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VOLUME 8 EDITION 2

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# Puppy Love

TRIBUNE PHOTO BY NATASHA TERSIGNI

Bella Findlay and her family have opened their doors to needy dogs looking for a forever home. Through the local dog rescue Companion Animal Advocacy & Rescue (CAARE), Snow Cone, along with his seven brothers and sisters and his mom Polly are all up for adoption and looking for a loving owner. See story pg. 12.

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



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# Excitement builds for Stonewall's Ventura development

By Jennifer McFee

Excitement is building for Ventura's Quarry Ridge Park development that is underway in Stonewall.

Tim Comack, vice-president of Ventura Land Company Inc., said the first three phases of the 15-phase project have been well received.

"For us, it's been a phenomenal start so far and the builders are doing extremely well," Comack said. "To be doing so well before our show home even goes up indicates that we've got the right mix and price point, and it seems to be desirable to the broader market."

Phase 1 consists of 29 single-family lots, which have mainly been sold to the builders Warkentin Homes and

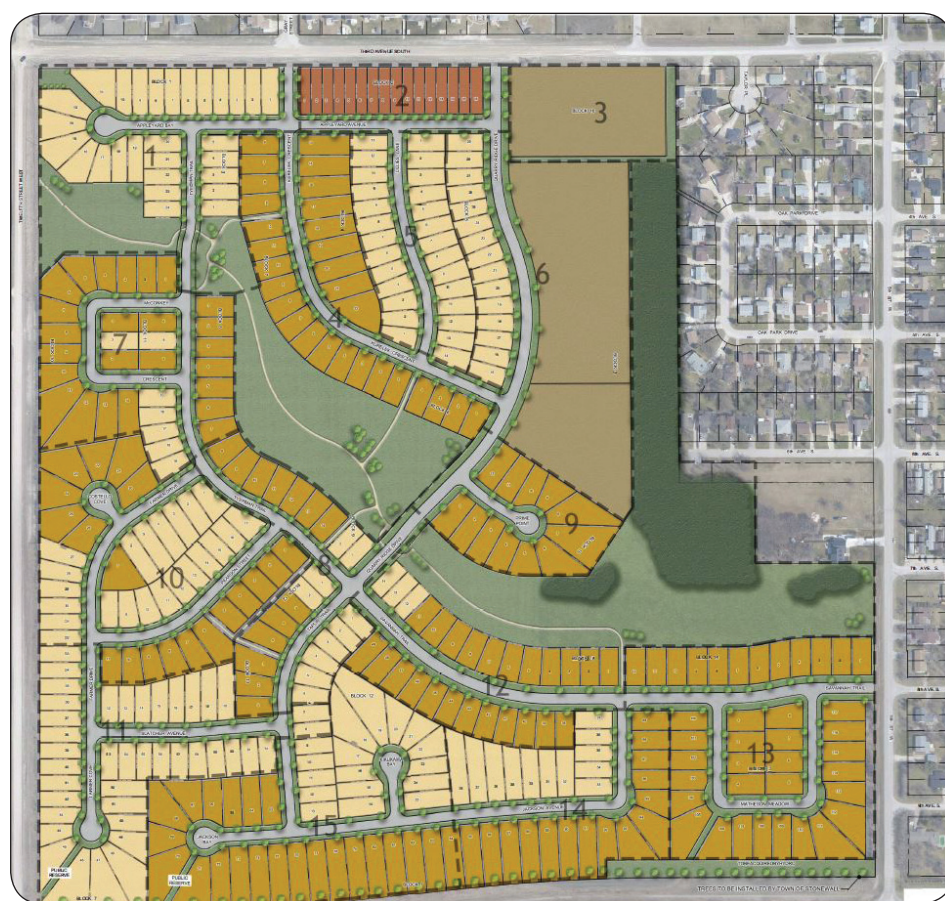
Ventura Homes. However, three lots are still available for private builders.

"We encourage people to come and self-build," Comack said. "But the builders otherwise have all the other inventory and they're nearly sold out in Phase 1."

Phase 2 features 18 two-storey duplex condo lots. Ventura Custom Homes bought the entire phase and they're getting ready to launch a project that focuses on affordable options for the young family demographic. The units feature three bedrooms, 2.5 bathrooms and an attached garage.

Then at the condo apartment site, plans are in the works for private life-

Continued on page 5



TRIBUNE PHOTO SUBMITTED

The first three phases of Ventura's Quarry Ridge Park 15-phase project have been well received and are now underway.



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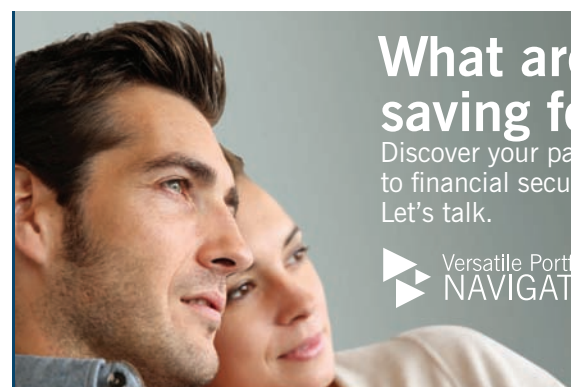
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TRIBUNE PHOTO BY JO-ANNE PROCTER


Stonewall's newest development Quarry Ridge Park will have its first show homes open for the spring Parade of Homes.



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# Fire destroys century old building in Teulon

By Natasha Tersigni

Fire levelled a Teulon building that has been in the community for 104 years over the weekend, forcing owner Victor Chartrand to have re-build his auto body business.

Just after midnight on Sunday morning motorists traveling on PTH 7 spotted flames coming out of the roof of Vic's Auto Body Alignment & Brakes, which is located along the highway and called 9-1-1.

Crews from the Teulon- Rockwood Fire Department responded immediately to try and contain the flames and salvage the building. While no other property was affected, it took more than 10 hours for the crew to fully extinguish the fire that completely destroyed the building.

"The building is a complete loss; it was a very severe fire. We had an exceptional turnout with 21 members coming and there was no other damage other than to the primary building," said Teulon-Rockwood Fire Chief Chris Dawson.

An investigation is currently ongoing by the Fire Commissioners Office of Manitoba to determine the cause of the fire.

Chartrand, who has owned the building since 1982, told the *Tribune* that he plans on rebuilding his business.

The building was built by the Town of Teulon in 1913 and was used as the community hall. A staple in the community, its multi-church Sunday school attracted over 100 students each week.

When the new Teulon-Rockwood Centennial Hall was opened in 1967 the building was sold to the Old Swiss and used as a chip factory.

In the seventies, the building was turned into an auto body shop and operated as McKinnon Mercury Sales until Chartrand purchased the building in 1982.



TRIBUNE PHOTOS BY LANA MEIER

Vic's Autobody in Teulon was completely destroyed by a weekend fire.

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# Annual Balmoral Christmas bird count

Submitted by James Duncan

A small but determined squad of 25 intrepid binocular-clad bird watchers ventured out in -29 degree Celsius temperature to count birds on Dec. 17 in a 24-km diameter circle centered on Balmoral.

While the total number of birds (855), and the number of types of birds (29 species), were reduced compared to past warmer, less snowy, years our wild feathered friends did not disappoint.

Here is a tally of birds seen:

209 Black-capped Chickadees, 151 House Sparrows, 83 Common Ravens, 49 Blue Jays, 46 Gray Partridges, 44 Black-billed Magpies, 42 redpoll species, 39 Snow Buntings, 31 Common Redpolls, 29 White-breasted Nuthatches, 20 Sharp-tailed Grouse, 18 Rock Pigeons, 15 Hairy Woodpeckers, 14 Downy Woodpeckers, 11 Mallards, 9 Bohemian Waxwings, 8 Bald Eagles, 8 Ruffed Grouse, 6 Red-breasted Nuthatches, 6 Purple Finches, 4 Dark-eyed Juncos, 3 Pine Grosbeaks, 3 American Crows, 2 House Finches, and one each of the following: Pileated Woodpecker, Pine Siskin, Snowy Owl, Brown Thrasher, and a Gray Jay. In addition,



A bald eagle.

one Great Horned Owl was reported during the count week.

The Christmas Bird Count started in 1900 and is North America's longest-running Citizen Science project. Counts happen in over 2000 localities throughout the Western Hemisphere. The information collected by thousands of volunteer participants forms one of the world's largest sets of wildlife survey data. The results are used by conservation biologists and naturalists to assess the population trends



A pileated woodpecker at the feeder.

and distribution of birds.

I would like to thank all the volunteers participating in the Balmoral count including Brenda Birks, Pauline Bloom, Susan Cosens, Brooks Duncan, Patsy Duncan, Charlie Dunlop, Fay Dunlop, Carol Morgan, John Morgan, Alma Neufeld, Ernie Neufeld, Malachi Nugent, Quinn Nugent, Shawna Nugent, Andrew Robert, Jim Rodger, Johanna Rodger, Les Rutherford, Don Sexton, Merlin Shoesmith, Stuart Slattery, Helen Slavuta, Earl



TRIBUNE PHOTOS SUBMITTED  
Black-capped Chickadees

Winn, and Pat Winn,

For more information on the count visit: <http://www.birdscanada.org/volunteer/cbc/>

If you see any great gray owls or northern hawk owls in your travels in Manitoba please send us date, location details and a picture if possible to [owlfamily@mts.net](mailto:owlfamily@mts.net) or call 204-467-8857 as we are catching and banding these species under permit for a long-term study.

## Teulon library speaker series to focus on wellness

By Natasha Tersigni

To help you start the new year off on the right foot, the South Interlake Regional Library in Teulon is hosting a wellness speaker series for the next two months. Every week in January and February a local expert will come to the library and speak on a subject that focuses on mental, emotional or physical health.

The following are a few of the upcoming sessions that will be available at the library:

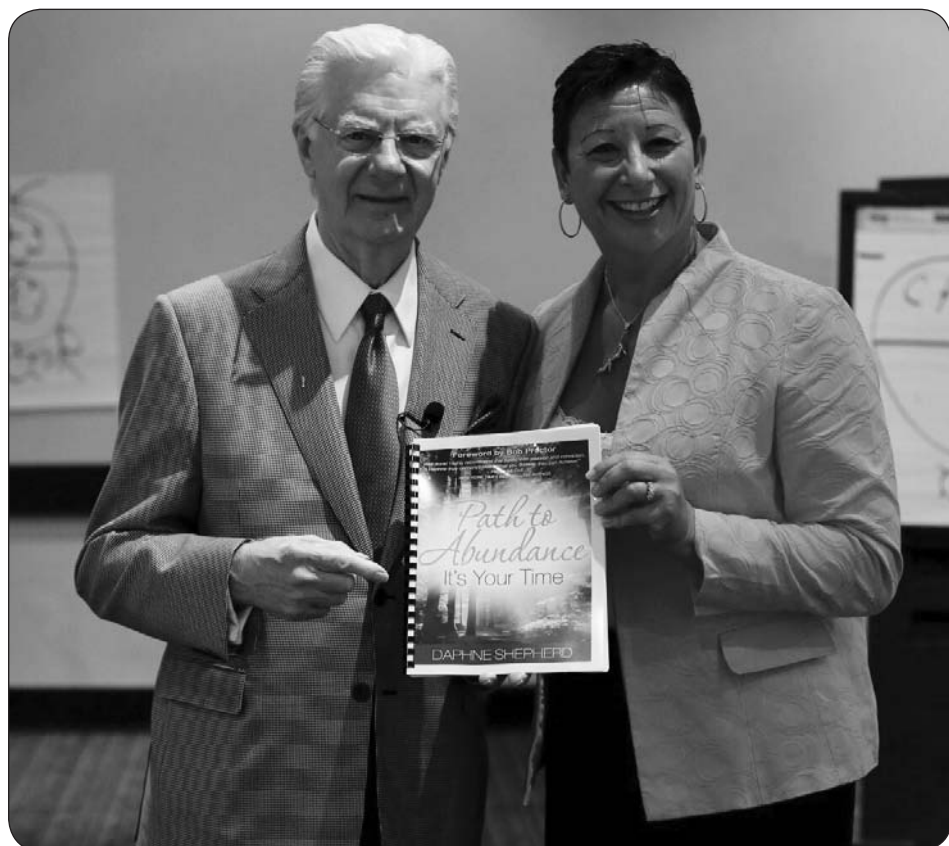
**Positive Thinking - Jan. 17 at 1:30 p.m.** - Local realtor and published author Daphne Shepherd will be discussing techniques and the benefits of positive thinking. Shepherd released her inspirational book, *The Path to Abundance: It's Your Time*, in 2015, which she hopes will inspire others to reach their full potential.

