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I Love to Read

TRIBUNE PHOTO BY NATASHA TERSIGNI

Interlake School Division Supt. Christine Penner spent part of Tuesday morning reading to students at Prairie Blossom School to celebrate February as I Love to Read month. Schools across the division are holding special contests and events all month long to encourage students to read in honour of I Love to Read month.

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



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Manitoba Merv says six more weeks of winter



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Sunshine filled the sky on Feb. 2 when Manitoba Merv emerged from his home, saw his shadow and was scared right back inside, meaning winter will last a bit longer this year. Oak Hammock Marsh Interpretive Centre's resident groundhog, Manitoba Merv, has been accurately predicting spring weather in the province for the past 23 years. While some are hoping that Merv's prediction of six more weeks of winter is off this year, he has built himself a strong reputation and is the go-to groundhog when predicting when spring will arrive.

Bubble soccer fundraiser



TRIBUNE PHOTO BY NATASHA TERSIGNI

Teulon Collegiate Institute's Helping Hands committee members, along with staff volunteers, held a bubble soccer fundraiser last Friday and raised \$1,000. Over 60 participants took part in the event, which had various teams play bubble soccer for five-minute sessions. The first two hours were dedicated to youth, students in Grade 3-8, and then the last two hours were open to high school students and adults. The evening fun also included a canteen and silent auction. The money raised from the event will be donated to the Chartrand family and used to cover expenses as they re-build their auto body business that was completely destroyed by a fire last month.

AMC to appeal Teulon residential school students' verdict

By Natasha Tersigni

Following Manitoba's Court of Appeal decision to dismiss the case between former Teulon residential school students and the federal government, the Assembly of Manitoba Chiefs (AMC) has agreed to appeal the verdict to the Supreme Court of Canada.

For several years, a group of former Teulon residential school students has been fighting the federal government to be added to the Indian Residential Schools Settlement Agreement (IRSSA). Legal action was initiated by the AMC in 2011, and since then, the case has slowly progressed through the court system with little results for the students.

The case went to provincial court in 2012, where Justice Perry Schulman ruled against the students from being added to the IRSSA. The group of students appealed the decision. In

January 2017, the Manitoba Court of Appeal ruled that Justice Schulman "did not make any palpable and overriding error in his determination that Teulon is not an Indian Residential School (IRS) under the Agreement" and dismissed the students' case. AMC has taken the recommendation of the students' lawyer Charles Hubbard and will now make an application to the Supreme Court of Canada to hear the case.

"The Assembly of Manitoba Chiefs will continue the fight for the students who attended the Teulon Residence. They encountered the same abuse as other students at Residential School across Canada. These survivors along with their families do not have the same resources to help with their path of healing. For our Government and the courts to deny or dismiss the experience of the students who at-

Continued on page 9

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ParticipACTION 150: Challenge accepted

By Natasha Tersigni

To encourage physical activity and celebrate Canada's 150th birthday, ParticipACTION released a play list of 150 Canadian sports, games and activities that will hopefully get people across the country off their couch and moving. The national non-profit organization dedicated to promoting exercise hopes that the list, which was released at the beginning of the year, will inspire action in Canadians from all walks of life.

In a hope to showcase all the unique and amazing opportunities that are available right here in the Interlake, and the groups and organizations that are behind them, I have decided to challenge myself to complete all 150 activities on the ParticipACTION 150 play list.

While I am not a math whiz, hence the journalism degree, trying to fit 150 activities into the next 11 months

will be very tight — my accountant says that is a minimum of 3.1 activities a week. In order to successfully complete this challenge, I need your help. Maybe you know of a local axe throwing (#36) or gymnastic (#60) club that wouldn't mind me showing off my skill. Maybe you would like your driveway shovelled (#132), house cleaned (#33), dog walked (#87) or wood chopped (#57). Maybe your basketball (#126) or football (#110) team could use a spare. Whatever it is, if it is on the ParticipACTION 150 list and takes place in the Interlake, let us know and hopefully I can be one activity closer to my challenge.

The challenge so far is off to a good start with me being able to check three activities off the list. My accountant says that I only have 147 to go. So please submit your activities to news@stonewallteulontribune.ca and I will be out ready to take part. For a

complete list of the ParticipACTION 150 Play List, check out the side bar or go to www.participaction.com.

TRIBUNE PHOTO BY CHRISTINE KILPATRICK
My first activity in the ParticipACTION 150 Challenge was #12 Soccer, with a slight twist. During Teulon Collegiate's Bubble Soccer Tournament, which raised money for the Chartrand family who lost their business in a fire in early January, I suited up and tried my hand at the new sport. While I have played soccer for many years, nothing had prepared me for being shoved inside of a latex bubble and knocked around. Alas, one less activity on my list. I just hope there are no more that involve a giant plastic suit.



PARTICIPACTION 150 PLAY LIST

Here is the ParticipACTION 150 Play List. With input from expert stakeholders, it was created from almost half a million votes cast by Canadians. Each activity on the list includes adaptations and variations, ensuring that anyone can participate regardless of age, ability or level of experience. Many of the activities are also symbolically numbered—can you pick them out? No explanation is required for #99 (hockey) but how about #126 (basketball) representing how many years ago the sport was invented in Canada?

- | | | |
|--|--|--|
| <input type="checkbox"/> 1. Canoeing | <input type="checkbox"/> 51. Gardening | <input type="checkbox"/> 101. Swinging (Swing Set) |
| <input type="checkbox"/> 2. Cycling | <input type="checkbox"/> 52. Table Tennis | <input type="checkbox"/> 102. Lawn Mowing |
| <input type="checkbox"/> 3. Knuckle Hop | <input type="checkbox"/> 53. Capture The Flag | <input type="checkbox"/> 103. Obstacle Course Racing (OCR) |
| <input type="checkbox"/> 4. Swimming | <input type="checkbox"/> 54. Ringette | <input type="checkbox"/> 104. Hacky Sack |
| <input type="checkbox"/> 5. Curling | <input type="checkbox"/> 55. Hopscotch | <input type="checkbox"/> 105. Fencing |
| <input type="checkbox"/> 6. Wheelchair Basketball | <input type="checkbox"/> 56. Tennis | <input type="checkbox"/> 106. Fruit Picking |
| <input type="checkbox"/> 7. Water Polo | <input type="checkbox"/> 57. Chopping Wood | <input type="checkbox"/> 107. Hide And Seek |
| <input type="checkbox"/> 8. Skating | <input type="checkbox"/> 58. Rowing | <input type="checkbox"/> 108. Tai Chi |
| <input type="checkbox"/> 9. Pilates | <input type="checkbox"/> 59. Hula Hooping | <input type="checkbox"/> 109. Scootering |
| <input type="checkbox"/> 10. Archery | <input type="checkbox"/> 60. Gymnastics | <input type="checkbox"/> 110. Football |
| <input type="checkbox"/> 11. Cricket | <input type="checkbox"/> 61. Dog Sledding | <input type="checkbox"/> 111. Tree Planting |
| <input type="checkbox"/> 12. Soccer | <input type="checkbox"/> 62. Water Skiing/Wakeboarding | <input type="checkbox"/> 112. Monkey Bars |
| <input type="checkbox"/> 13. Diving | <input type="checkbox"/> 63. Surfing | <input type="checkbox"/> 113. Bird Watching |
| <input type="checkbox"/> 14. Golf | <input type="checkbox"/> 64. Shoreline/Community Cleanup | <input type="checkbox"/> 114. Fitness Activities |
| <input type="checkbox"/> 15. Aquafit | <input type="checkbox"/> 65. Paddleboarding | <input type="checkbox"/> 115. Snowmobiling |
| <input type="checkbox"/> 16. 5-Pin Bowling | <input type="checkbox"/> 66. Polar Bear Dip | <input type="checkbox"/> 116. Highland Games |
| <input type="checkbox"/> 17. Camping | <input type="checkbox"/> 67. Squash | <input type="checkbox"/> 117. Scavenger Hunt |
| <input type="checkbox"/> 18. Mini Putt | <input type="checkbox"/> 68. Downhill Skiing | <input type="checkbox"/> 118. Ladder Toss |
| <input type="checkbox"/> 19. Walking | <input type="checkbox"/> 69. Building A Snowman | <input type="checkbox"/> 119. Wrestling |
| <input type="checkbox"/> 20. Karate | <input type="checkbox"/> 70. Rugby | <input type="checkbox"/> 120. Netball |
| <input type="checkbox"/> 21. Badminton | <input type="checkbox"/> 71. Orienteering | <input type="checkbox"/> 121. Tug Of War |
| <input type="checkbox"/> 22. Dragon Boating | <input type="checkbox"/> 72. Billiards | <input type="checkbox"/> 122. Pillow Fight |
| <input type="checkbox"/> 23. Athletics | <input type="checkbox"/> 73. Boxing | <input type="checkbox"/> 123. Grounders |
| <input type="checkbox"/> 24. Horseshoes | <input type="checkbox"/> 74. Potato Sack Racing | <input type="checkbox"/> 124. Sailing |
| <input type="checkbox"/> 25. Volleyball | <input type="checkbox"/> 75. Skateboarding | <input type="checkbox"/> 125. Triathlon |
| <input type="checkbox"/> 26. Stick Pull | <input type="checkbox"/> 76. Cross Country Skiing | <input type="checkbox"/> 126. Basketball |
| <input type="checkbox"/> 27. Yoga | <input type="checkbox"/> 77. Baseball | <input type="checkbox"/> 127. Disc Golf |
| <input type="checkbox"/> 28. Tobogganing | <input type="checkbox"/> 78. Dancing | <input type="checkbox"/> 128. Croquet |
| <input type="checkbox"/> 29. Snowshoeing | <input type="checkbox"/> 79. Ultimate Frisbee | <input type="checkbox"/> 129. White Water Rafting |
| <input type="checkbox"/> 30. Quidditch | <input type="checkbox"/> 80. Running | <input type="checkbox"/> 130. Kickball |
| <input type="checkbox"/> 31. Kin-Ball | <input type="checkbox"/> 81. Field Hockey | <input type="checkbox"/> 131. Marco Polo |
| <input type="checkbox"/> 32. Snowball Fight | <input type="checkbox"/> 82. Kayaking | <input type="checkbox"/> 132. Snow Shovelling |
| <input type="checkbox"/> 33. Housework | <input type="checkbox"/> 83. Handball | <input type="checkbox"/> 133. Taekwondo |
| <input type="checkbox"/> 34. Horseback Riding | <input type="checkbox"/> 84. Boccia | <input type="checkbox"/> 134. Slacklining |
| <input type="checkbox"/> 35. Jump Rope | <input type="checkbox"/> 85. Floorball | <input type="checkbox"/> 135. Circus Arts |
| <input type="checkbox"/> 36. Axe Throwing | <input type="checkbox"/> 86. Broomball | <input type="checkbox"/> 136. Synchronized Swimming |
| <input type="checkbox"/> 37. Rock Climbing | <input type="checkbox"/> 87. Dog Walking/Agility | <input type="checkbox"/> 137. Shuffleboard |
| <input type="checkbox"/> 38. Softball | <input type="checkbox"/> 88. Sledge Hockey | <input type="checkbox"/> 138. Folk/Cultural Dances |
| <input type="checkbox"/> 39. Geocaching | <input type="checkbox"/> 89. Judo | <input type="checkbox"/> 139. Hunting |
| <input type="checkbox"/> 40. Snow Fort Building | <input type="checkbox"/> 90. One Foot High Kick | <input type="checkbox"/> 140. Bean Bag Toss |
| <input type="checkbox"/> 41. Building A Sandcastle | <input type="checkbox"/> 91. Goalball | <input type="checkbox"/> 141. Sitting Volleyball |
| <input type="checkbox"/> 42. Snorkelling | <input type="checkbox"/> 92. Rollerblading | <input type="checkbox"/> 142. Roller Derby |
| <input type="checkbox"/> 43. Tag | <input type="checkbox"/> 93. Doubleball | <input type="checkbox"/> 143. Baton Twirling |
| <input type="checkbox"/> 44. Pickleball | <input type="checkbox"/> 94. Lacrosse | <input type="checkbox"/> 144. Snowsnake |
| <input type="checkbox"/> 45. Weightlifting | <input type="checkbox"/> 95. Trampolining | <input type="checkbox"/> 145. Raking Leaves |
| <input type="checkbox"/> 46. Washing Your Car | <input type="checkbox"/> 96. Beach Volleyball | <input type="checkbox"/> 146. Side Reach |
| <input type="checkbox"/> 47. Dodgeball | <input type="checkbox"/> 97. Cheerleading | <input type="checkbox"/> 147. Bocce/Pétanque |
| <input type="checkbox"/> 48. Tree Climbing | <input type="checkbox"/> 98. Snowboarding | <input type="checkbox"/> 148. Drumming |
| <input type="checkbox"/> 49. Flying A Kite | <input type="checkbox"/> 99. Hockey | <input type="checkbox"/> 149. 4-Square |
| <input type="checkbox"/> 50. Lawn Bowling | <input type="checkbox"/> 100. Fishing | <input type="checkbox"/> 150. Hiking |

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The Benefits of Whole Food Based Nutrition and Importance of a Healthy Diet – The best way to reduce your risk of disease is to eat healthy. The right fuel in your body makes it run better. Fruits and vegetables are two key food groups known to contribute to better health. Juice Plus+ puts more of the valuable nutrition from fruits and vegetables back into your diet to improve health and wellness. Give yourself a better diet and a healthier lifestyle.

