit on a time last New Years' day, when his wife Melanie said he could go fishing. She said she was coming too because he had a habit of meeting friends and forgetting when to come home. Well, there they were in their portable shack and as usual Chris was on his cell phone but nature called and he put it on Mel's lap and left the tent. No sooner was she alone that Chris's rod bent with a strike and Mel, strictly by reflex, jumped up to grab the rod spilling Chris's phone down the ice hole! When they got back to town, Mel feeling for her "hubby" bought him a new phone with a strap that went around the neck and a case that floated! There are times when being a thoughtful Samaritan can become quite thankless.

Lately, I had the pleasure of meeting a very classy guy, Brad Wiebe from Winkler. He was tall and thin with prominent eyebrows and chin. His hair was straight and black streaked with grey. Yet, he seemed thoughtful and caring with an amusing subtle sense of humor as he gave this story. It seems he was fishing last summer just off the shore in hip waders at Stephenfield Lake by Carmen. It was a warm, windy sunny day and he was casting and reeling in near the boat launch pad. A boater came in, beached his boat and retrieved his truck-trailer rig backing it into the water of the launch pad. Brad casually observed the exercise as he continued working his brand new rod until it became clear



TRIBUNE PHOTO SUBMITTED

Hunter (what a great guys' name!) Letkeman of Winnipeg with one of the huge perch he caught from Shoal Lake west of Teulon.

the boater was having a hard time guiding the boat onto the trailer and hooking up the bow strap. He rested his new toy on the beach and waded to the back of the guy's boat to help guide it against the wind so the boater could get the winch strap on.

No sooner were they making progress then Brad saw his rod jerk toward the water. A fish! He let go of the boat and strode heavily through the water for his rod. He grabbed it and wedged the handle in the branches of a fallen log. Turning, he waded back to the boat and continued guiding it. The boat owner by now was at the front of

the trailer winching up. Off to his side Brad heard a "swish"! He turned to see his new pride and joy skipping away along the top of the water. Again, he left the boat and hauled one leg after the other in the resisting water after his rod. With a flip of its handle it was lost, disappeared under water just as the boater with his boat on the trailer, gunned his truck taking off without so much as a thank you!

Brad, old buddy, even if that guy didn't take the time to thank you, we do and good fishing in the years to come! Till next week, bye for now!

South Interlake 55 Plus OPEN HOUSE

Tuesday, January 8th
9:30 am to 12:30 pm

Wednesday, January 9th
11:30 am to 2:30 pm

Odd Fellows Hall
374 1st Street West, Stonewall

MEMBERSHIP RENEWAL TIME!
Join us for a cup of coffee & meet the Board
Members, Purchase your Membership
and Discover New Programs!

Ring It In!



Another year is dropping in, and we can't think of a better place to spend it than right here with wonderful friends and neighbors like you. Thank you for your support in 2018. We wish you all the best: **Happy New Year!**



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Sharp decline in earnings could see loss of distinctive Canadian voice

By Patricia Barrett

Canadian writers and other creators can't be expected to continue to work for free was the central message relayed to a federal committee that's reviewing remuneration models in the context of the Copyright Act.

The Standing Committee on Canadian Heritage has heard from over 100 witnesses, including writers, publishers, directors and representatives from associations such as the Directors Guild of Canada, the Writers' Union of Canada, the Canadian Publishers' Council and the Professional Writers Association of Canada (PWAC), and will be releasing a report next year.

The federal government is obliged to review the Copyright Act every five years to ensure creators are fairly compensated for their work while still allowing the public access to content. Since the Act was re-vamped in 2012, creators say their earnings have drastically declined.

Educational institutions (universities, libraries, k-12 schools) are the biggest drain on creators' compensation, according to the testimony of dozens of witnesses. Institutions take advantage of the Fair Dealing clause in the Act to "illegally" copy works on a "large scale" and in a "systematic" way without paying educational royalties to the creator. Digital pirating is also implicated in the theft of intellectual property.

Matlock author Doreen Pendgracs, who penned *Chocolatour: A Quest for the World's Best Chocolate* and is vice president of PWAC, testified before the committee Nov. 22.

"If an educational institution can pay Manitoba Hydro or whomever else they get service from, why is it they feel ethically within their rights to not pay the creators of the intellectual property they're using in their course packs?" Pendgracs told the Express after she returned from Ottawa. "And that's usually where we're finding the problem existing, in the course packs."

Theft of intellectual property poses a danger to Canadian culture, she said. If writers can't make a living from writing and pull out of the business altogether, Canada stands to lose its distinctive voice and unique perspective.

Pendgracs' share of copying revenue has significantly declined over the past five years, she said, and her earnings from speaking engagements about chocolate are the mainstay of her income.

"I used to receive as much as \$1,200 a year as royalties from Access Copyright for the copying of my work and my share of the pool of copying funds received from educational institutions and other companies that were copying intellectual property for their use," said Pendgracs, who has written a number of books and articles. "This year I only got about \$200."

Statistics Canada data from 2015 pegs the low-income threshold for a single person at \$22,133 (net income). A writer's average net income is \$9,400, according to a survey undertaken by the Writer's Union of Canada, which represents 2,100 professional writers.

That puts writers far below the poverty line. If they don't have another job, savings or a spouse, they'll essentially be on welfare, said Pendgracs.



TRIBUNE PHOTO BY BARBARA LEHTINIEMI OF PWAC
Doreen Pendgracs, left, with Canadian Heritage Committee member Randy Boissonnault in Ottawa Nov. 22, 2018.

Writer's Union chair Eric Enno Tamm said modifications to the Copyright Act under the then-Conservative government have resulted in a 27 per cent decline in incomes over the past three years, and copyright is "core" to how creators earn a living. The changes have allowed businesses, educators and libraries "greater use" of copyrighted material in both print and digital form.

"In 2012, Canada's authors and publishers were asked by Parliament to trust and respect a new understanding – a new model – around educational copying and fair dealing," Tamm told the committee. "What followed was anything but fair for writers. It's been a disaster, and our members have felt it first-hand."

A "conservative" estimate of the number of uncompensated pages being copied annually in the Canadian education system is 600 million, say writing advocates who submitted follow-up documentation to the committee. They derived that estimate from data reviewed by the Copyright Board of Canada and the Federal Court of Canada.

Liberal MP Randy Boissonnault (Edmonton Centre), who sits on the Heritage committee, questioned the practice of educational institutions copying a certain percentage of a particular work and thinking that fair. He quoted from federal court justice Michael Phelan, who in 2017 said: "There is no explanation why 10 per cent or a single article or

any other limitation is fair. Qualitatively, the parts copied can be the core of an author's work, even to the extent of 100 per cent of the work."

Pendgracs said even though educational institutions have seen a decline in government funding support and are feeling financial pressure, it doesn't entitle them to skimp on paying for the intellectual property they use.

"They're looking for ways to cut their overhead and they're decided that the creative community is vulnerable because we don't have any power," she said. "We can't turn off their electricity, right? So they're not afraid of us and that's why they've chosen to discount our rights."

Digital piracy is also having a major effect on the earnings of writers, publishers and other creators. Pendgracs said it's almost impossible for a writer to receive compensation for the misuse or theft of their intellectual property. Going after the thieves takes a lot of time and energy. It also costs money if authors and publishers decide to sue.

"You have to first of all contact the [perpetrator] and if they refuse to compensate you for what they've used – and most times they will refuse – then you have to contact their Internet service provider and demand the material be taken down from that website," said Pendgracs. "That's about the only thing we can do to protect the misuse and pirating of our material."

The committee was offered a number of suggestions to protect creators and their property, including establishing robust rules to curtail "proliferating" digital piracy, requiring users of any work to obtain permission first before copying and implementing a set of statutory damages to ease the financial burden of violated creators who decide to take legal action.

"Any copyright owner whose work is infringed should be entitled to damages sufficiently high to be a deterrent, whether the infringer had a commercial or non-commercial purpose or whether any other copyright owner has elected to receive damages from the same defendant," said William Harnum of the Canadian Copyright Institute, testifying before the committee.

Pendgracs said she's encouraged by the Liberal government's review of copyright and appreciates the comments made by Boissonnault as he "really did his homework" and understands that the creative community is being mistreated.

"We're grateful to have friends like that in Parliament who do understand the challenges of being an independent freelance creator in today's world," she said.

The committee has not indicated when it's expected to release its report.

Activities for Seniors in Your Area

January 2019 Calendar of Events!

Activity Centre • 374 – 1st Street West
For newsletters, visit www.si55plus.org

Clip & Save

JANUARY 2019 EVENTS:	
Jan 2 Centre Re-Opens for Programs!	Jan 15 Presentation: Disability Tax Credit & Income Tax Programs @ 1:30 pm
Jan 7 Cribbage Tournament @ 1:00 pm – Individual Play	Jan 17 Casino Trip – McPhillip's Street Station
Jan 7 Active Wellness Club Classes Begin	Jan 25 Quilter's Corner @ 10:30 am
Jan 8 Open House 9:30 am – 12:30 pm	Jan 31 Presentation: Introduction to Mindfulness @ 1:00 pm
Jan 9 Open House 11:30 am – 2:30 pm	FEBRUARY 2019
Jan 9 Luncheon @ Noon – no tickets required	Feb 4 Cribbage Tournament @ 1:00 pm – Individual Play
Jan 10 Shopping Trip – Polo Park @ 9:30 am	Feb 5 Bus Trip – Fire Fighters Museum
Jan 10 Tai Chi Class Begins 9:30-10:30 am	Feb 13 Luncheon @ Noon – Heart & Stroke Awareness
Jan 11 Quilter's Corner @ 10:30 am	



OPEN HOUSE

Tues, January 8th – 9:30 am to 12:30 pm
Wed, January 9th – 11:30 am – 2:30 pm

MEMBERSHIP RENEWAL TIME!
Join us for a cup of coffee & meet the Board members,
Purchase your Membership and Discover New Programs!
Associate Memberships are Available!





Thursday, January 10th @ 1:30 pm

New Format – Door Prize – 50/50 Draw



Cribbage Tournaments:

Individual Play
Mondays, January 7 & February 4
1:00 pm
No Advance Registration Required!

Active Wellness Club

Winter Session Begins January 7th
Classes Available: Body Blast – Yoga
Yoga Fusion – Step & Strength – Pilates
Call to Register or for More Information!

BUS TRIPS



Jan 10 – Shopping Trip to Polo Park
Jan 17 – McPhillip's Street Casino
February 5 – Fire Fighters Museum
Registration Required!

NEW! Tai Chi



Thursdays @ 9:30 am
January 10 – February 28 (8 weeks)
Register by Jan 8th
Call 55 Plus for More Information & to Register

Join Us for these Important Presentations!

Disability Tax Credit & Community Volunteer Income Tax Program

Tuesday, January 15 @ 1:30 pm

Introduction to Mindfulness

Thursday, January 31 @ 1:00 pm
Odd Fellows Hall, 374 1st Street West, Stonewall
All are Welcome - Refreshments




For more information call 204-467-2582

South Interlake Seniors Resource-Stonewall

144-622 Centre Avenue-Lions Manor, Entrance 4.

SUPPORT SERVICES FOR SENIORS

- Driver/Escort Program • Equipment Lending Service • Meals on Wheels
- Lifeline • ERIK and ICE Programs • Handy Helper/Housekeeping Program
- Friendly Visiting and Telecheck (phone buddy) • Home Hair Care Service
- Resource information/Form Assistance

www.sisrc.ca

The South Interlake Seniors Resource Council offers services for seniors and those with disabilities to help them to remain independent and safe in their homes and communities. With the help of volunteers and our fee for service workers, we provide these services to Stonewall, the RM's of Rosser, Woodlands and the southern portion of Rockwood.

Support for Seniors in Group Living program which is a part of South Interlake Seniors Resource would like to take this time to say **THANK YOU** to THE INTERLAKE COMMUNITY FOUNDATION for their generous support. The grant that your organization so graciously approved has been put to good use – by purchasing a computer. A new computer will assist in maintaining required records and gathering resource information. Which will enable us to provide support options, daily activities, and social interaction that will enrich the lives of the residents of Crocus Manor.

Eating Alone?

Join us for a once-a-month
"POTLUCK, PLEASURE AND FELLOWSHIP"
Tuesday, January 15th @ 5:00
Church of the Ascension Parish
Hall, 435 – 1st Ave. N.
For transportation, please call
204-467-2234 or 204-467-2207

IT'S THE NEW YEAR AND THE PERFECT TIME TO THINK ABOUT BEING A HEALTHIER YOU!!!

The two best things that you can do for your body and mind are exercise and nutrition. Exercise doesn't have to involve running a marathon! Walking is one of the best forms of exercise that you can do. It's a gentle, low-impact form of exercise that's easy, free and suitable for people of all ages and most abilities.

- It strengthens your heart
- It lowers disease risk
- It keeps weight in check
- It can help prevent dementia ... and osteoporosis, too
- It boosts your vitamin D levels
- It gives you energy and so very important
- It makes you happy!!!!



For more information call 204-467-2719

Teulon & District Seniors Resource Council Inc.

Providing a Helping Hand

Find us at 54 Main St,
Teulon 204-886-2570

PROVIDING FREE SERVICES TO SENIORS:

- PHONE BUDDY • FRIENDLY VISITOR
- DRIVER ESCORT • INFORMATION/FORM ASSISTANCE • ADOPT A GRANDPARENT
- DROP IN CENTRE AREA
- COMMUNITY VOLUNTEER INCOME TAX PROGRAM
- MEDICAL EQUIPMENT LOANS

REGULAR OFFICE HOURS: 8:30AM-4:30PM

St. Laurent Seniors Resource Council Inc.

"A HELPING HAND WHEN YOU NEED IT"

55+ and people with disabilities

Offering support services within the RM of St. Laurent and surrounding areas

St. Laurent Community Health Centre

51 Parish Lane, 204-646-2504 ext.4

Seniors Resource Coordinator, Darlene McKay

Footcare clinic, Community Volunteer Income Tax Program, Exercise Program, Monthly Seniors Birthday Club, Mobility Aids, (E.R.I.K.) Emergency Response Information Kit, Victoria Lifeline, Volunteers for different services such as Friendly Visits and Telecheck, resource Information, housekeeping, transportation, mobility aid equipment for loan. Fundraising activities throughout the year.

Monthly Birthday Bingo Club and whist tournament last Thursday of each month.

"Celebrating Seniors in Action"

ISD continues to prepare today's learner for tomorrow

By Margaret Ward, superintendent and Tyler Moran, assistant superintendent

The 2018 calendar year provided the Interlake School Division with plenty of opportunities to continue our pursuit of preparing today's learners for tomorrow. The time of transition between the conclusion of ISD's 2014-2018 Strategic Plan in June and the rollout of the 2018-2022 Continuous Improvement Plan has allowed us to celebrate our successes, acknowledge our challenges, and prepare for the next steps we will take together as a school community.

