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Stonewall Teulon Tribune

VOLUME 9 EDITION 12

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How lucky you are

TRIBUNE PHOTO BY JO-ANNE PROCTER

The Cat in the Hat (Michelle Westman), middle, along with Thing 1 (Alexis Forbes) and Thing 2 (Lily Bartlett) sing "How Lucky You Are" in Act 1 of Stonewall Collegiate's production of *Seussical The Musical* last week at Quarry Park Heritage Arts Centre in Stonewall.

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New quilt club in Teulon welcomes members

Quilting club meets every Wednesday

By Melissa McIvor

There's a new quilting club in town and its doors are wide open to anyone who is, or wants to become, in the know with how to sew.

Edith Chubey, a quilter and new resident to Teulon, started the group just this past winter to create a space for quilters to meet, mingle and practise their craft.

The club, which has yet to be named, meets in the back room at the Teulon Senior Resource Centre on Wednesdays from 10 a.m. to around 3 p.m.

Chubey, who has decades of quilting experience, said that she and the group's other members are happy to share their knowledge with novice quilters. Beginners can look forward to receiving thoughtful direction on the materials they will need to get started on their first project.

While no previous quilting experi-

ence is required to join the group, members should be prepared to purchase their quilting materials and bring their own sewing machine.

Those who prefer to handle significantly bigger needles should also feel welcome to join the group for their weekly meetings.

"If someone is a knitter and they want to bring their knitting, that's fine too," said Chubey.

"The group is really just a way for people to get together, especially women who might tend to stay home. It's a way of doing something we really enjoy and having the fellowship time."

For more information on the group or to get involved, stop by the Teulon Senior Resource Centre at 54 Main St. during one of the Wednesday quilting sessions.



TRIBUNE PHOTO SUBMITTED

Edith Chubey moves her sewing materials (above) to the back room at the Teulon Senior Resource Centre every Wednesday for the quilting club's weekly sessions.

Paint party raises funds for ACL building project



TRIBUNE PHOTOS BY LANA MEIER

Karen Korchinski and Gail Spencer-Lamm volunteered their time last Friday for a mixed media art paint party fundraising event for the Association for Community Living. The funds will be used to help with the ACL building renovation project on Main Street in Stonewall. ACL's next fundraising event is a trivia night planned for April 27. The cost is \$200/team or \$25/person. Pictured left to right: Michelle Place and Bev Beck receive some guidance from Korchinski; East Selkirk's Bev Beck, 79, attended her first paint party; Spencer-Lamm shows Kasha Ward how to stencil while Holly Mulvihill shows off her painting.



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Grandmother shares baking bannock at Bobby Bend

By Jennifer McFee

The aroma of fresh-baked bannock wafted through the halls at Ecole R.W. Bobby Bend School last week, making mouths water and tummies growl for a bite of the bread.

On Wednesday, March 14, Doug and Florence Allen visited the classrooms of their grandchildren, Kaylah James in kindergarten and Reese James in Grade 3.

While they were there, Florence took the time to share a family recipe for bannock, which she mixed and kneaded in front of the crowd of curious kids.

"As I bring it together, I pray for each and every one of you — that you have a full tummy and that you're happy and that everybody here gets along with one another. This way, everybody gets to do things equally. When you feel happy, it makes things turn out just right," said Florence, an elder at First Nations University.

"You may not see my grandma, but she's here in spirit and she's helping me because she loves grandchildren."

The kids enjoyed the hands-on chance to work with their own piece of bannock. While it baked, they gathered for songs and teachings.

Doug, who is from European descent, explained how he belongs to the Eagle Clan, although he does not have First Nations blood. He showcased a drum that had been given to him and he taught the students how to sing the Wildflower Song.

"It's your song now," he told them.

Then Florence sang a Grandmother Song, while also explaining how the drum signifies the circle of life.

"When we're born in the east, that's where life begins. And as you travel to your adolescence, you learn a lot of teachings like courage, humility, honesty, wisdom, love, respect. All those things, you learn them along the way and those are your teachings," she said.

"And as you go from a newborn to adolescence, you learn those a little at a time. When you become an adolescent to an adult, you interact with people and you use all those tools that you learned.

"And then from adults to the grandparents, you acquire all that knowledge. When you reach the age of a grandparent, that's wisdom. You've gathered all that knowledge and picked up all those tools."

She explained how the songs come from the spirit world and are passed along since we don't hold onto anything. She also spoke about the significance of tobacco.

"All these songs that we sing have



Doug and Florence Allen shared First Nations traditions with their grandchildren Kaylah and Reese James and Bobby Bend students last Wednesday.



Kahlie pokes holes in her bannock before baking it.

teachings so that we can get along with one another — not only with all of us here but with the earth. The earth is alive. Those plants are alive. If you ever go out into the field or the



TRIBUNE PHOTOS BY JENNIFER MCFEE
Doug Allen led the students to sing the Wildflower Song.



Mrs. Turner, Avin, Mrs. Thomas and Vanya prepare bannock for baking.

bush and you watch those plants, they live side by side with one another and they get along with each other. And all they do is give thanks for that life that they have," Florence said.

"And each plant has a purpose. From the beginning of time, each plant was given a job. And with this tobacco, this tobacco has a job. The job of this tobacco was to speak for each and every

one of you here because you wanted to learn something. And I came here to teach you — and I was happy to do it."

Afterwards, Doug invited the kids to touch his drum and share their positive energy with him.

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Seussical the Musical

By Jo-Anne Procter

It is truer than true, according to Dr. Seuss, that SCI's Seussical the Musical sold out four shows at Quarry Park Heritage Art Centre last week.

The production — put on by the students, directed by Kendra Obach and Lindsey Sturgeon, accompanied by musical instrumentalists and stage crew — wowed their guests with their talents.

The cast took their audience into the world of Dr. Seuss, where beloved characters including The Cat in the Hat (Michelle Westman), Horton the Elephant (Carlen MacFarlane), Gertrude McFuzz (Emilie Cardinal), Lazy Mayzie (Catherine Bardal), and JoJo (Amerlyn Budd) graced the stage.

The Cat in the Hat guided guests into The Jungle of Nool where Horton, the

kind-hearted elephant discovered a speck of dust containing Whoville. He met JoJo, a Who child sent to military school for thinking too many “thinks.”

Horton decides he must protect the speck of dust on a nearby clover, while at the same time protecting an abandoned egg left to his care by the lazy Mayzie la Bird. Horton tries to convince the other animals in The Jungle of the existence of the Whos, but he is ridiculed and put on trial for insanity.

Only his loyal neighbour, Gertrude McFuzz, never loses faith in him. Eventually, the two fall in love. Seussical weaves a story of friendship, loyalty and love. Despite all odds, Horton and Gertrude band together to save the Whos, free Horton, and restore peace and unity to the Jungle of Nool.



Extras needed for Smokey Mountain Christmas film in Stonewall

Staff

Winnipeg Casting is seeking extras for a movie that will be filmed in Winnipeg and Stonewall at the end of March and beginning of April.

For the film *A Smokey Mountain Christmas*, extras are needed to play pedestrians walking in town, going to church and joining other characters for holiday festivities.

Winnipeg film company Juliette Productions announced that the film will be aired to millions of viewers on

Lifetime and W Network.

Locations in and around Stonewall's Main Street will be transformed into a small Tennessee town called Smokey Mountain. Here, a baker works to save the town from being bought by a Miami real estate developer — just in the nick of time for Christmas.

“It’s a story of family, community and how believing can make dreams a reality, with a little Christmas magic from the man in red,” said location manager Brandy Hagborg in an

email.

Filming in Stonewall will take place between March 26 and April 6. During this period, residents can expect intermittent closures and control of pedestrian traffic on Main Street and Centre Avenue.

“The creative and production teams are very grateful for the assistance and patience of the community in supporting the filming,” said Hagborg.

If you’re interested in being part of

the action, work is available as paid, non-speaking extras of all ages, backgrounds and ethnicities. The extras will be needed for one to two days with advance notice.

To apply, submit a current photo and contact information as soon as possible to winnipegcasting@gmail.com.

Any concerns about the film shoot can be directed to Hagborg at 204-997-7183.

Tourette Canada celebrates 10th anniversary of Trek for Tourette

#Trek10x10 campaign challenge on March 25

Submitted

On March 25, 2018, people in cities across Canada will Trek for Tourette for the 10th anniversary of the family fun 5km run/walk in support of those living with Tourette Syndrome.

Tourette Syndrome is a neurological condition affecting as many as one in 100 Canadians. The disorder is characterized by vocal and motor tics: involuntary, rapid, sudden movements or vocalizations that occur repeatedly in the same way and which the individual cannot control. Currently, there is no cure for Tourette Syndrome.

Trek for Tourette is a national event that aims to provide insight to the community about Tourette Syndrome and to raise funds to improve the quality of life for those living with or affected by Tourette Syndrome. This event is the single largest Tourette Canada fundraiser, and the organization's only national event.

To mark the 10th anniversary event, Tourette Canada has launched a campaign called #Trek10x10, which encourages participants to find 10 people to each donate \$10 to the cause. If each participant across Canada completes the #Trek10x10 challenge, the national goal of \$100,000 can be reached. Mandy Shew, from Virgin Radio 103.1, has already completed the challenge by receiving donations from her kind coworkers. She encour-



École Centennial School vice-principal Jeff Levesque purchased a "green" Rice Krispie square in support of Tourette Canada.

ages others to take on the challenge as well.

The #Trek10x10 challenge will provide Tourette Canada the additional resources they need to offer education and support programs to newly diagnosed families.

"We've always prided ourselves on the grassroots nature of our organization, but the needs of our stakeholders are outgrowing our ability to service them," explains Janet Rumsey, national trek co-ordinator and current



TRIBUNE PHOTOS BY JULIE DEGROOT

In support of Tourette Canada and the upcoming Trek for Tourette on March 25, École Stonewall Centennial School human rights students made and sold green Rice Krispie squares raising \$60. The bake sale raised awareness and funds for those living with Tourette Syndrome. Students involved, left to right: Avari Hidlebaugh, Colby Salkeld, Orren O'Neill, Daisy Uhres-Todd.

member of the board of directors.

"Tourette Canada was there for my family and I, and helped us tremendously when my children were diagnosed," says Rumsey, a mother of four boys with TS who also has Tourette Syndrome herself. "The funds raised through the #Trek10x10challenge and Trek for Tourette will help the organization help other families as they did

mine."

In Winnipeg, individuals and their families will take part in the 5km run/walk at Assiniboine Park on March 25, 2018, at 10 a.m. People interested in completing the #Trek10x10 challenge and participating in this year's Trek for Tourette can visit www.tourette.ca/trek.

Manitoba rolls out stricter penalties for distracted, careless driving

Staff

Using a cellphone or any other handheld device while driving could lead to a licence suspension under new legislation in Manitoba.

The Progressive Conservative government introduced proposed changes to provincial laws that would provide stricter penalties to confront the dangerous and deadly issue of distracted driving on Monday.

"Many drivers fail to understand the danger associated with distracted driving," Infrastructure Minister Ron Schuler stated in a release on Monday. "In Manitoba, using a hand-operated electronic device, such as a cellphone, while driving is illegal. Despite this, there has been an unprecedented four-fold increase in the number of accidents involving distracted drivers

Continued on page 15

Happy Easter

Upcoming Easter Hours

Fri, March 30 - Restaurant & Bar Closed
Sun, April 1 - Open regular hours in the restaurant and bar

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getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL Local fishers looking forward to May 23

Hello good friends.
How quickly the almost daily ice fishing life on the Red River has begun to fade from memory. That fun is gone for another season and a feeling of loss overtakes you as you drive by that magical river.

Soon we will leave the ice on our lakes too. But we'll be back, yes, on May 13 with our boats and summer fishing gear ready. We'll be back.

While we wait to return to the refreshing, warm, sparkling summer waters, allow me to thank all our sisters and brothers for giving us enough stories to see us through to summer fishing.

For this week, though, let me take you to the Red at the CIL jump-off area where I met Randy Wengel from Winnipeg, who was ice fishing with his son-in-law Jason Juell of Beausejour.

The sun was high and blinding, reflecting off the pure white snow as I approached them sitting in chairs jigging lines in ice holes. Randy was a wiry, average-sized fellow. His face seemed stately with defined features behind a grey beard. He had a way of speaking in an even, flowing, quiet voice and readily began a fishing story when I asked.

Jason, who looked remarkably like a young, dark bearded version of his father-in-law, laughed knowing which story Randy was about to tell.