To get started or for more information contact us or check out our website.

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Enjoy this monthly feature and watch for the next edition in the Tribune on March 9

Manitobans celebrate inaugural RCMP Day

By Natasha Tersigni

Feb. 1 in Manitoba is now known as RCMP Day and is a day set aside to recognize the important role the members of the Royal Canadian Mounted Police (RCMP) make in contributing to the safety and well-being in the province.

"The RCMP have played an important role in Manitoba's history, which is clear as we celebrate our country's 150th birthday. From all Manitobans, we thank you for your dedication, your service and your sacrifice," said Manitoba Justice Minister Heather Stefanson in a press release on Feb. 1, marking the first time the province celebrated RCMP Day.

"It is an honour to be part of this special celebration, recognizing the important work the RCMP are doing in our communities to ensure public safety, especially their work with young people throughout Manitoba."

To commemorate the first RCMP Day in Manitoba, the provincial government released a short video featuring several Manitoba RCMP officers including Const. Paul Human, who had been stationed at the Selkirk RCMP detachment.

Having joined the RCMP 16 years ago, Human has worked across the province, including in Lac Du Bonnet, Thompson and for the last six years in Selkirk. Human is proud to be an officer and said the job is exciting as no

two days are ever the same, especially in Selkirk working as a general duty police officer.

"It is so diverse working in the Interlake. You can start your shift in a patrol car and end it in a boat. We are trained in so many different things, and that is the cool thing about being in the RCMP. And we have all the tools here at the detachment; if we need to go use a snowmobile, we can go and do. It is such a diversity of calls we receive. In one day, we can respond to a basic assault, go help someone in an accident and then participate in a drug investigation," said Human, who added the best part of the job is being able to help people in the community.

"My family is made up of nurses and teachers. I was on my way to becoming a nurse. I was a nurse's aid in Portage La Prairie, and I had been a volunteer with the RCMP for four years before joining. I was really drawn to the RCMP for the fact that I can help people."

One of the government's intention with the official RCMP Day and the video to commemorate the day is for Manitobans to understand the sacrifice and service that officers throughout the province make every day — something Human's family knows first hand.

"The last thing my wife says to me every day before I go to work is come home safe; that is very important. I



TRIBUNE PHOTO SUBMITTED

To celebrate and commemorate the service of Royal Canadian Mounted Police officers in the province, the Government of Manitoba has officially named Feb. 1 RCMP Day. Const. Paul Human, formerly of the Selkirk detachment, shared his story of why he became a member of the RCMP in a short video released by the province to promote the day.

work with other people, and that is the goal: to have a good shift and go home to our families at the end of the day. If that means we have to go into a dangerous area or situation, we will, but we will do it right," said Human.

To show gratitude and thanks to the many contributions of the RCMP in Manitoba, Stefanson invites young people throughout the province to

draw, design or create a card and mail it to the province by May 31. The cards will be displayed at the legislative building and then formally presented to the RCMP later this year.

Manitobans who wish to send a card to the RCMP can mail it to Manitoba Justice; 1801-155 Carlton St.; Winnipeg, MB; R3C 3H8.

I Love to Read month underway

By Jennifer McFee

In the chilly days of winter, one of life's great pleasures is curling up under a cozy blanket with a good book and a steamy beverage.

Throughout February, the joy of literacy is promoted throughout Manitoba during the annual I Love to Read month.

In the Interlake School Division, Supt. Christine Penner is booked to visit 10 local schools and read to the pupils.

"Reading is to the mind what exer-

cise is to the body," Penner said.

I Love to Read month fits in well with the Interlake School Division's focus on literacy, which is built into the current strategic plan.

Reading increases students' vocabulary and knowledge, and it also has the potential to increase their analytical thinking skills, Penner added.

As well, reading provides cognitive stimulation and can be a peaceful activity that can reduce stress levels because you can lose yourself in a story.

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RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL **Making friends**

Welcome, angling enthusiasts. In my truck on the high Red River bank by Selkirk early last Tuesday, a large, dark ice shack stood out from the others on the ice. I put Old Red into four-wheel drive and eased her down the steep rutted embankment and then bounced along until I jolted to a stop by the shack's half-closed door. A thin chap with a clean-shaven head peered out and waved me inside with a big smile. The walls in this warm, cozy shack were jam-packed with fishing gear, cooking utensils and food. Years of pictures of fish caught were everywhere.

"Hi. I'm Chris Kirkness," our new fishing friend offered along with a firm handshake. With faint sunlight coming through a nearby window, we sat relaxed as Chris gave us a humorous recent story.

He was sitting in his shack fishing when, through a window, he saw a chap quickly pull up near him, punch a couple of ice holes close together, drop his hook-baited lines in the water and started jigging both rods up and down like crazy. To his surprise, as he watched, the guy pulled up a good-sized pickerel. Luck, Chris thought as his buddy and dad, Jim, burst into the shack. Now his buddy had been working for two days without sleep and threw himself on one of the bunks, promptly falling asleep.

Jim, however, seeing what the neighbour had done, went outside and drilled two holes. No sooner had he begun imitating the newcomer, he caught a large pickerel and then released it. Chris, not one to argue with success, went out and, copying the guys, also caught a pickerel and re-

leased it.

"You guys are catching the same fish over and over," his now half-awake buddy called out.

"I don't think so, pal," Chris exclaimed back in the shack, looking out the window. Outside, the stranger was jigging wildly, pulling up a jackfish.

Last week, I got a tip from my editor, Lana Meier, about a sweet little angel ice fishing with grandpa at Grand Marias. Let me give you the last part of this story first as he told it to me.

The latter story happened when tall, thin, grey-haired grandpa, (he won't let me use his name) took his little doll-faced, long, curly, brown-haired granddaughter, Hunter, ice fishing and she caught her first fish. The large fish struggled so furiously she dropped her rod in fear and made a beeline out the portable shack door. Grandpa, laughing, had to take over. Sensing it might fall back into the hole, he used his hand like a tennis racket and sent the fish flying just as Hunter's mom drove up to the tent, witnessing it making a beautiful arc through the air out the tent's door.

Now the earlier part of this delightful story that resulted in Hunter's catch happened because grandpa was once standing on the high cliff shore of Grand Marias, lamenting how the anglers were hampered from reaching Lake Winnipeg. There was a spot off Grand Marais Boulevard between Thorncliffe and Oakdale avenues that he was convinced would make a perfect access point onto the lake. Resolved, he made a call to Julian Gorchynski, a local man of action with the Grand Beach Area and Development Corporation, and he got it done. With-



TRIBUNE PHOTO BY ARNIE WEIDL
Jamieson Borys of Winnipeg with a pickerel he caught off Chalet Beach.

in hours, anglers were flooding across the access point, including little Hunter and her wonderful grandpa — and that's how she was able to get on the ice and catch her first fish.

Along with Grand Marias, the mayors, councillors and road folks at St. Clements, St. Andrews and Dunnottar have also opened access points with on-ice parking lots at Balsam Bay and the Matlock Warner Road. Good job, guys. You're all just the best.

On the weekend off Chalet Beach, I ran into a chap, Tom Balzer of Argyle, who told me he snagged a small rock with a zebra mussel on it. Wow.

Not far from him, Jamieson Borys of Winnipeg showed me a pickerel he had just caught as we marvelled at the sea of shacks seemingly stretching clear across good old Lake Winnipeg.

By the way, the ice-cutting guys will be starting on the Red River just north of Netley Creek on Feb. 18.

See you next week. Bye.

Stonewall Teulon
Tribune

The **Selkirk Record**

The **Winkler Morden Voice**

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TROUBLE WITH PAPER DELIVERY?

Christy Brown, Distribution Mgr.: 204-467-5836

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Couple looks to honour Indigenous Korean War vets

By Kaitlin Vitt

Sgt. Tommy Prince, one of Canada's most decorated Indigenous veterans, fought in the Korean War more than 60 years ago and is now being honoured for his service.

Wonjae Song and Olivia Do, a couple from Winnipeg, have been locating Canadians who are Korean War veterans for about four years. They are passing the information on to Canada's Korean consulate, which awards the veterans with medals and certificates, honouring their service.

Song and Do are now pushing to find Indigenous Canadian veterans.

Prince died in 1977 at the age of 62. On Jan. 20, Song and Do honoured Prince by presenting a medal to his son and nephew.

"We are very proud of what Tommy did for Canada and, indeed, for freedom in general," said Brokenhead Ojibway Nation Chief Jim Bear, who is also Prince's nephew.

Since 1918, status Indians became exempt from the Military Services Act, meaning they didn't have to join the military, but some still did as volunteers.

"In spite of the dark history of Canada towards our people, our Indigenous warriors have never failed to

step up," Bear said.

So far, Song and Do have handed out about 50 medals to Korean War veterans and descendants.

When they first started getting in touch with veterans, most of them were white, they said, and not many Indigenous people were being recognized.

Song is the publisher of *The Diversity Times*, and Do is the managing editor at *The Korea Times*, both of which appear in one monthly publication.

When Do and Song get in touch with a veteran, they share the story in their publication.

Do said one of the newspaper's mandates is to "help Koreans to understand our societal system and Canadian cultures," and sharing stories of Indigenous people is a way to achieve this.

"We believe that Koreans need to integrate with other cultures," Do said.

The couple has also hosted exhibitions displaying photos related to the Korean War.

Do and Song immigrated to Canada from Korea in 2004. They say they have such a strong interest in the Korean War since many people call it the "forgotten war."

"When we met Korean War vet-



TRIBUNE PHOTO SUBMITTED

On Jan. 20, Wonjae Song of Winnipeg presents Brokenhead Ojibway Nation Chief and Sgt. Tommy Prince's nephew Jim Bear with a medal honouring Prince for his efforts during the Korean War. Song is now searching for more Korean War veterans so that he can help present them with awards, medals and certificates for their service.

erans, they told us that the Second World War history is well known, but the Korean War is not really known," Song said. "We don't want the Korean War forgotten."

Anyone that knows Korean War vet-

erans who are Indigenous Canadians or are their descendants are asked to email Wonjae Song directly at thediversitytimes@gmail.com.

Provincial funding for ISD drops by 2 per cent

Staff

The Interlake School Division will be learning a lesson in frugality after finding out that their provincial funding will be reduced by two per cent for the upcoming school year.

On Wednesday, Feb. 1, Education and Training Minister Ian Wishart announced that the provincial government will increase funding for kindergarten to Grade 12 education by \$13.1 million for public schools for the 2017-18 school year. In total, this announcement represents an overall funding increase of one per cent for the next school year.

However, for the Interlake School Division, funds are dropping instead of rising.

Secretary treasurer Al Leiman said that the Interlake School Division will receive "negative two per cent," which amounts to \$343,720 less than the previous year.

Discussions will be underway about how to deal with the shortfall.

"We're just going through all of our numbers," said Leiman, who expected

that the budget would be discussed at Monday's committee of the whole meeting.

"Everything is still pretty premature right now."

Across the Interlake, Evergreen, Sunrise and Selkirk school divisions face a similar reduction in funds, Leiman noted.

On the opposite end of the spectrum, Seven Oaks School Division in Winnipeg will receive a funding increase of 3.4 per cent. However, due to that division's growing enrolment, it will likely need to hire more teachers and other staff to accommodate the

changing needs.

The Interlake School Division has scheduled its public budget presentation for Thursday, Feb. 23 from 5:30 to 7:30 p.m. at Stonewall Centennial School (573 2nd Ave. North). Members of the public are invited to this come-and-go open house event. Trustees and senior administra-

tion will be available to answer questions about the proposed 2017-18 fiscal year budget.

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Comp set to host Interlake Career Expo Feb. 22

By Lindsey Enns

The Comp will host this year's Interlake Career Expo in an effort to connect more youth with career opportunities.

But Carla Mroz, one of the organizers behind the event and a career and dual credit co-ordinator at the Comp, says the expo is open to everybody.

"Along with the students in the community, we'd like to see members of the community that are looking for careers or are still unsure of what they want to do," Mroz said.

This year's Interlake Career Expo will take place on Wednesday, Feb. 22 from 9:30 a.m. to 3:30 p.m. at the high school located at 221 Mercy St. The expo will feature a wide range of vendors, interactive displays, speakers and career sessions.

Among the 26 confirmed vendors are Assiniboine Community College, Brokenhead Ojibway Nation, Manitoba Corrections, RCMP Recruiting, Sunova Credit Union as well as the

Manitoba Construction Sector Council to name a few.

Mroz added there will also be opportunities for students looking to enrol at a university or college to learn more about student aid.

