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Hometown hero

TRIBUNE PHOTO BY JO-ANNE PROCTER

Todd Jensen, formerly of Stonewall, and his daughters Emerson and Morgan were guests at the VIP reception for the Montreal Canadiens Alumni versus the Kinsmen Krushers last Thursday at the VMSC. The Jensens were in their glory since they had many of Todd's longtime favourite NHL players sign memorabilia he has collected over the years. A definite highlight for Grosse Isle's Chuck Lefley, a former Habs player, was signing the posters Jensen had saved from 1972 and 1973 when Lefley scored his first goal against the Vancouver Canucks. Lefley was surprised at the great condition of the posters.

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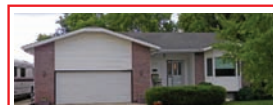
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Big birthday bash



TRIBUNE PHOTO BY LANA MEIER

Eva Paulsen celebrated her 106th birthday with family and friends with two birthday parties on Feb. 17 and Feb. 18, both at Rosewood Lodge.

Staff

Family and friends of Eva Paulsen gathered at Rosewood Lodge on Feb. 17 to celebrate her 106th birthday with cake and some old-time music.

Congratulatory messages and best wishes for good health and happiness were received from her Majesty Queen Elizabeth; Manitoba's Health, Seniors and Active Living Minister Kelvin Goertzen; Manitoba's Lt.-Gov. Janice Film-on; Prime Minister Justin Trudeau; and Canada's Gov. Gen. David Johnston.

Eva has lived in Stonewall for the past 62 years and believes that being close to her family is the reason for her longevity. Prior to moving into Rosewood Lodge, Eva had been living in Stonewood Place. Due to ill health, she had to give up her apartment and spent six months in the Stonewall Hospital.

While at the hospital, Eva received excellent care from the doctors and staff. The work and love from the people there every day helped with her recovery. Unfortunately, there was a bed shortage in Stonewall and Eva was moved to Betel Home in Selkirk. But Eva was never far from family and friends since someone came almost daily to visit. Betel Home was a good place with an environment that was very loving

and active since there was something going on every day.

After one year in Betel, Eva received the best birthday gift she could get — a room was available in Rosewood Lodge and she was coming home to Stonewall.

She was looking forward to daily visits with her daughters Inez Hartle (84 years old) and Bernice Duff (83 years old), who both live in Stonewood Place. Eva says that she keeps going every day because of the visits from all her family — including her other daughter Shirley Dodds (82 years old) and sons Carl Paulsen (80 years old) and Sid Paulsen (76 years old) — and the many friends from the Stonewall area who stop in to say hello.

During Eva's birthday celebration, she had a surprise visit from the Betel Home musician whose music was enjoyed by everyone. Eva appreciates how lucky she is to have the people working in the homes she has resided in these past years. The dedication and happy faces they bring to work every day is appreciated.

Eva would like to thank her family for all the support that she receives because many residents only have the staff for their family. The visits are always a great boost. Eva is looking forward to her 107th birthday on Feb. 18, 2018.

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Skating with the Moose



TRIBUNE PHOTO BY
ADAM KRAHN

Sierra Slatcher was the lucky winner of the Scotiabank Skater contest, earning the honour of leading the Manitoba Moose onto the ice by carrying the Moose flag before the start of the game. As well, she stood alongside the players on the blue line for the national anthems. Sierra also won four tickets to the Feb. 26 Moose game and got to keep her jersey and socks. The contest is open to skaters ages 7-14 years old and can be entered online by visiting www.scotiabank.com.

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Hutterian schools focus on first aid care and prevention

By Jennifer McFee

Several Hutterian schools are getting a hands-on lesson in first aid.

Specifically, students are learning how to do preventative taping techniques.

Dan Gregovski, a career development co-ordinator for the Interlake School Division, has recently provided practical training sessions to students at Mallard, Omega and New Haven schools. Kids at Rock Lake School will also benefit from a first aid session.

Using pro wrap and white tape, Gregovski showed the kids taping techniques for hyper-extension wrist injury.

"I'm a certified athletic therapist, so this is one of the skills or techniques we would use on a regular basis to tape people who are participating in sports and help them to prevent their injuries — whether it's ankles, shins, wrists, thumbs, elbows and so on. The wrist is a good starting point because it's one of the easier ones to do and they can get going on it quickly," he said.

"In sports, it is the most common type of injury. It's called falling on an outstretched hand, or a FOOSH mechanism of injury. I discuss with them when you would use this, which would be a minor soft tissue injury."

Other injuries that involve breaks or fractures would require a visit to the doctor, possibly for X-rays and casts. In those situations, the taping techniques would not be applicable.

"The kids were receptive. They get to break into groups and practise on each other. We go through the all the steps," Gregovski said.

"They can get some hands-on experience and learn a little bit of anatomy. They learn where the radius and the ulna and the carpal bones are. They also learn a little bit of the physics behind when you trip and fall and what happens. I find it's a good way to hit a whole bunch of different areas in a

short time."

With a focus on career development, Gregovski stresses the importance of prevention as well as safety and risk management.

"That could be WHMIS training or first aid training or exploring different workplaces to make sure they're safe," he said.

"It could be applicable at school, sports, work or home. And it leads into interesting questions related to first aid, health and medical information."

Throughout the Interlake School Division, Gregovski is providing similar training sessions to Grade 8 classes.



TRIBUNE PHOTO BY LANA MEIER

Athletic therapist Dan Gregovski assists Ethan and Lucas with wrist taping techniques.

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Warm return for Sunshine, the missing dog

By Jennifer McFee

It's been a warm homecoming for Sunshine after the foster dog returned to her Stonewall house from a lengthy outdoor adventure.

On March 1, Sunshine went missing from the Stonewall home of John Savage, who had been fostering the yellow lab for about a week before her disappearance.

The community embarked on a frenzy of search efforts to find Sunshine, who is pregnant and due to give birth to 11 pups any moment.

The well-travelled pooch was spotted as far as Selkirk and Petersfield before she made her way back to the Stonewall area. She weathered the stormy weather and hunkered down in the industrial park area, where she was spotted several times.

After a week of wandering, Sunshine returned home on Wednesday, March 8. Savage and his team of helpers worked hard to corral Sunshine

back to his 12th Street West home. They lured the hungry dog with food and attempted to catch her with a live trap.

However, Sunshine is so bright that she kept walking over the trap's trigger, grabbing the food in her mouth and then gingerly stepping backwards over the trigger again.

When they finally captured the clever canine, who had retreated under the deck, they took her to the vet for a checkup. She lost eight pounds on her adventure, but she was otherwise perfectly healthy.

After her ordeal, Sunshine seems happy to be home again.

"It seems like her anxiety is completely gone," said Savage. "She comes up to you now with her tail wagging. It's like she's done a 180."

Savage's daughter Meagan notices the same improvements in the dog's sunny demeanour.

"She's doing good now. She's pretty relaxed and settled in. She's not like

"NOW WE'RE JUST WAITING FOR THE PUPPIES."



TRIBUNE PHOTO BY STEPHANIE DUNCAN

John Savage holds his foster dog Sunshine, who returned home after a week on the run. Manitoba Underdogs executive director Jessica Hansen (right), who is also Savage's niece, was involved in the search for Sunshine. Jasmyn Monkman (left), the supplies co-ordinator for Manitoba Underdogs, also aided the effort with her expertise.

she was before, always trying to get out and whining and never wanting to be inside. I think she's accepted that inside is best. If only she could talk — I'd love to hear her stories," she said.

"Now we're just waiting for the pup-

pies. We've got everything set up for the whelping area. We'll foster the pups until they can leave their mother. From there, they'll be going up for adoption through Manitoba Underdogs."

Proposed legislation reaffirms government's commitment to fiscal responsibility

Submitted

The Manitoba government is introducing legislation that would ensure the sustainable financial future of the province, Finance Minister Cameron Friesen said Monday.

"Our government has committed to Manitobans that we will restore prudent fiscal management in order to ensure the sustainability of services today and into the future," said Friesen. "The fiscal responsibility and taxpayer protection act would set out clear rules for managing government

budgets and would include financial penalties for ministers who fail to achieve legislated targets."

The proposed legislation will require government to:

- table a budget before April 30 every year with a fiscal responsibility strategy outlining the government's current and future financial objectives;
- refrain from incurring a deficit of more than a baseline amount — this would be the lesser of either the annual deficit amount projected for the

2017-18 budget or the lowest actual annual deficit amount for any fiscal year beginning with 2017;

- calculate deficit or surplus amounts on a summary basis;
- maintain a balanced or surplus budget once a deficit has been eliminated; and
- address debt reduction once a budget is balanced.

The legislation would also require 20 per cent of all ministerial salaries to be withheld each year that a deficit occurs. The amount withheld would increase to 40 per cent if two consecutive years of legislation-contravening deficits were experienced. This amount would be paid to ministers only if the government demonstrates progress from the baseline deficit.

If the deficit were to exceed the legislated requirement by \$100 million

or more, the entire amount withheld from the annual ministerial salaries for the year would be forfeit. If the deficit were to exceed the legislated requirement by less than \$100 million, a proportional amount withheld from the ministerial salaries would be paid. For example, a deficit exceeding the legislated requirement by \$80 million would mean that 80 per cent of the amount withheld would be forfeit, a deficit exceeding the legislated requirement by \$30 million would mean that 30 per cent of the amount withheld would be forfeit, and so on, the minister explained.

"Fiscal management and deficit reduction remain a top priority of our government as we make the reforms necessary to set the course to fiscal recovery," said Friesen. "This legislation would require government to demonstrate real progress toward balance through progressively smaller deficits, while ensuring the rules around compensation to cabinet ministers reflect our commitment to returning to balance."

The legislation would also require a non-binding referendum before the government introduces any bill to increase tax rates under The Health and Post Secondary Education Tax Levy Act, The Income Tax Act or The Retail Sales Tax Act.

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Stonewall students learn mindfulness strategies

Wellness expert Keith Macpherson shared the ABCs of mindfulness

By Jennifer McFee

Bobby Bend students are meditating on some new concepts after learning the ABCs of mindfulness last week.

Wellness expert Keith Macpherson visited the Stonewall school on March 9, speaking to all the students at an assembly and spending a period with Grade 3 and 4 classes.

Through the student version of his *Making Sense of Mindfulness* program, he shared the ABCs of being mindful: A for attention and awareness, B for breathing and C for compassion.

"We did some exercises on those three aspects to mindfulness, and it was really well received. We taught them some different types of breathing exercises that can help them calm down when they start feeling like they're frustrated or stressed or grumpy," Macpherson said.

"Then we did some compassion work as well, talking about kindness and how they can take care of each other, even within their school setting."

Macpherson worked with the students on visualization exercises that incorporate the senses. He also included music in his method, since he has been a musician for 20 years and even spent a summer as a *Canadian Idol* finalist.

For Macpherson, his focus on mindfulness began when he was a middle school student himself. He further fostered his connection to the present moment while he worked for Free the Children in Africa.

In an effort to share his knowledge, Macpherson has written a book called

Making Sense of Mindfulness, which will likely come out next year.

"My vision is to make mindfulness accessible to everybody because I think there's so much truth to the process," he said. "I've put together a five-step framework that helps people understand and integrate it in a really concrete way that they can apply to their day-to-day life."

In addition to students, he works with teachers throughout the province, including those in the Interlake School Division.

"If the teachers are out of alignment, then they've got 30 other kids who become out of alignment. I love working with students, too, and I also branch out and work with the community at large on events and workshops," said Macpherson, who started the I Am Festival in Teulon last summer.

"We're seeing that anxiety and depression levels in our culture are skyrocketing. They're the highest they've ever been. I think there are a lot of forces pressing at us, even at a young age. Even these little guys in Grade 3 and 4 are just bombarded with so much noise around them, so to give them some tools to cope and to connect inward and to stay present is so important."

