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Stonewall Teulon Tribune

VOLUME 7 EDITION 2

THURSDAY,
JANUARY 14, 2016

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Welcome home



TRIBUNE PHOTO BY JENNIFER MCFEE

Stonewall council members voted unanimously in favour of the motion to allow the "conditional use" zoning for the Association for Community Living Interlake's group home at 9 Rossmere Cres. in upscale Stonewall Ridge Meadows neighbourhood after a public hearing on Jan. 6. The public hearing was moved to the United Church to accommodate the hundreds of attendees who came out to show their support for the three adult male residents, who live with intellectual challenges, and will live with 24-hour supervision in the home.

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



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Miniature models provide glimpse into Canada's history

By Natasha Tersigni

With a passion for miniature models and an eye for detail, Teulon resident Marina Plumptre is working on a portable miniature museum that extensively showcases Canada's history.

During the month of January and February, Plumptre will have three of her circa 1860s miniature models on display at the South Interlake Regional Library Teulon branch. The models — which include a western-style saloon, general store and eating house — are the size of a shoebox and able to beautifully capture the buildings and their contents through interactive designs and items.

Plumptre began working in the world of miniatures in 1999 when she joined the Miniature Enthusiasts of



The eating house has everything one may have found in a restaurant-style business.

Ottawa and began taking workshops to learn how to create tiny items for miniature models. Over the years,



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Three of Margaret Plumptre's circa 1860s miniature models will be on display at the South Interlake Regional Library in Teulon during January.

her skills and abilities have grown to include entire buildings. Each of the three buildings on display at the library took two to three months to complete, although Plumptre says it is hard to ever really complete a project.

"You are never truly finished. You always keep adding to the buildings. I always look at items and think how can I use them in the models — bottle caps will become pie pans, a little piece of wire can become a branding iron, or a piece of thread dipped repeatedly in wax can become a candle," said Plumptre, who used certain skills for each of the buildings to ensure it was as close to 1860s authenticity as possible.

"I developed my own technique to distress the buildings to make them look old. A lot of research has gone into the buildings, and everything is period authentic, including the labels, money, wall paper and paintings."


Everything in the models is hand completed, and Plumptre spent many

hours working with magnifying glasses and tweezers to ensure the highest quality.

The miniature oil paintings in the eating house were done by hand. And for the small knitted items in the general store, she used toothpicks as knitting needles.

The models are not replicas of any specific building in any town and are instead generally what buildings looked like in most rural communities during the 1860s. The next two buildings to add to the series are a domain land office and a school house. The goal is to put the buildings together and make a generic village in the time period.

"The models have been on display at historic parks, libraries and retirement homes. A lot of seniors really like them, and when they look through the store door, they will say, 'I have been in a store like this.' It brings back so many memories for them," added Plumptre.



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Crowd shows support for ACL home

Stonewall council approves conditional use for Rossmere Crescent home

By Jennifer McFee

Home sweet home.

A house on Rossmere Crescent will soon become the new abode for three Community Living Interlake clients, who will live together with 24-hour supports and supervision.

On Wednesday, Jan. 6, Stonewall council unanimously approved the conditional use for a residential care facility to be located at 9 Rossmere Cres. during a second public hearing on the topic. This approval will allow owners Jacquie Derewianchuk and Mark Shurek to rent their home to Community Living Interlake.

More than 150 people gathered for the hearing, overflowing the council chambers and spilling out both upstairs and downstairs at the Town Hall. In an unprecedented change of venue, the meeting was moved across the street to Stonewall United Church to accommodate the crowd.

Tara Smith, executive director for Community Living Interlake, explained that the non-profit organization provides support for people with intellectual disabilities. The organization currently owns five supported living homes in Stonewall and provides day programs as well as support for people living in apartments.

Funding comes from grants, donations, social enterprise businesses and per-diems received on behalf of clients.

"The reality is that the number of people that we support is growing and the need for housing in Stonewall is imminent," Green said. "We need to work together to build healthy neighbourhoods that are vibrant, safe, inclusive and welcoming places for everyone to live."

Similar sentiments were echoed by a dozen speakers who voiced their support for the proposal. Council also received 24 letters in favour of the plan.

Two people at the meeting spoke about the lack of information surrounding the issue, requesting further clarification.

As well, council received two letters against the proposed establishment of the residential care home.

From the church pulpit, Mayor Lockie McLean announced that the conditional use was approved unanimously, followed by resounding applause.

"At the first hearing ... one of the ladies said that you shouldn't have to beg to have a home," he said.

"So we hear you loud and clear be-



Tara Smith provided information on Community Living Interlake.

cause there's other places where they don't have to go through this process."

Deputy Mayor Clive Hinds also spoke from the heart, recalling how a petition tried to prevent his family from moving into a Transcona neighbourhood after they came to Canada in 1964.

"In this situation, I feel empathy for those with disabilities because I am definitely a visible minority," he said. "And if we can accept all people, then I think we make for a better community."

Going forward, McLean indicated that council will work towards revising the process for the future so that similar hearings might be avoided.



TRIBUNE PHOTOS BY JENNIFER MCFEE

More than 150 people crossed the street to Stonewall United Church, which provided more space to accommodate the public hearing.



Marilyn Maartense spoke about her son Michael, who would like to move into the Rossmere home.



Stonewall Mayor Lockie McLean chaired the hearing from the pulpit at Stonewall United Church.

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Hope in Motion fundraising social for Crystal Magian to be held Jan. 9

By Natasha Tersigni

With a goal of raising \$40,000 to undergo a critical surgery in the United States that will give her a new lease on life, Crystal Magian and her family and friends are in crunch time to make sure the money is fundraised.

This Saturday, the Hope in Motion social will be held at the Stonewall Legion with hopes of raising thousands of dollars to help fund Magian's surgery at the Vital Health Institute in California that promises to relieve her from the daily symptoms of endometriosis.

In just a few months, with support for generous community members and organizations, Magian has been able to raise \$18,000 towards the surgery that is not covered by Manitoba Health or offered anywhere in Canada.

Although still short of her ultimate goal, the support she has received from the community through various fundraisers — including a Bud, Spud and Steak night — has been overwhelming for Magian, who is hoping that attendance and support at her upcoming social will bring in the rest of the money needed.

"The support that I have received has absolutely blown me away. When I first started, I thought maybe I would be able to raise \$5,000, if anything. I am definitely doing way better than I ever imagined," said Magian. "There have been so many local groups and organizations that have also pitched in and given donations."

The 24 year-old Stonewall resident has been suffering from the severe side effects of endometriosis, the growing of endometrial tissue outside the uterus, for the past 13 years. In Manitoba, the only solution to the extreme pain caused by the disease is an ablation surgery that Magian un-



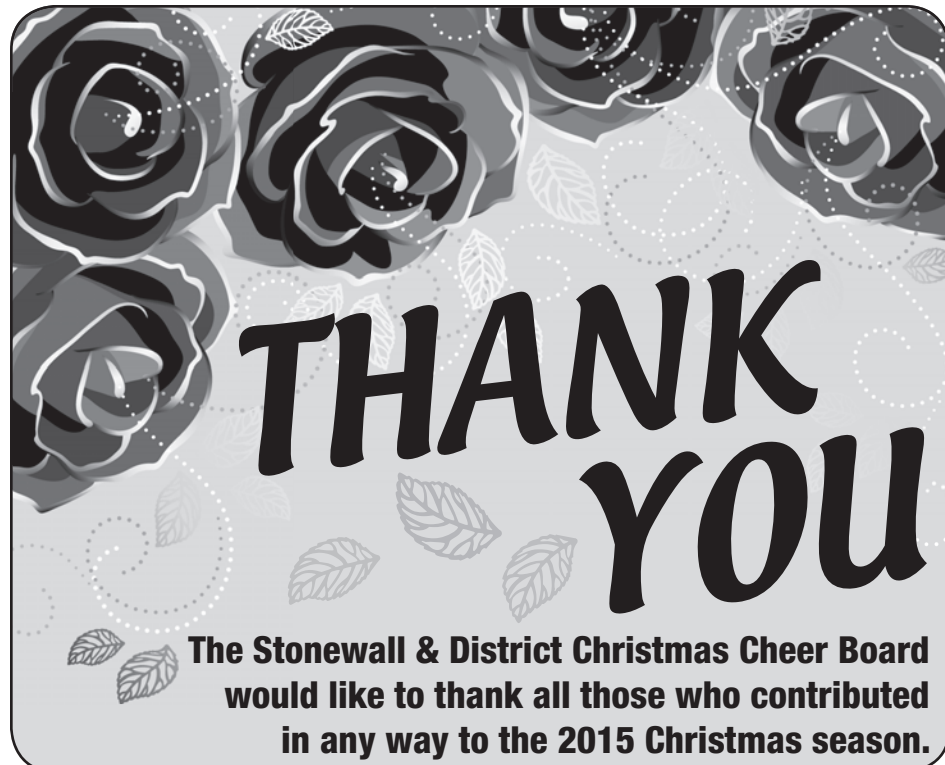
Crystal Magian

dergoes every two years.

Dr. Andrew Cook in California performs an excision surgery that has a 98-per-cent success rate of the disease not returning for 10 years to a lifetime. After a consultation with Cook, Magian was chosen as a candidate for the surgery. Before the procedure can take place, the only thing left is to raise the funds to cover the price tag of the surgery. Since it is outside of the province, Manitoba Health cannot cover the costs that total \$40,000.

The Hope in Motion Social will be held on Jan. 16 at the Stonewall Legion from 8 p.m. to 1 a.m. Tickets are \$15 and can be purchased by phoning 204-461-2036 or 204-461-1528.

As well, an online fundraising You Caring account, where donations can be made, has been set up for Magian at www.youcaring.com/crystal-magian-434139.



THANK YOU

The Stonewall & District Christmas Cheer Board would like to thank all those who contributed in any way to the 2015 Christmas season.

Magellan Aerospace employees brighten Christmas

Staff

The employees of Magellan Aerospace in Rockwood made the holiday season a little brighter for a South Interlake family in need.

The local plant workers contributed their annual Christmas Cheer package to a military family with a father who suffered an operational stress injury (PTSD) from combat service. This experience altered his emotional perspective on life, resulting in the breakup of his marriage. Over the past year, the breakup has caused financial and emotional challenges for the mother and children.

Rod Campbell and Kim Norrie recalled reading a newspaper article last year about Noreen Stone of Gunton organizing a similar Christmas Cheer package for a military family. Hoping to support a family, they contacted Noreen, who is a board member of Project New Hope Canada Inc., a not-for-profit organization that supports veterans and their families with operational stress injuries.

As it turned out, Project New Hope Canada was providing outreach assistance to a family in need, and Magellan was happy to sponsor them. Rod and Kim were primary players in organizing the Christmas Cheer package, with Rod acting as the contact person and Kim co-ordinating the purchase of all the items.

According to the mother, they were overwhelmed



TRIBUNE PHOTO SUBMITTED

Magellan Aerospace Rockwood Division employees put together a Christmas Cheer package for a local family in need.

by the generosity. On Christmas morning, the children were beaming with joy over all the presents they had received.

A great big thank you goes out to the Magellan Aerospace employees for making this a memorable Christmas for the family.

Project Backpack seeks donations for Syrian refugees

Drop off school supplies at Stonewall Collegiate and Stonewall library

The local community has a chance to help Syrian refugees with a successful start to education in Canada.

Project Backpack is an initiative to provide backpacks filled with supplies for Syrian refugees.

For elementary students, the supply list includes pencil crayons, pack of pencils, washable markers, crayons, colouring books, glue sticks, scissors, erasers, sharpeners, pencil cases, rulers, packs of lined paper and spiral notebooks.

For middle school and high school students, the supply list includes pencil crayons, pack of pencils, glue

sticks, scissors, erasers, sharpener, pencil case, geometry set, pack of lined paper, two spiral notebooks, pack of pens, two sturdy one-inch binders, dividers, highlighters, White Out, scientific calculator and ruler.

To donate to Project Backpack, you can provide any new supplies from either list, including a new good-quality backpack. Alternatively, you could donate a new backpack filled with all the supplies from one of the lists. You could also include a small gift for the child, such as a book, puzzle or toy.

Monetary donations are also welcome.

Donations can be dropped off until Feb. 26 at Stonewall Collegiate Institute or the South Interlake Regional

Library Stonewall Branch.

For more information, email project-backpackstonewall@gmail.com.