**Your Financial Health - Jan. 19 at 6:30 p.m.** - Malinda Skogan, a financial planner and mortgage broker, will be giving tips on personal finances and how to manage your money.

**Self-care for Moms - Jan. 24 at 10:30 a.m.** - Tracy Thibodeau, owner of Ignite Retreats in Teulon, will provide tips to moms of all ages on how they can make time for themselves while still fulfilling the needs of their families.

**Benefits of Exercising - Jan. 31 at 1:30 p.m.** - Owner of Rep's gym in Teulon, Carmen Lowe, will be proving information on the advantages various sports and exercises have for overall health.

All classes are free, held at the library and no pre-registration is required. For the February session schedule visit [sirlibrary.com](http://sirlibrary.com).



TRIBUNE FILE PHOTO

The South Interlake Regional library in Teulon will hosting a number of speaker sessions relating to various topics of personal wellness throughout January and February. Daphne Shepherd, right, will be speaking about positive thinking on Jan. 17 at 1:30 p.m.: a topic she wrote about in her published book *The Path to Abundance: It's Your Time*.



# Eichler's viewpoint from the Legislature

## Red Tape Reduction Task Force will help Manitoba grow and prosper

The new year is upon us, and I wish all residents of the Lakeside constituency and Manitoba's Interlake region great health, happiness and prosperity in 2017.

I'm also looking ahead to another productive and prosperous year for the agricultural sector in Manitoba starting with the kick off of AgDays this month. As provincial Minister of Agriculture, I'll present my outlook for the industry at the 40th annual AgDays at Brandon's Keystone Centre on Jan. 17 at 1:30 p.m. With agricultural people and producers from across Canada and the northern U.S. on hand, it will be a great opportunity to bring perspectives from our new Manitoba government as we continue to rebuild our province's economy.

To rebuild the economy across Manitoba, removing unnecessary red tape and excessive regulations will be a key focus of our government. We have created a task force to do just that.

Our 14-member Red Tape Reduction Task Force, which includes representatives of a range of businesses, organizations and industries, will identify unnecessary regulations that hurt the competitiveness of Manitoba companies and degrade the services provided by non-profit agencies. Reporting to the Minister of Finance, the task force will develop and recommend solutions to remove overbearing regulations and eliminate red tape.

Consultations with stakeholders are beginning this month, and recommendations with an action plan will

be developed this spring. Full implementation of the recommendations is expected by May 2018.

According to the Canadian Federation of Independent Business, red tape from all levels of government costs Manitoba's small and medium-sized businesses \$1.2 billion per year in time and resources. Manitoba needs a system to measure regulations, as well as constraints on expansion of regulatory requirements and legislation to ensure accountability. The previous Manitoba government studied the issue, but did nothing more.

Manitoba businesses and non-profit organizations need their government to work with them so they can succeed, serve their clients and create quality jobs, rather than have pointless regulations hold them back. Our government's task force will find ways to eliminate red tape and make Manitoba more prosperous. We are com-



Lakeside MLA Ralph Eichler

mitted to making Manitoba the most improved province for regulatory accountability by 2020.

Finally, I'd like to remind Manitobans that the deadline for applications for the provincial farmland school tax rebate is March 31. Application forms for the rebate, which is administered by Manitoba Agricultural Services Corp., are available online at [www.masc.mb.ca](http://www.masc.mb.ca).

*Ralph Eichler  
MLA for Lakeside*

## > VENTURA, FROM PG. 2

lease rentals.

"We'll be looking to start bringing that forward over the next few months," Comack said. "Phase 1, 2 and 3 are fully installed, and homes are being built as we speak. The show homes should be open for the spring Parade of Homes."

People will probably start moving in the spring or early summer. As for the remaining phases of the project, they will likely be built over the next 10 to 15 years.

For Comack, it's been a positive experience to collaborate with Stonewall council on the project.

"They've been wonderful to work with. I have a lot of positive things to say so far about our experience in Stonewall," he said. "We had some roadblocks at the front end, but I was pleasantly surprised with how collaborative everybody was to get over those roadblocks."

Embracing a historic approach, Ventura worked with Stonewall council to choose street names that honour his-

toric families of the town. So far, these names include Appleyard Bay and Appleyard Avenue, as well as Tyerman Drive. They've also started the connection for Quarry Ridge Drive and Kurelek Crescent, which connect the subdivision to the existing road. Next year, they will be putting in Lillies Lane, and extending Kurelek Crescent.

Prices start at \$76,000 up to \$99,000 for lots, which range from 50 to 60 feet wide and 120 to 180 feet deep.

"The prices are probably the most affordable for building lots in all of the capital region. It's introductory pricing, so I would suggest that it's actually quite a good investment from that perspective because we came in as aggressively as we could to launch the subdivision successfully," Comack said. "So anyone who is buying in the first few phases is going to be in a very positive financial position as soon as this thing starts to take off."

And there is great potential for the project since people love the commu-

nity of Stonewall, Comack added.

"The neat thing about Stonewall that makes it unique compared to some other towns around the city is that it's got all three levels of school. It's got all the infrastructure that any other city would have. It's got a hospital, banking, doctors' offices, dentists, retail, commercial. It's got everything that you need," he said.

"So when you have that mix, it's a live-work-play destination. You can spend your life there. There are jobs and there's things to do. There are lots of neat attributes to Stonewall. You're just outside the city, but it's got that little small-town feel. It's a great group of people. There are strong roots and it's a very, very friendly town."

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**PG**

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**14A**



# Stonewall Teulon Tribune



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# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

## > ARNIE WEIDL Baiting fish with jellybeans

Hi folks.

Last week my instincts told me it was time to visit anglers on Gull Lake and Shoal Lake, which are known for great perch fishing. The grey, cool, breezy day seemed to have little affect on some folks at Gull Lake last Tuesday as they sat on overturned pails nursing baited lines in ice holes. Children played tag in the snow as I moved from one ice shack to another getting to know folks and in time met Alexander Embrechd with his son Robin from Steinbach.

Young Robin looked much like his father who was of average height, thin, strong in movement and expression with short brown hair, beard and mustache. They like everyone else on this amazing lake took great pleasure in showing me how many fine eating perch they had caught that morning. In the middle of last week I got onto the Red River ice off the "CIL" road by Selkirk.

Some ice anglers who love for this pastime, have brought their hard wall shacks to this river bend for decades. I watched old friends greet each other with friendly waves while setting up as I urged "old red" toward to a fairly new shack.

A young athletic looking chap emerged from his hut as I got out of my truck. He had just got there so while his shack was heating up our new fishing friend, Dakota Mayer from Winnipeg said, "let's jump into my truck, I've got a story."

He began, telling how he was summer boat fishing with a buddy on Macara Lake who had caught a huge jackfish. Bending over the side of the boat, he called to Dakota to come help

with "them". The "them" didn't register with Dakota until he came alongside his buddy ready to tease him for not being able to handle and 3' jack by himself. He was stunned to see the gaping mouth of an even bigger musky tearing into the jack.

They tried to grab the musky, why, they're still not sure and once or twice they came close by grasping its' slippery tail. Eventually their hands weakened as they fumbled over each other and the monster, freed, disappeared beneath the dark water.

We sat laughing over the story noticing the window in his shack had become clear which meant the shack was warm so he went in to fish and I went for lunch.

On the weekend I was close to that other terrific perch fishing spot, Shoal Lake north of Stonewall but never made it. I met a truck obviously returning from the 93N church jump-off spot and waved it down. There wasn't another soul around so we stopped in the middle of the road to talk. I introduced myself to Darren Guy and Kerry Yanke of Poplar Point who revealed the only way to get onto Shoal here was with sleds. I judged Darren and Kerry to be in their 30s, both had brown hair under toques. Darren was heavier muscled while Kerry was thinner in body and face. Both had funny stories.

First, Darren got a kick out of telling me how when they first started fishing together, his wife Stephanie, would walk beside their truck as he drove out onto ice for fear of being caught in the truck if it broke through. That was until she started catching fish. The next time out she was behind the wheel



**TRIBUNE PHOTO BY ARNIE WEIDL**  
Stephanie Guy Darrens' wife with a pickerel she caught on Dauphin Lake.

first telling Darren to get a move on. Then it was Kerry's turn.

His mood became soft as he told how a few years ago the two families including his very young daughter, Taylor, were ice fishing here and he noticed she was losing interest. He got an idea. He had Darren distract her then pulled up her line, put a jelly bean on the hook, dropped it in the water then shouted, "Taylor, I think you have a fish."

She rushed to her line pulling it up squealing in wide-eyed joy, "daddy I caught a jelly bean!"

"Yes honey you can catch jelly beans as well as fish," he lied with an innocent stare.

Back went her line into the water as fast as she could get it there. Holding her rod, she did a little dance in excited expectation but guilty dad couldn't bear his deception and came clean offering her the whole bag of candy. Loving Taylor forgave him. Bye for now.

# Stonewall Teulon Tribune

*The Selkirk Record*

*The Winkler Morden Voice*

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# Homeowners can prevent carbon monoxide emergencies

## Winter months see increases in carbon monoxide related calls

By Natasha Tersigni

Cold temperatures and record snowfall are posing some additional risks when it comes to keeping your household and family safe this winter.

The Stonewall-Rockwood Fire Department has been fielding an increase of carbon monoxide related calls and fire chief Curt McClintock is reminding the public to take a few extra minutes to ensure the safety of family, employees and friends. One easy and preventable way of preventing carbon monoxide poisoning is by not running your vehicle in an attached garage.

"We have seen an increase in carbon monoxide calls due to people running cars in attached garages. We recommend if you have an attached garage that you don't run your car in the garage where all the carbon monoxide exhaust accumulates and then when you go to open the door to your house it is drawn inside. In a detached garage, we certainly recommend having the overhead door open all the way," said McClintock who added that it is important to have a working carbon monoxide detector so a problem can

be noticed as soon as it happens.

"We have a carbon monoxide detector with us when we respond to a call and we will go in and see what the levels are. We have never had any serious incidents yet, but carbon monoxide detectors in the homes need to be replaced every five to seven years."