There was a time last summer, it happened, when he and Jason were boat fishing on a small lake close to Caddy Lake and Jay got a strike. He was using 30-pound test spider wire line, and whatever took his hook began to literally pull their boat through the water, first one way and then the other. Jason reeled in when he could, and after a fair bit of time, with his arms aching,



TRIBUNE PHOTO BY ARNIE WEIDL
Joe Appelon of Winnipeg with a nice pickerel caught off the southwest side of Lake Winnipeg.

using one hand on the rod handle and the crook of his other arm halfway up the rod, he pulled up as hard as he could. The spider wire twanged like a guitar string under the tension, then snapped.

The boat slowed as Jay slumped over resting. Regaining strength, his head still lowered, he looked out over the water through squinting eyes and realized the broken spider wire was floating, which meant the fish had stopped swimming. He put his rod aside, grabbed an oar and paddled up to the wire. He picked it up and putting on a thick leather glove he had in the boat, wrapped the wire around his hand and hauled in hard. The catch replied with a snap that took Jay's upper body half over the side of the boat.

Again, the wire broke. Jay struggled back into the boat. Silence fell upon the men as Randy observed, "Sonny, I'm glad we won't have to lay eyes on that fish."

Off the southwest shoreline of Lake Winnipeg last week, I met Joe Ap-

pelon of Winnipeg tailgate fishing. He was a fine elder gentleman who was nice enough to hold up a jack he had caught so I could take a picture for us. He also told of something interesting.

He was boat fishing on the Winnipeg River by Pinawa and saw a big truck pull up by the shore. Using a boat, a crew came along and caught giant sturgeon, loading them into a huge tub on the back of the truck. Later, he heard they released the fish on the high side of the Seven Sister Falls Dam. That sounds about right because information on the internet shows Manitoba Hydro is trying to assist sturgeon migration as much as possible on the Winnipeg River.

Barry Tomyk of Stonewall is a great family man and ice angler. All you have to do is look at his white shack, which is full of red painted hearts with his kids' names and notes of love all over it, to realize what kind of a man he is. When I called and congratulated him on winning the *Selkirk Record's* Week 3 coolest ice shack contest, he gave us this funny little story.

Seems he had the "love" shack spotted on Lake Winnipeg but had to leave his young granddaughters, Naudia and Jasmine, in charge of the rods to help a buddy move his shack close by. Returning to the girls, another angling friend was pulling away in his truck. Barry's girls ran up saying he had helped unhook a jack they had just caught. Barry waved in thanks at the departing guy but suddenly yelled at him to stop. Apparently after he had unhooked the jack, the hook snagged on his jacket and was leaving a trail of fish line from him and his closed truck door to the girls' rod, still in its holder by the ice hole.

See you next week. Bye for now.

Tribune

The Selkirk Record

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A full day of family, fun and fishing on the lake

By Jo-Anne Procter

Anglers of all ages dropped their lines last Saturday at Shoal Lake for the Woodlands Wildlife Association's inaugural Family Fun Day of Ice Fishing.

Although there weren't many fish reeled in, Mother Nature was beyond kind, allowing other activities such as skating, a barbecue lunch and bonfires for the 50 participants. The club was thrilled with the success of the event.

Five-year-old Conner deLaroque won the largest jackfish caught by a youth that measured 25 5/8th inches and Kristi McLeod won the largest jackfish caught by an adult that measured 26 1/4 inches.

Lucas Procter won the largest perch caught by a youth for his 13-inch perch and Cyril Lillies won the largest perch caught by an adult for his 11 1/2

inch perch.

The club plans to add more activities to next years' event and extend the hours. For more information on the club, contact president Ed deLaroque at 204-322- 5347.



Aliyah Allary patiently waits for a bite.



TRIBUNE PHOTOS BY LAURA-LEE TATARYN

Pictured left to right: Conner deLaroque, Cyril Lillies, Lucas Procter and Kristi McLeod.

Daffodil days are here



TRIBUNE PHOTO BY TRACY FIDLER

Last Monday, Stonewall's Association for Community Living members helped wrap and deliver pre-ordered daffodils in support of the Canadian Cancer Society. Pictured left to right: Brett Soroka, Kyle Soroka, Brittany Hargraves, Maddy Fidler, Gary Lawson and Amanda Coggan. Missing from the photo is organizer Donna Clarke.

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Manitoba

Assistant CAO to retire from RM of Rockwood

Come-and-go event scheduled for March 23 after 2 p.m. for Jonna Peltz's last day

By Jennifer McFee

It's the end of an era in the RM of Rockwood since assistant CAO Jonna Peltz will be retiring at the end of this week.

"Rockwood has been 31 years of my life and it's hard to imagine not being there, but I am looking forward to my next journey. I am not far away, so it's easy to stay in touch with everyone," she said. "I don't plan on saying good-bye to anyone. I will see you all soon."

Starting at 2 p.m. on Friday, March 23, everyone is welcome to drop by the RM office for a come-and-go event to wish her well.

In other news:

- At the March 14 meeting, council passed first reading of a text amendment to the zoning bylaw to add "rural retreat and events," which is defined as "a private establishment in a rural setting which may include buildings and structures, food service and visitor lodging accommodations, that primarily delivers spiritual, cultural and/or physical well-being programmes such as yoga retreats or music festivals or the like."

Applications for conditional use will need to include a site plan, emergency and protective services agreements, liability insurance and other required

information. When approved, the conditional use order will require the applicant to enter into a development agreement with the municipality.

A public hearing will be held as part of the process to amend the zoning bylaw.

- A public hearing was held regarding a conditional use application from U-Build Construction to operate a general contracting service on 75th Avenue South. The conditional use was approved with conditions, including that the applicants enter into a development agreement with the RM of Rockwood.

- Rebecca Holm and Bert Walker of Western Financial Insurance provided information to council regarding insurance. They also took the time to meet with members of the public who had questions and concerns.

- Erika Emes (regional director of home care, palliative care and senior services) and Karen Wood (regional manager of home care services Selkirk) spoke to council about prioritizing snow clearing services for high-priority home-care clients. They commended the RM of Rockwood for being the only municipality in the IERHA working on this type of arrangement. Council requested a



TRIBUNE PHOTO BY JENNIFER MCFEE

Guy Langlois and JL Meyer spoke to Rockwood council about fire services at Stony Mountain Institute.

list of addresses for the high-priority clients rather than having individual people call the RM office to request the snow-clearing service.

Guy Langlois and JL Meyer spoke to council about providing fire services to Stony Mountain Institute. They said that a decision has been made to disband the volunteer firefighting services at the five sites that have them across the country, including Stony Mountain Institute. They were requesting a revamped agreement to provide fire services, which would include asking the local fire department to make annual tours of the institution and to review the safety plan each year.



Rockwood Assistant CAO
Jonna Peltz

Manitoba Beef Producers to offer six bursaries in 2018

Submitted

Manitoba Beef Producers (MBP) will again award six \$500 bursaries to deserving Manitoba students in 2018.

The bursaries are available to MBP members, or their children, who are attending a university, college or other post-secondary institution. Students pursuing trades training are also eligible. Preference will be given to students who are pursuing a field of study related to agriculture or those

acquiring a skilled trade that would benefit the rural economy.

"Awarding these bursaries to our members and the children of our members is always a highlight of the year," said Manitoba Beef Producers president Ben E. Fox. "Each year, these bursaries go to deserving recipients, many of whom have returned to their communities following graduation and made substantial contributions to rural Manitoba."

Those applying must be at least 17 years old as of Jan. 1, 2018, and be an active beef producer or the child of one. Applicants must use the bursary within two years of receiving it and the program they are attending must be at least one year in duration.

Interested students are required to submit an essay no more than 600 words in length discussing what the beef industry means to them, their family, community and Manitoba at

large. Students are also asked to include the reasons they enjoy being involved in agriculture.

Applicants must also submit either a high school or post-secondary transcript, proof of enrolment in a recognized institution, a list of their community involvement and three references.

The application can be found at www.mbbeef.ca/producers/mbp-bursary/. The winners are selected by a group of MBP directors. The names of applicants are redacted from the essays to ensure fairness in the selection process.

Completed applications must be submitted to MBP by June 1, 2018. All entries will be reviewed by the selection committee and the winners will be notified by July 31, 2018. The winning essays will also be reprinted in the September issue of *Cattle Country*.

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

kl

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ALL ARE WELCOME

Teulon businesses donate to third annual Ride-In Rally



Teulon Ride-In Rally treasurer Noreen Stone, left, and organizer Dave Leduchowski, right, accept a \$500 sponsor cheque from Sunova's Teulon branch managing partner Bonnie Benn.



Red River Co-op's Kirt Ansell, right, presents \$500 to Leduchowski and Stone for the third annual Teulon Ride in Rally being held on July 14.

Staff

Mark your calendars — the third rendition of the Teulon Ride-In Rally is coming up this summer.

The event is set for July 14 to benefit Project New Hope Canada, a non-profit and non-political organization that aims to support veterans and their families to get education training and skills after operational service.

Like last year, the fundraising event will take place along Teulon's Main Street, which will be closed from Third Avenue to Fifth Avenue for motorcycles and pedestrians only.

Whether you have a motorcycle or not, there will be plenty of entertain-

ment for all ages, including motorcycle games, bicycle games, skills games and kids' games. There will also be face painting, music, food and vendors all day.

In addition, the Teulon Rockwood Fire Department will have a rescue demo.

The Antique Motorcycle Club of Manitoba has added the Teulon rally to its sanctioned ride list.

The organizers thank Sunova Credit Union and Red River Co-op as major corporate sponsors. Both businesses donated \$500 to this year's ride last week.

Additional thanks go out to Mitch and Adele Chorno-

by, Steve Shinnie Law Offices, Teulon Tractor & Motor, Kletke Seed Farm, Charison's Turkey Hatchery, Integrity Auto and Vic's Auto.

They would also like to thank Teulon town council for their support and help, along with CAO Doreen Steg and Glenn Marmonier of public works.

Rally organizer David Leduchowski said without the support, the rally would be impossible to host.

"This is a true local community event that benefits our veterans. The entire board of Project New Hope Canada are Interlakers," he said in an email.

"You need not have a motorcycle

or even an interest in motorcycles to have fun at this event. Bring your family, bring your kids, bring your dog, bring an appetite ... this is fantastic summer outdoor fun that benefits a worthy cause."

David Leduchowski and Project New Hope treasurer Noreen Stone are still accepting sponsorships. Please email Dave at davidleduchowski@gmail.com if interested.

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Volunteers help remove invasive species from Corner Brook Marsh

Submitted

When Ducks Unlimited Canada (DUC) conservation specialist Emma Bocking learned of purple loosestrife growing in Corner Brook Marsh, she knew there was no time to lose.

It was the first reported sighting of the notorious invasive plant at the Newfoundland wetland. She hoped it would be the last.

"Once an invasive species like purple loosestrife gets established in an ecosystem, it's very difficult to remove," says Bocking. "That's why we made it a priority to remove as many plants as possible right away, before the population had a chance to really take hold in the marsh."

DUC staff and volunteers canoed between islands in the marsh, pulling up plants as they went. They used trowels to make sure they removed all of the roots. Since completing the dig, they've monitored the area regularly to watch for any sign of its return.

It's not that they didn't like the look of the bright fronds swaying in the breeze between cattails. But purple loosestrife takes over wetland ecosystems, chokes out native plants and leaves less food for waterfowl and other wildlife to eat.

The perennial plant arrived in eastern North America in the early 1800s. Settlers brought the beautiful plants for their gardens, and seeds were present in soil used to provide weight for stability on European ships. Since it was introduced, it has spread westward and is now found across much of



TRIBUNE PHOTO SUBMITTED

When Ducks Unlimited Canada conservation specialist Emma Bocking, pictured above, learned of purple loosestrife growing in Corner Brook Marsh, she knew there was no time to lose.

Canada and the United States.

The team at Corner Brook Marsh was successful in removing purple loosestrife. They were fortunate that local volunteer Jason Foster spotted it early. Too often, affected areas are not treated until the plant has spread much further — creating a sea of purple flowers too numerous to dig up.

When a plant from one continent is introduced to another, it usually comes without its natural enemies — other species that keep its population under control in its native habitat.

"The reason why purple loose-

strife is so invasive here is because it doesn't have its natural predator, which is a beetle from Europe," says Jade Raizenne, conservation and program specialist with DUC's Native Plant Solutions (NPS).

"Researchers determined it was safe to introduce the beetles to Canada as a biological control. The beetle only eats the purple loosestrife plant — it doesn't have any other host — so it doesn't affect native species."

Starting in 2015, beetles were put to the test Manitoba's Rural Municipality of Brokenhead. In partnership with

the Centre of Indigenous Environmental Resources (CIER), NPS and members of the Brokenhead Ojibway Nation (BON) released approximately 450 purple loosestrife beetles at five wetland sites.

