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Stonewall Teulon Tribune

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Students hit the trails

By Jennifer McFee

Cross-country skiing is gaining momentum as a popular pastime for local outdoor enthusiasts.

In Stonewall, Tami Couch and her husband Curt McClintock started working on a trail at Quarry Park in November. Since then, they've been going out about once a week to maintain it for a growing number of skiers to enjoy.

"We decided that we wanted to make the cross-country ski track at Quarry Park because it's so nice there. We got a tracker on loan from Warren Collegiate," Couch said.

"We've been doing it all winter so far, and lots of people are using it. We have to keep tracking it because it blows in or people walk on it or Ski-Doos go over it. I try to make another path for the walkers so they don't walk on it."

Couch also expressed appreciation for the Interlake School Division's Infinity Program, which created arrows to mark the trail using supplies donated by North American Lumber.

"They did a good job and they were so proud of themselves," she said.

TRIBUNE PHOTO BY JO-ANNE PROCTER

RW Bobby Bend Grade 2 teacher Jacquie Holod and her class enjoy the cross-country ski trails at Quarry Park.

Continued on page 2

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



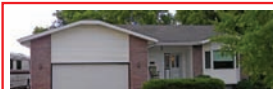
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Cross-country skiing provides outdoor adventures

Continued from page 1

Recently, the Town of Stonewall needed to plow some parts of the park to access several different areas. As a result, some of the cross-country ski trail was affected.

Catherine Precourt, Heritage Arts Centre manager, said they tried to avoid damaging the trails as much as possible.

"Right now, portions of the trail aren't usable, but people are welcome to come out to the park to use the portions that are. Or if they wanted to break trail and try some of the other areas in the park, that would be fine as well," Precourt said.

"We do want to encourage people to come and use the park in whatever way they do, whether it's walking or cross-country skiing or snow shoeing. It's great for the community to be able to come out and get active, and the town tries to work with people as much as we can to enable them places to do that."

Couch encourages anyone who would like to help out with the trail to call her business, Stonewall Florist, at 204-467-2470.

Meanwhile, cross-country skiing is also drawing droves to Teulon for outdoor adventures.

Bonnie Tinker spoke to Stonewall



Outdoor enthusiasts Curt McClintock and Tami Couch have made trails through the park for everyone to enjoy.

council last week on behalf of Teulon Cross Country Ski Club, which is seeking funds to insulate its new chalet.

Currently, 99 people have purchased a season's pass through the Teulon club, made up of 42 users from Stonewall, 25 from Teulon, nine from Balmoral, two from Fisher Branch, 10 from Gunton, four from Arborg, one from Petersfield and six from Portage.



TRIBUNE PHOTO BY JO-ANNE PROCTER
RW Bobby Bend Grade 2 students enjoy the cross-country ski trails at Quarry Park.

In addition, the trail is frequented by school groups as well as by people who pay daily rates.

The club recently fundraised to buy a new grooming machine for the trails. They also pieced together funds to build a new chalet. The club had applied for a \$12,000 grant from Manitoba Community Services Council, and they received \$9,000 — which wasn't quite enough to complete for the fin-

ishing touches.

They decided not to insulate or finish the walls of the chalet. Instead, they finished the rough stage and put in a stove to provide a warm place for chilly skiers. Now they're working on the next phase, which is to insulate the building and put up siding.

Stonewall council will consider their request during budget deliberations in early March.

Gunton Hall raising funds for AED

'Love your heart' spaghetti dinner to be held Feb. 11

By Natasha Tersigni

To ensure that community members' hearts are protected, just in time for Valentine's Day, board members with the Gunton Memorial Hall are holding a fundraising spaghetti dinner on Feb. 11 to raise money for an Automated External Defibrillator (AED) for the hall.

In an emergency, the AED can assist those treating a person having sudden cardiac arrest (SCA) while providing treatment through defibrillation. Proper use of an AED during an SCA, including a heart attack, greatly increases the chances of saving someone's life and ensuring as little damage is done to the brain and other vi-

tal body organs.

With the hall being built in the 1940s, no AED was ever installed. With the increase of AEDs in most public places nowadays, including arenas, schools and malls, board members thought it was time to have one in the hall.

"I took a First Aid and AED course a few months ago and it is just common that most public spaces have an AED so we thought we should get one," said organizer Tony Balian.

"With it being Valentine's Day, we

thought it would be a great time to hold a fundraiser to support the heart."

The fundraising dinner — which includes spaghetti, meatballs, garlic toast and caesar salad — will be held on Feb. 11 from 4 to 7 p.m. at the Gunton Memorial Hall.

Tickets are \$12.50 for adults and children are \$6. Tickets can be purchased by phoning Rick or Barb at 204-886-2295 or Tony at 204-886-2886.

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Crazy Jumpers Winter Fun Day this Sunday

By Patricia Barrett

The Crazy Jumpers Dog School is holding a Winter Fun Day this Sunday for people who have experience handling sled dogs and want to head out on the trail.

"It's something fun to do in the winter," said Kim Masiak, who has been taking part in the sport for four years. "If someone has a dog that's over 35 pounds, it's something they can consider."

Those who haven't taken a class in dog sledding won't be able to participate, but they're welcome to come out and watch.

"You need to know what you're doing on the trail," said Masiak, who is helping owner Patricia Tschanen organize the event.

The events include skijoring, a cross between dog sledging and cross-country skiing, and kick-sledding, in which one or two dogs pull a lightweight sled.

"We had offered a class in November for winter pulling sports," said Masiak, "so you can get out with your dog in the winter."

The fun day will give people an opportunity to sharpen

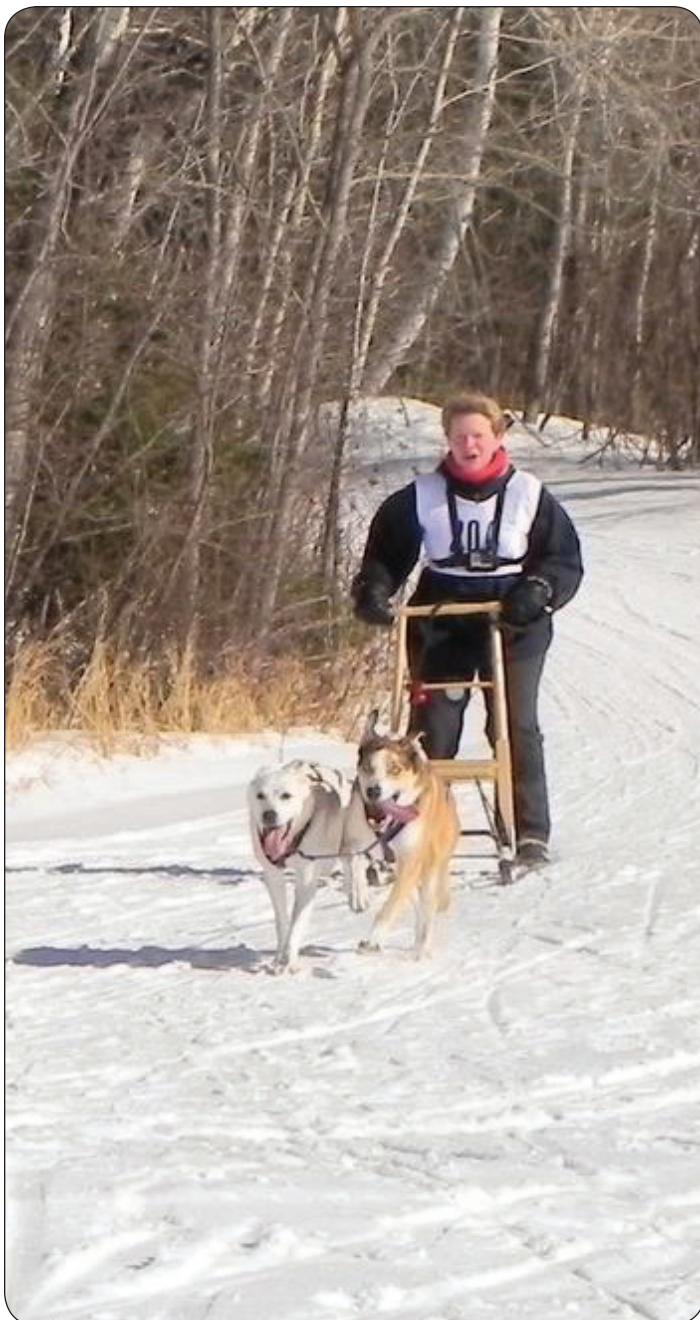
their skills and prepare for a race that the dog school is organizing in Inwood on Feb. 25.

"This is the precursor just to give everybody a chance to go out on a trail that they haven't been on before or just have a practice run," said Masiak.

The winter fun day gets underway at 10:30 a.m.

on Jan. 29. The dog school is located on the north side of PR 231 near Tomchuk Road, about 12 kilometres west of Highway 8 (between Gimli and Fraserwood).

For more information, call Crazy Jumpers at 204-641-4663.



TRIBUNE PHOTO COURTESY OF PATRICIA TSCHANEN
Crazy Jumpers Dog School is hosting a winter fun day for experienced dog sledders.

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Pea-processing facility creates opportunities in Manitoba

Staff

It's history in the making as Manitoba prepares to welcome a new \$400-million pea-processing facility that will create a ripple effect of positive impacts across the province.

On Wednesday, Jan. 18, Premier Brian Pallister and Agriculture Minister Ralph Eichler announced that France-based company Roquette will build their new pea-processing facility near Portage la Prairie.

Construction is expected to begin before the end of 2017, creating approximately 350 full-time jobs for local contractors, skilled tradespeople and professional service providers during the two-year design and construction period.

Once the facility is open, the company expects to create about 150 jobs with an estimated annual payroll of \$9 million.

As the MLA for Lakeside, Eichler expects to see benefits that extend beyond the Portage area.

"The benefits will be province-wide, Canada-wide. There will be peas grown in the Interlake area as well. It will be mainly in the prairies where the bulk of it will come from. We're going to have some time to get ready for their production levels that they need to make sure that they can deliver for their products as well," Eichler told the *Tribune*.

"But just the whole attitude about being open for business, we've been saying that since we formed government in April. This actually brings that message home, proves that companies and corporations and families and others want to invest in Manitoba. We are, in fact, being recognized on an international level that we are serious about making sure that we attract those new businesses."

Optimism is cropping up across the province due to this type of investment, he added.

"For me personally as the minister of agriculture, I was mandated to add more value to get more products finished and manufactured and developed in Manitoba, so this is a really good start," Eichler said.

"In fact, it's the largest single start-up investment in the history of Manitoba, so we're just elated about the opportunity to be able to showcase Manitoba. When we look at these initiatives, it's a great value for return on investment."

And the impact will be felt quickly since the multinational company hopes to be up and running by the fall of 2019.

"This is a very ambitious goal. That means that in 2018, we're going to have to have some crop in the ground in order to help them get started and help them test their machinery and

then really hit the ground running in 2019," Eichler said.

"It is a ripple effect that is going to have financial rewards for all the areas of the province. We'll see significant growth in the pea sector. We've had some significant challenges with the wet weather to grow peas, but the company's not concerned about that."

When it comes to pea production, optimism also abounds with wheat growers, he added.

"It's a great rotational crop to rotate with wheat because it puts nitrogen back into the soil as a natural ingredient, so it's a win-win. It gives the wheat growers that extra bit of nitrogen that it puts in the soil, so it helps on the input cost of things," Eichler said.

"And, of course, people are looking for proteins outside the animal proteins, so it gives them that opportunity to be able to build on that. What it boils down to is that it's a win-win for health overall."

Last week's announcement also sets the stage for a Protein Highway event that will be held in Winnipeg in September.

"That's an initiative that was developed to talk about other sources of protein. This will give us that opportunity to talk even more about those protein alternatives and our dietary process that we go through as well,"



Agriculture Minister Ralph Eichler

Eichler said.

"So farming is part of the process, but there are other derivatives that come from a company like this being able to access that market for those various protein alternatives that people are looking for. So by having that conversation and by having a company like Roquette bring that technology and science to Manitoba really sets the stage for Canada to be a leader."