Carbon monoxide can also enter the home if a chimney, intake pipe or exhaust vents for gas furnaces is blocked by snow. The intake and exhaust pipes are usually white and located out of the side of a home. It is important for homeowners to ensure that there is no buildup of snow around the pipes. If a poisoning is suspected, you should immediately open your doors and windows, leave the building and call the gas company. Symptoms of carbon monoxide poisoning include headaches, nausea, dizziness, fatigue, shortness of breath and stinging or burning eyes.

McClintock also reminds residents that during the winter months' fire hydrant access for emergency crews can be restricted. While town employees do their best in trying to dig out hydrants during snow clearing, with



TRIBUNE PHOTO BY NATASHA TERSIGNI

Covered fire hydrants, blocked furnace intake and outtake vents and warming vehicles in a closed garage all pose safety risks during the winter months. Taking a few precautions can ensure safety and easier winter season.

the excessive snow this year the public can give them a hand and grab a shovel if they see a hydrant buried.

"When you get a lot of snow accumulated there will be one or two hydrants that get missed. If you are a

resident and see that the fire hydrant in your cul-de-sac or area is covered with snow you can always phone the town or take it upon yourself to help out the crews by digging it out or marking it."

# Safety focus of new liquor service training program

Staff

The Liquor and Gaming Authority of Manitoba (LGA), and the Manitoba Tourism Education Council (MTEC) have teamed up to develop and launch a new mandatory training program for those who sell or serve liquor across the province.

The online program entitled Smart Choices officially launched on Jan. 2, replacing Serving It Safe and the Problem Gambling Assistance Program.

Smart Choices focuses on current laws, safety requirements, and responsible strategies when serving or selling liquor.

"The focus is safety," LGA executive director and CEO Rick Josephson stated in a release last week, adding that liquor servers and salespeople can protect themselves and their customers by understanding and following the law.

Smart Choices also features new elements to increase awareness about problem gambling, drink-spiking and sexual assault, and Canada's low-

risk drinking guidelines. Manitoba is among the first provinces in Canada to incorporate these elements into responsible service training.

While responsible service training has been required for restaurants, lounges and other service establishments since the 1990s, the same standard now applies to liquor retailers, including managers, security and staff at beer vendors, Liquor Marts, liquor vendors and specialty wine stores.

"Requiring the same training for all licensees creates a level playing field and results in standardized

knowledge in the hospitality industry," Josephson said. "This approach also gives employees the flexibility to move around the industry without the need for additional training."

Smart Choices certification will be valid for five years from the date a person completes the program. The LGA is also offering a five-year grace period to anyone who has already completed Serving It Safe or the former It's Good Business training program through MTEC.

"We see the new comprehensive Smart Choices program as an effective

way to reach out to hospitality workers across the province," said Ben Fry, CEO of Addictions Foundation of Manitoba. "Our hope is this new training program will help to get support information into the hands of even more Manitobans who are struggling with alcohol and gambling."

The LGA consulted broadly with Manitobans, including hospitality industry representatives, as part of the development of Manitoba's new liquor laws in 2014. The LGA has communicated with all retail and service licensees about Smart Choices.



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# IERHA launches new season of community wellness sessions

By Natasha Tersigni

When managing a chronic disease, such as diabetes, high cholesterol, heart disease and high blood pressure, life can be difficult.

From taking the right medications to ensuring proper exercise, often times one's diet is pushed to the back burner. Knowing that nutrition is a major component to managing chronic diseases, the Interlake-Eastern Regional Health Authority (RHA) has included healthy eating information sessions in their upcoming community wellness sessions.

Interlake-Eastern RHA registered dietician Jay Adam will host several group sessions using diet to help control chronic diseases.

The Eating for Health education session will be held on Jan. 24 from 9:30

a.m. to 12 p.m. at the Stonewall Health Centre Multipurpose Room, and is geared towards learning about what foods to incorporate into your diet for healthy changes.

"This class is useful for just about anybody but it has more of a focus on cholesterol, blood pressure and losing weight," said Adam who added that those looking for more detailed class on health eating should take the Craving Change sessions

"It is a longer term class about developing healthy eating habits. I often describe it as the class for people that know what to do but have trouble doing," said Adam.

As well, as running group classes, Adam works with individuals on a one-on-one basis to help guide them through personal nutrition.

"With the individual sessions I go over with people how to make healthier eating fit better into the life that that are living," said Adam who added that there are benefits to group sessions as well and he recommends to people to take in both types.

"I like group classes because through interactions and questions that others ask, they can be very thought-provoking."

All community wellness sessions are free for Interlake-Eastern residents and advance registration is required to attend. For full class descriptions and schedule go to [ierha.ca](http://ierha.ca). To register for a session contact Theresa Dankochik at [wellness@ierha.ca](mailto:wellness@ierha.ca) or 1-877-979-WELL (9355). Appointments with registered dietitian Jay Adam can be made by also calling 1-877-979-9355.



TRIBUNE PHOTO SUBMITTED

Registered dietician Jay Adam will be hosting several sessions to help people learn how to eat properly when managing chronic diseases.

# A collaborative future with Hwy. 6 municipalities

By Jeff Ward

A Woodlands councillor is looking forward to a bright and more collaborative future working with northern municipalities following the fourth and final meeting of regional planning workshops.

The workshops were organized and facilitated by Community Futures West Interlake (CFWI) and involved every municipality in the region. The RM's of Woodlands, St. Laurent, Coldwell, West Interlake and Grahamdale were all at the table to discuss their municipality's priorities and

concerns.

CAO's, EDO's, CDC chairpersons, members of local chambers of commerce councillors and reeves were all invited to four regional planning workshops that identified how they could work together to strengthen the region. General Manager for CFWI Lana Cowling-Mason said that there are four areas of interest that the municipalities discussed that need attention. Housing development within the region, improved emergency medical response, increased access to skilled labour training and marketing the region as a tourist destination to the world.

Woodlands Coun. and CDC Chair, Ila Buchanan said that she's excited to see all of the communities at the same table working towards the same goals. She

said that the strength of working together will be a big asset moving forward.

"I think this has been a long time coming," said an enthusiastic Buchanan.

"It's going to be a trickle down effect, because there are people who live in my RM that work in St. Laurent or Lundar, and that's not an uncommon thing. What helps Coldwell will likely help Woodlands. I'm really excited about the conversation that's happening."

Municipalities banding together is a smart way to approach the future according to Buchanan. She said that with the provincial deficit there will be much less money to go around than there was before and that it makes the provinces job easier when an entire region is working together to identify problem areas.

Cowling-Mason echoed those feelings as well and explained that a small community has far less pull with the government than an entire region who're all saying the same thing. It

works like a signal blast. If everyone is singing the same song it's pretty hard to ignore it.


"The rallying cry was that while each community has a different set of challenges there are many commonalities," said Cowling-Mason.

"People in St. Laurent and Woodlands don't have the same issues with health care as people from West Interlake or Grahamdale do. And when the rest of the region gets behind that cause the fight gets easier."

Cowling-Mason said that these workshops were centred around identifying what opportunities the region has and how too capitalize on them. She explained that through all the meetings the attendance was strong, never dropping below 32 participants and that there were always representatives from each municipality at each meeting.

"There was never real strong communication on a regional basis before this, but there is now. I've made a lot of friends over the last four meetings and I'm now aware of so many issues that people face just an hour away. I'm so excited for the future of the region if we stick to the plan," said Buchanan.

Cowling-Mason said that the meetings are now done and as each community looks over the battle plan — which will be detailed closer to the spring — they will all come together once more to officially recognize the strategy.




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# Stony Mountain makes strides with trail project

By Jennifer McFee

The Stony Mountain Community Association is making great strides towards completing its new trail system.

The project has been a vision of the community association for the past several years, said board member Dave Van Heyst.

"The village of Stony Mountain has a very limited number of sidewalks or developed trails, so the increasing number of people walking or cycling in town typically did so on the streets or through the undeveloped former quarry property on the north side of town," Van Heyst said via email.

"Stony Mountain's hills, quarry and forest provide a great opportunity to provide safe and scenic alternatives for the active transportation and fitness options a developed sidewalk and trail network would provide."

When the community association's Parks and Playground project was drawing to a close in 2014, they felt it was time to move ahead with this initiative. Along with the RM of Rockwood, they embarked on the trails project as a joint venture.

The community association developed a high-level plan and is leading fundraising efforts that include the annual Stony Mountain Run and Cash For Trails social evening. Meanwhile, the RM of Rockwood has provided funding and resources for portions of the work.

Together, the two groups worked on the recently awarded Small Community Transportation Fund grant presented by Ralph Eichler on behalf of the provincial government, Van Heyst noted.



TRIBUNE PHOTOS SUBMITTED

The Stony Mountain Community Association is making great strides towards completing its new trail system.

Other funding comes from corporate donations, including a generous \$15,000 contribution from Richardson Pioneer.

In 2015, they completed a section of the trail along Old Highway 7 from Allard to Quarry, as well as the trail from the corner of Memorial and Dufferin up the east side of Pikes Peak To-boggan Hill.

Also in 2015, they completed the trail that goes into the east side of Old Quarry from Pebblestone as well as the trail east of sport fields through bush to King Edward Road.

Then in 2016, they completed the trail along King Edward Road Allowance up to and through the Nature Conservancy of Canada property to Park Avenue. In addition, they wid-

ened the road to provide an active transportation lane along Dufferin Drive from Memorial to Vincent. They also completed the trail into the west side of Old Quarry from Sellars Hill Road.

Going forward, preliminary plans are already underway for work on portions of Memorial, Old Highway 7, Vincent, School Road and around the perimeter of the quarry. So far, there is no set date for completing the entire project.

The Stony Mountain Community Association is excited to be involved in this project, which is making great progress, Van Heyst said.

"It is great to see people walking, jogging and cycling on the new trails already," he said.

"I would like especially to recognize all the financial sponsors of the project (including the RM of Rockwood, Community Places Grant, Small Community Transportation Fund Grant, Richardson Pioneer) and the great support we have had from the Community of Stony Mountain and area for our fundraisers. All together, we have raised approximately \$125,000 so far."

People can continue to financially support the trail project through fundraisers. And if anyone is interested in volunteering to help with fundraisers, planning or actual construction (such as brush clearing parties), they can contact the Stony Mountain Community Association through their website at [www.stonymountainmb.ca](http://www.stonymountainmb.ca).

## Auto dealers allowed to offer gap insurance for better protection

Submitted

The Manitoba government has amended regulations to allow auto dealers to provide guaranteed asset protection (GAP) insurance, Finance Minister Cameron Friesen announced last month.

"These changes will provide more insurance options and better protection for consumers," said Friesen. "In listening to the industry, we have made these changes to make it easier for people to access insurance coverage that will cover the difference between an auto-insurance claim payment and any outstanding loan or lease obligations."

When someone finances the purchase or lease of a vehicle and the vehicle gets written off after an accident, the value of their insurance may not

be enough to cover the outstanding amount of a loan. GAP insurance can be purchased to cover this amount, with coverage varying based on the amount of the loan or lease.

The minister noted the regulation changes are now in effect, which allows Manitoba's auto dealers to sell GAP insurance at the time a consum-

er purchases or leases a vehicle.

"This change will make a great difference for our members," said Geoff Sine of the Manitoba Motor Dealers Association. "It gives them another tool that can be used to better protect their customers in case of an accident and will help customers avoid financial hardship."

Auto dealers can contact the Insurance Council of Manitoba by email at [contactus@icm.mb.ca](mailto:contactus@icm.mb.ca) or call 204-988-6800 to apply for or update restricted agent licences so they can begin offering the product.