They focused on an area around the Brokenhead Wetland Ecological Reserve, known for rare plant species and species of cultural importance to the community.

"Ultimately, what we wanted to do was leave the community with the capacity to take this on in future years," says Jessie DeGrave, CIER project manager/research associate and project manager for the Brokenhead project.

DeGrave says demonstrations on beetle release were followed by the release of the beetles by BON community members. NPS staff later provided instructions on how to collect and rear purple loosestrife beetles for future distribution efforts.

In the year following the release, beetle presence and their damage to the plants was evident where the releases had taken place.

Similar tactics have been used elsewhere in Canada with success. A release at wetlands in Ontario in the 1990s has shown purple loosestrife reductions as high as 90 per cent. Native marsh vegetation has naturally re-established in its place — proving that with the right tools available, wetland habitats can be reclaimed from aggressive invaders like purple loosestrife.



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The Stonewall Children's Centre held a Wine and Beer Festival for 170 guests, raising approximately \$8,700, on March 17 at the Stonewall Legion. Entertainment was provided by the local band Oliver Stakz and food provided by Pop Up – Up South BBQ. Beverage vendors attending included the Shrugging Doctor (two flavours), Lake of the Woods (four flavours), Trans Canada Brewery (four different kinds), One Great City (two types) and two flavours of bottle and cork wine. There were 22 prizes that included a trip for two to Las Vegas, all-you-can-eat wings at Hooters for you and five friends, an autographed Heritage classic jersey and lots of wine. Attendees had lots of fun taking photos in the selfie station with tons of props.

Nova House executive director, advocate to retire after 18 years

By Lindsey Enns

A strong voice and advocate for victims of domestic violence and women's rights in Manitoba is retiring after 18 years.

Nova House executive director Anna Pazdzierski says her last day at the Selkirk women's shelter will be on March 30.

Although the 67-year-old Teulon resident admits leaving the organization and her coworkers, who have become like family members over the years, will be difficult, she's showing no signs of slowing down.

"I'm going to be doing some work with the Manitoba Association of Women's Shelters ... and attending lots of meetings as usual and trying really hard to push the idea of the changing face of domestic violence and how we need to be moving forward, making change," Pazdzierski said, adding the public needs to know that domestic violence is out there. "We cannot continue to ignore the fact that violence is happening.

"We know domestic violence is a crime so we need to treat it like a crime."

She admits she hasn't had an easy job but being able to help make a difference in someone's life is a feeling she'll never forget.

"If I can do that in my job ... have that direct impact, that's why I stayed," she said. "That's what's amazing is seeing the change, seeing the growth with just a little bit of support.

"So many of the clients we see don't have family support, often they don't



TRIBUNE PHOTO BY LINDSEY ENNS
Nova House executive director Anna Pazdzierski, pictured here inside the Selkirk women's shelter, has announced she will be retiring at the end of March.

have family they can count on. That's why we're all a family."

Pazdzierski says the community's support over the years has been incredible.

"Without the community I don't know what we would do," she said. "People everywhere donate to us and we're able to hand that off to people who need it."

Nova House counsellor Joanne Mayo, who has worked alongside Pazdzierski for nearly 18 years, said she was the driving force behind the building of a new women's shelter in Selkirk.

"Within her first few months of being director of Nova House, she had that vision for a new building for us.

She wanted to see us have the adequate space to have counselling and do group sessions," Mayo said. "Now we're in this big, beautiful building."

The \$2.9-million building, which opened in May of last year, replaced an older facility in Selkirk that they outgrew years ago.

Pazdzierski says she still remembers the reaction she received while giving government officials a tour of their former facility.

"When you have men standing there crying and the tears are running down their face because of what they see, that's what got us our new facility," she said. "That and a lot of donations.

"Opening our facility to the public made a difference."

Mayo said Pazdzierski's advocacy efforts and positive outlook have inspired their entire staff.

"If you want anybody to be your advocate, it would be her," she said. "She has a heart for the clients. She's very client-oriented."

Over the years, Pazdzierski has also helped make Nova House feel like a home and not just an organization, Nova House outreach counsellor Tracy Curle said.

"She has an incredible capacity to see potential," Curle said. "Her vision is we're here to help them for however long they need."

When asked about her biggest accomplishments over the years, Pazdzierski said their new shelter as well as their outreach and second housing programs are high on her list.

"And the fact that we speak openly about violence and that people in our community know where we are," she said. "We were able to make change."

Nova House has already hired Viktoria Westgate, a registered social work practitioner and certified life coach that has been working in the non-profit sector for more than 15 years, as their new executive director. She also has significant experience in addictions, complex trauma, advocacy, leadership and program development.

Westgate said she's looking forward to taking on her new role.

"I'm very, very blessed to be here," the Winnipeg resident said. "I plan to keep it going the way it's been going."

Sunova to donate \$20,000 to Stonewall splash pad project

Submitted

The Kinsmen Club of Stonewall is set to receive the proceeds from the 13th annual Sunova Golf Classic in June.

The minimum \$20,000 donation is sure to make a big splash in their fundraising efforts for the Stonewall splash pad.

Each year, Sunova invites organizations to enter a funding contest with a short video about their project. After being named a finalist, the Kinsmen Club of Stonewall and two other organizations shared their videos in hopes of receiving the most votes and the \$20,000+ donation that goes along with it.

"We're thrilled to be able to support such an important organization, not only in the community of Stonewall but in the region," said Sunova Credit Union president and CEO Ed Bergen. "The Kinsmen do great work in their community and we are happy to be a part of it."

"We are so thankful for Sunova's generosity," said Chris Luellman, chair of the Stonewall splash pad project. "This donation puts us that much closer to our goal of \$250,000 to build an accessible splash pad at the Kinsmen lake."

The 13th annual Sunova Golf Classic will be held June 8 at the Pinawa Golf & Country Club.



TRIBUNE PHOTO SUBMITTED

The Kinsmen Splash Pad project is set to receive the proceeds from the 13th annual Sunova Golf Classic in June.

Local drummer ready to head to the Junos

By Jennifer McFee

The Junos are approaching quickly, and one former Stonewall resident is paying particularly close attention since his band is in the running for two awards.

For the past decade, Joey Dandeneau has been the drummer for Theory of a Deadman. This year, the band has been nominated for Rock Album of the Year Award as well as for the Juno Fan Choice Award.

"It's a little surreal," Dandeneau said by phone from his Las Vegas home. "You don't think this is going to happen 10 years into me joining the band and 16 years of the band's history."

Although he's never taken a lesson, Dandeneau has been drumming since he was a wee three-year-old tot.

"Drumming is kind of all I know. Seeing that I've been doing it literally my whole life, I don't really have a whole lot of other skills because I've spent every waking moment basically doing that," he said.

"So the love for it is kind of on a different level than most, I'm assuming. It's all I know and it's all I've done, which is fortunate and unfortunate at the same time. It's unfortunate that that's all I know, but because I've spent my whole life drumming, it has allowed me to be in a successful band that travels the world."

The band recently wrapped up a tour, and next month they'll be back

at it with international stops in Germany, France, England, Scotland and Russia. They'll continue touring until the end of August throughout Canada and the United States.

"The downside of travelling to all these places for work is that I don't get to see as much as people would think. I see a lot of airports and I see a lot of cities from the sky, but a lot of times I don't get to see a lot of the cities that I'm in. It's a lot of getting to the hotel and getting on a tour bus to wherever we're playing that day," he said.

"We see whatever's close to the venue, but it's hard to get away. When we're touring through Europe and England, we have a lot of press because we're not from there. They want to interview us so that takes up a lot of our day."

Usually for their jam-packed tour schedule, they arrive the morning of the show and do interviews throughout the day, followed by sound check and a quick meal. Then they play their concert and head out after the show.

They continue to gain popularity on the international music scene, particularly with their new single "Rx."

"Our new single has been doing fantastic over in Germany and France. We also do very well in Russia. We've been there twice and both times have been exciting. The fans meet us at the train station and they meet us in the hotel lobby when we get there. It's like

being a rock star for the first time," Dandeneau said.

"But I don't consider myself a rock star by any means. I'm from Stonewall. I just happen to play drums for a living in a successful band that travels the world. That's all it comes down to. I'm nobody special. I've just been blessed with a skill and a



TRIBUNE PHOTO SUBMITTED

Stonewall's Joey Dandeneau, left, and his band Theory of a Deadman have been nominated for Rock Album of the Year Award as well as for the Juno Fan Choice Award.

talent, and I'm trying to take advantage of that and use it to my benefit in life. That's really all it is."

As for their new album *Wake Up Call*, Dandeneau says it's unlike anything they've ever done before.

"For 15 years, the band has been a rock band that plays rock music. This time, we wanted to go in a completely different direction and write music that we've never written before," he said.

"Of course, there are a couple of songs on the record that could be put into the category of our other records. But for the most part, our new record is really a different direction. It's more of an alternative direction this time. It's a lot lighter, very little guitar work, drum loops."

They recorded the album in London, England, with pop producer Martin Terefe, who has worked with the likes of Jason Mraz and James Blunt.

"It was terrifying. I had a lot of sleepless nights looking out my window in London going, 'Holy moly, is this the right move? Is this what we're sup-

posed to be doing?' But now that the record is done and we put it out and we're seeing the response we're getting, it clearly was the right move," Dandeneau said.

"Because of the politics involved in awards shows, it's going to be tough for us to win. But the nomination is there, and the fact that people have noticed our record and noticed our work that we've put into it this time, that is enough for me. It makes me feel really good that we did the right thing. I guess those sleepless nights paid off."

Other contenders in the category of Rock Album of the Year are Big Wreck for *Grace Street*, Death from Above for *Outrage! Is Now*, Nickelback for *Feed the Machine*, and The Glorious Sons for *Young Beauties and Fools*. In the fans' choice category, Theory of a Deadman is up against Alessia Cara, Arkells, Jessie Reyez, Justin Bieber, Shawn Hook, Shawn Mendes, The Weeknd and Walk Off the Earth. Visit <https://junoawards.ca/juno-fan-choice/> to cast a vote until March 25.

Although he left Stonewall many years ago, Dandeneau continues to have fond feelings for his hometown.

"Stonewall is a good town. It's growing fast and I don't really know anybody there anymore, but I'm definitely proud to be from there," he said.

"For me, it was a great place to hone my craft and spend my time making friends and making good memories, especially being a lot smaller of a town when I was growing up.

"I'm absolutely super proud to be from Stonewall."

**Marquette Co-op
68th Annual Meeting
April 12, 2018**

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

Purpose of the meeting is to review 2017 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, 2018.

Please order meeting/supper tickets from Co-op stores by April 1, 2018.

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

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Badger Daylighting offers excavating services

By Jennifer McFee

Business is booming for Badger Daylighting Manitoba Ltd.

Mark Shurek took over the business about 15 months ago from the previous owner and he has been busy ever since.

"We do hydro excavating, which is essentially high-pressure water and digging around utilities, pipelines, water lines. We have a big vacuum on the truck that sucks up the slurry. It's a safe way of digging around," he said.

"I enjoy it. It's something different than I used to do. I used to have an underground irrigation service, and I did service and installation in Winnipeg."

Now Shurek continues to book plenty of projects in Winnipeg and

surrounding areas.

"We do work for all kinds of companies, including insurance claims. For example, if a car burns and there is contaminated ground, we'll dig that up and haul it to a proper disposal site," he said.

"We also do lots of private work. If people need their basements dug out or if you need fence posts put in and there's gas lines there, we do all that stuff. Anything that you need digging when there might be utility, then this is the way to do it."

Shurek tries to support the local community as much as possible with everything from hiring to his purchasing.

"We've got 34 employees, including quite a few from the area — Stonewall,



TRIBUNE PHOTO SUBMITTED

Badger Daylighting Manitoba Ltd. owner Mark Shurek supports the local economy as much as possible. Shurek has 15 trucks, does about 20 jobs a day and has 34 employees.

Teulon, Warren, Selkirk. The company has 1,500 trucks across North America. We have 15 at our shop here, and we do about 20 jobs a day," he said.

"We try to support local for everything from repairing our trucks to

buying stuff. We try to stay local as much as we can. It's important to the community."

For more information about Badger Daylighting and its services, call 204-467-1877.

Correction

In the March 15 edition of *The Stonewall Teulon Tribune* in the "39th annual Interlake Juried Art Show accepting submissions until April 3" story on Page 12, the story should have read: the 39th annual Interlake Juried Art Show hosted by the Gwen Fox Gallery is taking place

from April 27 to 29 at the Selkirk Rec Complex. An incorrect date appeared in our previous story. The Record apologizes for the error.

Artists over the age of 12 have until April 3 to submit their works for this year's juried art show. For more information visit, gwenfoxgallery.com/page/ijas2018.



