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VOLUME 8 EDITION 1

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Crashing into '17

TRIBUNE PHOTO BY NATASHA TERSIGNI

Mild temperatures and record amounts of snow in December allowed the Harrisko family to spend the last day of 2016 on Jimm's Hill in Stonewall. The family spent the afternoon sledding and for twins Julia and Alec a few bumps along the way did not get in the way of their New Year's Eve fun.

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

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Residents speak against lagoon upgrade project

By Natasha Tersigni

Despite a number of residents speaking against Stonewall's Wastewater Treatment Lagoon project, council passed first reading of their Lagoon Upgrade Borrowing by-law at its Dec. 21 meeting.

Prior to the meeting, council held a public hearing so town residents could voice their support, opposition or ask questions regarding the lagoon expansion project.

Following a study completed in 2012 it was noted, that in order for the town to continue residential development and to meet new provincially regulated phosphorus discharge limits, the current lagoon would have to undergo several upgrades including a new primary cell, piping upgrades, a new access road, new truck dump station, an alum addition building and a phosphorus settling cell. The total project is expected to cost the town just under \$5.7 million: land (\$870,989), prior engineering costs (\$117,498) feasibility study and drawings (\$107,500) and the actual lagoon construction (\$4.6 million).

However, with just \$195,000 in the town's capital levy reserve and a guaranteed Manitoba Water Service Board grant of \$2.3 million, the town needs to borrow \$3,200,987 to complete the lagoon project.

In order to pay back the loan, council will be imposing a local improvement tax on per parcel of land in the town. The lump sum payment for ratepayers will be \$1,467 or annual payment of \$122.76 levied annually for 20 years per parcel of land.

At the public hearing, close to 20 taxpayers were present and the primary concern voiced from the residents was the per parcel levy used to generate revenues for the project.

"My objection is not to the project but to how council proposes to raise the funds to pay for it. I don't feel a per parcel levy is a share and equitable way of sharing the costs. By using your proposed per parcel levy the owners of each parcel of land will pay the same costs it doesn't matter if that

parcel of land is vacant, contains a single-family dwelling, a multi-family dwelling such as the Lions Manor, trailer court, apartment blocks or if that parcel of land contains an institutional facility such as a hospital. Commercial properties will also pay that same rate regardless if it is a small retail outlet, a multi-outlet plaza or a high-water user such as a hotel or restaurant," said Chris Fulsher who has lived in Stonewall for over 20 years.

"A sewage lagoon is infrastructure that treats sewage. Its size and thus the cost is determined solely by the amount of sewage that is produced; it has no relation to parcels of land. You are asking an owner of a single-family dwelling with an average water consumption of 340 cubic metres per year, according to your latest water rate study, to pay the same amount as Quarry Park which uses 45,000 to 60,000 cubic metres of water per year."

Stonewall resident Kim Allen also questioned council on the proposed per parcel lot levy.

"I am wondering why someone who has a \$500,000 house and someone who has a \$175,000 house will have to pay the same amount," said Allen.

Stonewall Mayor Lockie McLean addressed the per parcel levy saying council thinks it is the best way to fund the project.

"There are different options to pay for this project. When you have a project like this there are going to be different options for generating income. Our options are per parcel, a mixture of per parcel or assessment, putting it on the water bill or other options, but at the end of the day it has to be paid for," stated McLean.

Following the public hearing and the passing of the first reading of the lagoon borrowing by-law, the by-law and all public objections will be sent to the Manitoba Municipal Board. If there are 25 or more objections or objections by 10% of taxpayers then the Municipal Board will hold a public hearing. If the by-law goes to public hearing the Municipal Board will approve, amend or reject the by-law.



Kim Allen, left, feels that the proposed per parcel levy is not a fair way to tax residents for the lagoon project.



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Approximately 20 concerned citizens attended the public hearing regarding the Stonewall Wastewater Treatment Lagoon Project on Dec. 21. The majority of taxpayers in attendance spoke against the per parcel levy that council has proposed to implement to pay for the project.

At the public hearing 20 written and oral objections were filed. Those who filed objections were sent a letter from town officials giving them until Jan. 22 to officially file their objections with the Manitoba Municipal Board. According to the Municipal Board office, residents who were not in attendance at the public hearing can still file their objection to the lagoon borrowing by-law by Jan. 20, 2017.

Potential taxpayers under this local

improvement may object to the Local Improvement Plan Bylaw No. 11-16 Lagoon Upgrade by filing a notice of objection with the Secretary to The Municipal Board, 1144-363 Broadway, Winnipeg, Manitoba, R3C 3N9. A notice of objection must contain the name and address of the person filing the objection, identify the by-law number, identify the property in respect of which the objection is filed and state the grounds to the objection.

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Funds for fun

By Jo-Anne Procter

Thanks to a generous donation of \$15,000 from the Richardson Foundation on Dec. 22, students from Grosse Isle school and children from the community are one step closer to debt free fun.

Students and their families have been fundraising since last February to build an age appropriate playground for their Grade 5-8 school.

The modern playground structure includes a Net Plex climbing piece, an Oodle Swing and a zipline.

Since 1857, James Richardson & Sons, Limited has maintained a strong belief in giving back to the communities in which they serve. It's a commitment borne of respect and appreciation for the places their employees call home and for the moments that make up life beyond the workplace.

In 2000, this entity was renamed the Richardson Foundation and a new vision and mission statement was introduced, focused on helping create sustainable futures for registered Canadian charitable organizations in the Visual and Performing Arts, Education, Youth Initiatives and Environmental Issues.

The Grosse Isle Parent Advisory Council is planning a grand opening barbeque to show off the new playground in the spring.



TRIBUNE PHOTO BY JO-ANNE PROCTER

Grosse Isle Parent Advisory Council members, in the centre, Jennifer Martens and Bruce Roche accept a cheque in the amount of \$15,000 from Richardson Pioneer employees Doug McArthur, director of operations, Peter Schutz, canola merchant and Shane Johnston, area marketing representative to help on behalf of the Richardson Foundation.

Brant-Argyle celebrates holiday brunch with special guests



TRIBUNE PHOTOS BY SARAH HADFIELD

Brant Argyle Advisory Council for School Leadership (BAACSL) hosted a Christmas brunch at the Argyle Community Centre on Dec. 22. Interlake School Division superintendent Christine Penner, assistant superintendent Margaret Ward and bus driver Darwin Fleury were special guests. Far left photo, Christine Penner and Margaret Ward in a festive mood; middle photo, BAACSL parents and members serve breakfast buffet style; and Alex Moss and Liam McDermid enjoy pancakes.

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Interlake School Division promotes positive plans



ISD supt. Christine Penner

By Jennifer McFee

The Interlake School Division has focused on a school of thought with tangible benefits for both staff and students.

Supt. Christine Penner said the division's 2014-2018 strategic plan focuses on literacy, numeracy, a positive respectful learning environment, and intellectual engagement in learning.

"With literacy, this is our third year with initial assessments," Penner said. "So we're looking to see where are students at with reading, writing and comprehending. Then we look at classroom profiles and how can we now provide supports for kids in the classroom."

Many schools in the division are now using the Regie Routman approach to literacy, which hinges on an optimal learning model.

This school year, the division is also continuing with its numeracy assessments. In September, Kevin Lamou-

reux provided a presentation about perceptions of "the other."

"It was about accepting all people, accepting diversity and how to interact with each other," Penner said. "That falls into our priority to create a positive, respectful learning environment as well."

The same day, teachers met with each other in grade groups or subject groups, since they might sometimes feel isolated from others who teach the same grade or subject.

"Our goal was for these people to meet and to promote them meeting several other times throughout the year to carry on with that connection and to learn from each other. We have a lot of really amazing teachers, and our goal is to promote capacity right within our own school division," Penner said.

"Our instructional lead teachers are also doing some planning sessions on literacy and numeracy. There are a lot of teachers who are accessing those workshops, which is also helping to further build teacher capacity and networking within our division."

As for building a positive and respectful learning environment, the strategic plan focuses on implementing a restitution program within the Interlake School Division.

They collected information during the first year of the strategic plan, followed by restitution training last year for all staff members in the division.

This year, restitution training continued for student teachers, new hires, staff members returning from leave, and daycare representatives.

"Our thought is that it would be great if we can start using the same language and be consistent in how we deal with kids even before they get to

school. "I think it's important to collaborate with all the people that are working with kids and to consistently deal with misbehaviour," Penner said.

"Right now, in my opinion, we're way further along with the implementation of restitution than I thought we would be at this point. We have a division restitution committee, so we're working really hard to implement this throughout the division."

This year, the school division also hired a new behaviour lead teacher, Karen Klassen, who has been instrumental in promoting positive change on two fronts.

"She's reactive and she helps students and staff deal with discipline issues as they arise," Penner said. "But she also is extremely proactive, so as our discipline issues decrease."

Penner said that she is also thrilled about last year's mandate to establish bottom lines and school mandates for every school in the Interlake School Division.

"They're all posted, so it's very clear what we believe," she said. "The bottom lines are there to protect your school beliefs."

When it comes to intellectual en-

gagement in learning, technology has proven to be a useful tool.

"With technology, we are very excited that we could start this school year with fibre. That really has been instrumental in helping teachers be able to diversify in their classrooms to meet the needs of their learners," Penner said.

"It's been pretty neat being able to Skype in. Certainly, now that we have fibre, we're going to continue to look at our policies and see what we can do to maximize the usage that we can now have."

Looking ahead this school year, Penner and assistant superintendent Margaret Ward are starting a student advisory group with one representative from Grade 10, 11 and 12 from all the high schools. The group will meet four times per year, with new students replacing Grade 12 students as they graduate.

"We're going to talk about what good learning looks like for them. We'll also look at how we can improve what we're doing," Penner said. "I think that hearing student voice is absolutely critical to move forward."

Record snowfall



TRIBUNE PHOTO SUBMITTED

A powerful winter storm bearing down on the Interlake and southern Manitoba caused reduced visibility and closed several highways on Boxing Day. According to Environment Canada parts of the Interlake received 30 centimetres of snow from the Colorado low. The system left piles of snow, making it difficult to drive or even walk on sidewalks. According to statistics provided by Environment Canada, Winnipeg received more snow in the month of December than it had in over 100 years.

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A prosperous year ahead for the town of Teulon



TRIBUNE FILE PHOTO

Following years of planning, Teulon's Mayor Bert Campbell, middle, is excited to see the Northern Goose processing plant re-open and in full operation by this spring. Pictured with Campbell is Bryan Pryde (left) and son Alex Pryde of Feather Industries Inc. who are the new owners of the plant and are excited to begin operations.

\$50,000 WESTERN 649 win

SUBMITTED

Jack Siefried has been a regular lottery player for the past 20 years, but that didn't stop him from being shocked when he won \$50,002 on the Nov. 19 WESTERN 649 draw.

"I had a hard time believing that I won so much money," he said. "I've played the lottery for the past 20 or so years, but I still couldn't believe it."

The Stonewall resident, who said he checks all of his lottery ticket numbers online, was up late when he discovered his win.

"It was 2 a.m. when I decided to check this ticket," he said. "It was a great way to end my day!"