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# Erinview campground ready for 2017 season opening

By Natasha Tersigni

With the current cold winter weather, it may be hard to imagine a warm summer evening spent around a fire, but with all upgrades now complete the Erinview Campground is ready to launch their 2017 camping season.

Renovations this past fall saw power installed at 23 of the campground's 31 sites. Along with water, all the sites are semi-private, have a limestone base and a fire pit for camper's enjoyment. To add a little luxury when out in the woods, all sites have access to modern bathrooms and showers.

Joy Ogilvie, who owns the campground with her husband Jack, is excited to for the 2017 opening day and hopes with the renovations and new amenities, more campers will come out and enjoy the lake, beach and campground.

"With these upgrades, we are hoping to be busier. It seemed everybody wanted access to power and now it is here," said Ogilvie who added that the business will be entering its fifth season this year.

"We will see how this works and if we get a good reception we will be putting power into the remaining sites. There is also room to add additional sites, so down the road, we will be looking at that as well."

Located on the eastern shore of East Shoal Lake 25 kilometres west of Teulon, the Ogilvie's turned the wild hay covered agriculture land into a nature focused campground and opened the gates in 2013. Along with the surrounding nature, a big draw for campers is the lake.

In 2015 the Ogilvie's added a natural sand shore to their lake access and it is now a staple of the campground attracting swimmers as well as on shore users for activities such as beach volleyball. With the lake full of fish and a boat launch, many spend the peak summer days fishing for their dinner. There are also 5 kilometres of nature trails perfect for hiking and biking where many animals can be spotted.

"If you like quiet, peaceful, into nature, private sites, this is the place to be," added Ogilvie.



TRIBUNE PHOTO SUBMITTED

The Erinview Campground is ready to launch for 2017 camping season.

While opening and closing dates are weather dependent, Ogilvie said that campground will hopefully be open for May long weekend, if not earlier.

Erinview Campgrounds sites are \$25 per night and can be reserved by calling 204-278-3385 or visiting [www.erinviewcampground.com](http://www.erinviewcampground.com)

## Community forums on fentanyl and other drugs to increase awareness

Submitted

With the growing concern about the presence of fentanyl in Manitoba, the Addictions Foundation of Manitoba (AFM) announced today that it will be hosting a series of community forums across the province to increase awareness and provide information about fentanyl and other drugs for youth and families.

"We know that parents and young people are looking for more information about the facts and dangers of fentanyl and other drugs," said Ben Fry, CEO, AFM. "That is why we have

organized these community forums to give Manitobans more opportunities to get the information they need to know from the experts. Talking about drugs like fentanyl is the best way to keep kids safe."

The forums will feature presentations by experts from the AFM, as well as from law enforcement, health care, and other community organizations.

"The RCMP is pleased that the Addictions Foundation of Manitoba is teaming with our local detachments to educate the public on the dangers of drugs such as fentanyl," said Cpl.

Scott Hanson, Head of "D" Division's Synthetic Drug Operations. "Prevention and education play key roles in reducing the risk."

A community forum will be held in Selkirk on March 6 from 7-9 p.m. at the Lord Selkirk Regional Secondary High School.

Everyone is welcome and the forums will be free to attend.

"We know that one of the best ways to combat the rise of fentanyl is to provide greater public awareness and education," said Dr. Ginette Poulin, Medical Director, AFM. "These fo-

rum are a great way to bring together experts who deal with the realities of fentanyl and other drugs on a daily basis, and answer questions that youth and families have about drugs and the supports that are available. I encourage everyone along with their families and friends to come out and join us as we gather in your communities to discuss and share in this opportunity."

For more information about AFM's community forums on fentanyl and other drugs, including dates and locations, visit: <http://afm.mb.ca>



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## Gimli, Stonewall checkstops see low volume of impaired drivers

By Jeff Ward

The RCMP Holiday Checkstops for Gimli and Stonewall saw less than 10 per cent of its stopped drivers charged for impaired operations in another successful campaign.

The Checkstop program ran during the month of December with nearly 12,000 vehicles stopped in Manitoba. Stone-

wall RCMP charged three people with Impaired Operation, one person with Refusal of an Approved Screening Device Demand and one person a 72-hour suspension and is facing Impaired by Drug charges.

Gimli RCMP charged two drivers with Impaired Driving charges, two alcohol administrative suspensions and six oth-

er Highway Traffic Act charges.

In Manitoba there were 122 people charged with Impaired Driving — Blood Alcohol Level of .08 or higher — out of the 11,781 vehicles stopped.

During the four-week Checkstop program six people died in traffic-related collisions, and half of those are suspected to involve driver impairment.



# The art of puppetry explored at Teulon camp

By Natasha Tersigni

Campers attending the Green Acres Art Centre (GAAC) winter break session received a crash course in the world of puppetry last week during the two-day camp.

GAAC's theatre instructor Angela Chalmers who also works with the Manitoba Theatre for Young People, taught all aspects of becoming a puppeteer, including how to create a character and bring a puppet to life.

On Friday afternoon, each camper filmed their puppet show and then edited their film into a short movie to take home to share with their families.

"The camp went really well. The kids actually made their own puppets and then they performed a little skit with them; it has been a movie making extravaganza around here," said GAAC Executive Assistant Nicole Dzuba who added that with the success from this winter break puppet camp, GAAC is planning to run a weeklong movie making camp over spring break.

"This was an opportunity to gauge interest and see if campers would want to a full week learning about movie making. They seem excited so that camp is in the works and Angela would instruct it as well."



TRIBUNE PHOTO BY STEPHANIE DUNCAN

Last week campers had the opportunity to create their own puppets and then performed a variety of skits at the Green Acres Art Centre winter break camp. Front row, left to right, Zuri, Ella, Alexa, Kevin; back row, Rhianna, Kaleigh and Kelvyn.

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> FAITH

### Live it like you mean it.....

A colleague of mine, the late Judith Wolfe relates a story regarding Baptism while she was working for the Methodist Church in Nashville, Tennessee.

Part of the Outreach Programme of the church was to offer drop in services for folks living in the area. At one point a young man showed up and began attending on a daily basis, he was usually the first to arrive and the last to leave. He was clearly troubled, recalls Judith, and over the course of time he related the following story.

He had relocated hastily from a major East-Coast Metropolis after having seen his only brother gunned down by gang members. They were aware that he was a witness to his brother's murder, and were searching for him in order to persuade him not to testify.

He fled, and arrived at the church, thinking he might find sanctuary there and a place to hide, as he had been involved heavily in gang matters and had not lead "a good life" in his own words, A church would be the last place his former associates would think to look for him.

But he found more than the welcome given

him by the staff and regulars..in fact, he was exposed to the Ministry of Presence and became interested in knowing more about the Church and how he might make a serious commitment to living a Christian life.

Eventually, after much discussion and soul searching he was baptised into the Methodist Church.

His past life caught up with him, and he was visited by the enforcers of the gang who threatened him with death if he did not provide false testimony in the murder of his brother. Each time they made an offer which they felt he could not refuse, he announced that he surely did not want to die, but that he could not provide false evidence because he had been Baptised into a new life. The gang leader was astonished at his composure and amazed at his refusal to comply, even though his life hung in the balance.

In the end, the gang decided that he had become a "Jesus Freak" and left him alone.

He related the outcome of his discussions to Judith and both were amazed, by his belief and courage embarking upon a new life offered through Baptism.

Wouldn't the world be a changed place if we lived our lives believing in our Baptism vows?

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# CAARE dog rescue in need of caring supporters

By Natasha Tersigni

With mounting financial debt and a continued need to save more dogs, the Winnipeg-based dog rescue Companion Animal Advocacy Rescue Effort (CAARE) is reaching out to the public for support.

The Findlay family knows firsthand the important and necessary work that CAARE is doing. Since May Tracy Findlay with the help of her three children, Bella, Brad and Tyler, have fostered over 25 rescued dogs at their Warren home. Most recently the family took in a Pomeranian from Rankin Inlet named Polly. Since being rescued in October she has given birth to eight puppies. If it wasn't for CAARE along with her foster family, Polly probably would have froze to death.

"When CAARE found her she was very much neglected; you could just tell they found her on the street. She was all matted and dirty and not cared for at all. You could count her ribs and when you put food down for her she just fought for it," said Tracy who added that Polly and the puppies are now ready for adoption to forever homes.

As bills continue to rise for CAARE, their ability to rescue dogs is hin-

dered. Over the holidays the group took in five puppies and they all tested positive for parvo virus; a highly contagious disease where symptoms include vomiting and diarrhea. With the veterinary bills alone coming to over \$5,000, CAARE is now facing a severe financial crisis.

"We currently have \$13,000 owing on our credit cards; we are in a pretty high deficit and this is the worse we have ever been. Right now, there are 40 dogs with CAARE in various foster homes and we are trying our best to adopt out as many as possible," explained CAARE provincial coordinator Lindsey Suskthey.

The main cost for CAARE is the ongoing veterinary bills for the animals. The dogs CAARE rescues are mostly from northern Manitoba communities and the health conditions of the animals are often unknown when they are brought in.

"From the communities that we take in dogs from, they are mostly heart worm positive, so 90 per cent of the time the adult dogs will have heart worm and that costs \$2,000 to treat. With the parvo puppies when we took them in they were healthy and



TRIBUNE PHOTOS BY NATASHA TERSIGNI

The Findlay family, including Brad, left, Bella, middle, and Tyler, hold foster puppies who were born on Nov. 6 to Polly, a black Pomeranian that was rescued from Rankin Inlet in October by the Companion Animal Advocacy Rescue Effort (CAARE). Pictured in no particular order, Snow Cone, Peanut, Holly, Molly, Shadow, Coal, Wilbur and Cocoa.

five days later they started to develop symptoms of parvo and that is \$1,000 to treat each dog," added Suskthey.

Before a CAARE dog is put up for adoption, they are taken to the vet and along with any medical treatment they require they have three vet checks, two de-worming treatments, flea and tick treatment, three parvo vaccines, a rabies vaccine, are spayed or neutered and receive a tattoo. Once the dog is ready to be adopted, CAARE requires that all potential adopters fill out an application to ensure that dogs and their potential new families are a suitable match.

"We always want the best fit for our animals. We look at a variety of factors and all circumstances. We do home visits to ensure that homes are puppy proof and that the adopter has enough space for their new dog. We don't want the family returning the dog in six months so we do our best to find the right fit for our dogs, especially the adults," said Suskthey.

Along with financial donations, CAARE is always looking for foster families to help take in puppies and dogs while a permanent home is found for them. Tracy said that being a foster family for CAARE is very rewarding, as they are able to help many dogs instead of just one.

"We lost a dog that had been part of the family for 13 years in the spring. Our first reaction was to get another



The playful puppies are ready to be adopted.

dog, but we decided to try fostering. These dogs are ones that really need care and some love. It has been great and worked out very well for us," said Tracy.

"CAARE is amazing and they provide a ton of support. They have so much information and knowledge and provide support in every aspect of fostering including all the essentials for the dogs including food and beds. All you are doing is giving them a shelter and loving them."

For more information on CAARE, including how to adopt a dog, become a foster family or to make a financial donation, visit their website at [www.caarerescue.com](http://www.caarerescue.com).

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# New funeral business opens in the Interlake

By Jennifer McFee

A new funeral business is now available to serve the Interlake and beyond.

Ken Loehmer Funeral Services recently opened at 55 Main St. in Teulon, and the business offers a full range of burial and cremation options.

