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VOLUME 7 EDITION 4

Stonewall Teulon Tribune

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Einarson captures Manitoba Scotties title



TRIBUNE PHOTO BY LANA MEIER

Petersfield's Kerri Einarson beat Granite's top-seeded Kristy McDonald 7-4 to capture the Manitoba Scotties Tournament of Hearts title Sunday in Beausejour. After finishing runner-up at the past two Manitoba provincials, the East St. Paul-based team (from left to right) of Einarson, third Selena Kaatz, second Liz Fyfe, lead Kristin MacCuish and coach Patti Wuthrich will now wear the provincial buffalo at the national Scotties Tournament of Hearts, Feb. 20-28 in Grande Prairie, Alta. See full story pg. 19.

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Winter wonderland at Stonewall Centennial

By Jennifer McFee

If you take a stroll at Ecole Stonewall Centennial School, you'll truly feel like you're walking a winter wonderland.

Principal Ed Harvie has been hard at work building an outdoor recreational hub at the school, bolstered by efforts from his staff and students.

The school is now home to two outdoor skating rinks, a broomball field and a four-sheet curling rink that serves double duty since it's also used for figure skating.

"I'm just trying to get them outside and get them active," Harvie said. "It helps with phys-ed. Sometimes for some of our younger students, it's too far to walk to the curling rink or to the skating rink because they only have 50-minute periods. If we can do it here, it saves a lot of time and gives them a bit of experience."

When it comes to building rinks, Harvie has plenty of experience himself.

"I've been making rinks for probably 15 years for my sons as they were growing up in hockey and for my granddaughters, who are now in hockey," he said.

He's quick to credit others who helped with the project, including vice-principal Jeff Levesque, who helped to create the framework. The fire department also came out and flooded the rink a few times.

Putting his hands-on skills to the test, Harvie also made his own curling

rocks for the students to use.

"We have 36 rocks made and they use them eight on each sheet. We tried to purchase some rocks, but, unfortunately, for miniature rocks, it's \$4,600 for one sheet. For adults for one sheet of rocks, it's \$10,600," he said.

"So I started Googling during Christmas and I found a prototype that works for me where I can make them for about \$12 a rock. It worked out great. It's a cheap way and now we have them made and they're good for years to go."

So far, Harvie has scored plenty of points with students at Stonewall Centennial since he became the school's principal five months ago. Before that, he was principal at Warren Collegiate Institute for 13 years. During his time there, the school saw many improvements, including an upgraded track and two new tennis courts.

"Since I came here, I just noticed there were a few things that we needed in order to be able to keep the kids active," said Harvie, who is also hoping to generate interest in ball hockey.

"I'm doing it for the betterment of the kids here. I see a lot of kids from the community and parents from the community using it, and that's the whole intent."

Best of all, the kids seem to be taking ownership of their new outdoor venues.

"I'm hoping that maybe I can get some of the kids engaged here so at least they start playing on weekends



TRIBUNE PHOTOS BY JO-ANNE PROCTER
Stonewall Centennial School principal Ed Harvie, left, and vice principal Jeff Levesque test out the homemade curling rocks last Monday.

instead of sitting in their houses, to just keep them active that way," Harvie said.

"Sometimes in the spring or summer, even on Sundays, a lot of them aren't out there in the streets playing ball hockey or anything like that. For them, if you get them active younger, they'll continue when they get older."



Sunova announces exciting post-secondary scholarship

Submitted

Sunova Credit Union is thrilled to announce the creation of a new \$7,500 scholarship, awarded annually to a deserving high school student pursuing post-secondary education in Manitoba.

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This scholarship, one of the largest of its kind in Manitoba, was designed to help ease the financial burden that the high cost of education can cre-

ate while rewarding a very deserving student. It will be given directly to the student, not the post-secondary institution, so that it can be used to cover some of the expenses outside of tuition that can be incurred by a full-time student.

Edward Bergen, president and CEO, says, "We know that the success of Sunova is directly tied to the achievements of our members and communities. Education is an important ele-

ment in building strong communities, and we want to help. We hope that this scholarship will help ease some of the financial strain pursuing an education can cause, and have a lasting impact on the recipient, their family, and their community."

Applications will be accepted from Feb. 1 to March 1 on our website, www.sunovacu.ca.



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Woodlands students raise thousands for fellow student

Dance-a-thon for Natalie raises \$2,937.85

By Natasha Tersigni

When classes began in the new year at Woodlands School, kindergarten/Grade 1 teacher Lindsey Hoas had the heartbreaking task of telling her students that their classmate and friend Natalie Smith was sick and would be at the hospital for the rest of the school year.

That conversation and the series of questions that followed were tough for Hoas, who had to explain to her students that six-year-old Natalie has been diagnosed with acute myeloid leukemia (AML) and is receiving chemotherapy at the Children's Hospital in Winnipeg.

"Telling the class was very traumatic. They had a lot of good questions about Natalie and, as much as they can, they understand she won't be back for a while," said Hoas.

"Natalie is the kind of child who always has a smile on her face. She has a bubbly personality and is always willing to help anyone with anything."

Staff and students decided they wanted to do their part to help Natalie and her family through this difficult time by raising money to help cover the mounting expenses the family fac-

es. Natalie's dad, Randy, had to take a leave of absence without pay from his job so he could be with his daughter in the hospital during the day while she receives treatment. Alysha, Natalie's mom, is currently finishing her full-time nursing degree at Red River College.

The Dance Your Heart Out for Natalie dance-a-thon, hosted by the school's My Voice committee, was held at the school on Jan. 22. Students and staff brought in \$2,937.85 in donations for the Smith family, surpassing any goal the My Voice committee thought possible.

"I knew we would be able to raise a lot of money. I just never imagined it would be this good. The staff and I are really overwhelmed and absolutely thrilled," said My Voice committee teacher Kim Deline.

"We just wanted to start out by collecting change to help the family with meals or parking fees, and the small change turned into big change. It is wonderful."

While Natalie is absent from school to undergo treatment, Hoas said she is still very much a part of the class.

"We write letters every week to her,



TRIBUNE PHOTO BY NATASHA TERSIGNI

Last week, Woodlands School's My Voice committee held a fundraising dance-a-thon for Grade 1 student Natalie Smith, who was recently diagnosed with acute myeloid leukemia (AML). The dance raised close to \$3,000, which will be donated to Natalie's family to help them cover mounting expenses. Pictured back row, left to right: Olivia Genio, Lucas Procter, RYANNE GAREAU; front row, Hailey Friesen, Natalie's older brother Zachary and Michael Smith.

and last week she wrote one back. We are going to try Skyping with her soon."

A Fundly page to collect donations

for Natalie and her family has been set up at <https://fundly.com/fund-for-natalie>.

Rockwood council to review mobile home policies

By Jennifer McFee

Rockwood council plans to review its policies regarding mobile homes on properties since they are facing many conditional use requests.

At the Jan. 13 council meeting, three public hearings focused on the issue. At the first hearing, property owner Jake Maendel requested that an existing mobile home be allowed to remain on his property and that he be

allowed to build an addition to the mobile home to accommodate the growing family. Maendel was also the property owner in the second public hearing, asking for an existing temporary mobile home to remain on his property and for an addition to be built on that one as well.

Council approved both requests,

Continued on page 11



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RETIREMENT NOTICE Dr. Ruth Peters

It is with mixed feelings that I will be retiring as of this April 22nd after 35 years as a physician. While I am looking forward to having more time for personal pursuits, travel and my children & grandchildren, the past number of years at the Interlake Medical Clinic have been the highlight of my career. It has been my professional and personal joy to meet and treat so many wonderful people of this area.

Interlake Medical Clinic will take possession of my patient files upon my retirement, in order to offer ongoing uninterrupted care by Dr. Fariba Forouzandeh and Dr. Aram Zakerzadeh, who will be joining the clinic in April. Please contact the clinic for any other matters relating to your patient file.

Thank-you again for the trust you have placed in me for your medical care. It has been an honour.

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Local author creates a Web of Secrets in inaugural novel

By Natasha Tersigni

For her published debut novel, Stonewall author Terry Poole takes readers on a suspenseful ride through a tumultuous romance between a doctor and a FBI agent.

Part detective story and part love story, *Web of Secrets* explores the relationship between two childhood friends who meet years later on a chance encounter in their hometown. While by all accounts the novel is a standard romantic fiction, there is one major difference that adds another level of dynamics to the story: the romantic relationship is between a man and another man.

The genre, known as M/M romance fiction, already has a large following in the United States and is beginning to spread to Canada. While Poole never had intentions to write M/M romance novels, she was drawn to it after an introduction from a fellow writer friend. The type of romantic relationship a man can have with another man, both physically and emotionally, enthralled Poole, who took the challenge of exploring M/M culture thoroughly before beginning to write her novel.

"Four years ago, a friend had asked why I stopped writing fiction. I had written *Harlequins* years ago, be-

fore I had children. She gave me an M/M book, *A Matter of Time* by Mary Calmes. I read the book and was instantly hooked," said Poole.

"M/M fiction between men is such a different dynamic than between a man and woman. A man and woman is more reserved. The interesting thing is, is that 99 per cent of my readers are straight women. They just love this dynamic; they love the way men work."

After extensive research into the culture of M/M, Poole wrote *Web of Secrets* which was published online Oct. 20. The M/M genre gave Poole the liberty to take the plot into a direction that it could not go with a heterosexual couple.

"With guys, they can be rough with each other, but they also don't have to hold back. With relationship between a man and another man, you don't have to fall to the stigma that guys don't have emotions. With each other, they don't have to hold back the way they do with a woman," said Poole.

Web of Secrets centres around Nathan Kirkfield, a brilliant surgeon, and Kelly MacNiel, a suspended FBI agent. The pair rekindled their childhood friendship when Nathan was forced to return home to sell the fam-



TRIBUNE PHOTO BY NATASHA TERSIGNI

With her online published novel *Web of Secrets*, Stonewall author Terry Poole explores a romantic sub-genre that allowed her to dive into a relationship and plot that are not traditional to romance novels.

ily estate of his estranged parents. The tragedy brings Nathan and Kelly closer together, and while both men have to battle demons of their own, a romantic relationship forms between the two.

Since its online release, the reception has been great. In fact, the online publisher, Loose Id, expanded the book's novel and it is now carried on other major websites including Ama-

zon, Barnes and Noble and Kobo.

Before releasing *Web of Secrets* sequel *The Price of Secrets*, Poole has taken a break from Nathan and Kelly's relationship to write a ghost story entitled *Seeing is Believing*, which is set to hit on line shelves in the next few months.

For more information on *Web of Secrets* or to purchase the online book, visit www.loose-id.com/web-of-secrets.html.

St. Laurent enters 2016 Kraft Hockeyville contest

By Jeff Ward

The manager of the St. Laurent Arena is hoping to rally the community in support of his bid for a \$100,000 grand prize to help repair the struggling facility.

Kraft Hockeyville is an annual con-

test that celebrates the passion of hockey shared by thousands of Canadians. The grand prize for the contest is \$100,000 and the opportunity to host an NHL pre-season game.

Carl Bruce nominated the arena earlier this month and is hoping that

with enough community support, the St. Laurent Arena will make it into the Top 10, which guarantees a prize of at least \$25,000. According to Bruce, the arena is in dire need of an influx of cash, and winning this prize would mean that repairs and improvements to the facility can happen this year.

"Our biggest need right now is to improve the restrooms — we have about five stalls that are out of order," said Bruce, who's excited at the prospect a contest like this brings.

"It just seems that any money we do have is used to put out a fire somewhere else. We're always catching up and playing from behind. We'd probably use some money as well to build another dressing room because when we do have tournaments here, we never seem to have enough space."

The nomination period is over on Feb. 7 and after that a panel of judges will evaluate each entry on a set of different criteria. Some of those criteria are the depiction of the passion of the community for hockey and their dedication to supporting the sport. A description of how the prize money would impact the nominated community as well as the volume of social

media support on Twitter and Facebook.

The judges select 10 communities and then public voting opens up in March to select a Top 2 and finally a grand prizewinner, which will be announced in April.

"Last year, we raised banners for our novice and atom teams, and that was a very proud moment for this community. I think an event like that could galvanize support for this contest, and it would be nice to see our minor hockey team built up again. This money would go a long way to ensuring that something like that can happen," said Bruce.

Right now, Bruce wants St. Laurent residents, or anyone who's used the arena, to share their story through social media. Using the hashtag #KHV_StLaurentArena, anyone can trumpet the name of the arena and ask their followers and friends to do the same.

"I just want people to flood Facebook and Twitter with hockey stories and help get our message out there. If we can get people doing that, we can get Kraft to see our passion," said Bruce.

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Rockwood Festival needs piano accompanists

Vocal component set for April 16 and 17
and choral component for April 18 and 19

By Jennifer McFee

It's time to face the music: accompanists are key to the success of the Rockwood Festival of the Arts.

The annual festival is seeking piano and guitar players of any age with a minimum Grade 7 skill level to accompany individual vocalists and choral groups.