"There will be something for everybody," she said, adding organizers are hoping for a better turnout this year compared to past years.

This year's expo is being put on with help from representatives from Options Employment for Youth, the Selkirk Community Renewal Corporation, the Selkirk Friendship Centre and the *Selkirk Record*, the *Express Weekly News* and the *Stonewall Teulon Tribune*.

Those wanting to share their expo experience on Twitter or Facebook are being asked to use the hashtag "#ICE2017."

Students will also be marking Pink Shirt Day, an anti-bullying awareness campaign, by wearing and selling pink T-shirts at the expo.



TRIBUNE PHOTO SUBMITTED

A Grade 11 student tries to manage texting while driving at the interactive Manitoba Public Insurance booth during last year's Interlake Career Expo at the Selkirk Rec Complex. This year's career expo will take place inside the Comp on Wednesday, Feb. 22 from 9:30 a.m. to 3:30 p.m. The event is open to the public.

Stonewall council news in brief

By Jennifer McFee

Representatives of South Interlake 55 Plus spoke at the Stonewall council meeting last week to provide an update and to request financial support for operations and staffing.

The organization serves older adults and provides services that enhance their well-being and help them to maintain a positive connection to their community. Activities include educational programming, physical fitness, and socialization through games and arts.

As of June 1, 2016, the centre moved its operations to the Oddfellows Hall at 374 First St. West. The change in venue resulted in the purchase of new memberships, bringing the total up to 429 members, although membership is not mandatory. At the same time, responsibilities have changed in regards to the operation of the building.

The organization had previously generated revenue through the rental of its facility during non-programming timeframes. However, due to the move and the new lease condi-

tions, this option is no longer available as a revenue source.

Other fundraising initiatives are ongoing, including a concert on Saturday, Feb. 11 at 7 p.m. by Andy Gortzen and the Occasionals for \$15 per ticket.

South Interlake 55 Plus is requesting \$10,000 from the Town of Stonewall, the same level of funding as the previous year. They would like the funding to be ongoing annually.

They also requested to be listed under the property coverage for the Town of Stonewall's insurance policy for their items that are stored in the town's buildings.

"We know it was a year that had some challenges but also some opportunities," said Deputy Mayor Jeff Levesque. "We're really happy to see that programming has continued and the numbers are stable."

Budget deliberations will be underway in March.

In other council news:

- Council passed first reading of bylaw to regulate licensing and establish fees for septic haulers to the sewage lagoon. To date, there has been no fee charged to them, and the Public Utilities Board indicated that they wanted that to be changed. If approved, the initial fee to access

the Town of Stonewall sewage lagoon would be \$75 for each septic truck, and the annual licence fee would be \$25 for each septic truck.

- Council passed first reading of a bylaw to impose a \$75 service fee when adding outstanding utilities to the tax roll.

- The Town of Stonewall incurred a \$72,811 deficit in 2015 in the Utility Operating Fund, and the town must submit an application to the Public Utilities Board to address the operating deficit. The town is proposing to increase rates over a three-year period to address the deficit.

If approved, the quarterly rate increase for water would be \$3.56 in 2017, \$3.53 in 2018, and \$3.50 in 2019.

- The Town of Stonewall will continue its involvement at the national level for Communities in Bloom.

- Council received correspondence indicating that Stonewall will no longer be the starting point for the annual MS Biking to the Viking fundraiser. Instead, the event will start and finish in Gimli.

- Council authorized the purchase of ground equipment from Mazergroup Ltd. for \$147,747.84 including taxes.



RATEPAYERS OPEN HOUSE

The Board of Trustees of the Interlake School Division invites members of the community to attend a "come and go" Open House to view the PROPOSED 2017-2018 fiscal year budget. Trustees and senior administration will be available to answer questions.

We look forward to seeing you on:
Thursday, February 23rd, 2017
Stonewall Centennial School
573 2nd Ave. North
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5:30 – 7:30 p.m.

worship *with us*

> FAITH

Does God really matter?

Many people in Canadian society seem to be living a full life. The popular thinking sounds something like this: What do I need God for anyway? The time to deal with the tougher questions in life will come around eventually. Why not enjoy myself while I have the time. There are family, friends, a thousand new gadgets and good jobs available so I can build the empire of my life.

It's interesting to note that Jesus said, "I have come that you might have life and that you might have it (to the full) more abundantly." The "abundant living" we have may be pleasing in the short term; but, what brings lasting joy? On Sunday, the Super Bowl proved once again that real winners don't always start with great success; it's all about how you finish. Having a full life means more than just building up a personal list of success and possessions. How satisfied I am in life is very connected with the relationships I share with others and with God?

The New Testament is specifically written as

the fulfillment of God's plan to have a meaningful, redemptive relationship with us. A simple phrase to remember is "No Jesus, No Joy; Know Jesus, Know Joy." The work of Almighty God at the Crucifixion was to pay any and all the debts and deficits of those who confess their desire for that redemptive relationship. This confession is personal between you and Jesus. A meaningful relationship with Jesus requires only your honest confession, a request for God to intervene in your life. The scripture declares that "If we confess our sins He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

The peace that results from being honest with God is way beyond anything that I can explain or even understand. This is just the beginning; the entrance to the abundant life that is waiting for you.

Pastor Jonathon Dewey
Cornerstone Church of Stonewall
joncdew@gmail.com

> AMC, FROM PG. 2

tended the Teulon Residence goes against the meaning of reconciliation for the First Nations and the state of Canada," said AMC Grand Chief Derek Nepinak in a press release.

Taking a case to the Supreme Court is a lengthy and difficult process for it to be accepted as only a few cases are argued a year and the issues

have to have a national importance.

"We feel that the Court of Appeal made a poor decision in rejecting the appeal," said Huband.

"The main issue was that these are questions of fact and the stand of review is such that we would have to prove that a palpable and overriding error was made. They say we did not meet that proof."



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Attention Residents of the Rural
Municipality of Woodlands

Share Your Views

concerning the proposed Delta II Boar Test Station – TRC -12-024

The Manitoba government has received a proposal from Topigs Norsvin Canada Inc. to establish the Delta II Boar Test Station, a new hog research facility proposing a maximum of 1,872 Pigs-Grower/Finishers and 958 Pigs-Boars creating a maximum of 459.3 Animal Units on 80 acres located at E 1/2 of NE 19-14-3 WPM on Road 17 west, approximately two miles south of Provincial Road 411.

If you would like to share your opinion concerning this proposal, you are invited to contact the Manitoba government by sending either a letter or an email referencing file: TRC -12-024 to (TRC@gov.mb.ca) no later than March 13, 2017. After this date, the proposal will be dealt with by the Livestock Technical Review Committee.

Information submitted in response to this proposal is considered public information and will be made available to the proponent and placed on the public registry.

For more information

If you would like more information on this topic, please visit http://www.gov.mb.ca/ia/livestock/public_registries.html - TRC 12-024 or the Rural Municipality of Woodlands at 57 Railway St, Woodlands, Manitoba.

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Manitoba Indigenous and Municipal Relations
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Documentary highlights lives of Catholic sisters

By Jennifer McFee

A new documentary provides a glimpse into the lives of Manitoba's Catholic sisters who put their hearts and souls into their selfless work.

The film *Soul Sisters: The Catholic Women Religious of Manitoba* premiered on Friday, Feb. 3 at Cinematheque in Winnipeg and will continue to run until this weekend.

The 55-minute film was produced by Joanne Levy for Buffalo Gal Pictures in partnership with the Catholic Health Association of Manitoba and in association with VisionTV.

The Catholic Health Association formed a project called the Legacy of Care, Courage and Compassion to specifically honour the Catholic sisters who have worked in Manitoba since 1844. This project is in keeping with Pope Francis' designation of 2015 as the Year of the Consecrated Life.

The Catholic Health Association's two-year tribute to the local sisters has included a published history book, a photography exhibition and a monument at the corner of Taché and Cathedrale avenues in Winnipeg.

"The creation of that beautiful monument is the spine for the documentary, and it's a way of putting together two of the wonderful commemorations of these women together in one project. The creation of that monument is a wonderful through-line for the piece because it gives it a begin-

ning, a middle and an end with the unveiling of the monument," said Levy, a Balmoral resident.

"It's a capturing of the intimate stories of a sample of women who have worked for social justice and have been integral to the health, education and social services in the province, but it has this spine of the creation of the monument as well."

In addition to expressing appreciation for the sisters themselves, Levy lauds the work of director Danielle Sturk and the Winnipeg-based crew.

"I think they did a really lovely job of conveying the steely spine of these women at the same time as the incredible work that they've done," Levy said. "It's not just schools and hospitals. They've done work with the poor. They work at prison chaplains. They do palliative care work. They have worked to help educate and protect some of the most vulnerable members of our society."

Through her work on the film, Levy gained a deeper knowledge and appreciation of these remarkable women.

"I had no idea the scope of the work that the sisters have done. They are pretty incredible women. You could call them the first feminists in many ways because at a time when most women just got married or went into very few professions, they decided on an entirely different kind of life course for themselves," she said.

"They are incredible leaders in their own quiet



TRIBUNE PHOTO SUBMITTED

While researching the documentary film *Soul Sisters*, researchers discovered an archive that included some 16-millimetre film shot by a young nun in the 1950s. This image from the never-before-seen footage serves as the cover for the *Soul Sisters* DVD.

way — or, in some cases, not so quiet. They are tremendous examples of leadership and strength."

The film also touches on difficulties related to residential schools, although it's not the main purpose of the piece.

"There's a little bit of history, but it's really more a look into their lives, a look into their hearts and souls. The women who participated were incredibly generous and really quite forthright about what their lives are like," Levy said. "I guess the reason that they have such an impact is because there are not many examples in our day-to-day life these days of people

who so selflessly put aside one part of their life in order to dedicate themselves to something else. It has everything to do with the people around them as opposed to themselves."

Soul Sisters will be screened at Cinematheque (100 Arthur St. in Winnipeg) on Wednesday, Feb. 8 at 7 p.m., Friday, Feb. 10 at 7 p.m., and Saturday, Feb. 11 at 3 p.m. and 7 p.m.

Levy said she would also be happy to accommodate local community viewings by bringing the DVD of the film for a group to watch.

"What I'd really love to see is people getting together as families, as people who are touched by the women religious, as people who would simply like to know more about them," she said.

"I would love to see some of the lay groups get together to see it and then have conversations about what an incredible asset these women have been to our province — and not just to our history but to the whole culture of compassion that we have in our province."

For more information, contact Buffalo Gal Pictures at info@buffalogalpictures.com or call 204-956-2777.

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Snowmobile accident in Warren

By Jennifer McFee

A 73-year-old St. Andrews man was taken to hospital following a snowmobile rollover in Warren on the weekend.

On Saturday, Feb. 4 at about 3 p.m., Stonewall RCMP received a call about a single snowmobile accident near Railway Avenue in Warren.

Staff Sgt. Kelly Glaspey said it looks like the driver lost control of the snowmobile, and alcohol is not believed to be a factor. The driver was wearing a helmet, which is required by law, and he was with another nearby snowmobiler who called for help.

STARS air ambulance landed at the scene and the responders determined that the man's condition was stable enough that he didn't require STARS critical care or to be transported to Winnipeg. Instead, he was taken by ground ambulance to the hospital in Stonewall. STARS representatives did not have any update about the man's current condition.

For other snowmobilers, Glaspey encourages drivers to be cautious and prudent while driving only as fast as their capabilities allow.



TRIBUNE PHOTO BY STEFANIE LASUIK

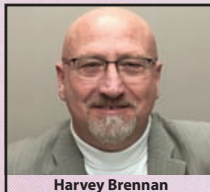
A 73-year-old St. Andrews man was taken to the Stonewall Hospital after his snowmobile rolled in Warren last Saturday.

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Settlers, Rails & Trails museum to celebrate National Flag Day

By Natasha Tersigni

This year, to celebrate National Flag Day on Feb. 15, the public is being invited to come tour Argyle's Settlers, Rails & Trails museum and to visit their famous Canadian Flag Collection — the second largest in Canada.

Along with the flag collection that includes over 1,100 flags from Canadian corporations, organizations, regions, special occasion, events and sports teams, the museum has an in-depth exhibit that features the entire history of the Canadian flag. The exhibit features the Canadian flag that was flown at the Manitoba legislature two years ago in honour of the National Flag Day 50th anniversary.

The exhibit includes historic flags of Canada, flag etiquette information and several versions of the Canadian flag, including one that flew at the Parliament of Canada and another one that was donated by Husky Energy that is 800 square feet and weighs over 40 pounds.

One part of the flag exhibit that Shayne Campbell, president and executive director of Settlers, Rails &

Trails Museum, enjoys the most is the collection of flags that were flown at Canadian embassies around the world.

"For the 50th anniversary of the Canadian flag, I had reached out and had embassies send the museum a flag or a picture of the Canadian flag flying over the embassy and a letter of authentication. So far, we have 18 Canadian flags that have flown all over the world including Australia, Berlin, Moscow, Vietnam and the United States," said Campbell.