By teaching students techniques to stay present and connected to themselves, Macpherson hopes that they will be able to maintain a sense of balance.

"The unconscious mind is our memory. We can get into students' unconscious minds at an early age that they're good enough and that they

"MY VISION IS TO MAKE MINDFULNESS ACCESSIBLE TO EVERYBODY BECAUSE I THINK THERE'S SO MUCH TRUTH TO THE PROCESS."



TRIBUNE PHOTO BY LANA MEIER

Wellness expert Keith Macpherson used music and visualization exercises to teach Bobby Bend students how to be more mindful.

do matter and to be present and to breathe," he said.

"I think our inherent state is one of balance and inner peace, but the second we come out into the world, we're pressed with all of this other stuff. I

find that students really pick up on this quickly because it's really about getting back to our natural state of being — which is peace, connection, love and powerful roots of who we are."

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> **ARNIE WEIDL**

Hi everyone.

Time after time when driving along Highway 9 through Sandy Hook, my eyes turn eastward to the ice shacks off the south end of Willow and Crow Islands on Lake Winnipeg. It bothered me that winter was almost over and I hadn't yet visited our anglers there.

The Gimli, Sandy Hook area has a shallow water "lagoon" just like south Grand Marias does. When I finally got a free afternoon last week, off I went clipping along its flat glare ice surface right up to those shacks by the Islands. One in particular stood out. It was large and grey, built more like a cottage with a heavy white door and trimmed windows with a truck parked beside.

I called out "Hello" as I left my truck. "Come on in," boomed a hearty, resounding voice from inside.

Near the door sat a fellow with a wide smile exposing an abundance of very white teeth. His name was Al Beck, he said, in a forceful, gravelly voice. He sported a full brown beard and moustache. Tinted glasses covered eyes that darted about as he talked. The old cap on his head was bent to his liking. Sitting around on wall benches were his wife Colette, sister-in-law Lucy, brother-in-law Tommy and mother-in-law Thelma. Introductions and pleasantries eventually led to Al remembering a fishing experience when two friends were fishing here with him in the open.

Al had two holes working while the others close by had one each. Suddenly, one friend got a strike — a big one. All these boys, in their time, had landed a big fish and could see it was going take some care to bring this one up. Al and the other friend ran over to help, grabbing the line with their gloves. The fish felt shockingly heavy. The line strained and then whipped and darted back and forth with frightening speed. Al, just by



TRIBUNE PHOTO BY ARNIE WEIDL

Darrell Born and his son Keith of Winnipeg with their catch on the Red River upstream of Selkirk.

reflex, shot a look at his rods, seeing them both disappear down their holes. His friend by his shoulder grunted, "My rod just disappeared too."

Slowly they worked the fish to the hole, its head just fitting. Finally, up it came with lines wrapped all around it — and on the end of those lines were the boys' three fishing rods. No way that fish was getting away.

Some time ago, I met Darrell Born, and his son, Keith, fishing in the open on the Red a bit upstream of Selkirk. They had caught a few fish and agreed to hold them up for a picture. The fish were so slippery, though, that they had to rinse their hands off in the cold river water a few times to get a grip on the fish before we finally got a picture.

Thanks a lot guys for hanging in there. Just before I left, Keith said his girlfriend, Aries, had a talent for catching fish on their fins. More than once, he had to make her ice hole bigger because the fish was coming up sideways.

Somewhere between Beaconia and Balsam Bay about a mile offshore on Lake Winnipeg, I met a heavily built, round-faced young chap with a mous-

tache and goatee getting his ice shack ready for a weekend of fishing. Our new friend, Ben Barbula from Winkler, was about to start a fire in the wood stove but took time to jump into my truck for a brief talk.

We got to know each other, chatting as we looked across the unbroken flat ice. The air seemed a milky grey from a sun masked by thick clouds. Suddenly, I was caught in mid-sentence, shooting a glance at Ben as he threw his head back laughing, recalling how he, his brother Julian and brother-in-law Stephan almost froze to death in their shack a week before.

They were spending the night on the ice here and made a big fire before going to bed. It got so hot that the guys threw off their blankets, opened the door and then went back to sleep. Come early morning, the fire had gone out and the boys woke up freezing but nobody wanted to get up and close the door. They feel asleep again. Sitting beside me, I could tell Ben had a fairly respectable cold. Apparently, so did Julian and Stephan.

See you next week, gang. Bye now.

Stonewall Teulon
Tribune

The **Selkirk Record**

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Nurse practitioners leaving Teulon's medical clinic

Questions about nurse practitioners' exit remain unanswered

By Natasha Tersigni

The revolving door of health-care professionals continues in Teulon with the recent announcement that both nurse practitioners currently working at the Teulon-Hunter Memorial Hospital medical clinic are leaving.

Early last week, the *Tribune* received information that nurse practitioners Paul Tylliros and Kaitlyn Yurick have begun notifying their patients that they are both leaving the practice. Yurick is set to leave in March and Tylliros is scheduled to work until April 13.

Information from the Interlake-Eastern Regional Health Authority (RHA) on the nurse practitioners leaving is scarce and both departure dates remain unconfirmed by the RHA. An emailed statement from Dr. Myron Thiessen, Interlake-Eastern RHA vice-president of primary health and chief medical officer, was released late Friday afternoon stating the following:

"We can confirm the two nurse practitioners in Teulon will be leaving the clinic. That being said, the model of care used at the clinic means all patients were attached to the clinic, not the individual health care provider. Because of this, clinic patients will continue to be seen and we don't foresee a significant disruption in the delivery of health care services at the clinic.

"We know Teulon's medical clinic has become an important point of access to health care in the community and we ask people to continue calling the clinic for appointments. We will have ongoing nurse practitioner support in the Teulon medical clinic until April and we are actively recruiting additional health care providers to the clinic. In the interim, we are working on bringing other health care providers in the region to cover shifts at the clinic as needed until we're staffed appropriately once more."

Questions on why the pair is leaving the clinic continue to go unanswered. When asked by the *Tribune* if he was happy about leaving the clinic, Tylliros said "No comment." At this time, Tylliros is unable to provide additional information as he remains an employee of the Interlake-Eastern RHA and is subject to their confidentiality clause.

Both nurse practitioners began practising at the clinic in December 2015 to alleviate the lack of medical professionals in the town. The clinic was, in part, an initiative by the town's Interlake Healthcare Sustainability Committee to address the medical needs of residents in Teulon by working in partnership with the Interlake-Eastern RHA. The committee includes councillors, health-care professionals and residents from Teulon and surrounding areas, as well as officials with the Interlake-Eastern RHA. The committee was created to work collectively to address longstanding issues preventing the delivery of sustainable health care in the area and was, in part, the driving force behind the nurse practitioners practising in town.

Over the last 14 months, it was reported several times that the clinic was filling a gap in Teulon's health-care services and was being well utilized by residents.

"The practitioners have left for reasons that have been made aware to the region and parties involved. People are definitely under the understanding of why they are leaving," said David Oakley, who is the chairperson of the Interlake Healthcare Sustainability Committee.

"This is a major disappointment. We are losing a couple of really skilled caregivers. There is no question about the disappointment. The relief in the process that we now clearly see is that people will not be left out high and dry because someone has left. In the past, that is what has happened in Teulon's medical community: one doctor has left and the patient has no one to look after them.

"With the clinic in town, the whole premise of what was being done from a strategic standpoint was patients were attached to the clinic and not a particular provider. What that means is that when the providers leave, as in these two nurse practitioners leaving,



TRIBUNE FILE PHOTO

After 14 months at the Teulon Medical Clinic, both nurse practitioners Paul Tylliros and Kaitlyn Yurick are leaving the clinic.

the patients are still cared for. They will not be told they will have to find a new nurse practitioner or doctor; they will be looked after," said Oakley, who added that the Interlake-Eastern RHA has posted the two nurse practitioner vacancies and is actively looking for their replacements.

One area that needs improvement, indicated Oakley, is the structure that the medical clinic operates under. Currently, the physical medical clinic at the Teulon-Hunter Memorial Hospital is under the care of the Interlake-Eastern RHA, and they are responsible for any improvements and renovations. The clinic itself operates under the medical directorship of Teulon's Dr. Michael Loudon; however, the health-care providers are hired and paid by the Interlake-Eastern RHA.

The clinic model that is used in Teulon is a different model than what is currently being done anywhere in Manitoba said Oakley. A physician oversees the clinic and that physician oversees the nurse practitioners, but they are unionized nurses that work for the region.

"It is very confusing, and that is part of some of the bumps that we have hit in the road here in understanding that dynamic," added Oakley.

"The plan is to have two new nurse practitioners as quickly as we can find them. In the interim, we expect that the physician in town (Dr. Michael Loudon) will be moving his practice into the clinic at the hospital just to make sure the clinic stays active and he is able to the look after and follow-up with patients."



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ParticipACTION 150: Dog sledding and dodgeball

By Natasha Tersigni

To continue to learn about Canada's North, a subject many classes have been studying for months, Balmoral School invited Patricia Tschanen to come pass on her dog sledding expertise to the students.

On March 10, Tschanen, an avid dogsledder who also owns and operates Crazy Jumpers Dog School and Boarding in Fraserwood, came to the school to talk about her experience dog sledding.

Originally from Switzerland, Tschanen moved to Manitoba and was introduced to dog sledding from a local musher — and she fell in love with it. With her dogs, she attends many races throughout the province and even returned from one last week held in North Saskatchewan where she was a handler for a professional

musher.

"This was one of the greatest experience of my life and, lucky for me, he won the race," added Tschanen.

During her presentation, Tschanen spoke about dog sledding and introduced students to two of her nine dogs, Fred and Balto. As a Siberian Husky, Balto is the perfect sled dog. Despite being newly adopted, he has taken very well to pulling the sled. Fred, a mix breed, prefers agility. Following the sled demo, he showed off his jumping and agility skills.

Lack of snow in the gym did not stop Tschanen from showing the students how the sled operates, including commands she uses for the dogs and how the dogs are tied to the sled. After the presentation, I gave it a try and was able to cross #61 Dog Sledding off of my ParticipACTION 150 list.



TRIBUNE PHOTO SHELLEY SCHAEFFER

If you can dodge a wrench, you can dodge a dodgeball. Thanks to the Balmoral School Grade 3/4 class, I was able to cross #47 Dodgeball off of my ParticipACTION 150 list.

And since the presentation was at least 30 minutes long, I needed to stretch my legs, so I played a little dodgeball with the Grade 3/4 class and was able to complete activity #47 Dodgeball. Go Team Awesome (that's

what team I was on!!).

Don't forget, I have 90 per cent of my list to go, so please feel free to invite me out to your group or organization to take part in some activities.

ISD board approves financial budget with tax increase

By Jo-Anne Procter

In a tight vote, trustees approved the Interlake School Division 2017-18 school year budget at the regular meeting of the division on March 13 with an investment of \$38,100,000 in public education.

For the 2017-18 budget, the division received a decrease of two per cent in operating revenue through the 2017-18 Funding of Schools Program. This marks the sixth consecutive year of a 0% increase or less from the provincial government. However, the school division's budget represents a 2.06-per cent increase in expenditures.

The Board of Trustees held their annual public meeting on Feb. 23 at Ecole

Stonewall Centennial School to present the draft budget with a proposed increase to the special levy for 2017.

By combining the decline of two per cent in funding along with other revenue sources, plus inflationary expenditures increases, the division's education mill rate for 2017 is 13.7326 mills.

Total professional staff positions for the 2017-18 budget are 234.5 full-time equivalents (FTE). This is a net decline of 2.87 FTE positions from the current year.

Highlights in the 2017-18 budget include:

- Continue to maintain small class sizes in the division.
- Adjust estimated classroom

pupil teacher ratios (PTR) on average from 18.53 to 18.69 across all schools in the division.