When committee member Lisa Highmoor moved to Stonewall six years ago, she discovered there was no organized way for festival participants to find someone to accompany them. Instead, most performers relied on word of mouth to find an accompanist for their performances.

"Since then, it's been in the back of my mind to get word out to musicians who live in the area that even if they could offer to play for one person, it would take the pressure off those who've had to play for 20 people," she said.

"The other reason is that I think there are a lot of musicians around, yet we are steadily losing performers every year. The numbers seem to be dropping, so I'd like to put feelers out there to encourage more people to support the festival."

Accompanists might charge a fee, or they might opt to provide their services free of charge. Together with the

performers, they will arrange a way to practise for the festival.

Pianists with experience as accompanists are particularly in demand.

"Being a piano player is great, but it is a skill to play for somebody or a group that sings," Highmoor said.

"They preferably would have experience playing for a singer. If they wanted some direction on how to do that, I would certainly offer my input. And they don't have to be from Stonewall. It can be anybody in the Interlake area."

The vocal component of this year's festival will be held at New Life Church in Stonewall on April 16 and 17, followed by the choral component at the Quarry Park Heritage Arts Centre on April 18 and 19.

Accompanists must be willing to have their contact information posted

on the revamped Rockwood Festival of the Arts website at www.rfota.ca.

"Being involved with the performers is a good experience, and it also gets you involved with the festival itself. I think that's important," Highmoor said.

"If we can get people to come out to hockey tournament and we can get refs for hockey tournaments, there must be some way that we should be able to recruit some musicians — whether they be high school students or university students or adults. It's a possibility, and I think we need to support the festival as much as we can."

Anyone interested in becoming an accompanist can contact Highmoor at 204-467-5815 by Sunday, Feb. 7.

Inwood Bible Study group led by Ozirney to meet Thursdays

By Jennifer McFee

As she approaches the one-year anniversary as Inwood's new postmaster, Malinda Skogan is expressing her gratitude to the communities of Inwood and Armstrong.

"It was a scary undertaking," she said, "but the community members and surrounding municipality has welcomed me back with open arms and made me feel like part of the community again."

Since Skogan became the postmaster on April 1, 2015, the community has raised more than \$215 for the Canada Post Community Foundation, a non-profit organization aimed at helping Canada's youth.

In the spirit of generosity, the town raised \$470 over the Christmas season through its Seasons Greetings Board, which is located on property donated by the RM of Armstrong. The funds were given to the Inwood Sports Club to keep the complex up and running. The Inwood Sports Club is now open for hockey and skating starting Friday

evenings and it can also be booked for events, thanks to all the hard-working people who keep it open.

In other Inwood news:

- Retired pastor Henry Ozirney is leading a Bible Study group on Thursday evenings. Everyone is welcome to attend the weekly meetings, which will be held at 6:30 p.m. at the home of Dwight and Nancy Dilts at 99-157 Road 1E at Norris Lake. Free Bibles are available.

"You don't want to miss the opportunity to learn and grow in the historical knowledge of the most amazing book ever written," Nancy said.

For more information, contact Nancy at 204-278-3611 or nddilt@explornet.ca.

- Anyone who might be interested in a before- and after-school program for their children in Inwood is asked to contact Skogan at inwoodmbday-care@gmail.com. In your email, you could include information about what times you would like the program to be open, how many children you

would enroll and what ages they are. You could also mention if any allergies or disabilities would be a factor.

She is also wondering if any volunteers would like to help with the project, which is being spearheaded by the Inwood Community Group. The group is currently in the process of gathering information to see how many families are interested in this

project as well as in finding an appropriate space and developing activities for all ages.

Anyone with questions or concerns can contact Skogan for more information.

- The next Inwood Community Group meeting will be coming up in late February.



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Tribune



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REPORTER/PHOTOGRAPHER
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> ARNIE WEIDL 'Lady Luck' sometimes gets you a great day of angling

Hello again my friends. Two weeks ago I met a totally unique sportsman whose life is completely dedicated to fishing. Otto Sonnenmoser is a tall, rugged Missouri man whose adventuring nature led us to him and winter fishing in Manitoba.

I met Otto on a cold sunny day on Lake Winnipeg's ice and asked him if he would share some of his life and fishing experiences. We sat in "old red" as he told in a raspy voice how his uncle, an ocean charter fishing guide in California had taught him to love everything about fishing and so as Otto grew up his passion for fishing became his life.

His humor showed as he first went into a story of a time when he took an old-timer, Charlie, crappie and bluegill fishing in a pothole lake near home. Old Charlie declared as they sat in the boat waiting forever for a bite that if cows were standing, the fish would bite and if they were lying down they wouldn't. Otto could clearly see some neighboring cows standing which compelled him to point out that the fish should be biting.

The old-timer got a sly smile and with his southern humor said, "Well, you know, you can never really trust a cow," Otto continued. When he was fishing in one of the home pothole lakes with the winter ice only six inches thick, he went sight fishing with a black pop-up cover.

After a couple of hours in the dark he felt water on his boots. He threw the pop-up away to see the hot spring sun was melting the ice around him. Quickly collecting his gear he crawled for shore only to fall through the ice. Clawing shoreward his feet finally touched bottom and he lived to fish another day. Otto's love affair with Lake Winnipeg's ice fishing started years ago when he contacted a fish-



TRIBUNE PHOTO BY ARNIE WEIDL

Adventurer and extraordinary sports angler Otto Sonnenmoser from Missouri with some of his daily catch along side his "Wilcraft."

ing guide who took him to Balsam Bay. He laughed telling how those first three days of ice fishing were like a "baptism-by-blizzard."

The guide had him sitting out in the open in a raging storm over his ice hole as shacks were being torn up and rolling in the wind like tumble weeds. Snow lashed his face, yet in his heart he had never felt more alive and to this day he feels it was the best three days of his life.

Now, for a month each winter as Otto sits fishing in his pride and joy, a go-anywhere "Wilcraft", he says he feels like a Canadian. We had been talking for some time in my truck and as Otto now more at ease reckoned he was kind of a loner. He never married. He thinks only of fishing every day and even now is dreaming of summer fly fishing. Days later, the last time I saw him, he was fishing on the Red across from Don McDougall's, his friend in Selkirk. I so admired seeing him in his element, happy and content. What a guy.

Talking about Balsam Bay, I was there a couple of days ago and was only able to get on the ice to angler

Paul Massey of Winnipeg because of Selkirk's Buus Construction. They had blocked off the harbor for dredging, so thoughtfully, they made a side road to the ice for us. Paul hadn't caught any fish during our visit but was ready with a story of when he was boat fishing with his wife last summer on the Red.

She had put her rod on her lap to get a sandwich when just then a hooked fish pulled her rod into the water. She was not one to be stolen from and jumped into the water, sandwich and all retrieving her rod and a nice pickarel to boot.

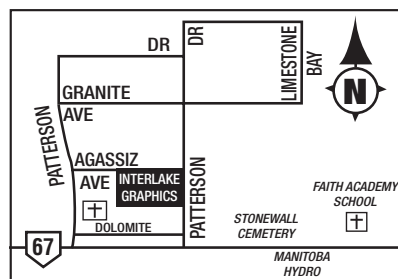
According to William Vandersteef of Fisher Branch who I met off Sandy Bar by Riverton last week a similar "fish reclaiming" happened to him when he was fishing at Lake St. Andrews. He had caught a mess of jacks but the string got loose from the boat and he lost them. He went back to shore for lunch and upon returning to fish some more; with his first cast he snagged his lost string of fish. Sometimes determination or "Lady Luck" will get you a great day of angling. Well, so-long till next time folks.

> CONTACT US

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La Loche shootings hit home for Teulon teachers

By Natasha Tersigni

As the nation was captivated by news coverage of the tragic violence that occurred in La Loche, Sask., last Friday, Teulon resident Kelly Klein waited anxiously for word that his brother, Mark Klein, was alive.

Mark is the principal at the Clearwater River Dene School just 10 kilometres north of La Loche, and he has lived there for 23 years. While Mark's school was not involved in the shootings, his colleagues and area students at La Loche Community School were at the centre of the second attack.

In the afternoon of Jan. 22, a 17-year-old male La Loche resident first shot and killed Dayne and Drayden Fontaine in their home in La Loche. He then travelled to the nearby high school, where he shot and killed educational assistant Marie Janvier and teacher Adam Wood. Seven other people at the school were injured during the shootings. The 17-year-old was apprehended on the scene at the school and has been charged with four counts of murder and seven counts of attempted murder.

In the days following the shootings, media coverage of La Loche, a small community 600 kilometres north of Saskatoon, centred around the reckless tragedy.

Kelly, a teacher at Teulon Collegiate Institute, started his teaching career at La Loche Community School 15 years ago, the same school where the shootings occurred. Without the issues of many Northern reserves in Canada, Kelly remembered La Loche as a tightly knit community that supported its residents.

"I first went to teach in La Loche af-

ter graduating university because my brother was up there and he enjoyed being up there. It is a huge culture shock because I had never lived in a northern community. It was a very positive experience. I have nothing but good things to say about my time in La Loche," said Kelly.

"Talking with Mark, he loves the community and he loves his job there and he has raised his family there. Unfortunately, events like these give a black eye to the community. It is tough teaching in a northern community, but Mark enjoys living there, as did I."

While school shootings do happen, having a family member so close to this one drives home the reality of what could happen in any school — a message Kelly hopes to echo to his students in the coming weeks.

"I want the students to know that it could happen anywhere," said Kelly.

"These events don't really affect you as much until you have an immediate family member involved in such a horrible incident. You don't realize the impact it has until someone close to you is affected. That could have been my brother in that building at that time."

Lockdown drills in schools are now commonplace, including at TCI, and events like these prove the reason why. Kelly speaks to the students about the need to properly execute the drills and the importance of completing them properly.

"It is also an opportunity to reinforce why we do lockdown drills. I don't think students always take the drills seriously because they know it is a drill. This is why we do the drills — to



TRIBUNE PHOTOS FROM TWITTER

A growing vigil lays outside of La Loche Community School, where an educational assistant and teacher were shot and killed by a 17-year-old male assailant from the community on Friday. Before entering the school, the shooter killed two teen brothers at their home. The attacks have shocked the country, including two Teulon teachers who have both taught in La Loche and whose brother currently lives and teaches there.

help prevent these events from happening."

As media coverage continues of the shootings, Kelly hopes people remember that La Loche Community School was — and still is — just like the thousands of other schools in any small prairie community.

"This tragedy is not a reflection of the community; La Loche is just like any other small community. Everybody there is affected by the shootings, but like in so many small communities, in difficult times like this, they are coming together to support one another."

Funding for Manitoba Schools to "Drop the Pop"

Promoting kidney health to children and families

News Release

The Kidney Foundation of Canada — Manitoba Branch invites elementary schools from across Manitoba to apply for a \$250 grant that will help them carry out a Drop the Pop Challenge for children in kindergarten to grade six.

This is an opportunity for school and community staff to help educate young students about the dangers of sugary drinks. This includes beverages such as soft drinks (eg; Pepsi, Diet Coke, 7-Up, etc); sports drinks (eg; Gatorade and Powerade); energy drinks (eg; Red Bull and Full Throttle); powdered drinks (eg; Tang and Kool-

Aid); sweetened milk products; and fruit drinks, beverages, punches, and cocktails.

Teachers take on the role of challeng-

ers, asking students to "drop the pop" and all sugary drinks for one week while they teach their students about making healthy lifestyle choices. The Drop the Pop Challenge is a part of the Foundation's curriculum for Ab-

original schools called Our Children, Their Health, Our Future.

The \$250 grant is available to elementary schools that have a significant Aboriginal student body (50% or

Continued on page 9

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New mobile clinic to serve Interlake-Eastern region

Staff

The last of three mobile clinics is set to arrive this month in the Interlake-Eastern region and clinic staff will begin seeing patients in early 2016.

Starting in early 2016, the Interlake-Eastern mobile clinic will gradually introduce services in the communities of Gypsumville, Seymourville, Prawda and Grand Marais initially and it will visit more communities over time. Although the mobile clinic will stop in these initial communities, residents in surrounding communities are welcome to access mobile clinic services.

"Mobile clinics are primary-care clinics on wheels that give Manitobans in rural communities a convenient option for their health-care needs closer to home," Health Minister Sharon Blady said in a release last week. "Our government is proud to

now have three mobile clinics to serve Manitobans living in rural communities and provide even better access to quality care no matter where they live."

Blady added the work to date with communities and Regional Health Authority (RHA) will help staff to prepare for the arrival of the mobile clinic. "We feel quite fortunate to be able to offer the mobile clinic as an option to residents in our region who will benefit from its accessible and reliable health-care services," Interlake-Eastern RHA CEO Ron Van Denakker said. "We thank our partner communities for their work invested with us to prepare appropriate sites to regularly host the mobile clinic and all of the requirements that come along with something so unique as a mobile clinic."

Staffed by a nurse practitioner, a

registered nurse and a driver, and equipped with two examination rooms, the new Interlake-Eastern RHA mobile clinic will allow staff to offer services ranging from regular checkups to treating minor ailments and helping people manage a chronic disease or other serious conditions.