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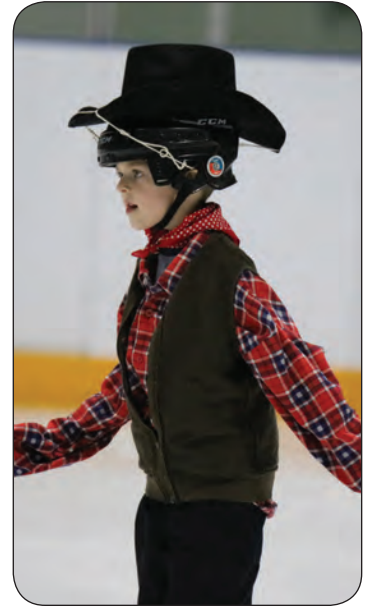
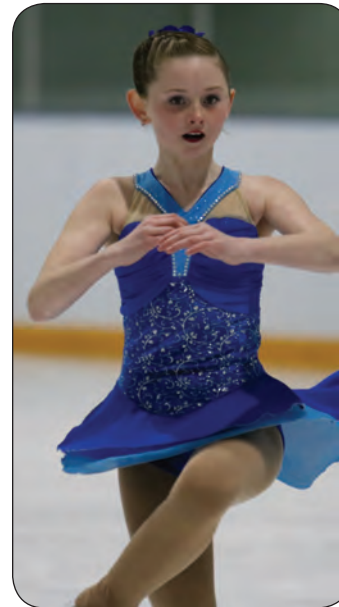
Drop-in Admission Session: March 28, 6-8 pm, Gaynor Family Regional Library, Selkirk.

Learn more at rrc.ca/interlake or call 1.866.946.3241

Stonewall skaters present TV Dinners, back in time

TRIBUNE PHOTOS BY LANA MEIER

The Stonewall Skating Club took guests back in time last Thursday for their annual ice show 'TV Dinners' while Canskaters showed off their skills to TV favourites including the Adams Family, I Dream of Jeannie, Leave it to Beaver, Hawaii5-0 and Rawhide while Star-skaters performed solos and dances. Pictured clockwise from top left, guest skater Chloe Beresford, Robert D. of the Rawhide Orange group was dressed in his cowboy outfits for his routine, I Dream of Jeannie Canskater and Jordan Glaspey in a spin.



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Friday, April 13

5:45pm **Shaklee** - How would you like a new "NORMAL"?

6:15pm **Stonewall Veterinary Clinic** - Fear Free Practices in Veterinary Medicine

6:45pm **Guiding Light Services** - What is Reiki and its great benefits

7:15pm **Young Living** - How you will boost your life of health and wellness using Young Living Oils

Saturday, April 14

10:45am **Loaf & Honey** - Their journey to become cheesemakers. How to make cheese at home.

11:30am **Firewood Manitoba** - Indoor & Outdoor Wood Boilers-what are they, how do they work, and how they can reduce your Hydro bill

12noon **South Interlake Garden Club** - Growing Your Own Sprouts

12:30pm **Melo's Finest** - Cold Pressed Cooking Oils by Melo's Finest, a local recipe for success

1:00pm **Laura Woodman Investment Advisor** - Industrial Alliance Securities The joy of having financial peace.

1:45pm **Loaf & Honey** - Their journey to become cheesemakers. How to make cheese at home.

2:30pm **One Link Mortgage & Financial** - Good Credit/ Bad Credit: How Do I Get it?

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Canada Reads viewing party to celebrate Canadian literature

By Justin Luschinski

Two Interlake residents are hoping to get Selkirk and area community members excited about Canadian literature.

Marcia Desmedt and Lorie Fiddler are organizing a Canada Reads viewing party on Monday, March 26 to help kick off the Canada Read Debate at the Gaynor Family Regional Library.

The Canada Reads Debate pits five Canadian celebrities against each other, as they debate on which book all Canadians should read this year. Books are voted off one each day until one book is chosen. The debates, which will run from March 26 to 29, will be broadcast on CBC Radio One, CBC and online at CBCbooks.ca.

Desmedt said she originally wanted this to be a small viewing party at someone's house, but now it's become a celebration of Canadian writers.

"Originally we were going to have a big viewing party at someone's house, but now the library is involved and we're really excited," Desmedt said.

This year's theme is "One Book to Open Your Eyes." This year's contenders and their books include Mozhdah

Jamaladah defending *The Boat People* by Sharon Bala, Tahmoh Penikett defending *American War* by Omar El Akkad, Greg Johnson defending *Precious Cargo* by Craig Davidson, Jeanne Beker defending *Forgiveness* by Mark Sakamoto, and Jully Black defending *The Marrow Thieves* by Cherie Dimaline.

Fiddler said they want this viewing party to encourage more Manitobans to appreciate Canadian literature.

"We want Canadian authors to be more respected. We have many great Canadian authors. This is such a great way to say 'Read,'" Fiddler said. "I'm proud that a lot of these authors are from Canada. We're always looking outside for art, buying American books, American music, instead of looking at what we have in our own backyard."

"This is about supporting the great art and culture that we have here."

Fiddler and Desmedt say their favourites to win are *Precious Cargo* by Craig Davidson and *The Marrow Thieves* by Cherie Dimaline.

The first viewing party takes place on March 26 at 6 p.m. at the Gaynor



TRIBUNE PHOTO BY JUSTIN LUSCHINSKI

Lorie Fiddler, pictured left, and Marcia Desmedt, right, are helping organize a Canada Reads viewing party at the Gaynor Family Regional Library on March 26 to help celebrate Canadian literature.

Family Regional Library. The evening will begin with a group discussion, followed by watching the CBC show at around 7 p.m. Desmedt said everyone is welcome to attend.

The Gaynor Family Regional Library is located at 806 Manitoba Ave. For more information about the Canada Reads event, contact the local library by calling 204-482-3522.

Stonewall's weekend food drive a success



TRIBUNE PHOTOS BY MOLLIE MEIER

On Saturday, March 17, volunteers set up information stations at Family Foods, Red Apple and Marketplace. The South Interlake Food Bank Drive brought in approximately a half-ton of food or 1,000 pounds and monetary contributions. Donations are always welcomed at the local food banks. Left photo: Gail Tilling greeted customers at Marketplace while Sandra Turick and Diane Goudy accepted donations at Family Foods.

> DISTRACTED DRIVING, FROM PG. 5

between 2011 and 2016, with no decline in serious injuries or fatal collisions caused by distracted driving in Manitoba."

The Highway Traffic Act would be amended to create a tiered administrative licence suspension of three days for a first offence and seven days for a second and subsequent offence for prohibited use of a hand-operated electronic device while driving. However, it won't be a roadside suspension as it is for impaired driving. Instead,

drivers will be given 24 hours to get home, or even 48 hours for infractions in rural areas.

The Drivers and Vehicles Act would also change to make careless driving a reportable offence, requiring a peace officer who lays a careless driving charge to notify the Registrar of Motor Vehicles. The registrar would review the driver's record to determine if driver improvement and control measures are necessary.

"These stricter penalties for dis-

tracted driving are similar to those of impaired driving because the consequences are just as serious," Schuler said. "With a roadside licence suspension, we will address the immediate road safety risk and ensure the greatest deterrent impact on driver behaviour."

In 2016, distracted driving was the leading contributing factor in serious collisions at 29 per cent, and the third factor for fatalities at 27 per cent. According to MPI, distracted driving accidents in the province went from 2,415 in 2011 to 11,086 in 2016.

In Manitoba, using a hand-operated electronic device such as a cellphone while driving is prohibited, and convicted drivers face a \$204 fine and a drop of five levels on the Driver Safety Rating scale.

Police may charge drivers with using a hand-operated electronic device while driving or careless driving under The Highway Traffic Act. Police use careless driving to address a variety of distractions such as personal grooming and handling pets where the distraction negatively affects driving behaviour.

TRiACTiFiT

MIND • BODY • SOUL

If it doesn't challenge you
...it doesn't change you!

Most of us hear the term wellness and assume that it's something beyond our reach. Or perhaps we think that wellness is only for advanced yogis, holistic doctors, or wellness practitioners, but not us — not everyday people just working the daily grind and living busy lives.

But this is where we make the mistake. Wellness is nothing more than small daily choices that lead up to lifelong, very big changes — that's it. Anyone can achieve wellness whether that means you're a stay at home mom or a full-time working adult, or maybe even juggling two jobs. You don't have to have a lot of money, time, or even kitchen skills because all of us have access to wellness if we choose to.

IT SIMPLY STARTS WITH ONE CHOICE AFTER ANOTHER. DAY BY DAY. WEEK BY WEEK.

17 PARTICIPANTS HAVE
COMMITTED TO TAKE THIS
9 WEEK CHALLENGE

—FOLLOW THEIR
PROGRESS BY READING
ABOUT IT IN THE
TRIBUNE!

SWEAT,
SMILE
AND
REPEAT.

BOOT CAMP

Think GROUP
TRAINING
SESSIONS, think
OUTDOORS, think
FUN and think
CHALLENGING.

Based on military style
fitness programmes,
boot camp sessions are
organized by fitness
instructors in parks or
open spaces for groups

of approximately 20 people at a time. In these circuit-training-style sessions outdoors, you can expect to work hard and get hot and sweaty but also enjoy a new dimension to exercising because of the variety that the sessions bring. Individual boot camp classes are likely to differ in the specific focus of the session, for example one may include more military style drills, while another may include more sprints. By providing a mixture of strength exercises and cardiovascular training, a good boot camp session will work the heart and lungs and give almost every muscle in your body a workout. Boot camp sessions are intense however, they are suitable for novice exercisers

and fitness enthusiasts alike, because individuals will be allowed to work at their own personal level and intensity. Expect to sweat during a boot camp session and make sure you push yourself - whatever your ability - to get the most out of the training.



ZUMBA

Zumba Fitness is a Latin-inspired cardio-dance workout that uses music and choreographed steps to form a fitness party atmosphere. While many of the types of dance and music featured in the program are Latin American inspired, classes can also contain everything from jazz to African beats to country to hip-hop and pop. Zumba is

truly for anyone who can stand up and dance. And "dance" is a very liberal term here, as no dance experience or skills are necessary. People of all ages, shapes and sizes are welcome and encouraged to attend classes. If you can shake your booty and like fun music, this class is for you. Most Zumba classes are an hour long. They begin with a dynamic warm-up and end with a cool down and stretching. The workout portion is broken down

by song, each with a different dance routine. While many of the dance moves instructors use are pre-choreographed by Zumba, instructors often add their own flair, dance steps or even create an entirely new routine to their favorite songs. Zumba classes provide a large calorie burn through aerobic activity done with interval training in mind and you can improve your coordination, which is extremely important to maintain as you grow older.

YOGA

Yoga is a mind and body practice with historical origins in ancient Indian philosophy.

Various styles of yoga combines strengthening and stretching postures, breathing techniques, and meditation or relaxation. Yoga has become popular as a form of physical exercise based upon physical poses to promote improved control of mind and body and to enhance well-being. Studies suggest that yoga is a safe and effective way to increase physical activity and enhance strength, flexibility

and balance, relieve lower back pain and assist with stress management. There are more than 100 different forms of yoga. Some are fast-paced and intense. Others are gentle and relaxing.

PERSONAL TRAINERS

A personal trainer is an individual certified to have a varying degree of knowledge of general fitness involved in exercise and instruction. They motivate clients by setting goals and providing feedback and accountability to clients. Trainers also can measure their client's strengths and weaknesses

with fitness assessments. These assessments may also be performed before and after an exercise program to measure their client's improvements in physical fitness. They may also educate their clients in many other aspects of wellness besides exercise, including general health and nutrition guidelines.

Francois Venter

Who is he?

Strength and conditioning specialist with a Degree in Kinesiology. Originally from South Africa, Francois has resided in Canada since 2010.

How to measure success?

The best way to measure success is to set goals and work to reach those goals with a well structured fun and challenging program. Reaching exercise goals successfully is often challenging but having fun and enjoying exercise on your way to reaching your goals makes it easier to keep the motivation going.

Working towards these goals will help
keep focus and motivation to reach them

NOTHING WILL
WORK UNLESS
YOU DO

Stonewall Teulon
Tribune CHALLENGE



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WCI stands for solidarity

Staff

Students at Warren Collegiate Institute stood in solidarity last week for those who were shot and killed in an American high school last month.

On Wednesday, March 14, about 80 Warren Collegiate students met in front of the school at 10 a.m. as part of the #ENOUGH National School Walkout initiative. They stood for 17 minutes to commemorate the 17 students and staff members who were killed at Majory Stoneman Douglas High School in Parkland, Fla., on Feb. 14.

