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Hi-yah!

TRIBUNE PHOTO BY NATASHA TERSIGNI

Stonewall's Charlie Cheuk competed in the six- and seven-year-old male kata white to orange belt category, placing seventh at the Stonewall Karate Club competition last Saturday.

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



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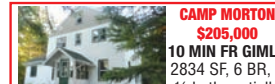
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Martial artists show their stuff at karate tournament

Staff

The Stonewall Karate club held its 19th annual competition and seminars over the weekend with over 100 taking part.

The morning started off with a seminar on Kumite for the brown and black belts, teaching techniques on how to get in and score fast.

The white, yellow, orange, green, blue, purple and brown belts also learned Kyu while working on distance and speed.

Sensei Debbie Hinds said that the students are busy preparing for their next competition where they will be evaluated and judged on their moves.



Ben Rider placed third place in the 9- to 11-year-old male kata white to green belt.



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Students from Stonewall Karate Club competed in the club competition at the Royal Canadian Legion in Stonewall last Saturday.



Kai Laba placed second in the 6- and 7-year-old male kata white to orange belt category.



Lynzy Ward placed first in the female kata white to green belt category.



Kaleb Prystupa placed third in the 6- and 7-year-old male kata white and orange belt.



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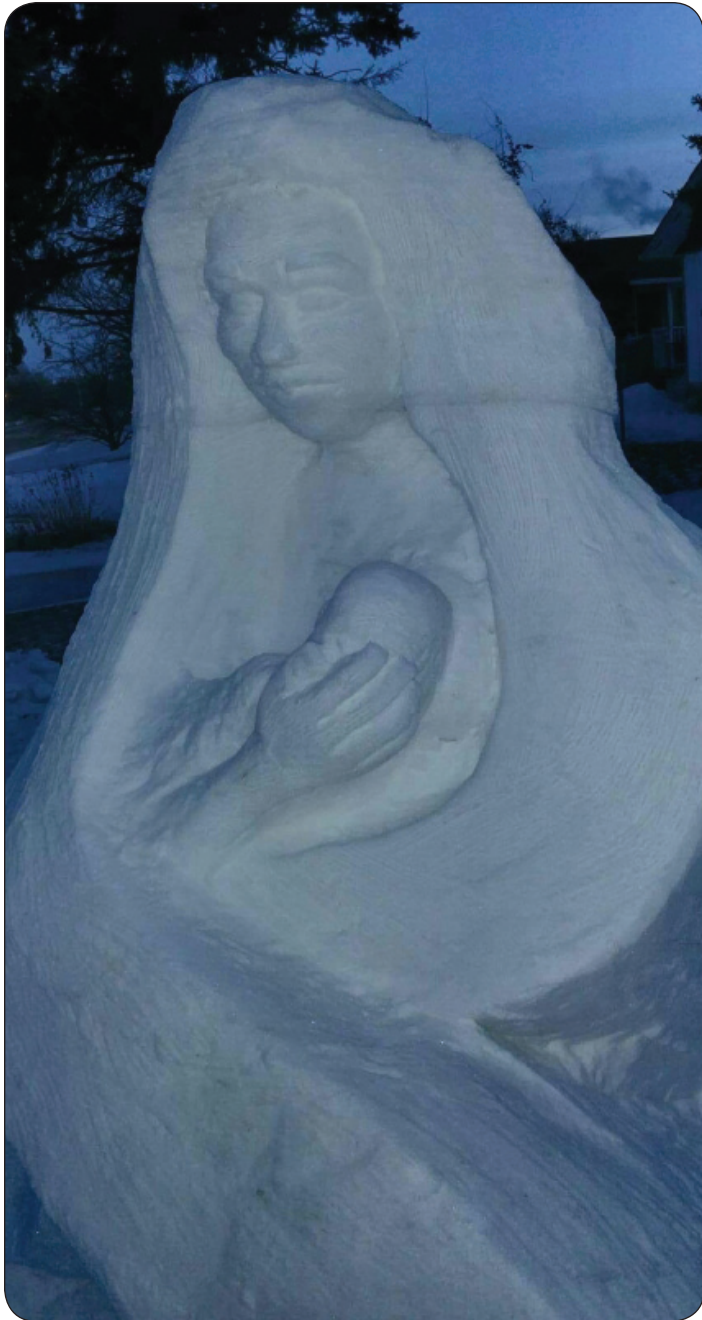
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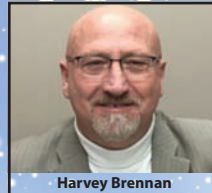
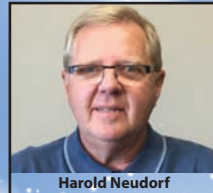
The snow sculpture on 4th Street East in Stonewall just keeps on evolving. Snow carver Ralph Tanchak has certainly had his fair share of carving this winter with temperatures fluctuating from 0 degrees to -30 degrees C, sometimes in a matter of days. But, of course, the warmer temperatures have caused this year's snow sculpture to melt, forcing Tanchak to re-carve his front yard masterpiece — not once but four times. The block of snow has evolved from an American bulldog to a new dog, then to a bunny and now a cancer ribbon with a woman nursing a baby.



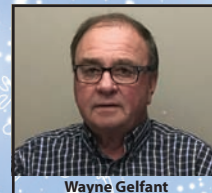
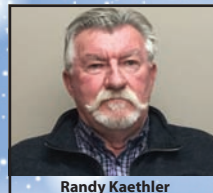
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A new mode of transportation for Teulon students

By Jo-Anne Procter

There is a new school bus in Teulon that is environmentally friendly and fuelled on manpower and human energy.

The "Walking School Bus" initiative is being driven by Teulon Elementary Grade 1 teacher Emily Hunt and Grade 2 teacher Lindsey Jack. The duo presented their venture to Interlake School Division trustees at the March 13 school board meeting.

The Walking School Bus took to the streets in November with Hunt and Jack walking the one-mile route in the town of Teulon where they pick up students along the way, either outside of their homes or at a prearranged meeting spot on Main Street each school day — rain or shine.

Hunt explained that it encourages an active lifestyle, helps parents out and gets students to school safely and on time.

"The kids love it," she said. "They

enjoy spending more time with their friends before and after school."

Approximately 20 kindergarten to Grade 6 students look forward to their time spent with friends each day and are proud of their new mode of transportation.

Jack told trustees that they start their route at 8 a.m. and it takes 30 minutes in total, ensuring students get to school in plenty of time to take part in the breakfast program or other activities.

Principal Tim Lee commended Hunt and Jack on their dedication to the families of their passengers regardless of the weather.

"They have not missed a day. It is a good way for students to start and end their day," said Lee.

With the success of the Walking School Bus, Hunt and Jack expect more "passengers" in the spring and may have to consider expanding their route.



TRIBUNE PHOTO BY JO-ANNE PROCTER

Teulon Elementary School teachers Emily Hunt, left, and Lindsey Jack attended the regular ISD board of trustees meeting March 13 to showcase their 'Walking School Bus' they started in Teulon in November.

STAR co-ordinators present year-end report to local councils

By Natasha Tersigni

Southwest Teens at Risk (STAR) officials are making their rounds this month meeting with local councillors and presenting their annual report on activities and programs.

Last week, STAR program co-ordinator Danelle Guenther and term program co-ordinator Lana Hintz appeared at the Teulon council as a delegation to present the report on the past year of activity.

The non-profit organization serves the towns of Teulon and Stonewall and the RMs of Rockwood, Rosser and Woodlands while providing assistance to youth in overcoming barriers in order to achieve success. One primary goal of STAR is to work with a youth client in bringing together and co-ordinating all agencies involved with that youth, including the Interlake School Division, the RCMP and Child and Family Services. From Oct. 1, 2015, to Sept. 30, 2016, STAR of-

ficials worked with 28 clients, held 112 case conferences with other agencies, attended 23 steering committee meetings and attended 10 and a half days of professional development workshops.

While the target age of STAR clients is 12 to 18 years old, one trend that STAR saw last year was a large number of clients 18 years old and older accessing STAR services.

"Last year, we saw the highest number of 18-year-olds and older that we have ever seen. Clients who are 18 and older have to refer themselves and, in addition, they have to sign their own consent form," said Guenther.

"The number of 18 and older clients that we saw was unique to last year. As a steering committee, we are in discussions regarding raising our age from 18 to 21 years old. A lot of agencies are looking at expanding that as

Continued on page 9



TRIBUNE PHOTO BY NATASHA TERSIGNI

South West Teens at Risk (STAR) program co-ordinator Danelle Guenther, left, and term program co-ordinator Lana Hintz are presenting the non-profit organization's year-end report at local council meetings this month.


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Teulon and District Handivan receives a funding boost

By Natasha Tersigni

Thanks to the Public Transit and Infrastructure Fund, the Teulon and District Handivan has received \$91,000 that will be used to replace one of the organization's large vans. The funding is shared between the provincial and federal governments and the Teulon Handivan board, which is responsible for providing \$22,000 of the funding.

"We have also applied to the Small Communities Transportation fund for funding for another large van. We have also applied for funding from the Interlake Community Foundation for \$5,000 to be used to purchase a minivan to add to the fleet. The Manitoba Disadvantage Transportation program offers one-time funding

in the amount of \$10,000 to outfit the van with a lift and make it accessible for clients," said Coun. Cherise Griffin who sits on the Teulon Handivan board.

A fundraising dinner for the Teulon and District Handivan will be held at Frydays restaurant in Teulon on March 25 from 4 to 8 p.m. Tickets are \$15 and includes a cheeseburger, fries, coleslaw and a beverage. For more information or tickets, phone the Handivan office at 204-886-3566.

South Interlake Regional Library funding

After four years of discussions between the towns of Stonewall and Teulon and the rural municipalities of

Rockwood and Rosser, councils have come up with a funding proposal for the South Interlake Regional Library. Teulon council passed a resolution to support the proposed plan in principal. The plan includes a per capita contribution by councils plus an adjustment by average memberships.

"This funding proposal will bring up our share by approximately \$1,100 a year, which is small in the grand scheme. The funding proposal is quite complicated. I still don't agree with any reference to membership because a library is so much more than members; so many people use the library that don't have a membership card. Membership cards just keep track of books going in and out of the library, but libraries do so much more," said Mayor Bert Campbell, who added that he is pleased the funding proposal process is now complete.

CP Land Development

Council met with South Interlake Planning District (SIPD) general manager/development officer Eric Shaw to discuss the development of the former CP land now owned by the town. Following the meeting, it was recommended by Shaw that the town hire a planning consultant to create a secondary plan for the land with a budget of \$40,000 to \$50,000.

"The secondary plan would provide the town with an additional layer of

planning policy to guide growth and development going forward," explained Coun. Michael Ledarney.

Secondary suites

During the meeting with Shaw, secondary suites were also discussed. Currently, the town does not have a policy regarding allowing homeowners to build a secondary or granny suite.

"We need to decide which suites to allow, what — if any — conditions we will put on them and then work with the Manitoba Community Development office to work out any planning that is required."

Different suites that could be incorporated in the town include basement suites in a primary residence, stand-alone garden suites and a coach house, which is attached to a detached garage.

Once council decides what suites and conditions they would like to see in the town, a development plan amendment would have to be approved by SIPD.

Community Donations

Council approved the following donations for community non-profit organizations or events: \$500 for Kid Sport Canada, \$1,000 for the Pumpkin Fest 2017 Festival, and \$2,000 for Southwest Teens at Risk program.

Donating locks for cancer



TRIBUNE PHOTOS BY ALANA FEHR

Eleven-year-old Haleyna Fehr of Woodlands paid an impromptu visit to her hairdresser Randi Thompson at Korner Kuts in Stonewall last Saturday and decided to donate nine inches of her golden locks to the Pantene Beautiful Lengths program. Fehr, who has a grandma that has battled cancer and worn wigs, knows how important donations of hair can be. Pantene Beautiful Lengths supports all types of cancer. The program helps women feel like themselves again with free, real hair wigs. So when eight inches of hair or \$8 dollars is donated to the cause, the organization is helping to make women feel like themselves. More than 800,000 ponytails have been donated to date. Beautiful Lengths is a partnership between Pantene® and the Canadian Cancer Society®.

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> ARNIE WEIDL **With a little encouragement, we can land the big one**

Welcome, fellow fishers.

Generally, I try not to offer fishing stories involving friends or family since we all know that can be as boring as forcing someone to look at pictures of their last vacation. There are, however, exceptions.

A few weeks ago, "Loco," my buddy who's also president of MIFA, and I participated in the Brokenhead Ice Fishing Derby. We arrived on the Brokenhead River ice on a bright, sunny, calm, warm afternoon. Everywhere folks were fishing, visiting and picnicking having a fine old time. Almost at the end of the derby, I was passing the time with some guys and noticed out of the corner of my eye the flag of my rig was down.

Now, normally you'd expect me to get right over there and see what I had but, like I said, Loco was with me. As I walked toward my rig, I said under my breath, "Oh no you don't, pal. You're not playing that trick again of pushing my flag down and then waiting to see what I'll do."