Nurse practitioners with the mobile clinic will be able to prescribe medications, can order and review results of diagnostic tests for their patients, and can refer patients to specialists. Registered nurses will also be available to manage minor health issues and provide ongoing support.

Patients will be able to book an appointment by calling a toll-free number at the regional health authority when the clinic is up and running later this year. Schedules will be provided in these communities as services are introduced. Details will be advertised

locally and same-day appointments will be available. Health Links-Info Santé will also be able to inform Manitobans of the clinic's schedule.

Manitoba's first two mobile clinics have been operating in the Prairie Mountain Health and Southern-Santé-Sud regions since 2014. These clinics have helped connect many Manitobans to primary-care services, the minister said, adding that patient feedback has been very positive since the clinics first hit the road.

Once in full service, each clinic is expected to be the primary-care home for 1,000 Manitobans who currently do not have their own family doctor or nurse practitioner. Those who visit the clinic and have their own primary-care provider will be asked if they want a report of the visit sent to their regular provider to ensure ongoing care if required.

Homebuilder pays for not playing by the rules

Stonewall council news in brief

By Jennifer McFee

Homebuilder A & S Construction will need to pay \$1,250 for a variance for the front setback of a home in the Genstar development in the north part of town.

Mayor Lockie McLean said the existing setback is less than the 25-foot

distance required by the town.

If the same thing happens again with any other houses built by the same builder, the cost for the infractions will continue to increase.

"It's prohibitive and it's punitive if they're not going to play by the rules," McLean said.

"We have rules

for setbacks for a reason, and we want people to follow the rules that we have in town. The good thing was our previous council put some logic into it and made sure that when they have an infraction and if it's a repeat offender, they're going to start to pay more and more and more."

In other news, a supplier offered to pay for a weeklong trip to Minneapolis for a couple of town employees. At the Jan. 13 meeting, council voted

against the proposed trip.

"Our employees are really, really good, and it would be awesome to let them go on a trip like this where a supplier's paying for it," McLean said Friday, "but you have to be careful and you have to look at what it is — it's a supplier that wants to sell us something."

As well, council asked Acting CAO Doreen Steg to look at ways of preventing Dutch Elm disease, as well as the associated costs. The town might look at creating a partnership with Stonewall residents who have elm trees on their property and want to save them.

In addition, council will remain open to receiving information about installing an electric sign to promote things that are happening in town. However, the majority of council felt that the price tag is too high at this time.

"We're not experts in how effective a sign like that is and what the cost-benefit analysis is," he said. "When it comes to the dollar value, the majority of council makes it clear that this is a big ticket item that they're not ready for yet."

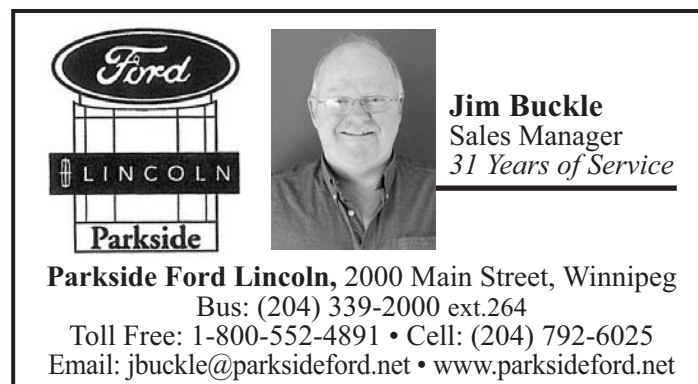
The Town of Stonewall is currently accepting proposals to supply and plant flowers and planters around town for the 2016 season. Sealed proposals must be submitted to the town office before 4 p.m. on Friday, Jan. 29. More information is available on the town's website at www.stonewall.ca.



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Jackrabbits tear up ski trails in Pinawa

Local ski club posts outstanding results

Staff

The Teulon Cross Country Ski Club participated in the 40th Annual Manitoba Loppet in Pinawa on Jan. 23.

The following skiers from Stonewall, Teulon, Arborg and Fisher Branch areas raced in various lengths of the course, posting outstanding results said Jackrabbit Co-ordinator, Marilee Moss in an email to the *Stonewall Teulon Tribune*.

Stuart Slattery finished first in 15 km M 3/4; Anita Gregory - fifth - 15 km F 5/6 (with half a ski); Paul Gregory - fourth - 15 km M5/6; Shannon Bodnarus - second - 3 km Atom Girl; Alex Moss - second - 3 km Atom Boy; Mary Tinker first - 3 km PG1; Tyler Persoage - second - 3 km PB1; Nicholas Palmer third - 3 km PB1; Hayden Turner - sec-

ond - 3 km PG2; Liam Tinker - first - 3 km PB3; Bryce Bodnarus - first - 3 km PB4; Cole Turner - first - 3 km MB1; Karren Klassen - fourth - 6 km Open Female; Bonnie Tinker - seventh - 6 km Open Female; Iain Palmer - second - 6 km Open Male.

The ski club has an adult ski clinic for those interested in participating on Jan. 31.

Beginner classic skiing is from 10 a.m. to noon and an advanced ski clinic is from 12:30 to 3:30 p.m.

For more information email skiteulon@gmail.com or for more information contact club president Bonnie Tinker at 204-886-3221 or skiteulon@gmail.com or Jackrabbit Co-ordinator Marilee Moss at 204-513-0983 or teulonjackrabbits@gmail.com.



TRIBUNE PHOTOS BY MARILEE MOSS

Pictured from left to right: Jackrabbits Hayden Turner, Alex Moss, Mary Tinker, Nicholas Palmer, Tyler Persoage, Bryce Bodnarus, Cole Turner, Liam Tinker receiving race ribbons. Missing is Shannon Bodnarus.

> POP, FROM PG. 7

more of the school population). There are 12 grants available, for a total of \$3000 being made available to schools across the province. The deadline to apply for a grant is February 21. Interested parties can find an information sheet and application form at: www.kidney.ca/manitoba

"These grants help enable schools to provide incentives and encouragement to children that help them think more about making healthier choices. Cutting back on sugary drinks may help children avoid Type 2 diabetes, obesity, tooth decay, and ultimately, chronic kidney disease," explains Val Dunphy, executive director of The Kidney Foundation of Canada - Manitoba Branch. "Manitoba has the highest rates of end-stage kidney disease out of all Canadian provinces. By working with the schools to promote healthy kidneys, we hope to have a long-term, positive impact on children, their families, and the larger community."

The Foundation is asking schools to organize a Drop the Pop Challenge for students in March 2016. March is

Kidney Health Month. World Kidney Day falls on March 10—this year's theme is fitting, as it is Kidney Disease and Children: Act Early to Prevent It.

Aboriginal communities struggle with disproportionate rates of diabetes. Many Manitobans are not aware that diabetes, along with high blood pressure, are the two leading causes of chronic kidney disease (CKD).

CKD is very serious because there is no cure. People in the late stages of CKD need to go on dialysis or get a kidney transplant to stay alive. Education is a key part of helping young Aboriginal people to take the right steps that will help them avoid this devastating health issue.

Successful applicants will be notified of their grant by February 26, 2016. The Kidney Foundation will provide support, the \$250 grant, and Drop the Pop curriculum with lesson plans and handouts for the selected schools.

This grant is made possible with generous funding from CN Rail.



Skiers competing at the 40th Annual Loppet in Pinawa last weekend.

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Tribune
Stonewall & Teulon

<p>Royal Canadian Legion Branch No. 52</p>  <p>\$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.</p>	<p>South Interlake Ag Society</p> <p>Janice Rutherford 467-5612 Hwy #236 and Rockwood Road \$10/member/year</p> <p>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.</p>	<p>Teulon Women's Institute Phone 886-2216</p> <p>Fee: Nominal membership may apply</p> <p>Motto: "Home and Country"</p> <p>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.</p>	<p></p> <p>1 Snow Goose Bay on Hwy 220 Stonewall, Manitoba 1-888-50MARSH (62774) ohmic@ducks.ca oakhammockmarsh.ca</p> <p>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.</p>	<p>Quarry Toastmasters</p> <p>Brenda 467-5088</p> <p>Quarry Toastmasters meet every Tuesday 7:15 – 8:45pm at the Stonewall Collegiate in the Library.</p> <p>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.</p>	<p>Kin Clubs of Stonewall Motto "Serving the Communities"</p> <p>Kin Canada is a dynamic volunteer organization enriching our communities through service while embracing national pride, positive values, personal development and lasting friendships.</p> <p>Kinsmen President Chris Luellman 467-8770</p> <p>Kinette President Jean Burchuk 204-467-2925</p>
<p>Teulon & District Agricultural Society</p> <p>Lana Knor, President 467-0740</p> <p>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.</p>	<p>Interlake Community Foundation, Inc. 204-467-5634 www.interlakefoundation.ca</p> <p>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.</p>	<p>Stony Mountain Stonewall Masonic Lodge #12</p> <p>Call 204-467-2788 for Information</p> <p>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-sectarian 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.</p> <p>Monthly Meetings 2 B 1 ASK 1</p>	<p></p> <p>Stonewall Ladies Auxiliary</p> <p>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.</p>	<p>South Interlake Seniors Resource Council Inc. Darcy or Corinna @ 467-2719 sisrc@shaw.ca</p> <p>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.</p>	<p>The Liliane Baron South Interlake Breast Cancer Support Group Claudette 886-2393 Joyce 467-2473</p> <p>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.</p> <p>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.</p>
<p></p> <p>Knights of Columbus Stonewall</p> <p>Dave Couprie 467-9548 \$40/member/year</p> <p>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.</p>	<p>South Interlake 55+ Inc</p> <p>Cheryl Cathers 467-2582 www.si55plus.org \$15/member/year</p> <p>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.</p>	<p>Stonewall & District Lions</p>  <p>Ralph Sinclair 622 Centre Avenue, Stonewall 467-9600</p> <p>Motto: "We Serve"</p> <p>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.</p>	<p></p> <p>Independent Order of Odd Fellows Stonewall Lodge #49 Larry O'Dell 467-8882 Ross Thompson 467-2438 www.ioofmb.ca</p> <p>Yearly nominal membership fee</p> <p>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.</p>	<p>Stonewall & District Health Centre Ladies Auxiliary</p> <p>Marg Bond 467-8732</p> <p>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.</p> <p>Meetings are held the 1st Monday of each month at Rosewood Lodge.</p> <p>New members welcome.</p>	<p>Grosse Isle Women's Institute Phone 204-467-9376</p> <p>Motto: "Home and Country"</p> <p>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.</p>
<p>Warren Horizons District Lions Club President: Irene Tully 204-375-6522</p> <p>Meetings are held the 1st and 3rd Wednesday of each month at the Warren Fire Hall Sept. thru June.</p>		<p></p> <p>Warren & District Lions President Stu Bangle 204-322-5381 "We Serve"</p> <p>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.</p> <p>Meetings are held the 1st and 3rd Wednesday of the month at 7:00pm at the Warren Fire Hall from Sept-June.</p>			



TRIBUNE PHOTO SUBMITTED

It is well known that 29 is the highest possible count in a cribbage hand (with the up-card). On Jan. 16, Warren's Isla Hagborg scored a perfect hand while playing against her husband, Walter. A perfect cribbage hand — three fives and a jack, all of different suits, and the fourth five turned up as the cut card — is a rare event.

> MOBILE HOME, FROM PG. 3

and Maendel will now need to seek approval for his plans from the South Interlake Planning District. The addition must be built using a similar type of surface foundation, as approved by SIPD.

At the third public hearing, Jason Ewanek was seeking permission for an existing temporary mobile home to remain on his property. The mobile home was first allowed in 2003 for his father and then his brother, who was helping on the farm operation. However, the permission for the mobile home expired in 2012. Council tabled the matter for further discussion at a future meeting.

In other council news, council approved a conditional use request made by Jeff Yablonski of Armstrong Construction for the proposed placement and operation of a portable asphalt plant on his property. The plant would be used primarily for Manitoba Highways projects. It needs to hold a valid development licence in accordance with the Manitoba Environment Act and must operate under the terms and conditions of the licence.

The first council meeting in February has been rescheduled to Wednesday,

Feb. 3. The meeting originally scheduled for Feb. 10 has been cancelled.



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> FAITH

Who Owns God?



In December, a professor from Wheaton College Illinois, a Christian College, made a comment that Muslims and Christians worship the same God. This was immediately challenged from several corners of Christendom.

I, too, believe we all worship the same God based on the fact Judaism, Christianity and Islam all trace their founding to the God of Abraham. All three of these religions are founded on worshipping the God of Abraham, either through Isaac or Ismail.

Of course, there are different interpretations of who that God is within each of the three religions. And who has the authentic and correct version is another question. None of us own God. I am not saying we all have the identical belief or description of who God is but that I am simply pointing to the fact that we're attempting to describe the same entity but with differing attributes. Just because our anthropomorphic descriptions vary does not make God different, for God is who God is. It is a matter of interpretation. Even within Christianity, we have different understandings of God, yet we all claim to be worshipping the same God. It is not about worshipping the right God in the right way.