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getheard

EDITORIAL > VIEWPOINTS > LETTERS

The heartbreaking battle over a home for people with disabilities

By Austin Grabish

A bitter battle over a proposed group home for people living with intellectual disabilities in Stonewall may have ended.

But for the three adults who will call 9 Rossmere Cres. home, their battle is far from over.

They might continue to face discrimination from opponents who've forgotten it's 2016 and fear the presence of an adult living with an intellectual disability.

The controversy started last December when the Association for Community Living put forward an application to Stonewall council to rent a home in the upscale neighbourhood of Stone Ridge Meadows.

Outdated zoning rules that have failed to keep up with provincial human rights legislation forced the association, which already has several group homes in Stonewall and Selkirk, to make the request with council.

Sharon Inman has a son who lives with a disability.

"It's really quite heartbreaking as a family member to have to go through

this and to ask permission," Inman told the *Stonewall Tribune*.

Heartbreaking indeed.

"Most people do not have to ask permission for their family member to live in a home," Inman said.

The controversy over the ACL group home has been the talk of the town, and likely will continue to be for months, and it's all because of a handful of residents with a bad case of NIMBY — Not In My Back Yard.

One woman explained her rationale in a letter to the editor: "We are in no way 'rejecting' the proposed group home residents. We are parents too. We are trying to protect our investment, maintain the single-family home zoning as it was when we invested in the neighbourhood."

It was the same story two years ago in Gimli when the town council tried to update its zoning bylaw so organizations like ACL didn't need to seek permission when opening a new home.

The RM of Gimli's request was quickly met with opposition from residents living in the upscale com-

munity of Pelican Beach.

But when opponents showed up to a public hearing attended by reporters, they weren't so blunt.

Instead, they insisted they have nothing against people with intellectual disabilities or any group home for them — just as long as it wasn't going near them.

"We have no problem with there being any kind of use anywhere else," said one opponent, who feared his property value would be doomed if a home came to his neighbourhood.

Stonewall council voted unanimously to approve ACL's request last Wednesday after hundreds of locals threw their support behind the request.

But the opponents were nowhere to be seen.

So what's the fear?

--Austin Grabish is a reporter with our sister publication, the Selkirk Record. He majored in human rights at the University of Winnipeg and studies Creative Communications at Red River College.

letters

Stonewall divided over a rezoning issue

I fear this commentary will never be published as it does not conform to the vilification of the opponents to the group home that the Association for Community Living (ACL) will be setting up on Rossmere Crescent in Stonewall. The media (*Winnipeg Free Press*, CBC Manitoba and local papers) kept going

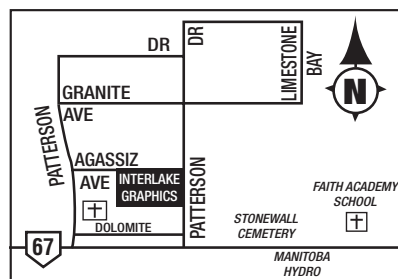
with the story that people with disabilities were being "rejected" by residents on the crescent. The *Winnipeg Free Press* reported "... a few people in the area didn't want him — or rather people like him who live with intellectual challenges — to live there." I guess "Stonewall is divided over a rezoning issue"

doesn't sell papers.

My husband and I were opposed to having ANY group home there. This has always been a zoning issue for us (not an issue about disabilities). We were not happy about the proposed rezoning or how it may result in diminished property val-

Continued on page 7

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> LETTERS, FROM PG. 6

ues (information relayed by a realtor). We did not write a letter of opposition (nor did we attend the meeting on Dec. 2) because we weren't fervent in our opposition.

That was until we found out how our neighbours who voiced their opposition at the meeting were treated. At no time did they demean the ACL or the people they help. They shared their concerns based on their views, and their position was in part based on their professional and personal experiences. They were then promptly verbally abused by proponents (including one of the owners of 9 Rossmere Cres., who called one of the opponents "disgusting" after respectfully sharing his opinion).

In the weeks after the meeting, opponents were identified by name and slandered in the papers, over the Internet, via social media, on the radio and in person. Their character and professional integrity were called into question. To everyone who treated them so poorly, I have this to say: we have the right to voice our opinions, even if they differ from yours. Stonewall is a lovely town to live in, as long as you don't oppose long-time residents' demands.

All who opposed were called "ignorant" and the question was posed "what if it was your [family]?" Well, my brother has a developmental disability, which means my family and I lived with and love someone with a disability. Furthermore, I volunteered for the Special Olympics on various occasions, including raising money for the cause in 2015 and doing the Polar Plunge. Actions speak louder than words and I am in no way ignorant of these issues because I opposed the rezoning. I invite the proponents to take action, put their money where their mouth is, and support the upcoming Polar Plunge as proceeds go toward the Special Olympics: www.specialolympics.mb.ca/events/event.php?entry_id=23722.

For the owners of #9 Rossmere, because of the public defamation of my neighbours, I wrote a letter supporting them and opposing the rezoning. I submitted the letter to the South Interlake Planning District for the Jan. 6 meeting, knowing full well the conditional use application would be passed despite the pretense of meeting; the media confirming this by saying the residents were set to move in prior to the second hearing, but at the time that wasn't legally allowed.

Opponents who were bullied, intimidated and abused were not present. We all knew our voices didn't matter. My letter of opposition, which focused on the matter of rezoning, was presented at the hearing. The zoning

change was unanimously voted in. I learned of the decision very quickly. Despite the fact that my letter made no mention of disabilities (and only named the ACL in passing) and although my former neighbours and I have not communicated in any way since the summer of 2013, the owners of 9 Rossmere Cres. still felt the need to send me an attachment about the outcome of the hearing (via Facebook message within an hour of the meeting).

They had no knowledge of my opposition until hours before the hearing so their past insults were not being hurled at me, but when I voiced opposition, I heard from them immediately.

To Michael, his diplomatic loving parents and future residents of the home: we are very much looking forward to being your new neighbours. Also, I know how to bake cookies, and all I ask for in return are hugs.

Welcome to Rossmere Crescent.

We know you will be very happy here.

Peace, love and laughter,

The Camerons

Quarry Ridge welcomes diverse housing

Dear Editor,

Regarding the recent dispute over the Assisted Community Living Interlake group home: strong communities are built on diversity and togetherness, not on discrimination. As the developers of another subdivision in Stonewall (Quarry Ridge Park), we fail to see why anyone would object to creating a group home for adults with intellectual disabilities. We were sad to see opposition to this initiative as it presented a wonderful opportunity for the residents to come together to ensure everyone is made to feel welcome. We

Continued on page 8

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> LETTERS, FROM PG. 7

believe the 200 people who showed up in favour of this application are testament to the quality of the people who live in Stonewall.

We agree with the mayor and town council that our community should be a place for everyone — young, old, new families, new Canadians, retirees, and for people who face physical and intellectual challenges. That quality of community inclusion is one of the things that attracted our company to develop our \$250 million project in Stonewall. We believe that Stonewall's community-minded citizens are a major attraction for people and families looking for a place to call their home.

We welcome this type of diverse housing mix in our development and agree with the mayor when he says people who need assisted living shouldn't have to ask permission to live in Stonewall. We invite organizations like ACL to

work with our company to help create housing for persons with disabilities. This way we can put special thought into site selection and other considerations such as proximity to walking paths, park space and amenities like the nearby hospital.

As we have gotten to know the Town of Stonewall, it has been our experience that those few voices raised against the ACL home are an extreme minority. We know Stonewall to be a strong, tight-knit, family-oriented, welcoming place that fosters togetherness and inclusiveness. This is what makes living in Stonewall so different than city living, and this is the very reason we chose to make such a long-term investment in this wonderful town.

Sincerely, Tim Comack
Quarry Ridge Park Developments

Mike's family says thank you to Stonewall
Mikey likes it.

This advertising slogan from 1983, the year our son Michael was born, is his response today. We knew right from the beginning that God was at work in finding a place for Michael to live.

What an amazing adventure as we watched the plan unfold. Thank you, Stonewall, for your prayers and support. We are grateful for the opportunity to indirectly address the unanswered questions some of the opposition had. Words cannot express how much we appreciate Jacquie for the wonderful support in going above and beyond in advocating for those with intellectual disabilities. Michael could not have a more caring, compassionate landlady.

May God bless Jacquie and her family with health, happiness and peace in 2016. We do not know what the future holds but we are at peace in knowing that Michael will be safe and supported by ACL and Stonewall.

Tony and Marilyn Maartense

Manitoba RCMP responded to more fatal collisions in 2015

Submitted

While the last several years brought a steady decrease in the numbers of fatal collisions and deaths on our roads, 2015 saw those numbers slightly increase.

In 2015, there were 70 fatal collisions on Manitoba roadways resulting in 79 deaths, slightly more than 2014 with 69 fatal collisions resulting in 74 deaths.

Of the 70 fatal collisions in 2015:

- 63 were roadway crashes (59 in 2014),
 - seven were off-road vehicle crashes (nine in 2014),
 - six of the fatal collisions involved pedestrians or cyclists, and
 - five of the fatal collisions involved motorcycles.
- The five-year average (2010-2014) for fatal collisions is 78.6 with 88 deaths.

Location by RCMP Districts:

- 32 fatal collisions took place in the eastern part of the province
- 30 fatal collisions in the western part of the province
- eight fatal collisions in the northern part of the province

For a geographical map of the Manitoba RCMP Districts please visit www.rcmp-grc.gc.ca/mb/districts/index-eng.htm.

Contributing Factors:

- In 46 per cent of the collisions, speed or driving too fast for road conditions was cited as a contributing factor.

Continued on page 9

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Mild weather postpones KidFish Ice Derby

By Dave Baxter

Unseasonably mild winter weather has once again delayed an annual ice fishing derby in Selkirk that raises money for sick children.

The KidFish Ice Derby, which will raise funds for the Children's Hospital Foundation and Cancer Care Manitoba Foundation, was originally scheduled for late December but was pushed back to Jan. 10 because warm winter temperatures meant the ice was in no condition to hold a derby.

That mild weather stuck around in the first week of January, so the derby has now been moved to Jan. 24.

"Overall being a family-friendly event, it's piece of mind to reschedule," derby organizer Garther Cheung said. "I know people have been out fishing since December, but when you confine 800 people to one area that is going to generate a lot of water coming up. It was strongly recommended by the fire marshall to reschedule."

The ice situation would also make it

inconvenient to park because people could not park on the river, Cheung said.

Cheung said he can't see a situation where the Jan. 24 derby would end up being postponed.

"Colder weather is supposed to be coming in, so if I were a betting man I would guarantee it will go on the 24th," Cheung said.

Cheung said he knows a derby likely could have been pulled off on Jan. 10 but said it is simply not worth risking anyone's safety and the safety of the many kids who take part in the derby.

The rescheduled KidFish Ice Derby is scheduled for Jan. 24 in Selkirk at

the Float Plane Base.

There will be Top 10 prizes that can be won by all ages, as well as Top 5 prizes for kids 16 and under.

People who pull in the biggest fish will go home with prizes, but the derby's organizers make sure most kids leave with a prize even if they don't win a Top 5 prize.

Gates are set to open at 8 a.m. with the tournament running from 10 a.m. until 2 p.m.

Tickets are still available, and for more information on the derby or how to get tickets, go to the KidFish Ice Derby Facebook page or call Garther Cheung at 204-291-8628.

> FATALITIES, FROM PG. 8

- In 40 per cent of the collisions, impairment by alcohol or drugs was involved (5 per cent less than 2014).

- seven cases of impairment involved drugs (2 in 2014).

- 40 per cent of the deceased were not wearing seatbelts (down from 48 per cent in 2014).

- four fatal collisions involved a driver using a hand-held electronic device or cell phone while driving as a possible contributing factor.

"This past year, our officers have

come upon too many tragedies and deaths, caused by the actions of drivers that chose to drive recklessly or impaired," said Sgt. Bert Paquet of the Manitoba RCMP.

"It is a continuing tragedy that so many Manitobans lose their lives on our roadways every year and that in so many cases these collisions are preventable. We ask that all Manitobans help us make our roads safer: take some extra time to get to your destination, be sober and alert, slow down, put away your cell phone and to buckle up when driving. Do it for you and for the ones you love."



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Manitoba Hydro: hydro.mb.ca

204-480-5900 in Winnipeg

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IMPORTANT NEWS FOR SENIORS

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MARCH 31,
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If you're a senior, 65 or older, and pay the school taxes on the home in which you live, you could save up to \$470 on your school taxes with Manitoba's Seniors' School Tax Rebate.* That's on top of the \$1,100 in property tax credits already in place for seniors.