The happy winner said he doesn't have any major plans for his winnings, but hopes to pay off some of his bills and share with his family.

Siefried purchased his winning ticket at Stonewall Family Foods located at 3-330 3rd Ave., South.



TRIBUNE PHOTO SUBMITTED

Jack Siefried won \$50,002 on the Nov. 19 WESTERN 649 draw, which was purchased at Family Foods in Stonewall.

By Natasha Tersigni

The hope is that with great plans, will come great success for the town of Teulon in 2017.

While there continues to be several projects in the works Mayor Bert Campbell is excited about the completion of several ventures in both the private and public sector. At the top of the list is the Northern Goose Plant with 2017 marking the first time in eight years that the plant will be in full operation.

"One big thing that we are looking forward to is for Northern Goose to be up and running. The new owners are just waiting for Canadian Food Inspection Agency approval. The plant is looking at employing anywhere from 50 to 70 people for a third of the year," said Campbell who added that the owners of the plant are looking at making it a viable year-round operation.

"One of the big aspects of the plant is the feather production. When it is not slaughter season and processing of the goose meat, the hope is that is when the feather production can occur."

With the increase in employment opportunities in the town, council is working towards further residential development. Currently, council is in talks with several interested parties who are looking at purchasing Crescent Creek Park. The hope is that who-

ever buys the park will not only finish development within the park but will also start developing residences on the land adjacent to the park.

"We are still looking at the sale of Crescent Creek and seeing if that is a viable option. There are all kinds of prospects for that being a very good move for the town and to facilitate in more development," added Campbell.

After a few years of being established, an initiative that continues to grow is the Teulon-Rockwood Recreation Commission. While not without its roadblocks and issues, Campbell is happy to report that the commission now has a strong foothold in the community and with public support will continue to flourish.

"A lot of times when recreation authorities are formed it takes quite a few years to get all the bugs out of them. It took almost ten years for the Arborg- Bifrost Parks and Recreation Commission to the point where it is now moving quite smoothly," said Campbell.

"We have had a few growing pains but for the most part it is being accepted by the citizens especially and they are quite happy with all the different sports groups and organizations working together. A good example of the community partnership was the joint registration day that we held in the fall."

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getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL **Four-legged thieves have to eat**

Hi outdoor buddies.

I hope you survived the Christmas and New Year's Eve festivities. Happily, the good times continue with humorous fishing stories our fellow anglers have offered for our pleasure.

A light breeze sent snow dust skipping around me on a bright afternoon just after Christmas as I made my way on the snow-ice pack out to the portable shacks off the north shore of the Winnipeg Beach harbor. I called out to the folks inside a large blue tent asking how the fishing was. A mature gentle voice called back, "Yes, we've had success."

As I approached a thin fellow with defined features and slightly graying closely trimmed hair peered through the door. Soon, inside, he introduced himself as Jim Bennet and his grandson Tommy Bennet. As we casually talked of this and that he remembered a time winters ago when his son lost his truck keys down their ice hole when fishing on the Gimli south bay. He became frantic realizing his spare keys were at home in Winnipeg.

Luckily anglers in a tent beside them caught wind of his predicament and shouted out saying they had a camera fish finder and were bringing it over. They placed it beside the hole and dropped the fish shaped camera to the lakes' mud bottom. There not more than two feet from the camera lay the keys in full view. A little snagging action with a weighted jig and the keys were rescued.

Isn't it great how anglers help each other?

Four or five days ago the snow and ice were no problem as I urged "old



TRIBUNE PHOTO BY SANDY WEIDL

Chris Passalis of Winnipeg with some of his pickerel catch caught on the Red River by the Selkirk Park.

red" past Balsam Bays' harbor. Again, the sun was brilliant on a warm afternoon as I lumbered along passing dozens of ice shacks. To the north about a mile out I saw a bunch of shacks and pointed the old girl toward them.

I pulled up beside a group of guys, stopped and with my door open sat looking at a smiling, tall, heavily built, robust, grey haired fellow. We looked at each other for a moment then he burst out eyes to the clear sky, declaring, "Isn't it great to be out here on a day like this?" I just smiled back and silently nodded.

Our tall angler, Paul Nellis of Winnipeg, out with his sons Hayden, Chad and James had all caught their limit of nice eating sized pickerel. Standing on the sun drenched ice pack we

marveled at the endless sea of portable and hard wall ice shacks stretching out to the northeast as far as the eye could see. I remarked to Paul that in my many years of being with angler's summer and winter, I had become convinced that way more anglers fished Manitoba's waterways in the short winter season than during spring, summer and fall.

"Sure," he said, "we throw stuff in the truck and we're on the ice fishing in no time."

Things were hopping on the ice along the Red by Selkirk's park last week too. I was on the ice walking amongst the shacks passing the time with folks until I came by a guy Chris Passalis of Winnipeg who recalled

Continued on page 9

Stonewall Teulon
Tribune

The **Selkirk Record**

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The year of growth and development for the Woodlands

By Natasha Tersigni

With 2016 complete, RM of Woodlands Reeve Trevor King is confident that with the completion of several critical infrastructure projects, 2017 will see a number initiatives developed that will continue to drive economic growth and community development.

An important project that will continue to create growth in Woodlands in 2017 was the completion of the Woodlands lagoon expansion. The upgrades will allow for further housing and business development.

The expansion of the natural gas line from Warren to Woodlands gave way to projects including construction of the new public works shop and the new Arrow Cattlequip factory site.

"Last year was a great indication of what we have in store this year. With

natural gas now in Woodlands Arrow Cattlequip will be firing up their newly built operation here soon. Our municipal shop construction has started so we hope to be in there by spring to mid-summer," said King who expects that the Topigs Norsvin Canada proposed project will also be a highlight of 2017.

"I am excited to see what will happen here with Topigs as we continue to hammer out an agreement."

Council and Topigs officials are currently in negotiations over the purchasing of 88 acres of community pasture land for the construction of a \$9 million research facility. The complex would hold a maximum of 2,600 pigs that would be brought in from nearby farms. The boars would be extensively researched at the facility to develop superior genes.

Another project high up on council's agenda is for resident to have access to a public library in Woodlands. Early in the new year council plans to finalize an agreement with the Interlake School Division to allow the Woodlands School library be open for public use.

A project that has dragged on for many years and hopes to finally begin seeing movement in 2017 is the development of the Warren Industrial Park. With a ruling by the Manitoba Ombudsman last spring that no set back from the Co-op fuel tanks to construction of buildings is needed, 2016 saw the first business go into the park. The hope is that 2017 will be the year council agrees on their own residential property setbacks and that further development in the park will continue.

"We are hoping to make some headway with the Warren Industrial Park. We have decided on zero setbacks for commercial property and we are working towards a resolution for residential property and hopefully then we can move forward," added King.

Another project high up on council's agenda is for resident to have access to a public library in Woodlands. Early in the new year council plans to finalize an agreement with the Interlake School Division to allow the Woodlands School library be open for public use.



TRIBUNE FILE PHOTO

RM of Woodlands Reeve Trevor King is confident with the groundwork laid for several projects that the economy will continue to grow and develop in 2017.

"I AM EXCITED TO SEE WHAT WILL HAPPEN HERE WITH TOPIGS AS WE CONTINUE TO HAMMER OUT AN AGREEMENT."

Province reduces ambulance fees across province

Submitted

The Manitoba government is reducing ambulance fees across the province effective Jan. 1, 2017, Health, Seniors and Active Living Minister Kelvin Goertzen announced last month.

"People have told us ambulance fees in Manitoba are too high and we have heard these concerns," said Goertzen.

"We are taking the first steps to reduce ambulance fees and help make this important service more affordable for Manitobans."

Billings to Manitobans for ambulance services will be reduced to either \$475 or the pre-existing base fee established by the service provider, whichever is lower. In addition, all surcharges must be removed includ-

ing kilometre fees.

Examples of the fee reductions if costs are billed to the individual include:

- Winnipeg – a decrease to \$475 from an average of \$522;
- the former Assiniboine region of Prairie Mountain Health – a decrease to \$475 from \$530;
- the former Parkland region of Prairie Mountain Health – the elimination of a \$3-per-kilometre fee;
- City of Thompson – a decrease to \$475 from \$500 and the elimination of a flat rate of \$800 for trips longer than 100 km; and
- Interlake Eastern Regional Health Authority – the elimination of a \$3-per-kilometre fee.

Ambulance services are outside the scope of the Canada Health Act and costs are the responsibility of the patient in jurisdictions across the coun-

try. In Manitoba, land ambulance services are delivered by a combination of providers including regional health authorities and other service providers under agreement with regional health authorities such as municipalities or First Nation communities.

Ambulance fees vary by the regional health authority, community or municipality offering the service and are used to offset the costs of operations. Fees to clients represent approximately 50 per cent of the cost of operations, with the remainder of costs subsidized by the province and other organizations.

The province already provides coverage for certain ambulance services including:

- inter-facility transfers between health-care facilities;
- the Northern Patient Transportation Program, which subsidizes medi-

cally necessary transportation for residents in the north;

- helicopter transportation to patients requiring critical and emergent care within a 250-km radius of Winnipeg; and
- the Lifeflight Air Ambulance program, which provides specialized inter-facility transport for critically ill or injured Manitoba residents who live further than 200 km from Winnipeg.

Manitoba Health, Seniors and Active Living has formed a working group with representatives from the regional health authorities to continue to implement a commitment to reduce current average ambulance fees of \$500 by 50 per cent over four years.

For more information on ambulance fees in Manitoba, visit: www.gov.mb.ca/health/ems/ambulance_fees.html.

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SWDPC pitch community hospice to council

By Natasha Tersigni

Members of the South West District Palliative Care (SWDPC) appeared at the Stonewall council meeting on Dec. 21 as a delegation to request their continued support and gauge their opinion on establishing a community hospice.

Chuck McClure, Doris Hunter and George Willis attended the meeting and spoke to council about their newly formed committee that will investigate the feasibility of building a community hospice while asking for their organization to be included in Stonewall's 2017 budget.

For the past number of years, the SWDPC fundraising focus was to fund a full-time palliative care coordinator. With the Interlake-Eastern Regional Health Authority (RHA) now supporting a palliative care program throughout the Interlake, including the funding of a coordinator, SWDPC is now able to use the funds that were earmarked towards the salary for other projects and initiatives.

"The hospice is a project that has been on our minds for several years. We feel it would be a facility that

would, unfortunately, be well used in the area. Our hospitals have become a staging ground for long-term healthcare. We have one palliative care room at the Teulon hospital and one at the Stonewall hospital. While we did fund raise for them we don't own them," said McClure who added that since the rooms are owned by the Interlake-Eastern RHA there is no guarantee that it will always be available for a palliative care patient.

Still in the preliminary stages, the plan is for the hospice to have two to four rooms and for the facility to be built in the community. The SWDPC will continue to investigate the viability of a community hospice. They do plan to partner with other community groups and organizations down the road.

