

JUST LISTED - 3 bdrms, 3 baths, 2330 sq.ft. - main residence plus rental or in-law suite
\$229,900 - Brandt



ESCAPE THE MADNESS - Country living, huge fenced yard, 1685 sq.ft., 4 bdrms, 2 baths
\$264,900 - Matt



HOOKED ON COUNTRY - 3.27 acres South of Stonewall, 1961 sq.ft., 4 bdrms, 3 baths
\$499,900 - Matt



RE/MAX THE MCKILLOP TEAM
RE/MAX TOWN & COUNTRY
Call 204-467-8000
mckillop.ca

See inside for the **Spring 2019**
Interlake Continuing Education Program

VOLUME 10 EDITION 13

Stonewall Teulon Tribune

THURSDAY,
MARCH 28, 2019

SERVING STONEWALL, BALMORAL, TEULON, GUNTON, NARCISSE, INWOOD, LAKE FRANCIS, WOODLANDS, MARQUETTE, WARREN, ARGYLE, GROSSE ISLE, ROSSER, STONY MOUNTAIN, ST. LAURENT & KOMARNO



Live for today.
Plan for tomorrow.

With the right balance of life insurance and investments, you can protect the life you're building today, the goals you have for tomorrow and still dream for the future.

Talk to us today and discover your financial balance.

Tracey Malone
Financial Advisor
Inview Insurance Services
344 Main St | Stonewall
204-467-8927
www.cooperators.ca/
Inview-Insurance-Services



Home Life Investments
Group Business Farm Travel

Not all products available in all provinces. Life and Health insurance products are offered by Co-operators Life Insurance Company. The Co-operators® is a registered trademark of The Co-operators Group Limited. Trademark used with permission. All investment products are administered by Co-operators Life Insurance Company.



Winning production

TRIBUNE PHOTO BY LANA MEIER

Teulon Collegiate drama students presented Alice In Looking-Glass Land for friends and family last week. The play was based on the famous Alice in Wonderland and Alice Through the Looking Glass stories by Lewis Carroll. Pictured above, the Queen of Hearts was played by Brady Stott, Hatter by Carlin Trudzik and the King of Hearts by Derrek Jones.

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

TEULON \$319,900
PRIME RURAL LIVING! Set a new standard of living in this 1690 sqft 4 brm 3.5 bth home, nestled on a Picturesque 160'x133' PRIVATE LOT. Incomparable Workmanship & Envyable Features incl Stone FP, Sunroom & Massive Deck...**The Hidden Jewel of Teulon!**

ST. LAURENT \$44,900
Own this 2.5 Acre Treed Lot - has a Well & Hydro on property - ready for that Forever Home!

ST. LAURENT \$14,900
Escape the "City in the Summer Blues" - Buy 1 or Buy 4!
Call your Family-we have FOUR lots each w/101 ft frontage for you to camp or build on, set up your camper or tent for Weekend Get-a-Ways.

NEW LISTING MATLOCK \$219,900
NO DISSAPPOINTMENTS HERE! Impeccable attention to every detail will be appreciated by the buyer who hasn't yet found a home that meets their standards. Come view this 1304 sqft 2 bdrm year round home w/ garage on large lot EZ walk to the LAKE!

Selling the Interlake one Yard at a time



L.J. BARON Realty EST. 1953

The **Claudette GRIFFIN Group**

A Real Estate Boutique Practice with Concierge Service Past Director - Winnipeg Realtors® Past Chair - Professional Standards

204-886-2393

Toll Free 888-629-6700

baron@mts.net www.ljbaron.com

GIMLI \$95,900
LOVELY TOTALLY RENOVATED 2 BR Condo is loc a short walk to GIMLI BEACH Affordable monthly fee of \$228.20 includes access to Rec Centre & inground pool situated just around the corner. South Facing Kit & LR perfect for Feng Shui living.

\$269,000 WARREN
Young & Beautiful - Newly Blt 1152 sqft 3 br 1.5 bath on Treed 125x111' Lot. 9' Tray Ceilings add drama to this Impeccable open concept home, main bath has heated tile flr & whirlpool tub. YOU MUST SEE IT TO APPRECIATE THE SPLENDOR! Kit has new appl & patio doors to the deck. You will be WOWED!

KOMARNO \$325,000
Mini Hobby Farm w/ multiple outldgs on 80 Acres. w/1872 sf 3 bdrm 1.5 bth home. Well treed and beautifully landscaped. Buyer will be given first refusal to purchase additional adjoining acres.

"It's Good Business to own your own home! It's my business to find you the right home"
Claudette

Spinning for a good cause

By Jennifer McFee

Two friends are putting a positive spin on a difficult situation.

Monica Lawrence and Sara Tolsma are hosting a spin class fundraiser to support their friend, Garrett Dawson, who is recovering from severe frostbite.

In early February, 22-year-old Dawson was found asleep in his car, which had been dragged into a ditch near Teulon during a snowstorm.

Doctors determined that his feet could not be saved and that he would have to undergo a double below-the-knee amputation.

Lawrence and Tolsma, both of Stonewall, usually visited Dawson in the hospital after working out at spin class. So they decided that a spin class fundraiser would be the ideal way to raise money to help with financial stresses that will arise during his recovery.

"We had so much fun visiting him that it didn't even feel like we were at the hospital. We thought that this would be a fun way to raise money and that people could have fun while doing it," said Lawrence, adding that Dawson was recently discharged.

"It's going to be a long road, but he's doing pretty good."

The Ride for Garrett fundraiser is set for Saturday, April 13 at Wheelhouse Cycle Club, located at 665 Sterling Lyon Parkway in Winnipeg. Attendees have the option of three 45-minute spin classes, which will start at 2 p.m., 3:15 p.m. and 4:30 p.m.

Spin classes involve riding a stationary bike in a

room along with other riders of all capabilities.

"It's not just for people that have been spinning before. It's for anybody at any physical level. We hope that people can come out and support it," Tolsma added.

"It's something different and it gets people to try out spin who maybe were scared to try it before."

Each ride will be led by a different instructor and will be sponsored by different organizations, including IHOP, Cranked Energy and Torque Brewing. There are 43 bikes available per ride.

Tickets need to be purchased in advance for \$25 through Eventbrite at <https://www.eventbrite.ca/d/canada--winnipeg/ride-for-garrett/>. Support tickets are also available for those who aren't able to attend.

"We'll send a confirmation email asking if there's anyone in particular that you want to sit next to and reminding them to make a Wheelhouse account so that the staff will have spin shoes ready for them," Lawrence said.

"Almost all proceeds are going to Garrett. The only thing that isn't are partial studio fees, so a large amount is being donated."

Lawrence and Tolsma are also in the process of organizing an online auction to support Dawson. Anyone who would like to donate to the auction can contact Tolsma at saratolsma@hotmail.com or 204-461-2902.

A GoFundMe page has also been set up to raise funds for Dawson. To date, donors have more than



TRIBUNE PHOTO SUBMITTED

A fundraiser is set for April 13 to support Garrett Dawson's recovery.

\$13,600. To make a contribution, visit <https://www.gofundme.com/garrett-dawson>.

Support Stonewall's 'Save the Kilns'

initiative with your purchase of a Signed Limited Edition 'Stonewall Quarry Sunset' print. All are numbered, signed and framed by photographer Randy Frykas.



Limited edition 150 prints

16"x 12" Each print will be signed, numbered, matted and framed \$150 each with \$100 being donated to the 'Save the Kilns' campaign

The photo is available for purchase at the Stonewall Teulon Tribune office and McLeod House, and is available online at <https://46fps.bigcartel.com/kiln-photo-fundraiser>



Red River

81st

Annual Meeting of Red River Cooperative LTD

OFFICIAL NOTICE

Thursday, April 11, 2019

Registration: 5:30–6:45 p.m.

Meeting: 7:00–9:00 p.m.