The voice of students, staff, and community has shaped our plan for continuous improvement. Year one focus areas of numeracy at Kindergarten – Grade 8 and wellness at Grades 9 – 12 provide a targeted approach to address the needs of our students. The early work in these focus areas features school plans with locally developed goals and strategies, professional development for teachers across grades and schools, and community-based sessions for parents and interested members of the public. These efforts are carried out in pursuit of a common purpose; providing high quality learning experiences for students.

We are excited to tell the story of our schools at every turn. Our youngest learners have been introduced to Junior Kindergarten this fall. Our elementary students are deeply engaged in literacy and numeracy in exciting and innovative ways. Our high school students graduate at a rate far exceeding Provincial averages with an experience rich in curricular, extracurricular, and community-based learning opportunities.

Our schools are vibrant places at the heart of community and a visit to any of the ISD's 23 school sites provide evidence of learning that is inclusive, respectful of diversity, and ever-changing. This is all made possible by the care, cooperation, and focus of the ISD team. The Maintenance, Technology, and Transportation Departments, the teachers, support staff and administration in our schools and divisional buildings, and the volunteers from our communities all contribute to our success. We are truly thankful for the partners, colleagues, and friends who made 2018 a success.

Our communities send nearly 3000 students to ISD schools each day and we are privileged for the opportunity to support each student in realizing their full potential as contributing and responsible members of society. We

INTERLAKE SCHOOL DIVISION

PREPARING TODAY'S LEARNER FOR TOMORROW

Our plan for continuous improvement will provide high-quality experiences for students through intentional teaching and learning for literacy, numeracy, and wellness.

YEAR 1
FOCUS AREA:
KINDERGARTEN - GRADE 8

NUMERACY

Students need high-quality learning experiences that develop creative thinking, problem-solving skills, data analysis skills, computational skills, and co-operative interaction.

Staff need high-quality learning experiences focused on conceptual understanding in mathematics for themselves and their students.

Communities need information regarding our strategies for numeracy instruction and the importance of community in developing numerate citizens.

YEAR 1
FOCUS AREA:
GRADE 9 - GRADE 12

WELLNESS

Students need to feel safe and welcome at school and to be equipped with tools and motivation to achieve their full potential.

Staff need to develop an understanding of wellness and the role of students, staff and community in creating healthy learning environments.

Communities need respectful and trusting relationships among schools, families, and community partners in the shared responsibility of supporting our students.

believe that contributing and responsible members of society are literate, numerate, and committed to the wellness of themselves and others. This is the focus that will drive our work in 2019.

The Class of 2018 graduated in June and are contributing as our communities grow and thrive. We are excited to continue our work with the future public in 2019. From the students, staff, and communities of the Interlake School Division, we look forward to learning with you in 2019.

Please visit <https://www.interlakesd.ca/> to learn more about the Interlake School Division.

COMMENTS FROM THE CHAIR

By Fran Frederickson, ISD chair and Alan Campbell, ISD vice chair

As we reflect on the year that was 2018 and anticipate the opportunities and challenges that lie ahead in 2019, the Board of Trustees of Interlake School Division first want to say thank you. Thank you to all of our community members who, through volunteerism, participation in school/community events and through exercising your democratic right on Oct.

24 in trustee elections, continue to demonstrate your support for locally representative public education in our communities.

Trustee nominations and elections in our Interlake communities this fall were an important part of a province-wide pre-cursor to the upcoming provincial review on K-12 education – slated to start early in the new year. Both former and current Ministers of Education Wishart and Goertzen have made it clear that amalgamation of school boards and removal of local taxing authority are on the table along with any number of other options to change the delivery of public education in our province.

The ISD Board of Trustees, along with all other member boards of the Manitoba School Boards Association (MSBA) will be engaging with all citizens, education partners and municipal governments to ensure a solid understanding of this important fact: there is no student, teacher, family, tax-payer or community that would benefit from a reduction in the number or authority of school boards in Manitoba. Quite the contrary, the potential harm that would result, especially in rural Manitoba communities is very concerning.

Interlake residents need look no further than the programming being resourced and protected by their locally elected school board in our own ISD schools, in order to understand exactly what is at stake if the voice of local communities were to be removed from the foundation of public education in Manitoba. In the last few years alone, the ISD Board has heard from local communities and followed through on millions of dollars in funding for:

- New science labs in Teulon Collegiate and Warren Collegiate.
- New Junior Kindergarten programming that has been embraced by over 100 families from every community in our division.
- An entirely self-funded fibre-optic network ensuring ISD students have access to high-speed internet connectivity and the limitless educational resources that flow from it.

ISD and MSBA are partnering on a "Local Voices Local Choices" campaign to help Manitobans understand how crucial their own voice is in the delivery of public education. Please visit [interlakesd.ca](https://www.interlakesd.ca/) for more information.

Researcher finds Lake Winnipeg commercial fishers portrayed as villains

By Patricia Barrett

A PhD candidate in the University of Manitoba's department of Anthropology says there seems to be a movement afoot to downplay the economic and social viability of Manitoba's commercial fishery and to vilify its fishers.

Solmundur Palsson, who grew up in Iceland, is halfway through completing his thesis. It examines how the Lake Winnipeg commercial fishery works and how it's viewed.

Palsson interviewed and observed about 30 Lake Winnipeg fishers over the course of three years. He held a consultation and feedback session with fishers and the public on Dec. 12 at the New Iceland Heritage Museum where he shared some of his major findings.

He said he found a huge incongruity in the way organizations such as the Manitoba Wildlife Federation and individuals such as University of Winnipeg professor Scott Forbes speak about fish stocks. When commercial fishers are the subject, fish stocks – notably walleye – have either collapsed or are collapsing. When anglers are the subject, fish stocks are plentiful.

"I have to thank them [Manitoba Wildlife Federation and Scott Forbes] for opening space to talk about this in my thesis because it is interesting," said Palsson. "They say Manitoba and Lake Winnipeg have become this destination for walleye and catfish, but still somehow they say Lake Winnipeg is the worst-managed lake in the world. That doesn't make sense."

Fishers contend Forbes through various media outlets, including angling magazines, has spread misleading information about stock status. And the MWF, which advocates for anglers and hunters and which has worked with Forbes, has followed suit. It claims species such as sauger have been wiped out or are on the verge of collapsing.

Palsson said Forbes' diatribes against the commercial fishery is "not how you do science. It might sound like I have something against him, but his articles are really misleading. And especially the Wildlife Federation, they're trying to paint the fishery in a completely unfair light."

The MWF told the *Express* it recently had Forbes look at delivery data provided by the province (the province gets the data from the Freshwater Fish Marketing Corporation and for 2017, some open market dealers) and come up with an assessment. The MWF then publicly claimed that walleye stocks are on the verge of collapsing.



TRIBUNE PHOTO BY KRIS ISFELD
Commercial fisher Kris Isfeld pulled up this walleye in his net mid-December. It had been hooked by an angler and tossed back into the lake. The fish suffered serious wounds and developed an infection around its mouth, resulting in its inability to feed properly.

ing and sauger stocks have already been wiped out. Commercial fishers said it's untrue as are Forbes' Twitter claims (in October) about goldeye having met its maker.

Forbes will write about sustainability and criticize the province for its lack of data on fish stocks, said Palsson, yet he'll use the [delivery] data the province shares with him to call down commercial fishers.

Palsson himself analyzed the delivery data and said that without context, it can be interpreted in a myriad of ways. But the one thing the data do not show is how much fish is actually in the lake.

Delivery data from 2008 to 2010, for example, show a decline. Fluctuations in fish populations, prices offered by FFMC or numbers of fishers working in a given year may account for the drop. The flood of 2011 also had an impact on fish habitat and subsequent deliveries.

Fisher and fish dealer Murray Olafson, who operates the Riverton-based Canadian Fish Guys, agreed, saying delivery data doesn't reflect stock status.

"If you go back 20 years in Freshwater's records, what you see is the data collected on the amount of fish caught. What the data doesn't tell you is the price point of the fish," said Olafson. "And I've heard this before that there's no sauger, then nine or 10 years ago Freshwater decided to raise the prices of sauger to almost medium pickerel, and they got a huge amount of sauger. Just because it's not being caught doesn't mean it's not there."

Sustainable Development lacks the resources to do "good data collection," Palsson said. "They have the ability to



TRIBUNE PHOTO BY PATRICIA BARRETT
From left commercial fisher Eric Benson, researcher Solmundur Palsson and commercial fisher Bill Buckels. Over the course of his research, Palsson found that Lake Winnipeg fishers are disrespected and vilified.

do biomass research and spawning tests – not just for walleye but for all species – but they don't have the manpower."

At the same time, he said the public is being led to believe that commercial fishers are "self-serving bastards," bent on taking every last fish out of the lake even if it means destroying their own and their family's livelihood. If that were so, the 100-year-old commercial fishery would've collapsed long ago.

Fishers say Scott Forbes has absolutely no credibility as he's not conducted biological research on fish stocks nor studied how fishers work. Forbes' research centres on behavioural ecology; he studies bird behaviour then comes up with general principles about family dynamics that he sometimes applies to humans (researchgate.net and the PubMed database list Forbes' research).

Fishers also contend Forbes is pro-angler. On his Twitter site, Forbes has a photo of himself holding a fish and a description that states he's engaged in an enduring search for "truth, freedom and good beaches to go surf fishing." Surf fishing is angling from shore.

In November, Fisher River Cree Nation wrote to Sustainable Development minister Rochelle Squires and federal fisheries minister Jonathan Wilkinson about the MWF's doom-laden statements on sauger, walleye and whitefish stocks, calling it propaganda that favours anglers.

MWF's arguments are "statistically flawed, highly inaccurate, and inconclusive," it wrote, and "academics [Forbes] seriously lacking in direct knowledge of fishing and the fishery

in Manitoba are cited as knowledgeable sources."

To his credit, MWF president Brian Kotak accepted an invitation from fishers to meet with them at their Lake Winnipeg Fishery Co-management Board meeting in late November and listened to their concerns.

Other major themes Palsson will be highlighting in his thesis are a lack of government consultation with commercial fishers, a phenomenon that stretches back decades regardless of what political party was in power, the proposed Lake St. Martin-Lake Winnipeg flood channel that will impact fish and First Nations that rely on fishing, and issues around FFMC, which is both despised for its too top-heavy administration and loved for never once having let fishers down when it comes to payday.

Palsson emphasized the value and importance of working with commercial fishers when conducting studies on the lake and the fishery itself. Fishers are no different from beef or chicken producers, who intimately know their industry and the animals with which they work.

"My job as an anthropologist is to explain how people think and how the commercial fishers work on Lake Winnipeg," said Palsson. "You [fishers] see the lake in a different light than anyone else because you spend all day on the lake and you see and feel what's going on with the lake."

Palsson will be holding public consultations in other communities after the holidays and will return to Gimli next spring to hold another consultation.

Winter

2019

PROGRAM

REGISTER NOW!



REGISTRATION FORM

Course Number: _____
 Course Name: _____
 Name: _____
 Address: _____
 Phone: _____
 Email: _____
 Fee: _____

☐ CHEQUE ☐ CASH ☐ DEBIT ☐ VISA ☐ MASTERCARD

Make cheques payable to: Interlake School Division
 192 – 2nd Avenue North, Stonewall, Manitoba R0C 2Z0

FOR MORE INFORMATION CONTACT:
 JOCELYN DERKSEN, PROGRAM COORDINATOR
 jderksen@isd21.mb.ca
 204-467-2956 fax 204-467-8334
www.interlakesd.ca/continuing-education

Interlake School Division, Continuing Education
 192 2nd Ave North, Stonewall MB R0C 2Z0
 Hours Monday 11:00-6:00
 Tuesday – Friday 8:30 – 4:30
 Jocelyn Derksen – Program Coordinator

- All classes run subject to enrollment.
 - Please register early to avoid cancellation and disappointment.
 - All evening classes held in the schools are cancelled if the schools have been closed for holidays, in-service days or inclement weather.
- Closures due to weather are announced on CJOB or on our website www.interlakesd.ca.
 We will do everything we can to make up any missed classes.

REFUND/CANCELLATION POLICY

- Refunds must be requested three days prior to course start date, less admin fee \$15.
- For courses cancelled due to insufficient enrollment you will be notified and money will be refunded in full.
- Please note start date, time and location of course. You will not be sent a confirmation of registration. You will be contacted only if the course is cancelled.

CLASS LOCATIONS

École R.W. Bobby Bend	377-2ND Ave N - Stonewall	Stony Mountain School	139 School Rd - Stony Mountain
École Stonewall Centennial	573 – 2ND Ave N - Stonewall	Teulon Collegiate	59 1st Street NE - Teulon
Stonewall Collegiate	297 – 5TH Street W - Stonewall	Warren Collegiate	119 MacDonald Ave. - Warren
		Warren Elementary	300 Hanlan St. - Warren

Phone 204-467-2956 www.interlakesd.ca/continuing-education

YOUTH

W19/01 CANADIAN RED CROSS

BABYSITTING COURSE (AGES 11-15)

Class includes textbook and wallet size certificate. Students are to bring a bagged lunch and a doll (if you have).
 Instructor: Kelly Kimball

Saturday, January 12th, 2019

9:00 – 5:00 p.m. at Stonewall Collegiate
 Fee: \$60

W19/02 HOME ALONE – EMERGENCY PREPAREDNESS & PEOPLE SAVERS 3 (AGES 8-13)

Instructor: Kelly Kimball

Children should not be left alone under the age of 12. Even though they may have taken the Home Alone People Savers Course, parents should make arrangements to have any child under 12 supervised at all times.