Find out if you qualify

For complete details and to find out if you qualify, visit Manitoba.ca/seniorsrebate or call 204-945-7555 (in Winnipeg) or 1-855-893-8266 (toll-free). Apply as soon as you receive your 2015 property tax bill.

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If you're not already saving with the Education Property Tax Credit, visit Manitoba.ca/eptc to learn more.

* Eligible seniors must occupy home in order to qualify for Seniors' School Tax Rebate.

** Eligible applicants must occupy home in order to qualify for the Education Property Tax Credit.



Community Wellness

UPCOMING PROGRAMS AND EVENTS

Interlake–Eastern Regional Health Authority

All community wellness events are **FREE** for Interlake–Eastern residents unless otherwise stated. Advance registration is required. Space is limited so register early. If you are interested in attending a community wellness program close to home but don't see it listed, contact Theresa Dankochik at wellness@ierha.ca or 1-877-979-WELL (9355) and we'll do our best to accommodate you or identify a program in your vicinity. All classes are subject to change.

CARE OF CHRONIC DISEASE

DIABETES SELF-MANAGEMENT

Have you recently been diagnosed with pre-diabetes or diabetes?

Are you unsure of what diabetes is? Interlake–Eastern Community Wellness Team is here to help you. This program consists of two or three classes explaining what diabetes is, how to control blood sugars, what to eat and how to read food labels, treatments for diabetes, how to stay healthy from your eyes to your toes, how to manage cholesterol and blood pressure and how to make healthy lifestyle choices.

St. Laurent

Class 1
Wed., Mar. 2
10:00 a.m. – Noon
St. Laurent Health Centre Boardroom

Class 2
Wed., Mar. 16
10:00 a.m. – Noon
St. Laurent Health Centre Boardroom

Stonewall

Class 2
Thurs., Jan 14
9:30 a.m. to 11:30 a.m.
Stonewall Health Centre MPR

Teulon

Class 1 & 2
Call for details

GET BETTER TOGETHER

Are you living with a chronic condition such as arthritis, MS, depression, asthma, chronic pain, diabetes, anxiety, cancer, fibromyalgia or heart disease?

Come join Get Better Together! People with different chronic health problems attend together to deal with common issues they face and to motivate each other with solutions and techniques for:

- Dealing with frustration, pain, fatigue and isolation
- Appropriate exercises for maintaining and improving strength, flexibility and endurance
- Appropriate use of medications
- Communicating effectively with family, friends and health professionals
- Maintaining appropriate nutrition
- Engaging with other community resources

This FREE six week program is designed to help people with ongoing health conditions take control of their health. This program, led by others living with chronic conditions, can help you develop a plan to deal with the challenges of an ongoing health concern or disability. Bring a friend, family member, or other support person to attend with you! Each session is 2.5 hours.

To get on a wait list to attend Get Better Together in another community, email wellness@ierha.ca or phone toll free 1-877-979-WELL (9355).

St. Laurent

Tuesdays: Apr. 19, 26 & May 3, 10, 17, 24
1:30 p.m. to 3:30 p.m.
St. Laurent Health Centre Boardroom

DIABETES SOLUTIONS WITH A NURSE EDUCATOR

Want to learn about new medications and technologies for diabetes management? Do you have unanswered questions or just unsure of how to keep your diabetes under control? Come join a diabetes troubleshooting nurse education session.

Teulon

Call for details

Stonewall

Thurs., Jan. 28
9:30 a.m. to 11:30 a.m.
Stonewall Health Centre MPR

HEALTHY EATING

EATING FOR HEART HEALTH

Love your heart! Learn about dietary changes to help you improve your blood pressure and cholesterol, medications to protect your heart, activity and stress management, and monitoring your blood pressure at home.

St. Laurent

Wed., Feb. 10 or Wed., May 11
10:00 a.m. – Noon
St. Laurent Health Centre Boardroom

Teulon

Call for details

EATING FOR HEALTH

Want to learn about healthy eating in general? Looking for Nutrition tips, weight loss tips, or disease specific guidance? Then this is the class for you! You will be guided through lifestyle changes to help you improve cholesterol, and blood pressure. Learn about fat, fibre, sodium and eating habits to become a healthier you. Make sense of food labels and how your choices will affect your family's health and yours.

Stonewall

Thurs., Feb. 4
9:30 a.m. – 11:30 a.m.
Stonewall Health Centre MPR

CRAVING CHANGE

A how-to workshop for changing relationships with food. Change your thinking, change your eating. Are you craving change in your eating habits? Want to kick a bad habit? Do you struggle with your eating and want to learn how you can create a healthier you? Then this FREE three week program is the class for you! To get on a wait list to attend Craving Change, email wellness@ierha.ca or phone toll free 1-877-979-WELL (9355).

Label Reading and Menu Planning
Ever wonder what the numbers and percentages mean on your food packages? Having trouble planning meals? Come to our label reading and menu planning class!

St. Laurent

Tues., Jan. 19
10:00 a.m. to Noon
St. Laurent Health Centre Boardroom

F.A.N. CLUB

Fitness And Nutrition Club – a four week program to help families get active. For more information or to get on a waiting list for a session in your area, call toll free, 1-877-979-WELL (9355) or email us at wellness@ierha.ca.

EXERCISE

TAKE CHARGE OF YOUR HEALTH

Introduction to physical activity

Physical activity is vital to your physical and emotional health and can bring you fun and fitness at the same time. Leave this FREE class with resources to continue on your path to wellness. You will learn where to begin, goal setting, physical activity guidelines specific to your age group, recommendations for developing a walking program, gentle stretching & strengthening exercises modified to meet your individual needs. Don't forget your running shoes and wear comfortable clothing! We'll get up and get moving as we learn fitness facts!

St. Laurent

Tues. Feb. 2
(Registration deadline Fri., Jan. 29)
10:00 a.m. to Noon
St. Laurent Health Centre – CHC Boardroom

Teulon

Wed., Jan 27
9:30 a.m. to Noon
Teulon Hall



To schedule an appointment with a nurse or dietitian regarding your chronic condition, please call

1-877-979-WELL (9355).

A physician referral is not required for these appointments.

BOOK THE MOBILE WELLNESS TEAM TO VISIT YOUR COMMUNITY!

Mobile Wellness events bring a team of health care professionals to your community, event or workplace to provide FREE education and information to help people make healthy lifestyle choices. Nurses, dietitians, exercise specialists and wellness consultants on the team identify important health factors and what you can do to improve your health. The team can offer blood pressure and blood glucose checks and reviews with a nurse along with a lifestyle quiz. They bring along informative displays on physical activity, nutrition, smoking and stress and can offer a healthy lifestyle presentation along with a passport to record important results. Call 1-877-979-WELL (9355) or email wellness@ierha.ca for more information.



To register or for more information contact Theresa Dankochik at wellness@ierha.ca or 1-877-979-WELL (9355).



Interlake–Eastern RHA's community wellness team of health experts is composed of nurses, dietitians, exercise consultants and people trained to help motivate you to live a healthier life. Our wellness teams visit communities for events and individual team members deliver free classes and programs all over the region.

WE OFFER SOMETHING FOR EVERYONE!

So explore the community wellness we offer and make a commitment to do the best thing you can do for yourself. Live a healthy life.

worship *with us*

> FAITH

The Persecuted Church

I debated writing this article. "Do people really want to read about Christian persecution?" I asked myself. And that begged the question, "Do I really want to write about it?" Persecution of ANY religion is, in my opinion, despicable and ugly and should never be tolerated by any society. While I might not agree with what others believe and practise, I strongly respect their choice to believe it (provided, of course, all practices remain safe, legal and within basic human rights standards).

In any event, a day or two before I wrote this, a dozen Christians (one of whom was only 12 years old) were publicly brutalized and tortured by ISIS militants in Syria because they refused to recant their Christian faith and return to Islam. They were eventually crucified. Sadly, they are a mere drop in the bucket as Christians all over the world are being pressured to renounce their faith, or outright murdered. According to various websites devoted to the topic, hundreds of Christians are killed, hundreds of Christian buildings and properties are destroyed, and many more hundreds of other violent acts are committed against Christians, per month, worldwide. Yes, that's per month. Unbelievable, isn't it?

And it's not only far away in the Middle East where this kind of thing happens. The gunman in the recent shootings in Roseburg, Ore., specifically targeted Christians. Regardless of mental health or motive, the fact remains that at one point of his rampage, he deliberately asked people to self-identify as Christians, and if and when they did, he murdered them. (Non-Christians were "only" wounded — horrible in and of itself.) Furthermore, if you follow the news, you'll know that this is not an isolated incident. Let's face it: evil is hunting closer to home and, apparently, it is open season on Christians.

Sometimes, I admit, I'm tempted to entertain small, petty thoughts like, "What if the victims at Roseburg were Muslims or gay? Would we see a stronger reaction with words like 'Islamophobia' and 'homophobia' plastered across the headlines?" (Do we need a new word: "Christophobia"?) But the real truth is that God is saddened by ALL death and suffering, and His ultimate plan is to rescue (church word: "redeem") humanity. Or put another way: "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life" (John 3:16 NIV).

Please pray and stand in solidarity for the persecuted church worldwide, and remember, "The only thing necessary for the triumph of evil is for

good men [and women] to do nothing." (Edmund Burke [brackets mine])
 Jeff Andrews
 Alive! Family Church



Notice of Public Hearing

TO REVIEW MAXIMUM ALLOWABLE CHARGES AND FEES FOR PAYDAY LOANS

PURSUANT to *The Consumer Protection Act* (Act) (C.C.S.M.2006 c.2006 c.200) the Manitoba Public Utilities Board (Board) will conduct a public hearing to review charges and fees for payday loans and consider the impacts of possibly reducing the maximum allowable rate from \$17 per \$100 borrowed to \$15 per \$100 borrowed. Additionally, the Board will consider the impacts of reducing the proportion of a borrower's net pay, which is used to determine the maximum loan amount, from 30 percent to 25 percent. These considerations, and other related matters, will be included in the Board's report to the Minister.

SPECIFICALLY SEC. 164 OF THE ACT PROVIDES:

164(2) Within three years after the first regulation under clause 163(1)(f.1) (maximum cost of credit) comes into force, the board must commence a review of

- (a) the meaning of «cost of credit» for the purposes of this Part;
 - (b) the maximum cost of credit — or any rate, tariff or formula for determining the maximum cost of credit — that may be charged, required or accepted in respect of a payday loan; and
 - (c) the maximum amounts, or the rates, tariffs or formulas for determining the maximum amounts, that may be charged, required or accepted
 - (i) in respect of any component of the cost of credit for a payday loan,
 - (ii) in respect of the extension or renewal of a payday loan,
 - (iii) in respect of a replacement loan, or
 - (iv) in respect of a default by the borrower under a payday loan.
- Further, the Board will submit its report to the Minister which will include
- (i) a description of the board's consultation and the results of the consultation, and
 - (ii) the board's recommendations about the matters reviewed under subsection (2); and
- (b) may include any other recommendations about the regulation of payday lenders or payday loans.

HEARING DATES AND LOCATIONS:

A Public Hearing will be held on the following days:
 Date: Tuesday, April 12 to Monday, April 18, 2016 at 9:00 a.m.
 Location: Board's Hearing Room – 4th floor, 330 Portage Avenue Winnipeg, Manitoba

PARTICIPATION AND SCOPE OF HEARING:

PUBLIC PARTICIPATION AS AN INTERVENER

The public may participate in this review as an Intervener. Interveners provide evidence to the Board and are subject to cross-examination. Those seeking Intervener status should file their application with the Board by February 29, 2016. Intervener Application Forms are available on the Board's website at: <http://www.pub.gov.mb.ca/faq.html>

Interveners must identify their reasons for intervention and be prepared to cooperate with other interveners to avoid duplication of interventions.

The Board may determine whether an intervener is entitled to costs for participating in the hearing and may fix the amount of those costs. Criteria defining the award of costs are described in the Board's Rules of Practice and Procedures which are also available on the website.

The Board will issue a procedural order dealing with scope, process and intervener status following the February 29, 2016 filing deadline.

PUBLIC PARTICIPATION AS A PRESENTER

The Public is welcome to provide written submissions to the Board. Written submissions should be received by March 11, 2016.