Rockwood municipality council news in brief

By Jennifer McFee

- Council adopted the 2017 interim operating budget. Major focuses include fiscal services (\$500,000), transportation services (\$350,000) and general government services (\$140,000).

- Council authorized wage increments for the administration, utility and transportation departments.

- A street light will be put up on Highway 7 and PR 236 as part of Manitoba Infrastructure upgrades.

- Council will sign an agreement with Artistic Landscaping for caretaking and equipment services for the Winfield Waste Transfer Station for the amount of \$67,992 and the Balmoral Waste Transfer Station for the amount of \$39,300. Coun. Mark Hidlebaugh voted against both resolutions, and Coun. Art Goudy excused himself from the vote due to a conflict of interest.

- Chris Harwood asked for support for Youth for Christ programs for the 2017 fiscal year.

- Russell and Mansa Fitzjohn provided a presentation to council about their business called Mr. Garbage. They are seeking a conditional use to operate a junk removal and demolition business in Rockwood. They said they have a well-kept property in Headingley and have not had any problems with the neighbours or municipality for non-compliance. They said their work trucks and equipment are usually kept at their business location in Winnipeg. At a public hearing on Jan. 11, several residents spoke in opposition to the conditional use, citing concerns about fencing, storage, odours, visible garbage and debris. Council granted the conditional use, subject to conditions that include no outside storage of goods and materials related to the business. As well, no more than four company vehicles will be allowed on the property at any given time, and they must be stored in an enclosed accessory building.

- Joey and Michelle Farkas of Allard

Place requested permission to vary their garage door height and maximum garage area when constructing a new accessory building. Council approved their request.

- Craig Stewart of CCJ Farms Ltd. requested permission to vary the minimum site width and minimum site area, and council approved the request.

- The RM of Rockwood will participate in the Partnership of the Capital Region's purchasing pilot program for a period of two years for collaborative bulk pricing opportunities for fire departments. Rockwood will also pay \$6,500 plus taxes to the PMCR to purchase the fire services reporting system.

- Council acknowledged a lease agreement between Argyle Hall and/or the postmaster and Canada Post. Council authorized the postmaster and/or Canada Post to be named as an insured on the insurance policy for Argyle Hall.

- Council authorized the owners at 16 Gulay St. in Stony Mountain to pump water from their sump pump into the town water system for the winter months.

- Council authorized CAO Chris Luelman to write a letter of support to Danny and Jeanette Kleinsasser stating that the RM of Rockwood is in favour of their application to the Highway Traffic Board for a second access to their property.

- Council passed first reading of a bylaw regarding the control and removal of certain obstructions on municipal roads, ditches, parks and reserves.

- The RM of Rockwood is accepting written grant applications for 2017 at the administration office. Funding requests could be for capital expenditures, operating expenditures, or recreation or cultural activities; however, not all applications will be approved. The application deadline is Friday, Feb. 10.

Excitement builds for Montreal Canadiens alumni game

By Jennifer McFee

The countdown is on until the puck drops between the Montreal Canadiens alumni and the Kinsmen Krushers for a much-anticipated fundraising match.

On March 9, 2017, the two teams will face off at Veterans Memorial Sports Complex, with doors opening at 6 p.m. and puck drop at 7 p.m.

The game kicks off fundraising efforts towards a new splash pad and water park to be built at Kinsmen Lake by the Stonewall Kinsmen Club at a cost of about \$160,000.

Kerry Hendry, chair of the Montreal Canadiens alumni hockey game, said ticket sales are already off to a strong start.

"We need everyone from Stonewall and surrounding areas to come out and support the splash pad," he said. "The local team, the Kinsmen Krushers, is filling up quickly, but we still have a few openings left."

As well, one Thrill of a Lifetime opportunity is still available to play on the Habs team. The Canadiens alumni team will be made up of 22 play-

ers, and so far 10 have confirmed their participation: Richard Sévigny, Patrice Brisebois, Gilbert Delorme, Normand Dupont, Oleg Petrov, Chris Nilan, Keith Acton, Hal Gill, Jocelyn Lemieux and Stephane Richer.

Yvon Lambert will be on hand as the Canadiens' coach, along with Chuck Lefley as assistant coach. Lefley, a longtime NHL player, played with the Montreal Canadiens in the early 1970s.

"Their alumni has stayed strong and kept up the tradition of playing a lot of games in the winter right across Canada," said Lefley, who has operated his family's farm in Grosse Isle for the past 37 years along with his brother.

"The fellows I've been talking with at the rink all know about the game. The closer it gets, the more excited we'll get."

Adding to the excitement, retired NHL referee Rob Martell will be the referee-in-chief for the game.

Although he now lives in Florida, Martell grew up in Stonewall and his mom still lives in town at the Lions Manor.

He's now working for USA Hockey in their officiating development program, which has him travelling to Bismarck the weekend before the alumni game. He plans to spend some time in Stonewall and then head to Fargo for more games afterwards.

"I figured it gives me a chance to go back and visit my mom and spend a few days there with her. I can work it into a hockey trip, too, so it works out well for everybody," said Martell, who is looking forward to working with a few longtime friends as linesmen for the alumni game.

"I'm still playing a lot of hockey so I'm still skating but I haven't put on a referee outfit in over a year. It should be fun and it should be a little bit less stress than what I did in the past. I'm looking forward to it."

He also looks forward to helping out with the fundraiser to boost the amenities at Quarry Park, where he enjoyed plenty of time swimming in that lake in his childhood.

As project chair of the splash pad, Chris Luellman is pleased to shine the spotlight on the players involved

in the alumni game.

"We're doing the alumni game to raise funds for the splash pad, but the other side of it is we'd also like to give recognition to those who made the game special," Luellman said.

"The goal is to raise \$25,000 off the game. It's a fairly big target, but we need to make big targets in order to make this succeed."

Tickets for rush seats cost \$40 each, while VIP seats are \$75 apiece. A number of VIP seats will also be reserved for sponsorship packages. Tickets are on sale now at Stonewall Home Hardware, Stonewall Family Foods and the Stonewall branch of Sunova.

For more information about the opportunity to play for the Kinsmen Krushers or for the last Thrill of a Lifetime spot, contact Hendry at 204-793-9428. Sponsorship opportunities are also available by contacting Hendry.

A announcement will be coming soon about the coaching staff for the Kinsmen Krushers. To keep up to date with the latest news, visit the website for Kin Clubs of Stonewall at www.stonewallkin.com.

Rosser news in brief

By Jennifer McFee

- Rosser council accepted a proposal provided by Manitoba Infrastructure for road name signage for Canada CentrePort Way service roads at a cost of \$1,500 plus taxes.

- The RM of Rosser entered into an agreement with Barry MacBride as the Rosser utility project manager.

- Council gave first and second reading of a bylaw to set 2017 indemnities and the rate of compensation and expenses for members of council and standing committees.

- Council authorized the closure of Farmer Road from Wheatfield Road to Mountain View Road for a one-week period to enable construction of a water line.

- The RM of Rosser entered into an

agreement with MTS regarding right of way and easement to service Imperial Seeds. Per the agreement, any work completed in the municipal right of way must be remediated to the original condition.

- Manitoba Hydro has requested review and approval of electrical service per preliminary drawings for 127 Mountain View Rd.

- Council approved a culvert crossing at PR 236 and Road 71N, subject to verification from Public Works on the diameter of the culvert.

- An aggregate mining and transportation licence will be issued to Jim Minaker of Dorsey Road Gravel.

- The RM of Rosser will participate in the Partnership of the Capital Region's purchasing pilot program for

a period of two years for collaborative bulk pricing opportunities for fire departments. Rosser will also participate in the PMCR's fire services reporting system. The initial purchase and first calendar year of operation is

\$6,500, followed by an operating cost of \$1,700 for each subsequent year.

- Rosser council accepted the South Interlake Regional Library 2017 budget and approved the RM's levy of \$27,783.60.

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Another tale about the fish that got away

Hello again, fishing buddies.

It's hard not to make some reference to the movie *The Wizard of Oz* when I share a story given to us from the folks at Belair. Belair is on the east side of Lake Winnipeg where the road onto the lake is named the "Yellow Brick Road."

I've joked about this road before, but last week it took on an added flavour when I met two fun-loving ice fishing couples here. I could see them not far out as I came off Yellow Brick onto the ice.

Jostling towards them, Old Red threw cascades of water away from the front wheels I as sliced through the mushy melting snow. I pulled up beside our new fishing compatriots including Dennis Barchuk, who you see holding up a pickerel he had just caught; Brian Kwitecki, a tall, gangly chap with long grey curly hair and piercing yet kind eyes; and the "two Dorothys."

The "Dorothys" didn't want their names mentioned, but let me tell you, they were true outdoors gals dressed in old winter wear, snacking and drinking coffee from thermal cups as they slogged around in the slush joking around with me and the boys.

Then Dennis remembered a funny fishing interlude that happened many years ago with an old girlfriend.

They were fishing out of a canoe on Lee River when Dennis caught a fair-sized jack. He told his girl, Sain (I know, I've never heard that name before either), to net the thing. Sain grabbed the net, but when she leaned over the canoe's side and saw the jack's menacing head, she dropped the net and cried, "I'm not touching



TRIBUNE PHOTO SUBMITTED
Dennis Barchuk of Belair with a nice eating pickerel just caught.

that thing." Poor Dennis had to grapple the fish by the gill and paddle to shore at the same time.

A day later, I found myself pulling up to a very large ice shack on Netley Creek across from Chesley's campgrounds. Getting out of the truck to a warm, grey, misty day, I hailed the folks inside and was greeted with a "Come on in" by a woman's voice.

Entering, I took in the features of a sturdy shack. Anglers sat on either side of common ice holes along the floor's centre. The mellow voice of local gal Bev Rozmus, who invited me in, was that of a fine-featured lady with dark short hair.

We began getting acquainted as she told how she and her friend Kim Hansen, with friends, had built this shack. At the far end of the shack sat a petite, charming, pixie-faced lady with an enormous smile and short

bobbed dark brown hair.

"I lost my first ever fish today," new friend Kathie Cuddleford proclaimed. She continued as I turned my recorder on. A jack had struck her baited hook, and as she excitedly began reeling in her prize, it slipped off the hook halfway up the hole. Kathie's joyous expression changed to a determined frown. She tossed aside her rod and dropped on all fours, plunging her arm down into the cold water of the ice hole, catching the jack by the gill.

"That's my first fish and it's not getting away," she growled.

The fish thrashed about, slamming into the sides of the ice hole and out of Kathie's grasp. Quickly, she lay face down on the floor and drove her freezing arm into the depths after the fish, but sadly, it found freedom and disappeared. Slowly, Kathie regained her seat, changing back to the sweet, unassuming lady her friends knew and loved.

Last weekend, I finally made it down on the ice at Lockport, which looks like craters on the moon from the locks to the spillway. A few adventurous souls had managed to get their shacks on the ice, including Mike Templeton of Winnipeg. He gave us the story where not long ago he was fishing beside his shack while his son was inside doing the same. A fish took Mike's baited hook, and then for good measure, also took his rod down the hole. A few hours later, his son got a bite and pulled up a sauger as well as his dad's rig, which had another sauger on its hook.

See you on the ice, my friends. Bye now.

Tribune

The Selkirk Record

The Winkler Morden Voice

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Stonewall Teulon Tribune - Interlake Graphics
74 Patterson Drive, Stonewall Industrial Park Phone 467-5836 Fax 467-2679
Letters to the Editor: letters@stonewallteulontribune.ca
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Office Hours: Mon. - Thurs.: 8:00am-5pm
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TO PLACE AN AD or for COMMERCIAL DESIGN & PRINTING

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

Branden Meier 204-641-4104
ads@expressweeklynews.ca

or call our office at 204-467-5836

OUR EDITORIAL STAFF

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

Natasha Tersigni 204-558-2772
natasha@stonewallteulontribune.ca

Brian Bowman Sports Reporter
sports@stonewallteulontribune.ca

View the Stonewall Teulon Tribune online at
www.stonewallteulontribune.ca

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Tipping the scales

By Jennifer McFee

A generous customer tipped the balance in favour of a bright future for a hardworking waitress.