- Eliminate the following positions: program support of technology, (1.0 FTE), career development coordina-

tor (0.5 FTE), French lead teacher (0.5 FTE) and instructional lead teachers (2.0 FTE).

- Reduce 1.5 FTE high school teachers across the division.
- Add a half-time (0.5 FTE) technology lead teacher.
- Budget for two school buses for the 2017-18 fiscal year.

• Increase education special levy mill rate for 2017 by 0.5759 mills (from 13.1568 to 13.7326 mills) This is an increase of 4.38 per cent on residential property taxes.

Ward 6 trustee Dave Harcus did not support the vote to approve the budget.

"I don't believe that the budget that we are proposing tonight is reflective of the current economic situation and the provincial financial climate," he said. "People are currently making zero to two per cent in wage increases across the province. Seniors are on fixed incomes — some just receive CPP and their OAS, and this money comes out of their disposable income. And so we are proposing a budget that is quite beyond that amount and we see no information on the horizon that gives us any hope that there will

be any funding increases in the future from the province. And so we are putting this budget on the backs of our local taxpayers and taking out of their disposable income."

Trustees are entrusted with a responsibility to look after funds and taxpayers' money.

"School trustees have that responsibility and the responsibility to provide a safe and quality education to the students that they serve," said Harcus.

He expressed that these two things have to be balanced out, and if they aren't looked after, there is a system that is not financially sustainable in the future if you are charging more than people can afford to pay.

In Harcus' opinion, the budget reflects a disconnect between fiscal reality and educational expenditure ability and people's ability to pay.

"There is no secret to this. You cannot continue to spend beyond your ability," said Harcus.

Other trustees that did not support the budget were John Hueging, Sally Cook and board chair Alan Campbell.

Trustees that voted to approve the budget were Sandra Wiebe, Darci Loehmer, Sharon Baker, Cindy Brad and Fran Frederickson. Most of the trustees who supported the budget voiced their disappointment in the staff cuts, including lead teachers, since it may have an effect on students in the division.

"We spent a lot of time developing a strategic plan, and in my mind, this is eroding our objectives in moving forward in the strategic plan," said Frederickson.

Take care of details so they don't have to. *Just ask Ken.*




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Longtime CAO prepares for retirement

By Jennifer McFee

It's the end of an era for Bev Wells, who is preparing for retirement after more than three decades as a chief administrative officer.

Wells has served as the CAO for the RM of Rosser since Dec. 1, 2008; however, her career path began long before.

In 1984, she took a municipal law course and applied to be the CAO for the Town of Rapid City. She started her job on Jan. 1, 1985, and continued to take courses each year, including ones that focused on human resources, municipal law and municipal account.

After her time in the Town of Rapid City, she worked as CAO for the RM of Saskatchewan and the Town of Shoal Lake. Since then, all three locations have been amalgamated to now form different entities. Offering ample expertise, Wells also served as CAO for the RM of Woodlands.

Over the years and the decades, she maintained her motivation because she enjoyed the opportunity to be



TRIBUNE PHOTO SUBMITTED RM of Rosser chief administrative officer Bev Wells will work her last day on June 30 before her retirement.

constantly learning.

"It's not just the Municipal Act. You also have to know about the Planning Act and the Assessment Act. Even

the Highway Traffic Act affects municipalities, so it's not just one act that controls what a municipality does," Wells said.

"Even to keep up with Manitoba Municipal Administrators membership, you have to be continually taking courses. When I first started, the big thing was to be there to help the ratepayers."

With her last day approaching on June 30, she foresees plenty of changes ahead for the RM of Rosser.

"With Rosser, the overall whole entire project for CentrePort has been interesting because there's multiple facets to it. It's a challenge to keep up to speed because things are constantly changing," Wells said.

"It's going to be ongoing with how the development proceeds. They still need to do several studies, so there's still lots to be done."

As she prepares for her transition to retirement, Wells reflects on a rewarding career.

"I have also enjoyed the accounting, research and sharing my knowledge.

The opportunity provided to me for growth and knowledge of municipal government, over my career, has been amazing," she said.

"I will always look back with fond memories of the people I have met and had the opportunity to work with but now look forward to my future endeavours."

Those endeavours include a renewed focus on her interests and hobbies.

"My husband and I belong to an air-stream club, so we're busy with that and we do a lot of travelling for it. It's fun because you get to meet new people," said Wells, who lives north of Warren.

"I also love doing crafts. I knit, crochet, sew and I want to start quilting. I've got a great-nephew or niece coming, so I've got projects in mind that I want to do. I'm quite looking forward to that. And I may still dabble in some municipal government. All in all, I have enjoyed my career. It's been interesting and it's been exciting."

Skaters shine at carnival

Skaters laced up their skates for the annual Stony Mountain Skating Club's 'A year in review' ice carnival this past Monday.

Skills were demonstrated at all levels while the groups skated to music while celebrating the holidays including Halloween, New Year's Eve, Christmas, St. Patrick's Day, and Valentines Day. The Star Skaters and competitors also performed their long and short solo routines in preparation for next weekend's Stony on Ice competition.



TRIBUNE PHOTOS BY TANYA SWANSON

Palliative care fundraiser held in Stonewall

By Natasha Tersigni

To raise funds and awareness of all the services and programs the South West District Palliative Care (SWDPC) offers to the community, a Family Fun Day was held on Saturday at Quarry Park Heritage Arts Centre with approximately 300 taking part.

The afternoon was filled with fun for children of all ages including two bouncy houses, face painting, balloon animals and a visit from a variety of characters such as Spider-Man, Wolverine and Princess Elsa from Frozen.

The event was organized by Crystal Bergthorson and her relatives as a way to give back to the SWDPC for all the support they have given their family members in their time of need.

The event raised \$1300 for SWDPC. "We are so happy to have had such a success for our first time and are eagerly planning next year's event already," said Bergthorson.

Along with fundraiser for the organization, the hope of the event was for the public to know what services are available from SWDPC before they are needed.



TRIBUNE PHOTOS BY NATASHA TERSIGNI

RM of Rosser regular council news in brief

By Jennifer McFee

• At the Feb. 28 meeting, council defeated a motion to authorize Coun. Angela Emms to have legal representation

paid for by the municipality regarding the Legacy Bowes investigation report dated September 2016. Emms voted in favour of the resolution, and the rest of council voted against it.

• Dean Yaremchuk and Larry Lang of HMC Management discussed their proposal for the recruitment of a chief administrative officer and for an organizational review for municipal staff.

• Council passed third reading of an amended bylaw to provide a vision and direction of the Rural Settlement Centre of Rosser. Coun. Scott Corbett was absent from the vote. Jim Beachell attended the meeting for more information about this bylaw.

• Council passed third reading of a bylaw to provide for the protection of the surface water drainage system for the eventual build-out of Centre-Port lands within the RM of Rosser. Corbett was absent from the vote.

• Council passed third reading of a bylaw to set indemnities, rate of compensation and expenses for members of council and standing committees of council. Corbett was absent from the vote.

• Council passed second and third reading of a bylaw to regulate the use of the Lilyfield Well. Corbett was absent from the vote.

• Council gave first reading to a bylaw to establish conditions of employment and benefits for municipal employees and to repeal a previous bylaw.

• The RM of Rosser is donating \$100 towards the Red River Basin Commission North Chapter's fish dinner gala.

**Marquette Co-op
67th Annual Meeting
April 12, 2017**

**Meadow Lea Hall
Supper at 7:00 p.m.
Meeting at 8:00 p.m.**

Purpose of the meeting is to review 2016 financial report, election of directors to the Co-op board, review activities of the board of directors of the Marquette Co-op and other business.

Nomination forms for the position of director are available at the Marquette Co-op stores located in Marquette and Starbuck. Nomination forms must be returned to store locations or submitted to the nominating committee before 4:00 p.m., April 1, 2017.

Please order meeting/supper tickets from Co-op stores by April 1, 2017.

Tickets are \$10.00 in advance or \$15.00 after April 1.

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Festival Manipogo draws crowds, pays homage to women fishers

By Jeff Ward

Hundreds packed the St. Laurent arena last weekend for a variety of activities including hockey, face painting, human bubble ball sports and a gala dinner that featured a video paying homage to several women fishers from St. Laurent.

Festival Manipogo is now in its 17th year and brought families and the community together while highlighting the rich Metis heritage of St. Laurent. Alumni hockey games took place Saturday afternoon that featured both women and mens teams with players from years past. The games were all in the spirit of friendly competition, which transitioned nicely into the human fish egg activity that followed. Participants got inside giant inflated spheres and bashed into each other, knocking people to the ice to slide and roll around.

Event coordinator Joanne Carrière said that the gala dinner on Saturday evening was packed and that the live entertainment from local artists and a special performance by accomplished jiggers Eva Kerbrat and her sister Vanessa provided a look at St. Laurent's most talented people.

"We honoured our women fishers with a video and song tribute as well and people really enjoyed it. Our Sunday morning mass, the next day, also paid tribute to the same group of women," said Carrière.

The weather did force organizers to cancel a few events on Saturday. Carrière said that there is usually fishing on the lake but due to a late freeze and early thawing, that part of the festival was cancelled. However, that didn't stop people from having fun,



TRIBUNE PHOTOS
BY JEFF WARD

Top photo, the St. Laurent Sharks played their way to the women's alumni championship banner beating the St. Laurent Cougars 9-5 during at the 17th annual Festival Manipogo; bottom photo, the human fish egg activity was played in the spirit of friendly competition.

said Carrière who added that the event did its job in bringing the community and families together for a weekend of fun.

Rockwood to execute application for purchase of CP Rail line

By Jennifer McFee

The RM of Rockwood plans to replace all the water meters in Stony Mountain and is accepting quotes until Friday, March 17 for the supply of water meters. More information is available on the RM's website at www.rockwood.ca or by emailing utility manager Alan Schick at alan.schick@rockwood.ca. Proposals can also be emailed to Schick or delivered in an envelope labelled "Water Meter proposal" to Schick at the RM of Rockwood, Box 902, Stonewall, MB, R0C 2Z0.

The RM of Rockwood is accepting proposals for approximately 30,000 tonnes of limestone aggregates to be deposited on municipal roads. The successful applicant must agree to sign a two-year agreement with a possible two-year optional extension. Proposal packages are available on the RM's website or at the municipal office, and more information is available from operations director Ian Tesarski at 204-467-2272 or iantesarski@rockwood.ca. The close date is Tuesday, March 21 at 1 p.m.

Laura Humber resigned from

her position as citizen representative for the Teulon-Rockwood Recreation Commission. A search will be underway for a new citizen representative.

Council discussed creating an ad hoc committee for grant applications within the townsite of Grosse Isle, at the request of the Rosser reeve. Rockwood Reeve Jim Campbell and Coun. Bill Matheson will meet with two members of Rosser council.

To accommodate the Board of Revision, the Oct. 11 council meeting will be changed to Oct. 12.

The RM of Rockwood signed an agreement with 4570732 Manitoba Ltd. for curbside waste collection services for \$165,714.24 per year. The municipality will also rent roll-off bins from the same company for the Winfield and Balmoral transfer stations for \$105 per month. The company will empty the bins for \$150 each.

The RM will also extend its contract for the Komarno Waste Disposal Grounds for one year. The contract has been adjusted to \$6,552 per year to account for the additional Saturdays in the calendar year. Coun. Mark Hidlebaugh voted against the

resolution.

The RM of Rockwood will support the Red River Basin Commission in its effort to expand the coverage of LiDAR data in the Red River Basin. Municipalities use this data to help make decisions regarding drainage, water movement and infrastructure planning. Daniel Brooker of Atlis Geomatics spoke to council about the LiDAR that is available to municipalities and how quickly information can be accessed for a nominal fee.