As I came close to my hole, I could see around a portable shack and there was Loco, belly down on the ice beside his fishing hole with John Bear, the chap running the derby, helping him up. At the same time, I could see someone with a horn getting ready to end the derby. I grabbed the line of my rig, flicking a jack onto the ice a fraction of a second after the horn sounded. Darn.

Continuing, I moved to John and Loco to help, but true to his nature and grimacing in pain having hurt his knee, Loco rolled over, looked up at me and proclaimed, "That fish on your hook is mine. It slipped my hook and went for your bait."

It's hard to manhandle a man while trying not to laugh at his expense.

Finally, with Loco safely stuffed into



TRIBUNE PHOTO BY ARNIE WEIDL
Ashley Straight of Brokenhead with a first prize winning fish at their fishing derby.

Old Red, we said our goodbyes. As we headed, home I shot a glance at Loco and snickering, uttered, "OK, you can have half the fish."

Anyway, local boys, Ashley Straight won first prize; Cameron Bear, second; and Gary Rider, third.

On the Red River a while back, I was travelling from one bunch of anglers to others visiting and trading stories when I came to a large, older, well-made shack. Inside were two long-time Selkirk fishing friends who have known each other since school. Bill Aisman had a slightly weathered fleshy face and full body that only comes from loving the outdoors. His buddy, Jackie Sparks, was slighter in stature with defined features, brown hair pinned high

on her head and a perpetual smile.

Jackie joked, saying that her husband, the other part of this trio, was on the river with the ice-breaking crews "smashing" ice. All three of them have spent their lives on this river, and she remembered when she was little, she won first prize at the St. Peter's church fishing derby with a borrowed rod. Her prize happened to be a shiny new one, which she treasured and used all her life until last year when it just fell apart.

I guess it was last week that I was way out on the south Lake Winnipeg basin and came across a very interesting fellow. He was a tall man with a swarthy chiselled face. His long greying black hair spilled down to his neck. His lips were thin, holding a firm half smile that spoke of his confident nature. His name was Rick Roy and he gave us the story where he was boat fishing with his wife Donna Lalonde at Winnipeg Beach last summer and she caught a big jack.

Rick sat back and silently watched Donna begin fighting with the monster. After a bit, she very sweetly asked Rick to help her, whereupon he, in a decisive manner, simply said, "No."

Other than the slapping and splashing of the water as the fish fought for its freedom, silence fell over the boat. Soon Donna looked at Rick with a determined restless expression and again said, "Rick give me a hand." Again he crisply shot back, "No, you've got this." That did it. She dug in, shoulders hunched, legs planted on the floor of the boat with her face tightened in resolve. She brought that fish to the side of the boat, netted it and shovelled it into the boat as Rick shouted, "See, I knew you could do it."

Till next week. Bye for now.

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Spring fling held at Stony ski and snowboard hill

By Natasha Tersigni

Despite the spring melt starting early this year, Stony Mountain Ski Area's annual Springfest Snowboard and Ski Competition was held this past weekend. Competitors flocked to the hill Sunday to compete in Springfest's three categories including Big Air, Best Trick and Best Rail.

Rowan Parnell won the Big Air category on the hill's largest jump and the Best Trick award went to Justin Stone.

The biggest competition of the afternoon was the timed rail park category where competitors had three five-minute rounds to throw their best tricks and impress the judges. Winners for the rail competition included:

Women

1. Denise Hammersley
2. Nevaeh Parnell

15 and under

1. Rowan Parnell
2. Carter Cantafio
3. Lukas Funk

16 and over

1. Trenton Eyssons
2. Justin Stone
3. Ryan Silvani



Stonewall skier Thomas Thevenot competed in the 15 and under category for the rail competition.



TRIBUNE PHOTO SUBMITTED

Denise Hammersley placed first in the women's category of the rail competition.



Local snowboarder Garrett Turbett impressed spectators during the Big Air category.



Justin Stone took the Best Trick award of the Springfest Comp.



Snowboarder Trenton Eyssons gets some air on the A-frame during the rail competition where he placed first in the 16 and over category.

Clarification

In the article "Palliative care fundraiser" published in last week's *Stonewall Teulon Tribune*, we would like to clarify that the South West District Palliative Care board is a community-based group that fundraises to offer volunteer support, education and equipment purchases in support of Interlake-Eastern Regional Health Authority's palliative care program. Palliative care services such as nursing, mental health and home care offered to residents of Interlake-Eastern RHA who are registered on the provincial palliative care program are funded by the province.

The *Tribune* apologizes for any confusion that this may have caused.

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Woodlands CDC preparing for exciting year ahead

By Natasha Tersigni

The Woodlands Community Development Corporation (CDC) has big plans for 2017 to continue to foster growth and development in the community.

At their annual general meeting at the Lake Francis Community Hall on March 16, the CDC board presented their annual report to residents and discussed activities and initiatives that were held in 2016 and what is planned for 2017.

Operating at an arms' length from the RM of Woodlands council, the CDC is a for-profit organization that is owned by the residents of the RM of Woodlands and works to support sustainable development in the community. The CDC board is made up of residents, RM of Woodlands council members and CDC officer Renee Simcoe. In order to achieve their mandate, the board is broken into five committees including Business Development, Community Services Development, Community Engagement and Pride, Tourism Development and Marketing.

The main project for the Business Development committee continues to be the Warren Industrial Park. With council approving the buffer zone for the park and thus allowing construction to continue, the Woodlands CDC will continue to advertise and sell lots, as well as work closely with already existing buyers to ensure development begins in the park. In 2009, the 14-lot park was officially established and currently six lots remain unsold, with development on only one lot having occurred.

With the construction of the new Woodlands School complete, the Community Services Development committee is now working towards opening the library for public access. Having spoken with the Interlake School Division Supt. Christine Penner and board chair Alan Campbell, the next step for the committee is to contact the South Interlake Regional Library board. The hope is that by the end of the year, the library will be open to the public during certain hours.

The Community Engagement and Pride commit-



TRIBUNE PHOTO BY NATASHA TERSIGNI

The RM of Woodlands Community Development Corporation's annual general meeting was held on March 16 at the Lake Francis Community Hall. During the meeting, CDC Chairperson Ray Walker spoke about the need to recruit additional volunteers to support many of the organization's activities and initiatives in the community.

tee are busy planning this year's event calendar. Similar to many of the events held in the past, the committee is planning on hosting a Movie Night at the Warren Hall on July 29, a Family Fun Day on Sept. 30, a Volunteer Appreciation Supper on Oct. 7, and the Halloween Haunted House in Warren on Oct. 31.

One project they will also launch this year is the Little Red Library, a book exchange program in Warren. The proposed plan is to have weatherproof boxes be placed in the town of Warren. Books for readers of all ages will be placed inside, and residents can pick and choose their books, and either read and return or donate books of their own.

During the meeting, elections for new boards members occurred. Re-nominated to the board were Allie Strom, Cassandra Enns-Bullied, Gail McDonald, Lori Schellekens, Carly Dutkiewich, Doug Oliver, Lori Anne Lobb and Ray Walker. Newly nomi-

nated to the board are David Farlie and Bill Fleury. Appointed representatives include youth rep Torin Hoffman and council reps Gavin Jones, Trevor King and Orval Procter.

To ensure that the CDC can continue their work, CDC chairperson Ray Walker stressed the importance of community involvement.

"It is getting harder and harder to find volunteers. We have to get people out and involved to ensure we can continue to operate in the community," said Walker.

"We are looking for people from all across the municipality to get involved not just from Warren and Woodlands. We need people from Marquette, Lake Francis, everywhere in the RM to get involved."

For more information on the Woodlands Community Development Corporation, go to their web page at www.rmwoodlands.info.

IERHA to support smooth transition for patients at Teulon Medical Clinic

Submitted

Interlake-Eastern RHA is bringing interim health care providers to Teulon Medical Clinic to mitigate any health service disruptions until the clinic is staffed appropriately once again. Patients of the clinic are attached to the clinic for care, not their individual care provider so that care

can be easily transferred to another member of the health-care team at any time. The electronic nature of medical records at the clinic ensures a smooth transition and sharing of information amongst the providers.

"Teulon Medical Clinic is a vital part of the well-being and health care of residents in Teulon and surrounding

communities," says Paul Barnard, regional director, primary health care operations and physician services. "By building a model of care that supports health-care providers in a collaborative environment, patients are expected to have better health outcomes and less interruptions in service."

Moving forward, the clinic vision is

to put in place a collaborative team of doctors and other practitioners, who complement one another in order to provide timely and quality health care for community and area residents. Combining a spectrum of doctors with other providers in a clinic setting ensures that people have access to the most appropriate care they need to get their health care concern addressed. Recruitment of additional providers is underway.

Patients are encouraged to call the clinic at 204-886-2131 to make an appointment and to confirm walk-in clinic hours. Teulon's medical clinic operates under the medical directorship of Dr. Michael Loudon. Interlake-Eastern RHA thanks Dr. Loudon for his continued services to patient care in the Teulon and surrounding area.

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ISD principal to deliver colony gifts to Guyana

By Natasha Tersigni

Students at Lightly School are counting down the days until the start of spring break, but not because they are excited for the usual break from classes.

For the last few months, students and staff, along with the women from the Clearwater Colony, have been hard at work creating 97 care packages for students in South America. The packages will be hand delivered to Buxton Youth Developers (BYD) in Buxton, Guyana, over spring break by Lightly School principal Laurie Oughton and given to kindergarten to Grade 12 students.

BYD was founded 10 years ago by Robin Phillips as a way to provide an opportunity to youth in Buxton, a town with a long history of gangs and gang-related violence. Phillips began attracting students to the organization through sport and then, over time, began providing an education for students who otherwise would not have been able to go to school.

Oughton was introduced to the organization by her husband Rob Schuman, an employee with Manitoba Hydro International (MHI) who is working in Guyana providing training to local Guyana Power and Light employees.

"Every time Manitoba Hydro International takes on a project in another country, they try to look for a local cause to support. They came across

the Buxton Youth Developers through the Rotary Club in Guyana," explained Oughton.

"BYD really focuses on teaching through sports and teamwork and they really want to create a positive change in the community. When Rob said that he went there, I immediately thought this is a school we can connect with because they speak English and both our schools teach students from kindergarten to Grade 12."

Oughton will be travelling with her husband to Guyana, where she will deliver the care packages to Philips and his students. The pencil cases were made by the Clearwater Colony women, who donated their time and materials for the project. Students at Lightly School filled the pencil cases with school supplies and a handwritten note. Other items that will be brought to Guyana include books and sporting equipment. Students with the Interlake School Division's The Infinity Program (TIP) have donated 32 skipping ropes.

Along with the care packages, Oughton will be delivering \$1,500 raised by Manitoba Hydro employees so that BYD can build a play structure for their students.

Oughton is planning to spend her mornings at BYD learning about the school, meeting the students and working closely with Philips. She also promised Lightly School students to stay connected with them as they ea-



TRIBUNE PHOTO BY NATASHA TERSIGNI

Students and staff at Lightly School have made 97 care packages filled with school supplies that will be brought to Buxton Youth Developers in Buxton, Guyana, over spring break by Lightly School principal Laurie Oughton.

gerly await pictures sent back from Guyana.

"In 10 years, Buxton Youth Developers took an area in Guyana that was overrun with crime and violence and established this organization to help local youth," said Oughton.

"This year will be their first gradu-

ating class at the school, and they really turned around the community through providing education. It is incredible work that they do and I am really looking forward to spending some time there and I am sure it will be an incredible experience."

> STAR, FROM PG. 4

well. We would never turn an 18-year-old away who wants to access our services, but if it was advertised as our age limit being 21 years old, we would get more young adults accessing our services."

As well as working directly with youth clients, STAR offers a number of programs and workshops for parents. One program that was created was the Community Reinforcement and Family Training (CRAFT).

"The program is geared towards parents of teens that have substance addiction and are refusing treatment. Services are provided directly to the parent to help them foster skills in terms of approaching their youth and help to guide them to treatment," added Guenther.

STAR's success over the year is determined by whether officials were able to identify, plan and intervene to assist their clients. It was reported

that 13 of STAR clients referred last year struggled with substance abuse, and of those clients, 69 per cent reduced their substance use. Of the 18 clients and families referred last year that had involvement with the RCMP, their criminal activity and behaviour dropped 61 per cent. At the time of seeking STAR services, 19 per cent of clients last year were currently employed; that number has now increased to 50 per cent.

For more information on STAR and any of their programs or services, contact the STAR program co-ordinator at 204-791-4089.

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STARTING BLOCKS

After 30 years of dedicated service in working with children as an Early Childhood Educator at Starting Blocks Inc. daycare in Stonewall,

Marcella Plesiuk (Sklepowich) has decided to retire. On behalf of the staff, parents and children that she has touched along the way, we say **Thank You** for all that she has done, and wish her well in the next chapter of her life.

"Often when you think you're at the end of something, you're at the beginning of something else."

Fred Rogers.