"I chose Teulon to open my office as it is central to the area I serve. Arborg, Stonewall, Warren, St. Laurent - Teulon is in the middle. Customers can come here to my office or I can go right to their house and make arrangements there too," said Loehmer.

Since there is no chapel at his building, Loehmer has arranged to use local churches and halls as venues to meet families' needs.

"I decided to not build a stand-alone chapel at this time as we have multiple halls, churches and other facilities in our communities that we can utilize and provide them with revenue. Funeral services have evolved a lot in recent years, and ceremonies can now take many different forms in order to pay tribute to loved ones and the location does not always need to be in a formal chapel."

For many families, Loehmer is already a familiar face since he grew up in the area and has ample experience in the industry.

"After 35 years in the funeral industry, it was time to be my own boss. After spending a year in Winnipeg, I realized how connected I am to the

families I served and I wanted to come back to my community," said Loehmer, a Balmoral resident.

"It's rare in the industry to have a funeral director who has served multiple generations of families, but after 35 years, I know most faces that walk in my office."

Aiming to meet the needs of his clients, Loehmer offers a range of services that include funerals, cremations, headstones and pre-arrangements.

**"AFTER 35 YEARS IN THE FUNERAL INDUSTRY, IT WAS TIME TO BE MY OWN BOSS."**

"Funerals are the business everyone will eventually need, but no one wants to think of. I want to give my customers the peace of mind by ensuring that, when the time comes, their last wishes will be respected. Coming in to prearrange your burial or cremation and the type of funeral

service you would want, will spare your family the emotional and financial burden of these choices."

When a funeral is prearranged, the funds are guaranteed since they are



TRIBUNE PHOTO SUBMITTED

Ken Loehmer is open for business and offering a full range of services to help Interlake residents organize a personalized ceremony or a pre-arranged funeral.

put into trust. Those funds are protected if a business were to sell or close. There is no risk to the family.

Prearranged funeral plans can be cancelled or transferred to a funeral home of one's choice.

Anyone who would like more information about his various services at Ken Loehmer Funeral Services can call 204-886-0404. [www.klfuneralservices.ca](http://www.klfuneralservices.ca)

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> YOUR FARM

# Talking to CN about the future

By Harry Siemens

In this week's issue, my farm articles are top heavy on CN and how they are moving forward to be the handle of choice when it comes to moving grain in Western Canada.

I've done lots of interviews with key people in farming industry and, spanning a 45-year career, to get to a new level becomes even more difficult. I noticed something happening in the media where CN representatives kept appearing at various events, holding sessions with producers and seemingly telling it as it is.

Many years ago, I served on the Manitoba Farm Writers and Broadcasters Association with James Feeny, colleague in the business who moved to the position of director of Public Affairs for the CN.

Before Christmas 2016, I sent James a message asking to talk to someone in CN, hoping that at least he would speak to me on the record because in the past it was always like pulling teeth.

As it happens, he's retiring and sent me the name of the person now in charge, Kate Fenske and within days, Kate setup an interview with David Przednowek, director of grain marketing in Winnipeg, and Greg Hamilton,

corporate development manager in Montreal.

What happens when you get three people who now want to tell their whole message in one conference call? Yes, you guessed it, lots of great and new information and all pertinent to issues of moving grain from farmers' combines into place for the end user to process.

I appreciate the opportunity and the reason I've included so much of that interview in this week's issue because it is so vital to the well-being of our farmers in Western Canada.

Remember the 2013-2014 grain lack of movement debacle, when heavy snow and very cold weather caused a real backlog in grain movement leading to contract cancellations for farmers and a real genuine blame game that made the Trump- Clinton election rhetoric seem tame. Well, almost.

With new grain companies, the one that replaced the old CWB, G3 Canada Grain and others building new terminals loop tracks and even a terminal in Vancouver that will also use the loop track system, CN stepped up to the plate to make sure they wouldn't be the weakest link of the system.

There is another point and one myth that the CN representatives told me

that didn't get into the main articles, one has to do with winter time shipping and another myth.

"You hit wintertime and the terminals at Thunder Bay close and your cycle times get longer to the east coast direct than they are to Thunder Bay, says Przednowek. "When it starts to get cold, a magic number is -25 C thinking of safety first, that is when we start to shorten our trains, so we put our winter operating plan into place.

"We've also in terms of that capacity and shortening up the amount of time it takes to load a train, or to get a grain train moving in the winter time, couple of years ago we introduced a winter ready program. Customers who can invest in infrastructure at their elevator so that they can actually air up the train before the locomotive comes to pick up the cars, they get a credit with the CN. What that means is if a locomotive goes to that facility and that train is not aired up, that train has to sit there and get it aired up taking hours and hours. If the elevator does the airing up, boom the locomotive shows up and the train is ready to go. A good program a win-win for the shipper, for the CN, the supply chain, and the shipper can get a pay back quickly on their investment, cycle time is reduced, and we're creating capacity and supply chain by doing that."

Here is another myth question: what about when other commodities become

more expensive and they take up more of your entire system to haul, for example oil, how will that affect the grain deliveries?

David says even at peak in 2013-14 the height of challenges moving grain in the supply chain, crude oil shipments only represented a couple of percentage points of our overall bookings. Back in that market, it was busy for minerals, lumber, grain, everything there is to move and we have only so much network capacity

Przednowek says since then lots of new investments, we set record after record, after record and that is a sign to me and should be to others that is a railroad that wants to move grain.

"As we free up capacity that frees up for us to move everything on the railroad, we will keep pushing."

I put this information out there for two reasons. Firstly, to let people know when a company criticized in the past makes great changes and moves to make things better and right.

Secondly, CN talks a lot about accountability and here it is in writing my friends, we will be watching.

So far, the proof is in the pudding, they have a report on their website released every Friday that will show the movement figures, and commentary to explain. I'm looking forward to watching the grain farmers grow move to market on time.



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# St. Laurent gets funding for new points of interest signboard



TRIBUNE PHOTO SUBMITTED

The RM of St. Laurent will install a sign that looks similar to this in the community. The sign will display points of interest and will let tourists know how to get there.

By Jeff Ward

In an effort to help visitors find their way around the St. Laurent municipality, council has partnered with Comité Culturel to install large maps of the area.

The RM received \$5,000 in funding

from the province to design and install signs that have maps with points of interest in St. Laurent and Oak Point. The Economic Development Council for Manitoba Bilingual Municipalities is doing the design with work being completed on the St. Lau-

rent sign first.

St. Laurent economic development officer (EDO) Tiffany Desjarlais is leading the project and said the sign is in the process of being designed and will be installed in the spring of this year. The sign will be located in the same space as the Metis Heritage Centre — a nice central location — so that visitors and residents can get information about various activities that take place during the year and then find out how to get there.

"It'll show you where you can eat, or spend the night or how to get to the beach among other things," said Desjarlais.

"By working with [Comité Culturel] we're able to identify what areas we want to promote as an RM. So we can direct visitors to areas that promote Metis culture. So things like

fishing and festivals will be on there."

Desjarlais explained that the funding received will cover the costs of the signs for both St. Laurent and Oak Point.

Information that is easy to identify while driving through the community is a big asset for tourism. Visitors can find where they need to go while learning about other activities in the area, encouraging tourists to stay longer or return at a later date.

"This will be one of the best ways for visitors to quickly understand what happens here each year and then easily find out how to get there and participate. We're excited to put them up in the spring," said Desjarlais.

**"THIS WILL BE ONE OF THE BEST WAYS FOR VISITORS TO QUICKLY UNDERSTAND WHAT HAPPENS HERE EACH YEAR."**

## Letters

### Bouquet to our health care providers

On December 1st, I had the misfortune to trip and fall on a chunk of ice. My husband took me to our local Stonewall hospital where I was diagnosed with a dislocated shoulder.

The pain was very intense and I am so glad I was immediately taken into an emergency room without any wait time. I was treated with compassion and respect and Dr. Venter and the on duty staff did all

in their power to assist me. I am very thankful for our local hospital, doctors and staff for caring for those who have medical needs.

Yes, we can always criticize in any situation, instead lets be thankful because we are blessed to have medical care right in our local area when we are in need.

So a large bouquet of roses to our local Stonewall hospital doctors and staff.

Sincerely,  
Betty Anne Semler

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# get inspired

> MEAL IDEAS

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## Bistro chicken pasta salad



This dish makes a great lunch or light dinner.

6 servings / 20 min

Prep 10 min / Cook 10 min

This dish makes a great lunch or light dinner that can be ready to go for hungry kids or spontaneous guests. You may want to double the recipe because it goes so fast.

Ingredients

1/3 cup (75 mL) balsamic vinegar

1 tbsp (15 mL) Dijon mustard

2 tsp (10 mL) canola oil

1 garlic clove, minced

2 cups (500 mL) whole wheat penne pasta, cooked

3 boneless, skinless chicken breasts, grilled or cooked, cut into cubes

1/4 cup (50 mL) grated or shaved Parmesan cheese

12 cherry tomatoes, sliced in half

1/2 small red onion, sliced in rings

1/4 tsp (1 mL) ground oregano

1/4 tsp (1 mL) freshly ground black pepper

1/2 cup (125 mL) freshly chopped basil

Directions

In small bowl, whisk together balsamic vinegar, Dijon mustard, canola oil and garlic. Set aside.

In large bowl, combine pasta, chicken, Parmesan, tomatoes, onion, oregano and pepper, tossing gently. Stir in balsamic mixture and basil, tossing gently again. Serve immediately or cover and refrigerate up to two days.

## Pulled Pork Grilled Cheese



Servings: 6

Sandwiches:

3 pounds pork shoulder

Barbecue Sauce (recipe below)

4 tablespoons Borden Butter

1 loaf (1 pound) sourdough bread, sliced

16 slices Borden Cheese Singles

Sensations Extra Sharp Cheddar Barbecue Sauce:

2 tablespoons Borden Butter

1 medium yellow onion, diced

1 jalapeno, diced (optional)

1 cup ketchup

1/2 cup brown sugar

liquid smoke, to taste

To make sandwiches: Heat smoker to 210 F.

Smoke pork shoulder 3-5 hours, until internal temperature reaches 150 F. Remove and wrap in aluminum foil. Refrigerate overnight.

Remove excess fat from pork. Using

two forks, shred remaining meat into large bowl. Mix in Barbecue Sauce.

In skillet or griddle, brown two slices of buttered sourdough bread over medium heat.

Place slice of cheese on each piece of bread. Top with one-eighth of pulled pork mixture, second slice of cheese and another slice of buttered bread.

Turn sandwich over when bottom slice has browned and brown other side.

Tip: Use prepared pork shoulder in place of smoking pork.

To make Barbecue Sauce: In medium skillet, melt butter over medium heat. Saute onions until soft; stir in jalapenos, ketchup, sugar and liquid smoke. Bring to boil then reduce heat to medium-low and simmer 1 hour, or until sauce has thickened to desired consistency.

Tips: To make sweeter sauce, add more sugar. To make spicier, add more jalapenos.

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## Controlling our own negative behavior



**"IF YOU ARE PATIENT IN ONE MOMENT OF ANGER, YOU WILL ESCAPE A HUNDRED DAYS OF SORROW."**

**CHINESE PROVERB**

Do you ever have times when you realize you do not like the way you are talking to another? Perhaps you are angry or frustrated, and even as the words are coming out of your mouth you know they are not reflective of the person you want to be. Having this awareness means at least that you are conscious, and that your higher self is speaking to you.