Rather than beating each other up over an interpretation, I believe God is calling us to work together towards the healing and restoring of God's creation. We can each worship God through our own interpretation of who God is but still acknowledge we are worshipping the same entity.

Reverend Leonard Oracheski
united@mymts.net

INTEGRITY AUTO

The Mechanic's Perspective

Happy New Year! A new year brings change. It seems to me lately that nothing changes faster than automotive technology.

In turn, this started me thinking on how auto technicians need to continually learn and adapt. Drivers, too, need to be aware of how technology has changed things. Awareness will save money on repairs!

The best and worst thing about modern computer-controlled vehicle management systems is that they can adjust to compensate for maintenance problems. The "best" part of this is that the computer can prevent further potential damage by adjusting engine management. The "worst" part about this is that in many cases, because the car still "feels and drives normally," the customer refuses to get it checked...despite the "check engine" or "service engine soon" light being on.

Compare an old, carbureted vehicle with points and a distributor. When these needed maintenance, the concern was immediate and obvious to the driver in the form of stalling, jerking or bucking. The driver brought it in, and an engine tune-up fixed all the concerns. When a computer-controlled vehicle begins to misfire, the computer will change fuel and timing in an effort to make the car still run as well as possible. It will also illuminate the "check engine" light indicating there is a problem. However, the customer will often ignore the light, because the car still appears to run fine. In cases I've seen, they may continue to drive with a hidden problem until severe, extensive (and expensive) damage occurs. Now instead of only basic maintenance like a tune-up, the vehicle requires a catalytic converter, MAP sensor or more!

Ignoring warning and maintenance lights because of no perceived drivability issue always makes for a more expensive repair in the end. Not only that, but it is frustrating for the technician AND the customer when the vehicle finally comes in on the tow truck needing numerous repairs...and the entire situation was avoidable through timely maintenance like spark plugs and fluid/filter changes...or by NOT ignoring that little warning light.



270 5th Ave SE, Teulon, MB 886-2365

Warren Minor Hockey initiation program hits record numbers

By Natasha Tersigni

For young Warren hockey players aged four to six years old who are learning to play Canada's most popular sport, it is all about fun, friends and fundamentals of the game.

This season, the Warren Minor Hockey Association has attracted more players for their initiation program than ever before.

With 30 children — four girls and 26 boys — and the help of seven coaches, the increase has been great for the hockey association. The hope is to have a ripple effect in years to come with their other teams.

"In the novice program next year, we will have 29 players. The hope is that it will continue down the road and that the initiation program will be strong again next year," said Initiation Program Manager Rhys Van Kemanade, who added that even with the loss of one team, the association overall is still growing in the number of players.

"Now that bantam players are able to play high school or in the AAA league, we have lost our bantam program for this year, but we are still up from last year's number."

One way the association tried to recruit more players this season was to



TRIBUNE PHOTO BY MONICA BALDWIN

With 30 players making up three teams, this year Warren Minor Hockey Association has had the biggest group of children on their initiation teams since the association first began offering the program 15 years ago.

offer reduced rates for first-time players in the initiation program, something that board members are hoping to continue to do.

"We gave 50 per cent off of fees for first year players; it didn't matter how old the child was," said Van Kemanade.

"The thought was that the child would try it for a year and once they got comfortable on skates, they would continue down the road. Three or four children were signed up because of the reduced fees."

Another change for initiation hockey

this year was the focus on athlete development. Hockey Manitoba recently instituted new rules for the initiation program with a focus towards teaching players athleticism and sportsmanship.

This year, initiation hockey is played on half the size of ice, using rink dividers, and is only four-on-four with no goalies. The smaller rink size forces players to have a quicker reaction time, find the open space and read player pressure, all of which contributes to an improved hockey sense.

"The new rules are great, especially for the four- and five-year-olds. I remember when I played growing up and it was full ice, it was hard to touch the puck at all. With the split ice, we find that the players are always in the play and they get to touch the puck a little more," said Van Kemanade.

"We really enjoyed the teams' layout this year — three teams with 10 players each. The children are far more engaged than they were last year when we had a few more players on the team."

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Firefighters participate in STARS air ambulance training

By Natasha Tersigni

Lack of visibility, rotor wash (air turbulence caused by a helicopter rotor) and cold conditions were just some of the hardships that local firefighters were faced with last week while participating in STARS air ambulance emergency training.

The joint training with STARS included firefighters from Manitoba Hydro Dorsey Converter Station, Warren-Woodlands, RM of Rosser and Stony Mountain-Rockwood. The exercise was an opportunity for STARS pilots to get re-certified for low visibility night landings and volunteer fire departments to have an opportunity to land the helicopters.

Although not a common occurrence, local departments will be called upon to land the STARS air ambulance when the service comes to an emergency scene in the community.

"It is very important to get our members trained on the landings because, for us, we never know who will be at a call. The more guys we have that are certified, we should never have a problem landing a helicopter," said

RM of Rosser Fire Chief Mike Palmer, who added this is his department's third training session with STARS.

While the RM of Rosser Fire Department has yet to land a helicopter at an emergency scene, this training session gave members a taste of the challenges of night landings in winter conditions.

"A couple of the members were saying they didn't expect the wind from the rotor to be so strong, and one of the members from Hydro couldn't believe that even with his visor and goggles on that he could still feel the snow being pelted at his face."

The training also provided an opportunity for the departments to train together, something that does not happen very often.

"This is the first time we have opened up training to other local departments. STARS needed six landings, so we thought this was a great opportunity for joint training and we could get 10 to 12 members out landing the helicopter," said Palmer.

In 2015, STARS flew 541 flights throughout Manitoba.



TRIBUNE PHOTO BY NATASHA TERSIGNI

In teams of four, local firefighters from the South Interlake departments took turns landing the STARS helicopter in a hayfield in the RM of Rosser on Jan. 21 during low visibility night landing training.

Seven decades of marital bliss

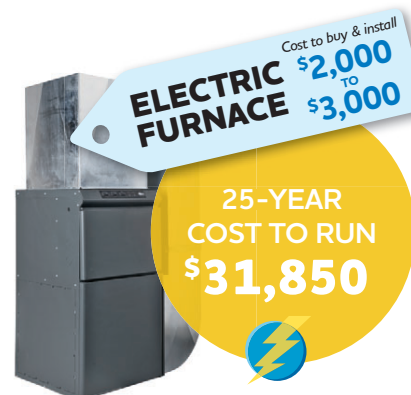


TRIBUNE PHOTO BY HOLLY KLIMPKE

Surrounded by family and friends, Sophie and John Klimpke celebrated their 70th wedding anniversary last Saturday in the Stonewall Legion Clubroom on their official anniversary of Jan. 26. The couple was married in 1946 when John was 21 years old and Sophie was 19. The pair has been blessed with three children — Ken, Barb and Leonard — seven grandchildren and great-grandchildren.

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Your Wedding



Wedding bands and accessories

Has the time come to pay a visit to a jeweller in preparation for your wedding day? Be sure to do your homework first because several factors have to be taken into account if you want to make the right choice.

WEDDING BANDS

Wedding bands are the symbols of your union and must be chosen carefully. When searching for the perfect

rings, your first step should be to set a budget and determine your preferences.

- The type of ring: solitaire (one stone); three stones set side by side; eternity or semi-eternity (stones set around a portion or the entire circumference of the ring).

- The metal: gold; platinum; silver; titanium.

- The stone: diamond; sapphire;

ruby.

- The cut of the stone: square; elongated; heart; oval.

You'll be wearing your wedding band for a long time to come, so above all, make sure it's comfortable.

ACCESSORIES

Your choice of jewelry will depend on the style of your dress, but don't forget that the first rule of wedding

jewelry is not to overdo it. If you're wearing a rhinestone-encrusted bustier, you're better off opting for earrings rather than a necklace.

If you decide to wear earrings, the style you choose will depend on your hairstyle, the shape of your face — long earrings for a round face, for instance — the stones that adorn your dress and your hair ornament (wear small earrings with a big diadem).

If you want to wear a bracelet as well, be sure to choose something discrete. Your dress is a simple one? An extravagant necklace could look great, as long as it goes well with the shape of your neckline. Now that you've established your criteria, it's time to go shopping in search of perfection.

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Your Wedding



Learn the art of choosing flowers

From the bridal bouquet to the decorations, flowers are going to be a major feature of your wedding. And not only do they create an atmosphere that is both festive and harmonious, they have to do it without breaking your budget. But don't worry; it's possible to achieve that goal with a bit of ingenuity.

Choose your wedding dress first; it will influence the creation of your bouquet. A patterned dress, for instance, will require a fairly discreet

bouquet. You should also take into account your figure: if you are petite, you should avoid cascading bouquets, which are more suitable for tall, slender brides. And make sure your bouquet isn't too heavy, as you'll be carrying it for a long time.

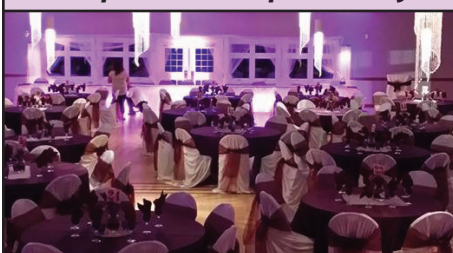
You have a limited budget? Choose native flowers that are in season or exotic flowers that are readily available. Think foliage; it will add volume to your bouquet and it's inexpensive. When choosing flowers, you may also want to consider their meanings. For example, you may prefer red roses (love) or white roses (pure love) rather than yellow roses (infidelity) and daffodils (coldness). Choose flowers that don't wilt quickly, that don't stain and that don't have an overpowering scent.

Once you've decided on your bouquet, it's time to consider the buttonholes, bridesmaids' bouquets and the reception hall decorations. All these elements should take inspiration from your bouquet. You could use one of the flowers from your bouquet for the groom's buttonhole and similar but smaller bouquets for the bridesmaids and table centrepieces.

Need some inspiration? A professional florist is sure to have lots of great ideas to help you.



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New funding, deadline for Co-op Community Spaces

News Release

Co-op will improve even more places people meet, play, learn and share by giving up to \$1.5 million to local organizations, up from \$1 million last year.

Co-op Community Spaces was launched in 2015 to help protect, beautify and improve spaces in communities across Western Canada. In its inaugural year, the program funded 16 projects in British Columbia, Alberta, Saskatchewan and Manitoba.

"From creek rehabilitation to gardens to play spaces for toddlers, the projects selected for funding last year showcased the innovation and dedication of local community groups," said Trevor Carlson, director of sustainability. "All community spaces are unique but are similar in their ability to create a healthy and vibrant culture that brings people together. Investing in these spaces and our communities is how we give back."

To qualify, organizations must be a registered non-profit, registered charity or community service co-operative. Administered by Federated Co-operatives Limited (FCL) on behalf of the Co-operative Retailing System (CRS), Co-op Community Spaces will provide donations between \$25,000 and \$100,000 to recipients. Because of the increased funding, the program will support up to 60 community projects in 2016.

Funding is available to projects in three categories:

- Recreation: Enhancing recreation opportunities such as recreation centres and playgrounds;
- Environmental conservation: Preserving natural spaces such as green spaces, parks and interpretive centres; and
- Urban agriculture: Supporting small-scale agricultural initiatives in rural and urban spaces such as community gardens and food education facilities.

Applications for the 2016 Co-op Community Spaces program will be accepted from Jan. 18 to Feb. 12, 2016. For more details about this year's program — and to see last year's recipients at work — see www.communityspaces.ca.

Krpan earns master breeder status for beagles

By Jeff Ward

A St. Laurent couple who've spent the last 40 years breeding beagles has earned the prestigious designation of master breeders, making them the only ones in Canada with that honour for hunting dogs.

The designation, which was given to them by the Canadian Kennel Club (CKC), is a proud moment for Branko and Frieda Krpan. They started breeding beagles more than 40 years ago, and through a deep-rooted passion for animals, they've been able to breed hundreds of award-winning dogs over the years — and still continue that work today. The master breeder designation was given just a few months ago and has only served to encourage their breeding efforts.

"I've always loved animals and I had

my first dog when I was five years old," said Branko Krpan, who started learning the science of breeding at a young age.

"[We] like to go hunting as well so Frieda and I were thinking about what kind of a dog to get, and we felt that a beagle seemed to be a nice size and they're good for hunting. They have great tracking ability and have a great nose for tracking."

It is not easy to get the designation of master breeder from the CKC, nor is it something that can be done quickly. According to the CKC, the applicant must have a minimum of 20 years breeding either the same breed of dog or several breeds. The applicant must also have never been subject to disciplinary action by the CKC and needs to have bred at least 20 Cana-



TRIBUNE PHOTO BY JEFF WARD

These beagles are just days away from being sent to their new homes after being expertly bred by Canada's only master breeder for hunting dogs, Branko and Frieda Krpan. Pictured from left to right is grandson Dominic, Frieda and grandson Jude Krpan.

dian Champions in confirmation or performance events. There are many other requirements as well, but the basics of the designation are that you need to be exceptional at what you do for a very long time.