Protect yourself against fraud

Staff

If it seems too good to be true, it probably is.

This adage resonates as particularly poignant during Fraud Prevention Month in March.

As this awareness-raising campaign draws to a close, I also know from experience that these types of situations can happen to anybody.

About a month ago, a member of my family got tricked into an online swindle. He was looking at a website that seemed to be from Costco, a store that he knows and trusts. On the site, he noticed an opportunity to order a free trial of face cream. He clicked on the image and was taken to a new page, where he read all about these products that he thought would make a nice surprise for his wife.

He filled out all the information required to get the "free" samples and was a little surprised to find out he'd have to pay for the shipping. Even so, it seemed like a great deal, so he entered his credit card number (never having done anything like this before).

About 30 minutes later, he got a sinking feeling that he had done something really wrong. After a sleepless night, he tried to figure out how to untangle this mess.

He didn't know the name of the product and he hadn't received any email confirmation of his order. We decided to call his credit company to alert them about the situation. They were extremely helpful and provided us with a toll-free phone number for a company that is involved in similar schemes with about 30 different products.

Lo and behold, it was the right number — and the person who answered had all of my family member's information. Over the next several days, we spent a lot of time talking to the various people who answered this phone line. They seemed to be reading from a script, and it was very difficult to extract any information from them.

Eventually, we were able to discern that my family member had ordered a product called Image Revive and Face Replen. We also found out that he had 10 days to receive the product, call the "customer care" line to request a Return Merchandise Authorization number, and then put ship the package back to the sender.

If he failed to do so, his credit card would be charged nearly \$150 per month on an ongoing basis.

Adding to the stress, the package didn't even arrive before the date we needed to send it back; however, we remained persistent. Even so, we had to deal with phone numbers that were suddenly no longer in service, conflicting information, and non-stop frustration. This arrangement crosses international boundaries, since we dealt with shipping fees from Ireland, call centres in the U.S. and a shipping address in Canada.

After so many headaches and hassles, we returned the product and received confirmation that the account had been cancelled. They assured us that there would be no nefarious use of personal information but, to be safe, we filed credit protection reports with Equifax and TransUnion and also cancelled the credit card. We also alerted the police about the situation and reported it to the Canadian Anti-

Fraud Centre.

It happened so fast, and it can happen to anyone. That's why initiatives such as Fraud Prevention Month are so important. This year is the 13th anniversary of the annual awareness campaign that is spearheaded by the Competition Bureau, bringing together more than 80 law enforcement agencies and other organizations to stand together against fraud.

Tara Seel, RCMP media relations officer, offers some advice for anyone who suspects they may have been a victim of fraud.

"Fraudsters use sophisticated ways to target people of all ages, and the impact can be devastating. Watch for offers that are too good to be true because they likely are. Do not provide personal and banking information through email or on the phone," she said.

"If you do become a victim of a scam, gather all information about the fraud, such as documents receipts, copies of emails and/or text messages; report the incident to your local police; contact the Canadian Anti-Fraud Centre; and report the incident to the financial institution where the money was sent. If the fraud took place online through a website, be sure to report the incident directly to the website. Finally, flag all your accounts and report to both credit bureaus: Equifax and TransUnion."

If you suspect that you have been a victim of fraudulent or suspicious activity, contact the Canadian Anti-Fraud Centre online at www.antifraudcentre.ca or by phone at 1-888-495-8501.

To report misleading or deceptive

marking practices, fill out an online form on the Competition Bureau's website at www.competitionbureau.gc.ca or call 1-800-348-5358. You should also let your local police force know about the incident.

Tips to protect yourself from fraud (from the Competition Bureau website)

- Don't be fooled by the promise of a valuable prize in return for a low-cost purchase.
- Be extra cautious about calls, emails or mailings offering international bonds or lottery tickets, a portion of a foreign dignitary's bank account, free vacations, credit repair or schemes with unlimited income potential.
- Don't be afraid to hang up the phone, delete the email or close your Internet connection.
- Don't purchase a product or service without carefully checking out the product, service and company.
- Don't be afraid to request further documentation from the caller so you can verify the validity of the company.
- Don't disclose personal information about your finances, bank accounts, credit cards, social insurance and driver's license numbers to any business that can't prove it is legitimate.
- Shred unwanted personal information such as bank statements, credit card bills, unwanted receipts, cheques, pre-approved credit applications and old tax returns.
- Check your credit report every year and report problems immediately.
- If a scam artist contacts you, or if you've been defrauded: Report it! Your reports are vital to the anti-fraud efforts of law enforcement agencies.

letter to the editor

Nurse Practitioners provide full family practice services for patients of all ages

I am writing to you in response to the article "Nurse practitioners leaving Teulon's medical clinic" published in the March 16 edition of the *Stonewall Teulon Tribune* where you discuss the Nurse Practitioner practice at Teulon Clinic and the departure of clinic Nurse Practitioners.

I was saddened to hear of their departure but my response is more directed to your summary of the 'clinic model.' I appreciated that in the article, you mention that the Teulon clinic model differs from any other in Manitoba and I suspect this reflects the 'business model' for the clinic, whereas the 'practice model' (what patients experience) reflects the legislated authority for Nurse Practitioners to independently and autonomously provide full family practice services for patients of all ages. These services include autonomously completing comprehensive assessments, ordering and interpreting diagnostic

tests, making medical diagnoses, arranging referrals to specialists and allied health, providing treatments (e.g. medications and minor procedures), chronic disease management, screening for early disease detection, and healthy lifestyle coaching. It is imperative to distinguish between these two models as this clinic appears to be unique in how it is funded and the role of its medical director.

The Nurse Practitioner Association of Manitoba would appreciate the opportunity for published clarification to clearly distinguish between the business versus health-care practice models so that Teulon community members are aware that Nurse Practitioners do not need physician oversight to provide care to their patients.

Kind regards,
Cindy Fehr, RN, MEd, MSN, NP
NPAM Past-President

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ParticipACTION 150: billiards and snowball fight



TRIBUNE PHOTO BY PRISCILLA WOLLMAN

Lightly School students and *Tribune* reporter Natasha Tersigni having a good ol' fashion snowball fight.

By Natasha Tersigni

Another week has gone by and another two items have been checked off of my ParticipACTION 150 list.

Thanks to Stonewall's Royal Canadian Legion Branch 52 and their new pool table, I was able to complete activity #72 Billiards. Now before you start writing your Letter to the Editor, according to Wikipedia, not my usual site for checking facts, billiards is a general term for all cue sports and includes but is not limited to pool, snooker and carom billiard.

I chose the legion for this activity because they just recently purchased

a new pool table and two new dart boards. The brand spanking new equipment was funded by the legion's various fundraisers including Chase the Queen, Friday Meat Draws and Bingo.

Legion president Tim Williams said the new purchases have already started to attract more people, and a dart league is in the works. Unfortunately for me, the brand new felt on the beautiful new pool table has done nothing to improve my game.

My second activity of the week from my ParticipACTION 150 was #32 Snowball Fight. Thanks to students



TRIBUNE PHOTO SUBMITTED

The Royal Canadian Legion Branch 52 in Stonewall was the perfect place to play a game of pool on their new table and complete ParticipACTION 150 activity #72 Billiards.

at one of my favourite schools in the Interlake School Division, Lightly School, we had a good ol' fashioned snowball fight (for legal purposes, I had to say one of, but Lightly students know the truth). Please note, no students were harmed in this activity. Also note, one reporter may have suf-

fered multiple bruises to both her upper body and ego during this snowball fight, which was more like throwing ice balls at your friendly neighbourhood journalist.

Keep those invites coming and you too could have your sport/activity profiled for ParticipACTION 150.

Freezing rain leads to icy roads and skating rinks

Staff

Heavy rainfall on Thursday turned roads, highways and sidewalks into icy sheets overnight, creating chaos for drivers and pedestrians last Friday.

Several semi-trucks ended up in the ditch along Highway 6 near Ashern.

Manitoba Highways issued warnings about several highways covered in ice, including highways 7, 8, 9, 17 and 68.

The Interlake, Lord Selkirk, Prairie Rose and Evergreen school divisions cancelled classes for the day as slick roads made for dangerous driving conditions.

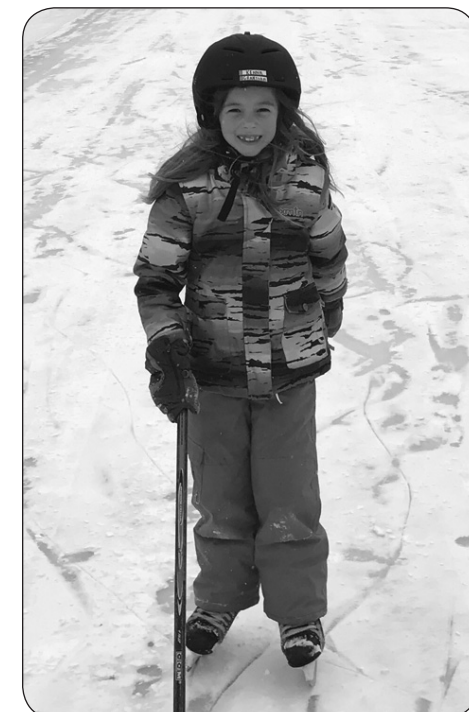
But many students were more than happy to be outside skating and playing hockey on the skating rinks that formed overnight in yards, ditches, roads and parking lots.

Just east of Stonewall, the Grantham children Jarek and Kenna skated up and down the road to their house and Dawson Cowan of Warren was taking shots on the rink in his front yard.



TRIBUNE PHOTO BY DARYL COWAN

Navigating parking lots and streets was a challenge Friday after freezing rain turned yards into skating rinks. Dawson Cowan enjoyed a day off from school playing hockey in the front yard of his home in Warren.



TRIBUNE PHOTO BY DARRELL GRANTHAM

Kenna Grantham was busy skating on the road in front on her home east of Stonewall.

Sheep farm gets the green light with conditions

Rosser council news in brief March 14

By Jennifer McFee

• Council approved a conditional use application to convert an existing feeder cattle operation known as Abas Girls Ranch Ltd. to a ewe-breeding facility for Canada Sheep and Lamb Farms Ltd. The ewe-breeding facility will be for 21,153 animals, creating 1,923 animal units, with breed ewe lambs to be distributed to multiplier lambing farms throughout Manitoba.

As part of the conditions, the applicant needs to comply with provincial regulations and requirements and obtain applicable permits from the South Interlake Planning District. The applicant must also enter into a development agreement to deal with dog fencing of the property, dust control, a designated haul route, road maintenance during construction and operation, shelter belt, TRC setbacks, hours of operation, sound barriers and silage storage. As well, run-off ponds must be tested before released and surrounding residence wells must be tested.

The conditional use approval will expire in 12 months if it's not acted upon, unless the applicant requests a

time extension and council approves the request.

• Council accepted the Stonewall and District Handivan Service Inc. 2017 budget and approved a levy of \$13,436.80.

• Council is applying to the Public Utilities Board for approval to recover deficits for 2012, 2013 and 2014 for the Grosse Isle and Rosser Regional Water System at a rate recovery of \$1.73/cubic metre over three years.

• Reeve Frances Smee was unable to attend the March 14 council meeting in person, so she was authorized to attend by telephone. She called the office to discuss the agenda item regarding recruitment of a chief administrative officer and an organizational review of administration. The issue will be brought forward to the March 20 special meeting of council.

• The RM will retain Orvel Currie of DD West LLP as Rosser's lawyer based on fees staying the same. The CAO will execute a letter of authority to D'Arcy & Deacon LLP.

• STAR (Southwest Teens at Risk) program co-ordinator Danelle Guenther attended the meeting to



TRIBUNE PHOTO SUBMITTED

Canada Sheep and Lamb Farms Ltd. received the green light from Rosser council to convert an existing cattle operation to a ewe-breeding facility for 21,153 animals, as long as the company complies with several conditions.

provide an annual report to council and to ask for continued financial support in 2017.

• Armand Belanger, Gary Wasykowski and Gord Grenkow of the East Interlake Conservation District attended the meeting to provide information about conservation and drainage planning using LiDAR.

• Sgt. Harvey Legary of Head-

ingley RCMP attended the meeting to discuss the annual performance plan and crime stats.

• The RM of Rosser approved a \$250 grant for the Kids Help Phone and a \$100 grant for Kidsport. They also approved a \$500 recreation and cultural grant for Stonewall Quarry Days.

Soup's on for Warren Elementary hunger-free event

By Jennifer McFee

Warren Elementary School students hosted a poverty bowl dinner on Monday to raise funds for World Vision.

The March 20 event, held at the Warren Hall, fed 70 people in two seatings. The diners paid \$3.50 each for a humble meal of soup, a bun and water. The guests could choose from three different soup options: hamburger macaroni, chicken noodle and potato soup.

The school's My Voice committee organized the event as a follow-up to a recent school concert by Bold as Lions as part of their Hunger Free tour. The band features husband and wife duo Sean and Karli Quigley, who challenged students to embark on a hunger-free event in support of World Vision.