Canad Inns

1405 St. Matthews Ave. Winnipeg, MB

ATTEND | ASK | SHARE

EVERY MEMBER IS WELCOME

All members registered are entered to win the prize draw.
Complimentary refreshments provided.

LOCALLY INVESTED • COMMUNITY MINDED • LIFETIME MEMBERSHIP BENEFITS

Rave reviews for Alice in Looking-Glassland production

By Evan Matthews

The Town of Teulon tumbled down the rabbit hole last week, as Teulon Collegiate put on its annual drama production.

This year's production, titled *Alice in Looking-Glassland*, combined the more famous scenes from the two books in the series (*Alice's Adventures in Wonderland* and *Through the Looking-Glass*), according to Teulon Collegiate's band and drama teacher, Brandy Bilenki Gervais, who directed the play.

"I suited the play to the kids, versus picking a play and having the kids audition for parts," says Bilenki Gervais. "I fitted the roles to the kids who wanted to participate."

The premise of the show brought together elements of each book. In the first book, Alice is having a dream where she meets with a deck of cards, and meets characters like the King and Queen of Hearts. In the second book, though a similar concept, Alice finds herself on the chessboard.

The shows happened on March 20 and 21, and involved close to 40 students ranging from Grade 7 to 12.

The show was extremely well attended this year, according to Bilenki Gervais, who says there was an estimated 100 people at each show. The

school put on a Wednesday matinee, with two evening shows Wednesday and Thursday.

Script compilation began in September, and the moment it was finished, Bilenki Gervais says casting and lines started in October.

However, the kids started studying the books and the history of the Alice in Wonderland back in September, she says.

Ticket cost was \$0, and was entirely donation based.

"If there is a ticket price, you're worried about selling tickets and printing, etc. Tickets at the door, you're forcing people to pay a certain amount," says Bilenki Gervais.

"It's more important to have people in attendance than to make a bunch of money."

To that point, there are a lot of kids who may not be comfortable playing sports or running for student council, according to Bilenki Gervais, but maybe found a niche hobby in drama and the arts.



TRIBUNE PHOTOS BY LANA MEIER

Tweedle Dee Kaleigh MacDoanld and Tweedle Dum Hannah Kraychuk with Wonderful Alice Tiegan Smith.

"Improvising on the spot, speaking in front of large crowds, memorizing information and making it their own, these are all important skills for kids to develop," she says.

It was an emotional ending for many students who participated in their last

show, Bilenki Gervais says, as the kids get set to graduate and move on from the school and the program.

"It's been a huge part of these kids' lives," says Bilenki Gervais. "I'm really going to miss them."



Music concert set to hit the stage March 30 in Gunton

By Jennifer McFee

A Gunton couple are hoping to hit the right note by organizing a music concert for the community.

Kevin Ellison, along with his wife Kirsten, has arranged a show featuring the musical talents of Tim Haverluck and Richard Inman on Saturday, March 30 at the Gunton Hall.

"We're trying to bring some music to our community here. We have this wonderful hall that I don't feel gets used nearly enough," said Kevin, a musician who used to play in a band called The Smash Brothers with Haverluck.

"I know a lot of people in music, and I have some friends that are really up and coming. They're starting to tour across Canada and beyond, and they're recording albums. It's nice to see them pursuing their dreams and I'd love to show them off to everybody out here. I'd also love to get a concert series going."

For those who are wondering what to expect, Kirsten provides a description of the versatile musicians.

She recalls the first time they met Inman when he opened for the Smash Brothers during a Winnipeg show.

"As soon as Richard began to play the room went silent with all atten-

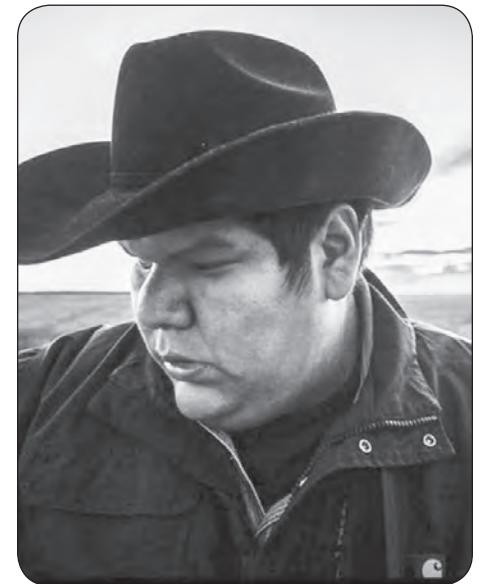
tion on him. It stayed that way for his entire set, and needless to say, all in attendance were instant fans. The best way I could think of describing Richard's music is virtuoso country poet, playing a beautiful mix of finger-style country guitar with heart-wrenching lyrics," she said.

"Tim Haverluck has rightfully become a legend in the Winnipeg music scene and beyond. With his band The Tims and various other collaborations, he has proven his guitar virtuosity on countless occasions. Tim takes influence from all types of music and can play fluidly in many styles but is deeply rooted in blues and country."

Although Kevin hasn't been active in the Winnipeg music scene for several years, both Inman and Haverluck have gone on to grow their music careers.

"They are two of the most talented musicians Manitoba has to offer. Tim recently finished a cross-Canada tour with his band The Tims, and Richard has been playing sold-out shows in large venues such as the West End Cultural Centre," Kirsten said.

"Kevin has been wanting to make music a more prominent part of his life again for some time, so together we thought it would be a great idea to start sharing some of the amazing



TRIBUNE PHOTOS SUBMITTED

Tim Haverluck, left, and Richard Inman will be performing at the Gunton Hall on March 30.

music we've been exposed to for years with our neighbours and friends. We are hoping this will be a success for our community so we can continue to offer live music to the Interlake in the future."

Since a cash bar will be available at the venue, the concert will be an 18-plus event. Doors open at 7 p.m. and the show starts at 8 p.m.

"The show will be acoustic, so gentle on the ears, with an eclectic blend of

blues and country alongside some wonderful story-telling," Kirsten said.

"We feel this show will be great for people of every generation."

Tickets cost \$10 in advance or \$15 at the door, and all profits will support the Gunton Projects Committee to help support local community development efforts. For more information or to buy an advance ticket, contact Kirsten at 204-996-3595 or kirstenelison@outlook.com.

Christ the King Church
proudly presents

Sisters of the Holy Rock

Come out for an evening of music, merriment and more, all in support of the
Christ the King Church Building Fund

Stonewall Collegiate Gymnasium
297 5th Street West, Stonewall

Saturday, April 13, 2019
Doors open: 6:30 pm
Performance Time: 7:00 pm

Adults \$15.00
Children 12 & under \$7.50
Canteen available

For tickets, please contact:

- Christ the King Parish office: (204) 467-9016 or ckparish@mymts.net
- Anthony: (204) 801-3540
- Dione: (204) 886-7718

Educational donation

Submitted

The Teulon and Area Lions Club recently made a donation of \$1,500 for the purchase of an iPad Pro for Griffin Bursey to assist him with managing his visual impairment.

Griffin is a Teulon Elementary School Grade 4 student and has been diagnosed with Retinitis Pigmentosa, a rare genetic disorder that causes difficulty seeing at night and a loss of side (peripheral) vision.

Griffin was provided a school-issued iPad Pro in September of the current school year at the recommendation of the division specialist, which has

allowed him to succeed at school despite his visual limitations. The iPad Pro supports reading apps that Griffin is able to use, which are not supported by a regular iPad. The school-issued iPad Pro is to remain at school and is not available to be taken home to complete homework, assignments or for personal use. The iPad Pro purchased with the assistance of the local Lions Club has been co-ordinated with the iPad Pro he uses in school and will further support the development of safe independent skills by allowing Griffin to use it on evenings, weekends and school holidays.



TRIBUNE PHOTO SUBMITTED

Griffin Bursey with his iPad Pro.