The science behind breeding is very complex and, as Krpan explains, it's one of his favourite aspects of the hobby. Krpan says that making puppies is easy, but making smart, trainable dogs is a whole other ballgame. He is able to notice specific traits of the puppies he wants to breed and keep those traits through multiple generations of dog. Traits like endurance, intelligence, obedience and tolerance are just a few of the areas he needs to look at while breeding dogs.

"It takes two to three years before I can use a dog for breeding because I need to know if he's mature. I need to know if this dog has the right stuff, and to do so, I need to see him over a long period of time. There are at least a half-dozen traits I need to see over a long period of time before I know the dog [has all the qualities I'm looking for]," said Krpan. Krpan said that he and Frieda work well together and have very defined roles in the development of their dogs. Frieda will work with the puppies because Krpan says that she is gentler and more patient,

whereas he will go out into the woods with the dogs and train them.

Even though Krpan loves his dogs and has forged a strong bond with them, he's happy to see them go away with new families all over North America, Europe and Asia. The bonds those dogs create with their new owners brings him a lot of joy, and he continues to get letters from those owners explaining how the dogs have changed their lives.

"Every Christmas, we get postcards with pictures of the whole family and our dogs on them. I got a letter from a father who said he and his son are now bonding over hunting because they have this great dog that's brought them closer together. Those stories make you feel so good," said Krpan.

The Krpans have around 30 puppies in their care right now, and they are days away from being sent to their new families. Their dogs are in such high demand that there is a long waiting list for those interested in getting one for themselves.

Krpan says that he doesn't really believe he'll ever stop breeding beagles since it has brought him too much joy in his life to ever want to give it up.

"I will never retire from this as long as I can keep doing a good job," said Krpan.

Senior Years Information Evenings February 8-11, 2016



St. James-Assiniboia School Division's Senior Level schools offer high quality academic education and technology training in safe facilities. Our four collegiates are holding Information Evenings on the following dates for parents and students to meet teachers and learn more about the different types of programs available.

All Information Evenings begin at 7:00 p.m.

St. James Collegiate

1900 Portage Ave., 204-888-4867
Monday, February 8

Westwood Collegiate

360 Rouge Rd., 204-888-7650
Wednesday, February 10

Collège Sturgeon Heights Collegiate

2665 Ness Ave., 204-888-0684
Tuesday, February 9

John Taylor Collegiate

470 Hamilton Ave., 204-888-8930
Thursday, February 11

Call your school of choice, the Division Board Office at 204-888-7951, or visit our schools online at www.sjsd.net to learn more. Registration forms will be accepted on February 12, 2016.



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Students learn how to construct a newspaper chair



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Students in Darcy Olson's Grade 7 science class at Warren Elementary School received a hands-on lesson in forces of compression and tension last Friday. The students used their design and problem-solving skills to build a chair out of newsprint and seven metres of tape. The chair had to be at least 30 centimetres high with four distinct legs and strong enough to hold the weight of a person. With the help of chair-tester Gerrit Boonstra, pictured above, students quickly learned that the *Stonewall Teulon Tribune* is not only full of solid news but is written on strong paper when compressed.

Simple steps to Financial Success

We are now heading into the second month of the New Year and resolutions made for people desiring change may start to become a challenge. Staying on track when we have set goals for ourselves often becomes a difficult task. February is for many the time to focus on money with the deadline looming for RRSP contributions. This year it is February 29th due to leap year. With so many Canadians carrying huge debt loads this may be a good time to look at creating a budget to control spending and reduce debt. It can be done! You can save for retirement and live for now if you follow a few steps.

- Write down your short term and long term goals including dollar amounts for each. Examples would be buying a new car in 3 years (short term) or paying down a mortgage in 10 years (long term).
- Track your spending habits so you can make decisions on what changes need to be made. Maybe that daily Latte could be a once a week treat.
- Build an emergency fund – have your bank or credit union transfer a set amount monthly from your chequing account to your savings account. Small savings add up to big savings over time. Three months of income is the general rule.
- Reduce High-cost debt – pay off higher interest credit cards first and avoid using Payday loans as they charge extremely high interest.
- Use a budget software program to assist you in developing your budget. Take advantage of the many free programs out there that will guide you through the process. Remember it is all in your control. Financial freedom can be in your future!!



When should children file their first tax return?

According to many tax experts, the sooner the better. It's time to think about filing a tax return if, for example, your daughter has worked as a babysitter throughout the year or if your son has earned some money mowing lawns over the summer.

THE BENEFITS OF STARTING EARLY

Your child is not actually required to file a tax return if he or she did not earn the equivalent of the basic personal tax credit, or \$11,327, in 2015. However, developing this habit as early as possible not only allows your teenager to become familiar with the Canadian tax system, but also to create RRSP contribution room.

Of course, your teenager probably won't be all that interested in such an advantage at this time. But when she's working full time and can afford to, she will be able to use this unused contribution room. For every year she has completed a tax return, she can contribute 18 per cent of her earned income from the previous year to an RRSP. This contribution room can accumulate indefinitely and be used later, when the taxable income of your adult child is higher.

ADVANTAGEOUS CREDITS

When pursuing a postsecondary education, your child can also take advantage of some useful tax credits for tuition, textbooks, transit fees as well as the GST/HST credit from the age of 19. An accountant can help you identify the credits that apply to his or her situation.

For more information, visit www.youth.gc.ca.



Encouraging your teen to file a tax return has its advantages.



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McIvor to be honoured at Veteran's Cup tournament

By Brian Bowman

Bob McIvor's coaching resume is a lengthy — and impressive — one.

The 68 year old Stonewall resident will be the guest of honour at this year's Veteran's Cup PeeWee hockey tournament, which will take place from Feb. 5-7.

Each year, the tournament committee chooses a person that has had an impact on the local minor hockey program and recognizes their achievements and accomplishments.

McIvor is humbled to be honoured at this year's upcoming tournament. He'll have a chance to watch his son, Jason, coach his grandson Max, 11.

"It's kind of nice," McIvor said earlier this month. "It means that you did something right."

McIvor started coaching his eldest son in Kenora before moving to Stonewall back in 1983.

That fall, he was volunteered by a friend to coach his 11-year-old son's team.

"I coached the majority of those kids as they stayed together for five years," McIvor said, noting his team won the Veteran's Cup twice in that period. "During that time, we won four provincial championships and I wouldn't even want to guess how many tournaments that we won."

"They won their Interlake league every year and the provincial championship four out of five years."

McIvor would eventually become a coach with the first high school team at Stonewall Collegiate. In their first season in 1988-89, the team won the Winnipeg high school championship.

Even more impressive, SCI won the title again the following season.

Despite his son graduating from high school, McIvor continued to coach at Stonewall Collegiate for another five years.

In his final season as coach, his team won the provincial championship.

In total, his high school teams won 252 games and lost just 53. McIvor noted that Stonewall won a prestigious Brandon high school tournament "several times."

In 1994, SCI played the infamous Shattuck's-St. Mary's high school team (based in Faribault, Minn.), which was coached by former Winnipeg Jets' defenceman Moe Mantha.

"We gave them a pretty good game," McIvor recalled. "I think we lost 6-4."

McIvor said he started coaching to help out his son and he really cherished his time behind the bench.

"A lot of times, you start coaching because nobody else wants the job," he quipped. "But I actually enjoyed it. Over the years I took a lot of courses



McIvor passed the clipboard on in 1995 after coaching minor hockey for 13 years and eight more years with the Stonewall Collegiate high school hockey team.

that were outside of the Manitoba coaching program."

McIvor remembers taking a particular course at the University of Manitoba alongside such coaches as Andy Murray, Wayne Fleming and Bryan Lefley.

"It's kind of interesting to think where those guys had gone (in coaching)," said McIvor, who grew up in Stony Mountain and attended high school in Stonewall. "And they had taken the same course."

He has also rubbed coaching shoulders with the now-deceased Bob Johnson, a former Calgary Flames' and U.S. Olympic coach, and former UND bench boss Dean Blais.

"He was unbelievable with his knowledge," McIvor said of Johnson. "And just the way he presented it — he was pretty good. It was kind of interesting going to those coaching courses and learning from guys with that type of experience."

A highlight for McIvor came in 1992 when he took a team down to Toronto to compete against some elite clubs as part of the Canada 125 hockey celebration.

"I was at work, I was an air traffic controller, and I got a phone call to take a team of 15-year-olds from the Interlake down to Toronto for this major hockey tournament," he remembered. "As part of the celebrations, they were bringing kids from all over the country. I think there was something like 65 or 70 teams."

After a single practice in Warren, the team took a flight east and played "five or six games" against teams from Quebec, Nova Scotia, and Ontario.



TRIBUNE PHOTOS SUBMITTED

Bob McIvor started coaching the first high school team in 1988 and took the team to back to back Winnipeg High School Championships in 1989 and 1990 before retiring in 1995 after winning a provincial title.



McIvor will be honoured during the opening ceremonies of the Pee-Wee Vet hockey tournament on Saturday, Feb. 6. He will be cheering on grandson Max and his son Jason, who will be coaching one of the PeeWee teams.

"We played two 'AAA' teams from Toronto that showed us what hockey was all about," McIvor said. "But it was all expenses paid and I bet about half of the kids had never been on a plane before, so it was quite an experience."

Part of that trip included a tour of the Skydome, now known as Rogers Centre, the home of the Toronto Blue Jays. Players also had a chance to meet legendary Montreal Canadiens' forward Jean Beliveau.

"That was quite the experience," McIvor said.

McIvor also had a rare opportunity to coach in historic Maple Leaf Gardens.

"That was unbelievable," he said

proudly. "The kids had a chance to play there and I got to coach there. The Toronto Maple Leafs' trainer and I don't remember his name, he was quite an elderly guy, but he came in the room and did all of the kids skates and made sure that we had everything."

"It was really neat."

McIvor will be honoured during the opening ceremonies of the PeeWee Vet hockey tournament in Stonewall on Saturday, Feb. 6 at 11:30 a.m. at the VMSC.

The Master of Ceremonies and motivational speaker will be 92 CITI FM's Winnipeg radio personality Dave Wheeler.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Einarson crowned provincial women's champ



Kerri Einarson was congratulated by husband and twin daughters shortly after winning the Scotties provincial title last Sunday in Beausejour. Einarson defeated Granite's Kristy McDonald 7-4 after an impressive comeback victory.

By Brian Bowman

If there ever was a person who fully deserved to win a Scotties provincial title, it's Kerri Einarson.

After losing two provincial finals in a row, the third time was definitely a charm for Einarson. She was finally able to celebrate a provincial title after an impressive 7-4 comeback victory over Granite's Kristy McDonald in the Scotties Tournament of Hearts final at the Sun Gro Centre in Beausejour on Sunday.

"It still really hasn't sunk in yet," said Einarson from her Camp Morton home Monday evening, "Maybe, once it gets closer to the event, it will feel more real. But right now it still feels so unreal. I'm still on cloud nine."

Einarson lost in the provincial final to Chelsea Carey in 2014 and Jennifer Jones in 2015.

The key, for Einarson, in this year's final was a steal of three in the ninth end. McDonald's final rock overcurled as she tried to draw to the side of the button for a single point.

"That was definitely the turning point," said Einarson, who grew up in Petersfield and now curls out of East St. Paul. "Up until the eighth end, McDonald really had control. But when we got our two in the eighth, I just said to the girls 'Let's force them here. Let's get a good force and we'll be

good.'

"And we ended up stealing three, which was huge."

Einarson had tied the score at 4-4 with a pair in the eighth.

After McDonald scored twice in the second end, Einarson rebounded with a pair in the fourth. McDonald came right back, however, with a pair in the fifth to lead 4-2.

Einarson had reached that final after trouncing St. Vital's Shannon Birchard 8-3 in a semifinal matchup Sunday morning. On Saturday evening, McDonald outscored Einarson 7-5 in a 1-vs-1 page playoff.

Einarson controlled most of that game, building a 4-2 advantage after seven ends. But a bad eighth end allowed McDonald to score four.

Einarson finished pool play with a 6-1 record. She lost her first game of the Scotties 11-10 in an extra end to Brandon's Cheryl Reed. Einarson had a shot to score four but narrowly missed it.

It wasn't exactly the start that Team Einarson was looking for.

"That was really tough," said the 28 year old Einarson. "We had our backs against the wall right from the very start and when you do that, then you usually reel off quite a few wins, which we did."

"We knew we couldn't lose any



TRIBUNE PHOTOS BY LANA MEIER

The Einarson rink along with coach Patti Wuthrich (right) are looking forward to representing Manitoba at the Scotties Tournament of Hearts, Feb. 20-28 in Grande Prairie, Alta.

more."

Einarson will now represent Manitoba at the Canadian Scotties Tournament of Hearts in Grande Prairie, Alta. from Feb. 20-28.

Her rink, which also includes third Selena Kaatz, second Liz Fyfe, Kristin MacCuish, and coach Patti Wuthrich (who grew up in Stony Mountain and now lives in Gimli) is eagerly looking forward to competing at the nationals.

"We're super pumped," Einarson enthused, noting their rink is now in their third season together. "Knowing that there were a few big upsets, it looks pretty even and we feel that we have a very good chance of winning it."