At the same time, students across the United States walked out of classrooms with demands for tighter gun safety legislation.

Organizers of the local event carried messages to promote solidarity and to end gun violence.

Along with staff members, the students took time to ask questions and to talk about how to prevent similar events from happening. One of the

organizers noted that the shooter had been bullied, so it's important to support people who are struggling in life and to avoid bullying behaviours.

At the end of the event, students had the chance to sign a #ENOUGH poster, which was posted in the school.

For Grade 11 student Darrien Bullied, she feels that it's important to recognize that this type of situation could happen anywhere.

"Paige (Kenny) and I went around the school and asked people if they wanted to support with us. Some of them were surprised and they had questions. Some of them were happy and some of them disagreed with what we were doing. They said it's not happening here so we don't have to worry about it," said Bullied, one of the organizers.

"Just because it hasn't happened here, they think that it won't start. I just hope this will open people's eyes and that we're starting to show what things could be like if it was here."



TRIBUNE PHOTOS BY LANA MEIER

WCI students, left to right: Darrien Bullied, Sierra Bullied, Paige Kenny and Tyler Findlay organized the #ENOUGH National School Walkout to end gun violence on March 14.



Organizers of the #ENOUGH National School Walkout made posters to support their initiative.



Kenny reads a quote from Emma Gonzalez (18), a survivor of the Feb. 14 high school shooting at Parkland, Fla.



Students Amy Phillips, Carter Hildebrandt, Ethan Enright and Lucas Procter signed the #ENOUGH poster showing their support.

worship *with us* > FAITH

Let's #EatTogether

Recently there has been a series of television advertisements encouraging us to eat together. It seems that our lives have become much more solitary when it comes to eating our meals. Whether we are nibbling at a sandwich at our desk over lunch hour or rushing through a drive-through on the way to the rink, mealtime observed around a table has become a rarity.

In the past month, I have been able to share in two community meals. One was held at The Red Barn and the other one in our little country church, Lilyfield United. At both of these gatherings, I was reminded of the power of a

meal to create community and a sense of belonging. Strangers quickly became new acquaintances. Those of us who knew each other well had deeper conversations. I was struck by the things I heard and shared. They included thanksgivings, a sense of gratitude for health and wellness, concern for a neighbour and the struggles of mental health issues in a family.

In this season of Lent, my congregations have tried something new. Instead of denying ourselves something treasured like coffee or chocolate, we have committed to making room for activities or attitudes that often elude

us. These included making room for compassion, for unexpected blessings from God and for life-giving relationships.

Eating together is one of the things I have made space for this Lent. For me, it gets to the heart of the meaning of Christian community. Jesus expressed his faith at the table with his disciples and was made visible in the breaking of bread and the sharing of wine. He asked us to remember him around the sacred communion table until we reach the banquet table we are promised in heaven.

When we eat together we make room

for getting to know others, and we risk being known more deeply. We learn to listen with our hearts as well as our ears for the needs and the hopes and dreams of the people we care about as family or friends. Community is formed in ways that cannot be broken.

As we are about to enter Holy Week, let's make the time to eat together.

Rev. Mona Denton
Stony Mountain & Lilyfield United Churches

stonymountainlilyfieldpc@gmail.com
204-344-5426

f at Stony Mountain-Lilyfield Pastoral Charge

Balmoral Recreation Centre hosts Family Fun Day

Staff

The Balmoral Recreation Centre hosted a Family Fun Day last Saturday that included plenty of winter-themed games for the kids plus 2-on-2 curling and a St. Patty's social to cap off the day for adults.

The day started with a pancake breakfast followed by family curling, face painting, arts and crafts and horse wagon rides. Balmoral Rec Centre president Travis Williams said, "The Balmoral Carnival is a fun way to wrap up our winter season. We appreciate all those who came out to support our small community."



Bronson Slater and Connor Prochner



TRIBUNE PHOTOS BY ANNALIESE MEIER
Clinton and Evy Weare took in the family curling.



Connor Prochner, Bronson Slater, Duncan Schaeffer and Grahame Slatcher.



Violet Dao gets her face painted.



Braxton Olson, Shaelynn Wait, Tricia Tyerman and Kale Wait.



Eden Baker and Amelia Wirgau enjoyed the snowhill.

Stonewall/Interlake Karate club hosts tourney



TRIBUNE PHOTOS BY MOLLIE MEIER

The 20th-annual Stonewall/Interlake Karate tournament was held last Saturday at the Stonewall Legion. The tournament encompassed all the Karate clubs in Manitoba associated with the International Karate Daigaku along with a number of Saskatchewan members in attendance. Left photo, Stonewall student Donavin Rieder with Liam Pierport from Charleswood Karate taking Silver in Kumite; middle photo, Kaleb Prystupa in deep meditation of his next Kata event, while Stonewall Team mates compare their medals and right photo, TJ Tadia from Winnipeg Budokai Karate in Winnipeg was the youngest at the age of five, to compete in this tournament.

get inspired

> MEAL IDEAS


FamilyFoods
Phone 467-5553



Smoked Bacon Pork Alfredo

heat 1 tablespoon oil. Stir-fry half the pork loin 7-8 minutes until well browned. Set aside on separate plate and repeat with 1 tablespoon oil and remaining pork.

Cook pasta according to package directions.

In skillet over medium-high heat, heat remaining oil; add mushrooms and sprinkle with salt, to taste. Cook 3 minutes, or until tender, stirring occasionally.

Drain pasta and return to pot; stir in pork, mushrooms and Alfredo sauce. Stir over medium heat about 4 minutes until heated through. Season with salt and pepper.

Sprinkle with green onions and Parmesan cheese, if desired.

Prep time: 8 minutes
Cook time: 22 minutes
Servings: 6-8
1 Smithfield Applewood Smoked Bacon Marinated Fresh Pork Loin Filet
3 tablespoons olive oil, divided
1 pound penne pasta
1 package (8 ounces) sliced mushrooms
salt, to taste
2 jars (15 ounces each) Alfredo sauce
pepper, to taste
1/4 cup finely chopped green onion (optional)
grated Parmesan cheese (optional)
Cut pork loin into 1/2-inch thick slices then into 1/4-inch wide strips. In large skillet over medium-high heat,

Grilled Pork Loin Fajitas

Prep time: 20 minutes, plus 30 minutes marinade time
Cook time: 30 minutes
Servings: 4-6
1 Smithfield Prime Boneless Fresh Pork Loin, cut into 1-inch thick steaks
1 1/2 cups water, divided
1 cup soy sauce
1 can (6 ounces) pineapple juice
6 cloves garlic
1/4 cup white wine
1 teaspoon salt
1 cup unsalted butter, at room temperature
2 large onions, cut into 1/2-inch wide strips
1 tablespoon corn oil
salt, to taste
pepper, to taste
12 tortillas
guacamole (optional)
sour cream (optional)
pico de gallo (optional)
shredded cheese (optional)
Using meat mallet, pound pork steaks until 1/2-inch thick; place in 1-gallon re-sealable plastic bag. Pour 1 cup water, soy sauce and pineapple juice over pork; seal bag and lay flat in refrigerator 30 minutes, turning occasionally.

In blender, pulse garlic, white wine and salt until thoroughly blended. Whisk butter and slowly incorporate garlic and wine mixture. Reserve at room temperature.

In large skillet over high heat, saute

onions in corn oil 2 minutes until they turn deep brown. Add remaining water to skillet and lower heat to medium-low. Cook and stir, scraping bits from bottom of pan, 15 minutes until water has evaporated and onions are caramelized. Season with salt and pepper.

Heat grill to 300 F for indirect cooking. Lightly grease grates.

Remove pork from marinade and place on grill over indirect heat 4-6 minutes per side, until internal temperature reaches 145 F. Remove pork and brush garlic butter on both sides. Let stand 5 minutes; slice into 3-inch long, thin strips.

While grill is hot, grill tortillas individually. Wrap four tortillas at a time in aluminum foil with a little garlic butter.

In skillet, reheat caramelized onions and serve with fajitas. Top with guacamole, sour cream, pico de gallo and shredded cheese, if desired.

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Coffee - Who can drink it and who should avoid it?

By Christina Hooper, Personal trainer and health coach

Coffee is healthy. Coffee is not healthy. Drink it. Avoid it.

Why all the confusion?

If you want to know whether you should drink coffee or avoid it, today's post is for you.

Coffee affects different people differently. It has some health benefits, but there are people who should avoid it.

Is this you? What should you consider before your next cuppa joe?

Coffee is one of those things - you either love it or hate it. You know if you like the taste or not (or if it's just a reason to drink sugar and cream). You know how it makes you feel (i.e. your gut, your mind, etc.).

Not to mention the crazy headlines that say coffee is great, and the next day you should avoid it.

There is actual science behind why different people react differently to it. It's a matter of your genetics and how much coffee you're used to drinking.

NOTE: Coffee does not equal caffeine. Coffee contains between 50-400 mg of caffeine/cup, averaging around 100 mg/cup. Coffee is one of the most popular ways to consume this stimulant.

But a cup of coffee contains a lot of things over and above the caffeine. Not just water, but antioxidants, and hundreds of other compounds. These are the reasons drinking a cup of coffee is not the same as taking a caffeine pill. And decaffeinated coffee has a lot less caffeine; but, it still contains some.

Let's look at caffeine metabolism, its effects on the mind and body, and whether coffee drinkers have higher or lower risks of disease. Then I'll give you some things to consider when deciding if coffee is for you or not.

Caffeine metabolism - Not all people metabolize caffeine at the same speed. How fast you metabolize caffeine will impact how you're affected by the caffeine. In fact, caffeine metabolism can be up to 40x faster in some people than others.

About half of us are "slow" metabolizers of caffeine. We can get jitters, heart palpitations, and feel "wired" for up to nine hours after having a coffee. The other half is "fast" metabolizers of caffeine. They get energy and increased alertness and are back to normal a few hours later.

This is part of the reason those headlines contradict each other so much - because we're all different.

The effects of coffee (and caffeine) on the mind and body

NOTE: Most studies look at caffeinated coffee, not decaf.

The effects of coffee (and caffeine) on the mind and body also differ between people; this is partly from the metabolism I mentioned. But it also has to do with your body's amazing ability to adapt (read: become more tolerant) to long-term caffeine use. Many people who start drinking coffee feel the effects a lot more than people who have coffee every day.

Here's a list of these effects (that usually decrease with long-term use): Stimulates the brain; Boosts metabolism; Boosts energy and exercise performance; Increases your stress hormone cortisol; Dehydrates. So, while some of these effects are good and some aren't, you need to see how they affect you and decide if it's worth it or not.

Coffee and health risks

There are a ton of studies on the health effects of coffee, and whether coffee drink-



PHOTO SUBMITTED

Coffee affects different people differently. It has some health benefits, but there are people who should avoid it.

ers are more or less likely to get certain conditions.

Here's a quick summary of what coffee can lead to: Caffeine addiction and withdrawal symptoms (e.g. a headache, fatigue, irritability); Increased sleep disruption; Lower risk of Alzheimer's and Parkinson's; Lower risk of developing type 2 diabetes; Lower risk of certain liver diseases; Lower risk of death ("all cause mortality"); Mixed reviews on whether it lowers risks of cancer and heart disease; Many of the health benefits exist even for decaf coffee (except the caffeine addiction and sleep issues).

NOTE: What's super-important to note here is that coffee intake is just one of many, many factors that can affect your risks for these diseases. Please never think regular coffee intake is the one thing that can help you overcome these risks. You are health-conscious and know that eating a nutrient-rich whole foods diet, reducing stress, and getting enough sleep and exercise are all critical things to consider for your disease risk. It's not just about the coffee.

Should you drink coffee or not?

There are a few things to consider when deciding whether you should drink coffee. No one food or drink will make or break your long-term health.

Caffeinated coffee is not recommended for: People with arrhythmias (e.g. irregular heartbeat); People who often feel anxious; People who have trouble sleeping; People who are pregnant; Children and teens.

If none of these apply, then monitor how your body reacts when you have coffee. Does it: Give you the jitters? Increase anxious feelings? Affect your sleep? Give you heart palpitations? Affect your digestion (e.g. heartburn, etc.)? Give you a reason to drink a lot of sugar and cream?

Depending on how your body reacts, decide whether these reactions are worth it to you. If you're not sure, I recommend eliminating it for a while and see the difference.

Recipe (Latte): Pumpkin Spice Latte
Serves 1

3 tbsp coconut milk
1 1/2 tsp pumpkin pie spice (or cinnamon)
1/4 tsp vanilla extract
1 tbsp pumpkin puree
1/2 tsp maple syrup (optional)
1 cup coffee (decaf if preferred)

Instructions: Add all ingredients to blender and blend until creamy.