Other council news

-Council approved for the Citizens for Safety Bus to be parked at the Veterans Memorial Sports Complex for \$300 a month

-Council passed a resolution to pro-



TRIBUNE PHOTO BY NATASHA TERSIGNI

Members of the South West District Palliative Care, left to right Chuck McClure, Doris Hunter and George Willis, appeared before Stonewall council at the Dec. 21 meeting to discuss their community hospice project.

vide \$44,000 to the Stonewall-Rockwood Fire Department to purchase new Self Contained Breathing Apparatuses

Ensuring five STAR emergency medical care

By Natasha Tersigni

For health care providers in emergency medicine the golden hour, known as the time period lasting for one hour or less following a traumatic injury being sustained by a casualty, are the most critical 60 minutes of a patient's life. During those precious minutes the patient has a much higher survival rate.

To ensure local health care providers are up to date on providing care to a patient in an emergency medical situation the STARS Mobile Education Unit made a stop at the Stonewall hospital before Christmas so health officials could brush up on their life-saving skills. The mobile unit is outfitted with a human patient simulator that replicates complex medical and traumatic problems. The mannequin simulator speaks and breathes; blinks and has reactive pupils; has a heartbeat and a pulse and accurately mirrors human responses for such procedures as CPR, intravenous medication, intubation, ventilation and catheterization.

With the simulator doctors, nurses and paramedics stationed at the Stonewall hospital had the opportunity to test and practice their reac-

tions and skills during an emergency. With the help of the STAR critical care nurse, the health care practitioners were able to run through multiple scenarios using the mannequin. During each scenario, that included a car accident victim, a person suffering a heart attack or severe infection, the health workers had to respond to the mannequin as if it were a real-life patient.

"The mannequin is controlled by a person in the back of the mobile unit and they can see everything we are doing and they can talk to use as the stimulator. They run us through-out scenarios where we try and react to the stimulator and that allows us to practice our skills. The STARS medical team can give us a lot of information about what they look for when they come out to help transport people from either the scene of an accident or from the hospital," explained Kent Wiebe who oversees the education of health care professionals within the Interlake-Eastern Regional Health Authority (RHA).

"After each scenario, we debrief with the STAR critical care nurse on how we did, so the next time someone comes into the hospital that is a



TRIBUNE PHOTO BY NATASHA TERSIGNI

To ensure local medical professionals are up to date on their emergency medical skills, the STARS Mobile Education Unit came out to the Stonewall hospital before Christmas to provide training to doctors, nurses and paramedics on dealing with a critically injured patient.

real patient we have gone through the critical thinking components and we are more prepared to provide care. As well, when STARS show up with their helicopter to take the patient to Win-

nipeg we know what they can expect from us from the start of care to the transfer, so we can make the transition as seamless as possible."

Manitoba Public Insurance unveils top five frauds of 2016

Submitted

Fraud comes in all shapes and forms, from deliberately staged accidents to bogus auto theft claims. Manitoba Public Insurance relies on various methods to catch these fraudsters, ranging from good old-fashioned investigative skills to acting on tips from the general public.

Fraudulent and suspicious claims are handled by Manitoba Public Insurance's Special Investigation Unit (SIU). The efforts of this special unit resulted in fraud savings last year of \$8.2 million for Manitoban auto insurance rate payers. The SIU closed 2,100 investigations last year.

Anyone knowing someone who is involved in auto insurance fraud is encouraged to call the Manitoba Public Insurance TIPS Line: 204-985-8477 or toll-free 1-877-985-8477. All calls are anonymous.

No. 1: "Smile! You're on Camera"

Thanks to the keen investigative skills of an SIU investigator, a fraudulent bodily injury claim was discovered, saving Manitoba Public Insurance and its ratepayers more than \$15,000.

The pedestrian said he was hit by a car and injured unable to work. The driver adamantly insisted there was no incident. With the two conflicting statements, the SIU investigator went to the scene and observed that several businesses had security cam-

eras mounted on their buildings. After viewing footage from one of the cameras, the investigator was able to see the pedestrian approaching the parking lot. Clearly, there had been no collision between the vehicle and pedestrian.

A seasoned collision re-constructionist, who examined the footage and location, also confirmed there could not have been any contact between pedestrian and vehicle. The claim was subsequently denied.

No. 2: "Luxury Porsche Actually a Lemon"

Thanks to the cooperative relationship between the RCMP and Manitoba Public Insurance, a fraudulent auto theft claim of more than \$20,000 was denied.

The owner of a Porsche told his adjuster that the vehicle had been stolen from his apartment block parking lot in Winnipeg. A theft claim was opened. The story quickly unravelled after the RCMP notified Manitoba Public Insurance that a badly damaged/vandalized Porsche had been located in a rural area a full day before the owner claimed his car had been stolen.

During examination of the Porsche, it was discovered that the vehicle was in need of major mechanical repairs, which would have cost the owner several thousand dollars. Based on the police information and pre-existing

mechanical condition of the vehicle, the theft claim was denied.

No. 3: "Wannabe Manitoban"

All Manitoba residents are entitled to benefits under the Personal Injury Protection Plan (PIPP). Outside of the province, many insurance plans are structured differently and don't always provide the robust coverage available under Manitoba's no-fault injury compensation plan. Because of this, some individuals may try to claim they are Manitoba residents in order to receive PIPP benefits.

A man was severely injured in the United States after being involved in a crash. His family claimed he had been visiting the U.S. and opened an injury claim with Manitoba Public Insurance. While processing the claim, the case manager received information from a number of agencies which confirmed the man had not lived in Manitoba for several years, making him ineligible for PIPP benefits.

Presented with this information, the man's family withdrew their claim. Savings were estimated to be in excess of \$500,000.

No. 4 "Case of a Guilty Conscience"

After a number of unusual details came to surface, a father and son were asked to give a statement to an SIU investigator about the theft of a pickup truck. During the interview the son made a surprising offer: to write

a promissory note to Manitoba Public Insurance for nearly \$11,000 (damage costs). The son then declined to discuss his financial generosity.

However, the facts spoke volumes: the father, who was the registered owner, stated the truck had been stolen from his residence. One day after the reported theft, the same truck rear-ended another vehicle and fled the scene with several people witnessing the crash.

No. 5 "The Accident That Wasn't"

Two vehicles collide and are badly damaged. This happens every day in Manitoba. But, a number of unusual details surfaced during the investigation of this specific collision. It was discovered these two individuals knew each other and their vehicles were both in poor running condition. A seasoned traffic re-constructionist testified that this crash was no accident, but a staged collision.

One driver pleaded guilty to fraud over \$5,000. He received a two-year suspended sentence with supervised probation, 100 hours of community service work and a restitution order of \$17,000 to repay Manitoba Public Insurance.

The second driver, who was also charged with fraud over \$5,000, did not appear in court. A warrant for his arrest has since been issued.

> GET FISHING, FROM PG. 6

last winter how he had gotten the better of a thieving dog.

He was fishing with friends here in a tent and as they caught fish they would toss them outside to freeze. Lines with baited hooks were in the water, the smell of coffee and hot cabbage rolls filled the tents' air, he re-

membered, when a shuffling sound outside was heard. Chris unzipped the door and peering out was surprised to see a scruffy little black dog trotting off with one of their fish.

"Well," Chris mused, "he's got to eat too."


He rejoined his friends only to hear

some time later, his four-legged pest was back. Chris threw open the door seeing the dastardly dog making off with their last fish while at the same time his rod snapped down. He grabbed it and reeled in a big pickerel. Holding it by the gill he opened the tents' door, this time to put it in the

truck. There standing right in front of him with an innocent expectant look stood the thief. Chris stomped over to his truck, opened the door and put his fish on the floor.


"Now try and get that one," he said as he slammed the door shut.

Till next week, bye now.



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Ring in the New Year



TRIBUNE PHOTOS BY NATASHA TERSIGNI

The Quarry Park Heritage Arts Centre was bustling with activity on the last day of 2016 with families taking part in the annual New Year's Eve activities. Children were busy indoors with arts and crafts, face painting, a photo booth and games, while the fun continued outdoors with families taking horse-drawn wagon rides around the park and tobogganing. Photos clockwise from top left, Ruby Harrisko speeds down Jimm's hill; Sydney, Nicolas and Caris pose in the photo book with a few props, and participants ring in the New Year in style on a picturesque horse-drawn wagon ride around Quarry Park.



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TRIBUNE PHOTO BY JO-ANNE PROCTER

The Stonewall and District Lions presented their fall raffle prize to sisters Annette Smith of Gimli and Bertha Giasson of Stonewall at the Lions Manor on Dec. 28. The duo gave the five-day trip to Las Vegas, including tickets to the 2017 Continental Cup of Curling bonspiel, to Giasson's son Ralph Giasson and his fiancée Lorelei Nickel from La Salle. Pictured left to right, Len Kolenich (Lions club coordinator), Bertha Giasson (raffle winner), Ralph Giasson, Lorelei Nickel, Ralph Sinclair (Lions club president) and Mary Boyd (Lions club treasurer).

Community Living Interlake looks forward to exciting new year

By Jennifer McFee

Community Living Interlake is looking forward to another busy year in 2017 with plenty of projects on the go.

After the hustle and bustle of the Christmas season, Global Garage closed for a brief break to allow everyone to catch their breath and to do inventory.

But as of Jan. 3, the business opened its doors to the public again. Preparations are underway for a blowout clearance sale at Global Garage on Friday, Jan. 13 and Saturday, Jan. 14 to make room for new spring stock.

Jimm Simon, director of operations, said Global Garage continues to do well and has many clients working at the store.

"Our clients are people living with intellectual disabilities. Each person is an individual, and the support workers work with them on a daily basis and develop training programs. They work with each one of them as an individual because they learn at different speeds and have different needs," he said.

"From a social enterprise perspective, our clients are in Global Garage learning new skills and handling money. They're learning everything from helping to clean to helping with cash out and serving customers."

They're also working to develop some in-house training programs for customer service and further skill development.

At the same time, Community Living Interlake continues to operate D&D Café in its current location with some changes underway. Similar to Global Garage, the goal of D&D Cakes is to provide a facility for people to learn new skills.

Meanwhile, renovation work continues at the former Home Hardware store, with plans to relocate the bakery café over to that location.

"We're now renovating the oldest part of the building, and I have pictures of it before 1910. It was actually a working hardware store before town hall was built, so it's been a fixture here for a long time," Simon said.

"We're putting windows and opening that back up so it's going to be really exciting space. We're opening up walls and ceilings that haven't been opened for 100 years, so one thing leads to another, but we're hoping we'll be over there sometime in the spring."

The vision is to create a community gathering space and a destination in downtown Stonewall.

"We want to have some events in the evening that can bring people downtown. We really see livening up that corner of Main Street and creating a



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Community Living Interlake provides educational and recreational activities daily. Left photo, Gary Lawson counts out the float daily at Global Garage; Kelly Eichler brushes up on his sweeping skills and Randy Melenchuk takes charge in the kitchen making coffee during the break.

reason for people to come downtown. Of course, that would benefit other businesses up and down Main Street as well," Simon said.

"We're thinking of putting benches along the windows so people can sit and look out at the views, as well as some big comfy armchairs. We're going to have WiFi in there and we're looking at having some evening entertainment. I hope people see that it's already changing that corner and making it a little more alive than it was."

Community Living Interlake also continues to operate its housing program with seven houses in town that are staffed 24 hours per day.