Jennifer Peitsch, originally from Stony Mountain, is no stranger to hard work. The 20-year-old is a familiar face in her workplace at Family Foods in Stonewall. She also works part time at Mongo's Grill on Regent Avenue in Winnipeg, making for long days and lengthy commutes.

On Jan. 14, Peitsch picked up a shift from another worker at the restaurant, which was exceptionally busy that night.

She tried her best to take care of all her customers, including a mom and three teenage sons who were enjoying a meal together at one of her tables. When it was time to pay, Peitsch got a shock of a lifetime when she noticed that the mom added a \$1,000 tip to her \$87.15 bill.

"I usually don't even look at the tips, but for whatever reason, I looked at her receipt and I was like, 'Oh my gosh, you did this wrong.' I thought she had just pressed it in wrong, so I was like, 'You might just want to redo this.' That's when she told me, 'No, that's actually your tip,'" said Peitsch,

a graduate of Stonewall Collegiate Institute.

"At first I just stood there, awkwardly, just stunned. And then I just burst into tears. I didn't know what to do. I could not believe it. I kept asking her 'Are you sure? Do you actually understand how much money you're giving me?' And when she said yes and assured me, then I asked her for a billion hugs and kept repeating myself, saying 'Thank you. Thank you.'"

For Peitsch, who moved to the city about seven months ago, it came as a complete surprise.

"They were just regular customers. I had never met any of them before. That's why I was so shocked when it happened just because it was a typical table," she said.

"She said that she just thought I was really friendly and she saw that I was really stressed out just because the restaurant was so busy. I guess she used to be a server so she knows how it is."

Amid the flurry of emotions, Peitsch forgot to get the customer's name, so she made a Facebook post to try to find her.

"I wanted her to know that I'm not like a typical 20-year-old that was go-



COURTESY OF JENNIFER PEITSCH

Jennifer Peitsch, who grew up in Stony Mountain, received a \$1,000 tip from a customer she served at Mongo's Grill.

ing to go out partying with the money. I wanted her to know that I was actually going to use it for a good cause. She actually made a difference," Peitsch said.

"She messaged me a few days later and said her name is Lisa. We exchanged a few messages here and there, and I've actually got to thank her properly now. She has definitely inspired me."

As for the money, Peitsch used it to pay off her credit card debt.

"The debt's gone and it feels so good," she said. "So now I can finally start saving up for school. I have an interest in psychology and sociology, so

I was thinking about going to U of W and trying to find what works for me."

The story spread fast and furious, and Peitsch soon found herself the centre of news stories that were broadcast right across the country — and even internationally. She received plenty of positive feedback, but in response to some other messages, Peitsch also wants to stress that the tip was a gift and she is not asking for money.

"Because of all this attention, so many people are rooting for me," she said. "They've been messaging me and encouraging me to apply myself and think about my future — so I'm actually going to do it."

Cross country ski club and Senior Resource Council looking for funding

By Jennifer McFee

- At the Jan. 18 meeting, Stonewall council heard from representatives from the Seniors Resource Council and the Teulon Cross Country Ski Club. Both organizations made requests for funding, which council will consider during budget deliberations in March.

- Stonewall council agreed to sign a municipal lease agreement with High Speed Crow.

- The town is considering swapping out its grounds equipment and replacing it with more efficient equipment to be funded through the reserve fund. A week will be given for the tendering process.



Bonnie Tinker of Teulon Cross Country Ski Club.



Seniors Resource Council members Pat Slatcher and Darien Russell.

2016 deadliest year on Manitoba roads, MPI says

Submitted

Manitoba Public Insurance is issuing a renewed call to road safety action for all road users in 2017 after recording the deadliest year on Manitoba highways in a decade.

Based on preliminary data, in 2016 there were 101 fatal collisions on

public roadways in Manitoba, which resulted in the deaths of 112 people. These numbers contrast with 69 collisions and 78 fatalities in 2015.

"2016 was a tragic year for road fatalities in Manitoba," said Crown Services Minister Ron Schuler. "Not since 2006 have we lost as many people in

motor vehicle collisions and our sincere condolences go out to the families and friends of the 112 Manitobans who lost their lives in roadway crashes.

"These terrible outcomes must serve as a reminder to all Manitobans to drive safely in 2017."

According to Manitoba Public Insurance data, another 19 Manitobans lost their lives in snowmobile and all-terrain vehicle collisions in 2016.

Although the full analysis of motor vehicle fatalities is not yet complete,

Continued on page 9

Fishers eager to see open market and plant established in St. Laurent

By Patricia Barrett

The Lake Manitoba Commercial Fishermen's Association is eager to see the provincial Conservative government open the commercial fishery to competition this year and is hoping a proposed fish plant for St. Laurent will be built.

"Hopefully, it's done sooner than later," said Allan Gaudry, chair of the LMCFA. "We're waiting for some fish plants to make decisions. And [we're waiting for the government to] formally open the market and [indicate] terms and conditions because once the open market hits, there has to be a process and there has to be terms and conditions to permit [us] to export fish."

In April 2015, the association lobbied the provincial government to exempt fishers from the federally run Freshwater Fish Marketing Corporation (which markets fish on behalf of the province's 2,000 or so fishers).

Four years earlier, about 100 fishers from the lake's south basin association held a meeting at which they voted in favour of opting out of FFMC. Mike Schafer of Schafer Fisheries from Illinois had attended that meeting and said he would like to build a fish processing plant in the RM of St. Laurent and buy "all" of Lake Manitoba's fish.

Schafer has now formed a partnership with Donald Salkeld, the former CEO and president of FFMC who was fired from his position by the federal government last December. That month, they stated their intentions to build a fish processing plant in Gimli by September 2017.

Gaudry said the RM of St. Laurent and its Community Development Corporation may be in talks with another company that wants to build a processing plant close to town. He doesn't know, however, how the negotiations currently stand.

"Everyone wants to know where it's at. We haven't seen a shovel in the ground. As far as commercial fishermen on Lake Manitoba are concerned, we're waiting and we're excited. We want to see some construction here soon so we know what's happening."

The RM of St. Laurent declined to comment when contacted by the *Express* last week.

CDF had asked the municipality to lobby the federal government to open up the market to competition — something it said it would not do.

A year earlier, a Terry Szydluk posted a message dated July 15, 2015, on a Trading Market website, saying a fish plant will be built in Manitoba (exact location unstated), and that he is looking for fish buyers:

"I noticed on the Sea-Ex website that Jagalchi Korea Corp is a purchaser of Mullet. We are in the final processes of establishing a freshwater fish processing plant here in Manitoba ... and we would like to know your fish product requirements."

Szydluk goes on to say that "our plant will have the capacity of supplying ... common carp, cisco (tullibee), northern pike, yellow perch, freshwater drum (silver bass), burbot (mariah) and mullet."

"Our production for these species," he wrote, "is expected to be approximately 70 million lbs (32 M kg [million kilograms]) combined."

It's unclear whether CDF's proposed plant would be buying fish from other lakes in Manitoba or from other provinces in order to reach that capacity.

According to Freshwater's 2015 annual report, the corporation sold 15.3 million kilograms (delivered weight) in 2014/15 from its mandate regions of Manitoba, Alberta and Northwest Territories, as well as from Saskatchewan, which is outside its mandate region.

Gaudy said Lake Manitoba has an overall quota (called a lake quota) of "over a million pounds," and individual fishers (unlike those on Lake Winnipeg) can catch as much fish as they like within the limits of that lake quota.

In spring 2016, the LMCFA passed a resolution at its AGM to put a moratorium on perch for three to five years in order to allow the species to recover from the predations of pike, which Gaudry said had inundated the lake during the flood of 2011.



TRIBUNE PHOTO BY PATRICIA BARRETT

Lake Manitoba, seen from the Marshy Point Important Bird Area, is a commercial winter fishery. A fishers' association is excited about the advent of an open market that the provincial Conservatives are expected to establish this year.

There are about 400 licensed fishers on Lake Manitoba, said Gaudry, and about 150 are active. The lake is a winter fishery.

"There's quite a few licences out there, but [they're] not very active for whatever reason — they don't like fish prices."

Gaudry said the fishers he represents are excited by the prospect of selling their fish to a plant rather than to the federal Crown corporation.

"We want to sell to a plant or another buyer other than Freshwater, for sure," he said.

He contends fishers will get a much better price than those offered by FFMC.

"The proposed fish prices from the [company] that wants to build in St. Laurent are pretty good prices," said Gaudry. "They're in the 60-70 [cents] range per pound round. We haven't had that luxury for 40 years. It's always been headless, dressed to Freshwater."

"I'll give you an example. A jackfish — a northern pike — is 45 cents at Freshwater, and you have to dress it, take the head off and gut them. The proposed fish plant is going to buy them at 60-70 cents round — almost double the price plus you don't have to clean them. It's a big advantage over what Freshwater prices are. And

that's what fishers have been wanting all these years — somebody that will come in and do this for us."

In terms of average income, Lake Manitoba fishers earn the least amount of money of all the province's fishery regions, according to a 2013 Conservation and Water Stewardship publication titled A profile of Manitoba's Commercial Fishery. Their average income between 2002-03 and 2011-12 was \$4,224. Lake Winnipeg fishers' average income over that same period, by contrast, was \$22,064.


The *Express* sent an email to Sustainable Development last week asking for the numbers of Manitoba fishers who had asked the province to opt out of FFMC. The department declined to specifically answer the question.

"The Manitoba Government is committed to allowing fishers to get out from under the monopoly of the FFMC and increase earning potential for their catch," said Sustainable Development Minister Cathy Cox in a statement forwarded by a communications assistant. "Fishers have connected with our MLAs in Gimli, Interlake, and Swan River, asking for the opportunity to compete more effectively in the world seafood market."




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Stonewall welcomes new Youth for Christ director

By Natasha Tersigni

With six years of experience growing and operating the Youth for Christ (YFC) Centre in the MacGregor Gladstone area, Paul Emmer and his family will soon be calling Stonewall home.

Emmer and his wife Allison along with their children Ethan, Abby, Andrew and Lydia Bethany will be moving to Stonewall for him to fill the director's position at Stonewall's YFC Drop-in Centre that has been vacant for the past two and half years.

Even with the absence of a full-time director, summer camps and Tuesday and Thursday drop-in evenings have continued. However, other areas of the YFC have not been able to function at full capacity. Emmer began his position on Jan. 4 and is looking forward to working with local youth while continuing to develop Stonewall's YFC centre.

"Right now, I am trying to learn as much as I can about the existing programming. My plan is to reach out and talk to people in the community and to the schools to see what the needs are. I especially want to talk with the students. I want to know from them what their needs are and what they are looking for," said Emmer, who

noted that during the absence of a director, volunteer and community members have stepped up to keep the YFC centre running.

"One thing that I am really thankful for is the really strong and excellent volunteers and staff. In the interim, without a director, they have done a fantastic job running the programs. A lot of people came together to keep this place running and it really shows the community support that is here."

Similar to Emmer's approach in the Mac Gregor Gladstone area, he hopes that Stonewall's YFC centre can partner with local organizations to support the needs of community youth. Through a variety of events and programs, including community dinners, career exploration initiatives and camps, the YFC centre offers opportunities for youth to be supported and heard.

"A lot of times, we are the point of first contact for youth who are struggling with relationships or addictions. I will work with the student and then try and bring in as many people as possible, their parents or teacher, to help with the situation. I believe in a partnership with the parents, school and local government to see the stu-



TRIBUNE PHOTO BY NATASHA TERSIGNI

Stonewall's Youth for Christ (YFC) new director Paul Emmer began his new position on Jan. 4 and is looking forward to working with community youth. Pictured left to right: Emmer, Brooke McKay, Kadence McKay, Melissa Dew and Hunter McVey.

dent be the best they can be. It really takes a community to raise a child."

Having already heard a lot of information about Stonewall's YFC founder and former director Perry Neufeld, Emmer knows that there was a huge void when Neufeld left the community after 10 years.