Council defeated a motion to allow Joel Maendel and Jake Maendel to build a farmstead dwelling as a permanent second dwelling on their property, removing an existing mobile home once the new home is complete. Couns. Art Goudy, Bill Matheson and Mark Hidlebaugh voted in favour of the resolution, while the rest of council voted against it.

The May 10 council meeting has been changed to May 3 starting at 9 a.m.

The RM of Rockwood has entered into a lagoon operations agreement for a new wastewater lagoon cell at Stony Mountain Institution.

Council authorized the hiring of a part-time administrative staff member to upload bylaws and policies to the RM's website and All-Net folders, at a maximum cost of \$5,000.

Council approved the Stony Mountain Community Association's application for a liquor permit for a beer garden at the annual Stony Mountain Family Festival, scheduled for June 30 on the grounds of the outdoor skating rink between Stony Mountain School and the community centre on School Road.

Council gave second and third reading to a bylaw to control and remove certain obstructions on municipal roads, ditches, parks and reserves, with Coun. Lyle Willis opposed.

Council gave first reading to a bylaw for appointment of employees, an organizational bylaw and a bylaw to pay expenses and mileage to citizen members on municipal-appointed boards.

The reeve and CAO will execute a real property application for the purchase of the CP Rail line in Balmoral.

get inspired

> MEAL IDEAS

Carrot cookies

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carrots (2 carrots)
1/2 cup (125 mL) 0% plain Greek yogurt
1/3 cup (75 mL) packed brown sugar
1/4 cup (50 mL) water
3 tbsp (45 mL) canola oil
2 tbsp (25 mL) ground flaxmeal
1 tsp (5 mL) vanilla
1/4 cup (50 mL) unsalted and roasted sunflower seeds

Directions

In a large bowl, whisk together flour, baking powder, cinnamon, ginger and nutmeg.

In another bowl, whisk together yogurt, sugar, water, oil, flax and vanilla. Pour over flour mixture and stir to combine. Stir in carrots and seeds.

Scoop dough in tablespoons onto parchment paper lined baking sheet. Bake in 400° F (204° C) oven for about 12 minutes or until bottom is golden and centre is still soft. Repeat with remaining dough.

Tip: Use a mini ice cream scoop for easy portioning of the cooking dough.

Store in an airtight container in the refrigerator for up to 1 week or freeze for up to 2 weeks.

36 cookies / 27 min

Prep 15 min / Cook 12 min

These chewy little nuggets are perfect to tuck into a lunch bag or enjoy after school with milk. Pack them for on-the-go treats in the car for the family, perfect to pop in your mouth!

Ingredients

1 1/2 cups (375 mL) all purpose flour with added bran
1 tsp (5 mL) baking powder
1/2 tsp (2 mL) ground cinnamon
1/4 tsp (1 mL) each ground ginger and nutmeg
1 1/2 cups (375 mL) shredded

Chocolate Mandarin Orange Cake



Prep time: 10 minutes

Total time: 45 minutes

Servings: 12

2 cans (15 ounces) Dole Mandarin Oranges, divided
1 box (2 layer) devil's food cake mix
3 eggs
1/2 cup vegetable oil
1 orange, peel grated (optional)
1 package (4-serving size) vanilla flavor instant pudding
2 cups frozen whipped topping, thawed
1 cup heavy whipping cream
1 cup semisweet chocolate
Heat oven to 350 F. Spray two (9-inch) cake pans with cooking spray. Drain mandarin oranges, keeping fruit and syrup reserved separately. In large bowl, combine cake mix,

juice from one can of mandarin oranges, eggs, oil and orange peel; beat 2 minutes.

Pour cake mix into prepared pans. Layer mandarin oranges from one can over each cake and gently submerge them into cake batter.

Bake 25-30 minutes, or until toothpick inserted in center comes out clean. Cool in pan 10 minutes. Remove from pan onto wire rack; cool completely.

Pour 1/2 cup reserved juice from second can of oranges in bowl with pudding mix; whisk 2 minutes, or until pudding mix is completely dissolved. Remove 12 orange slices from second can and dry with paper towel; set aside. Fold in whipped topping and remaining mandarin oranges. Spread mandarin frosting on top of first layer of cake and out to edges. Place second layer on top of first layer.

In small saucepan, heat cream until just beginning to steam, but do not boil. Remove from stove and stir in chocolate. Stir until well-blended. Pour chocolate mixture over cake and garnish with reserved mandarin oranges. Refrigerate half hour before serving.

Healing Your Inner Child



SO, LIKE A FORGOTTEN FIRE, A CHILDHOOD CAN ALWAYS FLARE UP AGAIN WITHIN US.
~GASTON BACHELARD

Even if one has had a very good childhood, there are often a few incidents which have left their mark—a mark which may affect aspects of adult functioning. Perhaps it was not being chosen for a team, or friends being mean. It might have been being left with a babysitter, too young to realize Mom and Dad would come back. A childhood injury or medical treatment can be frightening for children.

For those who had difficult or painful childhoods, the long-term effects are even more pronounced. Abuse, neglect, being bullied, or being rejected can affect the way we function as adults.

All of the pain, fear, sadness and memories belong to our "inner child." That is the aspect of our inner world that is the repository for everything we experienced in childhood, whether we remember events or not. Every feeling is stored, every belief we told ourselves when we were little, every conclusion we drew about ourselves.

Most "inner children" are wounded to some extent. The wounds are not necessarily proportional to the event, as a very sensitive child can hurt deeply by being rejected, and a more resilient child may handle some difficult situations with fewer effects.

It is these wounds that often cause us pain in adulthood. Events happen that trigger the old pain, and the wounded child comes forth. A husband comes home late for legitimate reasons, and a wife may over-react

due to old feelings of abandonment. A wife may point out something her husband forgot, and he may go off the deep end, angry at feeling criticized, the same as he felt when his mother always pointed out his mistakes.

At work, jealousies and rivalries may emerge, with workers vying for the good opinion of the boss. Some may even "tattle" on another, in an effort to boost her own position. This is an unconscious playing out of sibling rivalries, with the boss being seen as the "parent."

This can even happen with parents in relation to their children. A father can feel left out when the mother spends a lot of time with the new baby. When children are older, parents may compete for the attention and loyalty of their children. Again, these are not adult responses, but rather a kind of re-enactment of old experiences.

Clearly, a wounded inner child can wreck havoc on relationships and personal wellbeing. There are things we can do to heal our own inner child. The most important is to begin to become aware of how our past experiences may be affecting our present reality.

Next, we need to become a caring, nurturing mother/father to our own inner child. We do this by recognizing when we are having a reaction, and calming down our own emotions. This can be done the same we would comfort an actual child.

Our inner child needs to know we are there for him/her with love, compassion and acceptance. That child needs all of the things we may not have received from our own parents when we were young. The more we nurture and reassure our inner child, the less likely we are to unconsciously act out those inner, past-based emotions on others.

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. Follow Gwen on Facebook for daily inspiration.

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Community donation



TRIBUNE PHOTO BY NATASHA TERSIGNI

On behalf of the Teulon Women's Institute, Miriam Blahey, left, presented Teulon & District Seniors Resource Council president Nancy Dumas a cheque for \$500. The donation will be used to fund seniors programming for the non-profit organization.



79th ANNUAL GENERAL MEETING of Red River Cooperative LTD

OFFICIAL NOTICE

13

5:30-6:45 p.m. Registration
7-9 p.m. Meeting

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AGENDA ITEM: Members will vote on the following By-law Amendment:
 To amend clause 4.03 (b) from:
 Further Qualifications [Section 184]
 4.03 No person shall be a director unless that person or an entity of which that person is an officer, director, or member:
 (b) purchased goods or services, or a combination of both, from the Cooperative during the last financial year of the Cooperative, worth the collective amount of at least \$500.00; and
 To state the following:
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The Drowsy Chaperone

By Jo-Anne Procter

Talented actors from SCI brought a 1928 Broadway show to the Quarry Park Heritage Arts Centre stage last week. The play-within-a-play was jam packed with singing, dancing and romance and had the audience in stitches. Grade 12 student Brett Lawrence played the Man in the Chair who shares his passion of the Broadway show *The Drowsy Chaperone* through narration and playing his record player. Broadway star Janet Vandergraff (Sydney Lockhart) is leaving show business to marry Robert Martin (Tristan Baird). Feldzieg (Trent Brownlee), Vandergraff's manager, tries to stop the wedding. Through a strange series of events, he is unsuccessful but ends up getting married himself in a quadruple wedding to Kitty (Serena Derksen) with Vandergraff and Feldzieg and Mrs. Tottendale (Cassidy Formaniuk) and Underling (Cole Short) and the Drowsy Chaperone (Jensen Budd) and Aldolpho (Donnie McIntyre).



TRIBUNE PHOTOS BY JO-ANNE PROCTER



ParticipACTION 150: Snowmobiling

By Natasha Tersigni

As part of my ongoing work as a Reservist with the Canadian Armed Forces, I was able to participate in Exercise ARCTIC BISON 2017 in February. The week-long exercise based in Gimli saw members of 38 Canadian Brigade Group's (38 CBG) Arctic Response Company Group (ARCG) train in austere winter environments in order to prepare to respond to a domestic situation in Canada's North. This year, the exercise consisted of soldiers travelling via snowmobile across Lake Winnipeg from Gimli to Berens Island to a notional civilian aircraft "crash

site." In the scenario, soldiers deployed to the "crash site," a 600-km round trip from Gimli, to assist government officials with their investigation and consequence management of the crash. As part of my work with 38 CBG Public Affairs, I was tasked to write articles, shoot and produce videos and take pictures of the soldiers on the exercise. My week included a flight on a Twin Otter Airplane, a trip to Hecla Island and a ride on snowmobile (or what the military calls a Light Over Snow Vehicle), which means I was able to cross #115 Snowmobiling off of my ParticipACTION 150 list.



Tribune reporter Natasha Tersigni crossed off #115 Snowmobiling from her ParticipACTION 150 list. TRIBUNE PHOTO BY JEAN ARCHAMBAULT

Organizers deem Ride for Scott, HD500 a success

By Lindsey Enns

Despite mild winter weather putting a stop to the snowmobile portion of this year's Ride for Scott and the HD500, organizers say each event was a success.

"What the weather proved this year is that everyone who has been a part of this thing for the past few years, they realize that the main focus is to raise money for a couple of great causes," said Brett Mitchell of Selkirk who is also the organizer behind the HD500, which helps raise funds for Huntington's disease care and research. "They know about the main reason why this is all happening and they want to be a part of that main reason."

This year's HD500 event, which was held in Bird Lake on Feb. 24-25, raised nearly \$15,000 for the Huntington's Society of Manitoba.

Mitchell said the annual event is held in honour of his father, Lloyd, who worked for Bombardier for about 20 years and died from Huntington's disease in 2009.

Huntington's disease is an inherited brain disorder that causes cells in parts of the brain to die.

As the brain cells die, a person with Huntington's becomes less able to control movements, recall events, make decisions and control emotions.

The disease leads to incapacitation and eventually death generally due to other health complications.

Along with Steeltown Ford in Selkirk, Progressive Waste Solutions was this year's event sponsor.

"Even though the conditions were not great for sledding, we still had a great time and the camaraderie that

we have and the group that we have it's a lot of fun," said Kris Sutherland of Progressive Waste Solutions.

This year's Ride for Scott, held on Feb. 17-18 and organized by Jason Sargent of Steeltown Ford, was held in conjunction with a Steeltown Ford event at Hecla Island Provincial Park and helped raise nearly \$20,000.

Sargent, along with his family and friends take part in the event each year in honour of Sargent's late brother, Scott, who died in a snowmobile accident in 2004.

Over the years the event has raised almost \$220,000 for Scott's Memorial Fund, which goes to the Children's Rehabilitation Foundation to support children living with disabilities in Birds Hill, Selkirk and surrounding areas.