Serve & enjoy.

Tip: You can use a tsp of coconut oil for added foam and good fats and will help keep your water colder longer.

Don't forget to drink your water.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Stonewall Blues win PeeWee city hockey title

By Brian Bowman

The Stonewall Blues PeeWee boys' hockey team did a whole lot of winning this past season.

And the Blues capped off their tremendous season after sweeping the Assiniboine Park Winter Hawks' Red team in their best-of-five final.

Stonewall won games by scores of 9-1, 7-0, and 5-1.

"The boys did really well," said Blues' head coach Liam Wheddon. "We have a really good group of kids at that age ... and they really seemed to click in the finals."

Stonewall had no trouble scoring goals in the series — averaging seven per contest.

"They were just finding the back of the net," Wheddon noted. "It took them a period to get going in the first game, I think it was 1-1 after the first, but after that it was pretty to watch."

To reach the final, Stonewall defeated the River East Royals 3-1, blanked the St. Boniface Seals 2-0, and beat the Assiniboine Park Winter Hawks' Red squad 3-1 on the A-side of the double-elimination playoff.

The Blues were extremely good defensively in the post-season. In fact, Stonewall was very good in their defensive zone all season as they cruised to an impressive 39-0-3 record.

"We had good goaltending, strong defencemen, good skating defence-

men that can move the puck up quickly, and our centremen are quick as well," Wheddon said.

The Blues had six returning players from the 12A1 team that won the city championship last year — Hayden Wheddon, Rylan Slatcher, Ty Woods, Aiden Singh, Hayden Faragher and Dylan LeClair.

Eleven of their 13 players from this year's team will be moving up an age group next season. The Blues did a real good job keeping focused while they went undefeated during the season.

"We had good leadership on our team that wanted to continue (to win)," Wheddon said. "When we tied, it was like a loss to them. You could see that they weren't happy."

Stonewall was also very good outside of league play as they won the Rob West, Virden and Fort Richmond tournaments.

The Blues were also winners at the Stonewall Veteran's Cup in the "A" Division.

"I think that Virden weekend was an important weekend for our year," Wheddon said. "The kids had a blast that weekend and Virden treated us well."

"I think that was a real turning point for us. Those tournaments are important to get away and (bond as a team)."



TRIBUNE PHOTOS BY BRETT MITCHELL

The Stonewall Blues won the Hockey Winnipeg 'A1' PeeWee banner last Sunday after sweeping the series against the Assiniboine Park Winter Hawks. Pictured back row, left to right: Liam Wheddon (coach), Nic LeClair, Cory Woods (coach), Carter Boughton, Aiden Singh, Kael Brown, Hayden Faragher, Hayden Kaczorowski, Brody Kopys, Todd Faragher (coach); front row: Dylan LeClair, Brady Becker, Rylan Slatcher, Hayden Wheddon, Ty Woods and Spencer Hunnam.



TRIBUNE PHOTO BY LISA SLATCHER

Hayden Wheddon, Rylan Slatcher, Aiden Singh, Hayden Faragher, Dylan LeClair and Ty Woods (front row) have now won the city championship two years in a row.



The Stonewall Blues proudly show off their banner.

Jets ground Canucks in MMJHL playoff series

By Brian Bowman

The Stonewall Jets are on a roll right now.

Stonewall won three straight games last week against St. James to eliminate the Canucks from the Manitoba Major Junior Hockey League playoffs.

The Jets won the series in six games after a thrilling 3-2 overtime victory Sunday in Stonewall.

Chase Faulkner scored his second goal of the game in OT to lift his club to the huge win. Faulkner was brilliant in the series, scoring 10 goals while adding three assists.

The Jets' Aiken Chop scored a first-period goal and then Faulkner tied the score at 2-2 at 14:03 of the third period.

Stonewall's Kyle Doak and Andrew Bayduza each finished the game with two assists.

Tyler Meixner and Chris Sass scored St. James' goals against Hunter Ploszay, who made 36 stops in the victory.

Stonewall took a 3-2 series lead after a dominating 8-3 victory over St. James Friday night in Winnipeg.

The Jets came out flying, scoring five

first-period goals. Three of those goals came just 13:25 into the contest as the visitors quickly grabbed a 3-0 lead.

Doak led Stonewall with two goals and an assist while Braden Groot added a pair of goals and a helper.

Brendon Burnett, Ryan McMahon, Faulkner and Taylor Radley also scored for the Jets.

John McCammon, Wyatt Kemball and Jarret Neudorf replied for St. James.

Ploszay made 43 saves for the win.

The Jets evened the series at two wins apiece after an exciting 2-1 overtime victory on March 13.

Chop scored the game winner in OT after Kemball and Faulkner traded second-period goals.

Ploszay made 37 saves for the win.

With the series victory, the Jets will now face their old nemesis in the first-place Raiders Jr. Hockey Club.

The Raiders easily swept St. Boniface in their quarter-final series. The schedule of the Stonewall and Raiders' best-of-seven series had not been released at press time.



TRIBUNE PHOTO BY LANA MEIER

Aikin Chop scored the game winner in OT to even the series at two wins apiece on March 13.



Jets' goaltender Hunter Ploszay led his team to three-straight wins last week to eliminate the Canucks from the Manitoba Major Junior Hockey League playoffs.

Tournament champs



TRIBUNE PHOTO BY LYLE HOLOD

The Interlake Cobras went undefeated in the 2007 Southwest Jets Extended Season Tournament March 17-18 in Wawanesa. The Cobras defeated Pembina Valley 5-4, Esterhazy 8-4, Brandon 11-2 and the Southwest Jets 6-5. Pictured left to right, back row: Coaches Andrew Kirk, Kenton Byle and Derek Deprez; middle row: Tate Lussier, Evan Deprez, Talon Hogg, Noah Oughton, Wade Byle, Tytan Johnson; front row: Braedan Cormack, Logan Morin, Ryder Kirk, Blake Farthing and Gavin Holod. Missing from the photo are Jackson Vandersteen and Brody Slatsher.

Regional Atom 'A' champs



TRIBUNE PHOTO BY TANYA SWANSON

The Stony Mountain Flames Red team defeated both Arborg and Peguis in a best-of-three series to win the Interlake Minor Hockey Atom A Regional Banner last week. Pictured back row, left to right: Kenton Byle (coach), Clint Swanson (coach), Matthew Penner, Justin Braid, Evan Deprez, Nick Vodden (coach) and Derek Deprez (coach); middle row: Jamie Gaudry, Cooper Carey, Evan Roy, Easton Stadnichuk, Cole Swanson, Wade Byle, Carson Littlepage and Liam Butcher; front row: Jackson Vandersteen.

Interlake players lead Bisons to national title

Staff

The University of Manitoba Bison women's hockey team earned their first national championship in the program's 21-year history.

Manitoba goalie Lauren Taraschuk made 20 saves as the Bisons beat the Western Mustangs 2-0 Sunday in the tournament's final.

"This team had laser focus and I thought their approach all year was on point and it paid off," said Bison head coach Jon Rempel on the U of M website.

"We had outstanding control throughout the gold-medal game and I thought

our second was one of the best periods we played all season.

"I thought the game was on our stick throughout and we played like we had played throughout the season."

Manitoba's roster includes Winnipeg Beach's Rachel Dyck, Warren's Mekaela Fisher and Stonewall's Allison Sexton and Devon Johnson.

Lauryn Keen scored at 18:16 of the second period while Manitoba was on the power play and then Venla Hovi tallied early in the third.



TRIBUNE PHOTOS SUBMITTED

The Bisons' roster included, left photo, Winnipeg Beach's Rachel Dyck, left, and Stonewall's Ally Sexton. In the right photo, Warren's Mekaela Fisher and Stonewall's Devon Johnson.

Rams play well at varsity girls' basketball provincials

By Brian Bowman

The Stonewall Collegiate Rams had a very tough matchup in their first game of the MHSAA "AAA" varsity girls' basketball provincials.

And the Rams nearly pulled off a significant upset.

But, in the end, Stonewall suffered a tough 65-63 decision to the No. 2-ranked Westgate Mennonite Collegiate Wings.

The Wings are blessed with a trio of talented offensive players.

"Our first game was definitely our best game played," said Rams' head coach Christy Steeves. "Right from

the start to the very finish, they played exactly how I wanted them to and they executed what I asked them to execute."

Amber Schneider led Stonewall with 28 points while Rikki Frost-Hunt added 17.

With the loss, Stonewall dropped down to the B-side of the provincials where they defeated Lorette 62-59.

"We didn't start out as well (against Lorette) as we did against Westgate," Steeves said. "They pressed us right away and, for some reason, we were cracking under the pressure."

The Rams did get much better as the

game wore on as they started to run the floor well, said Steeves.

Frost-Hunt and Hunter Lupyrypa each scored 19 points for the Rams.

Stonewall was later defeated 59-44 by Brandon's Neelin High School in the consolation final. The Rams had trouble on the offensive end.

"We just didn't execute the things that I wanted them to execute as well as I know that they can," Steeves lamented.

With that loss, Stonewall's season is now over.

The Rams will lose a big chunk of talent from this year's team due to

graduation. Stonewall's varsity girls' team will be without Sarah Fines, Schneider, Hanna Marshall, Kyra Shewchuk, Shae Mulvihill, and Loren Proven when they hit the court again next season.

"I will miss them immensely," Steeves said. "I've basically had those girls for four years. I had them when they came in in Grade 9 when I coached the junior (varsity) team.

"They have been an awesome group of girls to coach. I'm very proud of what they did and how far they've come."



Novice double banner season

TRIBUNE PHOTO BY JEN VAN KEMENADE

The Warren Mercs Novice #2 team swept Arborg two games to win their second banner of the season. On March 12, the Mercs claimed the Interlake Minor Hockey Novice 'A' Regional banner after defeating Arborg 10-8 and 10-6. Pictured back row, left to right: coaches Rhys Van Kemenade and Bryce Baldwin; middle row: Kade Schedler, Brodie Lambert, River Spice, Madden Van Kemenade, Ashton Baldwin and Ryder Clare; front row: Sawyer Park, Beck Van Kemenade, Lee Hearn, Jonathan Gilmore, Colton Corbel and Leighton Chartrand and goaltender Mason Klassen.

Thunder players compete at San Antonio football tournament

By Brian Bowman

San Antonio is home to the Alamo and the NBA's Spurs.

But it was also home to a bevy of young football players recently as San Antonio hosted the sixth-annual Pigskin International tournament.

Teams came from the U.S., Mexico and Canada.

One of those teams was a Manitoba Selects' squad run by the Finish First Football program. That team is coached by former CFL players (the head coach was Kito Poblach) and included Selkirk's Mason Johanson, West St. Paul's Sean Sevillano Jr. and Stonewall's AJ Van Haute.

All three players are members of the Interlake Thunder program. And all three had a tremendous time down in Texas.

"It was an amazing and nice experience," said Johanson. "I'm glad I got to go. The stadium was huge compared to what we have and I met a whole bunch of new people."

Sevillano Jr. was equally impressed with the trip to San Antonio.

"It was a great experience to go down there and play the guys from Texas and see what it's like compared to our regular league play," he said. "It's a lot more competitive and the game goes a lot faster."

Manitoba finished 1-1 at the tournament in the 11- and 12-year-old division, defeating the Lubbock Spartans 30-7 while losing to the Dallas North

Oak Cliff Eagles 44-0.

Van Haute, 12, noticed the speed of the game is much faster down in the U.S. The American players are a whole lot bigger, too, he said.

"It was pretty cool," Van Haute said, noting he plays on both offence and defence. "Playing football down there was really exciting. We played on a university field and a high school field. The high school field was really nice and the university one was big and they had turf field."

Manitoba did real well against their American counterparts.

"It was cool and a lot of fun," said Johanson, 12, a corner back. "(The Texas teams) were a lot bigger and a lot stronger. Their (receivers) were really good and really fast."

It was also a great experience for the parents.

"It was pretty cool to see the way the kids bonded with their temporary teammates, knowing that these would be the same kids that they have been and will be competing against in Manitoba," said Mike Johanson, Mason's father.

"Even the coaches were all from different clubs."

The Finish First Football program was extremely well run and began with an evaluation camp. That was followed by eight weeks of practice and a trip out west to Saskatchewan.

Manitoba, which sent a 15U and 12U squad, played the South Sask Selects



TRIBUNE PHOTO SUBMITTED

From left to right: the Interlake Thunder's AJ Van Haute, Mason Johanson and Sean Sevillano Jr. participated in a tournament in San Antonio.

in Moose Jaw.

"It was an amazing experience and fun to do," said Mason Johanson. "I learned a lot of footwork stuff and how to tackle right."

Sevillano Jr., 11, said the Finish First Football program definitely made him

a better player.