"I hear a lot about Perry and he left some pretty big shoes to fill. He

seemed really connected to the community and I have a huge learning process ahead of me and I am excited," added Emmer.

Stonewall's Youth for Christ Drop-in Centre hold evening drop-in on Tuesdays and Thursdays from 7 to 9 p.m. For additional information, go to www.yfcstonewall.com.

> MPI, FROM PG. 7

preliminary data shows an alarming increase in impaired driving, distracted driving, speed and not wearing seatbelts as contributing factors in the fatal collisions recorded.

"To stay safe on our roads and not put other road users at risk, all drivers need to think about road safety every time they get behind the wheel," said Ward Keith, vice-president of business development and communications at Manitoba Public Insurance.

"Buckling up all the time, driving to road and weather conditions, not driving when impaired by alcohol or drugs or while distracted — these are all simple reminders that can help to prevent being involved in a collision. They can also literally make the difference between life and death," said

Keith.

In issuing the call to action for road safety in 2017, Manitoba Public Insurance encourages all drivers to model safe and responsible driving behaviours by following these simple safety tips:

1. Have a plan before you head out for an evening of partying. Take a cab home or have a designated driver se-

lected beforehand.

2. If you must text or answer the phone, pull your vehicle over to a safe area. Texting while driving takes your eyes off the road and significantly increases the chance of being involved in a collision.

3. Never get into a vehicle with a driver who has been drinking or consuming drugs. It could be the last

thing you do.

4. Speed kills! Be aware of the posted speed limit and drive to road and weather conditions.

5. Buckle up — every time, whether you're a driver or passenger, and no matter how short your trip is. It takes one second and could very well save your life.



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Community rallies around owners of business destroyed by fire

Bubble soccer tournament, social to support Chartrand family

By Natasha Tersigni

After a devastating fire completely destroyed Vic's Auto Body Alignment & Brakes in Teulon on Jan. 8, community members are rallying together to support the Chartrand family during their time of need.

Vic Chartrand, owner of the auto body business, and his wife Linda are active members of the community and involved in many charitable projects and events including the Teulon Christmas Cheer Board. For the last five years, Linda has devoted herself to the organization and has led the Cheer Board in collecting donations, organizing volunteers, liaising with families and ensuring that everybody in the area had a meal to eat and a present to open on Christmas.

Having worked with Linda and the Christmas Cheer Board for the past several years collecting donations, the Teulon Collegiate's Helping Hands Committee knew that it was now their turn to help Linda and her family during this time.

"Linda runs the Christmas Cheer Board, and every year the school donates items and monetary donations, so we worked with her personally

over the years. She is a major part of that organization and volunteers her time with it," said TCI staff member Brenda Bawdon, who works with the Helping Hands committee.

"While the business has insurance, it takes a while for that process to work and we wanted to find a way in the interim to help support the family that does a lot in the community."

On Friday, Feb. 3, the Helping Hands committee will be hosting a bubble soccer tournament in the school's gym from 4 to 8 p.m. The tournament will be divided into two parts with students in grades 3 to 8 playing 4 to 6 p.m. and students in grades 9 to 12, along with adults, playing 6 to 8 p.m. Teams will be organized on site the day of the tournament and the cost will be \$10 for students aged eight to 17 and \$15 for adults. The minimum age to play is eight years old and all participants must sign a waiver with a parent's signature to play.

"Spectators are welcome to come out and it will be a great evening. We will have a canteen open and we are accepting a silver collection at the door. All proceeds from the tournament will be going to the Chartrand



TRIBUNE FILE PHOTO


The community is rallying together to help the Chartrand family after their family owned business, Vic's Auto Body Alignment, was completely destroyed by fire on Jan. 8.

family," added Bawdon.

Community members have also planned a Support Social for Vic's Auto Body on Feb. 11 at the Teulon Rockwood Centennial Centre. Doors will open at 8 p.m. and there will be a silent auction, 50/50 draw, cash bar and a music and light show. Tickets are \$10 and are available at Teulon Se-

nior Resource, Fry Days Restaurant, Teulon's Co-op, Teulon Sunova Credit Union and Sole Purpose Reflexology.

As well, monetary donations are currently being accepted in support of the Chartrand family at Teulon Senior Resource, Sole Purpose Reflexology and Teulon's Sunova Credit Union.



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Balmoral Family Ball offers fun for all ages

Staff

Come one, come all to the Balmoral Family Ball.

Balmoral Childcare Centre will host their first family ball fundraiser on Feb. 25 from 6 to 10 p.m. at the Balmoral Community Hall.

The family-friendly event will feature a 50-50 draw and a raffle for Jets tickets, as well as dancing, crafts and a snack bar. Tiny Fox Photography will be on site to snap family photos for \$15 each.

All proceeds will go towards the development of the childcare centre's nature playground, with the hopes of starting construction this summer.

Tickets cost \$10 each (free for wee ones under two years old) and are available by calling 204-467-5479.



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Local businessman prompts chain reaction of good deeds

By Jennifer McFee

When it comes to helping others, local businessman Danny Kleinsasser always tries to go whole hog.

As the owner of Danny's Whole Hog BBQ and Smokehouse, Kleinsasser often finds himself using his family vehicle as an office on the go. One day last summer, he was sitting in a parking lot to catch up on some emails and paperwork.

He was in for a shock when a vehicle backed into the car right beside him, moving it a foot. The driver got out of the car to look at the damage he caused, and Kleinsasser snapped a quick photo on his phone of the man and his licence plate.

The driver drove away without leaving a note, so Kleinsasser stuck a business card under the damaged vehicle's windshield wiper, along with a note saying that he had a photo from the incident.

"The guy phoned me and he was very thankful," Kleinsasser said. "I sent him an email with the picture and I said that's the least I can do. He was very appreciative and I didn't think anything of it."

The good deed was back in his mind last week when he received a cheque in the mail for \$200 from the owner of the parked vehicle. As a result of Kleinsasser's photos, Autopac found the other driver to be at fault. As a result, the owner of the parked vehicle was not charged his \$200 deductible for the repair work.

To show his appreciation for Kleinsasser's good deed, he sent him a \$200 cheque representing the deductible that he would have had to pay.

Then Kleinsasser turned around and donated the \$200 to Siloam Mission, topped up by another \$100 out of his own pocket.

"I just gave it back. That's the least I can do. I'm involved in a lot of charities. My dad was that way, my mom is that way and I try to teach that to my kids. In life, I just like to help people. Wherever it is, every day give somebody a smile. Do unto others as you want them to do unto you. Treat them with a smile and it goes a long way," he said.

"I am living proof. I've seen it in my business. I give a lot to charity and

I give a lot to a lot of people. If you help people out financially, you can make a difference in this world. It's a choice that we make to make that difference. And I'm living proof that you get blessed back tenfold. It's just the way it is. God in heaven sees it and he blesses you, but it has to come from your heart."

Every day, Kleinsasser embraces opportunities to do the right thing and to help wherever he can.

"Life is too short. I've got six children and I want to leave behind in their hearts that they'll treat people out of respect. I believe we have that opportunity every day," he said.

"It helps me through life to put smiles on people's faces — and I need that smile back from somebody just as much as they need it from me. So here I am, going through life, trying to make a difference, smiling at people, helping wherever I can. I think we can all make a difference in this world."



TRIBUNE PHOTO COURTESY OF FACEBOOK
Local businessman Danny Kleinsasser pays it forward to Siloam Mission.

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Royal Canadian Legion Branch No. 52

\$33-\$38 member/year depending when dues are paid. The Royal Canadian Legion is dedicated to the service of veterans and their dependents, as well as to raise funds for the community. The Legion is open to all Canadian Citizens. Meetings are held on the 2nd Tuesday of the month at Stonewall Legion Club Room.

South Interlake Ag Society

Janice Rutherford 467-5612 Hwy #236 and Rockwood Road \$10/member/year. It encompasses the needs of the three municipalities that it serves — Rockwood, Rosser and Woodlands. Monthly meetings are held the 3rd Tuesday of each month at 7:30 at the Ag grounds.

Teulon Women's Institute Phone 886-2216

Fee: Nominal membership may apply. Motto: "Home and Country". The TWI has approximately 14 members that work hard to raise money throughout the year to donate to local and regional charities and community projects. Meet 3rd Tuesday of the month 7:30pm Farview Place Teulon. New members always welcome.



1 Snow Goose Bay on Hwy 220 Stonewall, Manitoba 1-888-50MARSH (62774) ohmic@ducks.ca oakhammockmarsh.ca. The Oak Hammock Marsh Interpretive Centre is a non-profit organization. Its mission is to foster public awareness and knowledge of the inherent values of wetlands and associated ecosystems, and to encourage public support for their conservation through innovative education and outreach programs.

Quarry Toastmasters

Brenda 467-5088

Quarry Toastmasters meet every Tuesday 7:15 – 8:45pm at the Stonewall Collegiate in the Library. We work to build up your confidence in public speaking — individually or in a group. We help you plan what to say and to have fun doing it.

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Kin Canada is a dynamic volunteer organization enriching our communities through service while embracing national pride, positive values, personal development and lasting friendships. Kinsmen President Chad Sheppard 204-461-2023 Kinette President Pam Norquay 204-467-9408

Teulon & District Agricultural Society

Lana Knor, President 467-0740

The Teulon & District Ag Society meet on the fourth Thursday of each month from February to November at the Agricultural Building at 7:30pm. The Ag Society sponsors the Teulon & District Ag Fair and the Annual Teulon Pumpkinfest.

Interlake Community Foundation, Inc. 204-467-5634

www.interlakefoundation.ca. The Interlake Community Foundation provides the citizens of Rockwood, Rosser, Stonewall, Teulon and Woodlands with the opportunity to invest in the future of their community and region forever. The Foundation pools donations in a capital fund that remains in perpetuity. The income generated from the capital is distributed as grants to registered charities in the region. Grant applications are due by February 28th of each year.

Stony Mountain Stonewall Masonic Lodge #12

Call 204-467-2788 for Information. Stony Mountain Stonewall Masonic Lodge #12 is the oldest organization in Stonewall (1880) and part of the oldest and largest fraternity in the world. Although a belief in one God is necessary to join, Freemasonry is non-secular and prohibits discussion of religion and politics in its Lodges. Freemasonry focuses on the reinforcement of morality into the daily lives of our members and of charity, a giving back to our communities through our Lodges and by our charitable activities as well as in our personal lives, which we believe makes GOOD MEN BETTER. Monthly Meetings 2 B 1 ASK 1



Committed to the wellbeing of our community and raising funds for the ongoing mutual support provided by the Stonewall Legion Branch #52. Meetings are held on the second Thursday of the month. New memberships are welcome. Yearly membership fee 10.00. Volunteers often required for events at the Legion hall.

South Interlake Seniors Resource Council Inc. Darcy or Corinna @ 467-2719 ssrc@shaw.ca

SISRC is a non-profit organization that offers services for seniors and those with disabilities. These services include; Transportation; Mobility Aid Lending Service; Caregiver Support Group; Health Education Presentations; Resource Information/Form Completion; Telephone Buddy/Friendly Visiting; Handy Helper/Housecleaning. We also distribute the ERIK (emergency response information kit) and we are Lifeline Representatives.

The Liliane Baron South Interlake Breast Cancer Support Group Claudette 886-2393 Joyce 467-2473

The group is a non profit grass roots organization founded by women in the South Interlake Area diagnosed with breast cancer. Our mandate is to assist others who may find themselves with a similar diagnosis and to provide a variety of support, assistance and friendship where needed within the confines of privacy, respect and caring. The group meets for positive encouragement and support on the third Tuesday of each month at 7PM at the office of LJ Baron Realty, Main Street in Teulon. Anyone seeking information or services is always welcome.



Knights of Columbus Stonewall

Dave Couprie 467-9548 \$40/member/year

The Knights of Columbus raise funds for charities within the community. The Knights are open to all Catholic men, 18 yrs or older. Meetings are held 1st Monday of the month September through June at the Christ the King Church in Stonewall.