"We are excited to include this in the exhibit. One thing that catches my attention from these flags that have flown in different countries is when you look at the white part of the flag, it is not white anymore. Different environmental conditions and pollutants affect the flag, and it quickly becomes evident that not everybody has the nice fresh, clean air we are lucky to have here in Canada."

Campbell will be on hand during the evening to answer any Canadian flag questions, including how the modern-day flag came to be.

"The flag came through a long process under Prime Minister Lester B. Pearson. It was decided in the 1960s that Canada will get its own flag that is unique to our country. It had



TRIBUNE PHOTO BY NATASHA TERSIGNI

To celebrate National Flag Day on Feb. 15, Argyle's Settlers, Rails & Trails museum board members, including Shayne Campbell, left and Pam Nichol, will be opening the museum hosting a special Canada Flag exhibit to recognize the 52nd anniversary of the maple leaf flag.

been fought over for years and years, and it had always been dropped because it was political suicide. They knew the country was divided on this issue," said Campbell.

"In a tradition of Canadian politics, our flag was born from a committee. It wasn't born from a war like the Americans and a lot of other countries claim. We once again did it very civi-

lized through a committee."

Pearson established a Parliament committee of 15 members, and they took six weeks to go through the submissions to choose which flag design would be the best. The three finalists all incorporated the maple leaf with a white middle and red sides; however, there were a few changes. The Pearson pendant had blue stripes between the red and white blocks, and the third choice had the French flag and the Union Jack. Ultimately, the committee voted unanimously on the simple maple leaf flag design we have today.

Settlers, Rails & Trails museum, located in the Argyle Community Centre, will be open for National Flag Day on Feb. 15 from 5 to 8 p.m.

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Mercedes-AMG Mythbusters #2

By Melanie Paterson of Driving Unlimited

Most times, we position ourselves incorrectly behind the wheel and, under the guise of comfort, cost ourselves valuable control and reaction time.

In sports, we pay attention to body position, yet we get in our vehicles and position ourselves like we are sitting relaxing on the couch and watching TV. This can cause lack of control when dealing with emergency situations.

The proper way to position yourself is to pull the seat base close enough to the pedals so that you can put your foot all the way on the brake pedal and still have a slight bend in your leg. Then you need to adjust the seat back more upright so that you are supported by your skeleton, not your muscles.

The rule of thumb is that if you have to lean on the centre console, the door or the steering wheel, it means you are out of position.

Tilt or telescope your steering wheel so that you can hold the wheel at the 9 o'clock and 3 o'clock position and get it close enough to you have a good bend in your elbows. Holding the wheel at 9 and 3 gives you the ultimate control as you can steer 180 degrees in either direction without having to take your hands off the wheel and be-

ing close enough to the wheel ensures your shoulders don't come off the seat when steering.

The 9 and 3 hand position is also important because airbags come out of all steering wheels, and 9 and 3 keeps your arms outside the airbag while other hand positions can cause your arms to be caught between the airbag and your body in the case of a deployment.

The last part to the seating position package is using what is called the "rest pad." It is a flat area that is to the left of the clutch or brake pedal. You should leave your left foot there all the time and put pressure on it when you are braking, cornering or accelerating, pushing your hips back in the seat with the left leg to help stabilize your body.

Also, when you hold your body back with your leg, you can stop gripping or pushing on the wheel and use the steering wheel as a control, not a brace.



TRIBUNE PHOTO BY PATRICIA BARRETT

The cars used for the Mercedes-Benz and AMG advanced winter sport driving program that is underway in Gimli head down Goldfield Drive to fuel up for an afternoon of driving fun on Lake Winnipeg.

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> MEAL IDEAS

Cajun garlic chicken thighs



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4 servings / 1 hr
Prep 10 min / Cook 50 min

This is definitely a "slow-simmered" skillet of comfort! Tender pieces of chicken are smothered in a rich, brown, garlicky onion sauce. You'll want to double this recipe and keep some in the freezer to pull out after one of those hectic days.

Ingredients

- 1 1/2 tbsp (22 mL) canola oil, divided
 - 4 skinned chicken thighs with bone in, trimmed of fat
 - 1 cup (250 mL) diced onions
 - 12 medium garlic cloves, peeled only
 - 2 tbsp (25 mL) all-purpose flour
 - 1 cup (250 mL) reduced sodium chicken broth
 - 1/2 tsp (2 mL) dried thyme leaves
 - 1/4 tsp (1 mL) black pepper
- Directions



In a large skillet heat 1 tbsp (15 mL) canola oil and heat over medium-high heat. Add chicken and brown for 3 minutes on each side. Set aside on separate plate.

Reduce heat to medium and add remaining 1/2 tbsp (7 mL) canola oil, onions and garlic and cook for 3 minutes or until onions are translucent, stirring frequently. Set aside with chicken.

Stir flour into pan residue in skillet and cook 2 minutes over medium heat or until beginning to lightly brown, stirring constantly. Stir in broth, thyme and pepper. Add chicken, onions and any accumulated juices. Bring to a boil over medium-high heat. Reduce heat to medium-low, cover and simmer for 30 minutes or until chicken is almost tender.

Place chicken to one side of skillet, add and mash garlic cloves with back of a spoon. Combine chicken and garlic and turn chicken pieces over several times or until well coated. Cover and cook 5-7 minutes or until chicken is tender.

The truth about lying



"LYING IS DONE WITH WORDS AND ALSO WITH SILENCE."

ADRIENNE RICH

People lie for many reasons. Generally it is

because they feel someone would be mad or upset with them if they knew the truth. What this means is that they betray the trust of another to protect themselves from the consequences of their behavior.

The minute one does this the relationship with the other is compromised. The one who lied now has to pretend. They have to pretend that what they said was really true. They have to pretend they have been honest.

The one who lied also has to carry guilt. They must carry the knowledge that they have been dishonest to someone they care about, and who has complete trust in them. If this happens in a love relationship, it can be very dangerous.

Dangerous is a strong word, but I use it because I have seen relationships irreparably damaged when the lie is discovered. Once one has shown he or she is capable of lying,

his or her word can never again be trusted as it once was.

Furthermore, the partner agonizes over how many other lies their may have been in the past. The lie has thus contaminated both the past and the future. The entire relationship has tilted on its axis, and while work can be done to regain trust, things will never again be quite as they were.

What is the bottom line? Obviously it would be to not do things you will have to lie about. If you are doing something of which your partner would disapprove, he or she has the right to know, and to make decisions accordingly. You may fear that telling the truth would jeopardize the relationship. However, accountability is about not doing the things that would jeopardize the relationship in the first place.

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

Pan Roasted Maple Dijon Chicken with Butternut Squash and Brussels Sprouts



Servings: 4

- 1 tablespoon olive oil
- 4 chicken thighs
- 4 chicken drumsticks
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground pepper
- 1 tablespoon unsalted butter
- 16 Brussels sprouts (about 8 ounces), bottom trimmed, outer leaves removed and halved
- 2 cups diced (1/2 inch) butternut squash
- 1 1/2 cups chicken stock
- 2 tablespoons maple syrup
- 2 teaspoons Dijon mustard

In saute pan large enough to hold chicken in single layer, heat olive oil over medium-high heat. Season chicken with salt and pepper. Add

chicken to pan, skin side down, and saute about 4-5 minutes per side, or until chicken is browned.

Remove chicken from pan and reserve. In same pan, add butter. Allow butter to melt over medium heat. Add sprouts and squash to pan and saute, tossing occasionally, until outsides are golden brown, about 3-4 minutes. Remove from pan and hold separately from chicken.

Turn heat to high and add stock, syrup and mustard. Stir and bring to boil, stirring to scrape up brown bits on bottom of pan. Add chicken back to pan, cover and reduce heat to medium-low. Cook over medium-low heat 20-25 minutes, or until chicken registers 170 F with instant read thermometer.

Add vegetables back to pan, cover again and cook another 8-10 minutes until vegetables are tender. Move chicken and vegetables to serving platter, placing vegetables around chicken. Turn heat to high and boil sauce until it is reduced and slightly thickened, about 2-3 minutes.

Spoon sauce over chicken and serve.

Festive Papas Tapas

Prep time: 10 minutes
Cook time: 20 minutes
Servings: 6

- 2-4 medium Wisconsin russet or gold potatoes
- 2 tablespoons olive oil
- 1/4 teaspoon pepper
- 1/2 teaspoon sea salt

Heat grill or oven to 400 F. Thinly slice potatoes lengthwise to 1/4-inch thick, discarding ends.

Toss with olive oil, salt and pepper.

Place on grill or prepared baking sheet in single layer. Cook 10 minutes on each side. Add toppings.

Topping Ideas

Bruschetta: In bowl, mix together 2 medium tomatoes diced, 1/4 cup chopped fresh basil leaves, 2 cloves minced garlic and 1 tablespoon olive oil and spoon on top of potatoes.

Baked Potato: In bowl, mix together 1/2 cup plain nonfat Greek yogurt, 1/4 cup shredded reduced-fat cheddar cheese, 2 tablespoons fresh chives, chopped, and spoon on top of potatoes. Garnish with 1 tablespoon chives.

Mediterranean: In bowl, mix together 1 container (6 ounces) feta cheese; 1 can (2 1/4 ounces) sliced olives, drained; 1 medium tomato diced; salt and pepper, to taste; and spoon on top of

potatoes.

Creamy Greek Yogurt with Lemon and Herbs: In bowl, mix together 1/2 cup plain nonfat Greek yogurt; 2 tablespoons chopped fresh dill; juice from 1/2 lemon; salt and pepper, to taste; and spoon on top of potatoes. Garnish with dill sprigs.



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Warren Elementary students celebrate Indigenous culture

By Natasha Tersigni

To teach students about First Nations people of Canada, the staff at Warren Elementary School hosted an Indigenous Culture Day on Feb. 2. Grade 4-7 students had an opportunity to create Aboriginal bead art, learn the Seven Sacred Teachings and participate in a drum circle led by an Indigenous elder Val Vint.

For Vint, who has been teaching in Manitoba schools for over 10 years, the drum circle is a way to incorporate traditional teachings in a fun and interactive environment for students. The students learn a variety of songs through drumming while tying in Indigenous teachings to further educate students.

In Indigenous cultures, the drum is a sacred and powerful instrument and incorporates many of their spiritual teachings. The drumbeat is referred to as the heartbeat of Mother Earth, and it is believed to have the power to heal. Before each song was played, students took turns playing four strong beats which welcomes spirits from the North, East, South and West to join the circle and helps to speak to the drummers.

Vint also spent time teaching the students the importance of the drums and rattles themselves.

"The people that looked after the seeds would take the best seeds from the harvest and put them inside the rattles so they would stay dry and protected. If there was ever a year where there was a drought and the plants didn't come out, the rattle people would stand around the fire and play their rattles hard until they broke and then all the seeds would fall out and be planted to feed their people," said Vint.

"The drum is made from the deer hide, so a deer had to give its life in order for my drum to be made. As well, the hoop is made of wood so a tree was killed in order to make this drum. Two lives were taken in order for one drum to be made and we need to respect that."

Vint enjoys working with students in a drum circle as it is a great way to teach students about Indigenous teachings and promotes inclusion in class.

"Within the drum circle it doesn't matter who you are or your abilities, everyone can still participate. And in a circle, everybody is front row centre and important," said Vint.

"If everybody sat around a circle and drummed there would be world peace; period. You can't sit together and then fight."



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Thanks to an Aboriginal Academic Achievement (AAA) grant Warren Elementary School was able to bring in Aboriginal elder Val Vint for Indigenous Culture Day.



Vint led students in Grade 4-7 in a drum circle.

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Your FARM



Updating the public's image of modern agriculture

By Harry Siemens

Speaking at the Manitoba Swine Seminar in Winnipeg last week Dr. Frank Mitloehner, a professor and air quality specialist with the Department of Animal Science at the University of California, Davis says the persistent red barn image of agriculture is misleading the public and needs dispelling if modern agriculture is to be free to meet the challenge of feeding the world.

In only 40 years, the world's population has doubled and it's on pace to increase by another 50 per cent in the next four decades.

Mitloehner says to feed that growing population, agriculture must become and be allowed to become as efficient as possible.

"I think we are on the right track with respect to how we produce livestock today, but we're not on the right track on how we communicate as to how we do it and why," he says. "One of the stories that you hear our there

is that in the 1950s and 1960s we had a much better agricultural production then. Everything was greener and therefore less environmentally harmful. The opposite is true."

Mitloehner says farmers then needed three to four times more animals to produce the same amount of food under conditions that were not welfare enhancing.

"We had to tie animals onto equipment. We had to hand milk or hand raise animals. We had to, or we did put manure straight into the next stream to get rid of it. All of these things are unthinkable today," he says. "We are a much more sustainable animal agriculture today than we were in the 1950s and 1960s, but this red barn idyllic picture is in the heads of people. They think that's what they want, but I don't think they know what that entails."