The Grade 5, 6, 7 and 8 students also made placemats for the event and created a PowerPoint presentation to provide more information.



Grade 5 student Jenna Cassidy helped head chef Linda Cymbalisty serve up the soup.



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The Olson family enjoyed dinner out last Monday at Warren Elementary's poverty bowl fundraiser. Pictured from left to right: Colleen, Ty, Carter, Reed, Cortney and Parker Olson.

Oak Hammock Ecovan pays visit to St. Laurent School

By Jeff Ward

Students at St. Laurent School got a hands on lesson in the environment, ecology and wildlife last week when the Oak Hammock Marsh Ecovan paid them a visit.

The Ecovan is a mobile educational facility packed to the brim with hands on learning, and staffed by two Oak Hammock Marsh interpreters to provide a full day worth of learning to students at the school. The visit took place on March 14 and was sponsored by the West Interlake Watershed Conservation District (WIWCD) — based out of Lundar — who cover the full cost of the visit. The learning is catered to all ages and grade levels from kindergarten to Grade 12 and features presentations like Creatures of the Night, Reptiles and Amphibians, World of Wetlands, Wacky Weather, Plant Ecology and many more.

St. Laurent School principal David Halldorson said that the school has participated in the Ecovan before and that both students and teachers love the interactive nature of the learning provided.

"Anytime you can get the students engaged is a great thing, and we have a lot of students here that spend a lot of time outdoors so they're really interested in this stuff already. It's a really great program that relates directly to our science curriculum," said Halldorson.

Presentations are designed to fit into the specific grade level of what's currently being taught in science at that moment.

"The presentations are really geared towards the curriculum and teachers can choose which presentations they want based on where they are in the classroom," said Tracy Maconachie, conservation specialist for Ducks Unlimited.

"The education provided by the Ecovan is constantly evolving. We keep many presentations as hands-on as possible because students are more likely to be engaged when they can see and feel what they're learning directly."

Climate Change has become a key presentation topic for the Ecovan due to the prevalence of the issues around the world. Maconachie said that the lessons learned from the interpreters are designed to foster a sense of stewardship in the students participating. For rural residents, though, those senses are likely already there as they grow up surrounded by nature and are exposed to it much more than urban students.

And in that sense, Maconachie thinks that these visits carry more weight with them as students will understand how interconnected the system of a stream by their home relates to larger ponds and lakes.

"They have a different relationship



TRIBUNE PHOTO SUBMITTED BY IRINA ZOTTER

An Ecovan presenter shows off a pelt to students at St. Laurent School.

with nature than an urban student does and already have that sense of stewardship. What we try to instil in them is that every small action locally helps the global cause. Somewhere in Lundar or St. Laurent, there is a

Grade 2 student asking themselves what they can do, and we hope that we help them find that answer," said Maconachie.

The Ecovan also paid a visit to Lundar School on March 16.

worship *with us*

> FAITH

The greatest story ever told

In all of life's situations and experiences, there is one consistent factor. The target of my life will set the direction of my path. The things that I treasure are determining my future, for better or for worse. The scriptures in Colossians 3:1-2 admonish us to look up, seek and (verse 2) "set your mind on things above, not on things on the earth." The precursor to this is key. Verse 1 begins with the supposition "If you were raised in Christ..." This is a direct reference to the resurrection of Christ after the crucifixion.

The influences we face every day

can be overwhelming. Advertising and commercials, we try to ignore, are just the tip of the iceberg. Our friends, family and coworkers aren't even the extent of it. With present-day communication there are national and international powers that seek to superimpose their influence on our world. Absorbing who or what is behind the influence is often more than we can understand. Our young people are being told not to trust their parents or the traditional values of their community, but how can they check the integrity of the messages they are listening to? We have entire generations that do not know why they believe what they believe.

Confusion is a recipe for imminent disaster. The longer one remains confused, the more certain disaster will eventually occur. This is the

reason to consider the importance of spiritual guidance. To "set your mind on things above" is not optional. It is a life imperative. Another way to state this truth is to say "Set your affection on things above..." We must learn to love the higher purpose.

The answer to the confusion is completely dependent on our response to the gospel. We can know what influences are trustworthy and honorable if we will enter a meaningful relationship with Christ. Not just the incredible account of the Man through whom God revealed His nature, but what God is now doing to reveal His nature in us, through the Lord Jesus. This is the greatest story that was ever told. Are you ready to write your own chapter?

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Local 4-H club hosts communications event

By Jo-Anne Procter

"Learn To Do By Doing" is the 4-H motto.

And doing is what they did in Balmoral on March 12 when participants from clubs all over the South Interlake took part in the South Interlake 4-H Area Communications event hosted by the Balmoral 4-H Club.

Communication isn't just about how you talk and listen or how good you are at public speaking. It's about making connections with people.

The 4-H communication program is designed to help members feel more comfortable speaking and to teach effective communication by hosting public speaking events.

Communication judges play a key role in encouraging and motivating members to develop their communication skills.

Cloverbud speech winner:

Vilena Helstrom of Minerva 4-H Club, for her speech "Cupcake."

Junior speech winners: first place, Heather Brandt of East Selkirk 4-H Club, "My Pet Cats"; second place, Grace Hume of Balmoral 4-H Club, "The Life of My Cat."

Junior - one person visual presentation winners: first place Elizabeth Gingrich, Balmoral 4-H Club, "Amazing Ice Cream"; second place, Brooklyn Freeman of East Selkirk 4-H Club, "Fluffy Ooblick."

Junior - two person presentation winners: Rebec-



TRIBUNE PHOTO BY TERESA MELNYCHUK

The Balmoral 4-H Club hosted the South Interlake 4-H Area Communications event March 12 at the Balmoral School.

ca Wager and Emily Summers of East Selkirk 4-H Club for their presentation of "How to make pickles"; second place, Megan Peters and Tatyana Pohl of Selkirk Silver Spurs Club, "Bang Kaboom Pow."

Intermediate speech winners: first place, Otilja Yankech of Teulon 4-H Club, "Three Common Misconceptions."

Intermediate - two person presentation winners: first place: Holly Typliski and Megan Bater of East

Selkirk 4-H Club, "DIY Body Scrub."

Senior speech winners: first place, Hayden Larocque of Teulon 4-H, "You're Not Alone"; second place, Magdalena Melnychuk of Balmoral 4-H, "It Can Happen to You."

Senior - one person presentation winners: first place Nick Yankech of Teulon 4-H Club, "Forming Earth."

Manitoba introduces cannabis harm prevention act

Submitted

The Manitoba government is introducing new legislation that would be focused on harm reduction and public safety as part of its ongoing preparation for federal legalization of marijuana, Justice Minister Heather Stefanson announced Monday.

This legislation would be an early

step by our government to target drug-impaired driving and prioritize the health and safety of Manitoba youth," said Stefanson. "As the federal government moves to legalize cannabis, our government is focused on the safety and health of all Manitobans."

The federal government is expected to introduce legislation in the spring of 2017 to legalize and regulate non-medicinal cannabis use, Stefanson said, noting that actual legalization is not expected until early 2019. Manitoba's proposed cannabis harm prevention act would provide tools to government, enforcement and public health during this anticipated two-year gap, she said.

The proposed legislation would provide for significant changes to The Highway Traffic Act and related legislation to ensure police agencies are better equipped to deal with drug-impaired drivers. Specifically, the new legislation would:

- allow for 24-hour driver's licence suspensions if a police officer believes the driver is under the influence of a drug and unable to safely operate a motor vehicle;
- require the Registrar of Motor Vehicles to determine if graduated licensed drivers who receive the 24-hour suspension should face further

consequences;

- create an offence for consuming marijuana in or on a vehicle that is on a highway;

- require marijuana to be stored in a secure compartment — for example, the vehicle's trunk — so that it is inaccessible to people in the vehicle, similar to the rules around open liquor; and

- establish similar restrictions and prohibitions related to marijuana use for individuals driving off-road vehicles.

"Drug-impaired drivers are a real threat to the public, which is why we support any mechanism governments can put in place to reduce the risk," said Andrew Murie, chief executive officer, MADD Canada. "Impaired driving is still a serious problem in Manitoba and across the country. Manitoba's legislation helps to send the message that driving under the influence of marijuana is dangerous and unacceptable."

The Manitoba government first announced plans to develop a legislative and regulatory framework to address the dangers of drug-impaired driving, reduce harm to users, and protect children and youth from exposure to marijuana in the 2016 speech from the throne.

These interim measures would be re-assessed if new roadside tests for drug improvement are approved for use in Canada, Stefanson said. Similar legislation allowing for 24-hour driver's licence suspensions is already in place in British Columbia.

The proposed legislation would also make changes to several other acts to ensure they remain relevant and appropriate including:

- The Non-Smokers Protection Act, that would prohibit smoking of marijuana or using an electronic cigarette in any enclosed public place or indoor workplace;

- The Public Schools Act, that would clarify that students using, possessing or being under the influence of marijuana while at school could still face disciplinary consequences even if the federal government legalizes marijuana;

- The Mental Health Act, that would ensure residential patients who are not allowed to receive illicit drugs will continue to be prohibited from obtaining marijuana; and

- The Child Sexual Exploitation and Human Trafficking Act, that would ensure the legislation continues to apply to individuals who use marijuana as a tool to exploit or traffic another person.

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Dust Rhinos celebrate St. Patrick's Day in Stonewall



TRIBUNE PHOTOS BY LANA MEIER

Winnipeg's Celtic Rock band the Dust Rhinos were in Stonewall last Sunday to celebrate St. Patrick's Day (March 17). They played to a crowd of about 100 at the Odd Fellows Hall and had every toe in the room tapping to traditional airs, reels and jigs. The Rhinos conjured up Ireland's fabled symbols and sayings: leprechauns, shamrocks, tweed caps and "sure and begorra" (loosely meaning, It's a grand day, by God). And then, like a shillelagh (cudgel) wrapped in a potato sack, they knocked the bejeebers out of that green and lovely image by unleashing a freight train loaded with banshees (female spirits) and the mythological hero Cuchulainn.

Fish feast during Lent



TRIBUNE PHOTO BY NATASHA TERSIGNI

The Stonewall Knights of Columbus held a fish fry during the season of Lent on March 10 for friends and family of the Stonewall, Stony Mountain and Teulon Catholic churches. Following supper, there was a Stations of the Cross service, which is traditional to have on the Fridays of Lent. Any profits from the supper are given to local charities or different projects of the church. Pictured, left to right: dinner volunteers Ray Tymchyshyn, Darrel Argan, Anthony Cornwall and Harry Hoff.

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Your FARM



Gov't move could ease way for new hog barns

By Harry Siemens

As part of the Manitoba government's proposed legislation to reduce outdated and ineffective regulatory requirements, changes could occur to make permitting a new hog barn a little less cumbersome.

Finance Minister Cameron Friesen said last week the government is committed to eliminating the barriers that prevent business and local governments from thriving and expanding.

"The red tape reduction and government efficiency act would amend or repeal 15 pieces of legislation to reduce the red tape that is creating burdens on business, non-profits, municipalities, private citizens and government officials."

That includes, the government said in a release, removing "general prohibitions from The Environment Act for the expansion of hog barns and manure storage facilities."

According to Manitoba Pork general

manager Andrew Dickson, the government wants to make it easier to build hog barns and manure storage facilities.

Dickson explained the proposed legislation would remove a clause in the Environment Act that mandated the use of anaerobic digesters for hog operations because it was totally redundant. All the regulations that deal with manure storage and handling and application to land are all still in place.

Removing one clause doesn't mean Dickson expects to see a surge in the industry building new barns—there are still a number of regulations in place, he said, adding it would also have to make sense economically for producers to start building more barns.

Similarly, back in January the government committed to repealing the Manitoba Farm Building Code and amending the Manitoba Building Code by adding specific provisions for

farm buildings

The amendments would mean that producers are no longer forced to incorporate unnecessary requirements into the construction of barns.

"We estimate the new provisions will save producers tens of thousands of dollars when building barns," said Manitoba Pork chair George Matheson.

Mike Teillet of Manitoba Pork said producers are hoping to have a clearer indication by summer of what changes the provincial government will make to speed up the approval process for new hog barn construction.

Teillet said there is considerable interest in building or expanding finishing hog capacity from existing producers and new producers, including some who left the industry and looking to come back.

"The biggest challenge is simply the processes that they have to go through in order to get a barn built," he said.

"Right now it's taking on average probably nine or ten months or more to get through all of the processes. It is one of the things that is a real drag on people wanting to get into the hog business as well as people wanting to expand. We've looked at a number of different things which we think can make the system work much, much more smoothly and quickly and still at the same time protecting the environment and so on."

Teillet said they're not trying to get around environmental protections and that sort of thing, but trying to make the system work more efficiently.

"We've had a number of meetings with government people to go over some of the processes and try to suggest ways where we feel the system can be improved," he said. "I believe we're getting a fairly positive feedback from the government but at this point, we haven't seen anything as to what direction they're headed but we know they are looking at it very very closely."