South Interlake 55+ Inc

467-2582 www.si55plus.org \$20/member/year si55plus@mts.net

This non-profit organization provides education and activities for persons age 55 plus. Many activities and events are held on a regular basis. Newsletters are published monthly and available to pick up at the 55+ Centre in Stonewall.



Stonewall & District Lions

Ralph Sinclair 622 Centre Avenue, Stonewall 467-9600 Motto: "We Serve". Membership is open to anyone over eighteen with an interest in providing assistance to those people or projects in our community in greater need than ourselves. Meetings every 2nd and 4th Wednesday of the month at 7:30pm September thru June.



Independent Order of Odd Fellows Stonewall Lodge #49 Larry O'Dell 467-8882 Ross Thompson 467-2438 www.ioofmb.ca. Yearly nominal membership fee. The Odd Fellows Lodge is a fraternal organization based on the fatherhood of God and the brotherhood of man. We do charitable work through various projects in the local community, the province and internationally. We seek to elevate the character of man and thereby make the world a better place to live. Meetings every 1st and 3rd Monday of the month at 8:00pm at the Odd Fellows Hall.

Stonewall & District Health Centre Ladies Auxiliary

Marg Bond 467-8732

The auxiliary's goal is to raise funds for the purpose of enhancing the care and comforts of patients, residents and clients served by the Health Centre. Meetings are held the 1st Monday of each month at Rosewood Lodge. New members welcome.

Grosse Isle Women's Institute Phone 204-467-9376

Motto: "Home and Country". The GIWI has approximately 14 members that work hard to raise money throughout the year to donate to local and regional charities and community projects. Meet 2nd Tuesday of the month 7:00pm Grosse Isle Hall. New members always welcome.

Warren Horizons District Lions Club President: Irene Tully 204-375-6522

Meetings are held the first and third Wednesday of each month at the Warren Fire Hall Sept. thru June.



Warren & District Lions President Stu Bangle 204-322-5381 "We Serve"

Membership is open to anyone over 18 interested in giving something back to their community through direct action, meeting humanitarian needs, encouraging peace, and promoting international understanding. Meetings are held the 1st and 3rd Wednesday of the month at 7:00pm at the Warren Fire Hall from Sept-June.

Stonewall Teulon
Tribune

What's *Your* story?

Call 467-5836 or email news@stonewallteulontribune.ca

Grazing in the Barn with Holtmann's holsteins



TRIBUNE PHOTOS SUBMITTED BY KELLY TAIT

Rosser Holsteins hosted a Grazing in the Barn event on Saturday, Jan. 21 in their winterized barn. Only 50 tickets were available, and the unique dining experience included motor coach pickup and a multi-course family-style meal prepared by chef Ben Kramer. Left photo, guests Angela and Michael Robbie got hands on milking instructions from co-owner Henry Holtmann, pictured far right, of Rosser Holsteins during a tour of the dairy operation.



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C/O the Interlake School Division Office

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All information is posted on our festival website info@rfota.ca Email: info@rfota.ca

DECEMBER'S TOP ACHIEVER

Bob Krychuk

Bob would like to take this opportunity to thank all of his friends and customers for stopping by in 2016. He is looking forward to seeing you all in 2017!

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Interlake skaters shine at STARSkate competition



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Local skating clubs were well represented at the Interlake Regional StarSkate competition hosted by the Teulon Skating Club this past Sunday. Seventy-seven skaters representing the Interlake and Selkirk region, aged 5 to 17 years, hit the ice to demonstrate their skills to spectators, judges and fellow competitors. Photos from left to right, Hanna Postlethwaite (Teulon Skating Club), Casey Park (Stony Mountain Skating Club), Samantha Holyk (Stonewall Skating Club), Kayla Mason (Stony Mountain Skating Club) and Jordan Glaspey (Stonewall Skating Club).

Manitoba Tourism highlights local destinations

By Jennifer McFee

As the province gears up to celebrate Canada's 150th birthday, Travel Manitoba has released a list of 150 things to do in Manitoba in 2017 that includes several local hotspots.

The 18th spot on the list encourages visitors to check out the Narcisse Snake Dens, stating that "Manitoba is the best place to see the emergence of 150,000 red-sided garter snakes for mating and feeding rituals."

Next up in the 19th spot, Oak Hammock Marsh Interpretive Centre is hailed as a great place for bird banding.

In the 76th spot on the list, McLeod House Tea Room is touted as the an ideal venue to get your tea leaves read.

The Prairie Dog Central Railway made the 85th spot, which encourages visitors to "ride in the caboose of this vintage locomotive to four historic stations. Take the rail to the Prime Meridian Trail for a hike on a 10-kilometre heritage trail."

In the 140th spot, the local Interlake Pioneer Trail

got a nod of approval for ATV riders, among other popular trails.

For Gail McDonald of Interlake Tourism Association, it comes as no surprise that several local sites have earned a spot on the list.

"The Interlake has a diversity of activities, culture and nature combined," she said. "At Narcisse, there's the largest concentration of red sided garter snakes in the world. They're set up for viewing. With an interpreter, you're able to pick one up and learn more about it. Scientists and other people who are enamored with snakes come from around the world to visit this site that's in the middle of the Interlake."

Tourists are looking for everything that's in out our own back door in the Interlake.

"We have these gems that, as local people, we take for granted. You look outside at the night sky and there's stars and a bright moon. We have that just by walking out our door, but there are people from Winnipeg, nevermind from any of the bigger cities

around the world, that have never seen a night sky that isn't polluted by city lights," McDonald said.

"And you can go out to Oak Hammock Marsh and every Thursday from September through to June to watch the stars and learn astronomy from professionals. You get to look through a telescope and they tell you what are you looking for in this season. Oak Hammock Marsh is a world-renowned internationally recognized wildlife centre — and it's in our backyard."

Interlake Tourism Association now has an Instagram account up and running at [instagram.com/manitobainterlake](https://www.instagram.com/manitobainterlake). McDonald encourages people to post photos and share their Interlake experiences using the hashtag #myinterlakemb. People can also keep up to date with Interlake events through the group's Facebook page called "Interlake Tourism Association."

To view Tourism Manitoba's list of 150 things to do in Manitoba in 2017, visit www.manitobahot.com.

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*The savings shown are averages and will vary depending on your home, specific heating needs, and other conditions. The energy rates used to calculate the savings are based on a November 1, 2016 natural gas rate of \$0.2454/m3 and an electricity rate of \$0.0793/kWh.

Available in accessible formats upon request.

Manitoba Hydro

Your Wedding

Happily ever after starts here

Plan the perfect wedding in 15 steps

You're getting married! Congratulations! Now it's time to plan the wedding. Here are 15 steps you should follow (not necessarily in order) so that everything is perfect on the big day. Before you start, set your budget and stick to it at all costs. If you think you might lose your head, your best bet is to hire a wedding planner.

1 Decide on your theme. Hollywood glamour, car-themed, turquoise and white — you know the possibilities are endless!



2 Draw up your guest list and send invitations. Will it be a grand affair or an intimate gathering? Who do you want by your side on your special day? Make sure everyone can make it by sending out save the date cards and invitations early.

3 Plan the wedding procession. Who will you pick to be the best man, and who gets to be the maid of honour? Have you found a flower girl and a ring bearer?

4 Select the officiant and the type of ceremony. Courthouse wedding or religious tradition? Officiated by a priest or by a friend? Make sure that the option you choose welcomes your personal touch.

5 Find your venues. Where will the ceremony and the reception be held — in a church, at the beach, in a grand hotel, at the park or in a cozy cabin? Will you need to rent any equipment?

6 Dream up the floral arrangements and decor. Which flowers will be featured in the bride's bouquet, the boutonnieres and the centrepieces? What kind of accents (balloons, candles, draperies) will create the perfect ambiance?

7 Prepare your registry and your gift bags. What household items do you and your partner need — a

Continued on page 15

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Your Wedding

Continued from page 14

toaster, wine glasses, silk sheets? Open a registry to avoid receiving duplicate gifts. And remember to thank your guests with a personalized keepsake.

8 Secure an entertainment team. Do you need a master of ceremonies? Will a DJ, a string quartet or a rock band be in charge of the music?

9 Hire a photographer and a videographer. Who will immortalize your magical day? Take a look at several portfolios to find the pro that understands your vision.

10 Find a caterer and a bakery. What will be on the menu, and how will food be served? Will there be a candy bar, or even a chocolate fountain? Don't forget the cake!



11 Plan your grand entrance. Will you arrive at the ceremony on horseback? On your bike? In a limo, a sports car or a hot-air balloon?



markeadiephotography

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www.stonewallflorist.com

12 Purchase your rings. What will the objects symbolizing your union look like? Will they be golden, diamond-studded, massive or subdued? Choose wisely, because you'll (hopefully!) be wearing them for life.



13 Shop for your outfits. Bowtie or regular tie? White gown or colourful sundress? Your attire for the event should reflect your personal style and make you feel absolutely stunning!

14 Book your beauty appointments. Have you called your hair stylist, your makeup artist and your esthetician yet? And what about the nail salon? Don't forget to plan for trial sessions.

15 Write up your vows. What words will you choose to describe your feelings? Time to brainstorm!

Remember to book everything as early as possible to avoid scrambling for a backup plan. And one last thing: where will you spend your honeymoon?

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Woodlands School outdoor playground takes shape

By Natasha Tersigni

Thanks to the hard work of the Woodlands Parent Advisory Council (PAC), students now have some new equipment to play on during recess.

After several fundraising initiatives, including a Quiz Night and a Harvestfest dinner, the PAC raised enough money to continue to develop the school's outdoor playground. The school was opened in 2015 and the parents continue to focus on re-developing the outdoor space for students.

The PAC decided to build a 14-foot-high outdoor climbing wall, as well as a hill for winter sledding.

Continued on page 17



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Thanks to the Woodlands School Parent Advisory Council, students have a new hill to sled on during breaks.



Woodland students Abigail Sveinson, left, and Katelyn O'Dell stand in front of the school's new outdoor climbing wall. The 14-foot-high wall will be opened this spring after a few final touches, including the installation of climbing rocks and boulders.

get inspired

> MEAL IDEAS

THE
Marketplace
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Slow cooker pork roast and veggies



6-8 servings / 8 hrs 20 min

Prep 20 min / Cook 8 hrs

Having your meal in one pot when you get home is wonderful during the busy holiday season. The aroma in your home will certainly have you enjoying the time of year with hearty vegetables alongside your pork roast.

Ingredients

- 3 each large carrots and parsnips, peeled and cubed
- 3 cloves garlic, minced and divided
- 1 onion, sliced
- 2 tbsp (25 mL) chopped fresh parsley
- 2 tsp (10 mL) canola oil

- 1 tsp (5 mL) each dried oregano and dried basil leaves
- 1 tsp (5 mL) fennel seeds, crushed
- 1 tsp (5 mL) smoked paprika
- 1/2 tsp (2 mL) fresh ground pepper
- 1 boneless pork loin roast, trimmed, about 800 g
- 3/4 cup (175 mL) sodium reduced vegetable broth
- 1 tbsp (15 mL) tomato paste

Directions

Combine carrots, parsnips, garlic, onion and parsley in slow cooker. In a small bowl, combine oil, oregano, basil, fennel, paprika and pepper. Rub all over pork roast and place on top of vegetables.

Whisk together broth and tomato paste and pour around roast onto vegetables. Cover and cook on Low for 8 hours or on High for 4 hours or until pork and vegetables are tender.

Remove roast to cutting board and let stand 10 minutes before slicing. Serve with vegetables and slow cooker juices.

Marinated Mushroom Bowls with Lentils and Wild Rice



Prep time: 40 minutes

Servings: 4

Mushrooms:

- 1/4 cup extra-virgin olive oil
- 2 tablespoons unseasoned rice vinegar
- 1 tablespoon low-sodium soy sauce
- 2 teaspoons dark sesame oil
- 1 teaspoon chili oil
- 1 green onion, thinly sliced
- 1 tablespoon chopped fresh cilantro
- 1 teaspoon sesame seeds
- 8 ounces crimini mushrooms, thinly sliced
- 2 cups thinly sliced purple cabbage
- 1 tablespoon fresh lime juice
- pinch of salt

- 2 teaspoons low-sodium soy sauce
 - 2 cups cooked French lentils
 - 1 cup cooked wild rice
 - 1 cup chopped cucumber
- To marinate mushrooms: In shallow bowl, whisk together olive oil, rice vinegar, soy sauce, sesame oil and chili oil.