"We just have to go out there and play hard and if we play like we can, we can be one of those teams (to win it)."

Flyers put scare into Phantoms

By Brian Bowman

The Manitoba Senior Hockey League is an easy one to figure out.

When the first-place Stonewall Flyers hook up with the last-place Lakeside Phantoms, it is a certainty that the better team will win.

It's also a certainty that the win will be a lopsided one.

The Flyers took it to the Phantoms once again Saturday evening with a convincing 7-1 road win.

Ryan Elliot scored a pair of first-period goals for Stonewall and then Connor Appleby, Barrett Schlag and Matt Varnes tallied to put the Flyers up 5-0.

Lakeside's Eric Wallace put his team on the board with just three seconds left in the second period before Elliot and Adam Kirk closed out the scoring in the third. Elliot also had a pair of assists for a five-point game.

Bretton Fewchuk earned the win in goal.

With the victory, Stonewall improved its record to 11-1 and they now have 22 points. That's eight points ahead of the second-place Gimli Wolves.

The Flyers will host Lac du Bonnet Friday at 8 p.m. in Stonewall.

In South Eastern Manitoba Hockey League action, the Warren Mercs lost 7-3 at home to the Altona Maroons last Saturday.

Altona, which held period leads of 2-0 and 6-1, received two goals each from Tim Knight, Angus Klassen and Tyler Dittmer.

Matt Dyck added a third-period goal for the winners.

Jared Walker, Mats Meilleur, and Tyler Medeiros replied for Warren.

Last Thursday, the Mercs were defeated 5-1 by the Maroons in Altona.

Altona's Mitch Fehr opened the game's scoring in the first period and then Dane Crowley made it 2-0 early in the second.

Walker cut that lead in half when he scored at 4:19 of the second but it was all Altona after that.

Dittmer scored twice in a 3:33 span in the second and then Ryan Gerbrandt closed out the scoring in the third.

Warren, now 2-13-1-2, is back in action Friday when they travel west to Portage to play the Islanders. Game time is 8 p.m.



TRIBUNE PHOTO BY LANA MEIER

The Mercs' Jared Walker scored on a breakaway Saturday night against the Altona Maroons.

Lucky 13 for the Interlake Midget Lightning

By Brian Bowman

Losing is never fun, but lengthy losing streaks are incredibly unbearable.

The Interlake Lightning snapped a dreadful 13-game Manitoba AAA Midget Hockey League losing streak Sunday with a solid 5-3 home victory over the Pembina Valley Hawks.

"It was a long time coming, so it was nice to get a win," said Lightning head coach Dwayne Swanson. "We've been going through some tough times here and we went into that game short seven regulars through injuries and suspensions and stuff."

"We brought in some APs and they did a great job for us and helped us get the win."

Tied at 3-3, Codey Beaulieu scored the game winner on the power play at 17:32 of the third period. Nicholas McCarten then added an empty-net goal with 1:19 remaining.

Pembina Valley took a 1-0 first-period lead on a goal by Tye Turner but the two teams were tied 2-2 after 40 minutes.

Evan Klyne-Geisler and Sean Loutit scored for the Interlake in the second period while Wyatt Sabourin replied for the Hawks.

The Lightning took over the game in the third, however, with a really strong period. Jordan Kristjanson

gave the Lightning a 3-2 lead early in the period and then the Hawks' Travis Penner tied the score at 13:19.

Interlake controlled most of the play in the third, outshooting the visitors 23-7.

"We talked before the third period started that it was time to get rid of this slump and get something happening," Swanson said. "And the boys responded really well and put forth a great effort in that third period."

Last Friday, the Lightning gave the first-place Eastman Selects a real good battle in a 6-5 home loss.

"They haven't lost a game yet this year and we had every opportunity to put them away," Swanson stressed. "But you have to give them credit, too. They're a really good team and the third period was shut down hockey and the type of hockey that we want to play."

Sean Loutit and James Maxwell scored for the Lightning in the first period. In the second, Kristjanson scored a pair of power-play goals while Beaulieu tallied at even strength.

Curtis Brule, Brad Goethals, Matt Osadick, Owen Blocker, Braeden Binda and Kolten Kanaski scored for Eastman.

All 11 goals were scored in the first

two periods.

The Lightning will continue their six-game homestand this weekend with a pair of games in Teulon.

Parkland (14-17-0-0-4) will be here Friday and then a very good Yellowhead Chiefs' team (23-7-0-0-5) will come to town on Saturday.

Both games will be tough tests.

"Parkland is a team that we thought we should have beaten last time," Swanson said. "But we just didn't

show up at periods of time in the game.

"And then Yellowhead will be here and they're a strong team and in third place. They have a few kids that were drafted in the (WHL) and they have probably one of the best goaltenders in the league.

"(The Chiefs) are going to be a challenge for us, but that's what we're all about - trying to meet those challenges."

Manitoba rosters announced for 2016 Aboriginal hockey nationals

By Brian Bowman

The Team Manitoba rosters were announced recently for the 2016 National Aboriginal Male and Female Hockey Championships, which will take place May 2-7 in Mississauga.

On the female side, locals feature forward Renee Stevenson of Peguis First Nation, goalie Bianca Zak from Stonewall, Warren forward Mallory Harvey, and forwards Keyanna Lea and Keyara Lea of Riverton.

Dale Bear of Peguis will be the head

coach while Jacinta Bear of Fisher River Cree Nation is the manager.

Manitoba's men's team will include East St. Paul forwards Nate Hooper and Kyle Wiltshire, Selkirk forward Sean Loutit, forward Keeven Daniels-Webb of Gunton/Peguis, East St. Paul defenceman Thomas Mironuk and Ashern goalie Adam Swan.

The head coach is Vogar's Kevin Monkman while Peguis' Mike Spence is an assistant coach and Cal Asham is the trainer.

Manitoba suffers first loss at junior women's nationals

By Brian Bowman

New Brunswick defeated Manitoba 8-6 Tuesday afternoon at the Canadian Junior Women's Curling Championships, presented by Egg Farmers of Ontario, in Stratford, Ont.

New Brunswick led 6-1 after five ends but Manitoba closed the gap with a pair in the sixth and a steal of one in the seventh. The two teams then each scored a pair in the eighth and ninth ends before blanking the 10th.

It was Manitoba's first loss at the nationals after four straight wins.

Manitoba, which includes Marquette's Sara Oliver playing lead on Abby Ackland's Fort Rouge rink, cruised to convincing wins over Northern Ontario (8-5), Quebec (8-5), Northwest Territories (13-4), and Nunavut (15-5) to start the nationals.

Manitoba played Alberta in Tuesday's evening draw but no score was available at press time.

Meanwhile, on the men's side, Manitoba's Matt Dunstone improved his record to 5-0 with a convincing 9-4 win over Alberta's Karsten Sturmay on Monday afternoon.

The victory over Alberta (3-2) clinched a championship-round berth for the Manitobans in Pool A. Manitoba's rink also includes Winnipeg Beach's Colton Lott, Kyle Doering, Rob Gordon, and coach Calvin Eadie.

Manitoba had posted wins over Nunavut (33-1), Ontario (8-3), Newfoundland and Labrador (11-6), Nova Scotia (7-2) and Alberta (9-4).

Manitoba played Quebec (4-1) Tuesday evening but no score was available at press time.

The top three teams in each pool, plus two teams with the next best won-lost records, advanced to the Championship Round for a further four-game partial round robin from Wednesday through Friday, with their earlier records carried forward.

Manitoba 'AAA' Midget Player of the Week



Jordan Kristjanson

Submitted

Jordan Kristjanson of the Interlake Lightning is this week's Chicken Chef / DEKALB Manitoba AAA Midget Player of the Week.

Kristjanson had three goals and two assists in two games this week-end. On Friday, in a narrow 6-5 loss to the league-leading Eastman Selects, Kristjanson had two goals and one assist. Kristjanson's two goals both came on the power play. On Sunday, in a 5-3 win, Kristjanson added one goal and one assist against the Pembina Valley Hawks. Kristjanson's value extends far beyond the points he puts up; he kills penalties, takes all the key face-offs, and is the on-ice and off-ice leader of the Lightning. Kristjanson is protected by the MJHL's Swan Valley Stampeders.

Other nominees: Kolten Kanaski (Eastman), Duncan Pierce (Thrashers), Chipper Osiname (Brandon).

Lindsay selected to NAHL Top Prospects Tournament

By Brian Bowman

The North American Hockey League announced recently that Grosse Isle forward Drake Lindsay is one of three Corpus Christi IceRays' players that have been selected to represent their club on Team South at the 2016 NAHL Top Prospects Tournament from Feb. 15-16 in Plymouth, Mich.

The other two IceRays are goaltender Graham Hunt and forward Brad LeLievre.

Lindsay, 20, has appeared in 37 games in his NAHL rookie season, producing eight goals and 17 assists.

He currently leads the IceRays in assists and ranks second in goals and points.

Lindsay is looking forward to playing in the top prospects tournament.

"It's exciting and an honour to be picked," said Lindsay on the IceRays' website. "It'll be good exposure to play in front of scouts and show them what I can do at the next level. I'm looking forward to playing with some

of the top guys in the league."

IceRays' head coach John Becanic said all three players deserve the honour of participating in the event.

"I'm very happy for all three players," said Becanic. "It's always bitter-sweet as some very deserving players get overlooked through no fault of their own. Drake has consistently been one of our top scorers all year and deserves the opportunity on a bigger stage."

Over the last five seasons, the IceRays have sent 19 players to the NAHL Top Prospects Tournament, including Perry D'Arrisso (Clarkson), Kyle Froese (Alaska-Fairbanks), Tanner Lomsnes (Niagara), Frank Misuraca (Alabama Huntsville), Emil Romig (Denver), Hayden Stewart (Cornell) and Anthony Stolarz (Nebraska-Omaha).

All of those players earned NCAA Division I scholarships after attending the tournament.

Manitoba Hockey Standings

MANITOBA JUNIOR HOCKEY LEAGUE						
GP	W	L	OTL	PTS	GF	GA
Portage Terriers	49	41	6	2	84	214
Steinbach Pistons	47	36	9	2	74	191
Winkler Flyers	43	29	11	3	61	178
Winnipeg Blues	47	24	17	6	54	169
Virton Oil Capitals	43	26	17	0	52	147
Swan Valley Stampeders	45	19	21	5	43	132
Selkirk Steelers	44	19	23	2	40	158
OCN Blizzard	48	19	27	2	40	141
Dauphin Kings	43	16	25	2	34	130
Waywayseacappo Wolverines	45	12	29	4	28	113
Neepawa Natives	44	8	35	1	17	94
MANITOBA MAJOR JUNIOR HOCKEY LEAGUE						
GP	W	L	OTL	PTS	GF	GA
Raiders Jr. Hockey Club	33	24	7	2	50	125
Charleswood Hawks	32	20	7	5	45	126
Pembina Valley Twisters	32	20	8	4	44	138
St. Vital Victorias	32	20	11	1	41	127
St. James Canucks	34	20	13	1	41	134
Stonewall Jets	31	15	14	2	32	117
River East Royal Knights	33	14	17	2	30	95
Transcona Railer Express	32	13	17	2	28	115
St. Boniface Riels	34	12	19	3	27	107
Ft.Garry/Ft.Rouge Twins	33	5	19	2	12	77
KEYSTONE JUNIOR HOCKEY LEAGUE						
GP	W	L	OTL	PTS	GF	GA
South Division						
Selkirk Fishermen	28	20	6	2	42	111
St. Malo Warriors	28	17	8	3	37	135
Lundar Falcons	28	15	9	4	34	126
Arborg Ice Dawgs	29	16	11	2	34	135
North Winnipeg Satellites	30	9	21	0	18	102
North Division						
Peguis Juniors	29	23	4	2	48	239
OCN Storm	27	21	6	0	42	194
Cross Lake Islanders	29	14	15	0	28	195
Fisher River Hawks	30	8	21	1	17	153
Norway House North Stars	30	1	29	0	2	83
SOUTH EASTERN MANITOBA HOCKEY LEAGUE						
GP	W	L	OTL	PTS	GF	GA
Carman	18	15	3	0	30	100
Winkler	18	10	8	0	20	62
Morden	17	9	8	0	18	64
Altona	15	9	6	0	18	60
Portage	16	9	7	0	18	73
Notre Dame	18	6	8	4	16	67
Warren	18	2	13	1	7	75
MANITOBA SENIOR HOCKEY LEAGUE						
GP	W	L	OTL	PTS	GF	GA
Stonewall	12	11	1	0	22	97
Gimli	12	7	5	0	14	89
Lac du Bonnet	12	6	6	0	12	81
Beausejour	10	5	5	0	10	54
Lakeside	12	0	12	0	0	26
AAA MIDGET HOCKEY LEAGUE						
GP	W	L	OTL	PTS	GF	GA
Eastman	36	34	0	1	70	186
Wild	35	29	4	1	60	144
Yellowhead	35	23	7	0	51	118
Thrashers	34	24	9	1	49	163
CENTRAL PLAINS HOCKEY LEAGUE						
GP	W	L	OTL	PTS	GF	GA
Central Plains	36	20	11	2	45	123
Southwest	36	18	16	1	38	119
Brandon	35	17	17	0	35	102
Kenora	35	16	17	2	34	126
Parkland	35	14	17	0	32	125
Interlake	35	8	27	0	16	90
Pembina Valley	35	6	27	1	14	71
Norman	37	3	32	2	8	100
AAA CITY MIDGET HOCKEY LEAGUE						
GP	W	L	OTL	PTS	GF	GA
Winnipeg Monarchs	27	20	5	0	42	150
Winnipeg Hawks	28	17	9	1	36	128
Winnipeg Warriors	28	17	10	1	35	102
Eastman Selects	27	14	12	0	29	80
Winnipeg Sharks	29	12	12	2	29	112
Interlake Lightning	29	0	27	1	2	48
Yellowhead Chiefs	0	0	0	0	0	0
Parkland Ranger	0	0	0	0	0	0
AAA BANTAM HOCKEY LEAGUE						
GP	W	L	OTL	PTS	GF	GA
Winnipeg Monarchs	26	23	2	0	47	175
Winnipeg Warriors	25	20	2	1	43	168
Eastman Selects	25	14	9	1	30	118
Winnipeg Hawks	26	13	12	1	27	103
Winnipeg Sharks	25	8	15	2	18	78
Interlake Lightning	29	4	25	0	8	62
MANITOBA FEMALE MIDGET AAA HOCKEY LEAGUE						
GP	W	L	T	OTW	OTL	Pts
Yellowhead Chiefs	21	16	1	-	2	2
PV Hawks	22	15	4	-	2	1
Westman Wildcats	23	14	4	-	1	4
Central Plains	21	14	4	-	2	1
Winnipeg Avros	24	7	11	-	4	2
Eastman Selects	21	6	13	-	1	1
Norman Wild	21	3	17	-	-	1
Interlake Lightning	19	-	19	-	-	-
MANITOBA HIGH SCHOOL HOCKEY						
GP	W	L	OTL	PTS	GF	GA
Platinum Promotions Division						
St. Paul's 1	20	16	0	1	55	110
Oak Park	19	16	1	1	51	91
Vincent Massey	19	12	2	2	44	91
Lord Selkirk	20	13	4	1	43	64
Garden City	20	9	8	1	32	57
River East	19	8	9	0	26	56
Kelvin	20	5	8	2	26	59
Sturgeon Heights	20	6	12	1	20	36
College Jeanne Sauve	19	4	12	1	17	48
Stonewall	19	1	17	0	4	22
SJR1	19	1	18	0	3	29
Price Division						
College Beliveau	17	14	1	2	44	86
Pierre Elliott Trudeau	17	11	3	0	37	73
Murdoch MacKay	18	10	4	1	37	98
Linden Christian	19	10	4	4	36	90
Louis Riel	17	10	4	0	35	82
John Taylor	19	11	7	0	35	111
Sisler	17	6	9	0	22	82
Fort Richmond	18	4	11	0	18	66
Warren	16	4	10	0	14	57
Windsor Park Collegiate	19	3	14	1	12	77
SJR2	17	0	16	1	1	18
STATS AS OF TUESDAY, JANUARY 26						