Gauthier
Cadillac BUICK GMC
2400 McPHILLIPS ST.
Call
JERRY VANDE
Sales Manager
Ph: 204-633-8833
SHOP ONLINE AT
WWW.JIMGAUTHIERGMC.COM



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

kl
KEN LOEHMER
FUNERAL SERVICES

55 Main St, Teulon Call 204-886-0404 or visit www.klfuneralservices.ca

Stonewall's speed-reader board vandalized

Stonewall council news in brief

By Jennifer McFee

Stonewall Mayor Clive Hinds expressed disappointment at last week's vandalism of the speed-reader board set up on Second Avenue.

"It was vandalized in a bad way. We do everything in our power to help the communities, and these people have absolutely no manners and respect. They went on Sunday night and cut the cords to the reader board. Then on Monday, they went back and took out the internal radar gun that's inside the unit. It's of no use to anyone, so why would they even bother to

waste their time?" he said.

"The problem is that it was a loan from the company, so it will cost Stonewall approximately \$2,500 to have it repaired and replaced. That's money that we could use for something else and now we have to be considering to replace a unit that is just on loan. This is uncalled for, especially in a small town where we try to do the best we can."

In other council news:

- Stonewall council passed third reading of the lot grade bylaw

at the March 20 meeting. Coun. Peter Bullivant was absent from the vote, and all other councillors voted in favour of the bylaw, which focuses on establishing and maintaining proper lot grades in the Town of Stonewall.

- Council also agreed to submit a joint expression of interest letter with the RM of Rockwood in a bid to host the 2022 Manitoba Winter Games. The two municipalities have already created the Rockwood Stonewall Recreation Committee to work on joint recreation initiatives, and the committee believes there is a great opportunity and benefit to the entire area as hosts of the games.

"It would be fantastic," said Mayor Hinds. "We hope that we're chosen."

- Council authorized the CAO to enter into an agreement with Scatliff + Miller + Murray Inc. to proceed with the Quarry Park Campground redevelopment plan. In response to a request for proposal, the company submitted a proposal that met the requirements in the most satisfactory and fiscally responsible manner.

- Council approves of a proposal prepared by the provincial government for the East Interlake Watershed District, which supports a watershed-based approach to water management in Manitoba. Council also supports continued membership in this program under the authority of The Watershed Districts Act.

Dialysis services expanded, more nurses hired to support patients

By the Manitoba government

The province is investing nearly \$5.2 million for dialysis services, including \$2.4 million from Budget 2019, to provide critical life-saving services for up to 72 patients while hiring more nurses and other staff to support access for more patients, Premier Brian Pallister announced Monday.

About 14 per cent of Manitobans live with kidney disease and about one-third of them may develop kidney failure in their lifetime. Over the coming months, the expansion will include additional dialysis spaces at local renal health centres throughout the province. In addition to Thompson, this investment includes:

- an eight-patient expansion in Hodgson;
- a six-patient expansion in Pine Falls;
- a six-patient expansion in Portage la Prairie;
- a six-patient expansion at Boundary Trails Health Centre; and
- a 30-patient expansion in Winnipeg.

"Our mission is to deliver accessible health services to the residents of the north and this announcement helps us to achieve that for dialysis patients," said Helga Bryant, CEO, Northern Regional Health Author-

ity. "This investment in our region will have a life-altering impact on all of the patients it will serve and their families."

The funding will also be used to expand home dialysis treatments, including a 10-patient peritoneal dialysis expansion in Winnipeg, to ensure a better quality of life for patients.

There will be 57 positions included in this expansion, including nearly 30 nurses. Health-care aides, pharmacy, social services, technologists, maintenance and administrative support positions will also be added.

"Manitoba's rates of kidney failure continue to rise," said Dr. Mauro Verrilli, medical director of the Manitoba Renal Program. "This addition of funding allows these local renal health centres to utilize existing infrastructure to meet a growing need for dialysis treatment across Manitoba. When possible, we want Manitobans to receive this vital treatment at home or as close to home as possible."

Hemodialysis uses a machine to remove blood from the body, clean it, then return it to the body. Peritoneal dialysis cycles a solution into and out of the stomach through a tube to collect and get rid of waste and fluid.

The premier noted the investment

builds on recent service expansions in Brandon and Winnipeg. In Brandon, the province announced late last year that an additional \$500,000 would be invested annually to expand the home peritoneal dialysis and home hemodialysis programs.

The province is also constructing a 22-station hemodialysis unit at Health Sciences Centre Winnipeg that will support up to 132 patients when at full capacity.

"Receiving services closer to home is integral to our government's approach to improving Manitoba's

health system," said Health, Seniors and Active Living Minister Cameron Friesen. "Expanding dialysis services in these communities will make it easier for Manitobans living with kidney disease and kidney failure to access the health care they need."

March is Kidney Health Month in Canada. For many people, early detection and treatment of kidney disease can help prevent or delay kidney failure or the need for dialysis.

Learn about kidney health and the Manitoba Renal Program at www.kidneyhealth.ca.

<p>Join us Mon-Fri LUNCH BUFFET & SUNDAY BRUNCH</p>	<p>Saturday SUPPER SPECIAL RIB STEAK DINNER \$21.99 / PERSON</p>
<p>ROCKWOOD Motor Inn 390 Main St. Stonewall 467-2354</p>	

THE Flicks CINEMA

SHOWTIMES:
Please check individual listings
Due to various picture lengths showtimes vary

319 First Street E., Stonewall, Man.
467-8401
PROGRAM SUBJECT TO CHANGE WITHOUT NOTICE
Cash only

LAST DAYS:
WED & THURS
MARCH 27 & 28
AT 7:30 PM

WONDER PARK *Animated*

G

FRI-SAT-SUN-MON MARCH 29-30-31-APRIL 1
(CLOSED TUES) AND WED-THURS APRIL 3-4

FRI-SAT-SUN-MON APRIL 5-6-7-8
(CLOSED TUES) AND WED-THURS APRIL 10-11



FIVE FEET APART

AT 8:00 pm
EACH NIGHT

*Haley Lu Richardson
Cole Sprouse*

*Coarse Language;
Violence*

PG



PERSUASION

AT 8:00 pm
EACH NIGHT

*Liam Neeson
Emily Rossum*

*Adult Accompaniment
Under 14;
Violence*

14A

Stonewall Teulon
Tribune



PUBLISHER
Lana Meier



SALES
Brett Mitchell



REPORTER/PHOTOGRAPHER
Jennifer McFee



SALES
Stephanie Oland Duncan



SPORTS EDITOR
Brian Bowman



DISTRIBUTION
Christy Brown



REPORTER/PHOTOGRAPHER
Evan Matthews



ADMINISTRATION
Jo-Anne Procter



REPORTER/PHOTOGRAPHER
Ty Dilello



ADMINISTRATION
Allana Sawatzky



ADMINISTRATION
Carrie Sargent



PRODUCTION
Debbie Strauss



PRODUCTION
Nicole Kapusta



PRINT
Dan Anderson

OUR SISTER PUBLICATIONS



getheard

NEWS > VIEWS > GIMLI > ARBORG > HIGHWAY 6 > SURROUNDING AREAS

> Got news?

Call Evan Matthews at 204-990-9871
evan@expressweeklynews.ca



Manitoba government delivers as promised

By Evan Matthews

It's a joyous time for Manitoba taxpayers, as the PST rate is about to be rolled back to seven per cent come July 1.

This is a major positive for taxpayers, correct? Well, it's a subjective question, with a subjective answer.

If there is one thing to be said for Manitoba Premier Brian Pallister, what you see is what you get.

The leader of the Manitoba Progressive Conservative Party, by most accounts, has done all he promised to do during his election campaign.

The provincial deficit is being reduced, spending has been cut and the PST is now being scaled back.

It's what the people voted him in to do.