The public may also present their views orally to the Board during the Hearing. Anyone wishing to present oral submissions to the PUB should contact the Board Secretary by March 11, 2016.

Persons wishing to address the Hearing in French are required to notify the Board's Secretary prior to March 11, 2016.

SCOPE OF REVIEW

Interveners may also wish to make written submissions regarding the scope of the review and to address any specific issues, beyond the mandatory review requirements that they seek to have the Board consider.

FILING OF INFORMATION

The Board will set out a timetable for the orderly filing of information and confirm the hearing dates in its Procedural Order.

All material filed by approved Interveners, as well as public presentations, will be provided on the Board's website.

PROCEDURE

The Board's Rules of Practice and Procedure will apply to the conduct of these hearings. All Interveners must familiarize themselves with the Board's requirements. This document is viewable on the Board's website or is available upon request to the Secretary of the Board at 400 - 330 Portage Avenue, Winnipeg, Manitoba, R3C 0C4 or by calling (204) 945-2638 or 1-866-854-3698 (toll free). The Board's email address is publicutilities@gov.mb.ca.

The Manitoba Ombudsman has recently issued privacy guidelines for administrative tribunals. The Board is mindful of its obligations under those guidelines. Its decisions in respect of the Application being considered will be sensitive to the guidelines. Personal information will not be disclosed unless it is appropriate and necessary to do so. However, the Board advises participants that these proceedings are public and that as a result personal information protections are reduced. The proceedings before the Board are transcribed and the transcript is posted on the Board's website. Names of Presenters and their written or oral presentations are included in the publicly available transcripts.

DATED this 14th day of October, 2015.

Darren Christie
 Secretary, Public Utilities Board



Five days notice required.



Wheelchair access is available.




RED RIVER COLLEGE | INTERLAKE CAMPUS

Information Session SELKIRK | January 21

Please join us at **Gaynor Family Regional Library, 806 Manitoba Ave., Selkirk on Thursday, January 21, from 6:45 p.m. - 8:45 p.m.**

Learn more about full-time programs to be held in Selkirk in 2016:

- Business, Accounting and Management Certificate**
- Bookkeeping and Small Business Office Certificate**
- Health Care Aide Certificate**
- Human Resource Management Certificate**
- Educational Assistant Certificate**

To register, please call 204.785.5328. | rrc.ca/interlake

Local entrepreneur wants customers to 'Push No More'

Snow-removal business prospering

By Natasha Tersigni

Chase Wilson has grown up in Manitoba's harsh winters and learned at a young age that an inconvenient, time-consuming chore for some can result in cold hard cash for him.

While others his age would enjoy a snow day from school to play video games or go sledding, Wilson would grab his shovel and scour the neighbourhood for driveways that needed cleaning.

With his years of experience and a head for business, Wilson decided it was time to make his childhood pastime a full-fledged business. This past fall, the 18-year-old licensed his snow-removing business, Push No More. He has been busy since December ensuring his customers, mostly residential homeowners, have clean driveways and sidewalks just hours after a fresh snowfall.

"My dad would shovel driveways around the neighborhood back in the day when he was kid, so when I was around eight years old, he taught me how to do a good job and then sent me off on my way in search of custom-

ers. When summer came around, he taught me how to use the lawn mower and I went out and did the same thing," said Wilson.

Business so far has been steady, and Wilson said it is due to the residential small-scale service that he is able to offer to customers. Instead of using big equipment for small projects, Wilson and his two employees rely on good old-fashioned elbow grease with the occasional need for snowblowers.

"Right now, we are doing snow removal in the Stonewall area and we are looking after numerous residences in the community. I pride myself on the fact that our prices are extremely low for the quality and service we are offering. The only person that could undercut us really is the local 10-year-old with a shovel," said Wilson.

When the snow finally melts away, Wilson has plans to expand his business into a full-scale lawn-care service, including lawn cleanup, grass cutting and aeration services.

For more information on Push No More's snow-removal services and rates, phone Wilson at 204-461-2404.



TRIBUNE PHOTO BY NATASHA TERSIGNI

Chase Wilson, right, and one of his employees, Tanner Schkawritka, have been hard at work since the season's first snow fall ensuring that Stonewall residents have clean driveways and sidewalks.

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The deadline for applying for spring / summer 2016 is January 31.

sunova
CREDIT UNION

Stonewall council news in brief

By Jennifer McFee

- Stonewall council approved conditional use for a duplex on Centre Avenue to rent out one side for seniors housing while the owners live in the other half.

Owners Ken and Linda Dunsmore

indicated that several people have already expressed interest in renting the residence.

- The Town of Stonewall is accepting applications for the position of chief administrative officer. Resumes, cover letters and references can be directed to Mayor Lockie McLean at town hall or emailed to lmclean@stonewall.ca.

A full job description is posted on the town's website at www.stonewall.ca.

- Dog and cat licences are available for purchase at the town office, Quarry Pets and Stonewall Veterinary Clinic. Failure to obtain a licence by March 31 will result in a minimum fee of \$25.

If you've moved out of Stonewall or your pet has died, you can update your pet's record by calling the town office at 204-467-7979 or emailing marilisa@stonewall.ca.

STEPHEN BRETON
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Teulon painter sees splendor in simplicity

By Jennifer McFee

With an eye for esthetics, Brenda Hedberg has a knack for finding beauty in the mundane.

She captures a sense of nostalgia through her acrylic paintings — particularly with her laundry series, which portrays clean clothes hanging out to dry. As well, her ditch series focuses on the marvelous minutiae she discovers in country ditches near her Teulon-area home.

Throughout January, her works are on display at the Teulon library where Hedberg is the artist of the month.

Her artistic odyssey began four years ago when she signed up for a drawing and painting class at the Teulon arts centre. After three drawing classes, instructor Graham Clarke introduced the class to paints and Hedberg was instantly hooked.

“It was a blast. Colour is so much fun. It’s so appealing,” she said. “I’ve been painting ever since.”

Since then, she has participated in two juried art shows, earning a third-place ribbon in the first year. She also belongs to the Gwen Fox Gallery in Selkirk, where she displays her work twice per year.

Closer to home, she displayed paintings in November at Teulon’s Mall in the Hall, an annual event hosted by the Green Acres Art Centre. Hedberg also has several pieces hanging in Global Garage and Art House in Stonewall.

So far, she’s sold a total of 13 paintings, and she’s currently working on a commissioned piece.

“Everything is a surprise. Painting is so fun and you get to know different people. We have a really nice core group that comes to our art classes. It’s great to be part of that community now,” she says. “Whenever we have an opportunity to show our work, we do. We aim for name



TRIBUNE PHOTO SUBMITTED

Brenda Hedberg’s painting *Autumn Morning* is on display at the Teulon library for the month of January.

recognition at this point.”

As part of her process, Hedberg snaps photos of inspiring scenes that she plans to paint in the future.

“Every time I hang the laundry out, I take pictures. The laundry paintings are really popular. They generate a lot of conversation,” she said.

“There are so many things I want to paint. I make bouquets now and take pictures of them.”

Some of her inspiration stems from a book of paintings by Claude Monet, which encouraged Hedberg to take a closer look at ditches.

“Monet has been very inspiring. That’s why I paint water lilies. It’s been fabulous. If I hadn’t happened across that book, I wouldn’t have been painting ditches, and that’s been a long-running series for me,” she said. “I have a really great ditch a couple of miles from here with lily pads and cattails in it.”

For a glimpse of Hedberg’s artwork, drop by the Teulon branch of the South Interlake Regional Library, located at 19 Beach Rd.

“My time now goes to painting,” she said. “It’s given me a new passion for life.”

PUBLIC NOTICE

Pesticide Control Program

Manitoba Conservation and Water Stewardship will conduct a Pesticide Control Program during 2016. The program is needed to control noxious weeds on lure crops within the Grant’s Lake and the Oak Hammock Marsh Wildlife Management Areas.

The projected dates of application are May 1 to Oct. 1, 2016.

The herbicides to be used may include:

Broadband	Curtail M	Glyphosate
Infinity	Prestige XC	Puma Advance
Quizalofop	Velocity m3	

If you have comments or concerns, please send them in writing to:

Manitoba Conservation and Water Stewardship
Pesticide and Hazardous Waste Section
Suite 160, 123 Main Street
Winnipeg, Manitoba R3C 1A5

Written comments must be received within 15 days of this notice’s publication.







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allrelated.org

ADAM BEACH







Need help with a family law matter? Maybe we can help.






Introducing the Family Justice Resource Centre

The **Family Justice Resource Centre** is a new service provided by Manitoba Justice.

Staff can direct you to the services you and your family may need to deal with family law matters. They can help you learn more about such common legal matters as hiring a lawyer, filing for separation or divorce, enforcing child support payments and more. Information is free and confidential.

Hours: 8:30 a.m. – 4:30 p.m.
Messages returned within 24 hours.



CALL IN WINNIPEG:
204-945-2313

OR TOLL FREE:
1-844-808-2313



Krpan accuses St. Laurent council of improprieties

By Jeff Ward

During last week's regular council meeting in the RM of St. Laurent, resident Frieda Krpan raised some concerns about the current and past municipal financial statements.

The issues raised included lack of transparency, the non-tendering of contracts with Disaster Financial Assistance (DFA) money, and the moral ambiguity of having some of those contracts awarded to family.

Krpan presented a long list of grievances that she wanted addressed by council. Many of the issues raised didn't sit well with the current council, who felt like they were being attacked, according to Reeve Cheryl Smith. Krpan feels that this council has been spending DFA money too freely and wants the province to do an audit. After her delegation was cut off — 15-minute time limit — Krpan said that the reception wasn't surprising in the least.

"It basically went exactly the way I thought it would go up there," said Krpan, shortly after being told her time was up.

"I expected that when it came to the fact that contracts were given to the [Dumont Bros. Contracting Ltd.], that she (Smith) would cut me off and she



Frieda Krpan

did — because they really didn't want to answer that, because they know deep down it isn't right. I'm just asking for good governance."

Among many issues raised by Krpan, one of the most important she wanted to address was the matter of an untendered contract to the aforementioned company in the amount of more than \$400,000. Krpan feels that there is a bit of an impropriety in awarding a contract without tender to the reeve's brother-in-law.

Smith did not take kindly to being accused of these improprieties and was visibly frustrated during the delegation.

"We were all prepared for her to show up so we put our thick skin



Cheryl Smith

on," said Smith, adding that Krpan is known for this type of behaviour and has made similar delegations to other councils.

"We had a hard deadline of Dec. 1 to get those DFA contracts completed. I took a package about eight inches thick of paperwork down to the DFA office when I was on break from work on Nov. 30 — that's how close we were. We didn't tender those contracts because we needed to work quickly, and we gave that specific contract to [Dumont Bros. Contracting Ltd.] because they had gotten far less than other contractors and we wanted to balance it out."

Smith also said that there are no

legal ambiguities about any of those contracts being conflicts of interest, regardless of her relation to the owners of the company — neither in the Municipal Act, which Krpan mentioned during her delegation, nor in the eyes of the RM's lawyer.

Krpan says she wants good governance, and Smith says that she and her council are providing that governance.

Smith also took offence to the notion that she hasn't been transparent. She said that Krpan was given every document she requested and that there was really nothing more that she could do for her. Smith finds it offensive that someone would attack the council for trying to support locally owned businesses.

"Council is very happy with the work and will continue to support local businesses because it helps the local economy and the municipality. Every single contractor that calls St. Laurent home got work from this council in 2015," said Smith.

Continued on page 15

Congratulations to the Winner of our Destination Anywhere... Holiday Promotion

Crystal Bergthorson from Charleswood Travel, Contest Winner Jamie Gauthier, & Stephanie Duncan from Stonewall Teulon Tribune

Lucky Winner Jamie Gauthier
of Stony Mountain who entered at Summit Cafe

The lucky winner's name was drawn by Chris Loewen MPT of Quarry Physiotherapy along with Stephanie Duncan of the Stonewall Teulon Tribune.

There were thousands of entries from the local participating businesses.

Thanks to everyone who continued to support our local communities over the holiday season & throughout the year.

A huge thank you to the 20 local businesses along with Charleswood Travel and the Stonewall Teulon Tribune who made this promotion possible.