Mitloehner says the animal agriculture field needs to step out of their cave and really engage with the public

who increasingly often want to know how farmers produce animal protein and why. He stresses they need to be proud of their story and to share it others if they want to stay in business.

MORE EFFICIENCIES NEEDED

At the same conference, Dr. Candido Pomar, a research scientist with Agriculture and Agri-Food Canada, says that as the human demand for protein grows, it will become increasingly important for livestock producers to make more efficient use of the nutrients fed to livestock.

As part of research being conducted in partnership with Swine Innovation Porc, scientists are developing precision feeding strategies designed to provide each pig with the exact amount of nutrients necessary to optimize growth.

Pomar says by tailoring rations to meet the specific nutritional needs of each pig, farmers will be able to reduce the total amount of nutrients

provided to the herd by about 25 per cent.

"We are expecting, in the coming years, that we are going to be competing with human nutrition because the human population is growing more and more and also meat consumption is growing, particularly driven by China," he says. "China's consumption per capita is increasing very fast so it is not going to be too long that available protein has to be used for humans and animals so improving the efficiency is an essential element because otherwise we are going to be in competition with human nutrition and we can not be there."

By tailoring the nutritional content of rations to provide each pig with exactly what it needs to maximize growth, farmers will be able to cut production costs while also reducing the amount of nutrients excreted into the environment, says Pomar.



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Hitting the trails for a good cause

Steeltown Ford event supports the needs of Manitoba's children with disabilities living in rural districts



TRIBUNE PHOTO SUBMITTED
Jason Sargent, left, and his son Owen, along with employees, friends and family of Steeltown Ford, will be hitting the trails Feb. 9-12 to raise funds for the Children's Rehabilitation Foundation in memory of his brother Scott Sargent and The Huntington's Society.

Submitted

Employees, friends and family members from Selkirk's own Steeltown Ford will be mounting their snowmobiles for their annual ride to raise money for the Children's Rehabilitation Foundation and The Huntington's Society (HSC).

The fundraiser, now in its 12th year, is officially called the Ride for Scott, in memory of Jason Sargent's late brother Scott.

The team will be heading out on two separate 500-kilometre rides, departing from Selkirk: one on the Louis Riel long weekend at Hecla Island Provincial Park for The Children's Rehabilitation Foundation and the other on the following weekend at Bird Lake to raise money for The Huntington's Society (HSC).

"Scott loved children and all outdoor sports, so we thought this would be a fitting memorial to him," said Sargent. "This year, my son Owen, his best friend Troy and a few family members and Steeltown Ford employees will be heading out for two days to raise money for causes that are near to my heart."

Ride for Scott is a snowmobile event that promotes a responsible and healthy sports image for snowmobilers and helps support the needs of Manitoba children living with disabilities by raising much-needed funds for the Children's Rehabilitation Foundation and The Huntington's Society. All of the money raised from the event will be donated to both charities.

"Over the years, I've raised almost \$220,000 for Scott's Memorial Fund, which supports children living with disabilities in the Birds Hill, Selkirk and surrounding areas," said Sargent. "These generous donations have meant that we're meeting the needs of every child from this area. I feel privileged that I can give back to my community and honour my brother at the same time. My goal this year is to raise over \$20,000 and make this 12th annual event the most successful yet."

When Sargent became involved in the fund-

raiser, he never imagined his efforts would have made such an impact on his community or his own life. As a snowmobiling enthusiast, the Ride for Scott has always been more than just a weekend adventure for him. In 2004, Sargent's brother Scott died in a snowmobile accident and has since been his motivating factor, which has led him to commit to raise as much money as he possible in his brother's name.

Donations for this cause can be made by visiting the Children's Rehabilitation Foundation at <http://my.e2rm.com/PersonalPage.aspx?registrationID=3669640&langPref=en-CA> or The Huntington's Society at <http://www.hscevents.ca/steeltown>.

Government Mortgage Rule Changes & How They Affect Us

Ottawa's changes to mortgage regulations have increased lenders' costs on refinancing, amortizations over 25 years, million-dollar properties, single-unit rental properties and mortgages where the loan-to-value ratio is between 65.1 and 80 per cent. Homeowners absorb these costs through increased interest rates.

Here's some things that can affect your mortgage costs & interest rate:

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- 3) Income type-Guaranteed, variable, provable?
- 4) Closing date-When will/should your mortgage fund?
- 5) Limited mortgage products-Beware of prepayment, portability and refinance restrictions.
- 6) Mortgage penalties-Does your mortgage lender calculate penalties fairly?
- 7) Credit history & score-Bankruptcy, consumer proposal, unpaid debts? Is your credit score over 680?
- 8) Loan to value-How much is your mortgage amount, compared to your home value?
- 9) Affordability-Can you pass the government stress test?
- 10) Mortgage purpose-Are you purchasing, refinancing or switching lenders?

The above list of questions is by no means exhaustive and there are always exceptions.

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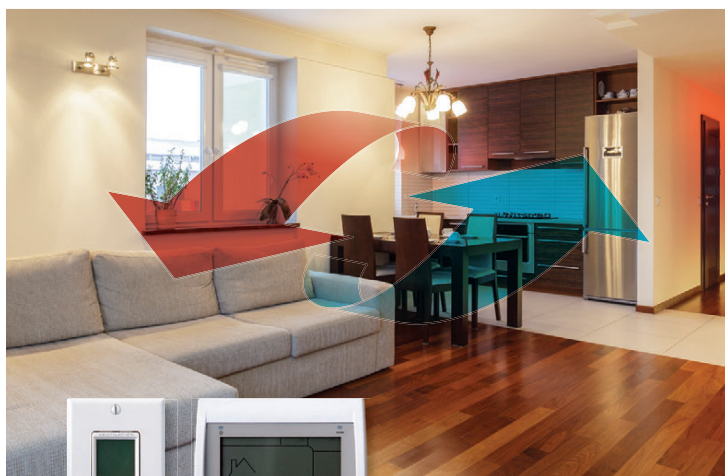
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Stonewall Blues host annual Veteran's Cup

By Natasha Tersigni

Hockey tradition was alive and well in Stonewall over the weekend for the community's 36th annual PeeWee Veteran's Cup Hockey Tournament that took place at the Ice Palace and the Veterans Sports Complex.

Twenty-two teams took part in this year's event, which is one of the longest running PeeWee hockey tournaments in the province.

To celebrate the tournament, opening ceremonies were held Saturday morning. Local bagpiper Braden Norberg led the large contingent of community members, players and special guests on to the ice surface, including the Stonewall Royal Canadian Legion 52 Colour Party, tournament guest of honour Mike Nugent, Legion president and PeeWee 'A' Division tournament sponsor Tim Williams, PeeWee 'B' Division sponsor Dave Kalnuk of Family Foods, PeeWee 'C' Division sponsor Vern Appleyard of Stonewall Pharmacy, Guest of Honour Sponsor Branden Meier of Commercial Comfort, and Town of Stonewall Mayor Lockie McLean.

During the ceremony, Stonewall Jets co-coach Brock Couch recognized the important role that Nugent has played in the Stonewall hockey community over the past 20 years. Since 1994, Nugent has been the equipment manager with the Jets and has helped grow the franchise.

"A contagious smile and a love for the game makes Nuge a joy to have around, and of course an incredible work ethic. Always attending to whatever the players needed, whether it was a towel, water top up, running to get skates sharpened or just someone to listen to or laugh with," said Couch.

"Of course, it's not the amount of games or rinks Nuge has been to that defines him; it's his character. Nuge knows a lot of people from all over the Interlake community, but more people know who Nuge is. Mike has made an impact on several young men. No matter how down and out you are, Mike can always put a smile on your face — whether it is one of his hilarious stories from the past or just his outlook on life."

Following the opening ceremonies, tournament games continued through the weekend. Stonewall had a strong showing with one team in each of the three divisions.

In the 'A' division, the home team made it to the finals against Portage. However, two late goals in the third period were not enough for the Blues to win. The Terriers won 3-2.



Branden Meier, Stonewall Jets player and Commercial Comfort guest of honour sponsor, left, presented Mike Nugent, middle, with a plaque. Jets co-coach Brock Couch recognized Nugent's contribution to the Jets.



Alex Kaczorowski's late third-period goal was not enough for the Blues to win the 'A' division championship game.

The 'B' division saw the Rivers Jets defeat the Minnedosa Bombers 3-2 in the final. The Stonewall Blues lost the consolation final 4-3 after pushing the Killarney Stars to overtime.

In the 'C' division final, the Blues were defeated 4-1 by the Beausejour Blades. Third place was awarded to the Portage Terriers, who beat the Springfield Hawks Grey 3-0 in the consolation final.



TRIBUNE PHOTOS BY NATASHA TERSIGNI

The Stonewall Blues were awarded silver after losing 4-1 to the Beausejour Blades in the 'C' division final at the 36th-annual PeeWee Veteran's Cup hockey tournament in Stonewall this past weekend.



The Stonewall Blues won silver after losing 3-2 to the Portage Terriers in the 'A' division championship game.



Guest of honour Mike Nugent dropped the ceremonial puck for Stonewall Blues' Reid Baryliuk, left, and Peyton Bateman during the opening ceremonies.

sports & recreation

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City Midget, Bantam Lightning both win games

By Brian Bowman

The Interlake Lightning City Midget hockey team notched a rare victory last week.

After a 9-2 blowout loss to Eastman to start the week, Interlake played in three competitive games in five days — winning one of them — as the Lightning prepare to wrap up their regular season this month.

“We had four games in (six days) and we got the victory over the Hawks 2-1,” said Lightning head coach Mike Demidiuk. “And then we just ran out of the gas (Sunday) and lost to the Warriors. It was a tight game until the third period.”

Interlake lost 3-1 to the Eastman Selects on Feb. 1 as Shaydon Mousseau scored the Lightning’s lone goal in the first period, assisted by Jagger Bonkowski.

The next night, Interlake skated to the solid 2-1 win over the Hawks in Stonewall. Kyle Melo scored the game winner with just 51 seconds remaining in regulation time.

“The Hawks are a good hockey team and it was a real good victory for us,” Demidiuk said. “We had a really short bench. We only played with, I think, 11 skaters but we had a really solid game.”

Melo’s goal was his second of the

contest. Daniel Paseschnikoff, Ethan Daniels and Riley Wirgau had assists in the game.

Josh Bond was very good in goal for the Lightning, earning the well-deserved victory.

On Sunday, Interlake was outscored 8-5 by the Warriors at Notre Dame Arena in Winnipeg.

“We kept the game close right to the third period,” Demidiuk said. “We had the lead for some of the game but just ran out of gas.”

Greg Paseschnikoff (two), Daniels (two) and Daniel Paseschnikoff scored for the Lightning. Melo led the Interlake with two assists.

The Lightning are back in action this Sunday when they host the Monarchs in Warren. Puck drop is 3:30 p.m.

Interlake will then play the Sharks on Monday in Stonewall. Game time is 7 p.m.

The Bantam Lightning also found the win column last week with a convincing 6-2 victory over the Rangers in Warren on Sunday.

Interlake’s Rhett Woods scored the only goal of the first period and then the Lightning’s offence struck four times in the middle frame. Cody MacMillan (two), Brett Tataryn and Cadrick Dueck scored to give the Interlake a 5-2 lead after two periods.



TRIBUNE PHOTO BY ANNALIESE MEIER

The Lightning’s Kyle Melo scored both goals in Interlake’s 2-1 win over the Hawks in Stonewall last Thursday.

Hunter Warman then closed out the scoring in the third.

Jackson Kummén made 33 saves for the win.

Last Thursday, the Lightning had a good effort in an 8-5 road loss to the Hawks.

Austin Adair scored three times in the losing cause while Colby Bear and Kaden Stewart also tallied. Bear and

Tataryn each finished the game with two points.

The next night, Interlake hit the road in a 7-3 loss to the Yellowhead Chiefs in Shoal Lake.

Tataryn, Ashton Charison and Carter Bateman scored for the Lightning.

Interlake will head north this weekend with a pair of games against the Wolves in Thompson.