Media reported Finance Minister Scott Fielding, praising his government's efforts to increase the basic personal exemptions and funding to film productions, while decreasing things like ambulance fees, etc.

The province is saying it will make

up some finances on federal transfer payments and more expected income tax due to a growing province.

It all sounds nice, but with an early election likely around the corner, now is the time to question where else money is being made up by the Manitoba Conservatives.

There are three areas people could label as sore spots in terms of budget cuts.

Health care. Though the (health-care) budget itself is one per cent more than the year previously, a one per cent budget increase is unlikely to match inflation.

Post-secondary education. The provincial government outlined a 0.9 per cent decrease to operating grants and strategic initiatives. This in addition to scrapping a tax rebate for Manitoba post-secondary graduates who have decided to stay in the province.

Pharmacare. Manitobans who did not have to pay for deductibles relating to their prescribed pharmaceuticals will now have to pay. Media

reports suggested there are 800 Manitoba families affected by the change, upwards of 1,200 individuals.

So, while there is "more" money in the pockets of taxpayers, are we really getting "more"?

As the province inches closer to an election, Manitobans need to be real about the political landscape.

This is not a case of a government lying about promises it's made or not following through on its word.

On the contrary, as the government has followed through on its word to the letter.

The question becomes, what are priorities to Manitobans? Are they being met?

Social programming like education, health care and Pharmacare are extremely important, but at the end of the day, so is money.

Where do you fall on these issues? Are you being represented?

The best way to have your voice heard is to go out and vote.

Obituary: the Liberal balanced budget promise

By Aaron Wudrick, the CTF Federal Director

The Liberal Balanced Budget Promise passed away on March 19, 2019, surrounded by the national press gallery, following a prolonged battle with deficit spending, aged three years and six months.

Born in August 2015 to Justin Pierre James Trudeau and an extended Liberal family, the promise began its life with incredible promise, helping secure a majority government for the Trudeau Liberals in the October federal election later that year. On the campaign trail, proud papa Justin never missed an opportunity to showcase the promise, brag-

ging about it prominently in stump speeches and even including it in the Liberal campaign platform.

Tragically, fiscal health issues soon followed. Some time around the spring 2016 federal budget, the promise contracted a case of severe deficit spending, diagnosed as acute spendicitis, which would plague it for the rest of its short life. By the 2017 budget, many of those closest to the promise feared the worst, and by the 2018 budget, the prognosis was grim that the promise would survive to see the next election campaign.

Hopes were briefly raised as recently as last week that an unexpected last-minute infusion of revenue

could lead to a full recovery, but sadly it was not to be.

Predeceased by its promise siblings, electoral reform and ending omnibus legislation, the promise is survived by its father Justin, guardian Bill Morneau of Toronto, and the promise to legalize cannabis.

Document recycling has taken place. In lieu of flowers, friends of the promise ask that you consider a donation to the Canadian Taxpayers Federation's campaign to preserve the legacy of the promise by raising awareness about the dangers of deficit spending, which can be made online at taxpayer.com/donate.

ADVERTISING OR PRINT CONTACT INFORMATION

Stephanie Duncan 204-461-4771

ads@stonewallteulontribune.ca

PHONE 204-467-5836

FAX 204-467-2679

ADDRESS

74 Patterson Drive, Stonewall Industrial Park
Box 39, Stonewall, MB R0C 2Z0

> EMAIL US

Letters to the Editor: letters@stonewallteulontribune.ca

Classified: classifieds@stonewallteulontribune.ca

News: news@stonewallteulontribune.ca

Print: igraphic@mymts.net

OUR EDITORIAL STAFF

Jennifer McFee 204-461-5352
jen@stonewallteulontribune.ca

Brian Bowman Sports Reporter
sports@stonewallteulontribune.ca

Evan Matthews - Reporter/photographer
204-990-9871 Email: evan@expressweeklynews.ca

Ty Dilello - Reporter/photographer
204-250-6322 tydilello20@gmail.com

PAPER DELIVERY OR FLYER CONCERNS

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

The Stonewall Teulon Tribune is published Thursdays and distributed through Canada Post to 7,800 homes. Republishing in whole or in part without permission is strictly prohibited. Printed in Canada by Prolific Printing.



This newspaper is supported 100% by advertising dollars. If you enjoy the paper and would like to see the newspaper grow and prosper visit any of the advertisers and businesses in our rural communities. - Keep your dollars working at home and shop local. Our commitment to you, the reader - we connect people through stories to build stronger communities.

Advertising Deadline: Monday 4:00 pm prior to Thursday Publication

View the Stonewall Teulon Tribune online at www.stonewallteulontribune.ca



letters to the editor

Letters to the Editor:
letters@stonewallteulontribune.ca

A government getting the job done

Three years ago, Manitobans chose a new direction for our province. After 17 years of mismanagement by the previous government that left us with a growing debt, the longest health-care wait times in Canada and the worst education outcomes, Manitobans chose a new path.

They elected our government to fix the finances, repair services, and rebuild our economy — and we're getting the job done.

Fixing our finances

The former government left our province with a deficit approaching \$1 billion annually. Budget 2019 reduces the deficit to \$360 million, and ends the years of growth in our debt-to-GDP ratio.

Repairing our services

Each year we have increased our investments in health care, in education, and for families to the highest levels in Manitoba history. Budget 2019 continues this trend.

Funding for health care is increased by \$47.8 million, including money for additional paramedics, Pharmacare and addictions treatment. Funding

for K-12 education is increased by \$6.6 million, while the K-12 capital budget increases by \$56.1 million to \$202.2 million. It will pay for structural repairs, roof replacements, new mechanical systems and accessibility projects for schools across the province.

Rebuilding our economy

Manitoba is once again open for business, and the world is showing their confidence that we are a place to invest and grow. Manitoba has led the nation in private capital investment this past year, and we're on pace to be among the leading provinces again this year.

Budget 2019 keeps our commitment to spend at least \$1 billion annually on strategic infrastructure such as roads and bridges, flood protection, hospitals, schools, universities and colleges. It allocates \$350 million in funding for highways and \$45 million for special Manitoba 150 infrastructure projects.

Reducing Manitobans' tax burden

A recent study found that more than one-half of Manitoba families have less than \$200 remaining after paying their bills each month. The prospect of higher interest rates, higher utility bills and tax

increases by other levels of government will add to the pressure many families are experiencing.

Budget 2019 responds to this pressure by leaving more money in Manitobans' pockets. Families will save \$1 billion over the next six years as a result of the PST cut. A family of four will save approximately \$500 per year and \$3,000 in total by 2024.

Manitoba businesses will save more than \$130 million annually from the PST cut. Local governments, school divisions, post-secondary institutions, regional health authorities and other government agencies will also benefit from the PST cut. In total, government agencies from all levels will save \$16 million annually.

Supporting our communities

Manitoba's operational support for municipalities is among the most generous in Canada. Budget 2019 includes a total of \$313.5 million in basket funding for local governments. Our unconditional operating and public safety funding baskets provide municipalities with the flexibility they need to meet local needs, and infrastructure support for planned capital projects.

The City of Winnipeg alone will save approximately \$1.7 million an-

nually from the PST cut.

Keeping Manitobans safe

Budget 2019 adds 29 positions to Manitoba's RCMP staff, including 27 additional officers. It adds \$2.3 million in funding that targets drug-related criminal activity, including meth and gang-related crime prevention. It also allocates an additional \$325,000 for victims' services.

Keeping our promises

In 2016, we promised to reduce the PST to seven per cent. Budget 2019 keeps that promise. We promised to cut ambulance fees to \$250 by the end of our first term, and Budget 2019 honours this promise too.

We promised to balance the budget in our second term, and we are on track to honour that commitment.

A bright future

We've made tremendous progress over the past three years, but considerable challenges remain. We will continue to face those challenges, confident that Manitoba's best days are ahead of us — and confident that the only thing better than today in Manitoba is tomorrow in Manitoba.