Stir in green onion, cilantro and sesame seeds. Add mushrooms and gently toss in marinade. Cover and let rest 30 minutes.

Place cabbage in bowl and toss with lime juice and pinch of salt. Set aside.

Stir in 1 teaspoon of soy sauce to both lentils and wild rice.

To serve, arrange equal amount of mushrooms, cabbage, lentils, wild rice and cucumbers in each bowl. Drizzle with remaining marinade and garnish with chopped cilantro, sliced green onions and black sesame seeds. Serve with lime wedges.

Note: Can be served at room temperature or cold.

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Transcending the past



"NOTHING IS PREDESTINED: THE OBSTACLES OF YOUR PAST CAN BECOME THE GATEWAYS THAT LEAD TO NEW BEGINNINGS."

RALPH BLUM

Again and again in my practice I see how the events of one's childhood or adolescence can continue to affect feelings, reactions and behaviors well into adulthood, and perhaps for an entire lifetime.

The child who felt unfairly treated may continue to see the life events in terms of fairness, or see the world as an unfair place. The teen rejected by peers may, as an adult, have difficulty entering new situations. One who was hurt may be reluctant to trust others.

If we are to be truly ourselves, mani-

festing our potential in all areas of life, we need to transcend the limiting beliefs and behaviors we have carried with us for so long.

Sometimes these limitations are unconscious—we do not realize we are living out an old script. Generally those closest to us do see these behaviors, and recognize where they come from. If you are getting this feedback, consider that there may be some truth behind it.

Even when we are aware that we are re-living our past largely because of our perceptions, it can be hard to change. Things that happened long ago can become deeply embedded in the subconscious mind. In this case a therapeutic process involving guided meditation or hypnosis can speed up the process.

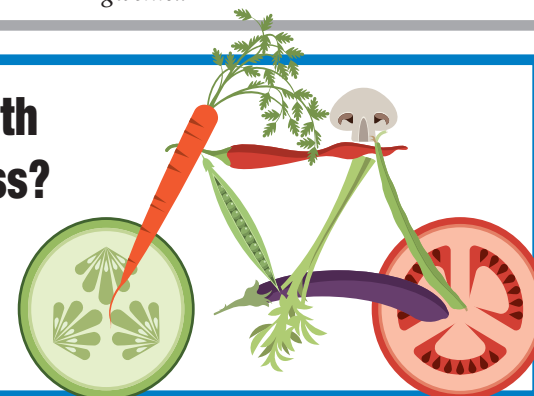
We may not have had a choice about how we lived as a child, but as adults, we can consciously choose a different path, and create a different, more positive reality for ourselves.

Now, it is up to us.

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

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SCI students share their musical talents



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The Stonewall Collegiate gymnasium was alive with music Jan. 18 when students hosted their annual winter band and choral concert. The Grade 9 and 10 choir as well as the jazz band, chamber choir, Grade 11 and 12 choir and the concert band performed following the singing of *O Canada*. The massed choir and band performed for the grand finale. Left photo, the Jazz Band played four numbers while Sydney Lockhart joined in on Van Morrison's *Moondance*. Right photo: the Chamber Choir sang *Take, O, Take Those Lips Away*, *Trickle, Trickle* and *Waiting Game*.

> OUTDOOR PLAYGROUND, FROM PG. 15

The hill was constructed out of 2,400 cubic yards of donated fill with a fence with tires for students' safety.

Woodlands School principal Ward Hrabí is excited about the new features in the school yard and knows it will encourage physical activity, not just in students at the school but for children and youth in the community.

"The beauty of this playground development project is that in many ways it was a community effort, starting with the tremendous support of PAC," said Hrabí, who added that local residents and businesses donated to the project. Trevor and Michelle Procter and Marvin King donated the fill for the hill, Warren Tire donated the tires for the safety fence and Rockwood Landscaping & Tree Service was hired for the construction of the hill and wall.

"This game changer is certainly attractive to our students and will be to the community for years to come."

Students are enjoying the sledding hill so far this winter and the climbing wall will be opened this spring after the rocks and boulders have been installed.

Here today, gone tomorrow



TRIBUNE PHOTO BY JO-ANNE PROCTER

Due to the unseasonably mild weather last week, there was a very small window of opportunity to see Ralph Tanchak's snow carving of his daughter Julianne's American bulldog Murphy. The carving took Tanchak approximately eight to 10 hours over four days and can be seen in his front yard at 236 4th St. East in Stonewall. For anyone that may have missed the pooch carving before he lost his ears, Tanchak is busy carving in Gimli for their annual Ice Festival and will be carving a feature wall for a 20-foot-wide bar at Festival du Voyageur.

WCI SWAT team fights against tobacco use

By Natasha Tersigni

Armed with facts and visual aids, Warren Collegiate's SWAT (Students Working Against Tobacco) team took to the school halls last week during National Non-Smoking Week to educate their peers on the dangers of using tobacco products.

The SWAT group works throughout the school year holding presentations and events that aim to educate students on the dangers of smoking and using other tobacco products, including chewing tobacco and vaping.

"We try and raise awareness for just how bad smoking is for you and how it can impact your body," said Grade 12 student Kaylee Anderson, who has been a member of SWAT for four years and joined the group because she knows first-hand the hazards of smoking.

"I grew up with two parents that smoked a lot. I remember that it has always been something that I never wanted to do because I have seen what happens. I was really excited to be a part of this group and spread the message."

To get the attention of students, SWAT uses visuals and demonstrations that show the implications that smoking can have on your health. One key demonstration the students use to show just what happens to your lungs from smoking is two sets of pig lungs. One pair of lungs was placed in a smoking chamber full of tobacco smoke and the other was not.

"We attach a hose to the lungs and pump air through both sets and ask the students what they can see is the



Meghan Sholdice shows a pair of healthy pig's lungs, similar to those of a human that does not smoke. The tissue is pink and soft, while smoker's lungs are often black because of tar build up.

difference between the two. Other than the colour, the major difference is the air movement and how large the lungs can expand. The healthy ones can move a lot more air than the lungs that have been in the smoke chamber," said Grade 11 student Rebecca Myskiw.

The SWAT team also educates about the harmful effects of chewing tobacco.



TRIBUNE PHOTO BY NATASHA TERSIGNI

Warren Collegiate's Students Working Against Tobacco group members Kaylee Anderson, left, and Rebecca Myskiw use a pair of pig's lungs to show the harmful effects of smoking.

co.

"For our school especially, we have found that chewing is way more popular than just regular smoking. From what we have seen, chewing usually starts around Grade 8. A lot of the hockey players, by the time they are in Grade 9, chew," said Anderson, who added that over the next few months the group plans to present at local

elementary schools before students have a chance to pick up bad habits.

"We try to target students before they come to high school. I have noticed that since I have been in Grade 9 that over the four years, the number of smokers outside has gotten bigger. It is important that students know the facts and are encouraged not to start smoking or chewing."

worship *with us*

> FAITH

This call is for you! You'll want to take it – it's empowering!

In the fourth chapter of Matthew's gospel, Jesus calls his first four disciples. Brothers Simon and Andrew, and also brothers James and John, are fishermen called to come and follow Jesus. They answered the call immediately, and it changes the course of their lives.

To be called into a new way of living is empowering. It is walking in a new way with a new focus. Perhaps slightly like a New Year's resolution where we resolve to make certain changes, yet more powerful because we are

not the initiators of the call. Authority and power are given to us by an outside source.

In speaking about his call, the apostle Paul writes, "Christ did not send me to baptize, but to preach the gospel—not with worldly "wisdom," however, lest the cross of Christ be rendered void of its meaning!

All who answer the call to "come and follow" Jesus (the call to discipleship) are also called to go out into the world (the commissioning to apostleship). This call is one in which they

are uniquely gifted, empowered and authorized to take up in a powerful way. Like the call of the disciples, all are called to "Come and [Follow]," to learn at the feet of our Lord. Unlike the call to be disciples, the call to be apostles, those sent out into the world, is not the same for all. In his letter to the Romans, Paul talks about those called to prophecy, serving, teaching, encouraging, contributing, governing and showing mercy, yet even this list is not meant to be all inclusive.

Yet, however, we are sent into the world, it is as part of one body to fulfill the instructions of our Lord "go, therefore, and make disciples of all nations" (Mt. 28:19). We are all called to go out into the world, yet in unique and varied ways, to make known the call of Jesus to come and follow. The call of Jesus continues to resound today. Take it, it's life-changing.

Submitted by Reverend James Bardsley.

South Interlake Seniors Resource - Stonewall

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Thank you to MARLENE MCMILLAN who is one of our volunteer drivers. Marlene has been volunteering for 2 years and goes above and beyond when we call her. She is also one of our Cancer Care drivers who is there for our clients when they have to go into the city for treatments. Marlene is a kind and generous person and we are glad she is part of what we do!!

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Eat Well: Eating a healthy, balanced diet is one of the most important things you can do to protect your health.

Get Moving: Everyone needs to be active to be healthy. Being active helps to prevent heart disease. This can be as simple as walking every day.

Maintain a Healthy Weight: Achieving a healthy weight is an important step in promoting your heart and brain health. It is isn't easy; weight loss is a challenging goal and should be met with a positive attitude and patience. But it is worth it in the end!

Stress: Long-term stress can increase your risk of heart disease and stroke. Recognizing your stressors is an important step. The next step is to find out how to cope with your stress. Managing your stress will help you feel better every day and lower your risk for illness.

For more information call 204-467-2719

February Calendar of Events!

SOUTH INTERLAKE 55 PLUS, 374 FIRST STREET WEST

Clip & Save



Jan 30 Cribbage Tournament @ 1:00pm

Feb 2 Bingo @ 1:30pm

Feb 2 Dance Lessons @ 7:30

Feb 4 Bus Trip - Prairie Theatre Exchange "The Flats"

Feb 6 One Stroke Painting @ 12:00 pm

Feb 7 Hop Drop & Shop @ 10:00am

Feb 8 Luncheon in Recognition of Heart & Stroke @ 12:00pm

Feb 9 Bingo @ 1:30pm

Feb 11 Concert: Andy Goertzen & The Occasionals @ 7:00pm

Feb 16 Bus Trip-McPhillips Street Casino @ 9:45 am

Feb 22 Bus Trip- The Forks @ 9:00 am

Feb 23 Bingo @ 1:30

Mar 8 Shamrock Luncheon @ Noon / Advance Tickets Required

Concert!!

Andy Goertzen & The Occasionals

Vocalist Kari Kinley

Saturday, February 11th @ 7:00 @ 55 Plus 374-1st St. West

Tickets Available @ Korner Kuts & 55 Plus

Fundraiser in Support of South Interlake 55 Plus



ACTIVE WELLNESS CLUB

Call to enquire about any of our classes

204-467-2582

DROP IN'S WELCOME!!!



Shamrock Luncheon

Wednesday, March 8th @ Noon

Entertainment by: Bog Boys

Advance Tickets

REQUIRED



BUS TRIPS



Hop Drop & Shop Bus: Tuesday, Feb 7th
Casino Trip - McPhillips Street: Thursday, Feb 16th
Bus Trip- The Forks: Wednesday, Feb 22nd

For Details or to Register Call:
55 Plus 204-467-2582

Dance Lessons

Two Step:

The Definitive Country Dance
Thursday Evenings

at 7:30 pm

@ 55 Plus 374-1st St West

February 2 - 23 2017

Instructor: Anthony Funari
Registration Required



COMMUNITY VOLUNTEER INCOME TAX PROGRAM

South Interlake 55-Plus will begin accepting tax returns March 1 - April 28, 2017

Eligibility criteria

SINGLE: \$30,000 • COUPLE: \$40,000

SINGLE PARENT AND CHILD: \$35 000 PLUS \$2500 for each additional dependent.