"We own most of them and we rent one, thanks to the town council now allowing us to rent houses. Between three and four individuals live in each of those houses. Other individuals live in supported living. Depending on their assessment and their circumstances, they get visited by a support worker on a regular basis or they get help with whatever their needs are, but they live pretty independent lives," Simon said.

"Some still live with their families, and many of them come to us for day programs. In the back of the old Home Hardware building, we do day

programming. We have up to 40 individuals come in and do recreational activities and learning activities. That's also where we draw on for the clients that go to work in the store or the bakery as part of their recreation and learning."

At the day programs, the clients also have the chance to earn some pocket money through contract fulfilment such as putting together packages of knives, forks and spoons for different companies.

The organization continues to evolve over time to meet the needs of its clients, Simon added.

"The individuals graduate out of high school at 21. We have individuals that have actually been with us

for 50 years since the organization opened, so it's their whole lives. As their lives progress and their family circumstances change, their needs change," Simon said.

"So they may start out as a 21-year-old with fairly young par-

ents at home who can look after them and they come a couple days a week. By the time they're 50 or 60 years old, then their needs have changed. They're less mobile and their families are less able to look after them so we provide more service. We also have several clients who are actually in palliative care now with one-on-one workers 24 hours a day."

From childhood to end-of-life care, Community Living Interlake remains dedicated to its clients, which includes more than 50 individuals in the Stonewall area. At the same time, the organization enhances the community through its ongoing involvement.

SOUTH INTERLAKE ACTIVITY CENTRE ACTIVE WELLNESS CLUB FALL SCHEDULE



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	Step, Strengthen & Stretch	5:30 pm
Tues:	Yoga & Pilates	4:15 pm
	Sweat with Celine**	5:30 pm
Wed:	Gentle Yoga	8:15 am
	Interval Training	5:30 pm
Thurs:	Ultimate Mix	6:00 pm
Fri:	Gentle Yoga	8:30 am

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Gimli will fly high with the 2018 Manitoba Air Show

Snow Birds to fly over Gimli June 9 and 10

By Patricia Barrett

Gimli and its airport will be playing host to the annual Manitoba Air Show in 2018, an event expected to bring thousands of visitors to town the weekend of June 9 and 10.

During its regular meeting Dec. 14, council announced that it had agreed to host the event subject to a contract being signed with the organizers.

"It's going to be a major air show," said Mayor Randy Woroniuk. "... It's going to bring thousands of people."

Organizers of the event had looked at different venues then approached the municipality to see if it was willing to provide its airport for the two-day event, said the mayor.

The show will dazzle spectators with aerobatics by the Snow Birds and feature vintage aircraft, CF-18 Hornets and the Skyhawks, a military para-

chute demonstration team.

The mayor said there were some issues last year in Portage la Prairie regarding ticket sales and lengthy waits on the highway for parking, and he wants to ensure things will run smoothly in Gimli.

"We're going to be working with them [organizers] to provide parking in town," said Woroniuk, "and we'll provide shuttle buses...."

Despite the hiccups last year, council said it was told the show drew about 20,000 people.

"They will be looking for local volunteers,"

said Assistant CAO Kristin Strachan. "And there will be most likely a local committee formed to help address traffic. We'll have to close some of the back roads...in the flight path."

Some of the possible parking areas in town may include schools, the Recreation Centre and businesses.

"IT'S GOING TO BE A MAJOR AIR SHOW."



EXPRESS PHOTOS COURTESY OF RCAF

The Snow Birds will be in Gimli June 9 and 10 as part of the 2018 Manitoba Air Show.



A CF-18 Hornet of the Royal Canadian Air Force, will be part of the 2018 air show.

First Baby of 2017 arrives at Selkirk & District General Hospital

Submitted

The first baby of 2017 for Interlake-Eastern Regional Health Authority (RHA) arrived at 4:03 a.m. Sunday, Jan. 1.

Weighing seven pounds, 14 ounces, Cricket Jayne was born to mom Karen Johnson of Dugald. Johnson regards her new daughter as a very special gift for her other daughter, Kip, who is three and a half years old.

"I have a sister and she's the best thing in life," Johnson said, indicating that her sister Jayne had already come to the hospital for a visit.

Johnson thanked her mom, Jo-Ann, for being with her during the birth.

"She's very brave," Johnson said.

Dr. Speer attended the birth and Johnson called the team of care providers who were with her throughout Cricket's delivery "a family".

"The nurses were always there, they were by my side constantly. They really believed in me and were very supportive," Johnson said.

Prior to their departure from hospital, a member of the Selkirk & District General Hospital Ladies Auxiliary presented Johnson and her daughter with a gift basket that included diapers, a baby safety first kit, sleepers and a gift card for toys. Every year the auxiliary celebrates the hospital's first baby of the year with items that provide comfort and help extend the care received at the hospital into the baby's home.

The staff and physicians at Selkirk hospital's family birthing unit and staff across Interlake-Eastern RHA extend their best wishes and congratulations to Johnson on the birth of her daughter.



TRIBUNE PHOTO BY BRETT MITCHELL

Karen Johnson with her New Year's baby Cricket Jayne.

Stony Mountain students explore First Nations culture

By Natasha Tersigni

To teach students about the First Nations people of Canada, Stony Mountain School staff hosted an Indigenous Perspectives Day on Dec. 21. The students were divided into mixed grade groups and then rotated through stations that taught culture and traditions.

Students played traditional Indigenous games in the gym before heading outdoors for snowshoeing and skiing. Traditionally First Nations people would carve snowshoes and skis out of wood, which would help them hunt in the winter.

Students were also treated to a bannock station where they roasted flat bread over an open fire. Bannock was a staple of meals for First Nations in North America.

While indoors students got a bit crafty and painted pictures of the seven teachings, weaved bracelets and created dream catchers.

During the day students learned about totems poles from Grade 5 teacher Michelle Avgeropolis who has traveled to Central America and have seen traditionally carved Aboriginal totems poles. To complete the day students had story time in the library where they could reflect on what they learned and see how the activities they participated in fit into the lives of First Nations people in Canada.



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Students hold up their finished dream catchers. Following First Nations traditions dreamcatchers are to be hung in children's bedrooms so they can filter out bad dreams and only allow good thoughts to enter children's minds.



Pictured left to right, Austin L'Heureux, Amelia Viveiros and Sydney Byle attempt to walk using the three-person snowshoe.



Ryann Snell, left, and Tessa Carey show-off their paintings based on the Aboriginal Sacred Seven teachings that includes love, respect, courage, honesty, wisdom, humility and truth. In First Nations culture is believed that each teaching honours one of the basic virtues to allow for a full and healthy life.



Daniel Starheus tries his hand at cross country skiing.



Kevin Cadotte adds the finishing touch, cinnamon sugar, to his roasted bannock.



The bannock station was a student favourite during Stony Mountain School's Indigenous Perspectives Day. Over an open fire students roasted the traditional First Nations flat bread and then enjoyed their afternoon snack.



Students tried their hand at traditional First Nations beading and braiding to create unique bracelets.

get inspired

> MEAL IDEAS

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Stir-fried broccoli, red peppers and beef



4 servings / 30 min
Prep 10 min / Cook 20 min
Ingredients
3/4 lb (350 g) top sirloin steak, cut into thin 1/2-inch (1.25 -cm) cubes
1 tbsp (15 mL) sodium reduced soy sauce
1 tsp (5 mL) cornstarch
1 tsp (5 mL) dry sherry
1/4 cup (50 mL) low-sodium chicken broth
1 tsp (5 mL) oyster sauce
2 tsp (10 mL) cornstarch
2 tbsp (25 mL) canola oil, divided
2 cloves garlic, sliced, divided
4 slices ginger, divided
3/4 lb (350 g) broccoli crowns, cut into 1/2-inch (1.25-cm) pieces
1/3 cup (75 mL) low-sodium chicken broth
1 medium red bell pepper, stem and seeds removed, diced
2 stalks green onion, thinly sliced
Directions

In medium bowl, mix together beef, soy sauce, 1 tsp cornstarch and sherry. Marinate in refrigerator at least 30 minutes.

In small bowl, stir 1/4 cup (50 mL) chicken broth, oyster sauce, and 2 tsp cornstarch. Set aside.

In wok or heavy skillet, heat 1 tbsp (15 mL) canola oil over medium-high heat. Add half of garlic and half of ginger and sauté until fragrant, about 30 seconds. Add beef and stir-fry about 4 minutes, browning meat and cooling until no longer pink. Scoop beef onto a plate. Set aside.

In wok or skillet, heat remaining 1 tbsp (15 mL) canola oil over medium-high heat. Tip wok to coat bottom of pan with canola oil. Add remaining garlic and ginger. Stir-fry until fragrant, about 30 seconds. Add broccoli and sauté for 1 minute. Pour in 1/3 cup (75 mL) chicken broth and cover wok or skillet. Cook for 3 minutes.

Remove lid and cook until most of liquid is evaporated. Add red peppers and cook for 1 minute. Add beef. Stir sauce, making sure cornstarch is dissolved, then add to beef and broccoli. Cook until sauce is thickened, about 2 minutes. Stir occasionally to coat meat, peppers and broccoli with sauce. Sprinkle in green onions and cook for another minute. Serve immediately.

Family Barbecue Turkey Mini Flatbread



Servings: 4
Prep time: 15 minutes
Cook time: 10 minutes

2 cups Holland House Marsala Cooking Wine
1/2 cup barbecue sauce
1 1/2 cups roasted turkey, large diced
1 tablespoon olive oil
2 tablespoons yellow onion, small diced

1 cup zucchini, large diced
1/2 teaspoon garlic salt
1 tablespoon grated Parmesan cheese
1 cup smoked Gouda cheese, shredded
1 cup fontina cheese, shredded
2 flatbreads (approximately 8 inches each)
2 teaspoons cilantro, chopped
Heat oven to 400 F.

In small saucepan, reduce cooking wine to about 1/2 cup. Mix with barbecue sauce. Toss diced turkey with about 1 tablespoon of sauce and set the entire mixture aside.

Heat oil and saute onion and zucchini about 3 minutes over high heat. Season with garlic salt and remove from heat; mix in Parmesan cheese. Set aside.

In small bowl, mix Gouda and fontina cheeses together and set aside.

Your Authentic Self



What does it mean to live authentically, and why is it important to do so? To be authentic is to be real; our words and actions reflect who we truly are inside. When this kind of congruence exists, we feel comfortable, natural and unstressed.

The opposite state is when we are either trying to project an image or to please others. We project an image when we want others to see us in a certain light or to think of us in a certain way. We may want to impress them so they think more highly of us.

The projected image is not always positive. Some individuals wish to appear helpless, or weaker than they really are, so others will take care of them. A student may "play dumb" so as not to be teased by others for being intelligent. Another may act "tough" on order to compensate for a sense of vulnerability.

We are also inauthentic when we adjust our words or behavior in order to please others. Children often begin at an early age to say what they think others want to hear. This pattern carries on into adulthood, based in part on a fear of rejection; if we disagree, perhaps we will not be liked or accepted.

It is clear that if we possess these patterns we are not really being ourselves. This sets the stage for in-

ner conflict which may even turn into resentment. If we cannot be our true selves it is impossible to have a real connection or intimacy with another.