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Your FARM

New Manitoba-based weather service launches

By Harry Siemens

Weatherlogics Inc. launched this week as Canada's newest weather services firm providing high-quality weather forecasts for farmers, commodity producers, individuals, and companies. The company also specializes in weather research and statistics.

The men behind the Winnipeg-based company are Scott Kehler and Matthieu Desorcy, who bring over 15 years of experience in weather analysis and forecasting to the table.

Their goal, they say, is to build Canada's leading weather enterprise.

"I am originally from Steinbach and moved to Winnipeg to attend the University of Manitoba where I studied meteorology," Kehler said. "While at university a colleague and I had the idea to start a weather forecasting company."

After six months of development, the duo launched Weatherlogics on Monday.

Kehler said the company's service is unique in a few ways.

"Firstly, we are a local company. Most of the large private weather forecasting companies are located in the United States, which makes them disconnected from the needs of folks in Canada.

"Secondly, our products are produced by our meteorologists, not by just by computers," he said. "Most of the weather forecasts you find online are generated by computers and tend to be very inaccurate and change wildly from one day to the next.

"Lastly, our subscription service is more affordable for farmers than anything that is on the market right now."

When asked specifically about their services and target audience, Kehler said they offer multiple services, with different target audiences depending on what service people are looking at.

"Our agriculture subscription service is definitely aimed toward farmers, but specifically those on the prairies that are growing crops," he said. "Some of the other services we offer are aimed at corporate clients, such as transportation, construction, or insurance companies.

"The corporate services tend to be customized based on the needs of the client. For example, we predict the locations of hail storms for one of our insurance clients.

One of the key services that Weatherlogics offers is an agriculture weather forecast subscription that provides producers with a detailed weather outlook for their region, delivered to their inbox daily.

"Farmers need to know what kind of weather is coming so they can plan their time efficiently," Kehler said. "Because we are professional meteorologists, we carefully analyze the weather ourselves, and have a good understanding of what weather is coming and can communicate any uncertainties in the forecast to farmers."

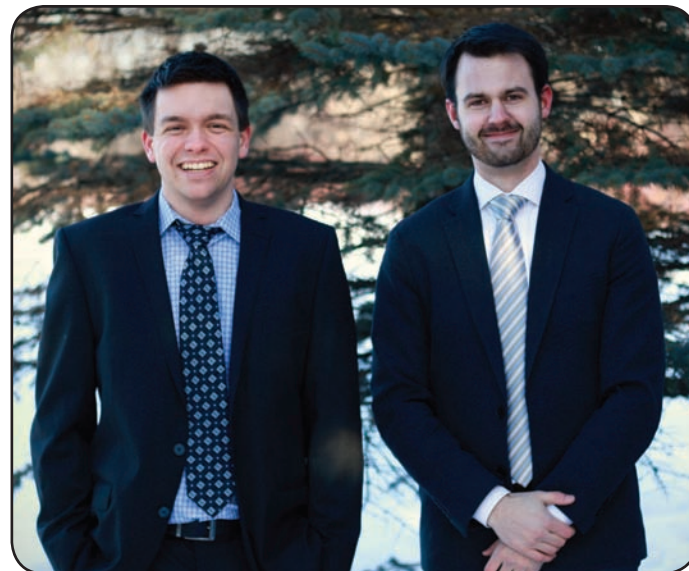
Such a detailed forecast can be especially valuable, for example, during harvest season.

"With our service, farmers would be given advance warning of when we are expecting significant precipitation so they can plan to speed up the harvest or delay it depending on the situation," Kehler said.

The company will officially begin the subscription service

in May, with beta testing scheduled for next month.

Farmers can sign up for the testing to earn a discount off their subscription and learn more about Weatherlogics' services online at weatherlogics.com.



SUBMITTED PHOTO

Matthieu Desorcy and Scott Kehler are putting their weather training to work with Weatherlogics.



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Ingredients

- 2 very ripe bananas, peeled
- 1/2 tsp (2 mL) vanilla extract
- 1 cup (250 mL) large flake oats
- 2 tbsp (25 mL) ground flax or chia seed
- 1/4 tsp (1 mL) ground cinnamon
- 3 tbsp (45 mL) mini chocolate chips
- 3 tbsp (45 mL) dried cranberries

Directions

In a bowl, mash bananas until smooth. Stir in vanilla.

In another bowl, stir together oats, flax and cinnamon. Stir into banana mixture until well combined. Stir in chocolate chips and cranberries.

Scoop dough into 12 mounds onto parchment paper lined baking sheet. Flatten each slightly and bake in 350° F (180° C) oven for about 12 minutes or until cookies are firm to the touch.

Let cool before removing from baking sheet.



Building Motivation and Releasing Procrastination



NOTHING IS SO FATIGUING AS THE ETERNAL HANGING ON OF AN UNCOMPLETED TASK.

~WILLIAM JAMES

We probably all, at one time or another (if not all the time) have difficulty motivating ourselves to complete some task or begin a project. Whether it is cleaning the basement or starting an exercise program, we may procrastinate for months, if not years.

This can be very frustrating, because one part of us really wants to begin working towards that goal. There is another part, however, that resists. Why does it resist?

Perhaps the task involves work and the resisting part would just as soon watch television. The task may seem overwhelming, and it seems impossible to even decide where to start.

There are some concrete steps you can take to overcome the inertia of procrastination.

First make a list of the things on which you really want to, or feel you must take some action.

Then, put each one on a separate page. For each one, list the steps that must be taken to get the job done.

Pick the one, or ones you want to start on, and put dates beside each step; the date by which or upon which you will complete that one step. It is much easier to contemplate and complete one step, than thinking about the entire project.

Let's imagine you are a teenager who needs to clean her room. On Monday, you go through the room and throw away anything that is garbage. On Tuesday, you pick up all the clothes off the floor and furniture, either hanging it up, putting it in a drawer, or into the laundry.

On Wednesday, you put books back on shelves, CDs away, and anything else that needs to be stowed. On Thursday you pull out everything from under the bed and repeat the first three steps with whatever you find there. On Friday, tidy dresser tops and desk tops and the closet if needed.

On Saturday, vacuum and dust. On Sunday, show your parents what you have done!

So, whatever it is you need to do, make a list, commit to dates, and get started. Completing each step will motivate you to take the next one, and before you know it, you have succeeded.

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

Oatmeal Raisin Cookie Corn



Yield: 10 cups
8 cups popped popcorn

- 3 tablespoons melted butter
 - 2 tablespoons granulated sugar
 - 1 teaspoon ground cinnamon
 - 1 cup crunchy granola
 - 1 cup raisins
 - 1 cup walnut halves
- In bowl, toss popcorn with melted butter.

Combine sugar with cinnamon; sprinkle over popcorn. Toss with granola, raisins and walnuts until combined.

Crispy Crunchy Apple Popcorn



- Yield: 7 cups
- 6 cups popped popcorn
- 1 tablespoon butter, melted
- 2 teaspoons sugar
- 1/2 teaspoon cinnamon
- 2 cups dried apple chips

Heat oven to 300 F. Line 9-by-13-inch baking pan with foil; butter foil. Spread popcorn in pan and drizzle with melted butter; toss popcorn. Sprinkle popcorn with sugar and cinnamon, and toss again. Bake 7 minutes.

Sprinkle apple chips over popcorn and heat an additional 3 minutes. Serve warm, or cool to room temperature. Store in airtight container.


Crunchy Popcorn Trail Mix

- Yield: 9 cups
 - 5 cups popped popcorn
 - 3 cups whole-grain oat cereal
 - 1/3 cup raisins
 - 1/3 cup peanuts (or other nuts)
 - 1/3 cup sunflower seeds
 - 1/4 cup (1/2 stick) butter or margarine
 - 6 tablespoons brown sugar
 - 2 tablespoons light corn syrup
- In large, microwavable bowl, stir together popcorn, cereal, raisins, nuts and seeds; set aside.
- In small saucepan, combine butter,

- brown sugar and corn syrup. Heat until boiling; cook 3 minutes, stirring occasionally.
- Pour over popcorn mixture, stirring to coat evenly. Microwave 3-4 minutes, stirring and scraping bowl after each minute.
- Spread onto greased cookie sheet; cool.
- Break into pieces and store in airtight container.



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#BelieveInitiative tour makes a stop in Stonewall

Olympic hurdler Sarah Wells inspires Centennial School students

By Natasha Tersigni

If you can believe it, you can achieve it.

Believe is a mantra so embedded in Canadian Olympic hurdler Sarah Wells that she tattooed the eight-letter word to her wrist for inspiration. Having believed in herself and following her simple motto, Wells has been able to capture success as a hurdler. Wells' journey in athletics has not been without hardships, but believing in herself has allowed her to be resilient and allowed her to overcome obstacles in her a life — a message she is continuing to spread through her #BelieveInitiative.

Sponsored by the Royal Bank of Canada, Wells is travelling to schools across the country promoting her social media #BelieveInitiative. Last week, Wells visited École Stonewall Centennial School, where she spoke to students in grades 5 to 8 on how they, too, can achieve their dreams.

"Success is something that is inside every single one of you and it is something that just needs to be recognized," said Wells, who added that before success comes hard work.

"Something I am pretty good at it is pushing myself outside of my comfort

zone. I know if I want to see the most adaptation and to get the most out of my training that it is going to require me to push myself outside of my comfort. The other thing I know is that you have to make mistakes."

Wells did not excel at sports until she was introduced to the hurdles when she was 15 years old. Wells quickly excelled at the 400-metre hurdle event working with her high school coach, who is a national team coach for track and field. She continued to train while attending the University of Toronto and set her sites on the 2012 Canadian Olympics. Nine months before trials, Wells suffered a stress fracture in her left femur which substantially affected her training. Instead of sitting out, she cross-trained until she was healthy enough to compete at the Olympic qualifiers, where she ran a personal best.

After making it to the semifinals at the Olympics, Wells earned two medals at the 2015 Pan Am Games in Toronto, a silver in the 400m hurdle event and a bronze in the 4x400m relay.

But the struggles continued. While training for the 2016 Olympics, Wells was felled with another injury two



TRIBUNE PHOTO BY NATASHA TERSIGNI

Canadian Olympic hurdler Sarah Wells signs autographs following her presentation at École Stonewall Centennial School on March 14. Wells was at the school to promote her #BelieveInitiative, which invites students to follow her journey to the 2020 Olympic Games in Tokyo.

months before qualifying for the 2016 Olympic Games in Rio, Brazil.

"I ended up tearing my hamstring and I realized that my drive and motivation to fight through any pain is what came back and shot me in the foot," explained Wells, who came in fourth at the Olympic trials and did not meet the standard to attend the 2016 Games.

"The way things ended, I have been left so unsatisfied. I am inviting you to become part of my journey because I

think we really can inspire each other. It starts with a belief in yourself because that will be the spark that ignites your dreams," said Wells.

As Wells continues her journey to the 2020 Olympic Games she wants students to join her #BelieveInitiative. Each week on her social media accounts, Wells posts a video talking about an obstacle in her training. Each video is accompanied by a challenge to encourage students to tackle their own goals and beliefs.

State of emergency declared if Lake Manitoba rises to 814 feet

By Jeff Ward

St. Laurent's Municipal Emergency Co-ordinator (MEC) Paul Belair said that the RM will declare a state of emergency if Lake Manitoba reaches a level of 814 feet.

The announcement appeared on the RM website on March 13 as a notice to the public. In a follow up post to the RM's Facebook page, Belair gave an update as to what has been going on since he was hired in February. Belair wrote that getting an understanding of government EMO procedures and preparedness as well as studying the provincial preparedness plan and template have been the top two things he's been working on. He wrote that the priorities of the MEC are public safety, the protection of property, saving tax dollars and respecting private property. The *Stonewall Teulon Tribune*

was unable to speak with Belair directly for an interview.

The recent weather hasn't made the flood forecast look any better. Scott Forbes is the science advisor for the Association of Lake Manitoba Stakeholders (ALMS) and said that Lake Winnipegosis is still very high — 833.78 feet as of March 12 — and that the water is destined for Lake Manitoba this spring. Currently Lake Manitoba is at 812.42 feet.

"It's been declining slowly but we're in uncharted territory right now," said Forbes.

"Another storm like the one we just

had in the next two months and this lake will flood. We can't afford another one like that blizzard. In 2011, two-thirds of the water in that flood came from Lake Winnipegosis and the lake is higher now that it was then."

The picture Forbes paints isn't going to inspire much confidence, but perhaps the RM's proactive work will. Keeping the community informed of when the RM will declare a state of emergency and keeping the lines of communication open between the MEC and residents will keep everyone on the same page.

Forbes said that it's not possible to

"THE GOOD NEWS IS THAT WE CAN STILL GET LUCKY AND AVOID 814 FEET."

keep the Portage Diversion closed this year and that residents should expect to see that opened. The flow on Waterhen River went up significantly last week from 4,272 cfs to 5,472 cfs and the outflow at the Fairford Water Control Structure also increased 400 cfs last week to 6,707 cfs, according to Forbes.