This is a DROP-OFF Service Only

CALL for more info: 204-467-2582



HEART & STROKE FOUNDATION

February Luncheon

Wednesday, February 8th @ NOON

No tickets or reservations required!

A representative from the Heart and Stroke Foundation will be in attendance.

Cribbage Tournament

Monday, January 30th @ 1:00

Bring a Partner & Come Play!!

For more information call 204-467-2582



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

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

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

Mood Disorders Open Group

Feeling Blue from the long winter?

Self-Help Group • 3rd Wednesday of each month
7-9pm - Hunter Memorial Hospital.

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

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Rams' varsity girls basketball on a roll

By Brian Bowman

The Stonewall Collegiate Rams varsity girls' basketball team has been doing a lot of winning lately.

Stonewall won all four games they played last weekend at a five-team Killarney tournament to take top spot.

The Rams rolled to wins over Killarney (37-34), Major Pratt (45-23), Morden (46-36), and Prairie Mountain (50-23).

Stonewall continued its winning ways Monday with a solid 51-35 win over the St. John's Tigers. The Rams played at Elmwood last night but no score was available.

The Rams' next home game is Feb. 6 when Gordon Bell comes to town.

Warren's varsity girls' team, meanwhile, is also playing some real good basketball. The Wildcats won an eight-team Gimli Lakers' tournament last weekend after a 39-35 win over Goose Lake in the final.

To reach the championship game, Warren soundly defeated Steinbach Christian (61-27) and Ste. Rose (45-18).

In junior varsity girls' action, the Teulon Collegiate Saints won the consolation final – defeating Oscar Lathlin 40-11 – at a Neepawa Tigers' tournament last weekend.

Teulon started play with a 45-21 loss to Thompson and then defeated MacGregor 33-30.

Teulon and Stonewall both competed at a junior boys' tournament in MacGregor last weekend. The Rams lost 45-30 to Treherne in the consolation final. Stonewall earlier lost 68-43 to Carberry before beating Teulon 60-21.

Teulon also lost games to Neepawa (75-14) and Nellie McClung (64-37).



TRIBUNE PHOTO BY DEREK FROST-HUNT

The Rams went 4-0 at a Killarney tournament last weekend and then defeated St. John's on Monday. Pictured left to right, back row coach Christy Steeves, Shae Mulvihill, Dominic Good, Hunter Lupyrpa, Rikki Frost-Hunt, Sarah Fines; front row, Randi Frost-Hunt, Alex Melsted, Ashton Wallack, Alycia Palmer and Hannah Marshall.

Rams winning varsity boys' games this season

By Brian Bowman

There have been some seasons in the past when the Rams varsity boys' basketball team has failed to win a league game.

But they have already won two league games this season.

Stonewall earned its second WWAC Tier 2 victory after an exciting 43-37 victory over the Westwood Warriors in Winnipeg last week.

"It was a barnburner," said Rams' co-coach Chris McCluskey. "We played a team that was perfectly matched with us. We were two very well-matched

teams."

The road win was a very good one confidence-wise for the Rams. Stonewall has been working hard but not always getting rewarded.

"It was good for the guys," McCluskey said. "We're a Jekyll-and-Hyde team. We started the season by beating Portage at home and, this may sound weird, but I think we peaked in that game. I think we emotionally peaked and I don't know if we recovered from that game."

The Rams were 2-4 in league play after an 87-49 home loss Monday eve-

ning to the high-powered St. John's Tigers.

Last weekend, Stonewall reached the third-place game of a Warren tournament where the Rams lost 52-51 to the host Wildcats. The Rams had a chance to win the game with about 10 seconds remaining but their final shot did not fall.

"It was a great game," McCluskey said. "We came out flat and got behind early and I don't think we saw a tie game until the fourth quarter."

Evan Loewen led the Rams in scoring against the Wildcats.

Stonewall started the tournament with a dominating 59-33 win over the St. Laurent Hawks. The Rams then lost 69-47 to the Niverville Panthers.

Stonewall committed a whopping 19 turnovers in the Panthers' loss. Many of those turnovers quickly led to Niverville points.

"We outplayed them in the second half," McCluskey noted. "And in the third quarter, we actually outscored them. After the first quarter, it was an evenly-played game."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Muir, Smith lead Jets to win over Raiders

By Brian Bowman

Just two Stonewall Jets' players were able to score against the Raiders Jr. Hockey Club last Friday.

But that still was good enough for a victory.

Devin Muir and Robert Smith each scored twice to lead the Jets to an important 4-2 road victory over the Raiders in MMJHL action.

Muir scored once in the first period and then tallied midway in the second.

Both of Smith's goals came late in the third. His first goal was the eventual game winner, snapping a 2-2 tie at 14:29 of the final frame. He then added an empty-net marker at 19:01 to finish the game with three points.

Hunter Ploszay stopped 28 Raiders' shots for the win.

On Jan. 18, the Jets had mixed results when they hosted the Charleswood Hawks.

The Hawks hung on for the win in a game that had to be resumed from earlier this season after Charleswood led 2-1 due to poor ice conditions. Neither team scored when the game was resumed at the beginning of the third period.

Stonewall then rebounded nicely to dump Charleswood 4-1 in their regularly-scheduled game.

Adam Blight and Aiken Chop scored to give the Jets a 2-0 first-period lead and then Stephen Mackenzie made it 3-0 after 40 minutes with a power-play goal.

Smith and the Hawks' JP Lovell traded goals early in the third. Ploszay made 34 saves for the win.



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Jets' Robert Smith scored twice to lead the Jets to an important 4-2 road victory over the Raiders last Friday.

Stonewall, now 23-9 and with 46 points, will end the month with a key road game Saturday against the Pembina Valley Twisters. Game time is 8 p.m.

The Jets' next home game is Wednesday (7:30 p.m.) when they host the St. Vital Victorias.

Burtnyk in the hunt at junior women's curling nationals

Staff

Manitoba's Laura Burtnyk rink – which includes second Sara Oliver from Marquette – was 2-2 heading into Tuesday evening's draw at the 2017 Canadian Junior Women's Curling Championship in Victoria.

Burtnyk, the daughter of Kerry Burtnyk, the two-time Brier (1981, 1995) and world champion (1995), started play last Saturday with a convincing 9-2 win over the Northwest Territories' Zoey Walsh.

Manitoba then lost 7-4 to Saskatchewan's Kaitlyn

Jones – giving up a single in the ninth end and a steal of another in the 10th – before beating PEI's Lauren Lenentine 8-3 later that evening.

Tied at 2-2 after five ends against Lenentine, Burtnyk broke the game wide open with fourth in the sixth and then added two more in the eighth.

Manitoba saw its record dip to 2-2, however, after an 11-6 loss to Alberta's Kristen Streifel on Monday.

Alberta led 5-0 after two ends but Manitoba battled back to close the deficit to 8-6 before Streifel

scored three in the ninth.

Manitoba played Newfoundland and Labrador's Brooke Godsland in a key matchup between 2-2 teams on Tuesday evening (Manitoba time) but no score was available at press time.

After five draws, Alberta and Saskatchewan were tied atop the Pool "A" standings, each with 4-1 records. Manitoba and three other rinks had two wins heading into Tuesday evening's draw.

Meet your Jets...

Hunter Ploszay #35

Goaltender
Born: 1996
Height: 5'10"
Weight: 160 lbs.
Shoots: left
Hometown: Stonewall

Sponsored
by

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Stonewall Jets vs Pembina Valley Twisters
Saturday, January 28 - 8:00 pm @ Morris Rec Complex

Stonewall Jets vs St. Vital
Wednesday, February 1 - 7:30 pm @ VMSC

Stonewall Jets vs Ft. Garry/Ft. Rouge Twins
Friday, February 3 - 7:30 pm @ Century Arena



www.stonewalljets.net

Teams suffer SEMHL losses

By Brian Bowman

Braydon MacDonald gave the Stonewall Flyers the start that they were looking for when he scored just 2:52 into their game against Portage.

But the game didn't go too well for Stonewall after that.

Portage scored eight straight goals after MacDonald's marker on their way to a 9-4 home win in South Eastern Manitoba Hockey League play last Friday evening.

Trailing 8-1 in the third period, the Jets' offence suddenly got hot as Jeremy Pachkowsky, Matt Varnes and Patrick Dawson scored in a 4:39 span.

Varnes was tied for sixth in league scoring along with Notre Dame's Steve Clark heading into Sunday's action. Varnes has eight goals and 26 points in 15 games this season.

Eric Delong (two), Anders Strome, Jeremy Brooks, Tyler Harland, Dan Leslie, Jordyn Boyd, Zach Waldvogel and Tanner Waldvogel scored for Portage.

With the loss, the Flyers are now 4-11 and remain in last place in the eight-team league with eight points.

Stonewall played at Carman on Tuesday and then will host the Warren Mercs this Saturday at 8 p.m.

The Mercs were also in action last weekend, losing 4-3 in overtime to the Notre Dame Hawks on Saturday.

Kyle Rous scored the game winner in OT. Warren's Brock Genyk forced the overtime when he tied the score at 3-3 with a goal at 11:53 of the third period.

Notre Dame took a 2-0 first-period lead on a pair of goals by Matt Gingera. But Brock Genyk and Matt Murphy tied the score at 2-2 before Rous tallied with just 30 seconds left in the second period.

Bryn Lindsay assisted on both of the Mercs' second-period goals.

Warren, now 7-5-3-0, has 17 points to occupy sole possession of fourth place. The Mercs' next game is Friday when they host the Winkler Royals. Game time is 8 p.m.

Bisons' hockey players donating hair, raising money to fight cancer

Staff

University of Manitoba Bison men's hockey players Brett Stovin and Jonah Wasylak are fighting back against cancer.

The pair made an initiative to grow their hair out at the start of last season in order to cut - and donate it - to the cancer care foundation at the end of this season.

They have set a date of Feb. 10 and are looking to raise money to donate to the cancer care society.

Stovin, a Stony Mountain product, and Wasylak, originally from Calgary, have set up a GoFundMe page, with a goal of raising \$500. As of Tuesday afternoon, the site had raised \$870 in two days.

The pair's mission is to create awareness that cancer is something families deal with throughout the year.

Furthermore, they are trying to bring people together in order to have a positive impact on those affected by this chronic illness.

People interested in donating to this worthwhile cause can visit

www.gofundme.com/bisons-trimlocks-for-cancer.



TRIBUNE PHOTO SUBMITTED
University of Manitoba Bison men's hockey players Jonah Wasylak, left, and Brett Stovin are fighting back against cancer.

Lightning Midget lose three straight on the road last week

By Brian Bowman

The Interlake Lightning had a rough time on the road last week.

Interlake lost all three games — getting outscored 17-4 — in Manitoba AAA Midget Hockey League play.

On Jan. 18, the Lightning was whipped 7-0 by the Winnipeg Wild at the MTS Iceplex.

The Wild, which held period leads of 1-0 and 4-0, received a two-goal and an assist effort from Brett Namaka. Nicholas Cicek, Hunter Cloutier, Cedric Chenier, Jesse Gibbons and Mitchell Joss also scored for Winnipeg.

The Wild outshot the Lightning 47-10 as Bennett Garber earned the shutout.

Last Saturday, Southwest scored three goals just 6:14 into the game and held on for a 4-2 win.

Michael Tilbury, Dylan Fontaine

and Bryce Young scored for the Cougars in the first period and then Fontaine tallied early in the second.

Codey Behun and James Maxwell replied for the Lightning.

On Sunday, the game was close after 40 minutes with a talented Yellowhead team leading just 2-1. But the Chiefs broke the game open with four third-period goals en route to a 6-2 victory.

Behun and Erik Asselin scored for the Interlake. Ryan Heino (two), Mackenzie Belinski, Josh Belcher, Jaxon Heeney and Braden Gillies replied for the Chiefs.

Interlake hosted the Winnipeg Thrashers Wednesday and then Parkland and Yellowhead will visit Teulon this weekend. The Rangers will be in town Saturday (7:30 p.m.) and then the second-place Chiefs will be here Sunday (2 p.m.).