- The Honourable Brian Pallister
Premier of Manitoba

Teachers making a difference by building community

I can say that my child's school experience has been "dramatically" (pun intended) impacted by Mrs. B. Bilenki Gervais. It is because of the impact that I've seen Mrs. Bilenki Gervais, or Mrs. BG as the kids call her, that I am compelled to write this message of praise and gratitude.

Mrs. BG is the band director at TCI, who also takes on the giant responsible of directing the school drama production, which concluded last week with its play featuring the famous *Alice and The Looking Glass*.

As a parent, I want to share how much we appreciate the time and love that Mrs. BG spends with the kids and with these programs.

We can say that our child's experience would not be the same without Mrs. BG. The community that she builds in the band and drama programs is a critical part of our daughter's school experience. Teachers that spend their time, going way over and above the requirements

of their job, to make programs like this happen truly shape the school experience.

Mrs. BG provides a space for kids to find their tribe, and especially at a smaller school, this is so critical to the school experience for our children. These programs also teach our children real-world skills of team-work, performance, responsibility and commitment.

Although I write this in gratitude to Mrs. BG, it feels right to extend this gratitude to all of the teachers and administrators that put in the time to create these type of experiences for our kids. We see it with drama, sports clubs, excursions and field trips. We see it in the time and attention that these teachers spend with our kids.

So from this parent, I'd like to give a huge thank you publicly. You are appreciated and cherished.

I'd also like to remind my fellow parents to not to be shy about giving praise when praise is due. Our teachers put a lot in, for most of us,



TRIBUNE PHOTO BY LANA MEIER
Teulon teacher Brandi Bilenki Gervais was recognized and thanked following the final performance of this year's drama production.

they spend more time with our little humans than we do. So when we recognize that their efforts are making a difference in the lives of our kids, let's not be shy to pat them on the back and say "thank you."

It has been said that it takes a village to raise a child, and I'm greatly appreciative of the teachers in our village!

In Gratitude,
Maurice Thibodeau

get informed

NEWS > VIEWS > GIMLI > ARBORG > HIGHWAY 6 > SURROUNDING AREAS



TRIBUNE PHOTO BY MICHELLE WESTMAN

Bruce Westman had his first bonfire of the year this past Saturday. Westman was so determined to enjoy the beautiful weather he decided to dig up the fire pit from underneath the snow and burned his Christmas tree.

AMM meetings draw participation from across the province

By Jennifer McFee

Representatives from Manitoba's 137 municipalities gathered in Winnipeg for a three-day event last week.

On March 18, mayors, reeves and CAOs gathered for the Association of Manitoba Municipalities' meetings at the RBC Convention Centre in Winnipeg.

During the meetings, AMM president Ralph Groening and vice-presidents Kam Blight and Brad Saluk updated members on pressing issues.

Then on March 19 and 20, more than 600 municipal officials and public works staff attended a seminar and trade show. The groups had a chance to participate in a discussion about public school finance in Manitoba.

The agenda also included breakout sessions focused on ethics, respectful workplaces and professionalism

on council. Other discussions centred on Manitoba's health system transformation, economic development, speed limits in municipalities, municipal bylaw enforcement and the Manitoba Provincial Nominee Program.

For Rockwood Reeve Wes Taplin, it was a great opportunity to meet and mingle with other municipal leaders.

"It was very informative. You get to network and talk to people you haven't seen before and the new faces that got elected this time around," he said.

"When you talk to people, you get to see what struggles they have in their municipality and how they deal with them. If you get one good idea out of it, or one thing that you shouldn't be doing, then it's well worth it."

Taplin noted that municipalities

will be getting provincial funding for roads and bridge infrastructure, although it's only about two-thirds of what they used to get under a previous grant. However, the new program will have fewer restrictions, so it can be stacked with other grants or saved for upcoming projects. Municipalities won't need to apply for it, since it will be based on a per-capita model on an ongoing basis.

The possibility of flooding was another topic that made waves at the AMM meeting, Taplin added.

"We're very lucky where we are," he said. "Every year, more and more is done to mitigate flood problems."

This week, the AMM will continue its annual round of municipal visits in the Interlake, meeting with councils from Woodlands, Rockwood and Stonewall on Thursday.

Taking your time can help you spot a financial scam

By Lindsey Enns

When it comes to protecting yourself from fraud and spotting a scam, one of the best things you can do is take your time and think things over before handing over money or your personal information.

"It's important to take your time with everything," said Cst. David Wong, the Selkirk RCMP's community policing officer. "One of the resounding themes amongst most of the scams out there is that they will tell you that it is very time sensitive."

March is Fraud Prevention Month across Canada. According to the Canadian Anti-Fraud Centre, fraudsters target specific segments of the population, including small businesses, seniors and students but no one is immune to fraud.

Wong says the best advice he could suggest is that if you're ever in doubt, ask for the advice of a close friend or relative, or even your banker.

"The more you talk about it, people will see those red flags," he said. "If you're concerned about your bank accounts, I recommend you call your bank, not answer the questions that were given to you over the phone from an unsolicited call."

"Hang up on them and call your bank." Wong added some of the more popular scams as of late include romance scams and ones involving the Canada Revenue Agency.

In 2018 alone, Canadians lost approximately \$97 million to fraud, which only accounts for the estimated five per cent of cases that were reported to the authorities, according to Competition Bureau Canada.

This year, the bureau launched a new webpage to help businesses fight fraud and a new fraud prevention online portal. For more information, visit competitionbureau.gc.ca.

Wong also strongly encourages community and area members to report any suspected fraudulent activity.

You can advise the RCMP of this fraudulent activity by calling the Canadian Anti-Fraud Centre at 1-888-495-8501 or by contacting your local RCMP detachment.

getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG > NORRIS LAKE

> Fish tales?

Call Arnie Weidl at 204-641-2210
sanarn@mymts.net

The end of ice fishing season is just days away

By Arnie Weidl

Hi gang. How was your week?

It's funny how we're surprised each spring when the world we see around us almost instantly changes from short dark winter days in endless white snowfields to last summer's greening grasslands and the coming alive of our trees. We feel an awakening of renewed vitality surrounded by longer sun-filled evenings.

On our snow/ice-packed rivers and lakes, we squeeze out the last of this year's ice fishing days before the six-week spawning layoff from April 1 to May 11 is upon us.

Contentedly cruising down our roads lately with the strengthening sun's heat on my face, my thoughts wandered back to a time on the Red River just before the ice-cutters began doing their magic and I happened upon a red portable ice shack. As I pulled up to it and got out of Old Red, I could hear radio music from inside. I called out, "How's fishing?"

"Not worth a darn," came back a frustrated answer.

Still, there was a welcoming tone to the voice so I opened the zipper door and before me sat the chap you see in this week's feature photo. The fish he's showing us was caught days earlier.

We got talking and the subject of thinning spring ice came up. Our new



TRIBUNE PHOTO SUBMITTED
Jeff Correia shows off one of the fish he caught this winter.

friend, Jeff Correia of River Bend in Winnipeg, said, "I take very seriously the thin ice in the fall and spring along the shoreline of our waterways. That's usually where you go through."

I can't argue with that.

Some weeks ago I came across George Swain of Winnipeg ice fishing offshore from the Belair area. He was a big happy-go-lucky guy with a grey pointy goatee, loud deep voice and kind friendly eyes. When I asked if anything unusual had happened to him while fishing, his eyes lit up.

"I was summer boat fishing farther north of here last year and caught a smaller jackfish. It broke from the water's surface maybe two boat-lengths

away but it was hard to see it because the glare of the afternoon sun in my eyes. I got the impression I was looking at two fish on my one hook," he explained.

"The white underbelly of the fish showed as it rolled over on top of the water, I lowered my head from the sun and pulled down the peak of my cap so I might better see my catch. I was stunned! The fish had two tails.