"The good news is that we can still get lucky and avoid 814 feet. We could catch a break and stay at a reasonable lake level but we can't have anymore serious rain or snow. This is the hand that Mother Nature dealt us. It's really no ones fault," said Forbes.

Belair wrote that if residents have any concerns or would like to give permission for private access, he can be reached Monday, Wednesday and Friday at 204-739-8164.

Stonewall prepares for potential emergencies

By Jennifer McFee

The Town of Stonewall is making efforts to be as ready as possible for emergency events.

Last week, municipal emergency co-ordinator Peter Bullivant, along with a team of emergency measures volunteers, participated in an emergency measures activity called Exercise Whiteout.

Shelley Napier, the provincial co-ordinator for emergency measures, oversaw the progressive exercise that involved creating a mock snowfall situation similar to what happened recently in Brandon. The emergency measures team had to come up with a plan for how to respond to the situation.

"The scenario was that we were about to have a substantial amount of snowfall over the next 36 to 72 hours, and it was done in stages," Bullivant said.

"Shelley was there to ensure that we were moving along the right track and following the right guidelines and procedures that are laid down by the provincial government as well as our own town laws."

They had to figure out how to assist with people stranded in vehicles, cars in ditches, and even pregnant women who were about to give birth without the ability to get to the hospital. They also figured out how to make pathways for fire trucks and planned to open up reception centres for out-of-town people who are stuck en route.

In addition to the emergency exercise, Bullivant has been working hard on Stonewall's emergency plan, which needs to be reviewed by the province to ensure that it meets certain legislations.

"As long as we meet them, we get the seal of approval and then I present it to council, which is exactly where we're at right now," he said.

Bullivant is always looking for more volunteers, so he encourages anyone who is interested to contact him at emo@stonewall.ca. Volunteers are trained on how to help their communities during and emergency by providing services at reception centres, assisting in radio communications, providing emotional support, identifying food and other resources, and helping with preparedness or response ac-



TRIBUNE PHOTO BY CLIVE HINDS

South Interlake Emergency Measures Organization (EMO) is responsible for overseeing and co-ordinating all aspects of emergency preparedness while managing, directing and co-ordinating during a disaster or major emergency. Pictured, left to right: Chris Godin (assistant), Dennis Peterson (emergency co-ordinator), Doreen Steg (Town of Stonewall CAO), Pete Bullivant (municipal emergency co-ordinator), Shelley Napier (Province of Manitoba EMO manager), Patrick (P.J.) McGuirk (planning), Kristy Godin (finance and administration). Missing from the photo is Darrell Grantham (logistics).

tivities such as sandbagging.

"We're purely there for how we can assist the residents of Stonewall in the emergencies that occur," he said. "We get together on average once a month to go over certain aspects of emergency measures and to go over the emergency plan that we have."

Every resident should be prepared with enough household supplies to last for 72 hours in the event of an emergency. Basic kits can include food, water and blankets, as well as a battery-powered radio.

Families should also develop emergency plans with two different meeting places.

In an emergency situation Stonewall residents can keep informed through the town's website (www.stonewall.ca), which also has a wealth of information on emergency management and emergency services. Messages may also be posted on Facebook, by direct delivery or through local media.

Council received a letter of intent from a vape and head shop

Stonewall council news in brief

By Jennifer McFee

At the March 15 meeting, Stonewall council passed second and third reading of the lagoon upgrade bylaw. The Municipal Board accepted the plans for the \$5.7-million project, so the town can now go ahead with it.

More information on the lagoon expansion and upgrade is available on the town's website at www.stonewall.ca.

High Speed Crow requires a tower that is approximately 45 feet tall is required by for their fibre Internet services. Council requested more information before passing a resolution to amend an agreement between the town and High Speed Crow.

Council received a letter of intent from a vape and head shop that wants to set up a store on Main Street in Stonewall. From a planning point of view, it would be a permitted use for the retailer.

Representatives of the East Interlake Conservation District spoke to council about rural issues such as tile drainage, LiDAR, water quality and the integrated water management plan for the area.

They also stressed the importance of partnership with local groups as well as the need for funding in order to address projects.



TRIBUNE PHOTO BY JENNIFER MCFEE

East Interlake Conservation District representatives Gordon Grenkow, left, and Garry Wasylowski spoke to council regarding water issues.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Stonewall Blues 12A1 hockey team wins city title

By Brian Bowman

The Stonewall Blues 12A1 boys' hockey team played a lot of games this past season.

They also did a lot of winning.

Stonewall won the city championship after sweeping River East Black in three games of their best-of-five final. The Blues edged River East 2-1 in Game 3 on Sunday to clinch the series.

"It was pretty exciting," said Blues' head coach Niels Kaczorowski. "Everyone was pretty excited. It was a really great year for the kids."

Alex Kaczorowski scored both of the Blues' goal in the series-clinching victory. He scored once in the first period and then notched the game winner with a few minutes left in the game while Stonewall enjoyed a 5-on-3 power play.

Stonewall started the final series with a 5-1 win last Thursday and then a 5-3 triumph two days later.

Prior to the city finals, the Blues finished their round-robin playoffs by winning four straight games (beating Norberry-Glenlee 12-0, Transcona 7-0, St Boniface White 3-2 and River East Royals 5-3).

Stonewall outscored its opponents by a wide 27-5 margin to make it to

the city finals.

The Blues were just as impressive during the regular season, posting a stellar 17-0-3 record to finish first overall in Hockey Winnipeg's PeeWee A1 Division.

Overall, the Blues posted an outstanding 45-3-4 record, which included going undefeated in its first 29 games of the season.

Stonewall competed in four tournaments — winning two of them. The Blues also placed second at a tournament and lost in the semifinals of another.

Niels Kaczorowski said the Blues' players did a great job working together the entire season. Their roster consisted of "six or seven" 11 year olds and the other half being 12 year olds.

"They worked as a team and played hard," said the Blues' head coach, noting the team was great on the penalty kill. "They never gave up."

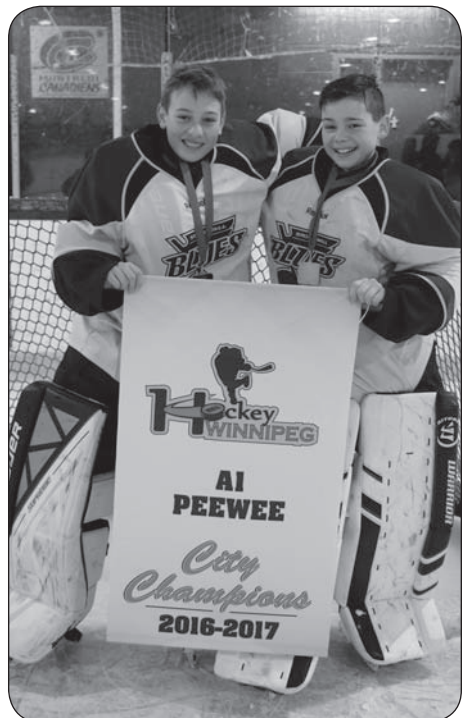
"And this was probably the best group of kids that I have ever coached and not just because we won. They listened, they learned, they ate it up this year."

"I don't know what I did differently this year but they were a great group of kids."



TRIBUNE PHOTOS BY LANA MEIER

Stonewall A1 PeeWee city champions: coaches Todd Faragher, Niels Kaczorowski, Cory Woods, Liam Wheddon; back row: Rylan Slatcher, Tristan Shore, Hayden Faragher, Aiden Singh, Carter Bassett, Dexter Reid; middle row: Ty Woods, Hayden Wheddon, Jace Woods, Alex Kaczorowski, Peyton Bateman, Austin Lourenco, Gaige O'Neill; goaltenders Dylan LeClair and Hayden Myskiw.



Goaltenders Dylan LeClair, left, and Hayden Myskiw shared duties between the pipes.



Alex Kaczorowski scored the game winning goal on Sunday.



The Blues' captain and assistant captains received the banner on behalf of the team. Left to right: Peyton Bateman, Jace Woods, Alex Kaczorowski, and Carter Bassett.

Jets oust Vics, have semifinal matchup with Twisters

By Brian Bowman

The Stonewall Jets are moving on to the MMJHL semifinals.

Stonewall earned a berth into the semis after downing the St. Vital Victorias 3-1 on Sunday in Winnipeg. The Jets won the best-of-seven quarter-final series in six games.

"We had some close battles with them," said Jets' co-coach Brock Couch. "We had a 7-1 and 9-0 win and those games we really dominated but they came at us hard and really tested us."

Adam Blight scored the game winner Sunday midway in the third period and then Robert Smith added an empty-net goal at 18:33.

Jets' forward Chase Faulkner opened the game's scoring at 11:32 of the second period and then St. Vital's Justin Tremblay tied the score at 1-1 seven minutes into the third.

Faulkner had a very good series and currently leads all players in playoff scoring with seven goals and 15 points.

"(Chase) can be so dominant when he uses his size and body to protect the puck," Couch said. "He makes room for himself and other players and that just tires other teams out when you have to deal with a big body like that game after game."

Stonewall outshot St. Vital 45-27 as Hunter Ploszay earned the win.

The series was much different when the two teams clashed in St. Vital. The Vics' two wins in the series both came on home ice.

"Honestly, I think the size of the rink (made a difference)," Couch said. "The room behind the net and the distances from the goal line and the bottom of the faceoff circle, and the neutral zone, everything is just smaller."

With the series win, Stonewall advances to play the Pembina Valley



TRIBUNE PHOTO BY LANA MEIER

Jets' goaltender Hunter Ploszay receives congratulations and good luck wishes from St. Vital goalie Nolan Bray as Stonewall advances to the MMJHL semifinals.

Captain Adam Blight celebrates his game-winning goal Sunday night.

Twisters. Pembina Valley, which finished fourth during the regular season, swept Ft. Garry/Ft. Rouge in their quarter-final series.

The series between the Jets and the Twisters should be a real good one.

"It's a good match-up," Couch said.

"They're pretty similar to St. Vital in the respect that they have a good goaltender and some really talented forwards."

Game 1 of the series begins Friday at 7:30 p.m. at the VMSC. Game 2 will be played in Morris on Sunday at 8 p.m., followed by Game 3 in Stonewall on Tuesday (7:30 p.m.).



Jet's assistant captain Chase Faulker leads the MMJHL scoring with 15 points.



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

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- GAME 2 Sunday, Mar. 26 - Stonewall Jets vs Pembina Valley Twisters 8:00 pm @ Morris
- GAME 3 Tuesday, Mar. 28 - Stonewall Jets vs Pembina Valley Twisters 7:30 pm @ VMSC
- GAME 4 Friday, Mar. 31 - Stonewall Jets vs Pembina Valley Twisters 8:00 pm @ Morris
- IF NEEDED GAME 5 Sunday, April 2 - 7:30 pm @ VMSC
- GAME 6 Tuesday, April 4 - 8:00 pm @ Morris
- GAME 7 Friday, April 7 - 7:30 pm @ VMSC



www.stonewalljets.net

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PeeWee girls city champions

Staff

After finishing the season in first place, the Stonewall Blues PeeWee girls' A1 team captured Hockey Winnipeg's City Championship Saturday night with a 2-1 victory.

Stonewall won the best-of-five final in four games.

The Blues trailed 1-0 early in the third period in Game 4 but Sydnee Schaefer tied the game with a goal.

And then with just 1:14 remaining in regulation time, Brooke Wadge sniped one top shelf to give the Blues a 2-1 lead.

Stonewall survived a crazy final minute to capture the first-ever PeeWee Girls' Championship for Stonewall.

Most of the Blues started playing hockey together just three years ago and have come a long way since that first game, said an email sent to the *Tribune*.



TRIBUNE PHOTO BY JOLENE REIMER

Pictured back row, left to right: Coaches Geoff Reimer, Stu Schaeffer and Len Epp; middle row, Sydney Schaeffer, Tessa Stewart, Charli Reimer, Madison McRae, Sarah Shewchuk, Alyssa Procter, Brooke Wadge, Reese Loewen, Cassidy Crosby, Emmi McAuley, Sarra Jackson, Kylee Emms-Finnson and goaltender Anya Epp.

Tournament success



TRIBUNE PHOTO BY RACHEL HOGG

The Warren Jr. Mercs Novice Green team defeated The Heritage Victoria Hawks 6-5 in the 'B'-side championship game at the annual Keith Bodley Memorial Hockey Tournament on March 15. The Mercs defeated Assiniboia West 10-3 to advance to the finals.

Pictured back row, left to right: Pat Chanel (coach), Grant Palmer (coach), Braeden Ivany, Conaly Chrusch, Layne Noren Gord Noren (coach); middle row: Jack Palmer, Jasper Coolidge, Kael Ivany, Rhet King, Magné Hogg, Rayden Chanel, Chance Joynt, Drew Cassidy; front row: Josh Tristram. Missing from the photo is Phil Ivany (coach).