The first step to living a more authentic life is to acknowledge our true thoughts and feelings. Maybe we do not really enjoy spending time with a particular friend, or actually hate going to the bar and watching everyone get drunk. Perhaps we always go to the in-laws for Sunday dinner, but would really like to do that at home with just the family.

Maybe we do not feel comfortable listening to gossip, and wish to be more positive.

The next step is to begin speaking our truth, and acting in accordance with it. Yes, there is a risk in doing so, but it is worth it. People will either respect you for being honest, or get upset with you. If they get upset, that means they do not want you to be who you really are, but rather, they want you to be who they want you to be. You cannot live your life according to another's agenda.

What you will find is that those who respect who you truly are will be drawn to you, and the others will distance. The end result is that you can now be your real self most of the time. You will feel more relaxed, happy and at peace. You will be free to honor your soul's true path, which, after all, is the purpose of our journey through this lifetime.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books, cds or MP3's, visit www.gwen.ca

Spread each flatbread with an even layer of barbecue sauce. Top each with 1 cup cheese and half the zucchini and turkey mixtures.
Bake 10 minutes.
Garnish with chopped cilantro then cut flatbreads in half to serve.

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Just Watch Me winner encourages entrepreneurs to enter contest

2017 Video contest deadline is Jan. 25

By Jeff Ward

The winner of the 2016 Just Watch Me video contest is encouraging entrepreneurs to take part in this year's competition, after it brought her so much great publicity.

Michelle Wierda is the owner of Curves in Gimli and was Manitoba's winner last year in the start up entrepreneur category earning her \$250 as well as visibility on the contests website. The contest is designed to encourage business owners with disabilities to go after their dreams. Wierda deals with ongoing health issues day to day. The contest is funded through the Entrepreneurs with Disabilities Program (EDP) and is facilitated by Community Futures Manitoba.

Wierda said that in the months following her win she received a lot of publicity from her video and the media, which in turn boosted her recognition in town.

"A lot more people know me, than I know them," said Wierda.

"We often say as entrepreneurs that you work 80 hours a week for yourself, so you don't have to work 40 hours for someone else and that's true. It's very long hours and hard work, and when you're fighting health issues it's much more difficult. Winning the contest

was a big surprise to me and I was so excited to be chosen."

Wierda was in a car accident only three weeks before she took ownership of Curves and had difficulties balancing her own recovery, running a business and being a single mother to five children. But her determination and spirit carried her through and she said that she's quite a bit stronger for it. She is also celebrating five years being cancer free.

The contest has brought Wierda a lot of benefits as a business owner, and the exposure from the video she submitted and from winning the contest has really paid off.

"It's definitely uplifting to me as a business owner to win the award. It tells

me that I'm on the right track and that I'm making good decisions. This was also a great way to introduce myself to the community," said Wierda.

The entrepreneur encourages other business owners facing similar challenges to take out their camera and record a video for the contest. Her advice for those interested is to not worry about the quality of the video, but focus on making the

"IT'S DEFINITELY UPLIFTING TO ME AS A BUSINESS OWNER TO WIN THE AWARD."



TRIBUNE PHOTO BY PATRICIA BARRETT

Michelle Wierda is encouraging new entrepreneurs to submit an entry to the Just Watch Me contest and reap the benefits that have helped her business grow.

content good. Tell your story and put yourself out there.

"Think about what you want to share and then answers the questions and be confident. You are going to impact someone with your video, even if you don't win. They will see it and learn

from what you have to offer," said Wierda.

The contest is accepting entries until Jan. 25.

Anyone meeting the criteria can visit www.justwatchmecontest.ca and follow the instructions to enter.

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ATTENTION professional companies who may be looking to share office space, boardroom and reception. Six offices are now open plus there is 2200 square feet of warehouse space attached.

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Governments invest in agricultural research in Manitoba

Submitted

Governments have invested more than \$365,000 in five new research projects in Manitoba including one intended to help reduce the risk of a common, costly and potentially fatal infection in dairy cattle. Manitoba Agriculture Minister Ralph Eichler and Terry Duguid, member of Parliament, Winnipeg Centre, on behalf of Federal Agriculture Minister Lawrence MacAulay, announced this new funding at a dairy farm near Rosser on Dec. 22.

"An investment in research is an investment in the future of Manitoba's agriculture industry," said Eichler. "It's exciting because these research projects are led by farmers and the broader agricultural industry, the people who are best positioned to identify the problems that need solutions and the opportunities we should pursue."

The research projects are funded through the Growing Innovation – Agri-Food Research and Development Initiative (ARDI), and focus on a range of issues affecting Manitoba's agriculture industry.

"The Government of Canada's support for innovative research projects like these ones helps reduce the risk of harm to our crops and livestock," said Duguid. "When we invest in research, we're helping our farmers grow their businesses, while driving our economy and helping to feed a growing world population."

Funded projects include: \$180,000 to XiteBio Technologies Inc. to determine whether bacteria living near the roots of wheat and barley can be used to help control the damage caused by fusarium head blight, a serious fungal disease that affects crop yield and quality; nearly \$27,000 to Manitoba Pulse and Soybean Growers to

conduct the fifth general weed survey in Manitoba since the 1970s and the third herbicide-resistant weed survey since the 1990s, as the results will help measure changes in the number and type of weed populations and assess weed management strategies; \$50,000 to CanaMaize Seed to develop and perform yield trials on a non-genetically modified soybean that is high-yielding and suitable for Manitoba's shorter growing season; more than \$47,000 to the University of Manitoba to evaluate prairie cordgrass as a potential source of biomass energy as compared to other perennial grasses, with the goal of developing a breeding program in Manitoba; and more than \$61,000 to Dairy Farmers of Manitoba (DFM) to identify more effective prevention and control programs for mastitis, a costly disease affecting dairy cattle.

Mastitis is the most costly disease affecting the dairy industry, resulting in decreased milk yields, lower milk quality, higher veterinary treatment costs and the loss of animals. The project will study the micro-organisms in dairy cows' mammary glands during various points of lactation to determine the most effective times to prevent and control mastitis infections.

"Dairy Farmers of Manitoba is pleased to receive this investment for mastitis research," said David Wiens, chair, Dairy Farmers of Manitoba. "Providing excellent care to animals is a priority for dairy farmers. This research will help to continually improve the level of care we provide our animals."

In total, industry partners have contributed nearly \$374,000 to these five projects.

ARDI funds industry-led research



TRIBUNE PHOTO BY LAURA HOLTSMANN

Manitoba Agriculture Minister Ralph Eichler (second from right), announced more than \$365,000 for five new research projects, including one focused on a common and costly infection affecting dairy cattle, at a farm near Rosser. He was joined by, left to right, David Wiens from Dairy Farmers of Manitoba, MP Terry Duguid and Henry Holtmann, co-owner of Rosser Holsteins.

and development focused on crops, livestock, environment and food. For more information about ARDI and other programs, visit www.gov.mb.ca/agriculture under Growing Forward 2.

The federal and provincial governments are investing \$176 million in Manitoba under Growing Forward 2, a five-year, federal-provincial-territorial policy framework to advance the agriculture industry, helping producers and processors become more innovative and competitive in world markets.

Dairy Farmers of Manitoba is committed to producing milk according to the highest standards of quality and is totally financed by and represents

all dairy farmers in the province. Established in 1974, it is responsible for managing the supply of milk in the province, representing the interests of Manitoba dairy farmers at the provincial and national level, developing and implementing advertising and promotional programs, and delivering nutrition and dairy agriculture education programs. All dairy farms in Manitoba are family-owned and operated. For more information about DFM, visit www.milk.mb.ca.

For more information on Manitoba's agricultural programs and services, follow the Twitter account at www.twitter.com/MBGovAg.

worship *with us*

> FAITH

2016 was... For some it was great, for some it was terrible. For some you felt loss and pain, for some joy and triumph. As the calendar flips and the new year comes what are your goals, your plans, your desire for 2016. For some its to loose weight, for some its for life to go in a different direction than last year. My hope for you today is that God will help you shed the weight of 2016 and bring you direction in 2017.

May you shed the weight of pain, of worry, of loss through prayer. Last time I wrote I shared on the concept of casting our cares upon God. An-

other verse we find is Phillipians 4:6-7 which says 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. When we give God our worries through prayer and worship he not only removes but replaces our worries with peace to guard our hearts and minds.

Also may you seek the lord for direction for 2017. Psalm 119:105 teaches us that "his word is a lamp unto my

feet and a light unto my path". May we seek direction in his word. The word is also described in hebrews 4:12 as alive and active. The bible isn't some history book of nice stories but a word that is alive and active and can challenge us, lead us, bring direction, teaching, rebuking and change us. May you seek God in his word and may you seek him in prayer. One of the most famous verses in the bible is Jeremiah 29:11, "for I know the plans I have for you says the lord, plans to prosper not to harm, to give you a hope and a future". As a child I used to always stop there but as

you continue to read you find a few verses later "seek me, and you will find me when you seek me with all your heart". We may want to discover Gods plan, purpose, and direction for our lives but are we willing to seek him. Are we willing to seek him in prayer. Are we willing to trust him that when he does give us direction, that its the right direction. Ask, seek, and trust him, and may your 2017 be a year in which weight is shed and direction is given.

Nathan Young
Alive Family Church

South Interlake Seniors Resource - Stonewall

SUPPORT SERVICES FOR SENIORS

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- Home Hair Care Service • Resource Information/Form Assistance

Check out our website! - www.sisrc.ca

DON'T FORGET.....

SOUTH INTERLAKE SENIORS RESOURCE is temporarily located at 622 Centre Avenue, in front of the Lions Manor main entrance.

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.

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- It lowers disease risk
- It can help prevent dementia
- It boosts your vitamin D levels
- It makes you happy!!!!

Workshop: Living with Dementia: First Steps

Saturday, January 21st, 2017 9:00 a.m. - 3:00 p.m. Registration at 8:30 a.m. Stonewall & District Health Centre, 589 3rd Avenue, Stonewall, MB

Sponsored by: Alzheimer Society of Manitoba and South Interlake Seniors Resource Council
Cost: \$20/person Includes lunch, refreshments and resources

*Pre-register by Friday, January 13th

Specialists will provide information on:

Limited seating!

- Understanding Alzheimer's disease from a medical, family & individual perspective
- Legal & financial considerations • Helpful community resources
- Best practices for the caregiver • Home Safety

To register or for more information, please contact the South Interlake Seniors Resource Council Inc. at **204-467-2719**. For more information, contact Jackie Dokken
Alzheimer Society of Manitoba - Interlake Eastern Office **204-268-4752**
alzne@alzheimer.mb.ca alzheimer.mb.ca

VOLUNTEER OF THE MONTH

Doug Pickell has been chosen as our volunteer of the month. We value Doug's commitment to our organization as volunteer driver and his work is even more valued by our seniors! Thank you Doug!

Doug will enjoy lunch at

Join us for homemade lunches & desserts

Tues-Fri 10-5, Sat 10-4 • 292 Main St., Stonewall 204-467-2303



For more information call **204-467-2719**

December Calendar of Events!