"Head down, I reeled in the not-so-heavy fish. Close to the boat it disappeared under a wave, but when I hauled up on my line, it floated to the top of the water. Before me were two fish bodies, one a jackfish having taken the hook, the other a salamander stuck fast with its sucker to the side of the jack."

Swain said both got used for bait later that day.

Not long ago I met a trio from Morden, Dalas Loettke, Levi Wiens and Rob Dudgeon, who had come to try their luck off the west side of Lake Winnipeg. Levi was a jolly energetic guy who had the habit of jerking his head from one side to the other as he talked rapidly. His round face was covered with a dark brown three-day-old beard. Dalas had a powerful body, short hair and a long pointed beard with streaks of grey. Rob was a tall guy, well built with short cropped hair and a handlebar moustache. He was

also the most talkative of the group.

I asked him for a story for us. After thinking for a moment, he began.

"Well, I've had a few unpleasant things getting in the way of some good fishing. Coming here today, we were 10 minutes from my house when I realized I had forgotten our tub of minnows, I would have picked up some on the way but my buddies insisted that I turn back and get those 'special' minnows," Dudgeon said.

"Last spring I was ice fishing on the Pembina River and, all of a sudden, a muskrat comes splashing up from my ice hole with my minnow bait in its mouth. I grabbed a piece of firewood and tossed it at my thieving unwelcome guest. Fate and a lucky throw decided that piece of firewood would end the errant rodent's time on earth."

Dudgeon rose and gathered the hapless rat, walked with it to the edge of the riverbank and set it into its final resting place in a snowdrift.

As my time with you for this week comes to an end, I welcome my Canadian fishing brothers and sisters in joining with me to thank our American brothers and sisters for coming to enjoy sport fishing in Manitoba. We love to see and share great fishing experiences with you. You are never alone here! If you have trouble, we will do our best to help you anytime.

See you next winter! So long for now.

SNC-Lavalin scandal overshadows federal budget: Bezan

By Justin Luschinski

The new federal budget has offered some help for seniors, but it may be too little, too late.

The Liberals released their last federal budget before the fall 2019 election last Tuesday.

They've committed \$22.8-billion across a number of areas, spending a majority of the \$27.8 billion revenue bump in 2018, including tax breaks for working seniors.

But some feel that the budget does little to address Canada's aging population.

Melody Bodnarchuk is the co-chair of the Kildonan/St. Paul's Senior Council. The council held forums around West St. Paul, listening to the troubles facing seniors, and handed a report off to Prime Minister Justin

Trudeau.

Bodnarchuk said that while there are some positives to the budget, very few of the council's recommendations were addressed.

"It was good to see that working seniors will keep more of their money, before the claw back. But it's a little disappointing to see nothing helping seniors age in place, or a national pharmacare system," Bodnarchuk said. "Seniors are making decisions on whether they eat, or pay for their medications.

"For many of these policies, it's a step in the right direction, but it's not enough."

Bodnarchuk said she would have liked to see a housing incentive for seniors, which was one of the recommendations the council put forward.

The council pushed for housing that would not exceed 30 per cent of a senior's income as well as a national pharmacare program to help deal with increased medication costs.

Seniors receive benefits from the Guaranteed Income Supplement (GIS), which is a tax-free incentive available to low-income families collecting an Old Age Security pension. Currently, seniors and their spouses can earn \$3,500 a year before they get a reduction in benefits, usually referred to as a "claw back."

That only applies to employment income. Self-employed seniors do not receive benefits.

The new rules raise the cap to \$5,000 in income a year before the claw back, and it applies to self-employed and regular working seniors. The second

cap stops just shy of \$30,000 a year, before the benefits are reduced. The new caps are expected to take effect in July 2020.

The Conservatives say the Liberals massive spending spree is meant to distract Canadians from the SNC-Lavalin scandal.

Selkirk-Interlake-Eastman MP James Bezan called the Liberals latest budget "very underwhelming."

"I don't really see how it's going to benefit anyone. For working seniors the (tax benefits) might be helpful, but a national pharmacare program is nowhere in sight," Bezan said. "The Liberals want to change the channel on the (SNC-Lavalin) scandal, and change the channel on how they shut down the justice committee hearing."

Juno nominees Tim and The Glory Boys to play Stonewall

By Evan Matthews

Two-time Juno Award-winning band Tim and The Glory Boys are coming to Stonewall.

The Christian music group is set to play at 7 p.m. in Stonewall at the New Life Baptist Church on April 7.

"We have gospel roots, but we're pursuing country music, so it's a blend. ... We're sitting in a pocket where our flare really highlights the Canadiana of it, too," says Tim Neufeld, the group's lead singer, who adds the band is made up of Manitoba locals.

"The gospel component is really more subject matter, as opposed to a genre of music," he says.

Tim and The Glory Boys are 2019 Juno Award nominees for their album *The Buffalo Roadshow*. The boys have won a Juno Award for Contemporary Christian/Gospel Album of the Year on two separate occasions and were nominated once more.

The group added to their trophy case by picking up two Covenant awards for Group of the Year and Artist of the Year in 2017.

"Authenticity is key to any artist, and speaking your own truth is going to be your success in this world," says Neufeld.

"We were brought up in the church, it's a huge part of our family life and who we are, and it just comes out in the music. It's not even something that's intentional. ... But we play a happy blend of gospel, bluegrass and country."

Some artists sing about trucks and beer cans, and while that's totally cool by Neufeld, he says those topics just don't jive with the identities making up the band.

For Tim and The Glory Boys, it's all about family and faith, which means coming home to Manitoba is right in line with their beliefs.

"Small, rural towns were the first



TRIBUNE PHOTO SUBMITTED

Tim and The Glory boys will hit the stage in at the New Life Baptist Church in Stonewall on April 7.

locations to really embrace us. ... We didn't play any major cities. We didn't get any love from the bigger cities," he says.

Just because bigger cities are embracing the group, coming back to towns like Stonewall is easy for the group because they've always been accepted there, Neufeld says.

Their new single "Blessed" is a departure from their normal sound, according to Neufeld, as it takes on a country flare and carries a powerful message of remembering your roots and appreciating what you have.

"This feels like coming home. ... It's the greatest job in the world, and it's

the people and the fans who make it that way," says Neufeld.

"The album we're touring for is an uplifting album, and if you listen to it, you're going to reflect on your life and count your blessings."

To date, their music has been streamed over 6.5 million times.

The group is made up of independent recording artists and is based out of Abbotsford, B.C.

Tickets can be purchased on line and start at \$11.99. Visit <https://www.eventbrite.com/e/tim-the-glory-boys-the-buffalo-roadshow-stonewall-mb-tickets-53652054740>.

Floor hockey champs



TRIBUNE PHOTO SUBMITTED

Stonewall Collegiate's team of Grade 12 boys defeated the teachers in an intramural floor hockey best-of-three series last Friday. The boys won Game 3 by a 2-1 score in overtime. The three-time defending-champion teachers won the first game of the series 5-2 but the Grade 12s won the next game 3-1. Pictured from left to right, top row: Colby Silvani, Gio Ciulla, Aiden Erickson, Emmitt Farebrother and Conner Dowhy. Chris Wiebe is in the bottom row.

Vision-loss rehabilitation services support

By the Manitoba government

The Manitoba government has increased support for vision-loss rehabilitation and other services provided by the Canadian National Institute for the Blind (CNIB), Health, Seniors and Active Living Minister Cameron Friesen announced Thursday.

"This long overdue investment will fund a number of services for Manitobans impacted by blindness or vision loss, helping them to live the lives they want to lead," said Friesen, who toured CNIB's Portage Avenue facility this morning. "We are proud to partner with the CNIB to invest in these worthwhile services."

Budget 2019 provides \$240,000 in additional annual funding to support CNIB's post-vision-loss rehabilitation services. Those services include,

but are not limited to, maximizing a client's remaining eyesight through lighting and contrast, training on how to use a white cane and finding assistive technologies that meet a client's needs.