"There's more to it than just doing the ride," said Sar-

gent, who also took part in this year's HD500. "There's raising money, there's the memory of my brother, there's the camaraderie ... my brother's favourite thing was just to snowmobile so there's just so many things about it."

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A memorable night in Stonewall for hockey fans

Canadiens Alumni team crush Kinsmen in charity match

By Natasha Tersigni

Retirement for the Montreal Canadiens Alumni has not hampered their on-ice skills.

Last Thursday in a charity hockey game against the Kinsmen Krushers at Stonewall's Veteran's Memorial Sports Complex, the retired Canadiens players took the Krushers to task beating them 7 to 4.

Despite back up from the Stonewall Blues Atoms boys team late in the second period, the Krushers were unable to come back on the score board.

With Richard Sevigny in net, the Alumni had a strong performance by players Oleg Petrov, Keith Action, Norman Dupont, Gilbert Delorme, Stephane Richer, Arron Asham, Jocelyn Lemieux and Patrice Brisebois. Having never worn a Habs jersey during his 18 season NHL career, former Edmonton Oiler Kelly Buchberger stuck to his blue and orange jersey and racked up four goals for the Alumni.

The final did not include the real winner of the fundraiser game, which was the community. With approximately 650 tickets sold, the game hosted by the Stonewall Kinsmen in support of their Splash Pad project brought in \$10,000.

"It was a great event and a ton of fun; all the smiling faces in the crowd made it worth it. It truly was a night to



TRIBUNE PHOTOS BY NATASHA TERSIGNI

A friendly match between the Montreal Canadiens Alumni team and Kinsmen Krushers for a community splash pad. The Canadiens beat the Krushers 7-4.



Montreal Canadiens alumni player Aaron Asham, left, lines up against Kinsmen Krusher Kevin Beresford for the ceremonial faceoff. Dropping the puck is Stonewall Kinsmen President Chad Sheppard.



The Krushers Randy Tesluck gets a good luck kiss from his little one before the game.

remember" said event organizer Kerry Hendry who added the event came together thanks to the community effort and response from the local busi-

nesses and residents.

"The game really helped to raise the profile of our splash pad project. We are hoping to raise the full \$160,000

and this game really gave us that boost and helped to get the word out there about what we are trying to do in the community," said Hendry.



Stonewall native Rob Martell, right, is a retired NHL referee and officiated the game.



Canadiens Gilbert Delrome leads the Stonewall Blues Atom boys team on the ice with five minutes left in the second period. The boys team was reinforcements for the Krushers providing a much-needed break for the team that was trailing the Canadiens.



A few unorthodox shenanigans took place during the Atoms play, including Jocelyn Lemieux taking a few players off the ice.



Following the game, fans had their Montreal Canadiens memorabilia autographed by alumni player Gilbert Delrome.



Tyler Bakos was the lucky winner of the autographed Montreal Canadiens jersey.



Sheena and William Westwater won the 50/50.

Fans receive the full Montreal Canadiens experience



By Natasha Tersigni

Since growing up as a boy in rural Manitoba, Saturday nights for Barry Gosnell have been reserved for watching his favourite NHL team take to the ice. Barry's love for both hockey and the Montreal Canadiens was formed in his youth when he watched the Habs in the Original Six NHL league. As he remains a devoted Habs fan, he now shares his passion for his team and game with his grandson Evan.

Prior to faceoff last Thursday night at the Montreal Canadiens alumni game in Stonewall, VIP ticket holders were

treated to the full Montreal Canadiens fan experience during the pre-game reception held at the Sunova Curling Club Lounge. That is where Barry was able to introduce Evan to some of his favourite retired Montreal players.

"I have been a Canadiens fan since I was 12 years old, so for over 60 years," said Gosnell, who added that his love for the team happened by accident and grew into a passion.

"When I was 10 years old, we were just getting television, so I was at my friend's place and he and his dad were big Toronto Maple Leafs Fans.

They happened to play Montreal, so I decided to cheer for them and it just stuck. I grew up watching and cheering for legends like Rocket Richard and Elmer Lach," said Gosnell.

As game time approached, Gosnell was preparing to share in another special moment with his grandson.

"I have met some of these players before and have seen both the full Canadiens team play and the alumni team. It is exciting to see, but I am really happy to be able to bring my grandson. He was able to get his Habs jersey signed by all the alumni players," said Gosnell, introduced Evan to his favourite Montreal player on the

alumni team, Yvon Lambert. Now a coach for the alumni team, Lambert played nine seasons for the Canadiens and won four consecutive Stanley Cups with the Habs from 1976 to 1979.

Gosnell and his grandson were not the only Habs fans to rekindle their love for their team Thursday evening.

The VIP reception was filled with long-time fans meeting Habs alumni. Stony Mountain resident Todd Jensen introduced his two daughters to Grosse Isle resident and retired Canadiens Chuck Lefley. Fans of all ages had the opportunity to meet players that they spent many a Saturday night watching.



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Winnipegger Alain Landry had his Montreal Forum arena seat signed by Stephane Richer. The former arena was home to the Canadiens from 1926 to 1996.



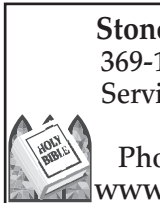
During the VIP Reception, diehard Montreal Canadiens fan Barry Gosnell and his grandson Evan met one of his all-time favourite alumni players, Yvon Lambert. Pictured left to right: Lambert, Canadiens alumni Stephane Richer, Evan and Barry Gosnell.

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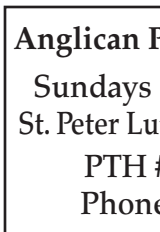
> FAITH



Teulon United Church
11:15 a.m. Teulon
Phone 886-2382
teulonpastoralcharge@mymts.net



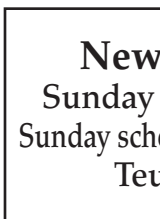
Stonewall United Church
369-1st Ave. N., Stonewall
Service and Sunday School
Sundays 10 a.m.
Phone 467-5469 (office)
www.stonewallunited.ca



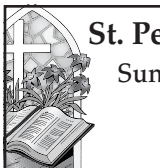
Anglican Parish of St. Cyprian
Sundays at 10:00 am at
St. Peter Lutheran Church
PTH #7, Teulon
Phone 886-3203



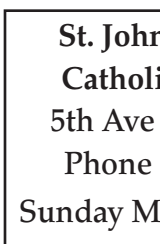
**Interlake Full
Gospel Assembly**
Teulon
Sundays at 11:00 am
Phone 886-2680



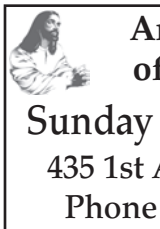
New Life Church
Sunday Service 10:30 a.m.
Sunday school for all ages 9:30 a.m.
Teulon 886-3269




St. Peter Lutheran Church
Sunday Service - 10:00 am
PTH #7, Teulon
886-2159



**St. John Vianney
Catholic Church**
5th Ave SE Teulon
Phone 467-9016
Sunday Mass 11:30 am



**Anglican Church
of the Ascension**
Sunday Service 10:15 am
435 1st Ave. N., Stonewall
Phone 467-8466 (office)




**Grosse Isle and Rosser United
Church Services**
Rosser Sunday 9:45 am

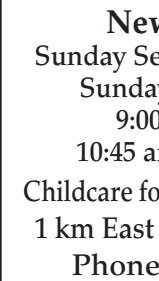
Lilyfield United Church
Rd. 68 & Sturgeon Rd.
Service 9:30 a.m.
Phone 344-5426




**Alive!
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Sunday Worship 10:30 a.m. at
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United Church Services**
Joint Services
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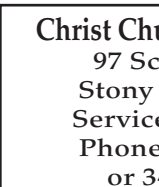
New Life Church
Sunday Service 9:00 & 10:45 a.m.
Sunday Morning Classes
9:00 a.m. - All Ages
10:45 am - Nursery - Gr. 4
Childcare for Nursery School to Gr. 4
1 km East on Hwy 67, Stonewall
Phone 467-5529 (office)




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Sundays
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Woodlands
Phone 383-5372



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Church**
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Sunday School 10:30 am
Youth Nights - Sundays 6 pm
Thursday Bible Study
& Kids Club 7 pm
308 2nd Ave. N., Stonewall
Phone: 467-9797



Christ Church Anglican
97 School Rd,
Stony Mountain
Service 10:15 am
Phone 489-4847
or 344-5220



**Christ the King
Catholic Church**
Sunday Mass 10:00 a.m.
315-2nd St. E., Stonewall
Phone 467-9016

Pilgrim's Progress: Life as Journey

The years of our life pass smoothly by, each one seeming shorter than the last. We are on a journey from youth to age, from the cradle to the grave. In his dream-like poem, *The Lotus Eaters*, Alfred Tennyson describes a sense of weary resignation, one option we might take, in face of the passing years:

"Let us alone. Time driveth onward fast,
And in a little while our lips are dumb.
Let us alone. What is it that will last?
All things are taken from us, and become
Portions and parcels of the dreadful past."

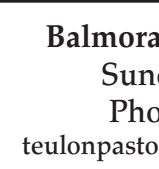
Through eyes of faith, the passing of the years looks somewhat different. We believe our journey is going somewhere: instead of simply terminating with death (full stop, finis), we will emerge into the life of heaven (welcome, transition into God's presence.) We are pilgrims, like Abraham, moving toward the land of promise. Like St Paul, we try to deal with the problems and setbacks along the way, with the help of the Lord. And in the end, if we are faithful, we will share the total joy of joining Christ in glory, as the reward of life's pilgrimage.

In our many journeys today (the age of mobility) we tend to move around a lot, without showing much signs of spiritual progress; indeed, in that respect we often appear to be going backwards. Our goals and desires are short-term, narrow, superficial. Moved by a restless urge for money, for celebrity, novelty, success and pleasure, we go round in rapid circles. But the pilgrims' sights are set on a higher destination, and like Martin Luther King they can say: "I have a dream" However far-off and hard to reach this dream may be, it is worth more than all the short-term desires we follow. Each step on the journey takes on meaning in light of the goal God sets before us.


Our whole life can be made a pilgrimage towards God. Just as he called Abraham, so he calls each of us to be his own. His call to us is quiet but insistent. Not exactly in the form of: "leave your country and your father's house," but "leave your old ways, the pride and selfishness, the hardness of heart, the angry temper, the envy and the falsehood. And go to the land I shall show" The direction of our pilgrimage is not geographical but moral: "Go towards charity, sharing in truth and prayer and good-will. Go in the way of the gospel. Go to God."

Having God's command, and submitting entirely to it, made Abraham the first great pilgrim. Henceforth all his activity took on the value of obedience to God; he was on the high road towards Yahweh, the living God. The same spirit will give the deepest meaning to our lives too. Far from being absurd or useless, the pilgrim's efforts to follow the gospel of Christ are full of meaning. Progress along this way is the real formula for peace of mind. Augustine said it profoundly: "You have made us for Yourself, O Lord; and our hearts can never be at rest, until they rest in You."

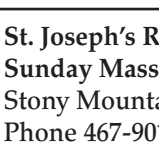
Fr. James deBeer
Christ the King Church



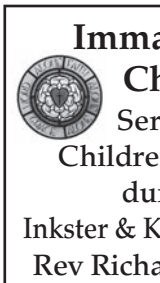
Balmoral United Church
Sundays 9:30 am
Phone 886-2382
teulonpastoralcharge@mymts.net




**Stony Mountain
United Church**
12 Main St., Stony
Mountain
Phone 344-5426



St. Joseph's Roman Catholic Church
Sunday Mass 8:30 am
Stony Mountain
Phone 467-9016



**Immanuel Lutheran
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Service 10:30 am
Childrens Sunday School
during Worship
Inkster & King Edward, Winnipeg
Rev Richard Beinert 632-6911



**Church of the
Annunciation**
Woodlands
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12:00 noon

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Wildcats win silver at JV girls 'A/AA' provincials

By Brian Bowman

The Warren Collegiate Wildcats won a silver medal at the MHSAA "A/AA" junior varsity girls' provincial basketball championship in Winnipeg.