Tuesday, February 5th, 2019

6:00-8:30 p.m. at Stonewall Collegiate
 Fee: \$35

W19/03 BADMINTON - GRADE 8 AND UNDER

This class is for the beginner badminton player as well as for students who want to improve their skills or want to work towards more competitive play. Instructor: Dale Kinley

9 or 10 Sundays starting January 13th, 2019

12:00 – 1:30 p.m. at Stonewall Collegiate
 Fee \$70

Sign up for winter and spring - \$135

W19/04A KIDS CAN COOK – THE HEALTHY WAY! (AGES 8-12)

Instructor: Meechelle Best

6 Tuesdays starting January 29th, 2019

4:00 - 5:30 p.m. at Stonewall Collegiate
 Fee: \$80

W19/04B KIDS CAN COOK – THE HEALTHY WAY! (AGES 8-12)

Instructor: Meechelle Best

6 Thursdays starting January 31st, 2019

4:00 - 5:30 p.m. at Stonewall Collegiate
 Fee: \$80

W19/05 IMPROV POWER – AGES 6-13

Experience the thrill and total freedom of creating theatre without a script while developing skills in communication, listening and teamwork. Instructed by Manitoba Theater for Young People

8 Thursdays January 24th – March 14th, 2019

5:15-6:45 p.m. at École Stonewall Centennial School
 Fee: \$190

W19/ 06 INTRODUCTION TO CROCHET – AGES 10 TO ADULT

You will learn the basics of crochet. Basic stitches, crochet terminology, how to hold the hook and yarn, as well as completing a small crochet project. No Experience necessary; all supplies included. Instructor Tracy Gullett

5 Sundays starting January 27th, 2019

2:00 – 3:30 p.m. at Stonewall Collegiate
 Fee: \$58

W19/07 CHILDREN'S ART CLASS - (AGES 7 - 12)

Students will get the chance to try a different material including clay, paint and pastels. Create a new piece of art each week and get the chance to develop creativity and spend time immersed in art making. Instructor: Julia Dennis, Artist and Art Teacher.

6 Thursdays starting January 31, 2019

4:00 - 5:30 p.m. at Stonewall Collegiate - Art Room
 Fee: \$95 (includes all art supplies)

BIG AND LITTLE POTTERY CLASS (ADULT AND CHILD – AGES 3 AND UP)

A class where an adult (parent, aunt, uncle, grandparent etc.) and child (3 years +) come and create functional pottery together! Learn pottery techniques while creating art and memories. 3 projects will be completed. All supplies are included in the fee. Instructor: Jennifer Sonnenberg

W19/08 4 Thursdays, January 10th-31st, 2019

Projects for this class include coordinating flower vases 6:00 - 7:30 p.m. at Stonewall Collegiate - Art Room
 Fee: \$88 per pair (\$44 each)

W19/09 4 Thursdays, February 21st – March 14th, 2019

Projects for this class include coordinating planters 6:00-7:30 p.m. at Stonewall Collegiate – Art Room
 Fee: \$88 per pair (\$44 each)

FITNESS/YOGA

Anyone taking a class that requires physical exercise should have a check-up by their physician. Our fitness programs are designed to provide exercise sessions that are both physically challenging and fun for a variety of different fitness levels.

W19/12 FUN BASKETBALL (13- ADULT)

Come out for a fun night of basketball! This is suitable for any player, whether you are looking to get together with friends or meet new ones, try something new or play something you already love! Join this friendly fun league where you can play even if you are relatively new to the sport. Please bring indoor shoes with non-marking soles. League Coordinator – Darrell Vesa.

Sundays,

January 20th – April 28th, 2019

(no class March 24th or 31st, 2019)

8:00-9:00 p.m.

at École Stonewall Centennial School

Fee: \$40

SPARK FITNESS WITH SARAH TODD, FIS, HWL CANFITPRO CERTIFIED



All classes are suitable for every fitness level as moves are taught progressively and modifications will be offered. For more information and a full description of classes visit www.sparkfitnessandnutrition.ca or www.isd21.mb.ca/coned

**SPECIAL DISCOUNT ONE FOR \$65
TWO FOR \$110 UNLIMITED FOR \$140**

**BONUS – NEED TO MISS A CLASS?
NO PROBLEM! MAKE UP CLASSES
DURING ANY TIME SLOT**

W19/15 TABATA (HIIT CLASSES)

High Intensity Interval Training (H.I.I.T) is one of the most effective workouts to build up your strength and cardiovascular systems. This work-out immediately boosts metabolism and offers extended caloric burn for up to 48 hours afterwards! Ideal for cross-training and healthy weight maintenance; every class consists of a variety of simple, yet intense, uniformly timed exercises. So, whether your goal is muscle tone, weight loss, or both, this class provides it. Tabata is suitable for many fitness levels because the participant will decide the intensity to put into each class, so being aware of personal minimum AND maximum limits is a must. **Please bring: indoor runners, yoga mat, water bottle and 3-8 lb weights.*

8 Mondays starting January 7th, 2019

6:20 – 7:15 at École R.W. Bobby Bend School – Gym

W19/16 BAREFOOT BOOTCAMP

Don't let the words "boot camp" scare you! This class is perfect if you are new to fitness or just getting back into fitness, (intermediates are welcome as well)! Enjoy a total body workout carried out at a slower pace that will challenge you mentally and physically while being 100% low impact and accessible! This class focuses on exercise fundamentals, balance, strength, coordination, and core stability. A fusion of low impact strength and cardiovascular exercises are done barefoot (or with runners/socks if you prefer) and from the comfort of your mat during timed intervals. Participants are encouraged to challenge their own fitness level, while celebrating community and personal accomplishments! **Please bring socks (runners if you prefer), yoga mat, water bottle and 3-8 lb weights.*

8 Mondays starting January 7th, 2019

7:25 – 8:10 at École R.W. Bobby Bend School – Gym

W19/17 YOGA FLOW

Establishing the mind, breath, and body connection is key for healing the body. Join in for the joyful practice of Hatha Yoga. This class uses a combination of movement, postures, and breath to cultivate strength, flexibility, and balance. Yogaflow focuses on meditation with breath and proper alignment in poses. Beginners will safely learn the basics, while more experienced participants can take postures to a deeper level. This class is suitable for all levels because all the moves are introduced gradually, and modifications (simple and challenging) will always be offered. **Please wear comfortable layered clothing. Bring a water bottle, yoga mat, blanket and a couple pillows.*

8 Wednesdays starting January 9th, 2019

7:20 – 8:20 at École R.W. Bobby Bend School – Music Room

W19/18 TOTAL BODY WORKOUT

This popular interval class mixes calisthenics/body weight exercises with cardio and strength training to achieve the best results possible. No two classes are the same as each lesson is exclusively planned and is designed to push participants harder than they'd push themselves alone. This high intensity training experience encourages participants to find their unique personal upper limits, while they train hard in a fun and inclusive environment. Total Body Workout Circuit Interval training is suitable for all levels because all the moves are introduced gradually, and modifications (simple and challenging) will always be offered. **Please bring: indoor runners, yoga mat, water bottle and 5-10 lb weights.*

8 Thursdays starting January 10th, 2019

6:20-7:15 p.m... at École R.W. Bobby Bend School – Gym

W19/19 BADMINTON - GRADES 9 – 12 & ADULTS OF ALL AGES

This class is for the competitive badminton player (emphasis will be on footwork, shots and improving skills) and developing players. Bring your own racquet (racquets may be purchased from the instructor). Instructor: Dale Kinley

9 or 10 Sundays starting January 13th, 2019

1:30-3:00 p.m.. at Stonewall Collegiate
Fee \$70

**SIGN UP FOR WINTER
AND SPRING - \$135**

ZUMBA WITH SAMARA ROBERTSON ZUMBA FITNESS® LICENSED INSTRUCTOR – BASICS 1 TRAINED IN FIRST AID / CPR

Groove to the beats of salsa, flamenco, and merengue music! The routines feature aerobic interval training with a combination of fast and slow rhythms (body sculpting movements and easy to follow dance steps) You don't need to be a great dancer to feel welcome in a Zumba class. Ditch the workout and join the party!

ONE FOR \$70 TWO FOR \$130

		Tuesday	Thursday
6:00 - 7:00 P.M. Warren Elem	8 weeks starting January 15/17 2019 No classes Feb 19/21	W19/20 Starting January 15	W19/21 Starting January 17

VOLLEYBALL

W19/13 MONDAY NIGHT VOLLEYBALL - INTERMEDIATE LEVEL (CO-ED) AGE 18+

For more information please contact Tammy at 204-467-7753 or Ashley at 204-471-2851

Mondays, January 7th – April 22nd, 2019

(no volleyball February 18, March 25)

7:15-9:30 at Stony Mountain School

Fee: \$35

W19/14 FRIDAY NIGHT VOLLEYBALL - RECREATIONAL/BEGINNER LEVEL (CO-ED) 16+

For more information please contact Tammy at 204-467-7753 or Ashley at 204-471-2851

Fridays, January 11th – April 26th, 2019

7:15-9:30 at Stony Mountain School

Fee: \$35

REGISTER FOR BOTH MONDAY AND FRIDAY FOR \$50

STONY MOUNTAIN FITNESS

RSTFITNESS@GMAIL.COM

**RHONDA STEFFAN: CANFITPRO
CERTIFIED FITNESS INSTRUCTOR &
HEALTHY EATING & WEIGHT LOSS
COACH CERTIFICATION**

W19/22 TABATA STRENGTHEN AND SCULPT

This class will be a combination of cardiovascular (low impact options will be shown for all cardio exercises) and strength and sculpt exercises to provide you with the ultimate full body workout. Tone & tighten muscles, improve overall strength and flexibility and burn calories! *Please bring: hand weights, a water bottle, yoga mat, & indoor runners.*

9 Wednesdays starting January 9th, 2019

6:00-7:00 p.m. at Stony Mountain School
Fee: \$60

SHELLEY'S FIT CLUB

Instructors:

Shelley Schaeffer, BA, B Ed

Certified in Group Fitness, Resistance Training, Active Older Adults, Zumba®, Zumbatomic®, Zumba Gold®, Bellyfit® and Drums Alive, Fit Flow Yoga and in Maureen Rae's Yoga Training (Level 1 & 2)

Celine Doll, B Ed

Can Fit Pro Fitness Instructor Specialist

**SPECIAL DISCOUNT
ONE FOR \$55 - TWO FOR
\$95 THREE FOR \$125 -
FOUR FOR \$145
UNLIMITED \$155
8 WEEK SESSION STARTING
JANUARY 7TH 2019**

FIT AND FAB

Cardiovascular training and strength training teamed up to make the perfect calorie burning combination. Cardio intervals will be any combination of low bounce aerobics, step aerobics, kickboxing and / or boot camp combined with resistance training intervals. Workouts are progressive, the more days you attend with consistency, the better your results. Yoga mat and weights (5-10 lb) required.

W19/25 8 Mondays

W19/26 8 Wednesdays

W19/27 8 Fridays

5:40 – 6:25 A.M.

at École Stonewall Centennial School

W19/28 HEAVY METAL YOGA

A calorie burning combination of strength training exercises (using weights) yoga poses and Pilates. The focus of this class is toning and tightening all areas of the body while improving balance, muscle endurance and strength. This is not a traditional yoga class. Yoga mat and weights (3-10 lb.) required.

8 Mondays starting January 7th 2019

6:15 – 7:00 P.M.

at École Stonewall Centennial School

W19/29 BELLYFIT WARRIOR™

An empowering integration of moves inspired by cardio kick boxing, martial arts, dance, Pilates and Yoga. **Bellyfit Warrior™** offers a whole new flavor and feel while still adhering to all the same principles of Bellyfit. Yoga mat required.

8 Thursdays starting January 10th 2019

6:15 – 7:00 P.M.

at École Stonewall Centennial School

W19/30 BOOT CAMP

Time to fire up the metabolism! This invigorating workout aims at improving cardiovascular and muscular strength and endurance. Many different workout strategies and combinations will be used. The idea is to keep the body challenged to maximize benefits. Yoga mat and weights (5-10 lb.) required.

8 Saturdays starting January 12th 2019

8:15 – 9:00 A.M.

at École Stonewall Centennial School



Contact Info: Kelly Kimball

Phone - 1-204-461-4040

Email - rosserwoodlandsrec@mymts.net

Twitter - @RWRecComm Facebook - "Like"

Rosser Woodlands Recreation Commission

Monthly E-news - Message any of the above to sign up for the R&R Newsletter

PROGRAMS IN WARREN

Zumba – Tuesdays & Thursdays 6:00-7:00 p.m. at Warren Elementary

PERSONAL INTEREST

FINANCIAL / RETIREMENT WORKSHOPS

Paul Fust – Executive Financial Consultant at IG Private Wealth Management, Investors Group
Myles McInnes – Associate Consultant at IG Private Wealth Management, Investors Group

W19/31 RETIREMENT INCOME PLANNING & TAXATION OF YOUR ESTATE

Tuesday, January 29th, 2019

7:00-8:15 p.m. at Stonewall Centennial School
No charge

W19/32 FINANCIAL PLANNING FOR THOSE UNDER 45

Wednesday February 20th 2019

7:00-8:15 p.m. at Stonewall Centennial School
No charge

W19/33 PTSD

(POST-TRAUMATIC STRESS DISORDER)

PTSD affects about one in ten Canadians. It is a mental health condition caused by experiencing a traumatic event or series of events. Join us as we look at the symptoms, diagnosis and the newest treatments. Al Kircher is a long time psychologist currently working with refugees from war torn countries where PTSD is a major concern. Ashley Kircher is a mental health worker, with a background in working with panic and mood disorders.

Wednesday, February 27th, 2019

6:30-8:00p.m. at Stonewall Collegiate
Fee: \$25

W19/34 UNEXPLAINED PHENOMENA

With so much information and disinformation going around these days, it's difficult to separate fact from fiction. In this presentation we will look at events of high strangeness that have in the past been debunked, but are now starting to receive serious attention from the scientific community. We will look at real X files, weather manipulation, cattle mutilations, the paranormal and more! Ashley Kircher has worked on the Canadian UFO Report with Chris Rutkowski and has an avid interest in all unusual phenomena.

Wednesday, March 20th, 2019

6:30-8:00 p.m. at Stonewall Collegiate
Fee: \$25

GLUTEN FREE AND DAIRY FREE BAKING

Are you new to gluten or dairy free lifestyle? Are you having a hard time baking allergy-free goodies that your family will actually eat? Maybe you simply want to bake delicious and healthy treats! Join Dr. Kristen Mitteness in learning the basics of baking without gluten, grains, dairy or refined sugars. In this class you will be making chocolate chip cookies, flatbread and quick bread.

W19/35 Wednesday, February 20th, 2019

6:30 – 8:30 p.m. at Stonewall Collegiate
Fee \$55

W19/36 Wednesday, March 6th, 2019

6:30 – 8:30 p.m. at Stonewall Collegiate
Fee \$55

LEADERSHIP & HISTORY COURSES

Dr. John Harrison

Doctorate in Leadership; Masters in Theology;

Bachelors in Religious Education

Chair of the Stonewall Ministerial

Pastor of Spiritual Development – New Life Church

W19/37 ORGANIZATIONAL DEVELOPMENT 101

This eight-week course is designed to help businesses and other organizations develop a framework that will lead to better productiveness, effectiveness, and quality in the profit and non-profit sectors. Topics such as mission identification, vision development, values assessment, change management, and more will be discussed.