Funding will also be used to address CNIB's outreach services to rural Manitobans, peer support and mentorship, diabetes awareness and education.

"Vision Loss Rehabilitation Manitoba, a division of the CNIB group, is grateful that the government of Manitoba has taken this important step of fully supporting the low vision program, which will help individuals with vision loss to mitigate or eliminate the barriers around safety,

Continued on page 11

SCI celebrates history and success at Heritage Fair

By Ty Dilello

Stonewall Collegiate hosted its annual Heritage Fair on March 19 and it was an overwhelming success.

There were 80 projects in total ranging in a variety of interesting topics from snowmobiling to the history of Tim Hortons, along with projects on hockey and family war stories, just to name a couple.

At the end of the night, the judges were overwhelmed with all of the great projects and we're very proud of what the students were able to display at the Heritage Fair.

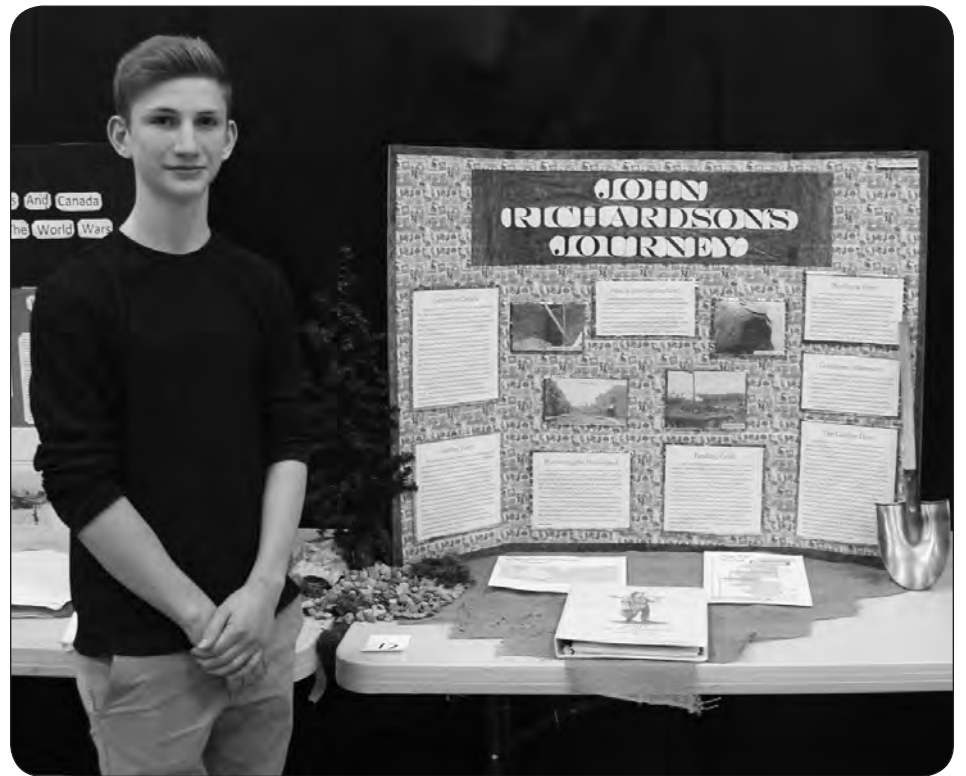
"The evening went very well; students were excited to share their hard work with their peers, parents and community members," said SCI staff member Colleen Voth.

"As teachers, it was wonderful to see students present their work to an

authentic audience, rather than to a teacher only. We heard a lot of positive comments about the event. Visitors were impressed with the range of topics as well as by the students' ability to share their speech and their research with guests and judges."

Stonewall Collegiate student Carter Harrison had one of the nicest projects on display at the Heritage Fair. For his project, he talked about John Richardson's Journey, his great, great, great, great, great-grandfather (that's five greats). Harrison talked about Richardson's journey emigrating from Ireland to Canada in 1827 and how he went on to become the founder of Ontario's first gold mine.

"His story is why my family is here," says Harrison. "Most of my family is now in Saskatchewan and we're the first generation in Manitoba. The gold



TRIBUNE PHOTO BY TY DILELLO

Carter Harrison shows off his winning project about his great-relative John Richardson's journey at the SCI Heritage Fair on March 19.

Co-op cashback



TRIBUNE PHOTO SUBMITTED

Marquette Co-op board president Paul Heller, left, and general manager Calvin Janke hold a box containing equity cheques totaling over \$1 million for its members. The cheques are dated April 1 and are available for member pickup. Marquette Co-op members will enjoy 85 per cent of the allocation from last year's business being paid back to them in cash.

mine really changed his life because he was a poor farmer before and finding gold changed everything. It affected a lot of people and a lot of miners back then."

Harrison had a month to work on the project and did a lot of extra work at home to make sure his project was done to the best of his ability to show off where his family came from.

Some of the best projects that were on display at SCI's Heritage Fair will also get to have their work shown at another fair with an even bigger audience.

"We are allowed to send 13 projects to the Red River Heritage Fair, which will be held on May 2, 2019, at the University of Winnipeg's Duckworth Center," said Voth. "Students in grades 4 to 11 from across the province will be bringing projects to this venue."

Projects of the top finishers from the SCI Heritage Fair are:

French Immersion Awards:

1st place – Bobbi Bullivant, Kalin McGuirk – Race and Women's Suffrage in Canada

2nd place – Jordan Glaspey – Tessa and Scott

English Awards:

1st place – Payton McElroy – The Forgotten Plague

1st place – Michael Sullivan – Cree Medicine

3rd place – Abby Highmoor and Autumn Good – William Kereluk

Honourable Mention – Austin Lourenco and Alex Clark – Canada's Contribution to ISS

Honourable Mention – Taylor Mordean – The Invisible Competition

Honourable Mention – Ethan Cancers – Albert and Ted Lenoski

> CNIB, FROM PG. 10

education, employment and quality of life, and to also enhance their remaining vision," said Garry Nenson, executive director, CNIB Manitoba.

Until now, Manitoba was the only province in the country that did not provide funding for post-vision-loss services, said Friesen, noting previous requests for funding from the CNIB were not fulfilled by the previous government.

In total, the Manitoba government and related agencies provide the CNIB with more than \$1.7 million in annual funding, primarily investments in career and employment services for Manitobans aged 18 and older.

Approximately 17,200 Manitobans live with vision loss or partial sight.

For more information on the CNIB and the services it provides, visit www.cnib.ca.

Community support and spirit wins GAAC \$20,000 prize

By Jennifer McFee

It ain't over till it's over.

The 14th annual Sunova Classic Golf contest was a real nail-biter, but Green Acres Art Centre pulled ahead in the very last moments to win the \$20,000 prize.

Voters had the chance to cast daily online ballots for GAAC, which was named one of six finalists in the funding contest. During the weeklong voting period, the first-place position flip-flopped between GAAC and Dugald Day Care, with thousands of votes cast for each of the leading organizations.

During the last day of voting, Dugald Day Care ranked first, outpacing GAAC by more than 125 votes at one point. But at the final count, GAAC squeaked out in front by a couple dozen votes — which goes to show that every vote truly does count.

GAAC president Lana Knor was sitting on the edge of her seat, brainstorming ways to close the sizeable gap. During the last hour of voting, a group of board members started texting, phoning and posting to try to garner some last-minute support. Surprisingly, they discovered that almost all of Teulon was still up and doing the same.

As they saw the gap begin to narrow, they felt encouraged to continue with their efforts. The community pulled together during the last hour, and the results speak for themselves.



"It was up and down all week. In that last half-hour, we pulled up ahead and won by 24 votes," Knor said.

"It was just an amazing feeling for all of us. We were elated. We were shouting and cheering from the rooftops."