SOUTH INTERLAKE 55 PLUS, 374 FIRST STREET WEST

Clip & Save



- Jan 3 Hop, Drop, & Shop @ 10:00 am
- Jan 3 Book Club @ 9:30 am
- Jan 5 Bingo @ 1:30 pm
- Jan 6 Travel Club @ 1:00 pm
- Jan 9 Winter Session of Active Wellness Begins
- Jan 9 Pickleball resumes @ 7:15 pm
- Jan 11 Monthly Luncheon @ Noon / \$10.00 @ the Door
- Jan 11 One Stroke Painting @ 1:00 pm
- Jan 12 Bingo @ 1:30pm

- Jan 12 Shopping trip to Polo Park @ 9:00 am
- Jan 16 Prairie Theatre Exchange / Registration Deadline
- Jan 19 Club Regent Casino @ 9:45 am
- Jan 19 NO BINGO
- Jan 25 One Stroke Painting @ 12:00pm
- Jan 26 Bingo @ 1:30
- Jan 30 Cribbage Tournament @ 1:00pm
- Feb 2 Dance Lessons @ 7:30
- Feb 8 Monthly Luncheon in Support of Heart & Stroke @ 12:00pm
- Feb 11 Concert with Andy Goertzen & The Occasionals @ 7:00pm

CONCERT!

Andy Goertzen & The Occasionals
Featuring Kari Kinley

Saturday, February 11th @ 7:00 pm
55 Plus - 374 1st Street West, Stonewall

Tickets Available @ 55 Plus & Corner Cuts

Fundraiser in Support of South Interlake 55 Plus



ACTIVE WELLNESS CLUB

Winter Session: January 9 - March 17, 2017

- Monday 4:30 pm Solid Gold Dancefit
5:30 pm Step, Strengthen & Stretch
- Tuesday 4:15 pm Yoga & Pilates
5:30 pm Sweat with Celine (Jan 17 start)
- Wednesday 8:15 am Gentle Yoga
5:30 pm Interval Training
- Thursday 6:00 pm Ultimate Mix
- Friday 8:30 am Gentle Yoga



Call to enquire about registering for any of the classes
204-467-2582

January Luncheon Wednesday, January 11 @ Noon Hot Roast Beef Dinner

Includes Dessert Tea & Coffee

BUS TRIPS

- Jan 3 - Hop Drop & Shop
- Jan 12 - Shopping @ Polo Park
- Jan 19 - Club Regent Casino
- Feb 4 - Prairie Theatre Exchange THE FLATS
- Feb 7 - Hop, Drop, & Shop
- Feb 16 - McPhillips Street Casino



Dance Lessons

Two Step:

The Definitive Country Dance

February 2 - 23 2017
Thursday Evenings
at 7:30 pm

@ 55 Plus 374-1st St West

Instructor: Anthony Funari
Registration Required



OPEN HOUSE

January 10 - January 11 - January 12
9:30 - 11:30 am Each Day

Meet & Greet with Board Members

Purchase or Renew Your Membership
Register for Programs

Not 55? - Enquire about
Associate Memberships

55 Plus Satellite Programming YOGA & PILATES

Thursdays @ 10:00 am, Warren
Community Hall

Starts January 19th
- 8 week Session

For Information Call 204-322-5372
OR 55 Plus @ 204-467-2582



Cribbage Tournament

Monday, January 30th @ 1:00

Bring a Partner & Come Play!!

For more information call **204-467-2582**



Teulon & District Seniors Resource Council Inc. Find us at 54 Main St, Teulon 204-886-2570

PROVIDING FREE SERVICES TO SENIORS: TELECHECK • FRIENDLY VISIT • ESCORTS • INFORMATION/FORMS • ADOPT A GRANDPARENT • COMMUNITY VOLUNTEER INCOME TAX PROGRAM • RED CROSS • MEDICAL EQUIPMENT • LOANS • SERVICES • MENS CHAT GROUP • CAREGIVERS SUPPORT GROUP

Teulon Senior Resource Drop in Center is available Mondays 1:00pm - 3:00pm, Tuesday, Wednesday, Thursday and Friday 9:00 - 12:00, and 1:00- 3:00 closed every 2nd and 4th Thursday mornings of each month.

Teulon Senior Resource is wanting people to chase the
Ace Friday's at the Teulon Rockwood Motor Hotel.

Happy New Year to all from Teulon Senior Resource

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Flyers split games to end 2016

By Brian Bowman

The Stonewall Flyers were a busy hockey team to end 2016.

Stonewall played a pair of games after Christmas, defeating Morden 4-3 on Dec. 29 before losing 5-2 to the first-place Notre Dame Hawks the following evening.

Notre Dame took a 2-0 first-period lead on goals by Chris Prejet and Brody Chabbert before Matt Gingera made it 3-0 early in the second.

The Hawks increased their lead to 5-0 with goals from Gingera and Brian Michiels but Patrick Sheldon answered with a pair of late goals.

Michiels and Gingera each finished the game with three points.

In the win over Morden, Sheldon scored the eventual game winner at the nine-minute mark of the third period. The goal came exactly three minutes after the Flyers' Ryan Elliot tied the score at 3-3.

Braydon MacDonald scored a first-

period power-play goal for Stonewall and then Adam Kirk tallied in the second. Sheldon finished the game with three points.

Cole Penner, Jay Fehr, and Tyler Peers replied for Morden. Derrick Peitsch made 48 saves for the win.

Stonewall, now 4-8, will visit Winkler this Saturday for an 8 p.m. contest. The Flyers next home game is Jan. 13 when Morden comes to town. Game time is 8 p.m.

The Warren Mercs, meanwhile, blanked Morden 5-0 back on Dec. 22.

Kyle Luschinski scored a first-period goal and then Trent Genyk (two), Blake Klippenstein, and Brenden Luschinski tallied in the third.

Travis Bosch made 35 saves for the shutout.

Warren (5-5-2) will be in Portage this Friday to play the Islanders and then the fourth-place Mercs will host fifth-place Morden on Tuesday. Both games will start at 8 p.m.



Stonewall's Patrick Sheldon, front, and Matt Varnes celebrate Sheldon's eventual game-winning goal midway in the third period. The Flyers defeated the Morden Redskins 4-3 last week.

Manitoba Hockey Standings

MANITOBA JUNIOR HOCKEY LEAGUE							
GP	W	L	OTL	PTS	GF	GA	
Steinbach Pistons	34	28	5	1	57	144	66
Winkler Flyers	35	25	10	0	50	130	82
Selkirk Steelers	36	24	10	2	50	124	104
Portage Terriers	35	24	11	0	48	152	113
OCN Blizzard	36	22	11	3	47	113	94
Virden Oil Capitals	38	18	14	6	42	103	112
Winnipeg Blues	37	18	14	5	41	133	118
Swan Valley Stampeders	34	12	19	3	27	94	133
Dauphin Kings	35	9	21	5	23	83	134
Neepawa Natives	34	10	22	2	22	91	137
Waywayseccappo Wolverines	36	5	27	4	14	95	169

MANITOBA MAJOR JUNIOR HOCKEY LEAGUE							
GP	W	L	OTL	PTS	GF	GA	
Pembina Valley Twisters	24	16	5	3	35	106	70
Charleswood Hawks	24	15	4	5	35	79	58
St. James Canucks	26	17	8	1	35	97	85
Stonewall Jets	24	17	7	0	34	114	78
Raiders Jr. Hockey Club	25	15	8	2	32	107	72
Ft. Garry/Ft. Rouge Twins	26	11	12	3	25	96	109
St. Vital Victorias	26	11	12	3	25	95	107
St. Boniface Riels	26	10	12	4	24	87	102
Transcona Railer Express	27	11	15	1	23	94	111
River East Royal Knights	26	4	22	0	8	65	148

KEYSTONE JUNIOR HOCKEY LEAGUE							
Central Division							
GP	W	L	OTL	PTS	GF	GA	
Peguis Juniors	22	15	7	0	30	165	116
Arborg Ice Dawgs	20	13	7	0	26	129	77
Fisher River Hawks	19	8	11	0	16	119	143
South Division							
GP	W	L	OTL	PTS	GF	GA	
Selkirk Fishermen	22	16	6	0	32	128	39
St. Malo Warriors	20	15	4	1	31	150	77
Lundar Falcons	20	7	12	1	15	84	106
North Winnipeg Satellites	18	6	11	1	13	67	97
North Division							
GP	W	L	OTL	PTS	GF	GA	
OCN Storm	17	12	5	0	24	150	99
Cross Lake Islanders	20	8	11	1	17	100	114
Norway House North Stars	22	0	22	0	0	49	273

SOUTH EASTERN MANITOBA HOCKEY LEAGUE							
GP	W	L	OTL	PTS	GF	GA	
Notre Dame	12	10	1	1	21	54	29
Portage	11	9	1	0	19	56	28
Carman	11	7	3	0	15	62	37
Warren	12	5	5	2	12	55	52
Morden	13	5	8	0	10	40	66
Altona	11	4	7	0	8	43	55
Stonewall	12	4	8	0	8	51	75
Winkler	12	3	9	0	6	34	53

AAA MIDGET HOCKEY LEAGUE							
GP	W	L	OTL	PTS	GF	GA	
Wild	26	19	4	0	41	135	54
Yellowhead	28	17	4	2	41	123	86
Brandon	27	19	6	1	40	116	75
Central Plains	30	19	10	1	39	125	100
Pembina Valley	28	17	10	0	35	102	75
Thrashers	25	16	6	1	35	115	56
Southwest	26	13	13	0	26	84	100
Eastman	27	12	13	2	26	88	86
Kenora	27	10	13	0	24	79	117
Parkland	26	8	15	1	19	78	126
Interlake	26	7	17	0	16	67	119
Norman	30	5	24	0	11	74	192

AAA CITY MIDGET HOCKEY LEAGUE							
GP	W	L	OTL	PTS	GF	GA	
Winnipeg Monarchs	22	19	3	0	38	128	61
Winnipeg Sharks	20	15	5	0	30	91	58
Winnipeg Warriors	20	11	7	1	24	93	85
Winnipeg Hawks	22	8	10	2	20	88	91
Eastman Selects	20	4	13	2	11	60	91
Interlake Lightning	20	3	17	0	6	50	124

AAA BANTAM HOCKEY LEAGUE							
GP	W	L	OTL	PTS	GF	GA	
Winnipeg Monarchs	21	17	4	0	34	127	31
Winnipeg Hawks	19	12	4	1	27	120	51
Winnipeg Warriors	22	12	8	1	26	91	68
Eastman Selects	19	11	8	0	22	90	67
Winnipeg Sharks	21	8	11	1	18	52	76
Interlake Lightning	18	1	16	1	3	47	143

MANITOBA FEMALE MIDGET AAA HOCKEY LEAGUE							
GP	W	L	T	OTW	OTL	Pts	
Westman Wildcats	17	12	2	-	2	1	29
PV Hawks	17	12	2	-	1	2	28
Winnipeg Avros	19	9	6	-	4	-	26
Yellowhead Chiefs	17	11	5	-	1	-	24
Eastman Selects	18	8	5	-	1	4	22
Norman Wild	18	3	13	-	2	-	10
Central Plains	15	3	9	-	-	3	9
Interlake Lightning	19	-	16	-	1	2	4

MANITOBA HIGH SCHOOL HOCKEY							
Winnipeg Free Press #2 Division							
GP	W	L	OTL	PTS	GF	GA	
Springfield	15	11	2	0	36	82	47
West Kildonan	15	8	1	0	34	62	43
Garden City	13	10	2	1	31	65	31
Westwood	15	7	5	1	26	75	58
Fort Richmond	15	5	6	2	20	56	62
Transcona	16	3	4	6	20	51	56
College Jeanne Sauve	15	4	7	1	19	43	56
Stonewall	17	5	9	2	19	51	66
Lorette	15	3	9	1	14	54	70
J.H. Bruns	16	1	12	0	9	47	97

STATS AS OF TUESDAY, JANUARY 6



TRIBUNE PHOTOS BY RICK HIEBERT
Stonewall's Brett Harvie controls the puck against Morden during SEMHL play.