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QUIZ NIGHT
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Where: Stonewall Legion Hall

Why: Excision Surgery for Endometriosis

8 people / table = 20.00 per person –
Please register as a team or individual.
**Silent auction... 50/50...
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Birthday girl is a good sport

By Jennifer McFee

A Stonewall girl turned her birthday party into an opportunity to create a gift for other youth. Anya Epp, a goalie for the Stonewall Blues Female Pee-wee A1 team, invited her entire hockey team to her 11th birthday party in November. Instead of bringing gifts, she asked her friends to make a donation to the Kids for Sport program

through Stonewall Minor Hockey.

The girls jumped on board and raised a total of \$547, which will stay in the community to help cover costs for other young people to play hockey.

Anya started playing ringette at age five and switched to hockey two years ago. She wants other kids to have the same opportunity to get involved in hockey.



TRIBUNE PHOTO SUBMITTED

Anya Epp, 11, shown in the centre of the bottom row, encouraged her hockey team to donate to KidSport instead of giving her birthday gifts.

> ST. LAURENT COUNCIL, FROM PG. 14

Other news from the meeting:

Former St. Laurent councillor and current PC candidate for the Interlake Derek Johnson also addressed council in a delegation. Johnson spoke about his desire to help the community if elected and outlined a few of the issues he feels are most important for St. Laurent residents. Flood protection and moderation of the use of the Portage Diversion were at the top of that list. After delegations were completed, a review of the Interlake Weed Control Report and the RM's emergency measures plan was conducted. The emergency measures plan is a living document and is reviewed many times over the course of the year by

the RM to update contact names.

Council also rescinded Resolution No. 389/2015, which was a resolution requesting a forensic audit of 2014. Council felt that the questions that the audit would have answered could be answered by staff and wasn't worth the financial investment, according to acting CAO Hilda Zotter. The motion passed 3-1 with Coun. Monte Carrier being the sole council member opposed to the motion. Coun. Laurent Kerbrat abstained from voting on the motion.

A committee of the whole in camera also took place where a hiring committee for a new CAO was formed. All members of council will participate in that process.



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Your FARM



Business boom for Rockwood Bison

Demand is outpacing supply for local bison farm

By Jennifer McFee

Business is booming for a local bison farm that is pulling out ahead of the herd.

Rockwood Bison exports more than 500 head per year into the United States, where the demand for bison continues to grow.

Len Epp took over the business from his father-in-law nearly two years ago after working on the farm for more than 20 years.

Along with his wife, Sascha, Epp entered a partnership with Doug and Anna Griller, who take care of the breeding herd in Saskatchewan. Rounding out the business, the local couple also buys animals within Manitoba and from Alberta.

When the animals are between six and 18 months old, they arrive at Rockwood Bison where the Epps continue to care for them until they are about two years old. On the farm located north of Balmoral, the animals only eat as much as they want to consume.

"Bison only take in what they want," Epp said. "We don't push them."

Their diet consists of locally grown straw and hay, along with a pellet ration containing grains, vitamins and minerals.

"We rent some hay land right around Stonewall, and we're lucky enough to work with local farmers who grow crop and they let us bale straw right behind them," Epp said. "It works really well for us and we're really appreciative of them letting us have their straw."

The Epps sell some meat locally by the half or the whole, with all the handling and processing done in Manitoba. However, most of the meat is destined for the United States through the North American Bison Cooperative in North Dakota.

"All of our animals that are going for slaughter go to the U.S., and the U.S. price is just crazy right now. We're seeing ground bison in the U.S. right now sell for up to \$14 a pound, and steaks and roasts are even higher than that," Epp said.

"The demand is incredible. We can't keep it on the shelves, and the minute it's on the grocery store shelf, it's gone. Grocery stores mostly sell trim and burgers and sausage. A lot of the white-cloth restaurants are selling the steaks and the high-end roasts."

The popularity surge is mainly due to the health benefits of bison meat, Epp added.

"People like the taste, but more importantly, they're after the health. It's an extremely healthy meat, rivaling elk," he said.

"Elk and bison are among the top red meats for



TRIBUNE PHOTO SUBMITTED

Rockwood Bison exports more than 500 head to the United States per year.

health in North America. Bison is very high in iron, low in cholesterol, high in protein, low in fat. It's a very lean meat."

In addition to providing healthy meat for consumers, the animals themselves are rewarding to work with.

"They're very hardy. We have to have the proper facilities to handle them because they're extremely powerful and they're very fast. They can go through situations that other animals cannot. They can handle the cold. They can handle the heat fairly well. They're adapted to this climate," he said. "They're a very rewarding animal."

Even the Epps' young daughters — 11-year-old

Anya and eight-year-old Katrin — enjoy being involved with the family business.

"When I have to get a semi-load ready for export, the girls come and help sort animals and make sure the tags are done properly," Epp said. "It's a real family involvement."

And although the family enjoys eating bison meat, it's becoming more of a rare menu item at their Stonewall home.

"With the shortage, we're not eating as much as we used to because we need it for the customer in the States," Epp said.

"The demand is so astronomically high. The demand is way outdoing the supply."

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INSIDE > OUTSIDE > UPSIDE DOWN

Oliver headed to junior curling nationals

By Brian Bowman

Sara Oliver admits that her rink only had about five practices all season.

But after their performance at the Canola Junior Women's Provincial Championship last weekend, it's safe to say that they really didn't need much practice.

Abby Ackland's Fort Rouge team won the junior women's title after a thrilling 7-5 victory over previously undefeated Laura Burtnyk from Assiniboine Memorial.

"It feels great," Oliver, 19, enthused Monday afternoon. "I've never had this feeling in my life and I'm glad I got to experience it."

Marquette's Oliver said the championship game was close right until the final end.

"We almost gave up three in the last end,"

Oliver, who plays lead for Ackland, recalled. "Our skip had to make an angle runback to get rid of at least one of their stones, which she made, thank God.

"It was a pretty tight game until the sixth when we scored two and then had a steal of two. We broke it open a little bit but it was definitely a nerve-racking game."

Ackland's rink, which also includes Robyn Njegovan, Melissa Gordon and coach Jack Gordon, led 6-2 after seven ends.

After Burtnyk replied with a pair in the eighth, the two teams traded singles in the final two ends.

"We decided that instead of risking and giving up three, we would let them have their two and try to get a blank or even one in the ninth," Oliver

explained.

Ackland's rink appeared to get better throughout the championship. They were 5-2 in the round-robin, won the Page 2-2 playoff game 8-7 over Kristy Watling of East St. Paul, which included Stonewall's Jenna Boisvert and Gunton's Kendra Derbowka and then defeated Mackenzie Zacharias 7-5 in a semifinal.

The win over Watling was a real nail-biter. Ackland led 5-1 after just three ends but gave up two in both the fourth and fifth and then a steal of another in the sixth to trail 6-5.

Ackland would respond, however, with singles in the seventh, ninth and 10th ends while Watling replied with one in the ninth.

"I'VE NEVER HAD THIS FEELING IN MY LIFE AND I'M GLAD I GOT TO EXPERIENCE IT."

"We had an 'oops' in the (fifth) end when they stole two," Oliver remembered. "We had a big lead but then she was able to catch up. I think emotions (got the better of us) but then we found a way to overcome that and started making more shots like we were earlier in the game."

Oliver said she elected to leave her former team back in March to join Ackland's rink. She admitted it was a tough decision to make but one that has worked out real well.

"I've skipped the last two years and have played every position in my curling career," Oliver explained. "But I hadn't played lead in probably about 10 years."

Still, Oliver has made a smooth transition to lead on a very talented rink.

"It's a lot different but I like it," she said. "I like it a lot more because I



TRIBUNE PHOTO COURTESY OF CURLMANITOBA

Marquette's Sara Oliver is headed to the Canola Junior Women's Provincial Championship in Stratford, Ont. later this month.

don't have the stress of calling a game. (Playing) lead is less stressful and I enjoy the game more."

The women do not have much time to prepare for the nationals, which will be played in Stratford, Ont. from Jan. 23 to 31.

Oliver said their rink has high expectations heading into nationals. But they will take it one game at a time, she said, and see what happens.

"The other three girls have been there once before," said Oliver, adding she wanted to thank her sponsors Rohl Drones Inc., Mazergroup, and Johnny McRae Trucking.

"I know our skip Abby wants to redeem herself because she placed fifth the last time she went (to nationals). She wants to do better than that and I would love to medal — that's one of my main goals."



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Friday, Jan. 15
Stonewall Jets vs The Raiders
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Sunday, Jan. 17
Stonewall Jets vs Charleswood Hawks
7:30 pm at VMSC



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INSIDE > OUTSIDE > UPSIDE DOWN

Merces, Flyers earn huge wins over the weekend

By Brian Bowman

Wins have been hard to come by for the Merces this season, but Warren picked up a big one last Friday against the Winkler Royals.

Warren whipped Winkler 9-1 in Southeastern Manitoba Hockey League action for just its second win of the season.

Warren, which held period leads of 3-0 and 7-1, received a five-point effort from Clifford Ketchen.

Ketchen assisted on Warren's first four goals of the game and then closed out the scoring early in the third.

Reid MacLeod and Kyle Luschinski each scored twice for the Merces while Jared Walker, Scott DeLong, Brenden Luschinski and Brady Nichol added singles.

Walker also had three assists.

Craig Cornelsen scored a second-period goal for Winkler, beating Warren netminder Ben Lobb.

With the win, Warren is now 2-9-1-2 and has seven points to remain in last place in the seven-team SEMHL.

The Merces played Notre Dame last night but no score was available at press time. Warren will then visit Winkler on Sunday. Game time is

7:30 p.m.

The Stonewall Flyers, meanwhile, were also victorious last weekend, trouncing the Gimli Wolves 7-3 in Manitoba Senior Hockey League play last Friday evening.

Tied at 1-1 after 20 minutes, Stonewall scored six of the next seven goals until Gimli netted a goal late in the third to close out the game's scoring.

Matt Varnes had a tremendous game for the Flyers, scoring three times to go along with three assists. He now leads the league in scoring with 16 goals and 33 points.

Stonewall's Cody Hunter and Adam Kirk each had a goal and an assist while Cale McBride and Patrick Dawson also tallied.

Travis Davidson, Jared Morris and Clint Miller replied for Gimli.

Justin Harris earned the win in goal while Brett Gagnon took the loss.

With the win, the Flyers improved their record to a league-leading 8-1 with 16 points.

Stonewall hosted the Wolves this past Tuesday but no score was available. Stonewall will play the Beausejour Beavers this Saturday in Garson. Game time is 8 p.m.



TRIBUNE PHOTO BY LANA MEIER

The Flyers' Cale McBride scored for Stonewall in their 7-3 win over the Gimli Wolves last Friday. McBride now has 17 points with six goals and 11 assists in eight games.

Jets win big, lose in a shootout at MMJHL Showcase

By Brian Bowman

The Stonewall Jets earned three out of a possible four points at the Manitoba Major Junior Hockey League's Showcase 2016 last weekend at the MTS Iceplex.

Stonewall crushed the last-place Ft. Garry/Ft. Rouge Twins 10-1 on Saturday and then was edged 4-3 in a shootout by the St. Boniface Riels.

A whopping 26 players participated in the shootout.

In the Riels' loss, Sam Mandryk gave the Jets a 1-0 first-period lead and then Cody Melo and Chase Faulkner made it 3-0 after 40 minutes. Faulkner's goal was his team-leading 15th of the season (Robert Smith also has 15 goals).

But the Riels mounted a comeback in the third.

Takato Cox scored two of the goals, the second coming at 18:39 of the final period to tie the score at 3-3. Jacob Tresoor scored St. Boniface's other

goal.

In Saturday's lopsided win, Stonewall built period leads of 3-0 and 6-0 before increasing their advantage to 10-0.

Smith, Branden Meier, and Garrett Bruce scored in the first period and then Chase Faulkner, Adam Blight and Bryce Stovin tallied in the second.

Eric Swanson scored a pair to start the third and then Mandryk and Chase Faulkner made it 10-0 by the 16:46 mark.

The Twins' Scott Shayna snapped Hunter Ploszay's shutout bid with just 2:32 remaining.

Stonewall outshot Ft. Garry/Ft. Rouge 71-28, including 31-4 in the middle frame.

The Jets, now 14-13-2, will visit the first-place Raiders Jr. Hockey Club this Friday and then will host the Charleswood Hawks on Sunday.



TRIBUNE PHOTO BY LANA MEIER

The Jets' Sam Mandryk scored twice last weekend, and also added a shootout goal on Sunday.

Midget Lightning lose a pair of home games

By Brian Bowman

When a team is struggling, anything bad that can happen usually does.