Warren earned the silver after losing 54-37 to Roblin's Goose Lake in the gold-medal game Saturday.

"The coaching staff is very proud of how the girls played," said Wildcats' co-coach Matt Scrutton. "I was really impressed with how they worked for it."

Goose Lake used its size and tenacious defence to stifle Warren's offensive attack. The Angels led by 12 at the half and increased that lead with a nice run in the second half.

"They played their half-court defence exceptionally well," Scrutton said. "And they had size underneath that we couldn't match."

Grace Goodman was named Warren's player of the game in the final.

Warren reached the championship game after a solid 43-29 semifinal victory over the Immanuel Christian Falcons.

"We played really well," Scrutton said. "We played good defence but we weren't hitting our shots the way that we are capable of. But they played really (well) and the whole team came together."



TRIBUNE PHOTOS BY LANA MEIER

The Wildcats' Grace Goodman, left photo, and Jordan Schott were selected as provincial all stars.

Jordan Schott was selected as the Wildcats' player of the game.

Warren started action last Friday with a dominating 77-20 win over the Oscar Lathlin Collegiate Wolverines.

Laura Brad was named Warren's top player of the game. Goodman and Schott were later selected as provincial all stars.

The Teulon Collegiate Saints also

played well at the provincials, winning the consolation championship after defeating Virden Collegiate 41-37.

MacKenzie Garand was named Teulon's top player in the game.

Teulon started the provincials with a 33-23 loss to Immanuel Christian as Jubilee Nichols was picked as the Saints' player of the game.

The Saints rebounded nicely from that loss to defeat Oscar Lathlin 40-23. Jessica McSherry was named Teulon's top player in the win.

In junior varsity boys' action, Warren lost both of its provincial games last weekend. On Friday, the Wildcats were defeated 61-36 by the Treherne Tigers before losing 49-44 to Oscar Lathlin on Saturday.

Lightning play .500 hockey at Bantam rural provincials

By Brian Bowman

The Interlake Lightning finished with a 2-2 record at Hockey Manitoba's Male Bantam "AAA" Rural Provincials last weekend in Stonewall and Warren.

Interlake began action last Friday with an 8-2 loss to the Eastman Selects in Stonewall.

Austin Adair and Cadrick Dueck scored for the Lightning, which trailed 2-1 after the first period and 6-2 after two periods.

Kade Runker (two), Brandon Thiesen, Caiden Gault, Ryan Forster, Cabrel Labossiere, Kyle Melo and Andrew Blocker scored for Eastman.

The next day, Interlake was blanked 10-0 by the Pembina Valley Hawks.

Michael Hlady (two), Riley Goertzen (two), Brett McDonald, Andrew Vasko, Daniel Isaak, Andrew Boucher, Cody Clark and Derek Wiebe scored for

Pembina Valley.

The Lightning had a better result later Saturday as they edged the Norman Wolves 3-2.

Colby Bear, Nathaniel Murdock and Lyle Murdock scored for the Interlake. Chase Bertholet and Cody Hale replied for Norman.

On Sunday, Interlake outscored the Parkland Rangers 8-5 in Warren. The Lightning, which trailed 2-0 after the first period, scored three times in the second and then added five more in the third.

Cody McMillan (two), Bear, Ashton Charison, Rhett Woods, Hunter Warman, Carter Bateman and Lyle Murdock scored for the Lightning.

Chris Fines was in goal for the Lightning in the two victories.

Pembina Valley won the provincial championship after edging Eastman 3-2 on Sunday.



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Lightning's Hunter Warman protects the puck against an Eastman player as he drives to the net during Friday's game at the Bantam 'AAA' Rural Provincials.

Interlake Novice 'C' champs Provincial bronze medallists



TRIBUNE PHOTO BY SANDI SWANSON

The Stony Mountain Flames won both of the 2016-2017 Interlake Minor Hockey Novice "C" South Division and Regional banners. The Flames defeated Warren Novice Green 8-1 and 3-0 and Teulon Novice White 9-3 to win the south banner. Stony Mountain then swept Riverton 7-6 and 6-5 in a best-of-three series to win the region.

Pictured back row, left to right: Devin Lillies, Ryder Clare, Connor Phillips, Sofia Di Nicola, Scarlett Dowsett, Liam Connolly; front row: Ryder Bueckert, Adria Vandersteen, Riley Swanson, Lacie Daun, Carter Holliday and Mason Rainkie. Missing from photo: coaches Clint Vandersteen, Kirt Swanson, Jamie Dowsett and TJ Phillips.



TRIBUNE PHOTO SUBMITTED

The Stonewall Blues returned home from Flin Flon last weekend with bronze medals after defeating Thompson 6-4 at Hockey Manitoba's PeeWee Rural 12A1 provincials. Stonewall beat Brandon 3-1 and Portage 3-0 before losing 7-4 to MacDonald. MacDonald later defeated Morden 6-2 to win the gold medal. Pictured back row, left to right: Dan Becker (assistant coach), Mitchell Bourque, Max McIvor, Kael Brown, Nic LeClair, Carter Boughton, Brody Kopys, Bryce Meyers, Darrell Sobkow (coach), Chad Nesbitt (assistant coach); front row, Holden Fotty, Ethan Rogowsky, Dray Sobkow, Brady Becker, Kayden Love, Carter Nesbitt and Conner Crosby.

Ice Dawgs up 2-0 on Storm in weekend action

By Brian Bowman

It wasn't exactly how a team would want to play playoff hockey, but like the ol' saying goes – a win is a win.

The Arborg Ice Dawgs scored seven third-period goals on their way to a wild 10-8 home victory over the OCN Storm in their KJHL best-of-seven semifinal series last Sunday.

"It was quite the finish," said Ice Dawgs' head coach Cody Didychuk. "Obviously, you would like the goals against to be lower but our guys showed a lot of resolve."

Spencer Kilbrei and Travis Kilbrei scored first-period goals for Arborg, sandwiched around tallies from OCN's Jared McGillvary and Tony Apetagon.

The Storm went up 4-2 early in the middle on goals from Camacho Lathlin and Aavory Wilkie. But Clint Torfason then cut the lead to a goal at 11:49 of the second period.

Then things got weird in the third – really weird.

The Ice Dawgs trailed 7-5 late in the final period before exploding for five goals in a 3:21 span.

"It seemed like one shift after the other (the goals) kept going in for us," Didychuk said. "I told

the guys that it's easy to get down when you're down two goals (with five minute to play), but they stuck with it."

Stonewall's Corbin Pasternak and Byron Gard, Derric Gulay (shorthanded), Jordan Kristjanson, Cal Finnson, Colton Davies and Karson Collins scored for Arborg in the third.

Pasternak and Gard are two of five local players on the Ice Dawgs' roster. The others include Clayton Nichols (Stony Mountain), Warren's Brett Goertzen and Teulon's Cole Good.

Harold Linklater, Mitchell Tilley and Michael Markus scored power-play goals for OCN and then Linklater tallied at even strength.

Dylan Ossachuk made 48 saves for the win.

Arborg took a 1-0 series lead after a thrilling 6-5 overtime win on Saturday evening. Josh Wilkenson scored the OT winner.

"We had a long week-and-a-half off (between games), so I think it took us about a period-and-a-half to get back up to game speed," Didychuk said.

Torfason tied the score at 5-5 with just 3:08 remaining in the third period, assisted by Colton Davies.

The teams were tied at 2-2 after the first period and then OCN led 4-3 after 40 minutes.

Davies, Collins, Finnson and Travis Kilbrei scored Arborg's other goals while Lathlin (two), Apetagon (two) and Linklater replied for OCN.

Both teams were 1-for-3 with the man advantage.

Ossachuk made 38 saves for the victory.

Games 3 and 4 will be played this Saturday (7:30 p.m.) and Sunday (2:30 p.m.) in OCN. It won't be an easy trip for Arborg as OCN will be fighting hard to get back into the series.

"We fully expect them to give us their best," Didychuk said. "Their home rink will be loud and rocking, I'm sure. But the game plan stays the same for us."

"It's a different scenario but we have to play the same brand of hockey that has made us successful over the last couple of months."

If necessary, Game 5 of the series will return to Arborg on Tuesday (8:15 p.m.). Game 6 is slated for OCN on March 24 (7:30 p.m.) while a series-deciding seventh game would be played in Arborg on March 26 (2 p.m.).

MMJHL players of the month announced

Staff

The Manitoba Major Junior Hockey League recently announced its award winners for February.

St. Boniface Riels' forward Jens Giesbrecht was named the MMJHL's player of the month after scoring four goals and 25 points in just 10 regular-season games.

Giesbrecht, who finished the regular season with 12 goals and 72 points to finish in a tie for second in league scoring, led the Riels to the eighth and final playoff spot.

St. Boniface will play the first-place Charleswood Hawks in a quarter-final series, which began this past Tuesday evening.

Hawks' goaltender Ryan Hall, meanwhile, was named the MMJHL's Goalie of the Month for February. In five games, Hall posted a 4-1 record with a stellar 1.00 goals-against average and .969 save percentage.

The Defenceman of the Month was St. James' Graham Philp. The veteran blueliner had seven goals and 11 points last month.

The Rookie of the Month was Ft. Garry/Ft. Rouge's David MacDonald, who had nine goals and 21 points in 10 games in February.

Jets lead Vics in MMJHL quarter-final series

By Brian Bowman

The Stonewall Jets needed a big third period in their home playoff game against the St. Vital Victorias on Sunday evening.

And they got exactly that as the Jets scored four third-period goals in a 5-2 victory in Game 3 of their MMJHL best-of-seven quarter-final series.

"A seven-game series is a long series in any league but we know we have to keep the puck low on this team," said Jets' co-coach Matt Figur. "Their defence is smaller than most of our forwards, so if we can initiate the cycle and sustain the cycle down low, they can't handle us."

Tied at 1-1 in the third, Stonewall's Stephen MacKenzie and St. Vital's Troy Brown traded goals before the Jets' Eric Swanson scored the game winner at 16:45.

Swanson's goal came just 1:09 after Brown had tied the score at 2-2.

Clay Tait and Branden Meier then added empty-net goals while short-handed.

Stonewall took a 1-0 first-period lead on a goal by Chase Faulkner and then St. Vital's Scott Rowsell scored the only goal of the second.

Hunter Ploszay stopped 25 St. Vital shots for the win. At the other end, Nolan Bray made 47 saves.

The Vics evened the series at a game

apiece after a 4-2 win last Friday in Winnipeg. Bray was very good in goal, making 26 saves.

"He made some TSN Turning Point-style saves," Figur said of the Vics' goalie. "As a coach, you just look down at your game card and say, 'Holy smokes, it's going to be tough to get one past him.'"

Riley Beauchemin scored St. Vital's first two goals of the game and then Kal Kastes tallied the final pair, including the lone goal of the third period.

Devin Muir and Tait scored second-period goals for Stonewall.

The Jets opened the series with a dominating 7-1 home win March 7.

"We came out flying," Figur recalled. "The horn was going, the crowd was into it, and the boys were in it."

Faulkner led Stonewall with three goals and two assists while Muir added a goal and three helpers. The talented pair was very good for the Jets.

Max Smith and Robert Smith chipped in with a goal and an assist apiece while Meier scored just 1:41 into the contest on a nice one-timer.

Ploszay, who has played very well the entire series, made 31 saves for the win. Dylan Stocki scored St. Vital's only goal at 13:28 of the third.