Jets celebrate holidays early with pair of wins

By Brian Bowman

The Stonewall Jets had a reason to celebrate the holidays a little earlier this season.

Stonewall trounced the Transcona Railer Express 8-3 in Manitoba Major Junior Hockey League action Dec. 23.

The Jets led 3-0 by the 14:15 mark of the opening period and then increased their advantage to 7-1 just 5:49 into the second period.

Three of those goals came with the man advantage while another was while Stonewall was shorthanded. The Jets power play is second in the league – clicking at a solid 26.8 per cent – just behind Pembina Valley (27 per cent).

Adam Blight and Chase Faulkner each led the Jets with two goals and an assist while Stephen MacKenzie, Aiken Chop, Robert Smith and Eric Swanson also tallied.

Faulkner leads the Jets in goals scored with 20. Clay Tait had three assists.

Hunter Ploszay posted the win in

goal as Stonewall outshot Transcona 52-28. Noah Skorpad, Coles Jones and Ryan Kotchon scored for the Railer Express.

On Dec. 20, the Jets defeated the last-place River East Royal Knights 5-2.

Faulkner, once again, led Stonewall with two goals and an assist while Kyle Doak, Blight, and MacKenzie also scored for the winners.

Robert McCaughan and Michael Cooper replied for River East.

Curtis Beck made 37 saves for the win.

The Jets, now 17-7 and in sole possession of fourth place with 34 points, is just a single point behind Pembina Valley, Charleswood and St. James.

Stonewall will be looking to move up the league standings this Friday when it hosts the Ft. Garry/Ft. Rouge Twins. On Monday, Stonewall will visit the St. Boniface Riels in Winnipeg.

The Jets will continue their busy start to 2017 when they host River East next Wednesday. All three games start at 7:30 p.m.



TRIBUNE PHOTO BY LANA MEIER

The Jets' Clay Tait had three assists in Stonewall's 8-3 win over the Transcona Railer Express.



Jack Einarson

Midget Lightning resume league play this weekend

Staff

After a lengthy break between games over the holiday break, the Interlake Lightning will finally see some Manitoba AAA Midget Hockey League action this weekend.

The Kenora Thistles will make the trip to Teulon for a Saturday evening (7:30 p.m.) matchup and then a Sun-

day afternoon (2 p.m.) contest.

Those games are the second and third in a six-game homestand for the Lightning. The Winnipeg Wild will be here next Wednesday, followed by the Southwest Cougars Jan. 13 and the Norman Northstars on Jan. 15.

Interlake heads into the New Year with a 7-17-0-0-2 record and 16 points.

The Lightning are currently in 11th place in the 12-team league, three points behind the Parkland Rangers.

Lightning captain Jack Einarson of Gimli has been very good this season, leading the team in scoring with 15 goals and 31 points.

Lamb 3-0 at junior women's curling provincial

By Brian Bowman

The Stonewall Curling Club's Rebecca Lamb had a 3-0 record heading into Tuesday evening's draw against Dauphin's Emma Jensen at the Canola Junior Women's Provincial Championship in Winnipeg.

Lamb improved her record to 3-0 Tuesday afternoon with a convincing 8-2 victory over Beausejour's Kathryn Cullen.

Tied at 1-1, Lamb broke the game open by scoring three in the fourth end and then adding two more in the sixth and eighth.

Lamb began action Sunday evening with a wild 11-10 win in an extra end over Brandon's Kaitlyn Payette. Lamb jumped out to a 5-0 lead after just two ends and then added four more in the seventh.

But Lamb needed to score one in the 10th to tie the score at 10-10 and then added a steal of one in the 11th to clinch the comeback.

On Monday afternoon, Lamb outscored St. Vital's Shae Bevan 8-6. Lamb trailed 5-0 after four ends but then got back into the game with four in the fifth and then added a steal in the sixth.

She then scored twice in the eighth and once more in the ninth.

Lamb, whose rink includes third Jordyn McIntyre, second Brooklyn Meiklejohn, lead Rhea Teranishi, and coach Rob Lamb, had a difficult end to her round-robin schedule.

She played East St. Paul's Kristy Watling, Assiniboine Memorial's Laura Burtnyk, and Elmwood's Meghan Walter.

No scores from any of those games were available at press time.

Watling's rink, which includes Jenna Boisvert, and Burtnyk, with Sara Oliver at second, each got off to 3-0 starts. Meanwhile, Walter's foursome, which features Gunton's Kendra Derbowka, was 2-1 after a 7-3 loss to Jensen Tuesday afternoon.

The playoffs begin tonight with a 7:45 p.m. draw while the final will be played Friday at 4 p.m.

Meanwhile, the Stonewall Curling Club's Thomas Dunlop had a 1-2 record after a 9-5 loss to Granite's Braden Calvert Tuesday morning at the Canola Junior Men's Provincial Championship in Winnipeg.

Calvert's rink, which includes Colton Lott, trailed 5-4 after six ends but scored a pair in each of the sev-

enth and eighth ends. He then added a steal of one more in the ninth to complete the comeback win.

Dunlop started action with an 8-6 win Monday morning over Pembina's Brandon Radford. Dunlop trailed 4-3 after six ends but scored three in the seventh and then added singles in the ninth and 10th to secure the win.

Later in the day, Dunlop was doubled 8-4 by Fort Rouge's Brett Walter. Walter broke the game open with two in the eighth end and three more in the ninth. Dunlop played Pembina's Jordan Smith later Tuesday and then was scheduled to battle St. Vital's Jack Hykaway, Swan River's Brock Stephen, and Morris' Joshua Friesen.

No scores were available from those games. The playoffs begin today with the final to be played Friday at 1 p.m.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Teulon to host STARSkate Regional Championship later this month

By Brian Bowman

The Teulon Rockwood Arena is used to hosting hard-hitting hockey action during the winter.

But later this month, the local arena will be hosting a more graceful style of skating.

On Jan. 22, the Teulon Skating Club will host the Skate Canada Manitoba STARSkate Regional Championships.

"We are definitely very excited to be hosting this event," said Audra Nesbitt-Hume, Teulon Skating Club's president and public affairs chair, last week. "This will be the first time that we have hosted this competition in Teulon."

The Interlake Regional STARSkate Championship is a required event for skaters to qualify for the Skate Canada Manitoba STARSkate Championships in Virden this March.

Each of the six Manitoba regions hosts a competition before provincials.

There is expected to be 81 skaters from across the Interlake – and three

from the Teulon club – competing at this elite competition. The event is for skaters who are in STARSkate levels 1 to 5, with an emphasis on the elemental components of figure skating.

Skaters do not compete in a solo freeski until Star 3 or 4, noted a media release, and will be placed in groups (as opposed to performing individually) in front of a panel of judges.

Skate Canada hopes this will promote figure skating as it will allow more children to enter figure skating without the pressure of individual competition until they are ready for this aspect, said the media release.

Along with the excitement of hosting this regional competition, there is plenty of work involved behind the scenes.

"There have been many hours put in during the evenings and weekends," Nesbitt-Hume said.

The event is currently seeking help from community businesses and friends of figure skating in the form of cash donations or items for the

silent auctions and skater welcome bags.

It costs money to book the ice time all day and pay for judges.

"We have had some community support," Nesbitt-Hume noted. "We have sent out donation letters to businesses and have had some people agree to support us but we can always use more."

Businesses and individuals look-

ing to donate for the competition can contact Nesbitt-Hume via email at teulonskatingclub@hotmail.com or by phone at 204-485-4901.

Donations will be taken right up until the competition, said Nesbitt-Hume.

Cost for spectators is just \$3 for adults and \$2 for seniors and students. Children aged five and under are free.

Christmas Challenge stars



TRIBUNE PHOTO BY TANYA SWANSON

The Stony Mountain Atom 'Yellow' team won the Christmas Challenge 10A2 division in Winnipeg Dec 26-29. The Flames won round-robin games against Ft. Garry 'Black', St. Boniface 'Red', and the SWHA Kings. Stony Mountain also won a playoff game against Garden City and then defeated Selkirk 'White' 4-2 in the final. Pictured back row, left to right, coaches Clint Vandersteen, Derek Deprez, and Clint Swanson; middle row Wade Byle, Evan Deprez, Jamie Gaudry, Logan MacDuff, Evan Roy; front row Liam Butcher, Matthew Penner, Cole Swanson, Jackson Vandersteen, Travis McKay and Cooper Carey. Missing from the photo Carson Littlepage.

Transcona tops Stonewall

By Brian Bowman

The Stonewall Collegiate Rams' hockey team ended 2016 with a 4-2 home loss to Transcona on Dec. 21.

Brendan Labossiere scored a first-period power-play goal for Stonewall, assisted by Carson Ouellette and Brett Munroe.

Colton Gadoury then scored for the Rams in the third. Seth Mandryk and Joshua Eardley assisted on the goal.

Noah Lorentz, Austin Asbury, Devon Matsumoto, and Laden Michael replied for Transcona.

With the loss, Stonewall's record

dropped to 6-11 and the Rams have 19 points to sit tied for eighth place with College Jeanne Sauve in the 10-team Winnipeg Free Press No. 2 Division standings.

The Rams will resume league play next Wednesday when they play Garden City at the Seven Oaks Sportsplex. Game time is 4:15 p.m.

Stonewall will then play J.H. Bruns on Jan. 16. The Rams play just two league games this month and then have five WHSHL games in the first two weeks of February.

Meet your Jets...