8 Tuesdays, January 8th – February 26th, 2019

7:00-8:00 p.m. at Stonewall Collegiate
Fee: \$70

W19/38 EARLY CHURCH HISTORY (5 BC TO AD 500)

This six-week course is designed to help the learner understand the key people, movements, and events that helped shape the beginning of the Christian faith. Topics such as the formation of the Christian canon, monasticism, church & state, persecution and more will be discussed.

6 Wednesdays, January 16th – February 27th, 2019

(no class February 6th)
7:00-8:00 p.m. at Stonewall Collegiate
Fee: \$60

LANGUAGE

SPANISH – BEGINNER AND CONTINUING (AGES 16 AND UP)

This course is intended for individuals wanting to learn the basics of the Spanish language and about their culture as well. The Continuing class is suitable for those who have some basic knowledge of Spanish and for those who took the beginner Spanish. Instructor: Erika Riley

Hola - Hello
Por Favor - Please
Bienvenido - Welcome
Gracias - Thanks

W19/39 BEGINNER SPANISH

8 Wednesdays starting

January 16th 2019

6:00-7:30 p.m. at Stonewall Collegiate
Fee: \$105

W19/40 CONTINUING SPANISH

8 Wednesdays starting

January 16th 2019

7:40 – 9:10 p.m.
Fee: \$105



Contact info

Kito Nishibata and Yvonne Dola

204-886-0505 or

204-861-3661/204-861-0341

Email – teulonrockwoodrec@gmail.com

Twitter - @teulonrockwood

Facebook –

https://www.facebook.com/

teulonrockwoodrec



Gifts are received from Welcome Wagon For:

NEW TO STONEWALL & AREA,

A NEW BABY

BRIDES PLANNING A WEDDING

to request a visit... contact Norma

Phone: 204-951-1925

Email: mocha3@mymts.net

SAFETY

W19/10 FOOD HANDLERS CERTIFICATION

This course is recommended for anyone looking for a job in 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 1 Food Handling Certificate (valid for 5 years). The student workbook is included in the course fee. Instructor: Lori Zdebiak RD. Please bring a lunch

Saturday, March 9th, 2019

9:30 a.m. – 4:00 p.m. at Stonewall Collegiate
Fee: \$110 (re-certification only \$65)
Recertification please arrive at 3:00 p.m.

W19/11 ECSI- FIRST AID/CPR

(Emergency Care and Safety Institute)

'This 7-8 hour emergency first aid/CPR course comes with a simplified book and is easy to follow. Included in training: wounds, fractures, bandaging/ splints as well as medical conditions such as: heart attack/ stroke, diabetes, seizures, heat and cold injuries. The CPR is heart saver level, adult, infant, child, AED, and choking.

CPR only can be taken the first night - \$47.50
Instructor: Bob Barsi

2 Wednesdays, February 13th & 20th, 2019

6:00 – 10:00 p.m. at Stonewall Collegiate
Fee: \$95

TAKE CPR ONLY FOR \$47.50 (first night)

CREATIVE SIDE

PARTILIFE

Join us for an evening of laughing and creativity. Everyone leaves with their very own creation! All materials are supplied! All classes designed for the beginner in mind.

W19/41 WATERCOLOR 'BUCK'

https://www.partilife.ca/watercolor-party/
(11 x 14 watercolor paper – includes a frame)

Wednesday,

January 23rd, 2019

6:30-8:30 p.m.
at Stonewall Collegiate
Fee: \$42



W19/42 PAINTED WINE GLASSES (SET OF 4)

https://www.partilife.ca/wine-glass-painting-party/

Wednesday, February 13th, 2019

6:30-8:30 p.m. at Stonewall Collegiate
Fee: \$47

W19/43 PAINT YOUR PET (16 X 20)

In just a few hours, you and your friends will be guided into creating a portrait of your pet! 'Please submit a photo of your pet and a stencil will be provided at class'

Wednesday, March 6th, 2019

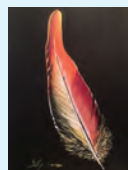
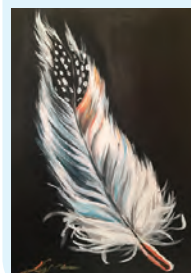
6:30 – 8:30 p.m. at Stonewall Collegiate
Fee: \$47



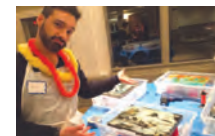
W19/44 'FEATHER' PAINT PARTY (16 X 20)

Wednesday, March 20th, 2019

6:30 – 8:30 p.m.
at Stonewall Collegiate
Fee: \$42
'Choose your design'



W19/45 RESIN - 'CHEESEBOARD' WORKSHOP TAUGHT BY 'ALL ABOUT RESIN'



Have you ever wondered what is so fascinating about the world of resin art? What excites the resin fanatic? Create your very own 14 x 16 pine 'Cheeseboard' in this fun, creative, therapeutic and amazing experience that will keep you craving for more! All workshop supplies included
https://www.facebook.com/allaboutresin/

Tuesday, January 29th, 2019

6:30 – 9:00 p.m. at Stonewall Collegiate
Fee: \$89

W19/46 ADULT POTTERY CLASS (AGES 16 AND UP)

Open to all skill levels. Introduction to clay and clay tools, hand building pottery techniques and glazing. Create functional pieces that will be glaze fired in an electric kiln. Pottery tools included in tuition cost and will be yours to keep. Instructor: Jennifer Sonnenberg

6 Tuesdays, February 5th – March 12th, 2019

6:30 - 8:30 p.m. at Stonewall Collegiate - Art Room
Fee: \$138 (includes all supplies plus tool kit)
Discount: \$30 off for returning students who have the tool kit already

INTRO TO DRAWING WITH PEN AND INK

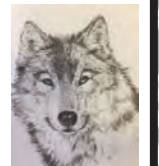
Learn the techniques needed to create detailed black and white drawings. With a supplied outline of the picture and step by step instructions you will be guided all the way through to a finished drawing. No experience required. A \$6 fee for the pen is to be paid directly to the instructor, Linda Gillies.

W19/47 WOLF DRAWING

2 Thursdays,

January 24th & 31st, 2019

6:30 – 8:00 pm
at Stonewall Collegiate
Fee: \$45



W19/48 HORSE DRAWING

2 Thursdays,

February 21st & 28th, 2019

6:30 – 8:00 pm
at Stonewall Collegiate
Fee: \$45



TAKE TWO CLASSES FOR \$80

WALKING PROGRAM

MONDAY – THURSDAY 6:00-7:30 p.m.

STONEWALL COLLEGIATE

WARREN COLLEGIATE

TEULON COLLEGIATE

January 7 – May 1, 2019 - \$10.00

Call 204-467-2956 for details

OTHER CONTINUING ED PROGRAMS

Lord Selkirk	204-482-6926
Louis Riel	204-237-8130
River East	204-667-6193
St James	204-832-9637
Winnipeg 1	204-775-0231
South Wpg Tech	204-989-6566

Nova House to focus on new training, programming in 2019

By Lindsey Enns

Although Selkirk's shelter for women and children says 2018 was filled with some changes and highlights, there were also some challenges along the way.

Viktoria Westgate, Nova House's executive director, says the cancellation of the Selkirk to Winnipeg bus route has been a major challenge for them.

"One of our biggest struggles is transporting our clients to and from Winnipeg," Westgate said, adding they have been relying on taxis to transport their clients to and from the city. "It's hugely expensive. I do know we need transportation to and from Winnipeg."

Nova House is an emergency and transitional shelter for women and children experiencing domestic and or family violence. The shelter strives to promote expression of feeling and build self-esteem and confidence by providing individual counselling, educational and support groups and workshops.

Westgate said some of Nova House's highlights for 2018 included introducing new programming for the children, youth and adults using their services, a new child care area, as well as naming and building their Transition Program, which is now called RISE (Recreating Independence and

Supporting Empowerment).

"This program allows women to rebuild their future at their own pace in a safe and stable environment that provides needed internal and external programming," she said.

Westgate said a big focus for them in 2019 will be their staff.

"It gets lost in the work that we do, we have so much focus on helping the women that come in that we forget about the staff," she said. "I feel like there's been so much change in the past year that our staff morale has gone up and down and then up again."

She added they plan to introduce some new training for staff and will look to long-time staff members for advice moving forward.

"If staff feel valued and empowered, they will do the same for the women that walk through our doors."

They also want to work on building better community connections and developing a long-term strategic plan for the shelter.

Westgate said the face of domestic violence is always changing and they are seeing a higher percentage of women come in with mental health and addiction issues than ever before. She added they want to ensure they are offering what those using their service needs.



TRIBUNE PHOTO SUBMITTED

Nova House says their new child care area was the highlight for them this past year and they are looking forward to introducing new programs in 2019.

"Some of this will be to encourage staff to use their years of experience and wisdom in the field of domestic violence to help develop some 'unique to Nova House' programming."

Those seeking more information about Nova House or wanting to make a donation can visit novahouse.ca or call 204-482-7882.

Westgate said they are currently in need of art supplies such as canvas, paints, brushes, glue sticks, card stock, markers, pencil crayons, wax crayons, magazines and scrapbook paper for their art programs.

Star gazers can see a lunar eclipse on Jan. 20/21

By Ted Bronson

It was only a year ago that we saw the full moon pass through the Earth's umbral (inner) shadow cone to produce a total eclipse of the moon. That occurred on January 31, 2018.

On the night of January 20/21 the brilliance of the full moon will fade once again as it passes through the dark shadow of the Earth. The entire event will be visible from our area. The moon will pass through the Earth's shadow in the constellation of Cancer. If the skies are clear that night it will undoubtedly be cold so bundle up to keep warm.

The eclipse will start in the evening at 8:36 p.m. CST (Central Standard Time), with the full moon entering the Earth's outer shadow cone (penumbra). At this time the moon will be about 35 degrees above the eastern horizon as seen from our area. An observer must look very close to detect the near imperceptible light gray shading of the penumbral shadow as it creeps across the lunar surface over the next 58 minutes. As the moon moves easterly in its orbit around the

Earth it will intercept the Earth's inner shadow cone (umbra) at 9:34 p.m. CST. It will be at this point when the partial phase of the eclipse begins. You will easily see the dark umbral shadow make its way across the moon's surface. The moon continues to move deeper into the inner shadow cone until 10:41 p.m. CST at which time totality begins. This is the time when the total lunar eclipse is most spectacular.

The moon will take on a coppery reddish-orange colour at this time. This colour is due to the refraction of sunlight through the atmosphere into the umbral shadow cone. The brightness and colour of the moon at this point gives a good indication of Earth's atmospheric condition. If the totally eclipsed moon has a bright orange or yellow colour then the atmosphere is mostly clear and contains little pollution such as dust, smoke, aerosols and few thunderstorms. However if the moon is a dark orange, deep red or nearly invisible then the Earth's atmosphere will not pass much sun-

Continued on page 17



TRIBUNE PHOTO BY TED BRONSON

On Jan. 20/21 the brilliance of the full moon will fade as it passes through the dark shadow of the Earth.

IERHA celebrates successes while tackling challenges

By Jennifer McFee

Here's to a happy New Year for all Interlake residents — and to all the professionals who work hard to ensure it's a healthy year too.

Ron Van Denakker, CEO of Interlake-Eastern Regional Health Authority, provides a glimpse back at 2018 as well as a sneak peak into 2019.

"It's been really busy in 2018. Probably one of the most significant things we've been doing over the course of the year is toeing the fiscal line. We passed a balanced budget, yet volumes are up," he said.

"We continue to do more and more, trying to utilize some efficiencies. That's significant because in past years, it's been a real struggle to toe that line."

Another area of success in 2018 has been IERHA's work with their partners in Teulon.

"We've added a second nurse practitioner to the Teulon clinic so we now have a full-time doctor and two full-time NPs," Van Denakker said.

"We have a doctor coming back from mat leave working a day a week, and we've got good irons in the fire for some additional physician service there too."

From a primary health-care point of view, the IERHA is making progress with its My Health teams. The IERHA is also pleased about the recent announcement of a Selkirk-based residency program.

"In Selkirk, we're doing some really good work with our physician partners. Also, in the Highway 6 area, we're working very closely with some of the First Nations there. Historically, we've had a couple places where docs have gone into First Nations. We're now looking at enhancing that by having docs going into the First Nations one day a week and actually providing care right in their communities," Van Denakker said.

"That's really great because there



Ron Van Denakker
CEO of Interlake-Eastern Regional Health Authority

were a lot of First Nations people who were repatriated after the flood. They had been away from their homes for many years, so trying to bring some health services closer to home is important."

As well, EMS investments in Teulon and St. Laurent have added extra hours onto shifts.

"There was a significant announcement this year of 26 additional EMS positions that will be scattered through the region. Those positions will be in place by January 2019," Van Denakker said.

"That will really improve our ability to hit our targets of responding to calls within 30 minutes 90 per cent of the time for 90 per cent of our population."

Coming up in 2019, the IERHA will continue to work with Shared Health on health system transformation.

In addition, a new First Nations Advisory Committee will launch soon in IERHA with a view of providing advice to the board.

Although there are many successes to celebrate, the IERHA continues to face a long list of obstacles.

"There's a challenge in access to acute care beds. Patient flow is a big problem for us and there's lots of pressure to take folks from Winnipeg and other areas because there's pressures there as well. So we need to continue to work on enhancing home care and other community-based options so people can stay at home longer," Van Denakker said.

"We're also really hoping to hear in the not-too-distant future that there will be some new personal care beds being built in our region to give us a little bit of capacity. We're at a gridlock right now."

Like other health authorities, the IERHA has been dealing with a significant uptake in the use of crystal meth and is working to better quantify the effects of this drug use on the health care system. The first Rapid Access to Addictions Medicine (RAAM) clinic recently opened in Selkirk with limited hours, but Van Denakker anticipates that it will soon start to grow.

"We're taking into consideration the protection of our staff and our patients. We had some significant issues up in Pine Falls earlier in the year and we've had to implement a lot of security-related measures. That is an ongoing challenge and we're starting to see it grow in other areas across the region as well," he said.

"Even though the RAAM clinic is up and running, it's a small step towards trying to deal with these issues that are pervasive — not only across the province but also the country and abroad."

To look for areas of process improvement, the IERHA aims to build a lean team of experts.

"We're looking at ways to improve, all the while trying to maintain our fiscal responsibility," Van Denakker said.

"I have a very strong leadership team and they're working very hard to make these improvements."

> STAR GAZERS, FROM PG. 16

light into the shadow cone meaning that it contains higher concentrations of contaminants along with a lot of thunderstorms.