Atom girls win bronze



TRIBUNE PHOTO BY KERRIE HOLM

The Stonewall Blues Atom 'A1' girls won bronze at their home tourney this past weekend. Pictured back row, left to right: Emma Murphy, Kaitlyn Hawryluk, Madelyn Fidler, Ali Charison, Sophia Dowsett, Kaity Swanson, Karli Meikle; middle row: Reese Farmer, Ella Holm, Rowyn Cool, Ruby Harrisko, Hayley Emberly, Shae Wait and goaltender Carly Saifiniuk.

sports & recreation

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Manitoba Cup results



TRIBUNE PHOTO SUBMITTED

Despite the unusually warm weather, the Teulon Cross Country Ski Club posted some great results at the first Manitoba Cup race of the year in Pinawa last Saturday.

Here are the results: 3 km Distance: Atom Boy - Alex Moss (second); Pee Wee Boy 2 - Tyler Persoage (first), Nicholas Palmer (second); Pee Wee Girl 3 - Hayden Turner (first); 6 km Distance: Juvenile Boy - Cole Turner (first); Open Women - Karen Klassen (first); Open Men - Ryan Persoage (second); 15km Distance: Master Men 3/4: Stuart Slattery (fourth); Master Men 5/6: Paul Gregory (sixth); and Master Women 5/6: Anita Gregory (fourth).

A perfect end



TRIBUNE PHOTO SUBMITTED

John Good's rink scored an 8-ender in the third during Thursday Night Mixed League curling in Stonewall last week. Good's rink went on to defeat the Rod Oleksuk rink. Pictured, left to right: skip John Good, third Blake Good, second Autumn Good and lead Rena Kathler.

Marquette hosts annual Winter Classic bonspiel



TRIBUNE PHOTOS BY ROBYN MACMILLAN AND CAL JANKE

The Marquette Curling Club hosted 24 teams at their annual Winter Classic mixed bonspiel last weekend. Terry Proctor defeated Darren MacMillan with skip's rock in the final end to win the 'A' event. Far left photo, left to right, 'A' event winners John Billings, Dana Proctor, John Fleury and Terry Proctor. The photo second from left, the 'B' event winners were Blair Tully, Kevin Fuchs, Justin Vosters and Brad Tully. The third photo from left features the 'C' event winners Edith MacMillan, Sheila Hathaway, Jeff MacMillan and Ross MacMillan while Josh Hofer, Cole Janke, Riley Tabin and Robyn MacMillan captured the 'D' event.

Tribune Stonewall Teulon

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Autos, farm scrap, brass, copper & batteries wanted. 47 Patterson Dr. Stonewall Industrial Park. Interlake Salvage & Recycling Inc. 204-467-9344.

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take a break

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

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

Here's How It Works:

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

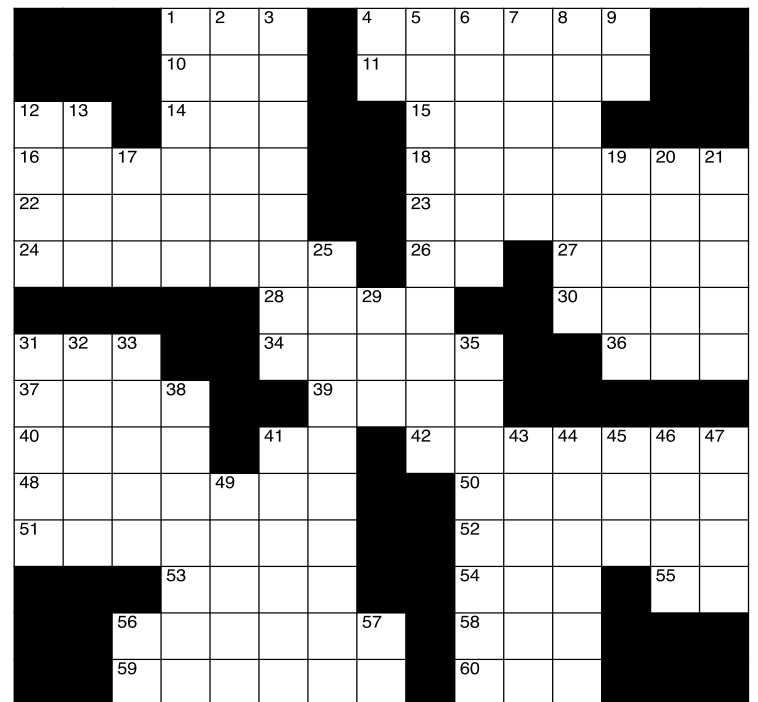
9	6	5	8	4	1	3	7	2	9
1	8	6	5	7	9	2	4	3	6
3	5	4	2	6	8	9	1	7	3
5	1	9	7	4	6	3	2	8	5
2	7	8	1	3	5	6	9	4	2
6	4	3	8	9	2	1	7	5	4
7	9	5	6	2	3	4	8	1	7
4	3	1	9	8	7	5	6	2	3
8	6	2	4	5	1	7	3	9	8

[illegible]

CLUES ACROSS

1. Part of a can
4. A form of discrimination
10. Doctors' group
11. Expression of joy
12. Spanish "be"
14. A mongrel
15. Helen was from here
16. With many branches
18. Fussy
22. Male fertilizing organ of a flower
23. Trap
24. Long, angry speeches
26. For instance
27. Sticky, waterlogged soil
28. Fasten
30. Card game
31. Seaport (abbr.)
34. Dresses worn in S. Asia
36. Midway between south and southeast
37. Of the mouth
39. Capital of Yemen
40. Branches of a bone
41. Very much
42. TV host Leeza
48. A way to change integrity
50. Plants with dark green, glossy leaves
51. Seedless raisin
52. Agency
53. Wear this when eating ribs
54. Martial artists wear this
55. Peanut butter
56. Drinkers sit on these
58. Pie ____ mode
59. Hebraic
60. River in India

1. City in Washington



2. Entertained
3. Nakedness
4. Exclamation of surprise
5. Instinct
6. Making a mistake
7. "Borgias" actor Jeremy
8. Phrases
9. Millihenry
12. Long ago
13. Self-immolation by fire ritual
17. Disfigure
19. Horseshoe extension
20. Regions
21. Philippine Island
25. Appropriate for a particular time
29. Small constellation in the Milky Way

31. Categorizes
32. Malaysian boat
33. Natives of Sri Lanka
35. Type of vessel
38. Prescribe
41. Ranking
43. Knickknack
44. Funeral
45. Mineral can be extracted from this
46. Tide
47. Lump in yarn
49. Food on a skewer
56. Letter in the Albanian alphabet
57. Midway between south and west

Classifieds

Stonewall Teulon
Tribune

Announcements

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HEALTH

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COMING EVENTS

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

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ANNOUNCEMENT

CARDS OF THANKS

Thank you to my family for putting on a special day for my 80th birthday. It was so good to see so many people, some I haven't seen in a very long time. I thank all of you for coming and making it a special birthday.

-Thanks,
Don Williams

ANNOUNCEMENT

BIRTHDAY



Happy 5th Birthday Colton!
-Love Mom, Dad and Evy

ANNOUNCEMENT

BIRTHDAY



Bob Mollard
Happy 90th Birthday
January 27, 2017
90 is just a number
Right Bobbie?

-Love your family

ANNOUNCEMENT

IN MEMORIAM

In Loving Memory of
Bill Ogilvie

February 15, 1928 - January 31, 2016

Those we love don't go away,
They walk beside us every day;
Unseen, unheard, but always near,
Still loved, still missed and very dear.

-Love,
Jessie and family

ANNOUNCEMENT

IN MEMORIAM



Ardrith June Ducharme
June 4, 1933 - January 27, 2014

Proceeded by

Father and Mother Wilkinson and

Husband Harvey Edward Ducharme 2003

Will be remembered by brother Willis (Jean)

and Gary (Diane) and her sister Delores (Lee).

Her first family the Jackmans and also the

Ducharmes.

You are not here in person but in our hearts
you never left us.

TOWN OF STONEWALL UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING



Regarding the Town of Stonewall Zoning By-law No. 6/16

Dated: January 13, 2017

From: Town of Stonewall

Re: Alterations to the Town of Stonewall Zoning By-law No. 6/16

Please let this notice serve as confirmation that alterations to the Town of Stonewall Zoning By-law No. 6/16 were made after the Public Hearing held on November 2, 2016.

Therefore, in accordance with the requirements under The Planning Act, if alterations are made to the Zoning By-law after the Public Hearing was held, a second public hearing must be held to receive representations from any person on the alterations made to the by-law.

A Public Hearing with respect to By-law No. 6/16 will be held as follows:

HEARING: Town of Stonewall Council Chambers

LOCATION: 293 Main Street, Stonewall, MB

DATE & TIME: Wednesday, February 15, 2017, at 6:35PM

A copy of the alterations made to the above by-law and supporting material may be inspected at the South Interlake Planning District, 285 Main Street, Stonewall, Manitoba or the Town of Stonewall town Office located at 293 Main Street, Stonewall, Manitoba during normal office hours (8:30 AM to 4:30 PM), Monday to Friday. Copies may be made and extracts taken therefrom, upon request.

For Information Contact: Eric Shaw, General Manager
South Interlake Planning District, 285 Main Street,
Stonewall, MB, ROC 2Z0
Phone: 204-467-5587

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ANNOUNCEMENT

IN MEMORIAM



Barry Leach - Dad
June 10, 1943 - January 25, 2010

We remember his face with a twinkle in his eyes,
And a grinning smile with his joking ways,
He had a nature you could not help but love,
With a heart of a kind and loving Dad,
As we look at where he once sat,
We recall all that he taught us,
So we could carry on our own life's path.
We wish he could have stayed with us longer,
Instead of leaving an empty chair.
We love and miss him,
Cuz he'll always be our Dad.

-In Loving Memory:
Brad, Kim, Jordan, Lance,
Carla, Destiny, Tiana, and Bruce

ANNOUNCEMENT

IN MEMORIAM



Roxanne Cheyne
who passed away February 3, 2008
In Loving Memory

Your cheerful smile,
Your heart of gold;
You were the best,
This world could hold.
Never selfish,
Always kind;
These are the precious memories,
You left behind.

-Love Stewart,
Irwin, Val
Dwayne, Kelley
Lisa, Colin, Claire and Connor

OBITUARY

Helen Eva Kletke
Nee Holmstrom



Helen passed away January 21, 2017 with Glenn and Maureen by her side at the Teulon Hunter Memorial Hospital.

She is survived by sisters-in-law Marilyn (Jack) Warkentin, Joyce Measor, Shirley Kletke, Gail Kletke and Ruth Holmstrom and many nieces and nephews.

Helen was predeceased by her husband of 57 years Herb, in 2013; son Darrell (1977); parents Henry (1950) and Margaret (1985); sister Florence Larkin (1981); brothers Lennart (1927), Fred (1982) and Helge (2008).

Helen was born at the Teulon Hunter Memorial Hospital on July 26, 1933. She attended Success Business College and her first job was with Credit Protectors in Winnipeg. After the 1950 flood in Winnipeg, she was employed at Great West Life for almost 10 years in the Loans and Surrenders Dept. In 1956 she married Herb and subsequently moved to the farm in 1959. At first they had cattle, chickens and hogs but eventually expanded into cleaning seed. Helen loved working in the fields, cultivating, swathing and even operating the combine on occasion.

Helen felt fortunate that she and Herb had the opportunity to see agricultural practices in New Zealand, Australia, England, Brazil, China, Venezuela, Argentina, Mexico and the United States. For many years they hosted International Agricultural students and had close relationships with many of them for many years. A number of them have returned several times to visit.

We wish to thank the nurses at the Teulon Hunter Memorial Hospital for their care and compassion. A special thanks to Dr. Loudon and his family for the exceptional care as both a physician and friend.

The Funeral Service will be held at the Teulon-Rockwood Centennial Centre (14 Main Street) on Friday, January 27, 2017 at 11:30 a.m.

In lieu of flowers, donations may be made to Teulon Hunter Memorial Hospital, Teulon, Manitoba, R0C 3B0.

kl
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