"We had great coaches," he said. "I definitely learned a lot. It was an amazing experience getting to learn from those guys that have played a high level of football."

Interlake junior high basketball champions



TRIBUNE PHOTO BY KENDRA LITTLEPAGE

The Stony Mountain Hawks claimed the Interlake School Division Junior High boys' basketball banner for the second year in a row after defeating the Teulon Saints 49-23 in the final. The Hawks went undefeated all season (10-0-1). Pictured back row, left to right: Connor, Kevin, Ethan, Ethan, Tristan, Aaron and Myles Blahut (coach); front row: Laura Manchulenko (coach), Dominick, Nakinan, Brody, Kyler and Kaiden.



TRIBUNE PHOTO BY JEFF LEVESQUE

The Stonewall Centennial Sentinels defeated the Stony Mountain Hawks 32-19 to win the Interlake School Division Junior High girls' basketball championship. Pictured back row, left to right: Toni P., Cadence T., Sarah S., Brooke W., Rena K., Gracie F. and Cadance D.; front row: Kira H., Charli R., Emmi M., Sarra J. and Katie B. Missing from photo are coaches Jeff Levesque and Ashleigh MacMillan.

Wildcats win varsity girls 'AA' basketball provincial title

By Brian Bowman

The Warren Collegiate Wildcats are the MHSAA "AA" varsity girls' basketball champions.

Warren earned that title after a heart-stopping 45-43 victory over Flin Flon's Hapnot Kopper Kweens on Saturday in Dominion City.

The provincial win was a great way to end the Wildcats' season.

"They put in a tremendous amount of hard work in practice and tournaments and games," said Wildcats' head coach Kevin Braun. "The learning never really stopped. We were teaching right to the very last moment.

"I'm so proud of all of the players and the effort that they put in."

The Wildcats trailed 20-19 at half-time but they scored 19 points in the third quarter.

"Both defences were very aggressive ... and very strong (in the first half)," Braun said.

Warren committed several costly turnovers, said Braun, which led to Kweens' baskets. But the Wildcats held together at the end for the hard-fought win.

Taylor McMahon was named Warren's game MVP in the final.

Warren reached the championship game after squeaking past the No. 1-ranked Goose Lake Angels 46-45. The Wildcats started the game on a dominating 15-2 run.

"Everything was working and the other team was getting pretty frazzled," Braun recalled. "But they went on a bit of a run in the third quarter and then it was a back-and-forth



TRIBUNE PHOTO BY DEBBIE GOODMAN
Alex Chester, left, was named provincial MVP while Grace Goodman, right, was selected as an all-star.

(game)."

Hapnot's Daylynn Bahniuk hit a pair of free throws with four seconds remaining in the game to put her team up 45-44.

After a Warren timeout, the Wildcats' Faith Witt scored the game-winning basket with no time left on the clock.

"It was crazy," Braun said. "It was the most unreal basketball moment that I have ever been a part of.

"As soon as that happened, the momentum went 110 per cent on our side."



TRIBUNE PHOTO BY MARGARET ANN BRAD
Pictured back row, left to right: Steven Olson (coach), Darrien Bullied, Grace Goodman, Laura Brad, Malika Bangle, Alex Chester, Madeline Boonstra, Jordan Schott and Kevin Braun (coach). Front row: Cathy Pleskach (coach), Ramona Carriere, Taylor McMahon, Faith Witt, Meghan Scholdice, Makayla Baldwin and Kirby Hearn.

Grace Goodman was chosen as Warren's most valuable player in the game.

The Wildcats started the provincials with a solid 64-45 win over Niverville. Alex Chester was named Warren's game MVP.

Chester was later named the provincial MVP while Grace Goodman was selected as an all star.

As for next season, Warren will lose five players — Makayla Baldwin, Ramona Carriere, McMahon, Meghan Scholdice and Witt — next year due to graduation.

The Grade 11s will have to take over in terms and talent and leadership from those five girls. Braun is confident that they can get the job done next season.

"There's definitely a chance for them to repeat," said the Wildcats' coach. "But we still have a lot of work to do yet for next year to get some more consistent play throughout the game.

"We have a lot of talent and the work ethic is very good. They'll be probably a top-three team next year, I would assume."



Sledge hockey champs

Austin McRae, right, and his dad Les McRae, middle, from Marquette and Logan Johnston from Selkirk, left, returned from a four-team sledge hockey tournament in Blaine, Minn., as champions early this year.

The Winnipeg Sledge Hammers assistant coach Les McRae reported that the team had a very successful weekend defeating the MN Wild Green team 12-1 and 8-1 and the Colorado Little Av's 5-1 and 5-1. Fourteen-year-old Austin has been playing for three seasons and nine-year-old Logan is playing his first season.

Sledge hockey follows the rules of the International Ice Hockey Federation with modifications. Instead of skates, players use double-blade sledges that allow the puck to pass beneath. Players use two sticks, which have a spike-end for pushing and a blade-end for shooting. Each team attempts to outscore its opponent by shooting the puck across the ice and into the opposing team's goal while preventing the opposing team from scoring. Six players (including the goalkeeper) from each team are on the ice at one time. Ice sledge hockey games consist of three 15-minute periods.

TRIBUNE PHOTO SUBMITTED BY LES MCRAE

Dunlop to represent Manitoba at U18 curling nationals

By Brian Bowman

For a young curler, having a chance to represent Manitoba at a national playdowns is a pretty cool experience.

Stonewall's Thomas Dunlop will have that rare opportunity after winning gold with Brett Walter's Winnipeg Blue rink at the 2018 Manitoba Winter Games in Thompson earlier this month.

Dunlop plays third on Walter's team that went undefeated at the Games.

Walter's rink, which also includes Winnipeg's Chase Dusesoy and Zachary Wasylik, defeated South 1 by a 5-3 score in the final.

"We went there knowing we had a pretty good chance at winning it," said Dunlop Monday evening. "Our whole goal was to win it and we probably would have come away disappointed if we did anything other than that."

Walter scored a key two points in the fourth end to go up 3-1. The rest of the scoring came via singles scattered throughout the eight-end game.

"I don't think anybody really wanted to take a big chance because both teams were playing pretty good," Dunlop explained of the low-scoring affair. "Anything could have backfired."

Walter reached the final after defeating South 2 by a 7-4 score in a semifinal matchup. He earlier went a perfect 3-0 in pool play while outscoring his opponents by a wide 22-6 margin.

"There were a lot of good teams there and we probably were playing our best at the right time," Dunlop said. "We were peaking."

Dunlop hopes his rink will continue to peak when they represent Manitoba at the U18 Canadian Championships in St. Andrews, N.B., from April 9-14.

"Winning your first Manitoba jacket is pretty special and it should be a pretty good time," Dunlop said. "We should have a good chance of doing something pretty special out there."

Walter's rink will be hosting a send-



TRIBUNE PHOTO SUBMITTED

U18 Mens Provincial Champions (left to right) Cal Edie (coach), Chase Dusesoy (lead), Zach Wasylik (second), Thomas Dunlop (third) and Brett Walter (skip).

off at 7 p.m. on March 31 at the Elmwood Curling Club in Winnipeg. It's important for this young rink to raise money to offset the costs of the trip to nationals.

"(It's important), especially for junior curling because juniors are what's helping to grow the sport," Dunlop

said. "So, if we could get a lot of support from the community, it does help a lot to get financial support."

Tickets for the sendoff are \$10 each. Anyone who wishes to attend can contact Leslie Dunlop at 204-513-0776 for tickets.

Teulon Curling Club hosts annual mixed bonspiel



TRIBUNE PHOTOS SUBMITTED

The Teulon Curling Club hosted 11 teams at their annual mixed bonspiel March 9-11. Left photo: the first event winners, left to right, were Rebecca Chubaty (skip), Devin Dola, Jillian Overby and Patti Dola while the second event was won by Andrew McMahon (skip), Perry McMahon, June McMahon and Vincent Martel. Mark Trunrud's rink, which included Christine Trunrud, Brian Jack and Sharon Jack, won the third event.

Warren hosts mixed open bonspiel last weekend



TRIBUNE PHOTOS BY VERNON MANKEWICH

The Warren Curling Club hosted 12 teams at their annual mixed open bonspiel last weekend. Left photo, left to right: Randy Desjarlais's rink won the "A" event along with his team, which included Jackie Sinclair, Kyle Jaworski and Brenda Cameron. Middle photo: Ron Weatherburn and his team of Kara Laing, Paul Wainwright and Shane Elliot won the 'B' event, while the Jim Rouse team won the 'C' event. Rouse's rink featured Joan Mankewich, Chad Misura and Darci Holod.

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The Rural Municipality of Rosser is accepting bids for the supply of a minimum of 20,000 tonne of limestone aggregate.

The successful applicant agrees to sign a one (1) year agreement with the possibility of an additional one (1) year extension.

Closing Date: 12:00 pm local time, Friday April 6, 2018

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

Randy Slatcher, Public Works Foreman
Address: Box 131, Rosser, MB R0H 1E0
Office: 204-467-5711
Email: pwforeman@rmofrosser.com
Website: www.rmofrosser.com

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

1	9	8	7	6	9	8	2	
6	7	9	8	9	2	1	8	4
2	7	8	1	8	9	9	7	6
9	9	1	6	7	8	8	2	7
8	2	7	9	1	7	8	6	9
7	8	6	8	2	9	7	9	1
7	6	7	9	8	8	2	1	9
9	8	9	2	6	1	7	7	8
8	1	2	7	9	7	6	9	8

Sudoku Answer

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

Crossword Answer



CROSSWORD

CLUES ACROSS

- Builder's trough
- Pouch
- Adam's partner
- Zelda soldiers
- Network of nerves
- Heinrich __, poet
- Algerian port
- Reciprocal of one ohm
- Title of respect
- Form of expression
- Hoover's office
- Samoan monetary unit
- Cooperation
- Fiddler crabs
- Portion of a play
- Tropical American shrub
- Frosts
- Short-winged diving seabird
- Chemical compound used as a hardener (abbr.)
- Diversion
- __ Turner, rock singer
- __-bo: exercise system
- Large, edible game fish
- Doctor of Education
- Where the Knicks play
- Basics
- Tall tropical American trees
- Men wear them
- Widespread destruction
- Midway between north and northeast
- Vast body of water
- Hair product

CLUES DOWN

- Very brave
- Go too far

1	2	3						4	5	6		
7								8				9
10				11				12				
13								14	15			16
17				18				19				20
21					22	23				24		
					25				26			
				27	28				29			
				30					31			
				32						34	35	36
39	40					41				42		
43					44					45		
46				47						48		
49												
										50		
										52		

- Individual feature
- Drug trials term (abbr.)
- Has emerged
- Helped the Spanish conquer Mexico
- Northern Vietnam ethnic group
- Dried-up
- Reactive structures (abbr.)
- Licensed for Wall Street
- Japanese conglomerate
- Home to the Celts
- Title given to Italian monk
- Drunkards
- Cylindrical containers
- South American plants
- Frozen water
- Town in Galilee
- Not in
- Journalist and suffragist Wells
- Consumed
- Edible Mediterranean plant
- Poke fun of
- "First in Flight" state
- Fortifying ditch
- Receding
- Christian liturgical creed
- Used to decorate Xmas trees
- High-__: complex
- Thoughts
- __ and cheese
- Constrictor snake

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PUBLIC NOTICE

2016 Audited Financial Statement

Public Notice is hereby given under Section 194 of The Municipal Act that the Auditor's Financial Report, together with the related Financial Statements, for 2016, has been deposited in the Office of the Chief Administrative Officer of the Town of Teulon at Teulon, Manitoba and is available for inspection by any person or their agent, during regular office hours. Any person, or their agent, at their own expense, may make a copy thereof or extract there from.

Dated at Teulon, Manitoba, this 14th day of March, 2018.

Bert Campbell
Mayor
Town of Teulon

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Manchulenko - DeJager
Steven Manchulenko and Carolyn DeJager along with their parents, Don and Rhonda Manchulenko and Tom and Betty Stafford and Susan Duncan are happy to announce their engagement. A wedding social is planned at the Grosse Isle Community Center on April 21, 2018. The wedding will take place on July 21 2018, with the ceremony in Grosse Isle and the reception to follow in Winnipeg.



Don't forget to send your special wishes or words of remembrance to your friends and family.

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OBITUARY

Gordon Langrell

It is with deep sorrow, the family is saddened to announce that Gordon passed away on March 17, 2018 after a courageous fight with cancer.