Manitoba Hockey Standings						
MANITOBA JUNIOR HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF GA
Steinbach Pistons	48	40	7	1	81	209 95
Winkler Flyers	50	35	12	3	73	185 123
Selkirk Steelers	51	33	15	3	69	181 152
OCN Blizzard	50	32	15	3	67	165 134
Portage Terriers	49	31	15	3	65	205 155
Winnipeg Blues	50	24	21	5	53	172 171
Virde Oil Capitals	50	21	22	7	49	133 165
Swan Valley Stampede	48	17	28	3	37	135 191
Dauphin Kings	50	14	31	5	33	118 185
Neepawa Natives	47	12	30	5	29	124 191
Waywayseacappo Wolverines	47	11	32	4	26	143 209
MANITOBA MAJOR JUNIOR HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF GA
Stonewall Jets	35	25	9	1	51	167 108
Charleswood Hawks	36	23	8	5	51	118 89
Pembina Valley Twisters	34	21	9	4	46	141 106
St. James Canucks	36	21	13	2	44	142 129
St. Vital Victorias	36	18	13	5	41	142 145
Raiders Jr. Hockey Club	35	18	13	4	40	147 105
Ft. Garry/Ft. Rouge Twins	36	16	16	4	36	136 148
St. Boniface Riels	36	15	16	5	35	130 145
Transcona Railer Express	36	16	19	1	33	120 140
River East Royal Knights	36	5	31	0	10	89 217
KEYSTONE JUNIOR HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF GA
Central Division						
Peguis Juniors	31	20	10	1	41	224 153
Arborg Ice Dawgs	30	20	10	0	40	180 106
Fisher River Hawks	29	8	20	1	17	163 259
South Division	GP	W	L	OTL	PTS	GF GA
Selkirk Fishermen	29	21	8	0	42	167 68
St. Malo Warriors	29	21	7	1	43	211 116
North Winnipeg Satellites	29	12	16	1	25	127 145
Lundar Falcons	30	8	21	1	17	109 162
North Division	GP	W	L	OTL	PTS	GF GA
OCN Storm	30	21	8	1	43	285 186
Cross Lake Islanders	30	16	13	1	33	171 163
Norway House North Stars	31	2	29	0	4	83 362
SOUTH EASTERN MANITOBA HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF GA
Notre Dame	20	16	2	1	34	91 54
Carman	20	14	4	0	30	106 59
Portage	20	13	4	1	29	99 61
Warren	18	9	6	3	21	85 73
Winkler	19	7	11	1	15	56 80
Altona	19	7	11	1	15	75 94
Morden	19	7	11	1	15	62 92
Stonewall	19	4	15	0	8	73 134

MANITOBA AAA MIDGET HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF GA	
Wild	39	31	5	0	65	206 76	
Yellowhead	39	26	5	2	60	175 107	
Thrashers	39	24	11	1	52	176 101	
Brandon	39	25	12	1	52	160 112	
Pembina Valley	39	25	13	0	51	154 116	
Central Plains	40	22	15	2	47	157 142	
Eastman	39	23	13	2	49	137 105	
Kenora	40	14	22	0	32	111 180	
Southwest	39	15	21	2	33	112 156	
Parkland	38	13	21	1	30	126 176	
Interlake	39	9	27	0	21	100 193	
Norman	40	7	32	0	15	105 255	
AAA CITY MIDGET HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF GA	
Winnipeg Monarchs	30	26	4	0	52	182 96	
Winnipeg Sharks	30	22	8	0	44	139 89	
Winnipeg Warriors	31	18	11	1	38	158 127	
Winnipeg Hawks	32	12	17	3	29	120 130	
Eastman Selects	29	8	17	3	20	100 125	
Interlake Lightning	32	4	28	0	8	76 208	
AAA BANTAM HOCKEY LEAGUE	GP	W	L	OTL	PTS	GF GA	
Winnipeg Monarchs	30	25	4	1	51	195 40	
Winnipeg Hawks	28	21	4	1	45	180 80	
Winnipeg Warriors	29	16	11	1	34	112 84	
Eastman Selects	30	17	13	0	34	138 108	
Winnipeg Sharks	29	10	17	1	22	68 112	
Interlake Lightning	30	1	28	1	3	81 224	
MANITOBA FEMALE MIDGET AAA HOCKEY LEAGUE	GP	Reg W	Reg L	OTW			
OTL	PTS	GF	GA				
Westman Wildcats	25	20	2	-	2	1	45
Winnipeg Avros	26	15	7	-	4	-	38
Yellowhead Chiefs	27	18	8	-	1	-	38
PV Hawks	26	17	6	-	1	2	38
Eastman Selects	24	8	10	-	2	4	24
Norman Wild	26	7	16	-	2	1	19
Central Plains	25	5	17	-	-	3	13
Interlake Lightning	25	-	22	-	1	2	4
MANITOBA HIGH SCHOOL HOCKEY	GP	W	L	OTL	PTS	GF GA	
Winnipeg Free Press #2 Division	GP	W	L	OTL	PTS	GF GA	
Springfield	19	13	2	0	46	103 62	
Garden City	19	13	4	1	41	87 42	
Westwood	21	11	5	2	41	104 70	
West Kildonan	21	10	3	2	42	79 64	
Transcona	21	5	4	7	31	70 69	
Fort Richmond	18	6	7	2	25	68 72	
College Jeanne Sauve	20	6	10	1	25	54 71	
Stonewall	20	7	10	2	25	61 74	
Lorette	20	3	14	1	14	61 93	
J.H. Bruns	21	1	16	1	10	59 129	

STATS AS OF Sunday, Feb. 5, 2017

Flyers, Mercs lose SEMHL games

Staff

The Stonewall Flyers had a rough week in the South Eastern Manitoba Hockey League.

Stonewall lost 11-3 to the Altona Maroons last Thursday and then was defeated 12-3 by the Notre Dame Hawks on Saturday.

Patrick Sheldon, Adam Kirk and Dan Stewart scored for Stonewall against Altona. The Flyers had just nine skaters for the game.

Against the Hawks, Brock Couch, Patrick Dawson and Soren Fredrickson scored for the Flyers.

Stonewall, now 4-15, hosted Portage on Tuesday but no score was

available. The Flyers will then wrap up their regular-season schedule Saturday when they host Winkler. Game time is 8 p.m.

The Warren Mercs, meanwhile, were also in action last Saturday, getting doubled 4-2 by Carman.

Brock Genyk scored a first-period goal for Warren and then Bryn Lindsay tallied in the third.

Warren (9-6-3) hosted Notre Dame this past Tuesday and will visit Altona on Saturday (8 p.m.).

On Sunday, the Mercs will wrap up their regular season with a home game against the Morden Redskins. Game time is 6:30 p.m.

Twins topple Jets in OT

By Brian Bowman

The Stonewall Jets lost a wild one Friday night in Winnipeg.

The Ft. Garry/Fort Rouge Twins edged Stonewall 7-6 in overtime after both teams combined for eight second-period goals.

Adam Blight led the Jets with three goals while Chase Faulkner added four assists in the road loss.

Eric Swanson, Stephen MacKenzie and Kyle Doak also scored for Stonewall.

Nolan Jackson, Cole Zadro (two), Johnny Morrow, Zach Odwak, Nolan Libbrecht and David MacDonald replied for the Twins.

On Feb. 1, Stonewall skated to an impressive 6-2 home win over the St. Vital Victorias.

Blight scored the only first-period goal and then Faulkner made it 2-0

early in the second with his 30th goal of the season.

St. Vital's Mikael Berard cut that lead in half with a power-play goal midway in the middle frame. But the Jets responded nicely before that period ended with goals from MacKenzie and Faulkner for a 4-1 lead.

Bradley Dawson and MacKenzie scored for Stonewall in the third while Riley Beauchemin netted his league-leading 33rd goal of the season.

Faulkner also had two assists to finish the game with four points. He is currently second in the league in goals scored (31) and points (61).

Hunter Ploszay made 38 saves for his 18th win of the season.

Stonewall is now 25-9-1 and tied for first place with the Charleswood Hawks in the MMJHL standings. The Jets visited the St. James Canucks on



TRIBUNE PHOTO BY LANA MEIER

Jets' captain Adam Blight celebrates his third goal Friday night in Stonewall's 7-6 overtime loss to the Ft. Garry/Fort Rouge Twins.

Tuesday but no score was available at press time.

Stonewall will then play at Charleswood on Sunday before hosting the

St. Boniface Riels next Wednesday. Both games start at 7:30 p.m.

Rams reel off pair of huge wins in WHSHL action



TRIBUNE PHOTO BY NATASHA TERSIGNI

The Rams' Ryler Tonner scored a third-period goal during Stonewall's game against Lorette.

By Brian Bowman

The playoffs may be later this month, but the Stonewall Rams looked to be already in playoff form last week.

The Rams ripped Lorette 6-1 in Stonewall on Feb. 1 and then edged

College Jeanne Sauve 4-3 in south Winnipeg last Friday.

"We played really well," Rams' head coach Andrew Michaluk said. "We knew going into the week that we needed two wins because of where we

are in the standings. We needed those points to move up."

In the win over CJS, Stonewall overcame a slow start — and a 3-0 deficit — for the comeback victory.

Brendan Laboissiere scored his second goal of the game with just 52 seconds left in the third period. Seth McMahon and Seth Mandryk scored the Rams' other goals.

Gavin Love earned the win in goal.

Against Lorette, Carson Ouellette, Brett Munroe and Laboissiere scored first-period goals for Stonewall before Lorette's Carson Plaisier replied in the second.

"(Lorette) had a short bench that game so they were shorthanded," Michaluk noted. "And with a week off, we were able to practise our forecheck. We were able to grind against them and tire them down."

The Rams then put the game out of reach with third-period goals from Ryler Tonner, Mandryk and Joshua Eardley. Stonewall's final two goals of the game were scored on the power

play.

Love posted the victory.

Stonewall hosted the Westwood Warriors yesterday but no score was available.

The Rams will then host Springfield Friday (4 p.m.) and will visit Fort Richmond on Tuesday (4:25 p.m.) to wrap up their WHSHL regular season.

All three games are huge to help determine where the Rams finish in the standing. The bottom four teams in the division will have a one-game playoff (seven versus 10 and eight against nine) to determine who advances to the post-season.

"Those six points (up for grabs) are huge," Michaluk said. "We won't to get ourselves out of a situation where we are in a one-game (situation) where anything can happen. We want to be in a three-game (series) where if something doesn't go right in the first game, then we have a chance to bounce back Games 2 and 3."

The playoffs will begin later this month.

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Thursday, Feb. 16 - 7:30 pm @ St. Vital Arena



www.stonewalljets.net

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Lightning jolted twice on the road last weekend

By Brian Bowman

The road trip for teams headed to Dauphin and Brandon is never an easy one.

The Interlake Lightning found that out the hard way last weekend.

Interlake was defeated 7-1 by the Parkland Rangers on Saturday and then was blanked 6-0 by the Brandon Wheat Kings Sunday in Manitoba AAA Midget Hockey League action.

"In both games we kind of played well," said Lightning head coach Dwayne Swanson. "We're just at a point in the season where we have so many injuries."

In the Brandon loss, the Wheat Kings' Jaymes Knee and Christian Halls scored in the first period and then Halls, Carter Sawchuk, Colin Cook and Jackson Orr tallied in the third.

The game was a very competitive one for two periods. But the Interlake, quite simply, does have enough scoring touch around the net to stick with Brandon.

They also ran out of gas in the third period with just four defencemen.

"We were right in it and it was 2-0,"

Swanson recalled. "We started off really slow, I think the shots were 12-0 to start the first period, and then we came back and outshot them the rest of the period and the second period."

Against Parkland, Jaytey Towle scored the Interlake's lone goal in the third period, assisted by Jordan Einarson and Jack Einarson.

Carter Cockburn (two), Mark Liwiski (two), and Reece Hopfner (two) and Bradyn Smelski scored for Parkland.

Interlake will host Pembina Valley on Saturday (7:30 p.m.) in Teulon and then will battle the Winnipeg Thrashers at Gateway Arena Sunday (1 p.m.).

"We're going to battle right through to the end of the year here," Swanson stressed. "And we'll see what happens. But we're just a shell of the team that we were at around Christmas time. We were starting to play some really good hockey at that time."

The Lightning's final home game is next Wednesday when the red-hot Eastman Selects come to town. Interlake will then wrap up its regular season with a pair of road games against the Kenora Thistles on Feb. 18-19.



TRIBUNE PHOTO BY LANA MEIER

The Lightning's Bryce Krauter drives hard to the net to get a shot off during an Interlake game last month.

Balmoral Judo Club wins medals at Inner City Open

Staff

The Balmoral Judo Club attended the Inner City Open at Tec Voc High School in Winnipeg last Saturday.

The local club had four members win medals, including Corbin Godard (U12 boys -30/-33kg combined) and Naomi Good (U14 women -57/-63 kg combined) winning gold.

Emily Rogowsky (U16 women -57 kg) and Kaitlyn Barr (U16 women -63/-70 kg combined) each won bronze medals.

Good also won the award for the fastest Ippon in the U14 women's division. She threw her opponent for a full point — and the win — in just seven seconds.

There were participants from Saskatchewan, Manitoba and Ontario at the one-day tournament.

The Balmoral Judo Club's next tournament will be March 25 at Stonewall Collegiate.



The Balmoral Judo Club's Naomi Good won the award for the fastest Ippon in the U14 women's division at the Inner City Open last Saturday in Winnipeg.



TRIBUNE PHOTOS SUBMITTED

Local medal winners at the Inner City Open included back row, left to right, Naomi Good, Kaitlyn Barr and Emily Rogowsky. Corbin Godard is in the front row.

Warren stick 'spiel



TRIBUNE PHOTOS BY JIM ROUSE

The Warren Curling Club held their two-person mixed stick 'spiel' Jan. 27-29 with 24 teams from Gimli, Stonewall, Winnipeg, Marquette, St. Francois Xavier, Woodlands and Warren participating.