It is tempting to blame the other person, for if they would only behave differently you would not have to act like this. Wrong! Our integrity is solely our responsibility, regardless of what another says or does. Of course we should know that, because it is what we always tell our

children.

Certainly it can be challenging to remain in integrity while someone is hurling insults or testing our patience beyond belief. However, that is when it matters most, because that is when we are most tempted to abandon our values and standards. Think about it-its easy for our teens to stay away from drugs and alcohol or sex when there is no opportunity to indulge. It is when they are tempted that their character is truly tested.

If you want to change your behavior to bring it more into alignment with the person you wish to be, then you must make a commitment to yourself. This is just between you and yourself. If, for example, you do not want to yell anymore, promise yourself that whatever happens, you will not raise your voice. Of course you will be tempted, and at first it may be hard to control yourself, but it will get easier with time. Remind yourself that the one who is irritating you is your teacher, helping you to learn patience.

*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](http://www.gwen.ca)*

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# Sunova Credit Union welcomes new addition to its D.O.G team

## Submitted

Sunova Credit Union is thrilled to introduce their newest employee, a 35-pound, four-month-old, St. Bernard puppy named Lily.

Joining big 'brother' Gallagher on the D.O.G (Director of Greetings) team, Lily has already begun extensive training to make sure she's well equipped to handle the responsibilities of a Sunova D.O.G. Once her training is complete, Lily's very important job will consist mostly of greeting members, asking for belly rubs, shedding excessively, and giving excellent hugs.

"Lily's arrival is extremely exciting for our staff and members," says President and CEO Ed Bergen. "Our D.O.G program isn't a marketing gimmick, it's a representation of who we are as an organization. Our D.O.Gs brighten the days of everyone they meet and we think that's a very important part of the world-class member service that Sunova offers. Lily joins the team nearly a decade after the hiring of our first D.O.G, and I'm thrilled to be able to watch the next generation of pups join the team."

Lily is expected to begin short branch visits in February, and join the D.O.G team full time within the next six-months to a year.



PHOTO SUBMITTED

Lily is the newest employee at Sunova Credit Union.

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# Diabetes rates on the rise in Manitoba, report shows

## Submitted

In the next decade, the number of Manitobans diagnosed with diabetes will increase by 35 per cent, according to a recent report from the Canadian Diabetes Association (CDA).

It's estimated the number of people living with diabetes in Manitoba will grow to 125,000 in 2017, up from 121,000 in 2016. In addition, a further 202,000 are expected to be living with prediabetes and another 54,000 living with undiagnosed diabetes. Diabetes is also a burden on the economy—costing Manitoba's health-care system \$114 million a year in direct costs including hospitalizations, doctor visits and inpatient medications.

The CDA's reporter entitled Report on Diabetes in Manitoba, indicates that immediate changes are required to support people living with diabetes in the province. The report analyzes the latest data on diabetes in Manitoba, outlines critical areas of support needed and highlights stories of people living with diabetes in the province.

"Diabetes has reached epidemic proportions in Canada including right here in Manitoba and there is no denying its seriousness. If you don't have it, likely someone in your family or circle

of friends is affected," says Andrea Kwasnicki, CDA's regional director for Manitoba and Nunavut. "Not only is the number of people with diabetes growing, but so are the serious complications they experience such as heart attack, stroke, kidney disease, blindness and limb amputation—that's why it's critical for government to take immediate action."

Risk factors such as high rates of overweight and obesity in adults and youth; lack of physical activity and a healthy diet; and tobacco use among people in Manitoba will continue to drive type 2 diabetes prevalence in the province. Lifestyle is a risk factor for type 2 diabetes, but family history, ethnic background, socioeconomic status, and environment also play a significant part. A large proportion of Manitoba's population are First Nations, Métis and Inuit Peoples, who experience far higher prevalence of type 2 diabetes and diagnoses at younger ages compared to the non-Indigenous population. In addition, Indigenous Peoples face multiple barriers to preventing and effectively managing diabetes, such as food insecurity, high food prices, high prevalence of risk factors that contribute to type 2 diabetes, poor ac-

cess to programs and services, lack of proper infrastructure and a wide range of social determinants of health (i.e. income, education, housing, etc.). These barriers also contribute to higher rates of diabetes complications among Indigenous Peoples in Manitoba.

The CDA's report outlines three major areas of support needed to help those living with diabetes in the province:

1. Expand the financial coverage for insulin pumps and supplies to all individuals with type 1 diabetes who are medically eligible, regardless of age;
2. Implement a standard provincial diabetes care pathway specifying the supports needed for optimal diabetes management, including a recruitment and retention strategy for endocrinologists, coordinated diabetes team-based care, and expansion of diabetes education centres; and
3. Develop a policy to ensure students are supported with diabetes management at school.

"The Canadian Diabetes Association is working hard to support the health of Canadians through education, research, advocacy, improved treatments and prevention by collaborating with all stakeholders in the diabetes com-

munity," adds Kwasnicki. "I am hopeful this new report will be used by the Government of Manitoba to initiate positive policy changes to improve the lives of people with diabetes or prediabetes in the province."

Diabetes is a chronic disease in which the body either cannot produce insulin or cannot properly use the insulin it produces. This leads to high levels of blood glucose (sugar), which over time can result in serious complications. In prediabetes, a person's blood sugar levels are higher than normal, but not yet high enough to be diagnosed as type 2 diabetes. Nearly half of those with prediabetes will develop type 2 diabetes. For people with diabetes, keeping healthy requires a balance of nutrition and physical activity along with medication if prescribed and monitoring of blood sugar levels.

The Canadian Diabetes Association (CDA) is the registered national charity that helps the 11 million Canadians with diabetes or prediabetes live healthy lives, and educates those at risk.

For more information, visit [diabetes.ca](http://diabetes.ca) or call 1-800-BANTING (226-8464).

# Volunteers needed for 2017 Canada Summer Games

## By Brian Bowman

An estimated 4,000 athletes, 500 officials, and more than 20,000 visitors are expected to converge on Manitoba in late July to mid-August for the 2017 Canada Summer Games.

But several other thousands of people are also expected – volunteers.

The 2017 Canada Summer Games is hoping to recruit 6,000 volunteers to assist in various capacities at events in Winnipeg, Gimli and Kenora.

"Communities grow through helping each other realize their dreams," said Sachit Mehra, a volunteer spokesperson for the 2017 Canada Summer

Games. "The Games represent so many dreams and so many long hours for our athletes here in Winnipeg and across Canada.

"By volunteering, we can share our expertise, our knowledge and our time and help those here in our hometown really shine."


While Winnipeg will host most of the sporting events, sailing competitions will be held in Gimli.

"We have put the call out for volunteers and have opened a recruiting centre in Winnipeg," noted Amanda Lefley, who is volunteering on the communications committee for the Games, in an email. "But there is still a strong need for volunteers in Gimli for the sailing event."

The 2017 Canada Summer Games will feature 16 sports, over 250 events, and a major cultural festival. The Canada Games are our country's largest multi-sport event for young athletes and, in 2017, will celebrate their 50th anniversary

### TOP 10 REASONS TO VOLUNTEER

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- Empower youth in sport and your community  
Autonomiser les jeunes dans le sport et la communauté
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Développement professionnel et personnel
- Receive exclusive official games uniform  
Recevoir un uniforme officiel des Jeux
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Partager ses compétences
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- Earn school or workplace credit  
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PHOTO SUBMITTED

and Canada's 150th birthday.

Winnipeg is the second Manitoba city to host a summer edition of the Canada Games after Brandon held the Summer Games in 1997.

The athletes that will converge on our community are Canada's next generation of national, international and Olympic champions. Some of the best sports stars to ever come out of Canada

gave us their first glimpses of success at the Canada Games, including Susan Auch, Sidney Crosby, Cindy Klassen, Catriona Le May Doan, Steve Nash, and Sami-Jo Small.

Those interested in volunteering for the 2017 Canada Summer Games can visit the event's informative website at [2017canadagames.ca](http://2017canadagames.ca).



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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Jets land in third spot in MMJHL standings

By Brian Bowman

The Stonewall Jets are keeping pace in the race for first place in the Manitoba Major Junior Hockey League.

Stonewall skated to a solid 6-3 victory Monday over the St. Boniface Riels in MMJHL action.

"We came out flying," said Jets co-coach Matt Figur. "We knew the teams above us lost this past weekend, so we knew with games in hand that we had a chance to move up in the standings."

Chase Faulkner scored the only goal in the first period (his team-leading 22nd of the season) and then Eric Swanson and Aiken Chop made it 3-0.

The Riels' Nicolas Burmey and Faulkner traded goals and then St. Boniface closed the gap to 4-3 as Jens Giesbrecht and Matthew Gardner tallied just 14 seconds apart midway in the third.

But the Jets regained their composure and increased their lead with goals from Clay Tait and Robert Smith. Smith's goal came with Stonewall shorthanded and the Riels' pulling their goalie for an extra attacker.

Curtis Beck made 24 saves to earn the win in goal.

With the victory – and the important two points – the Jets leapfrogged the Charleswood Hawks to land in sole

possession of third place in the 10-team league with 38 points.

The Hawks hosted the first-place Pembina Valley Twisters on Tuesday while the Jets had a chance to gain another key two points last night as they hosted the last-place River East Royal Knights.

No scores from either game were available at press time.

Meanwhile, the Jets are currently battling several injuries right now, said Figur. Stonewall was expected to release one player by the Jan. 10 deadline and was not going to sign another.

"We're happy with our group," Figur said. "They've got us to this point and played well. We're definitely comfortable with this Stonewall Jets' team that we have right now."

Last Friday, the Jets blanked the Ft. Garry/Ft. Rouge Twins 5-0 as Hunter Ploszay continued his strong play, making 21 saves for the shutout.

"It was the first game after the break and the Twins are a streaky team and have improved over last season," Figur said. "But, once again, our forecheck and puck possession game played a factor in the game."

Faulkner opened the game's scoring at 12:41 of the first period. Chop made it 2-0 exactly a minute later and then



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Jets' Josh Hofer closed out the scoring in Stonewall's 5-0 win over the Ft. Garry /Ft. Rouge Twins last Friday.

Kyle Doak scored the only goal of the second period.

Devin Muir and Josh Hofer closed out the game's scoring in the third.

Stonewall, now 19-7, will play a pair of games as part of the MMJHL Showcase at the MTS Iceplex this weekend.

Stonewall will battle Charleswood on Friday (7:15 p.m.) before playing the St. James Canucks, who have defeated Stonewall all three times this season, on Saturday. Game time is 6:30 p.m.



## Youth bonspiel winners

TRIBUNE PHOTO BY JOHN GOOD

Blake Good led his rink to a third-event victory at the Curl Manitoba Winter Youth Bonspiel at the Deer Lodge Curling Club in Winnipeg on Dec. 27-29.

Pictured, left to right, Andrew Perrie, Autumn Good, Graeme Perrie, and Blake Good.



# Oliver wins second straight junior women's curling crown

By Brian Bowman

For the second year in a row, Sara Oliver has won a Manitoba Junior Women's Provincial Curling Championship.

Marquette's Oliver played second on Laura Burtnyk's Assiniboine Memorial rink, which defeated East St. Paul's Kristy Watling 8-7 in the final last Friday. Watling's rink included Stonewall's Jenna Boisvert as third.

Burtnyk won her first junior provincial crown after making her final shot to score a pair in the 10th end.