The hard-luck Lightning lost a pair of home games last weekend, dropping a 6-2 decision to Brandon on Saturday and then Interlake lost a tough 6-5 battle with Southwest on Sunday.

In Sunday's loss, Southwest's Tanner Gaudry scored the game winner with just 4:39 remaining in the third period.

Preston Phillips had given the Lightning a 5-4 lead with a power-play goal at 7:51 of the third period.

Interlake came out with a solid first period, opening up a 3-1 lead with power-play goals from Noah Basarab (two) and Jordan Kristjanson.

But Southwest quickly erased that lead with four goals in the first 9:25 of the second period.

Basarab then added his third goal

of the game late in the second period. The Gimli product now leads the Lightning with 14 goals and is a co-leader in points with 21.

Carson Boyechko (two), Josh Wiens, Dawson Waddell, and McCullough Park also scored for the Cougars.

In the Brandon loss, the Wheat Kings came out flying, opening up a 4-0 lead by the 9:57 mark of the first period.

Basarab put the Lightning on the board at 12:42 of the opening period and then Jordan Woytowich scored late in the second.

Tate Popple (two), Nolan Twerdoclib, Jaymes Knee, Lynden McCallum and Calen Addison scored for Brandon.

Interlake (7-23) played at the Central Plains Capitals last night but no score was available. The Lightning will then host the Kenora Thistles (14-16) on Saturday (6 p.m.) and Sunday (2 p.m.).



TRIBUNE PHOTO BY LANA MEIER

Gimli's Noah Basarab now leads the Lightning with 14 goals and is a co-leader in points with 21. Basarab had a hat trick against Southwest during Interlake's 6-5 loss on Sunday.

Thunder to participate in MGFA this season

By Brian Bowman

After playing an exhibition schedule this past year, the Interlake Thunder intends to enter teams in both junior and senior divisions of the Manitoba Girls Football Association for the 2016

season.

The MGFA is a girls' spring tackle football league that plays six per side.

Intended to develop and foster opportunities for girls to play football against other girls, the MGFA is com-

prised of two divisions (Junior for girls born 2004-07 and Senior for girls born 2000-03).

In 2015, the MGFA was comprised of four clubs and, with the addition of the Thunder and another team, will

increase to six member clubs for the 2016 season.

The Thunder will draw players from their traditional catchment area, being the perimeter highway in the south, Hwy 6 in the west, and the Red River in the east. Any players from outside that catchment, who do not reside within that of another MGFA team, are welcome to participate with the Thunder program.

Registration will be held in late March in both Selkirk and Stonewall with the season commencing in early May. Weather permitting, training camp will kick off in early April.

Present and former Thunder and MGFA players will be holding information sessions at many of the schools within its catchment to give interested players an opportunity to speak with girls who have previously played tackle football and to check out some of the equipment and uniforms.

Those interested are asked to stay tuned for dates, times and locations of the cavalcade and for more information about the Thunder program.

If anyone is interested in participating, would like some more information, or would like to be added to the Thunder e-mail list, please contact Joel McDonald at thunder.football@highspeedcrow.ca.

Local players take part in all-star games



Ryan McMahon, left, and Ethan McMahon represented the Stonewall Rams in the Winnipeg High School Hockey League's Platinum Promotions Division all-star game at the MTS Iceplex.



TRIBUNE PHOTOS SUBMITTED

Warren Wildcats, pictured from left, Taylor Radley, Brendon Burnett, Koby Carriere and Braydon Weatherburn, competed in the Price Division all-star game last Sunday.

A hockey experience of a lifetime for mom and daughter

By Brian Bowman

Several Manitoba women — including a pair from the Interlake — had a hockey experience of a lifetime over the holidays.

Local players included Jodie Stewart of Stonewall and Paige Lindell of Eriksdale. Lee Stewart, the mother of Jodie, was one of the coaches.

"It was a really great experience," said Lindell, 20, last Saturday afternoon. "It was a chance of a lifetime to go over there and play. Playing the games with the girls was fun and to go watch the world juniors (was special)."

In total, 34 current and former Manitoba Junior Women's Hockey League players (making up two teams) departed Winnipeg on Dec. 26 for Stockholm, Sweden.

"It was a once-in-a-lifetime opportunity," said Jodie, 23. "Everything went really well, better than expected. (The games) were very competitive and there was a lot of speed and skill."

Jodie, a former MJWL player, now coaches in the league with the Prairie Blaze. It was her first experience playing international competition.

"It was amazing to wear the (Canadian) flag on our jersey and wearing red and white," Jodie said. "Most girls don't get an opportunity to do that, so I'm very thankful for the opportunity and I'm glad that my mom was there as a coach."

Lee said the experience was a tremendous one.

"There was no big tournament or prize at the end," explained Lee in an email. "It was more of a good will tournament between nations that showcased the incredible skill and competitive spirit of female hockey players."

The trip took a year to plan and many of the athletes are students

so they had to save and fundraise to make it happen.

"But the memories will last a lifetime," Lee stressed. "It was an honour to be part of (the trip) and the young women represented their country proudly and were true ambassadors for a sport they so passionately play."

The women played two games in Stockholm. Their first game was against a senior women's team (some of whom previously played for the Swedish national team).

The game, said Lee, was very physical and played on a much larger ice surface than in Canada. The Manitoba squad won 3-2 in overtime against the Hainange Anchors.

Their second game was against an under-20 team made up from several teams in Stockholm. This time Manitoba was on the losing end of a 4-2 score as Sweden sealed the win with an empty-net goal.

"It was also a fast-paced, physical game that remained tied 2-2 until the last two minutes of the game when the Swedish team scored," Lee recalled.

On Dec. 30, the Canadian contingent departed Sweden on an overnight cruise across the Baltic Sea to arrive in Helsinki the next morning.

"It's an amazing experience to be a Canadian in a foreign country," Lee said proudly. "Everywhere we went we ran into fellow Canadians. There was chanting and songs and people taking pictures with fans in opposing jerseys."

"Many European news agencies did stories on the thousands of Canadian hockey fans that descended on Helsinki."

In Finland, the women played the

"IT WAS AMAZING TO WEAR THE (CANADIAN) FLAG ON OUR JERSEY AND WEARING RED AND WHITE."



TRIBUNE PHOTO BY SUBMITTED

Jodie Stewart (left) and her mom, Lee, one of the coaches, recently returned home after playing women's hockey in an international competition in Sweden and Finland.

Finnish junior women's team called KJT and won 4-0 while the other Manitoba team played the senior team, winning 2-0.

Unfortunately, one of the girls' games had a scheduling error so they split the game with the other Manitoba team.

The games against both the Sweden and Finland teams were very competitive.

"When you wear a red jersey with Canada on it in Europe, everyone expects you to excel," Lee said. "They want to beat you and they play hard. Female hockey in Sweden and Finland is growing and the skill level is impressive. Canadians cannot take hockey supremacy for granted."

"The young women I travelled with and coached did not disappoint. They played hard and displayed sportsmanship on and off the ice."

The girls spent their final day on the trip taking in the bronze- and gold-

medal games of the men's World Junior Hockey Championship.

"Even though we couldn't cheer for Canada, most Canadian fans became honorary Finnish or Suomi fans for the evening," Lee said.

Lindell saw six different games at the world juniors. Despite Canada having a poor showing at this year's championships, Lindell said the experience was still a great one.

"Even the game with U.S. and Sweden, the crowd was still cheering for Canada," she noted. "It was unreal."

Lee said one of the highlights of the trip (and there were many) was an impromptu road hockey game one evening at the hotel. Canadians converged on the parking lot and handed off sticks to Swedish, Russian and Americans and a three-hour shinny game ensued.

"It's true that sport can bring people together and cross cultural barriers," Lee said.

Blizzard looking for players this season

Submitted

The Manitoba Blizzard Jr. "B" Lacrosse team is looking for a few good men.

The Blizzard, coached by Trevor Anyon, is inviting any interested lacrosse players to their prospect camp. The team, said a media release, will accept registrations for any Bantam, Midget or Junior-aged players.

The camp, which will be held at the

Gateway Community Club, will cost \$60. Times are as follows:

- Sundays, Jan. 17, 24, and 31 - 9:30-10:30 p.m.

- Sundays, Feb. 14, 21, 28 - 9:30-10:30 p.m.

- Sundays, March 6 and 13 - 9:30-11 p.m.

The Blizzard Junior "B" squad consists of players aged 17-21 from Winnipeg and the surrounding area. In

past years, the team has had players from West St. Paul, Selkirk, Sagkeeng First Nation, and as far north as Thompson.

"We look forward to welcoming players from throughout Manitoba in the future," said Laurie From, the community communications liaison with the Blizzard, in an email.

The Manitoba Blizzard plays in the Rocky Mountain Lacrosse League,

which is an Alberta league but also has a Saskatchewan team competing in it.

Last year, the Blizzard had a stellar season, finishing first in the North Division and going on to compete for the league championship against the Saskatchewan Swat.

The Blizzard's home venue is the Notre Dame Arena in St. Boniface.

Stovin receives Mike Ridley Award

By Brian Bowman

Stony Mountain's Brett Stovin was one of several University of Manitoba Bisons' hockey players that received a 2015-16 Mike Ridley Annual Award.

The Mike Ridley Awards were established in 2003-04 season as an endowment fund for the University of Manitoba.

For the 2015-16 season, there were 20 Bison men's and four Bison women's hockey players awarded based on exhibited superior athletic ability, coupled with good academic standing and high level of leadership as a full-time student.

This season, each male student-athlete received \$800 while each female student-athlete received \$700.

Stovin, a freshman, has nine goals

and 19 points this season.

"This is the 13th consecutive season in which the annual support of Mike and Chris Ridley has been delivered to both Bison hockey programs and Bison Sports is grateful for their generosity," said Bison sports athletic director Coleen Dufresne in a media release.

"It is with tremendous pride that these annual awards continue to assist very deserving Bison hockey players from both successful programs on a continual basis."

Mike Ridley played with the Manitoba Bisons from 1983-85 before embarking on a 12-year NHL career with the New York Rangers, Washington Capitals, Toronto Maple Leafs and Vancouver Canucks.

His last season as a professional was played with the Manitoba Moose. The Winnipeg native was the first Bison hockey player to have his jersey retired.

The following Bison hockey players are 2015-16 Mike Ridley Awards recipients:

Men — Justin Augert, Liam Bilton, Channing Bresciani, Brett Brooks, Dustin Bruyere, Warren Callis, Jordan DePape, Adam Henry, Rene Hunter, Dylan Kelly, Shaq Merasty, Jesse Paradis, Justin Paulic, Luke Paulsen, Joel Schreyer, Byron Spriggs, Brett Stovin, Brock Sutherland, Dasan Sydora and Jonah Wasylak.

Women — Caitlin Fyten, Nicole McGlenen, Charity Price and Cassandra Taylor.



Brett Stovin

Rams, Wildcats drop league hockey games

By Brian Bowman

It may be a New Year but it was the same result for the Stonewall Collegiate Rams hockey team in league play last week.

Stonewall began 2016 with a 6-2 road loss to College Jeanne Sauve in Winnipeg High School Hockey League action on Jan. 5 in Winnipeg.

The Rams started the game great by taking a 1-0 first-period lead on a goal by Carson Ouellette.

But Riley Boyd, Ryan Marchand, and Scott Gember scored for the home side in the second period. College Jeanne Sauve then went up 5-1 as Loel Asham and Boyd tallied early in the third.

Stonewall's Austen Ewanek and College Jeanne Sauve's Marc Desrochers then traded goals late in the game.

Liam Brown, Ryan McMahon, Ryan Brown and Seth McMahon each had assists for the Rams.

Last weekend, the Rams participated in the Winkler High School Hockey Invitational.

Stonewall started the tournament with a 5-4 win over the Garden Valley Zodiacs and then was clipped 2-0 by Dauphin.

Playing against a pair of northwestern Ontario teams, the Rams were doubled 4-2 by the Dryden Eagles and then were blanked 2-0 by the Beaver Brae Broncos from Kenora in the sev-

enth-place game.

The Rams were looking to notch their first league win of the season when they hosted the St. John's Ravenscourt 1 Eagles yesterday but no score was available at press time.

Stonewall will then play the Garden City Fighting Gophers today at the Seven Oaks Sportsplex. Game time is 4:15 p.m.

In Price Division action, the Warren Collegiate Wildcats were defeated 6-3 by the John Taylor Pipers last Thursday at the MTS Iceplex.