Pictured clockwise, the 'A'-event winners were Earl Stephenson and Chris Sobkowic, who defeated Jim Rouse and Ross MacMillan. The 'B'-event winners were Warren Johnson and Doug McDonald, who beat Linda and Lyle MacMillan, while the 'C'-event winners were Alf Ramsay and Ron Shafirka. They defeated Lloyd Simonson and Wayne Davis. The consolation event, meanwhile, was won by Jim Sorenson and Bruce MacMillan, who defeated Isla Hagborg and Gary Walsh.

Rams roll to consolation title

Staff

The Stonewall Collegiate Rams varsity girls' basketball team won the consolation championship at a 16-team tournament in Sanford last Saturday.

Stonewall defeated the Lorette Scorpions 38-32 in a defensive struggle in the consolation final. Stonewall was relegated to the consolation side of the tournament after opening with a 68-33 loss to the St. Norbert Celtics.

The Rams then defeated Nelson McIntyre 51-29 and Neepawa 51-28.

As the scores would indicate, Stonewall was pretty good on the defensive side of the ball throughout the tournament.

On Monday evening, Stonewall resumed WWAC Tier 2 play with a 63-55 home loss to the Gordon Bell Panthers.

The Rams' varsity boys' basketball team, meanwhile, was defeated 46-24 at home by Gordon Bell on Monday.



TRIBUNE PHOTO BY DEREK FROST-HUNT
The Rams' Hunter Lupyrpa battles a Lorette Scorpion player for the ball during the consolation final.

Balmoral hosts mixed bonspiel last weekend



TRIBUNE PHOTOS BY ROBERTA BAKER

The Balmoral Curling Club held their mixed bonspiel last weekend with 12 teams entered. Left photo: the George Williams rink, which also included Shirley Williams, Christine Tronrud and Mark Tronrud, defeated Wayne Sheldon to win the 'A' event. In the middle photo, Fred Shipley and his rink of Tyla Shipley, George Laquette (spare), Roberta Van Caeyzeele and Shohn Godin (missing from the picture) beat Travis Williams to win the 'B' event. The 'C' event was won by Neil Stewart after defeating Roxanne Maskow. The far right photo features Peter Jensen, Deborah Jensen, Gayle Ruchkall and Neil Stewart.

A Texas-sized signing Flames red hot on home ice



TRIBUNE PHOTO SUBMITTED

Stonewall's Eryka Boisvert officially signed her letter of intent to play soccer and attend classes at the University of Texas at El Paso this fall. Boisvert was one of 10 prep standouts that committed to UTEP on Feb. 1.



TRIBUNE PHOTO BY SANDI SWANSON

The Stony Mountain Flames Novice 'Red' team won their home tournament last weekend after finishing 4-0. The Flames beat the Oakville Seals 6-5, the Springfield Icehawks 12-0, the Beausejour Blades 11-0 and the Oakville Seals 6-3 in the gold medal game. Pictured, back row, left to right, coaches TJ Phillips, Kirt Swanson, Jamie Dowsett, Clint Vandersteen; middle row, Adria Vandersteen, Lacie Daun, Ryder Clare, Connor Phillips, Scarlett Dowsett, Ryder Bueckert, Devin Lillies, Riley Swanson, Carter Holliday; and goaltender Sofia Di Nicola. Missing from the photo Mason Rainke and Liam Connolly.

Sport Manitoba reduces regional boundaries from seven to five

Submitted by Sport Manitoba

To provide the best services possible to Manitobans, Sport Manitoba has restructured the provincial regional zones it recognizes and their boundaries.

The previous seven regions (Norman, Parkland, Interlake, Eastman, Westman, Central and Winnipeg) are now divided into five regions (North, East, South, West and Winnipeg).

In a continued effort to lead and support participation and achievement in sport by all Manitobans, Sport Manitoba began an extensive review back in early 2014 of sport programs and services in rural Manitoba. A crucial component of the review was information from key community stakeholders throughout Manitoba's six rural regions.

Based on feedback from the review, Sport Manitoba evaluated its regional staffing structure to better meet the needs of regional sport development. It was clear that more direct programming for coaches and athletes was the biggest area of support review participants suggested.

"We executed a significant review of the services and programs we were delivering in rural Manitoba," said Laurel Read, Sport Manitoba's in-

terim CEO. "Given the results of our rural review, we reorganized our staffing structure in 2014."

"Based on the rural review, Sport Manitoba created new regional positions called Coach & Athlete Development Coordinators.

"Sport Manitoba restructured regional boundaries to allow for the addition of new regional staff servicing athletes and coaches specifically. This led to the creation of new regional boundaries which are now being implemented."

The new regions recognized by Sport Manitoba are divided as follows:

East Region

Shannon Schade, Regional Sport Development Officer

Coach & Athlete Development Coordinator - position posted

The East Region is now defined as the former Interlake region and part of the former Eastman region that is north of Highway 1.

West Region

Megan Foster, Regional Sport Development Officer

Brittany Bruinooge, Coach and Athlete Development Officer

The West Region amalgamates the

Westman and Parkland regions with the following amendments:

- Westlake-Gladstone and Glenella-Lansdowne has been removed from the Central Region and added to the new West Region.
- Argyle has been removed from Westman and added to the South Region.

South Region

Leanne Traynor, Regional Sport Development Officer

Jacqueline Mazur, Coach and Athlete Development Coordinator

The South Region assumes the Central Region boundaries with the following amendments:

- Westlake-Gladstone and Glenella-Lansdowne has been removed from our old Central boundary and added to new West Region.
- South gains the section of Eastman south of the Highway 1, extending to the Ontario border.
- Argyle has been removed from Westman and added to the

South.

North Region

Iris Murray, Regional Sport Development Officer

Coach & Athlete Development Coordinator - position hired next fiscal year

The North Region assumes the previous Norman regional boundaries; 53rd parallel and north (no boundary changes).

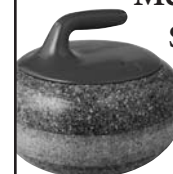
Winnipeg Region

Amanda Daurie, Regional Sport Development Officer

The Winnipeg Region remains the same as the previous Winnipeg regional boundaries (No boundary changes, city of Winnipeg limits, not Perimeter Highway).

The Stony Mountain Curling Club will Hold an
Open Bonspiel - March 16 -19

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Growing local mortgage business looking for a hard working, detail oriented, personable individual who loves a challenge, to work out of the One Link Stonewall office 4A-408 Main Street. Previous mortgage experience a must. This position can be structured in many ways, from a licensed assistant to an independent mortgage broker. If interested in talking further in confidence, please contact me 204-479-6064 or shelleys@onelinkmortgage.com

HOTLINE/BREAKFAST COOK required. Seeking part-time breakfast, lunch and dinner cook. Must have some kitchen experience. Call Marco at CRAVINGS RESTAURANT (204) 467-9078 or cravingrestaurant@hotmail.com

SHOP LOCAL

THE RURAL MUNICIPALITY OF ROCKWOOD INVITATION TO QUOTE 2017 HOURLY EQUIPMENT RATES



The Rural Municipality of Rockwood is inviting quotes for hourly rental rates of various equipment, for the purpose of establishing pay rates for the 2017 construction and maintenance season.

Quotation packages including submission documents are available at the Municipal Office, or from the RM's website, www.rockwood.ca.

Quotations may be submitted to the Rural Municipality of Rockwood, Box 902, Stonewall, Manitoba.

Deadline for proposals is 4:00 p.m. (CST) Friday, February 17, 2017

Ian Tesarski, Director of Operations
Rural Municipality of Rockwood
Box 902, Stonewall, MB ROC 2Z0
Phone: 204-467-2272 Fax: 204-467-5329
Email: ian.tesarski@rockwood.ca

REMEMBER YOUR LOVED ONES IN THE TRIBUNE

take a break
GAMES

SUDOKU

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

Fun By The Numbers

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

Here's How It Works:

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

Sudoku Answer

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

Crossword Answer

T	R	E	S	O	H	I	V	A	B	
E	L	V	E	I	V	O	N	O		
E	L	V	E	I	V	O	N	O		
S	T	I	O	V						
Y	O	O								
E	W	V	H	S	W	N	T	V		
V	U	B	N	N	S	M	G	S		
L	V	T	O	G	E	T	I	O		
S	H	Y	O							
E	O	A	O							
T	V	I	O	E	W					
S	H	Y	O							
A	Y	O	S	Y	W	I	S	T	H	O
S	S	I	V	I	S	B	O	N		

CROSSWORD

- CLUES ACROSS**
- Unruly groups
 - Colorful flowers
 - December 25
 - Final stages of insects' development
 - Breadmakers
 - Spanish man
 - In the middle
 - Bill
 - Noted editor Alexander
 - Swollen
 - Paddles
 - Cirrus
 - Seeped into
 - Skeletal muscle
 - Japanese traditional drama
 - Licensed practical nurse
 - Sibu Airport
 - Rebuff
 - Sun God
 - Astringent
 - Feeling of humiliation
 - A device attached to a workbench
 - Wood sorrel
 - Among
 - Horizontal passages
 - Father of Alexander the Great
 - Utter repeatedly
 - Linked together
 - Literary effect
 - Held onto

- CLUES DOWN**
- One-time phone company
 - Units of electrical resistance
 - Hillside
 - Omen

1	2	3	4	5	6	7	8	9	10											
11				12								13								
14									15			16	17							
									18											20
									21		22									23
									24		25	26	27							28
									29		30									31
									32		33	34								32
									35		36	37	38							39
									39		40									41
									42		43									44
									44		45									45
									46		47									48
									49		50	51								52
									56		57									59
									60		61									62
									62											63

- Repetitions
- Royal Mail Ship
- Farm state
- Sino-Soviet block (abbr.)
- Dutch cheese
- Japanese alcoholic beverage
- Black powdery substance
- Tokyo's former name
- Monetary unit
- Bones
- To avoid the risk of (abbr.)
- Dry goods unit of volume (abbr.)
- Megabyte
- Unwell
- Expresses disapproval of
- Central nervous system
- We all have it
- Expression of bafflement
- Tributary of the Danube
- Flies over sporting events
- Chinese city
- College degree
- Dispenser of first aid
- Momentum (slang)
- Red Sea port
- Sloven
- ___ Turner, rock singer
- Asian nation (alt. sp.)
- Manson victim
- Go forward
- Primary Care Trust
- Simpson trial judge
- Sun up in New York
- Exclamation of surprise

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NOTICE TO CREDITORS

IN THE MATTER OF: The Estate of Marlene Ivadell Knutson, late of the Postal District of Grosse Isle, in Manitoba, deceased. All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 20th day of March, 2017. DATED at Stonewall, Manitoba this 1st day of February, 2017. **GRANTHAM LAW OFFICES** Solicitor for the Executor

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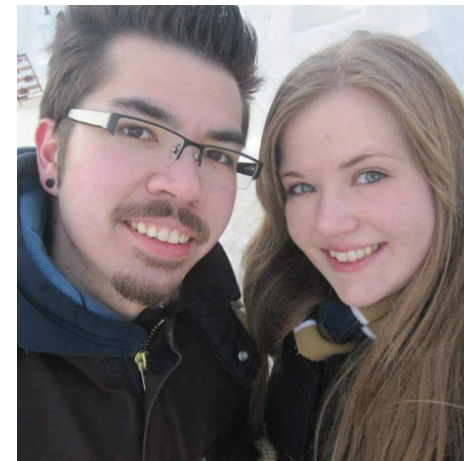
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ANNOUNCEMENT

ENGAGEMENT



Daniel Cheung and Sarah Bertrand

Daniel Cheung and Sarah Bertrand, along with their parents, Michael and Janine Cheung, Shelley and Daniel Nicholls, and David and Loris Bertrand are happy to announce their engagement. A wedding social is planned for March 11, 2017 at the Stonewall Legion. The wedding will take place on August 12, 2017 in Gimli.