Mid-eclipse occurs at 11:12 p.m. CST being the point at which the lunar disc is deepest within the Earth's umbral shadow. At this time the moon will be well up in the sky at 55 degrees above the southeastern horizon.

Totality ends 62 minutes later at 11:43 p.m. CST as the first rays of sunlight strike the surface of the moon announcing the beginning of the sec-

ond partial phase of the eclipse. The coppery colour of the moon disappears as the familiar white brilliance of the full moon returns over the next 68 minutes. The partial portion ends at 00:51 a.m. CST The eclipse reaches its finality as the moon leaves the Earth's shadow at 01:48 a.m. CST.

For the next opportunity to experience all phases of a total lunar eclipse from Manitoba we need to wait until May 15, 2022.

The Earth revolves around the sun in an elliptical orbit so we are farthest

from the sun at one point and closest six months later at the opposite point. On January 2, 2019 the Earth is at its closest to the sun (perihelion) at a distance of 147,099,761 km (91,403,526 miles). Since the northern hemisphere is tilted away from the sun this time of year we receive fewer hours of sunlight each day (winter season). The southern hemisphere is tilted toward the sun giving them the summer season now. It is the Earth's tilt towards and away from the sun that affects our seasons rather than the relatively

small variation (3.3 percent) in earth to sun distances over the year. The Earth will be at its farthest point from the sun (aphelion) on July 4, 2019 six months from now.

Have a Happy New Year and look forward to those clear and dark nights in 2019...

Clear Skies

Ted Bronson (bronsont@mymts.net)

Ted Bronson is an avid local astronomer who has been observing the skies since 1964.

MOU brings municipalities one step closer to faster internet service

By Justin Luschinski

Mayors and reeves moved another step closer to bringing high-speed and fibre optic internet service to their communities last week.

A memorandum of understanding was signed last Wednesday at the Manitoba legislature by JohnQ Public Inc., the Winnipeg Metropolitan Region's (WMR) economic development corporation, and two local and national Internet service providers – WireIE and RFNOW Inc. JohnQ says the regional fibre optic project – Connecting to Opportunity – is a prime example of how JohnQ works and what the WMR can accomplish through a collaborative business model.

According to a JohnQ spokesperson, internet speeds in the region do not meet the minimum CRTC requirements, and as a result, businesses have fallen behind the curve.

Colleen Sklar, executive director of the WMR, an organization recently tasked by the province to deliver economic development funding and programming throughout the region, says businesses need fast and reliable internet to stay competitive.

"The service speeds are very slow. Sometimes you'd get faster (download) speeds, but most businesses work on cloud architecture. They need good (upload) speeds," Sklar said. "This isn't about Netflix, this is about businesses being competitive with other parts of the country. Let's give business all the tools that they would enjoy in any other metropolitan region."

"Cloud architecture" refers to programs such as Microsoft Whiteboard and Slack, digital workplaces that make it easy to share projects and



TRIBUNE PHOTO BY JUSTIN LUSCHINSKI

JohnQ Public Inc., the Winnipeg Metropolitan Region's (WMR) economic development corporation, and two local and national Internet service providers signed a memorandum of understanding was signed last Wednesday at the Manitoba legislature.

ideas from almost anywhere in the world. Sklar said internet service in the Interlake does not meet the CRTC guidelines: Up until six months ago, 25 mbps (megabits per second) download and five mbps upload was considered "basic," but recently they've been changed to 50 down and 10 up, as society has increasingly relied on the internet to function.

Sklar added that the service will not be "utility-funded," meaning residents won't be taxed for whatever construction will be required for the service. Since the project is still in its early stages, it's unclear what financial model they will use, but Sklar said they will make sure there is competition between the different ISPs, which

will hopefully lead to fair prices for residents.

For some communities, this will completely revamp their internet services.

Rob Barlow, CEO of WireIE, stated the two ISPs will use multiple technologies to bring high speed internet service to the region. The feasibility study originally mentioned "fiber-optic internet," which may be used in conjunction with other technologies, such as using microwave-based transmitters, or transmitters that output signals at a frequency that can pass through things like rivers and lakes.

Through JohnQ, the development of high-speed Internet infrastructure is being explored for 43 under-served

communities in the 13 member municipalities in the METRO region surrounding Winnipeg. Many are shovel ready, which means construction could commence as early as mid-May 2019, according to JohnQ.

The next steps in the process including finalizing the business model, completing the design of the network, negotiating with other stakeholders, developing and recommending the final broadband service offerings for end user as well as developing and recommending an open access model for third party ISPs to promote competition.

For more information, visit johnq.ca.

worship *with us* > FAITH

"At the name of Jesus every knee should bow, of things in heaven and things in earth and things under the earth; and every tongue should confess that Jesus Christ is Lord" (Phil 2:10)

In our Catholic Christian tradition, the month of January is dedicated to the Holy Name of Jesus partially due to the reading of that scripture which speaks of the naming of Jesus on January 1st, but also because we celebrate the actual feast of 'the Holy Name of Jesus' on January 3rd.

From the earliest of days, Christians have called on the power present in the Holy Name of Jesus in prayer, devotion and even in song,

as sung in the hymn, *All hail the pow'r of Jesus' Name!*

Scripture speaks often of this power. In Romans 10 St. Paul references the saving action of Jesus name as he writes "call on the name of the Lord; in John 16:23 "if you ask the Father for anything in my name He will give it to you."; Mark 9:38-39 demons are driven out by the power of the name of Jesus and in Acts, baptisms take place and miracles are performed in Jesus name; in Acts 16:18 many Christians believe that the invocation of the name of Jesus provides protection from evil.

The reverence for the name of Je-

What's in a Name?

sus among Christians throughout the years is also recognized in the use of symbols representing the name of Jesus. One of the most popular being the monogram IHS (the first three letters of the name Jesus in Greek), as it would come to adorn many altars, churches, vestments etc. even to this day.

If I have managed in any way to convince you of the power and importance of the name of Jesus, I would also hope to convince those who are followers of Jesus that the beginning of another year provides a great opportunity to reflect on our own use of The Holy Name. In our

present society we all too often hear the name of Jesus used as a curse, blasphemy, or even at best in an all too casual manner. Would it not be worth our effort to reclaim, at least for ourselves, a sense of the mighty power and importance of the name of God's Son? If we are still looking for a New Years resolution may I make a recommendation to honour the Holy Name of Jesus.

Rev. Barry Schoonbaert;

Pastor of Christ the King Church, Stonewall; St. Joseph, Stony Mountain and St. John Vianney, Teulon

get inspired

> MEAL IDEAS



Recipe courtesy of Sylvia Garza of Qué Mami Organics

Yield: 16 tamales

30 large, softened corn husks

Masa (dough):

3 cups masa harina (corn flour)

2 teaspoons baking powder

2 teaspoons sea salt

2 1/3 cups vegetable broth, warmed

1/2 cup unsalted butter, softened

1/2 cup vegetable shortening

Filling:

1 tablespoon olive oil

1/2 small red onion, diced

1 garlic clove, finely diced

3 cups zucchini, cubed small

1 tomato, cubed small

1/4 teaspoon dried oregano

1 teaspoon sea salt

1 cup sweet white corn

4 tablespoons cilantro, finely chopped

5 ounces Qué Mami Organics Red

Enchilada Sauce

2 1/2 tablespoons Tabasco Pepper

Sauce

8 ounces Monterey Jack cheese, cut into 1/2-ounce strips

To prep husks: Soak corn husks in hot water. Place heavy pot on top of husks to keep submerged at least 1 hour. Once pliable, rinse each corn husk.

To make dough: In large bowl, mix corn flour, baking powder and sea salt. Using hands, mix in warm vegetable broth to make firm dough. In mixer, cream butter and shortening until fluffy then add dough in small amounts until well mixed. Continue mixing at low-me-

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Zucchini and Corn Tamales

dium speed 5 minutes, scraping dough off sides of bowl. Reserve dough.

To make filling: In large skillet over medium heat, heat olive oil; saute red onion and garlic until translucent. Add zucchini and mix 1 minute. Add tomato, dried oregano and sea salt; continue mixing 1 minute. Add corn and chopped cilantro. Stir and continue cooking about 2 minutes more; zucchini should be cooked but al dente. Remove filling to heat-resistant bowl.

In small bowl, combine enchilada sauce and Tabasco pepper sauce. Add half of sauce mixture to filling; mix well. Reserve remaining sauce.

To assemble tamales, spread 2 tablespoons dough onto wide end of each corn husk. Dough should extend across corn husks, except 1 inch on sides and about 3 inches from narrow end.

Scoop about 1 tablespoon zucchini and corn filling into middle of dough. Add 1 teaspoon reserved sauce over filling and one strip cheese on top. Fold right side of corn husk over filling and seal closed with dough. Fold over left side of corn husk tightly and fold narrow end of corn husk up. Cut strips from extra corn husks and tie around each tamale to secure.

Place tamales vertically, filling-side up, in steam pot with enough water to steam 40-45 minutes. Cover tamales with extra corn husks to trap in steam; place lid on pot. Tamales are ready when masa dough separates easily from husks. Add water to pot, as necessary, for longer steaming.

Let tamales rest 10 minutes before unwrapping. Remove corn husks before serving.



Sweet Citrus and Spice Cheese Board

raspberries

blackberries

Real California burrata cheese

honey, for garnish

fresh herbs, for garnish

To assemble cheese board: On large board, plate or tray, arrange brie cheese, olives, dried orange slices, sliced pepper jack cheese and almonds.

On smaller board, arrange raspberries and blackberries around burrata cheese placed in center of board. Garnish cheese with honey and fresh herbs. Place smaller board into empty space on larger board.

Real California brie cheese
black olives
green olives
dried oranges, sliced
Real California pepper jack cheese, sliced
almonds



Toma cheese, sliced
natural almonds
prosciutto
salami
Real California aged cheddar, sliced
Real California burrata cheese
olive oil
herbs
blue cheese
Real California braided marinated string cheese
dry salami, sliced
premade antipasto skewers
yogurt pesto dipping sauce
Real California aged Gouda
brie cheese
Real California cheese log
Real California cheese bundts
dry jack cheese
sweet red piquante peppers
green California olives
premade Real California queso fundido
breadsticks
tortilla chips

Grazing Table

dark chocolate sea salt caramels
dried citrus, such as oranges and lemons

artisan bread, sliced

On large board, plate or tray, arrange sliced toma cheese, almonds, prosciutto, salami and aged cheddar. In center, place burrata cheese and top with olive oil and herbs.

On separate small plate, place blue cheese; crumble.

On medium board, arrange braided string cheese and dry salami slices.

On serving platter, arrange antipasto skewers around bowl of yogurt pesto dipping sauce.

On separate small cheese board, place Gouda, brie cheese and cheese log.

On slate, arrange cheese bundts. On separate plate, place dry jack cheese.

In separate bowls, place piquante peppers and green olives.

Arrange boards, plates, bowls and skillet of queso fundido on table, as desired.

Fill blank spaces on table with breadsticks, tortilla chips, dark chocolate sea salt caramels, dried oranges, dried lemons and bread slices. Add floral arrangements and holiday decor for finishing touches. Complete table with cheese knives and spreaders.



Chipotle Pumpkin Black Bean Chili

beans, drained and rinsed

1 can (12 1/2 ounces) no-salt-added chicken, drained

1 chipotle in adobo sauce, finely chopped

1 teaspoon brown sugar
salt, to taste

2 green onions, finely chopped
lime wedges, for serving

In Dutch oven or large saucepan over medium heat, heat oil. Add onions, celery, jalapenos, garlic, cumin, oregano and pepper. Cook, stirring, 5-8 minutes, or until vegetables soften. Add tomato paste and cook 2 minutes.

Add tomatoes, pumpkin puree, chicken broth, black beans, chicken, chipotles and brown sugar. Bring to boil. Reduce heat to low. Simmer, stirring occasionally, 1 hour, or until chili thickens. Add salt, to taste.

Garnish with green onions and serve with lime wedges.

Tip: Add preferred canned beans, such as white kidney beans, pinto or Romano beans, in place of or in addition to black beans.

Recipe courtesy of the Canned Food Alliance

Prep time: 20 minutes

Cook time: 60-70 minutes

Servings: 4-6

2 tablespoons vegetable oil

1 onion, chopped

1 rib celery, chopped

2 jalapenos, seeded and chopped

3 cloves garlic, minced

1 teaspoon ground cumin

1 teaspoon dried oregano

1/4 teaspoon ground pepper

2 tablespoons tomato paste

1 can (28 ounces) no-salt added canned diced tomatoes

1 cup canned pureed pumpkin

1 cup no-salt-added canned chicken broth

1 can no-salt-added canned black

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

2018 was a great year for local athletes and teams

By Brian Bowman

Athletes and teams from our area achieved a ton of success in the sporting world in 2018.

Here are some of the highlights.

January

Stonewall's Rebecca Fox was awarded a \$500 Winnipeg Ringette League scholarship during the league's ninth annual all-star day.

Fox was one of the U19 "A" all-star players.

The Veteran's Cup PeeWee hockey tournament selected Dick Slatcher as this past year's guest of honour for the historic 24-team tournament, which took place Feb. 2-4 at the Veteran's Memorial Sportsplex in Stonewall.

The Teulon Saints won a junior varsity girls' basketball tournament in Carman, finishing with a perfect 3-0 record. Teulon destroyed Major Pratt 59-8 and then defeated Maples Collegiate 50-43. The Saints then cruised to a dominating 47-23 triumph over MacGregor in their third game.

The Interlake was well represented at the 2018 AAA Bantam All-Star Classic game at the Bell MTS Iceplex. Representing the Lightning were Michael Crave, Colby Bear and Brett Tataryn.

Meanwhile, Lightning players Cadrick Dueck, Carter Bateman, and Rhett Woods represented the Interlake at the 2018 Winnipeg AAA City Midget All-Star Classic game also held at the Bell MTS Iceplex.

Seth McMahon, Ryan Brown, Bryce Allary, Nick Prystupa, and Matthew Fossay each represented their schools at the Winnipeg High School Hockey League all-star day.

In curling, the Wayne Oli-

ver rink went a perfect 7-0, defeating Randy Neufeld in the final, to win the Manitoba Open Halfspiel. Oliver's team included Brandi Forrest, Hailey Ryan, and Sara Oliver.

The Warren Wildcats varsity girls' basketball team won the Gimli tournament after defeating Ste. Rose 58-28 in the championship game.

Warren played extremely well in the final at both ends of the floor in the lopsided victory.

Back to hockey, Hayden Wheddon, Rylan Slatcher and Dylan LeClair participated in the fifth-annual PeeWee "A" All-Star game and Skills Competition on Jan. 20.