Locals to compete at badminton nationals

By Brian Bowman

The Interlake will be very well represented at this year's YONEX Canadian National Badminton Championships, which will take place at the Winnipeg Winter Club from Feb. 3-6.

Stonewall's Dale Kinley and Andrew Martin, and Teulon's Mark Shinnie will be joined by Winnipeg Beach's Hanna Rebizant at the nationals.

All four are extremely good badminton players, who will test their skills against the top players from across Canada.

"We definitely have some good, young talent (here locally)," said Kinley earlier this week. "But it's going to be tough because it's the open nationals and (Martin, Shinnie, and Rebizant) are all juniors."

"It's going to be tough but a great experience for them to see the top players in Canada."

Kinley predicted many of the young badminton players will have a tough time keeping up with the older, more experienced players on the court.

Shinnie, in fact, will be playing Ottawa's Andrew D'Souza, the No. 1-seed in Canada in his first round.

Both Shinnie and Martin have improved considerably in a short period of time, said Kinley.

"It's amazing how much they have improved," Kinley stressed. "And it's nice to see our rural players compete with the (city) players."

The Interlake foursome is part of a small contingent of 15 players that will be representing Manitoba at the nationals. Kinley, who serves as a coach to Shinnie and Martin, has extensive experience at the junior nationals before he made the transition to the senior level.

"This is my second or third senior nationals," explained the 22 year old Kinley. "But I think it definitely helps playing in a facility that you're familiar with (at the Winnipeg Winter Club). Just being used to the facility, it definitely helps. You don't have to adjust to the lighting or the floor."

Next week's tournament is the premiere qualifier for the national team. Spectators will have the rare opportunity to be up-close as top players battle it out for points needed to secure their place on Canada's 2016 National Team.

More than 80 players and their coaches will be participating and all five events will be contested: Men's and Women's Singles, Men's and Women's Doubles and Mixed Doubles.

On a side note, Stonewall will be hosting a tournament that is open to any age of players from March 4-6. Registration is not open to the public just yet, though, said Kinley, but those interested can visit Badminton Manitoba's website in the near future for details.



TRIBUNE PHOTO BY JO-ANNE PROCTER
Pictured left to right, Teulon's Mark Shinnie and Stonewall's Andrew Martin and Dale Kinley will be competing at this year's YONEX Canadian National Badminton Championships in Winnipeg from Feb. 3-6.

Interlake U16 girls igniting

Submitted

The Interlake Ignite U16A team heated up the ice again by winning gold at the Transcona Ringette Association's tournament Jan. 13-16.

Interlake was down five players, primarily due to injuries, going into the first round-robin game but managed a 3-3 tie with the U14AA Angels.

In their next game, Interlake regrouped and came back with wins against the host Park City Wildcats (5-4) and South Winnipeg (5-2).

The Ignite entered the gold-medal round of the tournament's final day to face the Wildcats at East End Arena.

The Ignite secured their gold medal in the final minutes of the game by scoring two quick goals to win 5-3.



TRIBUNE PHOTO SUBMITTED
Pictured back row, left to right: Phil Sampano (coach), Jessica Buhler, Hanna Marshall, Renee Partyka, Breanne Wiens, Delta Hannah, Lauren Senden, Reese Chop, Coach Rebecca Fox, Samantha Sampano (head coach); front row: Olivia McCowan, Charlotte Wilmott, Samantha Melsted, Fallon Furkalo, Jada King, Miya Saj, Julia Ignagni and goaltender Shelby Mitchell. Missing is Keely Soloway.

Wildcats win home basketball tourney

By Brian Bowman

The Warren Wildcats varsity girls' basketball team continued their stellar play this season by defeating the Stonewall Collegiate Rams 50-39 in the championship game of their home tournament last Saturday.

Warren has played outstanding defence all season and their offence has been getting better with each game.

"They're really coming into their own offensively as of late," said Wildcats' head coach Cathy Pleskach.

The Wildcats led throughout the final and did a real good job shutting down the Rams. Warren's defence was real good in all three games last weekend.

"We always have been a really strong defensive team," Pleskach said. "We've always been known for our defence."

The Wildcats started the tournament with a dominating 78-12 win over the Niverville Panthers. Warren then soundly defeated the Roseau Valley Raiders 55-19.

Warren's starting centre Kelsey Manchulenko was named the tournament's most valuable player. Sydney Hildebrandt was selected as an all star.

The Wildcats are currently 9-2 and No. 3 in the MHSAA "AA" rankings. Besides winning their home tournament last weekend, Warren has placed third twice in other tournaments.

Warren is taking this week off and then will compete at tournaments in MacGregor and Elton. The Elton tournament, which will take place in late February, will have top teams like Souris and Neepawa there.

The varsity girls' zones will then take place in Warren on Feb. 24.

The Wildcats hope to make a return trip to the provincials this season. Last year, Warren placed fourth at the provincials, but Pleskach said the team's goal is to make the podium and finish in the top three.

Stonewall, meanwhile, started the Warren tournament with wins over the W.C. Miller Aces of Altona (54-27) and the Ste. Anne Lynx (38-32).

The Teulon Collegiate Saints also participated in the tournament, losing 38-20 to Ste. Anne and 67-47 to W.C. Miller.

Teulon then defeated Niverville 58-32 in the seventh-place game.

In the third-place game, Ste. Anne trounced Roseau Valley 43-19.



TRIBUNE PHOTO BY CHRISTIE CROW

The Warren Wildcats varsity girls basketball team was victorious at their home tournament this past weekend, defeating Stonewall Rams 50-39 in the finals. Pictured back row, left to right: Kevin Braun (coach), Kristen Olson, Chelsea Witt, Sydney Hildebrandt, Kelsey Manchulenko, Rachel Slagerman, Kaitlyn Holod, Kirby Hearn (coach); front row: Julie Sprague, Selena Peixoto, Becca Schott, Taylor Comberbach, Sarah Holtman, Ashley Brad and Halle Chester.

Marquette Open bonspiel



TRIBUNE PHOTO BY CALVIN JANKE

With the help of 50-plus volunteers, the Marquette Curling Club hosted 20 teams during their annual Open Bonspiel Jan. 15-17. The first event winners were, from left, Ross MacMillan, Riley Janke, Blair Myskiw and Edith MacMillan. The Greg Claeys, Tyler Didyck, Tracey Claeys and Matthew Perry rink won the second event while the Tristen Janke, Jacob Desender, Connor Burtle and Dawson Procter rink won the third event. The fourth event winner was the Jessica MacMillan rink.

Wildcats, Rams compete in basketball tournaments

By Brian Bowman

The Warren Collegiate Wildcats lost 63-54 to the Carman Cougars in the third-place game of a junior varsity boys' basketball tournament in MacGregor last Saturday.

Warren started the tournament with a 57-35 win over the Garden Valley Collegiate Zodiacs but then lost 54-51 to Prairie Mountain.

Meanwhile, the Wildcats finished with a 1-2 record at a Steinbach Christian School junior varsity girls' tournament last weekend.

In their first game, Warren lost 45-44 to Calvin Christian and then rebounded to beat Steinbach Christian 62-18.

In the consolation final, Warren was defeated 40-28 by Kildonan East Collegiate.

In varsity boys' action, Warren finished with an 0-2 record at a Ste. Anne Collegiate tournament. The Wildcats lost games to Steinbach Christian (63-45) and Boissevain (71-52).

The Stonewall Collegiate Rams were also in action last weekend, hosting a junior varsity boys' tournament.

In the fifth-place game, Stonewall lost 55-39 to Steinbach Christian.

In pool play, the Rams lost to Springfield (46-31) and Garden Valley (60-33).

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Stonewall Teulon
Tribune

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NOTICE

Winners of the 2016 Rosser Fire Department Cash Calendar January draws are as follows: \$200 Marg Zacharais; 4 - \$25 prizes were awarded to Bob Thiessen, Bonnie Braun, Louis Johnston and Darren Wedge.

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

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

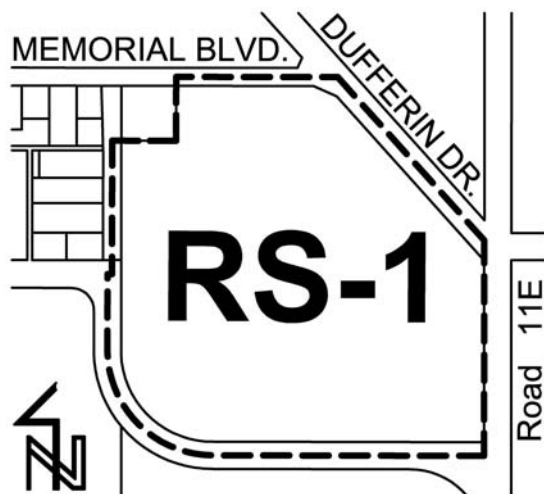
RM OF ROCKWOOD BY-LAW NO. 19/15 Being an AMENDMENT to the RM OF ROCKWOOD ZONING BY-LAW NO. 17/09, as amended.

HEARING LOCATION: RM of Rockwood Council Chambers
285 Main Street, Stonewall, MB

DATE & TIME: Wednesday, February 3, 2016
10:00 am

GENERAL INTENT: To re-zone Pt. E ½ Sec. 11-13-2 EPM in Stony Mountain from "UH" Urban Holding Zone to "RS-1" Residential Single Family Zone as shown outlined in a heavy dashed line on the map below.

AREA AFFECTED:



FOR INFORMATION CONTACT: Roberta L. Van Caeyzeele, Acting Manager
South Interlake Planning District, 285 Main Street,
Stonewall, Manitoba, ROC 2Z0
Phone: 204-467-5587

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

Note: Property Owners are responsible for notifying lessee

R.M. of ROCKWOOD UNDER THE PLANNING ACT **** REVISED **** NOTICE OF HEARING

The Council of the R.M. of Rockwood under the authority of the Planning Act will hold a HEARING at the location and time listed below.