John Taylor took a 3-0 lead before Warren stormed back with three second-period goals.

The Pipers then scored three unan-

swered goals in the third period.

Special teams played a big part in this game as John Taylor scored three power-play goals while Warren tallied once with the man advantage and also had a shorthanded marker.

Taylor Radley scored twice for Warren while Baily Proctor also tallied.

Jared Krostewitz (two), Shane Bigourdin, Chris Sass, Craig Wiess and Colin McKay scored for John Taylor.

Warren hosted the St. John's Ravenscourt 2 Eagles this past Tuesday but no score was available. The Wildcats, now 3-10-0-0-0-1, will play the Fort Richmond Centurions this Monday at Silverstone Arena in Winnipeg.

Game time is 4:25 p.m.

Interlake Lightning take part in all-star game



TRIBUNE PHOTOS BY LANA MEIER

The Interlake was well represented at the Winnipeg AAA City Midget All-Star game last Saturday at the MTS Iceplex. Representing the Lightning were, pictured left to right, Blaze Senden, Ethan Daniels, Rhys Bremner and Brandon Abrahams.

Lamb very good at provincial curling championship

By Brian Bowman

Stonewall's Rebecca Lamb rink narrowly missed advancing to the final four playoffs at the Canola Junior Women's Provincial Championship in Rivers, Man. Last weekend

Lamb lost 8-5 to East St. Paul's Kristy Watling in a tie-breaker on Saturday.

Trailing 5-4, Watling scored twice in the eighth end and then added a steal of two more in the ninth for the win.

Lamb and Watling each had finished with 5-2 records in the "Asham" Black Group standings, behind only Altona's Mackenzie Zacharias (6-1).

Abby Ackland's Fort Rouge team

won the junior women's title after a 7-5 victory over previously undefeated Laura Burtnyk from Assiniboine Memorial.

Meanwhile, Stonewall's Thomas Dunlop rink finished with a 2-5 record at the Canola Junior Men's Provincial Championship, which was also held in Rivers. After starting out with five consecutive losses, Dunlop finished with impressive wins over Brandon's Chase Dusesoy (8-1) and Springfield's Tyson Roeland (8-4).

As a 17-year-old team, Dunlop entered the 20-and-under junior provincials ranked 13th out of 16 teams. But

they moved up to 11th place by the end of the event.

Dunlop's best game arguably came in their first matchup against current World Junior Champion Brayden Calvert of Deer Lodge.

Dunlop lost 6-4 in 10 ends but it was Calvert's closest game all week until he lost out in the semifinals to Granite's Derek Oryniak by a 9-6 score.

Matt Dunstone and his Granite team of Colton Lott, Kyle Doering, Rob Gordon and coach Calvin Edie earned the right to represent Manitoba at the national juniors later this month.

Dunstone completed an undefeated

sweep after a 7-4 victory Sunday afternoon over clubmate Derek Oryniak.

It will be a return trip to the Canadian championship for Dunstone, who won the Canadian title in 2013.

As a side note, Stonewall's coach Darrel Argan was unavailable to attend the provincials due to work commitments, but the rink enlisted friend and CurIMB high-performance coach, Blaine Malo, to coach and greatly assist Team Dunlop during the week. Up next for Team Dunlop are the U18 regionals and MHSAA regionals as the team looks to improve on last year's U18 bronze-medal performance.

Wildcats playing well on court

By Brian Bowman

The Warren Collegiate Wildcats' junior varsity girls' basketball team may have played in just their first tournament of the season last weekend, but they sure looked like a polished group as they captured the tournament title in Ste. Anne.

Warren won the gold with a thrilling 36-34 victory over Zone 5 rivals from Gimli.

The Wildcats started strong with a convincing 65-27 triumph over Immanuel Christian. A big part of Warren's win was its stellar rebounding.

In the Wildcats' next game, Warren used a stifling defence to soundly defeat Ste. Anne 28-6. Warren outscored the hosts 18-0 in the first half.

In varsity boys' action, Warren won the third-place game at the Steinbach Flames tournament with a 44-33 win

over the Niverville Panthers last Saturday.

Warren was relegated to the third-place game after a slim 50-45 loss to Steinbach Christian in an A-side semifinal matchup.

The Wildcats started the tournament with a dominating 85-35 win over the Morris Mavericks.

Warren's Ethan Garrett was selected as an all star.

Warren's varsity girls were also in tournament action last weekend, winning their third-place game at the Sabre Shootout with a 50-39 win over Gilbert Plains.

Warren started the tournament with a 39-20 win over Ste. Anne but then was edged 40-39 by Hamiota.

The Wildcats' Kristen Olsen was named to the tournament all-star team.



TRIBUNE PHOTO BY LAURA MANCHULENKO

The Wildcats' junior varsity girls' basketball team claimed gold at their first tournament of the season last weekend in Ste. Anne. Pictured back row, left to right, Payton Janke, Mona Carriere, Laura Brad, Faith Witt, Meaghan Sholdice, Taylor McMahon; front: Jordan Schott, Makayla Baldwin, Alex Chester, Olivia McCowan, Grace Goodman and Maddie Boonstra. Missing from photo are Kirstin Erickson and Laura Manchulenko (coaches).

Argyle men's curling bonspiel winners



TRIBUNE PHOTOS BY BRUCE BUCHANAN

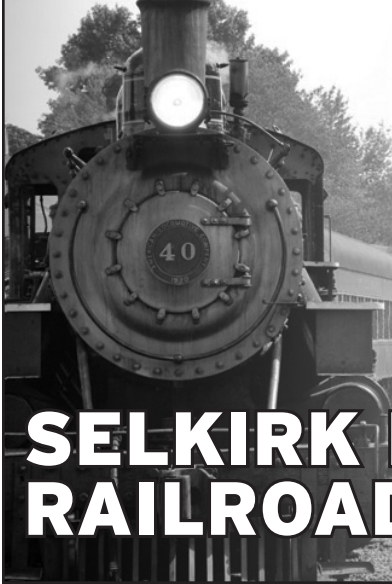
The Argyle Curling Club hosted 24 teams this past weekend at their annual men's bonspiel. The first event winners, pictured left to right, were Bob Sylvester, Ernie Kars, Travis Lawrence and Bryan Novak, who defeated the Dave Green rink. The second event winners, pictured middle, were Ross MacMillan, Jeff MacMillan, Riley Janke and Cal Janke, who defeated the Bruce Buchanan rink. Meanwhile, the third event was won by Larry McLeod, Craig Nichol, Al Purdy and Trevor Blue, who defeated the Dave Meyers' rink. Nichol's team scored an eight-ender, the first time in all of Nichol's years of curling.

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HELP WANTED

Kletke Seed Farm Ltd. is looking to hire an energetic individual to join their office team. This candidate must be able to work with minimal supervision. Prior knowledge of Word, Excel and Outlook are required. We are an ISO9001 Accredited Company, so previous experience of office procedures and protocol are an asset. This is a full time position. A benefit plan will be offered after three months of employment. Please send your resume to Glenn Kletke: ddkletke2@mymts.net. Only applicants granted an interview will be contacted. Closing date for applications is January 31, 2016.

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TOWN OF STONEWALL CHIEF ADMINISTRATIVE OFFICER

The Town of Stonewall is accepting applications for the position of Chief Administrative Officer (CAO). The Town of Stonewall is a great place to call home. The Town is located along Provincial Trunk Highway 67 with a population of 4,536 and growing. Stonewall is just 25 kilometers north of Manitoba's capital city, Winnipeg. Stonewall offers its residents a friendly, quiet rural alternative to life in the big city. Stonewall was founded in 1878, and was officially incorporated in 1908.

Under the direction of Council, the Chief Administrative Officer's responsibility shall be to manage the overall operation of the Town, specifically the following:

- Administrative functions of the Town including council meetings, all legislative requirements, recommend new initiatives to council and implement council priorities.
- Financial management including the preparation and monitoring of the annual financial plan and the overall financial functions of the Town including the entire taxation process.
- Human resource management: you will recruit and develop all municipal management employees.

Qualifications:

- Preferences will be given to candidates with a minimum 5 years CAO experience or experience in a related field;
- Graduate from the University of Manitoba-Manitoba Municipal Administration Program (or willingness to enroll);
- A strong understanding of the Manitoba Municipal Act;
- Interpersonal skills to deal with Council and staff and to build partnerships in the community and surrounding area, while effectively representing the interest of the Town;
- Oral and written communication skills;
- Supervisory skills;
- Personal initiative balanced by a willingness to follow directions;
- Excellent analytical, research, organizational skills & problem solving skills;
- Ability to deal with other levels of government including federal, provincial and other municipalities;

The Town of Stonewall offers a very competitive salary with a comprehensive benefits package. The job posting will be open until a suitable candidate is identified. Interested candidates are invited to forward their resume, cover letter and references to:

Lockie Mclean, Mayor
Town of Stonewall
Box 250
Stonewall, MB R0C 2Z0
E-mail: lmclean@stonewall.ca

We thank all candidates for their interest, however, only those being considered for an interview will be contacted.

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Farm Land For Sale By Tender

Sealed bids for the purchase of the following parcel of land, located in the RM of Rockwood, Manitoba and currently owned by Eric Ammeter, as executor under the Last Will of Fromhold Ammeter, will be received up to 4:00 pm on January 29, 2016 at the offices of: **Grantham Law Offices, Box 1400, Stonewall MB., R0C 2Z0 Attn: Karen @ (204) 467-5527**

NW ¼ 24-13-2 EPM

(160 acres - 100 acres cultivated/60 acres pasture)

The land will be sold free and clear of all liens and charges.

The following will apply to all tenders:

The vendor reserves the right to reject any or all bids and the highest bid or tender may not necessarily be the successful bid.

All offers are to be submitted in sealed envelopes accompanied by a certified cheque or bank draft payable to "Grantham Law Offices in Trust" for 5% of the tendered amount. Cheques will be returned in respect to tenders that are not accepted.

All bidders will be advised within two working days of January 29, 2016 if their bid was successful. Successful bidders will be required to enter into a formal Purchase agreement with a possession date of February 15, 2016, or sooner by mutual consent.

Tenders will be held in confidence and not be released to the public or other bidders.

If any purchaser has any questions concerning the bidding process, please contact Grantham Law Offices Attention: Karen.

Any questions regarding details or history of this parcel can be directed to Eric Ammeter at 204-461-1970

HOUSE FOR SALE Stonewall



Stonewall - 2 bdrm, 1 bath 1250 sq ft. home for sale on quiet street. 50 x 100 lot, central air, gas furnace. Many upgrades including shingles, siding, flooring & a 22 x 28 two car heated garage with in floor heat. \$240,000.

Call 1-204-467-1872 or 1-204-479-9223 for more info.

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NOTICES

The Lord's Day is the heritage of our nation. Sunday observance was written into the laws of our land, just as the commandments concerning stealing and murder. For more information and to read our publications www.clda.ca

FOUND

Cell phone found 3rd Ave N. Call United Church 204-467-5469 to pick up.

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

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Manitoba Riding for the Disabled Association 17th Annual Super Flea Market 2016, February 6th & 7th at Assiniboia Downs, Winnipeg. Vendor spots available - 80 vendors in the show! www.mrda.ca

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Potatoes - Red, Yellow & Russet. Onions, cabbage, beets, turnips, parsnips & honey. Deer feed, \$9; black oil sunflower seeds, \$21. Interlake Potato Farm, phone 204-886-2676. 1 mile N. of Teulon on #7 & 1 mile E. on Rd. 95N.

FARM PRODUCE

Fresh honey for sale. Ph 204-461-1267.

NOTICE

Warren Jr. Mercs Novice Minor Hockey team would like to thank everyone who purchased raffle tickets. 1st Prize - Kevin Mitchell of Stonewall; 2nd Prize - Clay Procter of Woodlands; 3rd Prize - Garry Mitchell of Stonewall. Congrats to the winners!!