"It was one of the most nerve-wracking shots that I have been a part of," chuckled Oliver on Sunday afternoon. "(Laura) had to make (the final shot) for the win. It was nerve-wracking but after she made it, it was the best feeling ever.

"I'm definitely very proud of her – I wouldn't want to be curling it, that's for sure."

The final was a thriller with both teams trading deuces in the final four ends. Watling gave Burtnyk a scare early, taking a 3-1 lead after three ends but the two teams were then tied at 5-5 after six ends.

"I won it last year, but this year was completely different," said Oliver, 20, a member of Abby Ackland's team that beat Burtnyk in the junior women's provincial final a season ago. "Last year's game, we were in control for most of the game, up two or three, a comfortable lead. But this game was going back and forth."



Marquette's Sara Oliver is heading to the 2017 Canadian Juniors in Victoria from Jan. 21-29 for a second year in a row.

Burtnyk advanced to the final after edging Deer Lodge's Paige Watkins 8-7 in the 2 vs. 2 playoff game and then soundly beating Altona's Mackenzie Zacharias 9-2. Burtnyk earlier posted a 5-2 record in pool play to place second and earn a playoff berth.

Pounding Zacharias by that lopsided score gave Burtnyk – and her rink – a big boost of confidence, said Oliver. That much-needed confidence was a pleasant surprise after a season full of struggles for the Burtnyk rink.



TRIBUNE PHOTOS BY LANA MEIER

Left to right, coach Scott Grant, Rebecca Cormier, Sara Oliver, Hailey Ryan and Laura Burtnyk.

"We actually had a really crappy season the whole year," Oliver admitted. "So our expectations weren't super high. We would qualify here and there at a bonspiel but we weren't playing (well) at all to what we could have played.

"But when provincials came, we all stepped it up a huge amount and played the way we should be playing."

As winners of the Canola Junior Provincials, Burtnyk and her rink of third Hailey Ryan, Oliver, and lead Rebecca Cormier, will now represent Mani-

toba at the 2017 Canadian Juniors in Victoria from Jan. 21-29.

"There will be lots of good teams there," Oliver said. "We know a couple of teams that are going back to nationals that were there last year, so I kind of know what to expect.

"But our other three haven't been there – but we just have to curl (well) and compete. You can't have a bad game and you have to continually (make your shots), that's for sure."

## Lamb finishes 4-3 at junior women's curling championship

Staff

The Stonewall Curling Club's Rebecca Lamb had a great start to the Canola Junior Women's Provincial Championship in Winnipeg.

But a tough schedule of opponents at the end of her round robin was much too difficult to overcome.

Lamb finished with a 4-3 record – losing three of her final four games – to narrowly miss out of the playoffs. She finished third in the "Asham Express" Red Group standings, behind East St. Paul's Kristy Watling (7-0) and Assiniboine Memorial's Laura Burtnyk (5-2).

Watling's rink included Stonewall's Jenna Boisvert.

The top two teams in each group advanced to the playoffs.

Burtnyk won this year's junior women's provincial crown after a thrilling 8-7 last-shot win over Watling.

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 was nipped 7-6 by Dauphin's Emma Jensen, doubled 6-3 by Watling, and edged 8-7 by Burtnyk before outscoring Elmwood's Meghan Walter 11-9.

Those narrow one-point losses were a big reason why Lamb missed the playoffs.

Lamb began action at the provincials with a wild 11-10 extra-end win over Brandon's Kaitlyn Payette. Lamb then defeated St. Vital's Shae Bevan 8-6 and pounded Beausejour's Kathryn Cullen 8-2.

Walter's foursome, which featured Gunton's Kendra Derbowka, finished 3-4.



TRIBUNE PHOTO BY LANA MEIER

The Watling foursome, including Stonewall's Jenna Boisvert lost 8-7 in the final to the Laura Burtnyk's championship team last Friday. Pictured left to right, Kristy Watling, Jenna Boisvert, Ashley Groff and Jenny Greig and coach Jim Watling.



# Stonewall well represented at curling championship

By Brian Bowman

The competition at the Canola Junior Men's Provincial Championship in Winnipeg last week was real tough.

Just ask the Stonewall Curling Club's Thomas Dunlop.

Dunlop, and his rink of third Emerson Klimpke, second Carson Argan, lead Matt Dunlop, and coach Guy Beaudry, finished out of the playoffs with a 3-4 record in the "Asham" Black Group standings.

"We came in ranked sixth in our pool and our goal was to be 4-3," said Dunlop. "We had to beat a couple of teams that were ahead of us... and we lost a game that we should have won. But (finishing) 3-4 and upsetting a top-ranked team - we were pretty happy with that."

Dunlop started action with an 8-6 upset win over Pembina's Brandon Radford but was then doubled 8-4 by Fort Rouge's Brett Walter. Walter broke the game open with two in the eighth end and then added three more in the ninth.

Dunlop then lost 9-5 to Granite's Braden Calvert and 7-2 to Pembina's Jordan Smith before defeating St. Vital's Jack Hykaway 5-2. Dunlop wrapped up round-robin play with a 10-3 thumping over Swan River's Brock Stephen and a 9-6 loss to Morris' Joshua Friesen.

Overall, Dunlop was pleased with

how his rink curled at provincials.

"We curled (well)," he said. "We had a lot of opportunities to score big ends and make big shots but we couldn't capitalize on them, at times, which is why our record ended up being 3-4."

"But we curled well when we had to, though, and won games that we had to win."

This year's junior provincial men's championship was won by Assiniboine Memorial's JT Ryan, who upset Granite's Braden Calvert 7-3 in the final last Friday.

Most people were surprised that Ryan was on the winning end of that final score.

"(JT) is good but people definitely thought Calvert would have won," Dunlop said.

As for Dunlop, the talented 17-year-old skip has now competed at a

pair of junior men's provincial curling championships. The experience he has gained so far will prove to be invaluable to him in the next few years.

"When you play teams like Calvert or JT Ryan, you get a lot of experience because those are the top curlers in Manitoba," Dunlop explained. "I'm the youngest on my team, so eventually they are all going to age out."

"So hopefully we can get a shot at a provincial title before they all age out."

**"SO HOPEFULLY WE CAN GET A SHOT AT A PROVINCIAL TITLE BEFORE THEY ALL AGE OUT."**



Thomas Dunlop



TRIBUNE PHOTOS BY LANA MEIER  
Emerson Klimpke



Matt Dunlop



Carson Argan

# Annual Argyle men's curling bonspiel



TRIBUNE PHOTOS BY BRUCE BUCHANAN

The Argyle Curling Club hosted 20 teams this past weekend at their annual men's bonspiel. Far left photo, left to right, the first-event winners, were James Morton, Kurt Bouskill, Stu Brown and Derek Dowsett, who defeated the Ken Desmett rink. Middle photo, Kelvin Stewart, Kent Oatway, Doug Latta and Ken Bjornson defeated Trevor Buchanan to win the the second event. Meanwhile, the third event was won by Ryley Holod, Chad Thorsby, Zach Fenski and Colin Crockatt, who defeated Murray Last.



# Lightning busy in Bantam league play

By Brian Bowman

If the Interlake Lightning Bantam hockey teams wants to start winning, they are going to have to do a better job keeping the puck out of their net.

Interlake gave up 25 goals in three games last week – all losses – in Winnipeg AAA Bantam 1 action.

The Lightning lost 9-4 to the Winnipeg Hawks last Thursday in Stonewall and then was defeated 8-2 by the Eastman Selects the next night in Landmark.

On Sunday, Interlake was doubled 8-4 by the Pembina Valley Hawks in Rosenort.

In the Hawks' loss, Austin Adair led the Lightning with two goals and an assist while Michael Crave scored once and added a pair of assists. Brett Tataryn scored the Interlake's other goal.

Cody McMillan and Ashton Charison scored for the Lightning against the Selects. McMillan scored again against Pembina Valley along with Cadrick Dueck, Lyle Murdock, Carter Bateman,

Interlake (1-19-1-0) will resume

league action this Sunday when it plays the Warriors at Notre Dame Arena in Winnipeg. Game time is 11:45 a.m.

Meanwhile, the annual Hockey Winnipeg "AAA" All Star Classic is this Saturday at the MTS Iceplex in Winnipeg.

The day consists of three games, each preceded by a skills competition. The skills competitions will take place at the RE-Max Arena, followed by the all-star game for each division.

The Lightning's Adair will play for the Bantam 1 Team East.

In City Midget action, the Lightning lost 10-4 to the Monarchs last Friday.

Daniel Paseschnikoff (two), Shaydon Mousseau, and Brandon Abraham scored for the Interlake in the losing cause.

The Lightning played the Hawks Monday but no score was available at press time. Interlake will then play the Monarchs on Thursday and then the Warriors Friday and Monday.

The City Midget all-star game will also be held this Saturday. Interlake will be represented by Ethan Daniels.



EXPRESS PHOTO BY JO-ANNE PROCTER

The Lightning's Austin Adair led Interlake with two goals and an assist during his team's 9-4 loss to the Winnipeg Hawks last Thursday.

## Provincial bound



TRIBUNE PHOTO BY NICOLE GALBRAITH

Kyle Foster's rink, which curls out of Arborg, competed at the Viterra Men's Interlake Regional Qualifier in Petersfield last weekend. Next month, Team Foster will be competing in the Viterra Championship in Portage la Prairie. Foster will represent the Interlake along with East St. Paul Curling's Travis Bale. Pictured, from left, Kyle Foster, Shawn Magnusson, Bryan Galbraith, and Justin Reischek.

## Winnipeg Jets Challenge Cup champs



TRIBUNE PHOTO SUBMITTED

The Stonewall 'Atom' team played in the Tyler Myers 10A2 Division of the Winnipeg Jets Challenge Cup at the MTS Iceplex over the Christmas holidays. The Blues were undefeated through all five round-robin games. Spencer Schaeffer scored the game winning overtime goal in the 1-0 win against the Assiniboine West Canucks to win the championship. Pictured left to right, coaches Ian Palsson, Scott Myers, Geoff Reimer; back row, Evan Reimer, Erik Palsson, Spencer Schaeffer, Adam Newcombe, Hunter Manning; middle row: Anthony Bauml, Gavin Rukhra, Liam Palsson, Ryder Kirk, Brody Slatcher; front row, Alex Myers. Missing from the photo are Damon Willey, Nathan Willey, Gavin Holod, Kaiden Morrison, Evan Shore, Foxx Domansky and Cole Ives.







# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Warren pounds Portage in SEMHL play

By Brian Bowman

The Warren Mercs played just one game last week – but they sure made it count against the second-place Portage Islanders.

Warren was very good to start the New Year, grabbing a 2-0 first-period lead and then increasing that advantage to 5-1 after 40 minutes, en route to a 5-2 road win last Friday.

Dylan Hykaway and Brock Genyk scored for the Mercs in the first period and then Brenden Luschinski, Cliff Ketchen, and Brock Genyk tallied in the middle frame.

Genyk's second goal of the game came on the power play at 19:50 of the second period.

Warren's Kyle Luschinski finished the game with four assists.

Tyler Harland and Daryl Flett replied for Portage. Travis Bosch earned the win in goal.

With the victory, Warren improved its record to 6-5-2-0 and the Mercs now have 14 points to occupy sole possession of fourth-place in the eight-team league.

Warren hosted Morden on Tuesday evening but no score was available at press time. The Mercs will then play three straight on the road, beginning Saturday (8 p.m.) when they visit Altona to battle the Maroons.