Municipal Office
285 Main Street
Stonewall, Manitoba
Wednesday
February 3, 2016
10:45 AM

Property owners are being notified in order to give them the opportunity to speak in support or objection to the proposed conditional use as per Section 105 of The Planning Act.

CONDITIONAL USE #: RWC 1/16
ROLL NO: 299125
APPLICANT: Maple Leaf Construction Ltd.
OWNER(S): Wayne & Fran Dziadek
SUBJECT: Land Use Zoning: "AG" Agriculture General Zone
Bylaw R.M. of Rockwood Bylaw 17/09 (as amended)
Section 84.0 - Agriculture General Zone
Table 84.3 - Conditional Uses Requirements
Portable Asphalt Plant requires a conditional use.

Conditional Use Requested: To allow for a proposed placement and operation of a Portable Asphalt Plant to occur on the subject property

PREMISES: SW ¼ 7-16-2 EPM

For further information, please contact:

Roberta Van Caeyzeele, Acting Manager Phone: 204-467-5587
South Interlake Planning District Board Fax: 204-467-8383
285 Main Street, Stonewall, MB. ROC 2Z0 Date: January 15, 2016

A copy of the above noted proposal and supporting material may be inspected at the South Interlake Planning District Board Office located at 285 Main Street in Stonewall, Manitoba between 8:30 a.m. and 4:30 p.m., Monday through Friday. Copies may be made and extracts taken therefrom, upon request.

Note: Property Owners are responsible for notifying lessee

PROGRAM COORDINATOR

The STAR (Southwest Teens At Risk) Program is looking for a dynamic individual with diverse skills to case-manage at-risk youth within the Southwest Interlake region to fill the position of Program Coordinator. This position will be a full-time, term position (August 1st 2016 - June 30th 2017). Our ideal candidate will have a BSW or an equivalent combination of education and experience. Familiarity with multi-agency initiatives, experience in working with at-risk youth and an administrative background will be considered an asset. You must have valid Criminal Records and Child Abuse Registry checks. The successful candidate will be required to undergo an enhanced law enforcement security screening. Resumes will be accepted until 4:00 pm, Friday February 5th 2016.

Please forward your resume to:
Danelle Guenther, STAR Program
404-3rd Ave. South, P.O. Box 903
Stonewall, MB ROC 2Z0
danelle.guenther@rcmp-grc.gc.ca

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E: theuchert@renaissancetrans.ca

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THE RURAL MUNICIPALITY OF ROCKWOOD

PUBLIC NOTICE

The Rural Municipality of Rockwood hereby gives notice that the dates of the following Regular Meeting of Council has been changed:

From: Wednesday, February 10, 2016 starting at 9:00 a.m.

To: Wednesday, February 3, 2016 starting at 9:00 a.m.

Council,

Rural Municipality of Rockwood



The Stonewall-Rockwood Fire Department



INVITES APPLICATIONS FOR VOLUNTEER FIREFIGHTER POSITIONS

QUALIFICATIONS:

- Must be a minimum 18 years of age.
- Must provide a valid class 4 drivers' license & air brake endorsement or be willing to upgrade to same.
- Must supply a current driver's license abstract.
- Must supply a criminal record check.
- Must provide a valid, non-expired, Standard First Aid and CPR Level C certificate.
- Must be physically fit.
- Must reside within 5 mile radius of Fire Hall.

We are looking for motivated, reliable, dependable, hard working team members whom want to provide fire protection duties to their community and surrounding area.

Application forms may be obtained at the R.M. of Rockwood office between the hours of 8:30 a.m. to 4:30 p.m. Monday-Friday. Applications are asked to be submitted to Stonewall-Rockwood Fire Committee and dropped off at the R.M. of Rockwood office, 285 Main Street in Stonewall or mailed to Box 902, Stonewall, MB R0C 2Z0 or email info@rockwood.ca

Applicants that progress to the interview process must provide a physician's medical examination report stating applicant is fit for firefighting duties. Successful candidates will be reimbursed for cost incurred in providing the medical exam report.

We thank all those individuals who apply, however, only those granted an interview will be acknowledged.

Deadline for applications to be received is 4:00 P.M., Friday, February 19th, 2016.

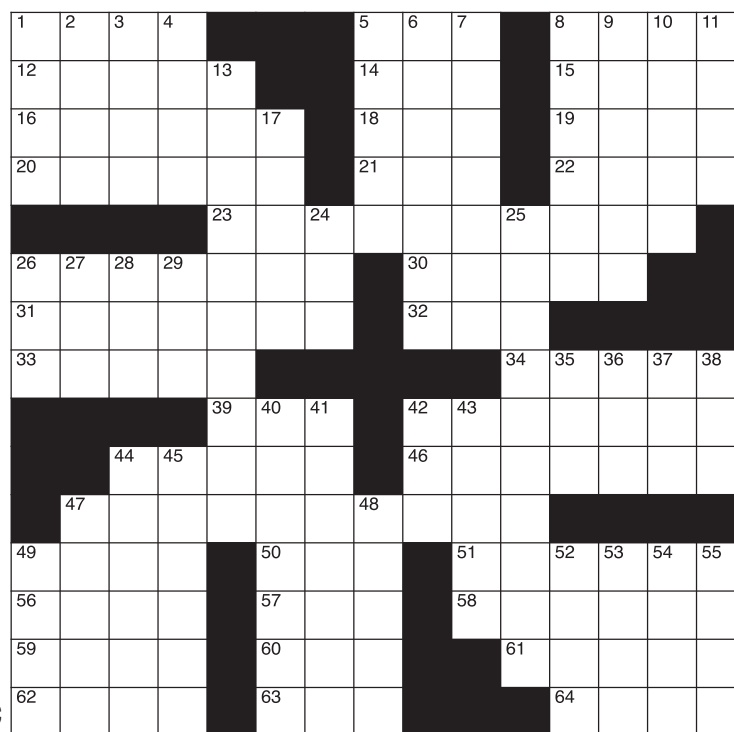
CROSSWORD

CLUES ACROSS

1. Soybean paste
5. Unit of time
8. Watering holes
12. Joint
14. Certified public accountant
15. ___ Mater, one's school
16. Resells tickets
18. Batter's objective
19. Past participle of lie
20. State of Islands
21. Fed
22. Cause cell destruction
23. Daily Show host
26. Diagrammed
30. Cat sounds
31. Most sorry
32. Do wrong
33. Coral reef and lagoon island
34. That (Middle English)
39. Electrically charged atom
42. Nassau is the capital
44. Frogs, toads, tree toads
46. Marjoram
47. Where the Donald lives in NYC
49. Whale ship captain
50. A way to emit sound
51. Comparable
56. Isodor __, American Nobel physicist
57. Businesswoman
58. A way to split up
59. Solo Operatic piece
60. No (Scottish)
61. In a way, tears
62. Bridge breadth
63. Single Lens Reflex
64. Thou ___ protest too much

CLUES DOWN

1. Korean War TV show
2. South American Indian
3. Cape at tip of Denmark
4. A podrida cooking pot
5. Russian sourgrass soup
6. Perfect example
7. Supplier
8. Unhealthy looking
9. Spanish beaches
10. Am. follower of the Mennonite Bishop Amman
11. Well-balanced
13. Outer surface cells
17. Fathers
24. Sun up in New York
25. Dweller above the Mason-Dixon
26. Young women's association
27. Tell on
28. Bustle
29. Poundal
35. An ugly, old woman
36. Doctors' group
37. ___ Ling, Chinese mountain
38. Volcanic mountain in Japan
40. Leaves parentless
41. Existing in or produced by nature
42. Inclination
43. Extents
44. Peninsula between the Red Sea and the Persian Gulf
45. Language of Nile
47. Twyla __, US dancer
48. Card game
49. River in E. Turkey to the Caspian Sea
52. Scored 100%
53. Tonight's former host
54. ___ and ends
55. Notable exploit



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- ENGAGEMENTS •
- THANK YOUS •

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Mareena O'Gorman Wilks
Words alone are not enough to express how happy we are to celebrate another year of your life. Our wish for you, is that you are and always will be happy and healthy. Happy 2nd birthday!

-Love always
Mom and Dad



Roxanne Cheyne
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



**Happy 90th Birthday
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Laura, Ken, Kim (Rob)
and Cory



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S	V	d	S		O	E	S		O	S	I

Crossword Answer

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get inspired

> MEAL IDEAS

Almond oat bars



Ingredients

- 1/3 cup (75 mL) oat bran or wheat germ
- 1/2 cup (125 mL) almond butter
- 3 tbsp (45 mL) pure maple syrup
- 3 tbsp (45 mL) unsweetened apple sauce
- 1 1/2 cups (375 mL) large flake oats
- 1/3 cup (175 mL) dried cherries

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- 1/4 cup (50 mL) sliced almonds
- 1/4 cup (50 mL) ground flaxseed
- 1/4 cup (50 mL) roasted unsalted sunflower seeds

Directions

In a dry nonstick skillet, toast oat bran over medium heat for about 3 minutes or until fragrant; set aside.

In a large bowl, stir together almond butter, maple syrup and apple sauce. Stir in oats, cherries, almonds, toasted oat bran, flaxseed and sunflower seeds until well combined.

Pack mixture into 8 inch (1.5 L) square parchment paper lined baking pan and freeze for about 2 hours or until very firm and solid. Remove from freezer and remove from pan using parchment paper as a handle. Cut into 18 bars and place in airtight container and freeze for up to 2 weeks.

Easy Weeknight Seafood Paella



Ingredients

- 1 tablespoon olive oil
- 1 medium yellow onion, diced
- 1 small green bell pepper, cored, seeded and diced
- 2 large garlic cloves, minced

- 1 box (8 ounces) yellow rice
- 1 can (14 ounces) vegetable broth
- 1 can (14 ounces) diced tomatoes
- 1 can (10 ounces) whole baby clams, drained

- 1 can (8.5 ounces) peas, drained
- 1 can (6 ounces) medium shrimp, drained
- 1 can (3.8 ounces) sliced ripe olives, drained

Preparation

In 2-quart saucepan over medium heat, heat oil; add onion, green pepper and garlic. Cook 5 minutes, stirring occasionally.

Add rice and vegetable broth. Over high heat, bring to boil. Reduce heat to low; cover and simmer 20 minutes.

Stir in tomatoes, clams, peas, shrimp and olives; cook 5 minutes.

Preparation Time 5 minutes

Cook Time 25 minutes

Serves 4

The Healthiest Orders by Cuisine

ITALIAN

Choose minestrone, salads, pasta, grilled calamari or chicken, fish, seafood, or poultry dishes that have tomato-, olive oil-, or wine-based sauces. Steer clear of cream sauces, cheese- or meat-filled pastas, and dishes with excessive amounts of butter or cheese.

CHINESE

Go with broth-based soups (think egg drop or hot and sour soup) and vegetarian, tofu, seafood, and poultry dishes that have lots of veggies. Avoid battered or deep-fried dishes and fried rice. Request minimal use of oil, and go with brown rice (instead of white) whenever possible.

MEXICAN

Choose grilled instead of fried chicken, fish, or meat dishes; and soft flour or corn tortillas rather than hard taco shells. Ask for black beans instead of refried beans, and avoid excessive amounts of cheese, sour cream, and tortilla chips from the bottomless basket; choose guacamole, which is healthy but high in calories, as a condiment in moderation.

FRENCH

Select salads; broth-based fish stews; steamed mussels; roasted chicken, meat, or fish; ratatouille; and dishes cooked in wine-based sauces. Watch out for excessive cream, butter, or cheese-and the nearly ubiquitous

uous frites (a.k.a. French fries).

JAPANESE

Opt for broth-based or miso soups, edamame, salads, noodle soups, sushi or sashimi (with low-sodium soy sauce or rice wine vinegar), broiled meats, chicken, or seafood. Avoid tempura-even if it's vegetables or seafood; it's not a healthy choice.

DELIS

Stick with whole-grain breads and lean cold cuts such as sliced turkey or chicken breast-instead of highly processed, fatty meats such as pastrami and corned beef-and load up with lettuce, tomato, and/or grilled veggies. Ask for mustard instead of mayo or butter.

GRILLS, DINERS, AND FAST-FOOD JOINTS

You can't go wrong with salads, as long as you avoid cheese, croutons, bacon bits, and mayonnaise-based potato or pasta salads. Request low-fat dressing on the side and use it sparingly. Avoid burgers and fried foods.

Disease-Proof: "The Remarkable Truth About What Makes Us Well" by David L. Katz, MD, MPH, FACPM, FACP

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Barbecue Chicken Nachos



Ingredients

- 1 rotisserie chicken
- 1 cup barbecue sauce

nacho chips

- 1 cup shredded Jarlsberg Cheese
- 1/4 cup chopped green onion
- sour cream (optional)

Preparation

Heat oven to 350°F.

Pull white meat off rotisserie chicken and place in mixing bowl. Add barbecue sauce to pulled chicken and gently mix together.

Scatter nacho chips on oven-safe dish and place pulled chicken on top. Shred cheese with grater and coat top of chicken. Place in oven for approximately 10 minutes. Sprinkle green onion on top and serve with sour cream, if desired.

Serves

1 large serving

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