Game 4 of the best-of-seven series was played this past Tuesday in Win-



TRIBUNE PHOTO BY LANA MEIER

The Jets' Branden Meier scored on a nice one-timer to open the scoring in Stonewall's 7-1 home win March 7.

nipeg but no score was available at press time.

Game 5 is set for Friday in Stonewall while a Game 6, if needed, would be played Sunday in Winnipeg.

A series-deciding Game 7 is slated for this Tuesday at VMSC. All the games in the series begin at 7:30 p.m.



Haylee Tretiak

Tretiak, Huskies win back-to-back AUS titles

Staff

Haylee Tretiak and the Saint Mary's Huskies have now won an AUS championship for the second consecutive season.

The Huskies defeated the StFX X-Women 3-2 in triple overtime in the decisive Game 3 of their best-of-three Subway AUS Championship last week.

The game was the second longest AUS game in women's hockey history.

Gemma MacDonald scored the game winner 7:17 into the third overtime. Caitlyn Manning and Nicole Blanche tallied for St. Mary's in regulation time while Jenna MacDonald and Daley Oddy replied for the X-Women.

Tretiak, a senior forward from Teulon,

had a goal and four assists through 24 games this past season. She also collected four penalty minutes and was a plus-six.

Both the X-Women and the Huskies will now represent the AUS at the U-Sports Women's Hockey Championship, beginning today and continuing through until Sunday, at Queens University in Kingston, Ont.



Come out to the Hangar and cheer on the 2016 MMJHL League Champions - Your Stonewall Jets

PLAY OFFS

QUARTER FINALS

**GAME 5 - Friday, Mar. 17 -
Stonewall Jets vs St. Vital Victorias 7:30pm @ VMSC**

IF NEEDED

GAME 6 - Sunday, Mar. 19 - 7:30pm @ St. Vital Centennial Arena

GAME 7 - Tuesday, Mar. 21 - 7:30pm @VMSC



www.stonewalljets.net

Hawks end Mercs' season with controversial OT goal

By Brian Bowman

There are now two local South Eastern Manitoba Hockey League teams cursing the Notre Dame Hawks.

Notre Dame reached the SEMHL finals after dispatching the Warren Mercs in six games of their best-of-seven semifinal series.

The Hawks won Game 6, edging the Mercs 3-2 in overtime in Warren last Thursday. The entire series was an exciting one.

"All of the games in the series were good," said Mercs' head coach Gerry Minaker. "All but one was decided by a goal, so both teams matched up pretty well."

Jason Yuel scored the game winner just 31 seconds into OT. But Warren vehemently contested the goal — feeling strongly that the net was off its moorings — to no avail.

"They won a puck battle in the corner and got the puck out front and there was some traffic there," Minaker recalled. "The net was off and they shot it in and it was a goal."

Warren's Matt Jacobucci and Yuel traded goals 1:35 apart late in the first period. After a scoreless second, Cliff Ketchen gave the Mercs a 2-1 lead with a power-play goal at 6:10 of the third.

Notre Dame's Brody Chabbert then tied the score again 6:38 later.

The Mercs staved off elimination with a hard-fought 4-3 road win

March 8.

"I was really proud of the guys because we went there with a short bench," Minaker said. "We had some guys away because we had to reschedule (the game) because of a storm. We were missing a few key guys but they battled through it and came up with a big win."

Brenden Luschinski scored his second goal of the game with just 30 seconds remaining in the third period.

"That was the first time in the series that we felt a bounce went our way," Minaker said. "They always seemed to get the little bounces. They won Game 1 with just 12 seconds left and we had a couple of goals called back in that game."

Notre Dame's Steve Clark scored the only goal of the first period and then the Hawks went up 2-0 as Chabbert tallied on the power play midway in the second period.

But Warren came back with goals from Reid McLeod and Brenden Luschinski before the second period ended to tie the score at 2-2.

Mercs' veteran forward Wes Pawluk then gave the visitors their first lead of the game at 5:30 of the third before Clark knotted the score at 3-3 midway in the final period.

McLeod and Dylan Hykawy each had two assists in the game.

Travis Bosch earned the win in goal. Minaker felt this past season was a



TRIBUNE PHOTO JO-ANNE PROCTER

The Mercs' Wes Pawluk scored the third goal in Game 5. Warren won 4-3 but then lost Game 6 at home in overtime last Thursday ending their semifinal series.

real good one for the Mercs considering they had a fairly significant turnover of players from a year ago.

"It was a bit of a transition year for us," Minaker noted. "We had to find some new faces and that's the thing with senior hockey. You always have a few guys that pack it in each year and a few new faces come along."

"And I think we stabilized a few positions with goaltending and we got a couple of good defencemen in Hykawy and Jacobucci."

In the other SEMHL semifinal series, Portage and Carman were tied at three games apiece heading into last Saturday's Game 7.

Stonewall ladies bonspiel champions



TRIBUNE PHOTOS BY NANCY DRAD

The Stonewall Curling Club hosted 22 teams at their annual ladies bonspiel last weekend. In the first event, Christine Mackay's rink defeated Jackie Dewer. Brenda Woods beat Leah Hawryluk in the second event while Tracy Konzelman downed Laurie Deprez to win the third event. Pictured left, left to right: Kristy Watling (skip), Christine Mackay (third); Taylor Maida (second), and Katrina Thiessen (lead). Middle photo: Nicki Wilson (skip), Brenda Woods (second), Ann Melnichuk (lead) and Hayley Minnie (third). Missing from the team photo is Liz Wilson. Right photo: Tracy Konzelman (skip), Nicole Derkach (third), Tara Bergner (second) and Leah Adams (lead).

Interlake competes at Rural Bantam 'AAA' Female Provincials

By Brian Bowman

The Interlake Ice finished with a 1-1-1 record at Hockey Manitoba's Rural Bantam "AAA" Female Provincials last weekend in Garson.

Interlake started the provincials with a 2-2 tie with the Westman South Wildcats last Friday.

Brenna Barylski scored once for the Ice in the first period and then added a third-period goal. Shayla Scraba and Caroline Caswell replied with third-period goals for Westman.

On Saturday, Interlake took a 2-0 first-period lead before losing 5-2 to the Central Plains Capitals.

Emma Pool and Ellen Marshall scored for the Ice. Maddy Fines and Zoe Zaretsky assisted on Marshall's goal.

Ashley Lamblez and Rhiannon Ice scored second-period goals for the Capitals and then Melayna Drozd added a natural hat trick in the third.

Interlake wrapped up play Sunday with a 1-0 win over the Norman Wolves. Barylski scored the lone goal in the third period.

Jaylynn Miller posted the shutout.

Provincial Midget champs



TRIBUNE PHOTO BY ANDREA HANCOX

The Teulon/Arborg Tigers won the Hockey Manitoba Midget Rural 'B/C' banner this past weekend in Winnipegosis. The Tigers started the weekend with a 16-2 win over Swan Lake on Friday but then lost 3-0 to Cranberry Portage later that day. Teulon/Arborg then defeated Winnipegosis 10-0 Saturday and MacGregor 4-3 Sunday before beating Grunthal 3-1 in the championship game. Pictured back row, left to right: Colton Murray (assistant coach), Logan Sigvaldason, Josh Roche, Tristan Hudson, Jesse Hancox, Braydon Gislason, Derek Harasymko, Thomas James-Davies, Wesley Campbell, John Anslow, Dominique Griffin-Eros, Dwayne Dueck, Daryl Gislason (coach); front row: Addison Farrington, Jayden Roche, Cole Good, Bret Huta, Carter Kiel and Brody O'Neill.

Banner win for Tigers Interlake Novice 'A' champs



TRIBUNE PHOTO BY LANA MEIER

The Teulon Tigers swept Warren Green 6-2 and 3-2 in their best-of-three series to win the Interlake Minor Hockey Atom 'B' south banner. Teulon played Game 1 for the Regional banner Monday in Fairford with Game 2 scheduled for this Saturday in Teulon at 3 p.m. Pictured left to right: coaches Dave Borlase, Jesse Grose, Dale Lussier, head coach Joe McDonnell; back row: Lucas Wilton, Tyler Chartrand, Kirby Campbell, Tristen Stefishen, Tate Lussier, Rowan Waluk; front row: Sam Lowe, Haylen Morrisette, Tommy Borlase, Bradley Kemkaran, Jaxson Grose and Logan Morin. Missing from the photo: Kaedyn Harasymko-Ledarnay.



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Stonewall Blues Novice 4 team finished their season with 12 wins and two losses. In the playoffs, the Blues defeated the Stonewall Novice 3 team 9-2 and 5-1 and Teulon Black 5-4 and 7-1 to win the Interlake Minor Hockey Novice 'A' banner.

Pictured back row, left to right: Shawn Rempel (assistant coach), Shawn Slatcher (head coach) and Mike Meier (assistant coach); middle row: Preston Grandmont, Landyn Rempel, Max Johnson, Jarek Grantham, Zander Bassett, Brody Slatcher, Lucas Appleyard; front row: Ethan Coutu, Myles Murray, Reis Meier, Nicolas Turner and Lucas Abraham. Missing is Bill Abraham (assistant coach).

Classifieds

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MISCELLANEOUS

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UPCOMING EVENTS

St. Patrick's Day Supper at Lilyfield Church Hall on Thursday, March 16, 5-7 p.m. Beef or Chicken Stew with extras. Adults \$10; 6 - 10 years \$5; under 5 free. Hosted by Lilyfield Church Women. Info 204-633-2238 or 204-633-2067.

Meadow Lea Community Centre presents a Tribute to the Legends: Johnny Cash & June Carter, Patsy Cline, Elvis. Saturday, March 25. Dinner 6 p.m. and show 7:30 p.m. Call Bruce 204-375-6601 for tickets.

HAVE A NEWS TIP? CALL 204-467-5836

HEALTH

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

Canada Benefit Group - Attention Manitoba residents: do you or someone you know suffer from a disability? Get up to \$40,000 from the Canadian Government. Toll-free 1-888-511-2250 or www.canadabenefit.ca/free-assessment

FARM PRODUCE

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

LIVESTOCK

Charolais yearling bulls for sale. Good prices. Good birth weights. Call John at 204-383-0308.

Polled Salers bulls on farm & at MB Test Station. BW from 77 lbs. Strong growth and maternal milk traits. Semen tested, guaranteed. Can deliver. Ken 204-762-5512.

HAY

Small square bales. Alfalfa, Courtney grass. Leave message 204-482-5101.

Round hard core bales of alfalfa, brome & timothy. Horse & cattle hay avail. Ph 204-467-5078 or 204-461-0722.

HAY

50 large round grass hay bales. Small percentage alfalfa. 1250 lb. average. Net wrapped & no rain. \$40/bale. Balmoral. Ph 204-461-3464.

Wanted to rent hay land. Call John at 204-383-0308.

Don't forget to put in a message for your loved ones

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Meeting Notice:

RM of Woodlands Community Development Corporation

Annual General Meeting

7:00 PM Thursday, March 16, 2017

Lake Francis Community Hall

Everyone Welcome - Come Learn About the Projects the CDC is Working On!

The RM of Woodlands Community Development Corporation's mission is to provide strategic leadership and support for sustainable economic development in order to retain and employ our youth, enhance community services, amenities and pride, and to facilitate on-going growth in population, business and economic activity to the benefit of current and future residents of the municipality.

EMPLOYMENT OPPORTUNITY

Equipment Operator/General Labourer

Successful applicant will need the ability to work independently and as a team player, be self motivated and have a class 5 license. Previous experience operating equipment an asset but training provided.