The Stonewall Flyers, meanwhile, also played one game last week, dropping a 6-3 road decision to the Winkler Royals.

Trailing 3-2 early in the third period, Winkler scored four unanswered goals for the comeback win. Brett Harder and Scott Toews scored to give Winkler the lead for good and then Phil Letkemen added a pair of late goals to close out the scoring.

Letkemen's second goal went into an empty net with Flyers' goaltender Justin Harris pulled for an extra attacker.

Winkler grabbed a 2-0 first-period lead on goals from Blake Forsyth and Toews but the Flyers re-



TRIBUNE PHOTO BY RICK HIEBERT

The Flyers' Shane Sigvaldason controls the puck during the Winkler Royals' 6-3 win last Saturday.

sponded nicely in the middle frame with goals from Brett Harvie and Patrick Sheldon.

Sheldon's marker came on the power play at 14:07 of the second period.

Stonewall then took its only lead of the game at 1:19 of the third as Matt Varnes beat Royals' goalie

Matt Krahn. Varnes and teammate Scott Thomas each finished the game with two points.

Stonewall, now 4-9, will host the Morden Redskins (5-10) this Friday in its only game this week. Game time is 8 p.m.

## Malcolm to be honoured by the PGA of Canada

Staff

Garrett Malcolm has been recognized for his outstanding work in golf once again.

Malcolm recently found out that he has won the PGA of Canada National Assistant Pro of the Year award. He will be flying out to Orlando to receive

his prestigious award Jan. 26.

A few months ago, Malcolm was recognized in Manitoba's golfing world as he was deservedly selected as the Candidate for Membership of the Year. That award is given to the assistant pro of the year by PGA of Manitoba.

The previous year, the 26 year old was one of three nominees for the same award but did not win.

Malcolm, a Teulon native, has completed his second season as an assistant pro at the Breezy Bend course in Headingley.

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Shoots: right  
Hometown: Warren

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**Stonewall Jets vs Charleswood Hawks**  
**Wednesday, January 18 pm - 7:00 @ VMSC**  
(Make up period from game which was not completed Oct 30 - score Hawks 2 - Jets 1)

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# take a break

> GAMES

## SUDOKU

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

Level: Intermediate

## Fun By The Numbers

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

## Here's How It Works:

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

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

Sudoku Answer

V	T	U	S			O	S	S		A	D	D	E
O	O	H	V	A		I	E	T		N	E	E	S
T	N	V	R	E		T	T	I		V	K	I	P
S	T	B	V	S		E	O	V					A
E	S				N	O	I	T		E	T	O	T
D	E	T	N	I	P		R	E	N	V	S		
E	H	O	V	R	E		O		I				
O	T	V	A	T						T	U	A	S
					T	S			E	E	N	I	M
					D	E	E	T	R	E			D
					E	R	E		A	E	R	T	
					E	R	E		A	E	R	T	
S	G	V	B		G	O	T		I	V	F	V	S
A	V	M	V		G	O	E		D	E	D	E	E
V	D	D	E		V	S	U		S	V	E	R	A
M	A	V	S		D	E	B		D	E	R	A	V

Crossword Answer



# CROSSWORD

## CLUES ACROSS

- Short tributary of the Seille
- Where you sleep
- Crinkle
- Regions
- United States
- Icelandic poetry books
- Transferred property
- Electrocardiography
- From here
- Hunting or observation expedition
- Used to make cabins
- Containers
- Famed patriot
- Makes less intense
- Forced to take refuge
- Campaigner
- Special security team
- Egyptian city
- The Muse of lyric and hymns
- What newlyweds just said
- Pain
- Norwegian village
- Produced on paper
- Acceptance
- Semite
- Detective Ventura
- Martens
- Small mammal related to rabbits
- Airsick
- Itinerant
- Has spotted
- Garland
- Search engine
- Former Knick and Bull Curry
- Student selected components
- Norwegian island

## CLUES DOWN

- Fathers

1	2	3	4				5	6	7			8	9	10	11
12				13			14					15			
16					17		18					19			
20							21					22			
				23		24					25				
26	27	28	29					30							
31								32							
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	47						48								
49					50				51		52	53	54	55	
56					57				58						
59					60					61					
62					63						64				

- Region
- The Great Barrier \_\_\_\_\_
- Father
- Civil War general Don Carlos
- Bodyguards
- Knives
- Member of U.S. Navy
- English prince
- Expression
- Giants great Willie
- Curving
- Actress Keaton
- Deploy
- Medicine that treats animals
- We all have it
- Greek goddess of the dawn
- Kevin Smith film "Chasing \_\_\_\_\_"
- City in India

- Went jogging
- What thespians do
- One and only
- Largest English dictionary (abbr.)
- Obstructs from a course
- Prophets
- Prefix meaning on or above
- Got up
- Drenched
- N.Y. State capital
- Sampled
- Tending to an end
- Architectural recess
- Undergarments
- Ethnic group in China
- Reactive structure
- Greek portico



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## 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.cc](http://www.mrda.cc).

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## NOTICE TO CREDITORS

**IN THE MATTER OF:** The Estate of James Edward William Newman, late of the Town of Stonewall, deceased.

All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 21st day of February, 2017.

DATED at Stonewall, Manitoba, this 5th day of January, 2017.  
**GRANTHAM LAW OFFICES**  
Solicitor for the Executor

## ANNOUNCEMENT

### CARDS OF THANKS

We would very much like to thank the person who cleared the driveway right up to the front door on 7th Avenue in Teulon a few days before Christmas for my mother.  
-Thank you again,  
Ron Kowalchuk

## ANNOUNCEMENT

### CARDS OF THANKS

I would like to take this opportunity to thank all the staff and family who attended my retirement party on January 5, 2017 and to those who bought tickets but were unable to attend. The evening certainly celebrated my 36 1/2 years as a nurse/nurse manager at Teulon and Stonewall hospitals. Thank you to Sharon Jack and her organizing committee for such a well organized, classy evening. To the entertainers of the three skits; to Lois Borkowsky for saying grace; thank you to Ruby Tretiak, Katherine Podima, Marion Ellis, Karen Campbell and Dr. Loudon for their kind words. It was a wonderful sendoff and celebration of a long nursing career.  
-Sincerely,  
Margaret Medwid, RN

## ANNOUNCEMENT

### IN MEMORIAM

In Loving Memory of  
**Leslie Sigvaldason**  
December 1, 1957 - January 18, 2010  
Every day in some small way,  
Memories of you come our way.  
Though absent, you are always near,  
Still missed, loved and always dear.  
-Love,  
Lorne, Clayton, Krystle and Austin

## ANNOUNCEMENT

### IN MEMORIAM



In Loving Memory of  
**Roger Cookson (Yogi)**  
A year of his love is gone,  
And his hand we cannot touch;  
We still have so many memories,  
Of the one we loved so much.  
God has him in His keeping,  
We have him in our hearts.  
Sadly missed but never forgotten.  
-Love your wife and family



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## THE RURAL MUNICIPALITY OF ROCKWOOD 2017 REQUESTS FOR GRANTS

The Rural Municipality of Rockwood is now accepting written requests for grants for the year 2017. Requests for funding may be for capital expenditures, operating expenditures, or recreational and/or cultural activities. Requests are to be submitted in writing to the Rural Municipality of Rockwood Administration Office at 285 Main Street, Stonewall. The deadline for making application is **Friday, February 10, 2017**. Please note that not all applications will be approved.

Council  
The Rural Municipality of Rockwood

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## ANNOUNCEMENT

### IN MEMORIAM

In Loving Memory of  
Mike Shalagan

March 17, 1938 – January 17, 2016

One year ago my life changed forever,  
I was left with a lot of wonderful memories  
But it broke my heart to lose you  
But you did not go alone;  
For part of me went with you,  
The day God called you home.

-Loved and remembered every day  
Faye, children, grandchildren,  
and great-granddaughter Karlie

## ANNOUNCEMENT

### IN MEMORIAM

In Loving Memory of my Dad  
Mike Shalagan

March 17, 1938 – January 17, 2016

May the winds of love blow softly,  
And whisper so you can hear;  
We'll forever love and miss you,  
And wish that you were here.  
For all that life has given us,  
And all that's left to do;  
We'll know no greater treasure,  
Than the days we had with you.

-Lovingly remembered by  
John and Carrie,  
Brent,  
Cassidy and Dustin and baby Karlie

## OBITUARY

Violet Evelyn Porteous (Aune)  
1923-2017



Violet Porteous, age 93, passed away peacefully in her sleep on Friday, January 5th at Betel Foundation in Selkirk. Vi had resided in Betel for one year following her move from Oak Park Lodge in Woodlands. Her family are truly grateful for the kind, efficient and respectful care she received at Betel.

Vi was born in Elm Creek, Manitoba and resided there with her parents Anna and Ludwig Aune. She had two sisters and six brothers. All eight siblings are also deceased: Lilly (Bud), Beatrice (Jay), Carl (Agnes), Dempsey (Sophie), Earl (Freda), John (Ellen), Gordon (Nellie), Arne (Ruth) and Art (Iris). As a teenager, Violet moved to Woodlands to attend high school. Following high school, Violet worked in Winnipeg as a secretary for the Canadian Armed Forces. During her time in Woodlands she met Richard (Dick)

Porteous and they married in 1945. Together they farmed and raised their family in that community. Violet and Dick had three children: Glen (Joan), Wendy (Gordon), and Lindsay, now deceased (Marita). She also enjoyed nine grandchildren, eight great-grandchildren and one great- great-granddaughter.

Vi and Dick retired in the town of Woodlands and following Dick's death, eventually Violet moved into Oak Park Lodge in Woodlands. She loved gardening, reading, doing crossword puzzles, visiting with family and dear friends and socializing in the community. Time spent with her dear friends Jean Marshall and Kay Fleury (deceased) was very valuable to her. Violet had 10 happy years with Oscar Hacault (deceased), and together they enjoyed traveling to Europe, Mexico and several southern US states. She had been an active and long-standing member of the Woodlands branch of the Canadian Legion Women's Auxillary and had a deep respect and loyalty to that organization. Violet adored spending time with her children, grandchildren and great-grandchildren and was always interested in their lives. In her home, Vi surrounded herself with family photos and memorabilia from her travels.

In the last few years of her stay at Oak Park Lodge, Violet was fortunate to receive wonderful supportive care by a dedicated group of home care workers. Her family sincerely appreciated the consideration and assistance given so generously to Vi at this time. She also received excellent care during her admissions to Stonewall Hospital under the direction of Dr. Dirk Venter.

Cremation has occurred as per Violet's wishes. Interment at Woodlands Cemetery for family and friends who wish to attend will occur at 2 p.m. on Saturday, May 6th. Mackenzie Funeral Service is managing the arrangements.

## OBITUARY

Florence Winifred Lippoway



It is with great sadness that we announce the passing of Florence on December 11th 2016.

She will be lovingly remembered by her son David (Fran) children Buddy (Diana), Brandy, Bob and Caty; son Monty (Lisa) children Allison (Paul) and Matthew; and daughter Liza (Dan) children Taylor (Tim) Tanner and her great-grandchildren.

Cremation has taken place and a service celebrating her life will be held Thursday, January 19th at 7:00 p.m. at the Stonewall United church, 369 1st Ave N, Stonewall MB.

In lieu of flowers, in Florence's memory dentations may be made directly to the Stonewall United church.

Gilbart Funeral Home, Selkirk in care of arrangements.  
[www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)



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