Kenady Christensen, Keely Emms-Finnson and Emma Pool represented the Interlake Lightning at the Hockey Winnipeg Bantam "AA" Female All-Star Day.

Meanwhile, Ava Pool, Kylee Emms-Finnson, Mikki Thorkelsen, and Tessa Stewart represented the Stonewall Blues at the PeeWee "AA" Female All-Star Hockey Winnipeg Day.

The Midget "AA" female All-Star Day saw the Stonewall Blues' McKenna Riley, Calli Farthing, Darci Mowatt, Denali Sigurdson, Raelyn Caumartin, and Courtney Marko participate.

February

Three Stonewall Blues PeeWee hockey teams medalled at the 37th-annual Veteran's Cup Tournament.

Twenty-three teams competed in three divisions at the popular tournament.

On the hardwood, the Warren Wildcats varsity girls' basketball team won the Gimli tournament after defeating Ste. Rose 58-28 in the championship game.

Stonewall's Veterans Memo-

rial Skating Complex was a very busy place in mid-February.

The Stonewall Skating Club and the Skate Canada Manitoba Section hosted the 2018 Prairie Regional Synchronized Skating Championships.

There were 17 teams with over 350 skaters from Manitoba, Saskatchewan and Ontario coming together to compete.

The Stonewall Collegiate Rams varsity girls' basketball team had a pretty good time in Sanford.

Stonewall played some tremendous basketball as the Rams cruised to a third-place finish at the 16-team "AAA" tournament.

Stonewall defeated the No. 1-seeded U of W Collegiate 67-50 in the third-place game.

Sticking with hoops, the Teulon Collegiate Saints varsity girls' basketball team finished in second place at a Transcona "AAAA" tournament. The Saints lost 50-23 to Westwood in the final.



Golden Gals curling provincial champs

On the ice, Nancy Drad put on a golden performance in Dauphin.

Stonewall's Drad, whose rink featured third Elsie Murray, second Marianne Charniak and lead Arlene Farebrother, defeated Dauphin's Dawn Steiner 7-6 in the final of the 16-team Golden Girls

Curling Provincials. Drad earlier edged Deb McCrenanor 10-7 and Stonewall's Arlene Deprez 7-6 in the sudden-death playoffs to reach the championship game.

Overall, Drad was a perfect 6-0 at the provincials.

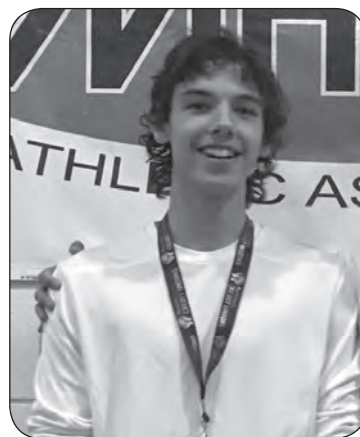
The Teulon Collegiate Saints junior varsity girls' basketball team won their second tournament of the season.

This time, the Saints turned the trick in MacGregor as Teulon soundly defeated the host team 41-24 in the championship game.

The Warren Merces had a real nice finish to the South Eastern Manitoba Hockey League regular season.

Warren capped off its regular season with a convincing 7-2 home victory over the Portage Islanders. The Merces finished the regular season in second place with a 13-7 record and 26 points.

The Interlake Badminton



Chris Wiebe

Club's Chris Wiebe won the boys' double A-side title at the Pal Chawla Manitoba Junior Open Badminton Tournament.

Emalia Sinclair, meanwhile, captured the C-side mixed doubles event.

The Interlake Ignite U19 ringette team finished pretty well at the provincials in Stonewall.

Interlake reached the gold-

medal series where they lost 8-1 and 5-2 to East End. East End advanced to the westerns in Saskatoon.

The Stonewall Collegiate Rams varsity girls' basketball team earned a spot into the MHSAA "AAA" provincials after a thrilling 59-54 overtime win over John Taylor.

The Interlake Lightning wrapped up their Manitoba AAA Midget Hockey League season with a pair of losses.

Interlake posted an 11-32-0-3-2 record and missed the playoffs.

The Interlake Lightning Bantam AAA team, meanwhile, finished with a 1-2 record at the Rural Provincials.

March

Dylan Barnych proved his outstanding talent at the Boeing Indoor Track and Field Classic on March 3.

The student Centennial School student won the Bantam Men Shot Put - breaking the meet record with an outstanding throw of 12.23 metres (the old record was 11.36m).

It was Barnych's personal best throw.

He also earned a silver medal in the Weight Throw.

The Interlake Lightning had a real good effort in their best-of-five City Midget playoff series with the Eastman Selects.

But that effort wasn't enough to propel the Lightning to an upset win over the Selects.

Interlake, which finished last in the six-team league during the regular season, was swept by third-place Eastman in three games.

Stonewall's Liam Proven had a golden performance at the 2018 Manitoba Winter Games in Thompson.

Continued on page 21

Continued from page 20

Proven teamed up with Warren's Emalia Sinclair to claim gold in the U17 mixed doubles event.

Proven and Sinclair also won an overall silver medal with Team East.

In other badminton results at the Games, Grosse Isle's Ty Baldwin, Warren's Matthew Gilmore, Stonewall's Hayden Turner and three others won bronze medals in the U15 mixed event.

Gymnastics action saw Stony Mountain's Ella McIvor win silver medals in both the vault provincial stream and floor exercise.

In boys' hockey, Warren's Kaden Stewart scored the overtime goal to lead Team South to a gold medal.

From the ice to the snow, the Teulon Ski Club's Liam Tinker was a member of the Hammads Hammers that raced to a silver medal in the 4x1.5km relay race.

As the host team for the MHSAA "AAA" junior varsity boys' basketball provincials, the Stonewall Collegiate Rams were up against some very good teams.

But the Rams didn't look out of place one bit. Stonewall impressed a lot of people on the hardwood despite losing both of its games. The Rams gave the No. 1-ranked Gray Academy Raiders a pretty good battle in a 78-44 loss to start the provincials.

After the Raiders' loss, the Rams were then defeated 58-42 by Swan Valley.

The Warren Mercs' South Eastern Manitoba Hockey League season came to an end in early March.

The Carman Beavers defeated Warren 5-1 to beat the Mercs 4-2 in their best-of-seven semifinal series.

The Stonewall Blues Pee-Wee boys' hockey team did a whole lot of winning last season.

And the Blues capped off their tremendous season after sweeping the Assiniboine Park Winter Hawks' Red team in their best-of-five city final.

Stonewall won games by scores of 9-1, 7-0, and 5-1.

In junior hockey, the Stonewall Jets won three straight games against St. James to eliminate the Canucks from the Manitoba Major Junior

Hockey League playoffs.

The Jets won the quarter-final series in six games after a thrilling 3-2 overtime victory in Stonewall.

Chase Faulkner scored his second goal of the game in OT to lift his club to the huge win. Faulkner was brilliant in the series, scoring 10 goals while adding three assists.



U of M Bisons national champions Mekaela Fisher, Allison Sexton and Devon Johnson

The University of Manitoba Bison women's hockey team earned their first national championship in the program's 21-year history.

Manitoba goalie Lauren Taraschuk made 20 saves as the Bisons beat the Western Mustangs 2-0 in the tournament's final.

Manitoba's roster included Winnipeg Beach's Rachel Dyck, Warren's Mekaela Fisher and Stonewall's Allison Sexton and Devon Johnson.

The Stonewall Collegiate Rams had a very tough matchup in their first game of the MHSAA "AAA" varsity girls' basketball provincials.

But the Rams nearly pulled off a significant upset, losing 65-63 to the No. 2-ranked Westgate Mennonite Collegiate Wings.

The Warren Collegiate Wildcats were crowned the MHSAA "AA" varsity girls' basketball provincial champions.

Warren earned that title after a heart-stopping 45-43 victory over Flin Flon's Hapnot Kopper Kweens in Dominion City.

Going outside, Stonewall's Adam Stamler placed fifth overall at the Cadet Nationals

in Brookvale, P.E.I.

Stamler was part of a handful of cadets that represented Manitoba at nationals.

The Balmoral Judo Club was started by Milton and Joan Good in September of 1977 and the local club is still going strong more than 40 years later.

Both Milton and Joan were honoured for their dedicated years of service to the organization when the Balmoral Judo Club hosted its annual tournament in Stonewall.

Stony Mountain's Brett Stovin was a co-winner of the University of Manitoba's 2017-18 Bison Sports Male Student-Athlete and Leadership and Community Development Award. Stovin plays on the Bison men's hockey team.

For the second year in a row, the Raiders Jr. Hockey Club put an end to the Stonewall Jets' season.

After defeating Stonewall in the Manitoba Major Junior Hockey League final a year ago, the Raiders ousted the Jets in the semifinals this time around after a 3-0 win in Winnipeg.



Lacey Finnbogason

Lacey Finnbogason had a real successful season with the Red River Rebels' women's basketball team.

She was selected as the team's most valuable player and was also picked as an all star in the United States' NIAC conference.

Those accolades are two pretty good honours for the former Stonewall Collegiate Ram student-athlete.

April

Condolences and prayers poured in from across the world – including right here in the Interlake – for families of the Humboldt Broncos' junior hockey team that was involved in a tragic crash.

The accident occurred when a semitrailer collided with the Broncos' bus while on its way to a semifinal playoff game against the Nipawin Hawks in Saskatchewan.

Nipawin's roster included defenceman Wayne Johansson of Arnes.



Barry Lamm

Barry Lamm didn't run his first marathon until he was 51 years old.

But just five years later, the 56-year-old Stonewall resident ran in one of the world's most iconic races. Lamm competed in the prestigious Boston Marathon on April 16.

Amber Schneider represented Stonewall Collegiate at Basketball Manitoba's Graduating Girls "AAA" all-star game in Winnipeg.

To be able to compete at a national tournament is a rare occurrence.

But to compete twice at nationals – at two different positions – is quite the accomplishment.



Hayley Charison

Teulon's Hayley Charison added that to her sporting resume as she was the starting goaltender for Manitoba at the 2018 Juvenile National Broomball Championships in

Owen Sound.

Thomas Dunlop competed at his first-ever curling nationals and he didn't look out of place one bit.

In fact, Dunlop, who plays third for Brett Walter, represented Manitoba extremely well at the Under 18 Canadian Men's Championship in St. Andrews, N.B.

Manitoba finished first overall in Pool "A" with a 4-1 record and then crushed New Brunswick 7-2 in the first round of the double-knock-out championship.

But their luck would run out with extra-end losses to Nova Scotia (7-6) and Northern Ontario (6-5).

In hockey, three Kelowna Rockets' players – including Stonewall's Leif Mattson – were listed on NHL Central Scouting's final ranking of North American skaters for the 2018 NHL Draft at American Airlines Center in Dallas.

Mattson was ranked 157th among North American skaters on the NHL Central Scouting's final rankings.

Stonewall Collegiate had a very good season, reaching the MHSAA "AAA" varsity girls' basketball provincials.

And Basketball Manitoba certainly noticed their success on the court.

Rams' head coach Christy Steeves was named the "AAA" girls' coach of the year at the annual banquet. Meanwhile, Warren Collegiate Wildcats' head coach Cathy Pleskach was recognized with a 20 years of service award.

As well, Alex Chester, a Grade 11 student-athlete at Warren Collegiate, was selected as a first-team all-star on the all-Manitoba team for "A/AA/AAA" girls.

It's very rare for a Grade 11 player to be picked as one of the top five players in the province for the "A/AA/AAA" classification.

Meanwhile, Travis Price hockey scholarships were awarded to Warren Collegiate's Trey King and Stonewall Collegiate's Seth McMahon.

Hockey Manitoba announced the rosters for the U18 female Top-40 camp, which featured forward Olivia Cvar, who played prep hockey for Balmoral Hall last season. Cvar, originally from

Continued from page 21

Gimli, now resides in Stonewall.

Skate Stony Mountain skaters received awards at the Skate Manitoba Gala awards event.

Lily Hammond won the Skate Canada Manitoba Can Skate Award. Other skaters and their awards included Erin Bay (Gold Freeksate), Eva Jensen (Quad Gold), Marrin McKee (Gold Skating Skills), and Amy Clark (Gold Dance).

May

Sometimes playing at the MHSAA badminton provincials can be a tough experience.

But it was a really good one for Stonewall Collegiate in Brandon.

Stonewall's Chris Wiebe won a silver medal in the boys' singles division while Justin Levesque and Ethan Lindsay teamed up to win a bronze in the boys' doubles event.

The Rams' also had a mixed doubles team of Hunter Lupyrypa and Dante Lourenco. They did not advance to the playoffs, though, as the top four teams in each pool of eight moved on.

Thomas Thevenot returned home with his Manitoba wheelchair basketball teammates after winning the bronze medal at the CWBL National Championships that were held May 4-6 in Martensville, Sask.

Manitoba defeated a team from Lethbridge to claim the bronze.

The Stonewall Rams' fast-pitch team didn't play any exhibition games before their first tournament in Winkler.

And they didn't need any game action to get ready for the season.

Stonewall was sensational in winning the tournament without a loss. The Rams clinched the title after soundly defeating Altona's W.C. Miller Aces 13-2 in just four innings.

The U12 South Interlake Phillies won gold at a Regina fast-pitch tournament. The Phillies won 5-4 in the championship game.

On the gridiron, the Interlake Thunder decided to sack the Midget Football League of

Manitoba.

Interlake made the decision to leave the MFLM and participate in the nine-man Rural Manitoba Football League this past season.

Manitoba had a golden time at the 2018 National Aboriginal Female Hockey Championships in Membertou, N.S.



Bianca Zak

Team Manitoba won the gold medal after defeating Ontario South 5-3.

Keyanna Lea had a fantastic game, finishing with five points, while her twin sister, Keyara Lea, had three points.

Stonewall's Bianca Zak made 19 saves for the win.

Team Manitoba's boys' squad, meanwhile, came home with bronze medals from the 2018 National Aboriginal Male Hockey Championships.

Manitoba defeated Ontario South 4-1 in the bronze-medal game.



Milton Good

The Balmoral Judo Club's Milton Good attended the 2018 Judo Nationals. He presented before the national grading board for a high dan grading and was promoted to Rokudan (sixth-degree black belt).

Teulon Collegiate's Makoto Bernard was named the Manitoba High School Field Lacrosse Athlete of the week along with Selkirk's Draven Clemons and PCI's Logan Calder.

For the first time since 2013, the Lundar Kodiaks won the

Zone 5 baseball championship.

Lundar defeated the Stonewall Collegiate Rams 6-5 in dramatic fashion on May 23, scoring twice in the bottom of the seventh inning of the championship game.