Submit resume to OTR Recycling, 204-768-3766 Box 660, Ashern, MB ROC OEO office@otr-recycling.com

Seasonal Employment Opportunities

Stonewall Quarry Park is currently accepting resumes for the following seasonal employment opportunities:

- Gate Attendants
- Concession workers
- Groundskeepers
- Lifeguards
- Swim Instructors
- Janitorial workers
- Bartenders/Banquet Servers



Send resumes to:
Stonewall Quarry Park
166 Main Street
Stonewall, MB
Email: stoneqp@stonewall.ca
Fax: 204 467-7985
Attention: C. Precourt

Deadline for applications: March 24, 2017

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



THE RURAL MUNICIPALITY OF ROCKWOOD PUBLIC NOTICE

The Rural Municipality of Rockwood hereby gives notice that the date(s) of the following Regular Meeting of Council has been changed:

1. From: Wednesday, April 12, 2017 starting at 9:00 a.m.
To: Wednesday, April 5, 2017 starting at 9:00 a.m.

And

2. From: Wednesday, May 10, 2017 starting at 9:00 a.m.
To: Wednesday, May 3, 2017 starting at 9:00 a.m.

Council, Rural Municipality of Rockwood



THE RURAL MUNICIPALITY OF ROCKWOOD 2017 SUPPLY OF LIMESTONE AGGREGATES

INVITATION FOR PROPOSAL

2017 PROPOSAL FOR THE SUPPLY OF LIMESTONE PRODUCTS IN THE RM OF ROCKWOOD

The Rural Municipality of Rockwood is accepting proposals for the supply of approximately 30,000 tonnes of limestone aggregates, to be deposited on Municipal roads throughout the RM of Rockwood.

The successful applicant agrees to sign a two (2) year agreement with an additional two (2) year optional extension (based on both parties accepting).

Proposal Close: 1:00 pm local time, on Tuesday, March 21, 2017

Detailed Proposal packages complete with specifications are available to interested bidders on the RM of Rockwood Website or at the Municipal Office, between the hours of 8:30 am to 4:30 pm, Monday to Friday. Any questions or concerns can be directed to:

Ian Tesarski, C.E.T., Director of Operations
285 Main St., Box 902, Stonewall, MB, ROC 2Z0
ian.tesarski@rockwood.ca www.rockwood.ca
Phone: 1-204-467-2272

TEE M JAY FARMS 13th Annual CHAROLAIS BULL SALE

Saturday, March 25th
1:00 p.m. at Ashern Auction Mart
Selling 28 yearling Charolais Bulls



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Announcements

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ANNOUNCEMENT

CARDS OF THANKS

A big thank you to family and friends who attended my surprise birthday at Minerva Hall on March 4th; to the Ukrainian dancers (Josie, Lilah, Lucas, Samantha, Darlene, Kim, Josh, Mark and Bryson); to Jackie for organizing and decorating; to Janet for serving the scrumptious lunch; and for the cards and gifts. You all did a fabulous job!

-LOL Mom, Baba,
Bernice Shurek

ANNOUNCEMENT

CARDS OF THANKS

The Inwood Sports Club would like to send a huge "Thank You" to all the people who have donated to the "Go Fund Me" website, both online and offline donations. We would also like to thank everyone who was involved in the Ball Hockey Tournament, players, spectators, silent auction donators and volunteers. The proceeds from both events will help with the many projects at hand and to help keep the rink operating for all to enjoy.

-The Inwood Sports Club

ANNOUNCEMENT

IN MEMORIAM



Pazdziarski, Mary
(nee Maksymyk)
June 25, 1928-March 21, 2016
"Forget Me Not"

What we would not give to clasp your hand
Your patient face to see
To hear your voice, to see your smile
As in the days that used to be
But some sweet day we'll meet again
And clasp each other's hand once more
In our hearts your memory lingers
Tender, fond and true
There is not a day, dear mother
That we do not think of you
We hold you tightly within our hearts
And there you will remain

-Loved always and forever....
your children

ANNOUNCEMENT

IN MEMORIAM



In Memory
Joan Sinclair
September 10, 1937 – March 19, 2016
Our dearest Mom, Grandma
and Great-Grammies Joan

March will always come with deep regret,
One long and lonely year has passed since we
lost our Dearest Mom, Grandma and Great-
Grammies Joan,
We remember her every day for kind and
loving years,
And we find it hard to hold back all our loving
tears.
She lives on in the many wonderful family and
friends she touched,
As she was loved by all of us so very much.
A caring and nurturing Mom, Grandma and
Great-Grammies, through and through.
Remembering her is easy, we do it every day;
But there's an ache within our hearts that will
never go away.
Our family chain is broken, and nothing seems
the same.
Loving and kind in all her ways,
Laughing, loving and dancing to the end of
her days.
Sincere and true, in her heart and mind,
Beautiful memories, she left us behind.
In our hearts her memory lingers, always
tender, fond and true,
There's not a day, our Dearest Mom, Grandma
and Great-Grammies, we do not think of you.

-Always loved and remembered by all of us
every day,
Donna and Brad Mann, Jason, Nicole, JJ
and Austen Mann, Laura, Ian, James and
Connor Billingham, Kaitlyn, Scott, Easton
and Ava Yurick; Doug and Leanne Sinclair,
Jennifer, Tounde, Najlae and Zakariah,
Osseni, Jacqueline, Paul and Landon Fardoe,
Charlene, Michael and Hailey Stetch; Wendy
and Curtis Maxwell, Richard Maxwell (Gill),
Kristen, Lindi, Kaylee, Kendra and Lincoln
Erickson; Dave and Trish Sinclair, Brianna
Sinclair, John and Jordan Hardwick

ANNOUNCEMENT

IN MEMORIAM



Zylpha Eugenia (Cook) Swan
Passed away
March 16, 2016

Missing you always Mum

-Love,
Bill, Pat and Chris

ANNOUNCEMENT

IN MEMORIAM



Jean Minaker
December 17, 1921 – March 20, 2009

Loving and kind in all her ways,
Upright and just to the end of her days.
Sincere and true, in her heart and mind,
Beautiful memories she left behind.
-Always remembered and loved by your family

ANNOUNCEMENT

IN MEMORIAM



This poem is lovingly dedicated to
Clint Inman – March 12, 1992
to **Pete Skihar – March 14, 2003** (pictured above – Pete left, Clint right)
and **Teddy Lehn – April 25, 2012**
They were the best of the best, they were.....

My Cowboy Heros

Their lives began at the opening of dawn's sleepy eyes.
Hearts pounding, muscles blazing, eyes smiling,
With wild anticipation of the day's calling that lay ahead.
They pondered, as their horses' hot breath hung heavily overhead,
Mixed with the sweet pungent smell of sweat-soaked leather.
Their bridles and saddles, not shining and new, but tarnished and worn,
Polished with the timeless blood of their grit and their glory.
How blessed were they, tall and strong, young and beautiful.
They feared nothing as they rode majestically into the sun.
Their dreams had long been carved – in the freedom of the wind.
As little boys they knew where their hearts would live and soar –
On the great Canadian prairies where the cattle lazed and grazed,
Where land met sky, where day bled into star-laden ink-black nights.
The days ran too quickly by – when they were young and mighty.
Days filled with roping and riding, with gathering and guiding.
The prairie landscape flecked with the red and white of Herefords,
With cream-colored Charolais and the shadowy figures of Black Angus.
They rode tall and feared nothing as they rode majestically into the sun.
I looked up to see all three of them, riding high above my head and into the treetops.
I marveled at their oneness with their hallowed horses and heavenly horizon.
I gazed at them in whispered wonder at their silken effortless feats –
The grueling work that cowboys who are born to be cowboys love to do –
From sun to sun – the branding and the barbed wire, the calving and the doctoring,
The haying and the hammering, the sorting and standing ghostly sentinel over the herd.
And from sun to sun – they rode together as friends, as brothers, as cowboys.
There was laughter and reverie, many songs to be sung, and there was love.
These, my cowboy heroes – They feared nothing as they rode majestically into the sun.

-By Arlene Skihar

Announcements

Stonewall Teulon
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OBITUARY



Elaine Barron

It is with great sadness that we announce the sudden passing of our Mom, Elaine Barron at the age of 74. Mom passed suddenly, but peacefully at the Stonewall Hospital on March 7, 2017.

Mom was predeceased by her parents, Joseph (Eli) and Myrtle Barron of Balmoral, Mb. She leaves to mourn her passing her daughter Stacey (Korey) Klippenstein; granddaughter Katrina; her sister Connie (Garry) Mayer; her brother Morley Barron; and nieces Colleen (Cory) Mayer, Candice (John) Lion and Tamara Barron, as well as many cousins and friends.

Mom was born in Winnipeg, but was raised in Fisherton until nine years old, then the family moved to Winnipeg. She enjoyed life in the country, and was an active horse rider and founder of the Fisherton Rodeo Club. She had a great love of all animals, especially Siamese cats, and shared her life with several.

Mom loved to travel and lived in Vancouver, BC for several years as a young woman, before returning home where she married and lived for several years, before coming to Stonewall.

Although Mom struggled with her health from surgeries and treatment for colon cancer, she always strived to be active in her community and with family. Mom enjoyed her family immensely, especially her little granddaughter. She actively helped take care of her until her health concerns no longer made this possible. She may have taken a less active role in the lives of her family, but she was always interested in what was going on and enjoyed the many photos they sent and visits she received.

Mom will be greatly missed, but is at rest and in peace. She struggles no more and rides the skies on her old friend Misty.

As per Mom's request, cremation has taken place. Interment will take place later this spring at the Fisherton Cemetery, date to be announced later.

Ride the wind,
Ride in fields of flowers with sunny skies and good friends near by.
Ride through the clouds, soft and white,
Then rest your head on the stars at night.
Watch us with love, guide us with care, and wait for us
For some day we too will be there.
And when we are together once more, no sadness or tears will be shared,
Just smiles, laughs and love
Forever more.

MACKENZIE FUNERAL HOME STONEWALL
(204) 467-2525 • info@mackenziefh.com



OBITUARY



Kenneth Russell McDonnell
1927 - 2017

Ken McDonnell, beloved husband for 65 years of Joyce, passed away on Saturday, March 11, 2017. He is survived by his children, Murray (Shelley), Kathryn (Bill), Wendy (Elvin), Lyall (Kathy), and Robert; grandchildren Shayne (Ashley), Drew, Chase (Janie Rose), Adrienne (Darryl), Brittany, Jenna, Barrett (Ashley), Matt (Jackie), Sara (Chris), Leigha (Brett), Abbey and Cole, and their mother Nicole. Also, surviving him are his great-grandchildren, Quinton, Syler, Liam, Keira, Dre, Adalyn, Brody, Jude, Levi, Kaden; his brother Gordon (Gladys); and brothers-in-law, Douglas (Ev) and Malcolm.

He was predeceased by his parents, Robert and Luella; brother John; and granddaughter, April.

Ken was raised in Warren and was active in many local community sports, clubs and organizations for a large part of his life. He belonged to the Warren Army Cadets, was on the executive of the Warren Manitoba Pool, Warren Elementary School Board, Warren and District Lions, and Warren Arena. He coached hockey for 15 years and served as Secretary and President of the Warren Senior Men's hockey team. In addition, Ken was an elder and steward of the Warren United Church and served as a councillor for the RM of Woodlands.

Ken farmed all his life until 1989, when he retired both from farming and driving the school bus. This allowed him the time to follow the many sports and activities of his grandchildren, which kept him on the road and busy for a number of years.

Ken's family would like to thank HomeCare and the staff at Rosewood Lodge for their kindness, compassion and caring for the past few years.

A Celebration of Life will be held Thursday, March 16, 2017, at 2:00 p.m. in Warren United Church, Warren, MB.

In lieu of flowers, donations to Alzheimer Society of Manitoba or a charity of your choice would be appreciated.

MACKENZIE FUNERAL HOME STONEWALL
(204) 467-2525 • info@mackenziefh.com



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Engraved within our hearts

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