Gordon is survived by his loving wife Sue; his children Michael (Marni) granddaughter Morgan, and Darryl (Renee) grandsons Alton, Copper and Ethan (and his mother Megan). Sisters Grace (Bob) Stein, Shirley (Cyril) Irwin, and brothers Ronald (Joy) Langrell and Harold Langrell. Gordon was very fond of his nieces and nephews as well as his sisters and brothers-in-law on the Kotelko side. He is also remembered and loved by Sue's family, mother Elsie Becker, brothers Carl, John (Donna) and Rob (Sharon) and children Lisa (Blake) Legault, Matt (Melanie) Janzen, Sheila (Steven) Smart and grandchildren.

Gordon was predeceased by his loving parents Victor and Edna Langrell and wife Myra (nee Kotelko).

Gordon grew up in the Woodlands area attending Woodlands Elementary and Warren Collegiate. He remained in Woodlands farming, working and raising his family over the years. He loved hunting, fishing, curling and traveling. His favourite pastime was visiting with friends and family.

The funeral service will be held at the Stonewall Legion on Thursday, March 22 at 2 p.m. Interment will be held earlier at 11 a.m. at Meadow Lea Cemetery.

In lieu of flowers, if friends so desire, kindly make donations to Woodlands Childcare Inc., Box 270, Woodlands, MB. R0C 3H0.

Many thanks to Cancer Care Manitoba and to the Stonewall Hospital palliative care staff.

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OBITUARY

Gordon Watson

After a lengthy illness Gordon Watson passed away peacefully on Thursday, March 15, 2018. Gordon is survived by his wife of 61 years Ruth; sons Ken (Brenda) and Bob (Kim). Grandchildren Kent, Brandon and Kaleigh.

A memorial service will be held at a later date.

Flowers are gratefully declined. Donations may be made to either Goodwin Lodge Foundation or Teulon Hunter Memorial Health District Foundation Inc.

Family would like to thank Dr. Loudon and the hospital staff for their compassionate care.


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OBITUARY

David William Minaker



It is with deep sorrow that we announce the passing of David Minaker at the age of 77 years, on Wednesday, March 14, 2018.

He will be lovingly remembered by his wife of 50 years, Lorraine, son Darren (Dianne), Haleigh and Scott, daughter Angela (Mark), Marlee and Rylan, grandsons Adam and Johnny, and their mother Laurie.

He was predeceased by his parents, Charles and Mabel, sister and brother-in-law, Beryl and Bonne Lemon, brother Gilbert and son Wayne.

Dave was born in Winnipeg on August 11, 1940 and raised on the family farm in Rosser, Manitoba. He enjoyed his occupation in the pipefitting trade and many years of farming until his retirement. He loved when family would come to visit and his sense of humour always kept them entertained.

The family wishes to thank the IERHA Palliative Care Staff and Stonewall Hospital staff for their compassionate care and support.

As per Dave's wishes, there will be no service. A private family interment will be held at a later date.


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OBITUARY

Barry Mann



The family of Barry Mann wish to announce the passing of our dearest husband, dad, grandpa and great-grandpa.

He passed away peacefully at his home on Thursday, March 15, 2018 with his family by his side after a courageous battle with cancer.

He will be forever remembered by his wife Violet and his children: Shelley (David) Fujii, Darryl (Tracy) Mann, Duane (Heather) Mann. Grandchildren: Bret (Shanece), Tyler, Serena, Nicholas, Felicia, Julia, Kurtis and great-daughter Anayah Rae.

Surviving brothers are: George (Tove) Mann, Bill (Louise) Mann and sisters-in-law Carol Mann, Lynn Mann, Ethel and Clarence Olson, and brother-in-law Don Allard. As well as numerous nieces and nephews.

Barry/Dad was born in Stonewall on October 26, 1943 the youngest son of Robert Sr. and Kathleen Mann. Barry married the love of his life, Violet Lowery on July 27, 1963. They raised their three children in Stonewall with a lot of love.

Dad worked as a butcher who first sold oranges to mom instead of weiners she had ordered! He worked at the co-op in Stonewall, then he and mom ran the store in Marquette. He was proprietor of Stonewall Septic Service and ran our family farm Sheldarane Dairy Farm. He was a member of Stonewall-Rockwood Fire Department for 40 years and during that time he acquired the position of Fire Chief. He was passionate about driving school bus for the Interlake School Division for 30 years until his health deteriorated.

Dad/Barry loved to spend time with his boys hunting, fishing and camping. He was a jack of all trades and loved to work on small engines.

The family wishes to express our sincere appreciation to the Doctors at Cancer Care and to Dr. Pinniger at Stonewall Hospital.

At Dad/Barry's request there will be no funeral services.

In lieu of flowers donations may be forwarded to Stonewall Palliative Care or Stonewall-Rockwood Firefighters Association.


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OBITUARY

Stewart Joseph Cheyne (June 2, 1925 – March 14, 2018)



After an active day and a cup of tea Stewart peacefully passed away at home on his terms as he had often wished. Dad was 92 years of age just a couple months short of making 93. He was predeceased by his wife, soulmate and best friend of over 52 years Roxanne; son Gary; brothers Jim and Charlie; sister Margaret; brothers-in-law Magnus and Cal and parents Douglas and Marjory. On wife Roxanne's side, sisters-in-law Shirley and Andy, Elaine and Wally, Adele (Loreen) and father and mother-in-law Stan and Jeanne. He is survived by son (Irwin, Val, Lisa and Colin), son (Dwayne, Kelley, Claire, and Connor) sisters Marjory, Isabel, sister-in-law Elma and brother-in-law Clarence and Heida. Dad's constant support system was all his nieces, nephews, especially Kevin, and Doug as well the coffee crew led by long-time friend Tony.

Dad was a farm boy born at home just west of Teulon where he worked until he became a butcher; he had a stint with Safeway and Mom's family store. His passion for golf led him to his next job providing him with his best years. He was one of six founding members that started the Teulon Golf and Country Club. This is where he found what he enjoyed doing most and became the Golf superintendent. He along with Mom ran the pro shop as well as the clubhouse for over 30 years, along the way forging many long-time friendships. Dad paved the way for many young men and women from the Teulon area to make careers in the turfgrass industry. Dad spent over 30 years being active in local politics serving on the Teulon council, Rockwood planning boards the Teulon arena board as well as any other board that was trying to improve Teulon and the Interlake.

Dad was an athlete, he loved golf, hockey and baseball and was very competitive either playing or coaching. He helped many of us local boys become men through hockey. He taught us what it took to win and succeed as team. Dad was the face of Teulon hockey for years and he is synonymous with the Teulon Tigers senior hockey even wearing the team jacket up until his death. Dad also loved to hunt and fish with friends and family.

Dad loved his family and close friends. He often spoke of his coffee crew and what a good bunch of friends they were always looking forward to the next day. His family is what provided him with pride he loved visiting BC for birthdays and Christmas. Nieces and nephews and their families were spoken as if his own. He enjoyed a single visitor or a large gathering and always had a story to share.

Cremation has taken place and a private family burial will take place at a later date.

Honorary pallbearers will be all nieces, nephews and their families.

In lieu of flowers donations can be made to the Canadian Diabetes Association and Heart and Stroke Foundation or a local charity of your choice.

Well Dad this is the end of a great run and we could not be more proud of all your accomplishments. I hope that along our paths we can capture just a tiny bit of what made you a great man, grandfather, father and uncle. You will be greatly missed and always thought of fondly with love and respect.


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OBITUARY

Jack Williamson Good



It is with great sadness the family of Jack Williamson Good (born January 12, 1938) announce his passing on March 13, 2018 at Val-leyhaven Guest Home.

Jack leaves behind his loving wife of 59 years, Patricia (nee Griffin); his five children Jacqueline (Jim), David (Sharra), Tracey, Leah (Daryl) and Judi. Grandchildren Chris, Josh, Jamie, Sarah, Allen, Janis, Hailey, Josh, Jade, Jenna, Kyana, David, Kevin and Charlene. Three great-grandchildren Cohen, Serenity, and Jackson (with three more coming soon). Sisters Kitty, MaryAnn, Gloria (Jim); brother Donald (Sylvia); father-in-law Mike; sister-in-law Gale and many more extended family members.

Dad proudly served 25 years in the Royal Canadian Navy and after retiring in 1980 owned several businesses before becoming a realtor in Manitoba, Victoria and finally Chilliwack. He is past president of Branch #4 Legion and officiated many Remembrance Day services for the city.

A celebration of Life was held at the Royal Canadian Legion Branch #4, Chilliwack, BC on Sunday, March 18, 2018 at 2 p.m. Rev. Angus Haggarty officiated.

No flowers by request, if desired, donations can be made in Jack's memory to the Terry Fox Foundation.

Your memory will live forever Engraved within our hearts

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OBITUARY



James (Jim) Adolf Meek

With his loving family at his side, Jim passed away peacefully March 14, 2018 at the La Verendrye Hospital.

Jim was born June 30, 1931 to the late Anna and John Meek of Sprague, MB where he was raised.

He met the love of his life, Marjorie Hunter, and married on April 27, 1954. He was employed by CN until retirement in 1987. They lived and raised their family in Rainy River and moved after retirement to the Morson area, and again later moved in 2009 to Fort Frances. Twenty winters after retirement Jim and Marjorie traveled with their RV meeting and making new friends wherever they went. He loved carpentry from building homes to woodworking with his grandchildren. He enjoyed the great outdoors, guiding, hunting, and fishing. He loved spending time with his family and friends sharing many stories. He always lent a willing hand in helping out

with projects for others.

Jim is survived by his wife Marjorie of almost 64 wonderful years. His children, Heather Sorokowski of Stonewall, Mb, granddaughters Elizabeth, Jennifer, great-granddaughters Julie and Samantha; Colleen (Ed Wiersema) of Fort Frances, grandsons Jason (Sheila, great-grandchildren Parker and Reece), Jeff (Rebecca Selman); Kathy (Ron Fehr) of Fort Frances, grandchildren Tracy (Travis Rob, great-grandchildren Ian and Leah) and grandson Bryan Treflin; son Jim (Wendy) of Selkirk, Mb, grandchildren Kayla (Ryan), Marissa (Kyle), and Breanna (Shea). His sisters Mary (Steve) Stamler and Lynda Rozsa both of Stonewall, Mb. Jim has many nieces and nephews that he loved.

Jim was predeceased by his parents Anna and John. His brother, Stan. His, mother and father-in-law Helen and Hugh Hunter. His sisters-in-law Joan, and Jan and husbands. His son-in-law Glen Treflin. His nephews Duncan and Fraser.

Jim will be sadly missed by all.

As per Jim's wishes, there will be no service. A celebration of life will be held later with the family.

In lieu of flowers, and if family and friends desire donations may be made in c/o the McInnis Creek Chapel, the Arthritis Society, the Palliative Care Room c/o Riverside Health Care or a charity of your choice, c/o Northridge Funeral Home, Box 89, Emo, ON P0W 1E0.

OBITUARY

Natalie Dawn Love (Stein) 1975 - 2018

It is with deep sadness that we announce on March 14, 2018 Natalie passed away peacefully in the loving embrace of her family. At the age of 42, Natalie had spent the last eight years of her life 'breaking limitations, believing, finding peace, hope and understanding' on her cancer journey.

Natalie will live on in the hearts of her husband Jeff Love, their children, Tyler, Gavin and Kaden; her parents, Brian and Judy Stein; her sisters and their families; Laura, Michael, Rachel and Jonas Perrella; Christine, Dan, Damon, Marcus and Luke Skakum. She will also be dearly missed by her extended family and many friends who joined her on her life journey.

Natalie started her journey in Edmonton, Alberta born into a military family. This enabled Natalie to make friendships easily and adapt to changing circumstances. Natalie graduated from Red River Community College as a Health Records Technician. This set her off on a new path to Lynn Lake, Manitoba where she met Jeff and their love story began. Together they built an incredibly strong family, raising three awesome sons as they moved around Manitoba. Their footsteps eventually brought them to Stonewall. Shortly after their move, Natalie's journey with melanoma really began. This journey is documented in her blog; ithinkiwillgoforawalk.blogspot.com.

Natalie's life was all about the little things; dancing in the kitchen with her boys, family rock band wars, gardening, relaxing by the pool with her love, walks in Quarry Park with her dog, Caramel, being a supportive hockey mom and simply loving her family and friends.

A celebration of Natalie's life will be held on Friday, March 23rd, 2018 2:00 p.m. at the Heritage Arts Center in Stonewall, Manitoba. The family will have a private internment at a later date.

In lieu of flowers donations can be made to Natalie's two favourite supports; Callanish Society: www.callanish.org, YACC (Young Adult Cancer Canada): www.youngadulcancer.ca

Thank you to all of the health care staff that have supported Natalie on this journey. Special thanks to Dr. Wong, Dr. Fewer and Dr. Graham who held a special place in Natalie's heart.

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