Brent Johannsson ripped a line shot over the Rams' centre-fielder's head for the walk-off win.

June

The Portage Collegiate Institute Saints went into this year's MHSAA fast-pitch provincials as three-time defending champions.

But they went home as provincial runner-ups.

Stonewall Collegiate put an end to Portage's dominance by outslugging the Saints 12-8 in the championship game in Winkler.

Manitoba Junior Hockey League teams were building for the future at the league's annual Bantam draft.

And some local players caught the attention of MJHL teams.

Argyle forward Brett Tataryn was selected ninth overall by the Portage Terriers. Tataryn had 18 goals and 30 points in 32 regular-season games with the Interlake Lightning last season.

Warren defenceman Kaden Stewart was selected in the fourth round (40th overall) by the Winkler Flyers.

With the next pick in the draft, the OCN Blizzard snagged Peguis forward Colby Bear.

Olivia McCowan participated at a ringette tournament in Saskatoon along with about 30 other Manitoba players.

Manitoba was split up into two teams and played squads from Saskatchewan and British Columbia.

After being evaluated during those games, McCowan was selected to represent Manitoba at the Canada Winter Games in Red Deer.

The Warren Collegiate Wildcats won the aggregate "AA" banner at the MHSAA track and field provincials for the 11th straight time.

Warren and Stonewall Collegiate also had some exceptional individual efforts at the provincials.

Warren's Grace Goodman was tops in the varsity girls

javelin and also won a bronze in the 200m race.

The Wildcats' Alex Chester earned a bronze in the varsity girls' javelin. Emma Goodman was golden in the junior varsity girls' javelin while Madelyn Boonstra won a silver in the varsity girls' pentathlon.

Warren's Juliette Neudert was the fastest in the Special Olympics 100-metre and 200m races.

The Rams' Amber Schneider won three silver medals, including leading her 4X400 team of Hanna Marshall, Amy Clarke and Hunter Lupyrypa to a second-place finish.

Stonewall's Taryn Jackson won a silver in the junior varsity girls' javelin.



Trevor Procter

Woodlands' Trevor Procter and Lundar's Troy Fortin (now living in Stonewall) were inducted into the Manitoba Baseball Hall of Fame.

Procter played with several teams during a stellar baseball career and still coaches minor ball.

Fortin, meanwhile, played professionally in the Minnesota Twins' organization.

The dream season for the Texas Stars came up one win short in an American Hockey League Game 7 loss in the championship series to the Toronto Marlies. Stonewall's Derek Laxdal was the head coach, leading his squad to a 38-24-8-6 regular-season record and 90 points.

A team of Stonewall runners placed third in this year's Manitoba Marathon relay race. The Stonewall Posse completed the relay in 2:57:05.5 while the Bonnie-doan Dairy Farm team from Woodlands finished sixth with a time of 3:02:52.9.

The Posse consisted of Aaron Beckman, Craig Thompson, Chris Thompson, Braeden Kaminski and Kent Ozirney.



Amber Schneider

The Manitoba High Schools Athletic Association announced the four winners of the 2017-2018 Credit Unions of Manitoba High School Scholar Athlete Awards. These \$1,000 scholarships were awarded to four graduating high school student athletes who maintained a minimum 85 per cent average and competed in at least two interscholastic sports. Other criteria included school, community, volunteer and citizenship activities. Among the 41 nominees was Stonewall Collegiate's Scott Yeo.

For a high school to have one individual named as a top athlete in the province is quite the accomplishment. But to have two in one year is literally amazing.

The Stonewall Collegiate Rams can lay claim to that prestigious distinction as Scott Yeo and Amber Schneider were very deservedly named the MHSAA "AAA" male and female athletes of the year.

Schneider also was selected as the overall MHSAA female athlete of the year.

July

Five players represented the Interlake Blue Jays at the Manitoba Junior Baseball League All-Star game, leading Team Rural to a 13-12 win over Team City.

The Blue Jays' players included Brennan Cheasley, Emerson Klimpke, Ben Anderson, Bailly Proctor, Ryan Moroz, and Derek Petrasko.

Swift Current Broncos' goaltender Joel Hofer, whose family originates from the Keystone Hutterite Colony outside of Warren, was selected in the fourth round, 107th

Continued from page 22

overall by the St. Louis Blues at the 2018 NHL Draft in Dallas.



Joel Hofer

Hofer had a productive rookie season for Swift Current. The 18-year-old goaltender posted an impressive 8-3-1-1 record, a 2.61 goals-against average, and a .914 save percentage with one shutout.

In baseball, the Grosse Isle Jays earned a trip to the 18U AA provincials after sweeping the Stonewall Blue Jays 2-0 in the best-of-three Mervin Farmer Memorial Regional Championship series.

Grosse Isle won games by scores of 9-4 and 8-6.

Souris may have won the 15U AA baseball provincials, but the Warren Wildcats made sure everyone noticed their talent. Warren was very good at the provincials in East St. Paul, reaching the semifinals where they lost 11-5 to Portage.

The Stonewall Blue Jays reached the semifinals of the 13U AA baseball provincials at St. James Optimist Park. Stonewall's great run was ruined, though, with a tough 9-6 loss to Brandon.

Junior hockey teams go through changes on a yearly basis. But the Stonewall Jets went through several changes this past off-season as they prepared for the 2018-19 campaign.

Brock Couch took over as the team's head coach while Matt Figur slid into the general manager position along with Dale McClintock. Couch and Figur were previously coaches on the Jets' bench.

The South Interlake Phillies finished with a 2-5 record — and wound up in sixth place — at the 14U fastpitch pro-

vincials. The top five teams at provincials earned a spot into either the western or national championships.

The North Winnipeg Pirates had a flair for the dramatics in the Midget "AAA" baseball final. Trailing 2-1 in their final at-bat, North Winnipeg scored a pair of runs with two outs to edge the Bonivital Black Sox 3-2 to claim the city championship.

The Stonewall Blue Jays posted an 0-2 record at the Senior AA All Star Baseball Provincials at Quarry Park. Stonewall was doubled 10-5 by SWBL and then was defeated 5-4 by Brandon.

The two losses ended the Blue Jays' tournament in the double-knockout format. Meanwhile, the Grosse Isle Jays finished with an 0-3 record at the 18U AA baseball provincials in Altona.

In the pool, Erik Mattson made a major splash this past summer.

He competed at the 2018 Special Olympics Summer Games from July 31 to Aug. 4 in Antigonish, N.S.

Interlake's playoffs didn't last very long after the St. Boniface Legionaires swept the Blue Jays in their MJBL best-of-three first-round series.

The Blue Jays opened the series with a 4-1 loss to the Legionaires and then was shut-out 5-0 by St. Boniface.

The South Interlake Phillies finished fourth out of seven teams at the U12 A girls' provincial fastpitch championship. After losing their first three games, South Interlake roared back to win the next two before losing a close battle in their sixth game.

There was no return trip to the nationals this year for the North Winnipeg Pirates Midget "AAA" baseball team. North Winnipeg finished with a 1-2 record at the provincials in south Winnipeg.

August

The Interlake Orioles played some great baseball on their way to reaching the bronze-medal game at the PeeWee "AAA" provincials in West St. Paul.

But their season ended with a tough 10-0 loss to North Winnipeg.

The Stonewall Blue Jays

swept the Springfield Braves in a pair of games Aug. 1 to wrap up their Winnipeg Senior Baseball League regular season.

Stonewall blanked Springfield 8-0 in Game 1 and then won the nightcap 6-5.

On a national level, Team Manitoba finished eighth at the 2018 Baseball Canada Cup U17 Championship in Moncton, N.B. Manitoba was defeated 4-3 by Alberta in the seventh-place game.

Manitoba's roster included Stonewall's Davis Fenske.

Team Manitoba finished fourth at the five-team 21U Women's Invitational baseball tournament in Stonewall.

Manitoba was defeated 14-4 by Nova Scotia in the bronze-medal game.

New to the sport of powerlifting and being coached by his 23-year-old nephew, Jordan Smith, 50-year-old Dean Smith of Warren set a new provincial record and qualified to compete at the Western Canadian championships in Edmonton.

The Blue Jays' offence went cold at the wrong time of the season. Stonewall scored just three runs in four games of their best-of-five Winnipeg Senior Baseball League Pool A semifinal series.

As a result, Elmwood won the series 3-1 after a 4-0 vic-



Aaron Cockerill

tory at Fines Field.

On the links, Aaron Cockerill played a couple of very good rounds at the Players Cup in Winnipeg but it still wasn't enough to make the weekend cut.

Cockerill fired rounds of 72 and 68 to finish at 4-under 140.

Stonewall pitcher Brady Woods pitched very well for Prince Edward Island at the men's national fast-pitch

championship in Nova Scotia.

Emerson Klimpke competed with the St. James A's as they represented Manitoba at the 2018 Men's Baseball Championship in St. Thomas, Ont.

Meanwhile, Kyle Turner was part of Team Manitoba at the Men's National Baseball Championship in Victoria.

Manitoba posted a 1-3 record.

Julie Sprague made her switch from offensive lineman to fullback with ease.

The Grosse Isle product was very good for the Manitoba Fearless last season. As a result, she was named the team's most valuable offensive player.

Team Manitoba finished in seventh place at the 16U Girls' Invitational Baseball Championship in Bedford, N.S.

Manitoba's squad featured Stonewall's Megan Humeniuk and Teulon's Jacey Ledochowski.

Manitoba won the seventh-place game, defeating Quebec 2 by a 13-5 score.

Carter Comeau has worn a lot of hockey jerseys in his life.

But he wore a different type of jersey for the very first time in August.

Riverton's Comeau, a former Stonewall Jet and Winnipeg Blues' hockey player, saw his first university football action when his Calgary Dinos defeated the University of Alberta Golden Bears 50-38.

As the Stonewall Jets headed into training camp, they welcomed a pair of new faces behind their bench for this upcoming season.

Brett Wur and Eric Swanson were announced as the new assistant coaches for head coach Brock Couch.

September

The long bus ride home for the Interlake Thunder was a joyous one.

The Midget Thunder players and coaches were in a good mood after soundly defeating the Moosomin Generals 41-13 in Rural Manitoba Football League action in Saskatchewan.

Stonewall Collegiate's girls' soccer team could not have asked for a better start to their season.

Stonewall was sensational in winning the Garden Val-

ley Collegiate tournament in Winkler after defeating defending provincial-champion Minnedosa 2-1 in penalty kicks in the title game.

For the second consecutive weekend, the Warren Collegiate Wildcats won a varsity girls' volleyball tournament.

This time around, Warren won the Maples Collegiate Invitational after defeating Dakota Collegiate 2-1 in the



Megan Van Heyst

championship match.

Megan Van Heyst has put in a lot of hard work as a triathlete.

And she was rewarded for that hard work ethic when she won the Junior Athlete of the Year award at the Triathlon Manitoba Awards Dinner Sept. 18.

The Western Hockey League's Swift Current Broncos re-acquired Balmoral's Matt Stanley and Oakbank's Owen Blocker in a pair of separate moves. Stanley, a 20-year-old defenceman, returned for his second stint in Swift Current after being claimed off waivers from the Lethbridge Hurricanes. The 6-foot-2, 185-pounder was originally selected in the 12th round, 248th overall, of the 2013 Western Hockey League Bantam Draft.

Stonewall's Chris Wiebe (Interlake Badminton Club) and his mixed doubles partner Natalie Yee (Clear One Badminton Club in Richmond, B.C.) won the U19 Mixed Doubles consolation final at the Yonex Junior Prairie Elite Badminton Tournament.

The tournament featured the top junior badminton players from Ontario, Manitoba, Saskatchewan and British Columbia.

The MHSAA Rural High School Athlete of the Week in late September was Grace

Continued on page 24



WCI varsity girls' volleyball provincial champs

Continued from page 23

Goodman of the Warren Collegiate Wildcats' varsity girls' volleyball team.

The starting left-side hitter led her team to back-to-back tournament wins at the Gilbert Plains and Seven Oaks events.

The Canadian Premier League held various tryouts across the country in search for some outstanding soccer players.

They may have found a couple right here in Stonewall.

The Andrade brothers, Kyle and Dylan, impressed a lot of people at a tryout in Halifax, N.S.

October

Most teams would have trouble playing two football games in just five days. But it was no problem for the Interlake Thunder as they improved their Rural Manitoba Football League regular-season record to a perfect 6-0 after defeating the Souris Sabres 46-8 and the Swan Valley Tigers 26-18.

Stonewall Collegiate was one win away from claiming a MHSAA provincial girls' rural soccer championship. Stonewall reached the final in Swan River where they lost 1-0 to Northlands Parkway.

Stonewall Collegiate had several outstanding performances at the MHSAA cross-country provincial championship. Stonewall's varsity boys' team ran a great race, finishing third in the A-AAA category behind only Carman Collegiate and Westgate Mennonite.

The Rams' top individual performances included Cole Emberly 22nd (junior boys), Chloe Morrison 26th (junior girls), Megan Van Heyst 35th (varsity girls) and Cale Woods 40th (varsity boys).

The MHSAA Rural High School Athlete of the Week was Hannah France of the Wildcats' varsity girls' volleyball team.

ball team.

France was a major key to the extreme success of the Wildcats this past season. She was the team's setter and helped lead Warren to a school record six straight tournament wins.

Eryn Stewart had an exceptional start to her hockey season. Stewart, a junior forward from Stonewall, scored three goals and had five points in a 10-1 Oswego State Lakers' win over King's College in the season opener. She added an assist the next day as the Lakers pounded Wilkes 5-0.

Stewart finished the weekend with a plus-7 rating.

November

The Warren Collegiate Wildcats were big winners at the Zone 5 "AA" varsity volleyball championships.

Warren won both zone titles up for grabs. The Wildcats varsity boys' captured their volleyball title after defeating the Gimli Lakers 2-0 in the final.

Warren's varsity girls, meanwhile, claimed their zone championship after sweeping Gimli 2-0 in the final.

After losing two of their first three games, it didn't look good for Colin Kurz's rink at the 2019 Canadian mixed championship in Winnipeg.

But then a funny thing happened.

His Assiniboine-Memorial Club rink suddenly got red-



Sara Oliver

hot, culminating in a 7-4 victory over Nova Scotia's Kendal Thompson in the final on Saturday.

Kurz's rink included Marquette's Sara Oliver.

There was no question as to who the best team was in the Rural Manitoba Football League this past season.

The Interlake Thunder capped off a perfect season with a convincing 42-20 win over Swan Valley in Stonewall to win the Doug Steeves Trophy.