Regional champions



TRIBUNE PHOTO BY KARIN GROSE

The Teulon Tigers swept Fairford for the Interlake Minor Hockey Atom 'B' Regional banner, winning 11-4 and 14-1. Pictured left to right: coaches, Dale Lussier, Dave Borlase, Jesse Grose, Joe McDonnell; back row, Tyler Chartrand, Kirby Campbell, Logan Morin, Rowan Waluk, Lucas Wilton, Tristen Stefishen, Tate Lussier; front row: Bradley Kemkaran, Tommy Borlase, Jaxson Grose, Sam Lowe, Hayden Morrisette and Kaedyn Harasymko Ledarney.

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Ignite U12A enjoy successful season

Submitted by Interlake Ignite U12A

The Interlake Ignite ringette team worked extremely hard throughout the year to get to know each other as the players came from East Selkirk, St. Andrews, Stonewall, Warren, St. James and Headingley.

Once the team established their positions, continual progress was made with each game. Several tournaments, including one in Regina, continued to improve our play.

We finished sixth in league round-robin play to enter into the Winnipeg Ringette League playoffs. Game 1 was against No. 3 Team Dakota Fusion, coming out with a 7-4 win.

An 8-6 loss against No. 2 Team Richmond was a slight setback. The next game was against fifth-place East St. Paul, coming out with a 7-2 win.

This put Interlake back again facing Dakota, where the Ignite came out strong with a 10-3 victory. Interlake then had to faceoff with Richmond in the bronze/silver game and ended with a 6-2 loss.

Coming out strong from the WRL playoffs, the Ignite attained a spot in the U12A provincials. The team played hard and finished in fourth place, losing to Dakota in the bronze-medal match.



TRIBUNE PHOTO SUBMITTED

Back row: Barry Pennell (coach), Emerson Huber, Genevieve Gifford (manager), Jorja Prokopich, Dakotah Ataman, Thor Erickson (coach), Julia Pennell, and Emily Lazaruk (coach).

Front row: Sara Fissel, Greta Buschau, Tyler Erickson, Delaney Gifford, Haley Ichiiwa, Gillian Gesell, and Lily Campbell. Front laying down: Skylar Funk.

Missing: Sheldon Gesell (coach), Jamie Fissel (coach), Chrissy Erickson (manager), and Joanne Gesell (trainer).

Garden City wins ringette championships



TRIBUNE PHOTO SUBMITTED

Garden City's V19B Ringette team defeated the Red River Wild 5-3 for the provincial championship on March 19. The Garden City Aces also won the city championship a week before this success and came out of both weekends undefeated.

The North Winnipeg Ringette Association has never had any of their teams win both city and provincial championships in the same year, so this is a big achievement for the players and the association. The Aces successfully defeated the Wild four consecutive times throughout the championship weekends.

Pictured left to right, back row: Stephen Kostal, Sierra Rolof, Mikaela Retzlaff, Emmy Neilson, Taylor Gowriluk, Arianna Yorski, Julianna DaSilva, Katie Shier, Sydney Thorgilsson, Cara Ingimundson, and Joe Cabral (coach); front row: Natalia Johnson, Hana Buchanan, Samantha Taylor, Jenissa Kostal, Meghan Cabral, Bailey Stewart, Kaitlin Henley and Sara Pacheco (laying down).

Riley, Anderson win MWJHL championship

By Brian Bowman

A pair of local players – Brooke Riley and Hope Anderson – celebrated a championship recently.

The pair are members of the Silvertips, who won the Manitoba Women's Junior Hockey League championship after beating the Northern Stars 2-1 in their best-of-three final series.

After losing Game 1 of the series 4-2, the Silvertips bounced back to win the next two games by scores of 3-1 and 4-2.

"It was awesome," said Riley, who last won a championship back in 2013 with the Shaftesbury Titans. "It was pretty exciting and I had a good feeling that we were going to win this year. We had a really good team."

Riley, who plays defence, said the Silvertips did a nice job bouncing back from an "off game" in Game 1 of the final series.

The Silvertips started the playoffs with a 2-1 series win over the Prairie Blaze. Once again, the Silvertips dug themselves a hole with a 5-3 loss in Game 1 before winning 3-2 and 4-1.

"Losing the first game was a shock," Anderson recalled. "But we came back in the second and third games."

The Silvertips carried the momentum from that first-round series win to sweep the Western Predators 2-0 (winning 5-3 and 4-3) in a semifinal match-up.

The Silvertips did a real good job playing strong defensive hockey in the playoffs.

"We watched for pinches and our forwards played well defensively," said Riley, 19, who lives in Argyle. "They were doing really well with the backcheck as well as generating offence."

The Silvertips also received some help in the post-season as the Polar Ice, the No. 1 team during the regular season, was knocked out of the playoffs by the Northern Stars.

Anderson, a Warren product who now lives in Winnipeg, was one of those players generating offence. She scored two consecutive goals in Game 3 of the final, giving the Silvertips a 3-2 lead.

Anderson, 19, has blossomed into a dynamic of-



TRIBUNE PHOTOS SUBMITTED

Hope Anderson led the MWJHL in regular season scoring with 44 points.

fensive player. She finished the regular season as the league's top point producer with 44 (18 goals, 26 assists).

Her linemates, Serena Daniels (23 goals, 15 assists) and Autumn DeGraeve (16-12-28), finished second and third, respectively, in the scoring race.

"This was my first year playing forward," explained Anderson, who previously played for the Stonewall Blues. "I played defence before, so it was nice (to produce some offence).

"My line really helped me - we had a strong line."



Silvertips' defenceman Brooke Riley helped her team win the Manitoba Women's Junior Hockey League championship last weekend.



Sensational at synchro

TRIBUNE PHOTO BY NANCY HOFF

The Stonewall Ice Sensations received silver medals in the Beginner 1 division at the Crocus Invitational Synchronized Skating Competition in Dauphin on March 18. Pictured left to right: Kennedy Kimball, Lucy Hoff, Sari Brown, Taelyn Herselman-Hupe, Sage Cameron, Clara Hoff, Lexi Glowacki and Embla Helgadottir. The team is coached by Jessica Watson.

deLaroque commits to Mayville State

By Brian Bowman

Life is going to be much different for Austin deLaroque in just a few months.

The former Interlake Thunder linebacker has committed to play football and attend school with the Mayville State University Comets this fall.

Mayville is located in North Dakota between Grand Forks and Fargo.

"It's nice and close and I get to play college football for a couple of years," said deLaroque last Saturday. "It's a small school in North Dakota and it looks pretty nice. It should be fun and I'm very excited."

A text sent by deLaroque to recruiting co-ordinator Shane Clancy started the ball rolling and then the Comets asked for some game tape.

After a visit to the campus, deLaroque decided to commit to Mayville State. He wasn't aware if any other Manitoba players were going to play there this upcoming season.

The majority of Mayville's games are played in North Dakota although they did make a couple of

trips to South Dakota and another to Illinois to play games last season.

Most schools at this level recruit players from all over the United States. The Comets finished last season with a 4-6 record, losing three of its final four games.

It is hard to say how much playing time deLaroque will get in his freshman season. He was a dominant player at the Midget level and was named the Thunder's most outstanding defensive player.

"They have lost a few guys," deLaroque noted of the Comets' roster. "I'm not sure if I'll get a starting spot or where I'll be on the depth chart."

DeLaroque is about six feet tall and 215 pounds, which was a good size for the Midget Football League of Manitoba.

But he'll have to get bigger — and stronger — to play U.S. college football.

"Hopefully, I'll get a bit bigger before I go down," he said.



TRIBUNE PHOTO KIM DELAROQUE

Former Interlake Thunder linebacker Austin deLaroque has committed to play football and attend school with the Mayville State University Comets this fall.

Thunder announces coaches for upcoming season

By Brian Bowman

It may still only be March but the Interlake Thunder are already thinking football.

The Thunder announced their head coaches for the 2017 season while informing the public that Midget head coach Kris Johnston has resigned.

Johnston, a member of the Thunder board of directors the past three years, also served as head coach of Interlake's Midget program for the past two seasons.

"Due to personal commitments (Kris) is unable to continue in his role as head coach," said a media release. "Kris will continue his substantial role on our board as vice president (of) football operations. We would like to thank Kris for the countless hours that he dedicated to our young athletes over the past two years."

Replacing Johnston as the Midget team's head

coach is Mitch Obach. Obach has an extensive coaching resume, including serving as head coach of the Stonewall Collegiate Rams from 2007 until 2010.

In 2011, he was the first-ever head coach of the Interlake Thunder Midget team.

Meanwhile, Ed deLaroque will return as the Thunder's Bantam head coach while Chad Thoresby will lead the Thunder's PeeWee team.

Returning for his second season with the Interlake Atom team is John Montgomery. Interlake's Cruncher head coach for this season will be announced at a later date.

In other news, the Thunder will be hosting registrations for girls' tackle football this Friday (6-8 p.m.) and Saturday (10 a.m. to 1 p.m.) at the Ice Palace in Stonewall.

The football club held its first registration this past

Tuesday. All players must register with Football Manitoba at footballmanitoba.com prior to attending the club registration.

Proof of Football Manitoba registration will be required.

Games will be played Thursdays with home games at Stonewall Collegiate.

"Equipment issue will coincide with registration dates," said the media release. "We are excited with our senior numbers and close to our maximum roster."

"Our junior numbers are a little light but head coach John Montgomery is confident that we will get all the girls we need to defend our Junior Division championship."

For more information contact Thunder president Joel McDonald at president@interlakethunder.org.



Presidential work recognized

TRIBUNE PHOTO BY SHIRLEY IRWIN

The Argyle Morning Curling Club recognized Fran, right, Paulsen at their windup on March 16. On behalf of the club, president Don Adamko presented Fran with a past-president pin and flowers in appreciation of her dedicated years of volunteerism. Fran served as president for 19 years til this past October and remains an active member.

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Warren hosts annual mixed open bonspiel



TRIBUNE PHOTOS SUBMITTED BY VERN MANKEWICH

The Warren Curling Club hosted 18 teams at their annual mixed open bonspiel last weekend. In the first-event final, Lawrie Hogg's rink defeated Pam Crockett and Vern Mankewich's rink beat Ryan Duncan to win the second event. Meanwhile in the third event, Larry Weatherburn and his rink defeated Tyson Langrell. Pictured left, left to right; Lawrie Hogg, Vanessa Chetyrbok, Jen Miller and Gloria Oullette; middle photo: Vern Mankewich, Joan Mankewich, Doug Griffin and Karen Griffin; right photo: Larry Weatherburn, Shane Elliott, Kara Laing and Ron Weatherburn.

Mixed Curling Provincials slides into Stonewall

By Brian Bowman

Local curling enthusiasts will have one last chance to see a bevy of elite curlers in action when the Chicken Chef Mixed Provincials slides into Stonewall this week.

The provincials, which will feature 16 teams from across Manitoba in a triple-knockout format, will begin Thursday with a 3:30 p.m. draw at the Sunova Curling Rink.

Action will continue through Sunday with the final slated for 6 p.m.

"We're pretty excited," said mixed provincials' organizer Andy Stewart last weekend. "It's a pretty good event for the curling club to host."

The field for the mixed provincials is a very strong one. There are any number of teams that can get hot and win this year's title.

"It's a pretty good mix of veteran curlers and some of the up-and-coming curlers," said Stewart, noting the Manitoba mixed curling provincials started back in 1964. "It's hard to pick a favourite in this thing."

Derek Dowsett will be skipping a talented Stonewall rink, which will include his wife, Monique, Stuart Brown and his wife, Jane.

They will be competing against some big names in the Manitoba curling world with the likes of Sean Grassie, Braden Calvert, and Colin Kurz. Kurz's rink includes Balmoral's Sara Oliver.

Kerri and Kyle Einarson, who are part of Richard Muntain's Gimli rink, are defending mixed champions and have won the title four times.

"A lot of these young kids are the future of curling in Manitoba," Stewart stressed. "And we'll see them (competing) on T.V. in the next few years."

The winner of this year's mixed provincials will earn a trip to Swan River for the 2018 Canadian Mixed Curling Championship in November.

Admission to the provincials is very affordable with weekend passes just \$10 and a daily entrance \$5. Volunteers and sponsors have done a great job stepping up to support the event,

said Stewart.

"We want people to come out to the rink," Stewart said. "And watch the event."