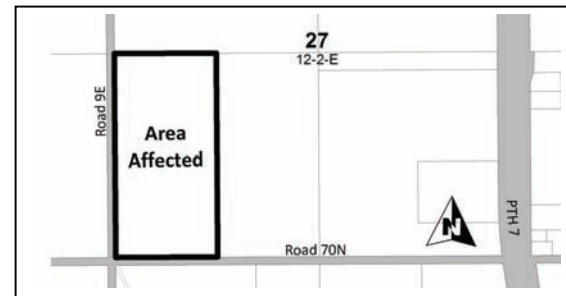
RURAL MUNICIPALITY OF ROSSER

UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING

On the date and at the time and location listed 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:

PROPOSED CONDITIONAL USE APPLICATION
APPLICANT: CANADA SHEEP AND LAMB FARMS LTD.
(File Numbers: RC 2/16 and TRC 12-023)

- HEARING LOCATION:** Grosse Isle Community Hall (entrance sign "Grosse Isle Memorial Park")
117 E Road 72N, Grosse Isle, Manitoba
- DATE & TIME:** Monday, February 27, 2017, at 7:00 PM
- PROPOSAL:** The R.M. of Rosser has received a Conditional Use application, from Canada Sheep and Lamb Farms Ltd., to allow the conversion of the existing feeder cattle operation, known as Abas Girls Ranch Ltd., to a ewe breeding facility for 21,153 animals (1,923 Animal Units)
- AFFECTED AREA:** SW Section 27-12-2 EPM (9022 E, Road 70N), R.M. of Rosser



FOR ADDITIONAL INFORMATION:

The Technical Review Report for this application, prepared by the Province's Technical Review Committee, may be viewed here:
<http://www.gov.mb.ca/ia/livestock/trc-12-023.html>

A copy of the above noted proposal and supporting material may be inspected at the South Interlake Planning District office located at 285 Main Street in Stonewall, Manitoba between 8:30AM and 4:30PM, Monday through Friday. Copies may be made and extracts taken therefrom, upon request. For further information, please contact:

Eric Shaw, General Manager
South Interlake Planning District
285 Main Street, Stonewall, MB, R0C 2Z0
Telephone: 204-467-5587; Fax: 204-467-8383

Note: Property Owners are responsible for notifying lessee(s)

REPORTER/PHOTOGRAPHER

Are you a natural born storyteller with an eye for photography and interest in social media?

The Selkirk Record is currently seeking a full time Reporter/Photographer to join its multi-award winning weekly community newspaper with an average circulation of 16,500 copies.

We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories in Selkirk and surrounding areas.

The successful candidate must be able to track down breaking news and dig for original story and creative feature ideas that keep the communities we cover informed.

Qualifications:

- A post-secondary degree/diploma in journalism or equivalent experience in a related field
- Self-starter with the ability to exercise solid news judgement
- Active on social media and familiar with Canadian Press style
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner
- Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
- Exceptional organizational, written and verbal skills is imperative
- Knowledge about Selkirk and its surrounding communities would be an asset

Please forward your resumé, writing and photography samples to:

Lindsey Enns
Editor, The Selkirk Record
Email: news@selkirkrecord.ca
Deadline to apply is Friday, February 24.



ANNOUNCEMENT

BIRTHDAY



Mareena O’Gorman Wilks

From the day you came into this world
We were as proud as can be
Blessed with a beautiful Daughter
For everyone to see
So every year we celebrate
This very special day
To mark another milestone
As your life moves on its way
So a Big Happy Birthday to you
We wish you all the happiness in the world
We are thankful all year round
For our very precious girl
Happy 3rd Birthday!

-Love always
Mom and Dad

ANNOUNCEMENT

BIRTHDAY



Sweet sixteen doesn't seem so long ago!
Happy 50th Birthday Lana
and here's to the next 50!

-Love from Jeff, Mollie, Branden,
Chanele, Anna, Matt and family

HAPPY BIRTHDAY



ANNOUNCEMENT

IN MEMORIAM

Rybachuk

In loving memory
of our brother, **Donnie**
who passed away **February 14, 2016**
May the winds of love blow softly,
On a quiet peaceful spot;
Where the one we love is sleeping,
Never to be forgot.

-Love Darleen and Colin Cameron

ANNOUNCEMENT

IN MEMORIAM



Rhoda Kunzelman

October 13, 1922 – February 9, 2015

Remembering you is easy,

We do it every day;
Missing you is something,
That will never go away.
We wish that we could see you,
For just a little while;
We wish that we could hug you,
And see your lovely smile.
But wishing gets us nowhere,
And longing is in vain;
So we hold you close within our hearts,
Until we meet again.

-Lovingly remembered and forever missed,
by your family

ANNOUNCEMENT

IN MEMORIAM



Marian Burchuk (nee Balness)

May 27, 1939 – February 10, 2011

Those we love remain with us,

For love itself lives on;
Cherished memories never fade,
Because one loved is gone.
Those we love can never be,
More than a thought apart;
For as long as there is a memory,
They live on in our heart.

-Love and miss you on this day and always,
Peter, Shannon, Elanna, Rob and Lisa
Dale, Skyler, Coco

ANNOUNCEMENT

IN MEMORIAM

Otto Hilderman

September 5, 1922 – February 14, 2007

In loving memory of a
dearly loved

husband, father and grandfather
No length of time can dim the past,
Too many memories hold it fast.
Though absent you are always near,
Still loved, still missed, and very dear.

-Love always your wife, Evelyn
and family

Announcements



Call 204-467-5836 or Email igraphic@mts.net

OBITUARY

Aileen Victoria Kjear (Forster)

December 12, 1934 – February 3, 2017

With great sadness, the family wishes to announce the passing of Aileen on February 3, 2017 at the Stonewall Hospital.

She will be forever remembered by daughter Kathy, son-in-law Chuck and her grandson Tyler. Also sister Bernice (Alf) Sutton, brothers Gary (Bernice) Forster and Ken (Mary) Forster as well as numerous nieces, nephews, cousins and friends.

Aileen was born in Brandon, Manitoba and grew up in Winnipeg where she met the love of her life, Oscar Kjear. They were married in 1959 and moved to Stonewall area where they raised their three children.

Aileen was predeceased by her husband Oscar, parents Victor and Mabel Forster and two sons, Bruce and David.

Aileen worked for Corrections Canada and after 21 years of service retired to care for her grandson, Tyler. She was always on the go, loved to travel, spend time with family and friends and was known for her beautiful cross-stitching. She was involved with Lilyfield UCW, Order of the Eastern Star and held the position of secretary for the SMI retirees.

Our sincerest gratitude for the care provided by Stonewall Hospital staff and Home Care. A service will be held at The Oddfellows Hall (374 - 1st St. W) in Stonewall on Saturday, February 11, 2017 at 11:00 a.m.



OBITUARY

Doris Hough

Doris Hough passed away Tuesday, January 31, 2017 at the age of 73, after a valiant struggle with cancer. A service was held on Saturday, February 4, 2017, at 11:00 a.m. at the Cornerstone Baptist Church, 505 Oak View Avenue at the corner of Watt Street. Burial took place at the Argyle cemetery.

Doris was an active member of her Church, teaching Sunday School and leading Bible Study sessions. Much thanks go to her family, neighbours and many friends who were very supportive. Doris was an avid gardener, played the organ, wrote lovely poetry, wrote an unpublished book about growing up on the Argyle farm, and researched family history going back to the 1600s.

She is survived by her brother Bernard, who has a son Charles and a daughter Emily. Charles has twin boys, age seven, Tristan and Aiden. Her cousin Edith Grant has many siblings and children

to whom Doris was a loved aunt.
Doris will certainly be missed.

MACKENZIE FUNERAL HOME STONEWALL
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ANNOUNCEMENT

IN MEMORIAM



Ronald Pull

January 8, 1940 – February 11, 2007

Ten years slip by, memories stay,
Always remembered day by day.
Laughs, hugs and times together,
Precious memories we'll have forever.

-Love Mary Ann,
Denis, Brenda and family

ANNOUNCEMENT

CARDS OF THANKS

Heartfelt thanks to everyone who visited, phoned, sent food, baking, flowers and for making donations to the South West District Palliative Care in Stonewall and to the Warren United Church, in honour of our beloved husband, father, grandfather, great-grandfather and brother – Edward Peltz. Special thanks to Eileen Myskiw for the memories and to Gavin Jones for the eulogy, and for your years of being good friends and neighbours. Thank you to our two special daughters-in-law – Tracey for the family tribute and to Lisa for all the little things she did behind the scenes. Thank you to our Minister – Patricia Baker for her comforting words and for her wonderful service. And to Lana, we can never thank you enough. Thank you to the Stonewall Legion for taking care of the luncheon and to MacKenzie Funeral Home in Stonewall for their kindness and their service.

-Thank you,
Mina,

Mark, Lisa, Jason and Ryan,
Nicole, Ben and Robyn,
Tracey, Ashley, Derek and Lachlan
Keegan, Ashley and Sophia

Announcements

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OBITUARY

Astrid Maria Procter

Peacefully, on February 5, 2017 at Rosewood Lodge, Astrid Maria Procter of Woodlands, beloved wife of Fred, passed away.
Longer obituary to follow.

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(204) 467-2525 • info@mackenziefh.com



OBITUARY

Marvin Dennis Mathews

Peacefully with family by his side on February 6, 2017 at St. Boniface Hospital, Marvin Mathews passed away at the age of 82.

Uncle Marvin spent most of his life in Whitehorse, Yukon Territories where he worked as a skilled journeyman carpenter only returning to Manitoba in 2009. He was a hard worker and respected others who worked hard. Marvin lived his life like he liked his hats - plain and simple with no logos or fancy writing. He always said, "I don't need much!"

Some of his favourite things were fishing, hunting, visiting with family and friends, poker, garage sales, the horse races, Lemon Hart rum, Blue Jays baseball, a good story and, later in life, finding a good deal at Wal-Mart. Uncle Marvin was a quiet, soft spoken, gentle man, but definitely a character.

He is survived by his sister-in-law Carol Mathews, close cousin Lorraine Procter along with numerous nieces and nephews. He was predeceased by his parents Emily and Otto, brother Orval, sisters Eleanor Fines and Evangeline Sereda, brother-in-law George Sereda and niece Debbie.

In keeping with Uncle Marvin's wishes, cremation has taken place and a small private service will take place at a later date.

We would like to thank the staff of the Cardiology Ward at St. Boniface Hospital for their care and concern as well as Dr. Venter for his care over the years.

In lieu of flowers, donations may be made to the Heart and Stroke Foundation of Manitoba, Suite 200, 6 Donald St., Winnipeg, MB R3L 0K6 or to The Kidney Foundation of Canada, 1 - 452 Dovercourt Drive, Winnipeg, Manitoba, R3Y 1G4.

Arrangements by:
ARNASON FUNERAL HOME
Ashern - Lundar
1-204-768-2072 1-866-323-3593



Harry Frank Popoff February 9, 1941 - February 1, 2017

It is with deep regret that the family wishes to announce the passing of our father, husband, grandfather, great-grandfather, uncle and Godfather. It is with great relief in our hearts that he graduated from life and is free of the pain of pancreatic cancer. He will be sadly missed by his wife Vivian; sons Cal (Cindy), and Greg (Corinne) and grandchildren Taylor, Cole, Sarah, Bethany, Rebecca; great-grandchildren Ava and Brody, and grand dog Wiley.

Harry was born in a farm house near Benito, Mb. to Frank and Helen Popoff where he grew up with his brothers Bill, Jack and sister Nettie. Throughout his teen years he enjoyed being a member of the Rythym Rocks as a fiddle player playing numerous barn dances and weddings. The height of his fiddle career peaked on television with a few appearance on "Profile" in Yorkton, Sask.

Upon graduation from High School he made his way to Winnipeg in 1959 where he came upon the love of his life on October 31st of the same year. In October of 1960 Harry and Vivian were married and for the last 56 years enjoyed wedded bliss. During this time Dad worked at various jobs before finding his way back to the country to work as a grain buyer for Searle Grain, Federal Grain and finally Manitoba Pool. He operated elevators in Birch River, Endeavour, Runnymede, Angusville, and La Rivierre. He was always very fond of the people he met along the way and became very respected as an agent and community member. In those fun and exciting Angusville years he along with other members of the community sponsored the construction of the Angusville Community Center where his name still proudly appears on the plaque along side of the other founding members.

He later shifted careers to Manitoba Crop Insurance as an agent in Birtle and later in Stonewall where he became a regional manager and retired in 1995.

During his time with Crop Insurance he enjoyed many great relationships with work colleagues and especially loved working with the farming community as he always felt like the prairie boy that he was.

During the 1980's in Stonewall he (along with Rudy Peters) started the Quarry Toastmaster Club. Recently in the last few years the Quarry Toastmasters Club celebrated a 25 year milestone where he was honored to be recognized as a founding member.

Not one to sit around in retirement he later joined Canadian Auto Group/Adesa Auction. During his 20 years as a core driver, he enjoyed building many friendships with his fellow drivers and especially with Jaret Thiessen whom he held in very high regard. He enjoyed many long conversations during extended trips with his work buddies and always came home with humorous stories. He loved nothing more than sharing laughs with all his dealership friends throughout the prairies.

Eventually in January 2016 he retired a second time to care for Vivian and to spend more time with family.

In August he received the unfortunate diagnosis and started his courageous battle with dignity and always maintained a positive attitude and sense of humour.

He always spoke highly of Dr. Daeninck and the rest of the staff in St. Boniface Cancer Care as well as compassionate staff at the Gimli Cancer Care where he took his chemo treatments.

The family would also like to thank the staff at the Dr. Evelyn Memorial Hospital in Stonewall for a great care shown towards Dad during his final days. Your compassion was extraordinary and thank you doesn't seem to be enough.

As per dad's wishes, there will be no funeral and a private interment will take place in the summer at Semenovka Cemetery along side his parents and grandparents. Dad had a strong belief in God and knew that one day he would be reunited with family and friends that have passed before him especially his old buddies Adam Sawaryn and Bill Strukoff.

kl
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