Reed Langlois #18

Defence
Born: 1996
Height: 6'0"
Weight: 190 lbs.
Shoots: left
Hometown: Stonewall



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 Sealed Tenders, marked "Waste Collection Services Contract Tender" will be received by the Chief Administrative Officer of the Rural Municipality of Rockwood, Box 902, 285 Main Street, Stonewall MB ROC 2Z0, Fax No. 204-467-5329, until 4:00 p.m. Local Time, Friday, January 13, 2017 for collection and removal of waste (garbage) and recyclables in the Townsites and Designated Areas in the Rural Municipality of Rockwood.
 Tender specifications may be obtained at the Rural Municipality of Rockwood Administration Office at 285 Main Street, Stonewall MB between the hours of 8:30 a.m. and 4:30 p.m. weekdays.
 Lowest or any tender not necessarily accepted. The Municipality reserves the right to reject any or all bids, to waive irregularities and informalities therein, and to award the Contract in the best interest of the Municipality in its sole and unfettered discretion. The award of the Contract is subject to the approval of Council.
 Chris Luellman, CAO
 The Rural Municipality of Rockwood

take a break > GAMES

SUDOKU

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

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

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Sudoku Answer

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

Crossword Answer

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

CROSSWORD

CLUES ACROSS

- Pain
- Near the stern of a ship
- Certified public accountant
- External appearance
- Neither
- He played with Peter & Mary
- Maximum
- Irish republican organization
- Swedish rock group
- Source of chocolate
- Counterparts to women
- Type of levy
- More tasteless
- "Use Somebody" rockers
- Burst
- Flightless, fast bird
- Type of salami
- Charges to live somewhere
- Ji dynasty's ancestral home
- They play music
- One who cancels
- Resin from an African tree
- Shellfish
- Notre Dame coach Parseghian
- Thoroughbred horse race: _____ Stakes
- Empire in pre-colonial C. Africa
- Small piece of caramel
- Hillsides
- Does great
- Israeli city _____ Aviv
- Brief appearance
- Danish krone (abbr.)
- Midway between east and southeast
- Database mgmt. system

- In style
- Syrian city
- A long narrative poem
- Living thing
- Envision
- Flat surface on a vessel's stern
- Scottish sport
- They serve beer
- Expression of sorrow or pity
- When you expect to get there
- Bullfighting maneuver
- Double-reed instrument
- Rural Free Delivery (abbr.)
- Hardened
- Small cask or barrel
- Anger
- Female religious figure
- Central mail bureau
- Ruled Russia
- Geological time
- Catches fish
- As well
- Soviet Socialist Republic
- Patti Hearst's captors
- Twitchings
- Suitable for crops
- Cavalry-sword
- Greek sophist
- Dressed
- Tight crowd of people
- Basics
- "Raymond" actor Garrett
- Unstressed-stressed
- Old World tree
- Distress signal

CLUES DOWN

- Sign language

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Stonewall Odd Fellows Lodge #49, 2016 Grey Cup Pool winners are: 1st quarter - G. Bernardin, \$150 and reverse - C. O'Dell, \$50; 2nd quarter - R. Jeanson, \$150 and reverse - B. Kuzyk, \$50; 3rd quarter - C. Peck, \$150 and reverse - T. McDowell, \$50; final - G. Chamberlain, \$200 and reverse - H. Morley, \$50. Thank you to all who support our projects through the purchase of tickets.

COMING EVENTS

Manitoba Riding for the Disabled Association 18th Annual Super Flea Market 2017. February 4th & 5th at Assiniboia Downs-Winnipeg. Vendor spots available- 80 vendors in the show! www.mrda.ca.

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ANNOUNCEMENT

CARD OF THANKS

Perhaps you sent a lovely card,
Or sat quietly in a chair;
Perhaps you sent a flower bouquet,
If so, we saw it there.
Perhaps you spoke the kindest words,
As any friend could say;
Perhaps you couldn't make it there at all,
Just thought of us that day.
Whatever you did to console our hearts,
We thank you so much whatever the part.
-From Jackie's family
the McLeods' and Zacharias'

ANNOUNCEMENT

BIRTHDAY



Happy 80th Birthday Dad!
The family of Don Williams
invites you to join them
for coffee/tea and cake on
January 8 from 2-4 p.m.
at the Red Barn,
1 miles south of stonewall on 236.
No presents please, just your presence!!

ANNOUNCEMENT

IN MEMORIAM



Edward John Kowalchuk
August 13, 1945 - January 8, 2013
Time may help us to ease the pain,
Of the loss of one held dear;
But there's no denying how we miss you,
Even though it's been four years.
We can smile now and remember,
And are glad you are free from all pain;
And at the road's end, God willing,
We too shall meet again.
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
Many a day her name is spoken,
And many an hour she is in our thoughts;
A link in our family chain is broken,
She has gone from our home
But not from our hearts.
-Always remembered,
your family

OBITUARY



Shannon Dawn Barnes-Figur
December 4, 1970 - December 31, 2016

Shannon passed away peacefully with her husband, Spencer Figur, by her side. Shannon was born in Saskatoon, Saskatchewan and was raised in Stonewall, Manitoba.

Shannon attended the "University of Experience" beginning her world adventures with a trip through Europe with her life long friend, Maxine. After their European travels, the girls went to work for a year in Glasgow, Scotland with an organization called Simon Community. Shannon then worked in Dublin, Ireland, Ghost River Camp in northwestern Ontario, two stints volunteering on Kibbutz Dan in Israel - all the while working during the summers at Ghost

River. She met many people from all over the world while in Israel and travelled to such places as South Africa, New Zealand, Australia, South America, Belize and several trips to Mexico. From a very young age, Shannon travelled with her family to most areas of Canada, the United States and Mexico which is when the travel bug began. Once she "came home to roost", she worked at Beacon Hill Lodge, and until her illness prevented her, she worked as a manager at a residence for the Hope Center.

Shannon was a caring, giving, loving person and loved all beings, including animals. She was a champion of anyone less fortunate. She was a very private person who would surprise you with her keen wit and sense of humor. Shannon was an avid photographer and saw the beauty in all things, and captured this in her photos.

Besides her beloved husband, she leaves to mourn her "canine babies", Alex and Arthur; her mother, Barbara (Neil); her brother, Sean (Kristine), nephew, Mitchell and niece, Kendall; stepchildren, Matthew (Bre) and Melanie, Owen; Aunty Sharon Brandstrom, cousins, Kristi and Kelli and family; Uncle Ronald Geisler (Joan), cousins Debbie, Deanne, Denise, Randy, Susie and their families; special family friends, the Jaspers; special friends, Maxine and Heather; and many other relatives and special friends.

Shannon was predeceased by her loving father, Edward; her paternal grandparents, Lloyd and Chrissie Barnes; her maternal grandparents, Roy and Tillie Geisler.

We will all miss our beloved Shannon and her generous heart. Shannon's life epitomized the following saying, "Choose not your friends from outward show; for feathers float but pearls lie low".

Thank you to all who cared for and helped Shannon in her battle over the past eight years, including, Dr. Pat Harris and team as well as all the nurses and home care workers. Thank you to all our friends and neighbors in and around the community of Stonewall for helping to raise such a beautiful, kind soul.

At Shannon's request, no formal funeral will take place. A private interment will be held in the spring.

No flowers please. If family and friends desire, donations in Shannon's memory may be made to Cancer Care MB, Funds for Pets Rescue or a charity of your choice.

We love you and will miss you so much, dear Shannon. Goodbye our beautiful, illustrious pearl.

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OBITUARY



Neville Burton Carey

Peacefully with his daughter holding his hand Neville Burton Carey moved from this earth into heaven. On December 27, 2016, Dad passed away at the Tudor House in Selkirk MB, just one day after his 92nd birthday.

Dad will be lovingly remembered by his wife and best friend of almost 68 years, Nelda Carey; his children David Carey, of St. Albert, AB., Donna Green, of Stony Mountain, MB., and his "2nd son" son-in-law Andy McKechnie of Ottawa. He will also be sadly missed by his five grandchildren Tristan Carey (Kim), Tracy Carnegie (Steve) of Alberta, Katelyn Leczynski (Chris), Heather McKechnie of Winnipeg, and Kingsley Green, of Stony Mountain; four great-grandchildren Annika, Aurora, Emily and Richard; his brother - Bill Carey of Regina, Sask, as well as extended family and friends.

Neville joined the RCAF and was in training as a bombardier. World War II ended just before he was sent overseas. After proudly serving his country he was employed by Ford Motor Company, working his way from parts clerk in the warehouse to office manager. After 30 years he took an early retirement. Dad enjoyed golfing - a special highlight was going golfing with Pastor Henry Ozirney. Dad was a quiet, gentle, loving father, with always a kind word for everyone. He loved to read and take his young family on many camping adventures where we discovered different parts of Canada and the United States.

Dad is predeceased by infant daughter Sharon in 1950, his daughter Elizabeth Carey-McKechnie in 2005, his parents Leonard and Margaret Carey, and sisters-in-law Germaine Carey in 1991 and Ann Carey in 2016.

A Celebration of Dad's life will be held at New Life Church, Stonewall, January 6. Service is at 11 a.m. Interment at Chapel Lawn, 4000 Portage Ave. Winnipeg. Pastor Henry Ozirney officiating. Pallbearers are Jim Campbell, Rick Blunt, Henry Voth, Ken Yorke, Bill Matheson and Al Semler.

A special thank you to the cheerful, loving staff at Tudor House - especially his night aide Werner. For the past 16 months they have taken wonderful care of Dad, "Old Blue Eyes" as they affectionately called him. Also thank you to Pastor Henry, Pastor John Harrison, Jim and Barb Campbell, the late Holly Walker, and others for their visits and time they spent with Dad to cheer his days. Also a heartfelt thank you to MacKenzie Funeral Home, Stonewall, and Chapel Lawn, Winnipeg for their kindness and compassion at this time.

In lieu of flowers - if friends so desire, donations may be made in Neville's memory to New Life Church, Box 905, Stonewall, MB. R0C 2Z0

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OBITUARY

Nelly Slater

Peacefully, on December 31, 2016 at the Teulon Hunter Memorial Hospital Nelly Slater passed away.

Memorial Service will be held on Saturday, January 7, 2017 at the MacKenzie Funeral Chapel, Stonewall at 11:00 a.m.

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OBITUARY

Opal Agnes Langrell

January 20, 1923 - December 27, 2016

On January 20, 1923, Opal Langrell (nee Baldwin) was born the 8th of 14 children to Joe and Agnes Baldwin of Warren, Manitoba. In 1946, she married Ross Langrell, and they had five children: Jillian (Ashley) Richards, Lynne-Dell (Garry) Domenco, Clinton, Timothy (Joanne) Langrell and Deidre (Scott) Keddie. Opal had 11 grandchildren: Rory, Jody, Joel (Zoie) Richards and Erin (Paul) Humenecky, Troy (Stephanie) and Adele Domenco, Lisa (Wade) Wiesner and Jonathan Langrell and Brittany (Ash), Derek and Jaclyn Keddie, along with six great-grandchildren: Kaitlyn, Lauren and Morgan Humenecky, Maddux Domenco and Alex and Sam Canton-Keddie. Opal is survived by four siblings: Reta Allen, Cameron, Kelvin and Gary Baldwin. She was predeceased by her husband Ross in 1978 and son Clinton in 2004.

Opal admired intellect and music. She played piano and spent many happy evenings playing music with her brothers. She took a writing course by correspondence when her children were older and went on to work as a reporter for the Stonewall Argus. Opal also wrote several books on the histories of local municipalities.

After Ross' death, Opal travelled extensively with her good friend, Ray Jones, who also predeceased her in 1994.

Opal was a devout member of the Woodlands Gospel Chapel and for many years held bible study in her home.

A funeral service will be held on Wednesday, January 4, 2017 at 10:00 a.m. at the Chapel Lawn Funeral Home, 4000 Portage Avenue. Interment to follow at Warren Cemetery.

The family is very grateful to the staff at Rosewood Lodge for their care. In lieu of flowers, donations may be made to a charity of your choice.

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