The teams competing at this week's mixed curling provincials include:

Colin Kurz (Assiniboine Memorial) – Sara Oliver, Brendan Bilawka, Rebecca Cormier, Fifth Hailey Ryan

Sean Grassie (Deer Lodge) – Heather Maxted, Kennedy Bird, Meghan Knutson, Coach Jack Grassie

Derek Oryniak (Granite) – Karen Klein, Darren Oryniak, Michelle Madden, Fifth Weston Oryniak, Sixth Darcy Robertson

Joelle Brown (Assiniboine Memorial) – Kevin Brown, Sydney Arnal, Stan Pierre

Braden Calvert (Deer Lodge) – Beth Peterson, Kyle Kurz, Melissa Gordon

Dean Dunstone (Heather) – Natalie Harding, Peter Nicholls, Renee Fletcher, Fifth Colleen Kilgallen

Kelly Marnoch (Carberry) – Tina Kozak, Branden Jorgensen, Kailey Jorgensen

Ray Baker (Dauphin) – Lisa Menard, Ty Dilello, Quinn Jones, Fifth Taryn Dreger

Ken Buchanan (Charleswood) – Deb McCreanor, Dave Beaudoin, Michelle Buchanan

Brett Walter (Elmwood) – Meghan Walter, Jordan Peters, Emilie Rafnson, Fifth Morgan Reimer, Coach Frank Walter

Kelly Lauber (Pembina) – Heather Bartmanovich, Kurtis Schlamp, Laura Budowski, Fifth Alicia Pierson

Corey Chambers (East St. Paul) – Lisa DeRiviere, Ian Fordyce, Jolene Rutter

Devon Wiebe (Pembina) – Rachael Verwey, Brett Moxham, Morgan McCormick

Sam Antila (Burntwood) – Courtney Reeves, Ian Graham, Pam Antila

Richard Muntain (Gimli) – Kerri Einarson, Kyle Einarson, Jennifer Clark-Rouire

Derek Dowsett (Stonewall) – Monique Dowsett, Stuart Brown, Jane Brown.

Woodlands wins ISD girls' basketball title

Submitted

The Woodlands Mustangs defeated Stonewall Centennial's Sentinels (AM) 42-28 to win the Interlake School Division girls' basketball title.

The Mustangs held the lead for most of the game with the Sentinels pulling within five points with three minutes remaining in the fourth quarter. However, the Mustangs regrouped and eventually won by 14.

Leading the Mustangs' offence was Emma Goodman with 16 points and Bobbie Fairlie with 11. Replaying for the Sentinels was Larissa P. with eight points and Lauren B. and Brooklyn C. with six points apiece.

To reach the finals, Woodlands beat Balmoral 34-6 and then defeated the Warren Wildcats 40-10 in the semifinals. Stonewall, meanwhile, edged Stony Mountain 19-18 in its semifinal game.

In the B-side championship game, the Stonewall Centennial Sentinels (PM) defeated the Grosse Isle Flyers 42-27.

The division title was a perfect way to end a spectacular season for Woodlands. The Mustangs, who were undefeated in 18 games, had six Grade 8 players, two Grade 7s, three Grade 6s, and five Grade 5s.

"The older girls welcomed the younger ones right from the very first practice and served as amazing role models to them," said Mustangs' coach Morag Ivany in an email. "The six Grade 8 girls began playing in Grade 6 so they appreciated how nervous the younger ones were to jump on board."

Ivany said the Mustangs were a great team to coach.

"The girls were an incredible group of young ladies to coach," she said. "They never went in hoping to destroy another team. They always wanted everyone to feel they had a great game, including the opposition. They played with grace and they played with passion."



TRIBUNE PHOTO BY DEBBIE GOODMAN

The Woodlands Mustangs wrapped up their basketball season winning the junior high girls' divisional banner March 14. Woodlands was undefeated in 18 games through their season. Pictured back row, left to right: Abby Procter, Emily Fehr, Bailey Prystupa, Grace McDonald, Lexi Carriere, Naomi Voth, Bobbie Fairlie, Emma Goodman and Morag Ivany (coach); front row: Harlow Bednarek, Kira Hooper, Mya Malcolm, Molly Phillips, Jennifer Burling, Annika Sund and Haley Fehr.

The Mustangs were always eager to get better.

"Whenever the gym was open, the girls were in shooting," Ivany noted. "They arrived at morning practices with minimal grumbling (and) every one of them was dedicated to their team and (they gave)

their best effort in both games and practices.

"I'm excited to see the 'Super Six' move on to high-school basketball and (I'm) looking forward to the younger girls stepping up next year."

Hawks fly to basketball divisional title

Submitted

The Stony Mountain Hawks defeated the Ecole Stonewall Centennial School's Sentinels Grade 8 team 53-44 to win the Interlake School Division 21 Boys' Basketball Divisional.

The game was a tight match with Stonewall jumping out to a 19-10 first-quarter lead. However, the Hawks regrouped for the remaining three quarters, outscoring the Sentinels 43-25.

The difference in the game was the depth of the Hawks' bench as three starters had fouled out of the game. Leading the Hawks' attack was Cole E. with 18 points and Qwenton H. with 17.

Leading Stonewall were Braden Bell with 18 points and Andrew Perrie with 10.

To reach the finals, Stony Mountain defeated the Teulon Saints 43-25 in the semifinals and the Warren Wildcats 61-13. Teulon defeated Stonewall Centennial's Sentinels Grade 7 team 41-22.

The Stonewall Sentinels reached the final by defeating the Woodlands Mustangs 61-12.

In the B-side championship game, the Balmoral Bandits defeated Stonewall Centennial's Grade 7 team 29-24. Balmoral beat the Grosse Isle Flyers 61-4 and Stonewall defeated the Warren Wildcats 40-36 to reach the finals.



TRIBUNE PHOTO BY DEBBIE STOVIN

The Stony Mountain Hawks defeated the Stonewall Centennial Sentinels 53-44 to win the Interlake divisional jr. high boys' basketball banner. Pictured back row, left to right: Myles Blahut (coach), Cole E., Qwenton H., Kyler S., Austin L. Dan B., Ethan C., David M. and Kayleigh Poirier (coach); front row: Tristan Y., Brody S., Kaiden K., Dominick I., Connor L. and Laura Manchulenko (coach).

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

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Annual Spring Gun Auction Sat March 25, 9:30 am
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Estate & Moving Auction Sat April 1, 10:00 am
Stuart McSherry (204) 467-1858 or (204) 886-7027 www.mcsherryauction.com

Seasonal Employment Opportunities

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

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



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

Deadline for applications: March 24, 2017
We thank all those who apply, however only those granted an interview will be acknowledged.



TOWN OF STONEWALL 2017 FINANCIAL PLAN PUBLIC HEARING

In accordance with Section 162(2) of The Municipal Act the Town of Stonewall shall hold a PUBLIC HEARING to present the 2017 Financial Plan for the Town at:

6:35 PM
Wednesday, April 12th, 2017
Council Chambers, Town Hall

The Town of Stonewall 2017 Financial Plan consists of:

1. The 2017 Operating Budget
2. The 2017 Capital Budget
3. An estimate of the Operating Revenue and Expenditures for the following fiscal year (2018), and
4. A five (5) year Capital Expenditure Program (2018-2022)

The purpose of the PUBLIC HEARING is to allow any interested person to make representation ask questions or register an objection in respect of the Town of Stonewall 2017 Financial Plan.

Copies of the financial plan will be available for review and may be examined by any person at the Town Office at 293 Main Street, Stonewall, Manitoba during the regular office hours of the Town Office.

Dated this 22nd day of March, 2017

Doreen Steg, C.M.M.A.
Chief Administrative Officer
Town of Stonewall

TEE M JAY FARMS 13th Annual CHAROLAIS BULL SALE Saturday, March 25th 1:00 p.m. at Ashern Auction Mart Selling 38 yearling Charolais Bulls



25 of these are sired by AI bulls - Ledger, Round Up, Kaboom, No Doubt, Millionaire.

All of these A1 sires have been used successfully on our own heifers.

For more info
or to view bulls, phone:
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Tribune

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

Disability? ADHD? - Do you have a disability? We can help you get up to \$50,000 back from the Canadian Government. For details call us today. Toll-free 1-888-875-4787 or Visit us at: disabilitygroupcanada.com

FARM PRODUCE

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

LIVETOCK

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

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

LIVETOCK

49th Annual Lunder Bull Sale, April 1, 2017. For sale: Gelbvieh, Hereford, Simmental, Angus, Charolais. Also, selling 7 pens of three - yearling heifers. Sale time 1 p.m. Contact Jim at 204- 467-8809 or Connie at 204-739-5264. Visit our catalogue on www.buyagro.com

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

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

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SUDOKU

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

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

Sudoku Answer

T	V	N	O	T	V	I	R	P	E	S
O	K	H	S	E	L	B	V	R	V	E
G	O	E	L	V	E	R	V	E	T	E
S	V	E	M	S	I	N	E	R	B	V
V	I	P	E	G	A	V	A	K	T	E
L	O	C	L	R	I	T	I	S	U	V
T	I	E	O	N	O	S	I	O	V	E
O	T	I	H	V	D	I	C	S	V	M
T	P	O	N	E	P	N	E	M	E	H
T	O	O	S	T	H	V	N	T	S	D
E	C	E	I	N	H	T	O	B	R	I
L	V	A	P	V	S	S	V	O	T	V

Crossword Answer

X CROSSWORD

CLUES ACROSS

- 1. Thick flat pad
 - 4. Green regions of desert
 - 9. Fill with dismay
 - 14. Boxing legend
 - 15. Soup
 - 16. Your sibling's daughter
 - 17. A long thin implement
 - 18. Late ESPN anchor
 - 20. Motives
 - 22. Astronumerology term
 - 23. Semitic Sun god
 - 24. Small cigar
 - 28. Promotions
 - 29. Not off
 - 30. Line or plaster the roof
 - 31. African Indian people of Alberta, Canada
 - 33. Rituals
 - 37. Chlorine
 - 38. Red deer
 - 39. Offers a good view
 - 41. Post-indictment arrangement
 - 42. Blood group
 - 43. Razor clams
 - 44. Fleshes of animals
 - 46. Nipple
 - 49. Indicates position
 - 50. Electrocardiogram
 - 51. Can be disconnected
 - 55. Tall military cap
 - 58. Cape Verde capital
 - 59. Not written in any key
 - 60. Creative
 - 64. Suffix
 - 65. Stacked
 - 66. One who consumes
 - 67. Not he
 - 68. Whiskey and milk are two
 - 69. Entryways
 - 70. ___ and cheese
- CLUES DOWN**
- 1. Marketplaces
 - 2. Hawaiian greeting
 - 3. Mark left by the sea
 - 4. Strongly affected by
 - 5. Music and painting are two
 - 6. Small coin (French)
 - 7. Letter of the Greek alphabet
 - 8. A gesture involving the shoulders
 - 9. Grey geese
 - 10. Meal in the park
 - 11. Human beings
 - 12. What thespians do
 - 13. Allow
 - 19. Third-party access
 - 21. "Casino Royale" villain Mikkelsen
 - 24. Painful foot problems
 - 25. The very first
 - 26. Lawful
 - 27. Ceramic jars
 - 31. Hind ends
 - 32. "Virginia Woolf" author
 - 34. Try
 - 35. For instance
 - 36. Academic terms
 - 40. Article
 - 41. Religious belief outside the mainstream
 - 45. Sound caused by reflection
 - 47. Greatly horrify
 - 48. Prey
 - 52. Forays
 - 53. River in eastern France
 - 54. Bleated
 - 56. Soft food cooked from buckwheat
 - 57. Pre-Mayan civilization
 - 59. Assert to be the case
 - 60. Inches per minute (abbr.)
 - 61. "Rosemary's Baby" actress Farrow
 - 62. Chinese philosophical principle
 - 63. Simpson trial judge

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					33		34	35	36			37	
38				39	40							41		
42				43						44	45			
46		47	48					49		50				
51				52	53	54				55			56	57
		58								59				
60	61							62	63				64	
65								66					67	
68								69					70	

Announcements

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ANNOUNCEMENT

BIRTH ANNOUNCEMENT



Ritchie/Reid

Jason, Candace and big brother Will are thrilled to announce the birth of their baby girl, Elianna Quinn Ritchie, born November 6, 2016. She was 6 lbs. 9 oz and 18" long. Very proud grandparents are Randy and Carol Ritchie; Robert and Margie Reid. Great-grandparents Bill and Lois Ritchie; Shirley Nolin and the late Denis Nolin. As well as many proud uncles, aunts and cousins.

ANNOUNCEMENT

CARD OF THANKS

Hamaberg, Louise - We would like to thank everyone who sent cards, messages, food, baking, who visited or donated to the Stonewall Palliative Care during the recent loss of our mom. A special thank you to Sean and Patty Fisher and Fern Brunger for the beautiful hymns they sang at the hospital on February 12, mom's birthday. A thank you goes to Pastor Bruce and Pastor Nathan for their comforting prayers. We forever will be grateful to the wonderful care mom received from all the staff at the Palliative Care in Stonewall. Your caring and concern for her will always be remembered.

-Bill, Sharon, Carol, Debbie, Peggy and families

ANNOUNCEMENT

IN MEMORIAM

SMITH, John (Jack)

In loving memory of our Father who passed away March 26, 1985.

-Forever remembered by son Richard and his wife Sheelagh, children Sheena and Shawn and daughter Judy, husband Ken Paluk, children Wesley and Trevor.

ANNOUNCEMENT

IN MEMORIAM



Richard Priestley

February 6, 1935 - March 20, 2015

In Loving Memory of
Richard

We miss you every day.
The memories will never go away.
We hold you close in our hearts
Until we meet again.
Miss you still.

-Love your wife, Lorna
and sons Bob, Tom, Jim, David, Douglas
and families

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