At the junior level, Alex France and Carter Safiniuk were involved in the biggest football game of their young careers.

Both former Interlake Thunder players are now members of the Langley Rams, who battled the Hilltops in Saskatoon for the national junior title.

Former Warren Merces' goaltender Gavin McHale dressed with the Stanley Cup champion Washington Capitals when they played against the Winnipeg Jets on Nov. 14.

Washington called on McHale, 31, as an emergency backup after the team's regular starter, Braden Holtby, couldn't play due to an upper-body injury.

McHale, a Winnipeg product, did not see any action in the game, which was won 3-1 by Winnipeg.

The Interlake Thunder did some winning at the Rural Manitoba Football League's awards banquet.



Graeme Perrie

The Thunder's Gabe Simard of Fisher Branch was named the league's top offensive lineman while Graeme Perrie of Stonewall was selected as the league's Rookie of the Year.

Perrie rushed for 645 yards and nine touchdowns and also had 158 yards receiving and a TD.

Aaron Cockerill earned full status on the Challenge Tour next year and will draw into



The Interlake Thunder Midget boys

a few European events via Q-School.

He was the lone Canadian to make it through all six rounds of the European Tour qualifying school. There were an estimated 1,500 players at the beginning of the grueling competition.

December

Not even Hollywood could have written a better script for the Warren Collegiate Wildcats varsity girls' volleyball team.

After losing the first set 25-23 to the Major Pratt Lady Trojans in the MHSAA "AA" provincial final, Warren stormed back to win the next two sets by scores of 25-21 and 15-12.

Brayden Payette's rink was down to their final opportunity to secure a berth into the Canola junior men's curling provincials.

And they took full advantage of that final chance.

Payette defeated Marc Vachon 7-5 to claim the first of two provincial spots up for grabs at the Canola Junior West 2 Regional Qualifier in Rivers.

Payette's rink, which included third Emerson Klimpke of Stonewall, earlier doubled Seth White 8-4 in the four-team field.

Team Manitoba's archery roster for the Canada Winter Games was released. The four archers selected as primary athletes were Bryanne Lameg, Austin Taylor, Cleo Wermann-Thorn and Kadin Giebelhaus. Giebelhaus, 15, is in Grade 9 at Stonewall Collegiate and also competed in March at the Manitoba Winter Games.

Chris Wiebe was a smashing success at the Yonex Westman Open in Brandon. Wiebe cruised to a 3-0 record to win the men's singles badminton event and then placed second in men's doubles.

Aaron Cockerill had a real nice payday in Australia,

earning the biggest cheque of his professional golfing career.

He earned an impressive 19th-place finish at the Australian PGA Championship. Cockerill fired rounds of 72, 69, 71 and 73 at the RACV Royal Pines Resort in Queensland.

He finished the 72-hole event with a 3-under-par 285.

The tournament was Cockerill's debut on the European PGA Tour after earning conditional tour status last month.

The St. James Canucks' Nathan Cvar was named the Manitoba Major Junior Hockey League's Goaltender of the Month for November. Cvar posted an impressive 5-1 record and 2.33 goals-against average in November.

Interlake Lightning goaltender Anya Epp was selected as a Manitoba Female Midget Hockey League's Player of the Week.

Epp, a Grade 9 student from Stonewall, shut out the Winnipeg Avros 1-0 on Nov. 28 while stopping all 38 shots. Epp then earned her team another point in a 2-1 shootout loss against Central Plains two days later.

Christmas came early for the Warren Merces this year.

Warren vaulted itself into first place in the South Eastern Manitoba Hockey League standings after a pair of solid weekend wins over the Portage Islanders in mid-December.

Warren defeated Portage 4-3 and then the Merces outslugged the Islanders 10-7.

Ryan McMahon was fantastic, scoring four goals and adding an assist to lead the Jets to an 8-4 victory in Manitoba Major Junior Hockey League action.

Keeven Daniels-Webb was equally great, finishing the game with two goals and five assists while Aiken Chop chipped in with a goal and four helpers.

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- School Division Office, 192 – 2nd Ave N. (3800 sq. ft.) Monday - Friday.
- Transportation/Maintenance/Technology Facility, 6-145 East Rd 76N (3000 sq. ft.) Monday - Friday.
- The Infinity Program, 308 Main St. (2340 sq. ft.) Monday – Friday (10 months).

Proposals will be accepted for a combined monthly bid for all locations for a three year period commencing in February 2019.

The successful applicant will be required to have some flexibility in their work schedule in order to accommodate evening meetings.

Proposals will close at 12:00 noon, January 14th, 2019. Specifications are available at the School Division Office, 192-2nd Ave. N., Stonewall, MB.

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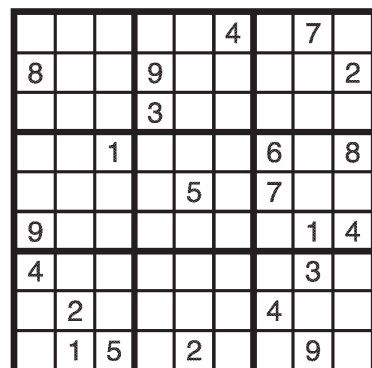
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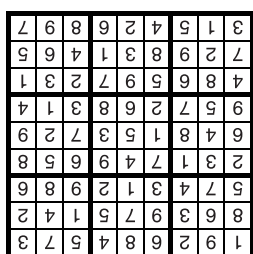
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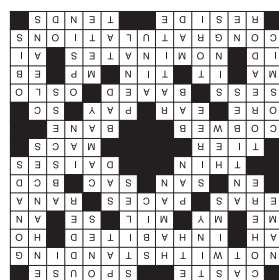
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Here's How It Works:

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



Sudoku Answer



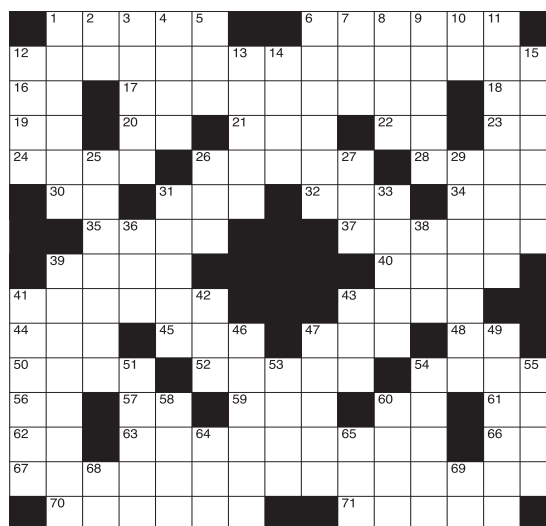
Crossword Answer

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- Class
- Husband or wife
- All the same
- Exclamation of surprise
- Lived in
- Hawaiian entertainer
- Of I
- Belonging to me
- One thousandth of an inch
- Midway between south and east
- Article
- Pitchers have them
- Steps
- Mars crater
- ___ route: on the way
- Diego, Francisco, Anselmo
- A baglike structure in a plant or animal
- These three follow A
- Frail
- Platforms
- Level
- Computers
- Where spiders live
- An enemy to Batman
- Mineral
- Body part
- Give
- Atomic #21 (abbr.)
- European tax
- Bleated
- Capital of Norway
- Pa's partner
- Stephen King's clown tale
- Atomic #50
- Military policeman
- One quintillion bytes
- Where impulses manifest
- Offers as a candidate
- Spielberg film
- Great job!
- Live in
- Cares for

CLUES DOWN

CROSSWORD



- Form a whole
- Indicates position
- Moves in water
- Diminutive
- Old English letter
- "Save the Last Dance" actress
- Dab
- Digits
- Female cattle's mammary gland
- Yes
- Improves
- We all have one
- Book of Esther antagonist
- Invests in little enterprises
- Organs that produce gametes
- Mediterranean city
- Peter's last name
- Unhappy
- Swollen area within tissue
- "No ___!"
- Soap
- Chop or cut
- "Atonement" author McEwan
- Bullfighter
- Of the universe
- Founder of Babism
- Not good
- Large, flightless bird
- Punitive
- Makes less messy
- Belts out a tune
- Aboriginal people of Japan
- An eye protein
- Broad sashes
- Actress Spelling
- Distribute
- Unpleased
- Body art
- Midway between north and east
- Overdose



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RURAL MUNICIPALITY OF ROCKWOOD UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING

On the date and at the time and location shown below, a PUBLIC HEARING will be held to receive representations from any person(s) who wish to make them in respect to the following matter:

RM OF ROCKWOOD BY-LAW NO. 14/18
Being an AMENDMENT to the RM OF ROCKWOOD
ZONING BY-LAW NO. 17/09, as amended.

HEARING LOCATION: Heritage Arts Centre
166 Main Street, Stonewall, MB

DATE & TIME: Thursday, January 10, 2019, at 3:00 PM

GENERAL INTENT: To re-zone the following lands to accommodate quarry development:

- Pt. S ½ of NW 6-14-2 EPM from "MEH" Industrial Extractive Holding Area Zone to "ME" Industrial Extractive Zone; and
- Pt. SW 6-14-2 EPM from "MEH" Industrial Extractive Holding Area Zone to "ME" Industrial Extractive Zone.

AREA AFFECTED:



FOR INFORMATION CONTACT: Eric Shaw, General Manager
South Interlake Planning District, 285 Main Street,
Stonewall, Manitoba, R0C 2Z0
Phone: 204-467-5587

A copy of the above proposal and supporting material may be inspected at the location noted above during normal office hours, Monday to Friday. Copies may be made and extracts taken therefrom, upon request.

Note: Property Owners are responsible for notifying lessee

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The Rural Municipality of St. Laurent CAREER OPPORTUNITY

Assistant Chief Administrative Officer (Finance & Administrative)

The Rural Municipality of St. Laurent is inviting applications for the full-time position of Assistant Chief Administrative Officer (CAAO).

The CAOA will assist in the management and implementation of all aspects of daily municipal finance and administration. We are seeking an individual that has advanced skills in accounting, and has the ability to lead, oversee and implement organizational administration, assisting, reporting to and taking direction from the CAO. A high level of ability to communicate and assist staff, council, and the public will also be expected from the successful candidate and excellent human resource skills will be required.

The CAOA will be expected to assume the authority and duties of the CAO in an acting capacity when the CAO is absent and is appointed to the role. Assuming the roles and responsibilities of other staff in extended absence may also be required from time to time.

Assets considered: CMMA course certification or extensive experience in local government/public sector environment; high-level accounting and managerial skills/background; knowledge of federal, provincial and municipal legislation; extensive computer and software (accounting and Microsoft) experience; political and financial acumen; and an individual who has excellent French language communication skills as well would be ideal.

The successful candidate can expect a salary and benefit package reflective of their experience and qualifications, starting at no less than \$21.00 per hour. Interested individuals may submit a cover letter* and resume with three references to:

Hilda Zotter
Chief Administrative Officer (CAO)
The Rural Municipality of St. Laurent
16 St. Laurent Veterans' Memorial Road (Inside St. Laurent Recreation Centre)
P.O. Box 220, St. Laurent, Manitoba R0C 2S0
E-mail: cao.rmstlaur@mymts.net
Fax: 204-646-2705

***IMPORTANT:** In your cover letter, please briefly describe each of your assets that would make you the ideal candidate for this position. Also, all prior work experience should be listed including name of employer.

If you have any questions, please call the CAO at 204-646-2259. A complete job description is available upon request.

The deadline for submitting your Resume is Friday, January 11, 2019 at 4:30 p.m. however this posting will remain open until a suitable candidate is found. The position is to commence by February 4, 2019 or soon thereafter. We thank all that apply, however only those selected for interview will be contacted.

REPORTER/ PHOTOGRAPHER

The Stonewall Teulon Tribune and *Express Weekly News* are looking for an outgoing individual to join our news team as a reporter/photographer covering Stonewall, Teulon, St. Laurent, Rockwood, Rosser, Warren, Woodlands, Armstrong and the communities along Highway 6, including Lunder, Eriksdale, Ashern, Grahamdale, Steep Rock, Moosehorn and across to Fisher Branch.

The ideal candidate is someone who is familiar with the goings-on of the region (or willing to get out there and learn), eager to take the initiative in finding compelling stories, has the know-how to take awesome photographs and is able to write clean, engaging copy on deadline.

This is a full-time position. Prior journalism experience is a definite asset. Must be fluent in Adobe Indesign, Photoshop and photo colour correcting. Must have reliable transportation and be willing to work flexible hours, including covering evening and weekend news events.

Submit your detailed resume and samples of writing on or before Nov. 9, 2018 to Lana Meier at news@expressweeklynews.ca

Stonewall Teulon
Tribune

THE EXPRESS
WEEKLY NEWS

We thank all applicants for their interest, however, only candidates selected for interviews will be contacted.

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IN MEMORIAM



Edward John Kowalchuk
August 13, 1945 - January 8, 2013
We miss your smile, your joking ways,
We miss the things you used to say.
And when old times we do recall,
It's when we miss you most of all.
Breathe Easy.

-With love from your whole family
that misses you every day
Hug Dad for us

ANNOUNCEMENT

IN MEMORIAM



Beverly Ann Gardner
February 28, 1939 - January 3, 2011
May the winds of Heaven blow softly,
And whisper in your ear;
How much we love and miss you,
And wish that you were here.
And I feel the wind pick up
And suddenly I know you're telling me,
You miss me too.

-Love your family

ANNOUNCEMENT

IN MEMORIAM



Chris Thieven
April 19, 1974 - January 1, 2007
Twelve years ago
God took your hand,
We had to part.
To raise a child to love
And then to tear apart;
Is the greatest sorrow
Of a parent's heart.
The moment you left us,
Our hearts broke in two;
One side filled with memories,
The other side with you.
There will always be a heartache,
And silent tears;
A broken heart does not heal,
It remains forever shattered.

-Mom, Dad and family

ANNOUNCEMENT

IN MEMORIAM



Shannon Barnes-Figur
December 4, 1970 - December 31, 2016
To lose a daughter who meant so much
Is difficult to bear -
It seems so unbelievable
So cruel and so unfair.
And now that December's here
It's so hard to hide the pain,
What it would mean to hear your voice
And see your smile again.
We know you fought to stay alive
Your courage was there for all to see,
It's somehow hard to understand
Why certain things must be.
But you will live on forever
In the hearts of those you touched,
For you were someone special
Who was loved so very much.

-Missed and loved by,
Mom, Barbara Barnes;
Husband, Spencer Figur;
Brother, Sean Barnes and family;
Step-children, Matt and Melanie Figur;
Fur babies, Alex and Arthur;
Aunt Sharon and family;
Uncle Ron and Aunt Joan Geisler and family

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