NOTICE TO CREDITORS

IN THE MATTER OF: The Estate of Betty Mabel Louise Lillies, late of the Town of Stonewall, in Manitoba, 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, ROC 2Z0 on or before the 22nd day of February, 2016. DATED at Stonewall, Manitoba this 6th day of January, 2016. GRANTHAM LAW OFFICES Solicitor for the Executrix

NOTICE OF PUBLIC HEARING BY THE MUNICIPAL BOARD OF MANITOBA

RE: RURAL MUNICIPALITY OF WOODLANDS BY-LAW NO. 2661/15 (MUNICIPAL BOARD FILE NO. 15E8-0041)

PUBLIC NOTICE is hereby given, under the provisions of The Municipal Act, S.M. 1996, c.58 and The Municipal Board Act, R.S.M. 1987, c. M240, that The Municipal Board will hold a public hearing for the purpose of hearing any presentations in objections to or in support of the proposed By-law. The public hearing will take place on **Thursday, February 18, 2016 at 7:00 p.m. at the Woodlands Recreation Centre, 33 Solvason Avenue, Woodlands, Manitoba.**

The By-law proposes to authorize the following to the existing Woodlands Lagoon: Construction of a new lagoon primary cell, re-routing the forcemain into the new primary cell, constructing a truck turnaround and spillway, upgrading existing access road approach, perimeter ditching, raising existing lagoon cell dikes, installing intercell and discharge piping. The estimated cost of the project is \$1,800,000.00. The Municipality is to receive funding from the Manitoba Water Services Board in the amount of \$900,000.00 and the balance of \$900,000.00 is to be borrowed by the Municipality.

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

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

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

Dated at Woodlands, in Manitoba, this 7th day of January, 2016.

Rose Gibbons
Secretary
The Municipal Board
1144-363 Broadway
Winnipeg MB R3C 3N9

RURAL MUNICIPALITY (RM) OF ROSSER UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING

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

RM OF ROSSER BY-LAW 14-15 Being an AMENDMENT to the ROSSER CENTREPORT ZONING BY-LAW 10-14, as amended to RE-ZONE Pt. SW ¼ 28-11-2E from CENTREPORT RURAL ZONE to "I2" INDUSTRIAL GENERAL ZONE

HEARING LOCATION: RM of Rosser Council Chambers 0077 E PR 221, Rosser, MB

DATE and TIME: Tuesday, January 26, 2016 at 7:30 p.m.

GENERAL INTENT and PURPOSE: To re-zone Pt. SW ¼ 28-11-2E from CentrePort Rural Zone to "I2" Industrial General Zone to establish a Transportation Related Distribution Centre use, being a warehouse/distribution centre and truck service facility.

AREA AFFECTED: This by-law shall apply to part of SW ¼ 28-11-2E as identified on the map appearing on the back of the Hearing Notice.

FOR MORE INFORMATION CONTACT: Roberta Van Caeyzeele, Acting Manager South Interlake Planning District 285 Main Street Stonewall, MB ROC 2Z0 Phone: 204-467-5587 Fax: 204-467-8383 Email: info@sipd.ca

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



SCHEDULE "A" Attached to By-law No. 14-15 of the R.M. of Rosser, amending Appendix A, Zoning Map 2 of the CentrePort Zoning By-Law No. 10-14
Legend: Area to be re-zoned, Assessment Parcels
CentrePort Zoning Amendment R. SW 1/4 Sec. 28-11-2-E
Date: November 2, 2015
From: CentrePort Rural Zone To: "I2" Industrial General Zone

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> MEAL IDEAS

Grilled salmon pizza



This quick and easy pizza uses small flour tortillas for a tasty thin crust. No time to cook the salmon first? Use leftover salmon or chicken instead.

Recipe developed by Emily Richards, PH Ec. ©Heart and Stroke Foundation 2013.

Ingredients

- 1 tsp (5 mL) canola oil
- 2 tbsp (25 mL) chopped fresh parsley
- 1 large clove garlic, grated



- 1 tsp (5 mL) Dijon mustard
- 1/4 tsp (1 mL) fresh ground pepper
- 2 skinless salmon portions, about 5 oz/150 g each
- 4 small whole grain flour tortillas
- 4 cups (1 L) baby spinach
- 1/3 cup (75 mL) crumbled light feta cheese

Directions

In a bowl, combine oil, parsley, garlic, Dijon and pepper; add salmon and turn to coat evenly.

Place on oiled grill over medium heat; close lid and grill for about 10 minutes or until salmon flakes easily when tested. Remove to plate.

Place spinach in a microwaveable bowl with 2 tbsp (25 mL) of water. Cover and steam for 1 minute or until wilted. Drain well.

Using a fork, break up the salmon into small pieces and divide over tortillas. Top with spinach and feta. Slide tortillas onto grill over medium heat and grill for about 5 minutes or until tortilla is crisped and golden.

Parmesan-Crusted New York Pork Chops



Ingredients

- 4 boneless New York (top loin) pork chops, about 1-inch thick
- 1 tablespoon olive oil
- 1 1/2 teaspoons coarse salt
- 1 teaspoon freshly ground black pepper
- 1/3 cup panko bread crumbs, (Japanese-style bread crumbs)
- 1/3 cup freshly grated Parmesan cheese

Preparation

Brush pork with oil. Season with

salt and pepper. Let stand for 15 to 30 minutes. In small bowl, mix panko and Parmesan together.

Prepare medium-hot fire in grill. Place chops on grill and close lid. Grill over direct heat for four minutes. Turn chops and sprinkle panko mixture over tops. Close lid and continue grilling for 4-5 minutes more, or until topping is lightly browned and internal temperature of pork on meat thermometer measures between 145°F (medium rare) and 160°F degrees F (medium). Remove from grill and let rest for three minutes.

Preparation Time 5 minutes

Cook Time 10 minutes

Serves 4 servings

5 Ways to Discover Your Fitness Side

When it comes to a new fitness goal, entering the new years resolution rush can be overwhelming. From the Internet, to magazines, the gym rush to the latest fad; it can be very frustrating for the average person to find the right fitness program.

So for anyone who is entering a personal goal of improving your health and fitness this new year, GOOD FOR YOU! You have made the first step!

5 ways to keep your fitness goals realistic and healthy:

1. Start off by setting a personal GOAL. Write it down.

2. Pick a sport or recreational activity that you enjoy doing. Getting fit does not essentially mean that you have to work out for hours in the gym, get outside or stay inside. Joining a local Boot Camp class helps keep you accountable by working out with like-minded people adding you to a fitness community close to home. Make it fun!

3. Take out your calendar and pick out how many days per week (be realistic) that you will dedicate to working out. Pick a VARIETY of different activities and always be open to trying different types of exercises or activities so that you don't get bored and give up.

4. Have FUN with it! Working out is hard for a lot of people. But it doesn't have to be awful. For those of us that live in Manitoba, strap a pair of skates on, go snow shoeing, cross country skiing, and ENJOY getting fit.

5. Last but not least, SET real goals for yourself. Create a BALANCE for yourself that will work into your lifestyle.

Every one is built differently, and we all start from somewhere. Hockey players, marathoners, snowboarders and even fitness models are not built over night.

So as we looked through those magazines on the rack, surf the Internet, or see billboards of the newest trend, try to enjoy the fitness tips and new exercises, but also appreciate who you are on a day to day basis as an individual and set yourself up for success with realistic GOALS for your lifestyle. All you have to do is decide what you want and slowly start chipping away everything from your life that doesn't fit.

Building a long healthy lifestyle starts with BALANCE. Results do not happen overnight and it does take time to build healthy habits. So go out and join a local class, dust off those hockey skates or simply go for a walk and get outside.

Go out, have FUN, and discover your FITNESS side.

Christina Hooper
Backcountry Fitness & Conditioning



Greek Pasta Salad

Ingredients

- Sun-Dried Tomato Salad Dressing
- 3/4 cup sun-dried tomatoes, drained or rehydrate if dry
- 2/3 cup olive oil
- 1/4 cup fresh basil, chopped
- 2 tablespoons capers
- 3 cloves garlic
- 3 tablespoons Kikkoman Rice Vinegar
- Salad
- 1/4 cup Kikkoman Thai Style Chili Sauce
- 4 cups rotini pasta, cooked
- 1/2 cup cucumber, peeled and seeded
- 1 cup cherry tomatoes
- 1 cup green bell pepper strips

- 1 4-ounce package feta cheese, crumbled
- 1 3.8-ounce can black olives, sliced and drained



- 3/4 cup chopped green onions
- 1/2 tablespoon chopped dill weed

Preparation
For dressing, whisk together sun-dried tomatoes, olive oil, basil, capers, garlic and rice vinegar. Set aside.

For salad, whisk together 1 cup salad dressing and chili sauce, set aside. In large bowl, combine pasta and remaining ingredients, tossing to combine. Serve with salad dressing. Serves 6

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ANNOUNCEMENT

CARD OF THANKS

We would like to thank our friends and neighbors in the community for their out-pouring of support when our Mom and Oma, Christel Holtmann passed away suddenly. We were overwhelmed with the care and concern shown to all of us. Our community is very important to us and we appreciate the cards, flowers, food and Christmas caroling.

-Henry and Laura,
Tony and Kim, Cathy,
Rosemarie and Gary and families

ANNOUNCEMENT

CARD OF THANKS

I would like to thank the Warren schools for my surprise 70th Birthday Celebration on Thursday, January 7th and to all of the staff and students for the cake and gifts.

-Sincerely,
Betty Ann Fairlie

ANNOUNCEMENT

CARD OF THANKS

Heartfelt thanks to everyone who visited, phoned, sent food, baking, flowers and made donations in honour of our beloved husband, father, son, brother, uncle and Grandpa, Bill Peltz. Special thanks to Rev. Scott MacAuley, Kaitlyn and Lindsay for doing the slides and Carly for the beautiful song. Also the Warren Herizon District Lions Ladies for preparing the lunch and to everyone who helped at the hall. Thank you to the MacKenzie Funeral Home for their services.

-Tracey, Ashley, Derek and Lachlan;
Keegan and Ashley;
Ed and Mina;
Mark, Lisa, Jason and Ryan;
Nicole, Ben and family

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

BIRTHDAY



On January 14th
If you see this classy fellow
wish him a Happy 50!
Love you Faja and Grandfaja!!

ANNOUNCEMENT

IN MEMORIAM

Dew

In loving memory of
Cecil Dew
January 24, 2002
and

Wayne Dew
January 8, 1990

Those whom we love don't go away;
They walk beside us every day.
Unseen, unheard but very near,
In our memories they are always here.
-Lovingly remembered and very sadly missed,
by Ev Dew and family

Don't forget to send your special wishes to your friends and family.

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OBITUARY

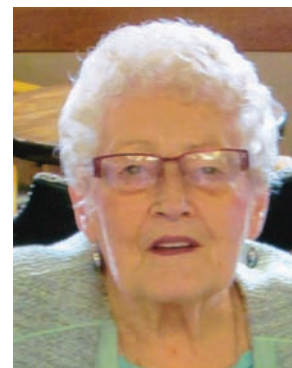
Jean Margaret Renauld

August 9, 1923 - December 29, 2015

Suddenly on December 29th, Jean passed away at the age of 92 at the Health Sciences Centre in Winnipeg.

Jean is survived by her son Terrance; grandchildren Michellyn and Ryan (Michelle); great-grandchildren Katryona and Zander; sister Nancy Furey; sister and brothers-in-law, nieces, nephews, cousins and friends. She was predeceased by her husband George; her parents Samuel and Mary; brothers Reginald, Allan and Harry; sisters Kay and Elsie.

Jean was born on the family farm in Fisher Branch, Manitoba. She met and married George and together they spent 68 wonderful years making memories in Winnipeg, Windsor, and Edmonton with their final stop in Stonewall. She was a classy lady with many talents and will be greatly missed.



The family would like to thank the Stonewall Community Health Office staff for their in-home support which allowed Jean to remain at home up until her passing.

In lieu of flowers, donations can be made to the Stonewall Legion Branch No. 52 Poppy Fund. At Jean's request, a private interment will take place at a later date.

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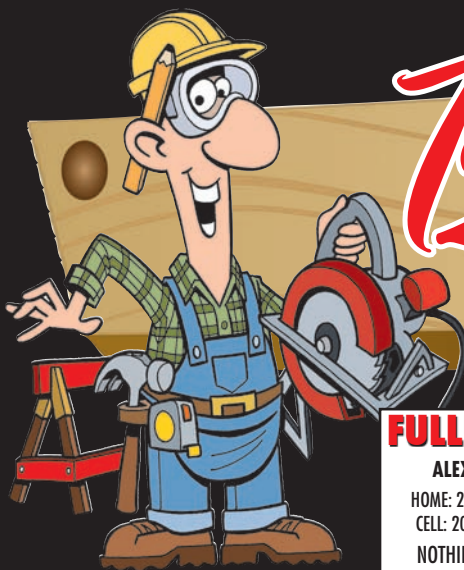
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