On behalf of GAAC, Knor extends gratitude to everyone who supported the Teulon-based non-profit organization. The local art centre will use their winnings to buy a portable tap dance floor, as well as art equipment and supplies, musical instruments, yoga mats and more.

However, they'll still need to embark on further fundraising since the Sunova funds can't be used to cover administrative costs. They're also hopeful that the local municipalities will still consider providing grants to GAAC during their budget deliberations, since these contributions are essential to the keep the centre operating.

"We had support from everywhere — not only Teulon but Balmoral, Guntton, Stonewall, Stony Mountain, Gim-

li, Winnipeg Beach, Petersfield and all of the Interlake. From there, they reached out to their friends so this contest ended up extending far beyond the local voters," Knor said.

"Not only did it go local, it went national and international because of the power of Facebook. It's amazing how many people it touched. We are so proud of our community, and we are so grateful for the support of the Interlake and everybody outside of those boundaries."

The contest created a positive and powerful momentum for the Green Acres Art Centre — and for the Dugald community as well.

"Dugald and the other contestants did great too," Knor said. "They all built community spirit, and they deserve a huge congratulations."

Knor noted that if everyone who voted in the Sunova contest donates \$10 towards Dugald Day Care, they might also be able to achieve their fundraising goal to build a playground.

She also expressed deep thanks to

Sunova for the generous support they provide to communities, organizations and individuals.

"Their culture code is all about building community, and we can see the impact everywhere," she said.

"It's fabulous that they provide these opportunities to little organizations like ourselves."

Bronwyn Fenn, marketing and public relations strategist, explained that the funds for the Sunova Golf Classic contest are raised through an annual golf tournament, which will be held this year on June 14 at the Granite Hills Golf Club near Lac du Bonnet.

Over the years, Sunova Credit Union has donated more than \$220,000 to community projects through the golf classic.

"For us at Sunova, it was really neat to see so many votes come in throughout the voting period and how much the organizations mean to the community," Fenn said.

"I would also love to mention that if anyone wants to support Green Acres Art Centre more, sponsoring the tournament is a great way to do so. Since all the event proceeds go to Green Acres, the more sponsors we get, the bigger donation we get to present to the centre."

Registrations and sponsorships will open early April and people can visit the branch or www.sunovacu.ca for details.

Guide to the Galaxy – Leo rides high for springtime

By Ted Bronson

The cold of winter has succumbed to more moderate evening temperatures allowing more comfortable nighttime viewing.

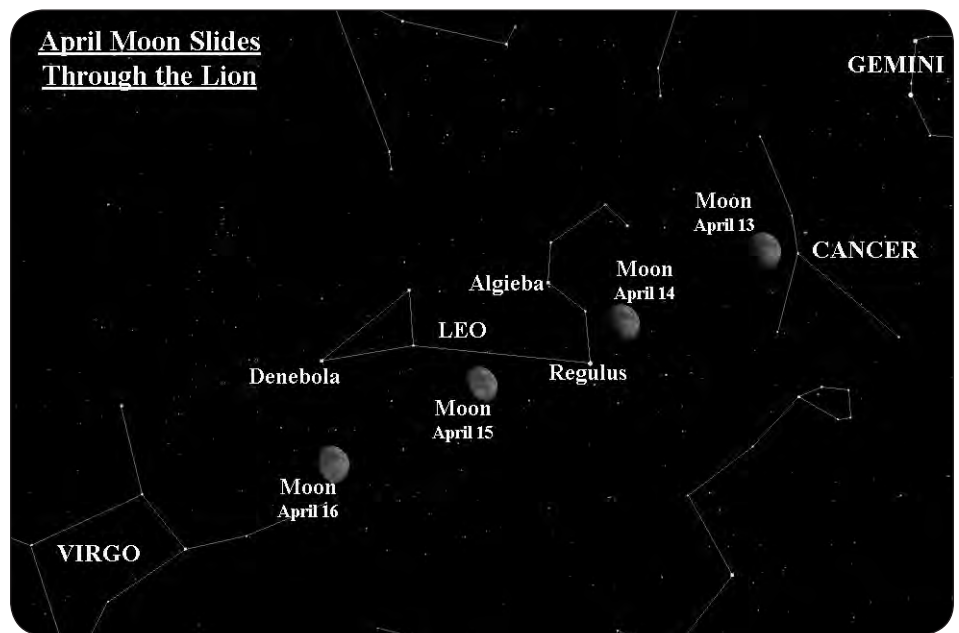
Even with the beginning of daylight savings time darkness still falls early enough leaving adequate stargazing time in the evening before retiring indoors.

Once the sun sets and twilight fades to darkness the bright stars of the winter night sky are seen descending in the west during the month of April. This signals the winding down of winter and welcomes the incoming signs of the spring season.

The onset of spring introduces a new set of constellations dominating the sky. Once the sun sets and darkness has descended upon us one constellation stands out in April. This constellation, a collection of stars, is Leo (the Lion). It can be seen high above the southern horizon. Leo is one of the

few constellations that actually looks like its namesake — a lion with its mighty head facing west as it moves across the sky all night long this time of year. Many of the other constellation patterns require more (sometimes much more) imagination to picture their forms in the night sky. Leo is one of the 12 zodiac constellations meaning that from time to time all of the planets pass in front of this constellation.

In Greek mythology Leo was identified as the Lion killed by Heracles (Hercules to the Romans) during the first of his 12 labours. The Lion was invulnerable to weapons so Hercules had to kill it with his bare hands. When it pounced, Hercules broke its back and killed it. Zeus (king of the gods on Mount Olympus) commemorated this labour and placed Leo in the sky.



TRIBUNE PHOTO SUBMITTED

Leo (the Lion) can be seen high above the southern horizon. Leo actually looks like its namesake — a lion with its mighty head facing west as it moves across the sky all night long this time of year.

Continued on page 14

Wildlife awards banquet

By Jo-Anne Procter

The Woodlands Wildlife Association held their annual awards banquet last Saturday evening at the Woodlands Community Hall.

After dinner and prior to the award presentations, club president Ed deLaroque took time to pay tribute to two long-time members of the club that passed away unexpectedly in 2018.

John Peltier, who lived for hunting season, is club famous for the amount of times his name appears on the Moose trophy. He had a passion for hunting, enjoyed nature and mentoring young hunters. Peltier was very involved in the reconstruction of the club house and always made sure there was wood cut and the shack was toasty warm for all meetings and events.

To honour his memory, the club has renamed the moose trophy the Woodlands Wildlife Association John Peltier Memorial Moose Trophy.

Another member that will be dearly missed by the club is Ernie Welburn. Welburn was one of the driving forces in the strong youth movement in the club and helped out in any way he possibility could from building and fixing things to flipping pancakes. Welburn was one of the first serious fishermen on Shoal Lake and was instrumental in setting up the angling division in the club.

To honour Welburn, the annual family fishing derby has been renamed the Ernie Welburn Memorial Family Fishing Day. This year's event was held March 23 on Shoal Lake.

To show what an impact Peltier and Welburn had on the youth movement in the club, this season almost 50 per cent of the awards given out were to youth hunters. Of those awards six of the animals harvested made the Manitoba Big Game Trophy Association record book for youth and one of the animals also made the adult record book.

Seventeen of the bucks scored this year scored over 100 points, which almost doubles what has been re-

corded in previous years. Four of the 17 scored over 140 points, which is exceptional for such a small club.

Awards were presented as follows: First buck award, Cameron Upgang.

In the youth category: female rifle whitetail, Bobbie Fairlie (119 points), which made the youth record book. Male muzzle whitetail, Lucas Procter (115 2/8), Ashton Fisher (101 3/8), which both made the youth record book. Rifle whitetail, Lucas Procter (129 2/8), Ashton Fisher (121), which both made the youth record book. Bear, Ciarra deLaroque, (19 5/16), which makes both the youth and adult record book.

Ladies rifle whitetail, Laura Beauchamp (98 1/8) and Hailey MacDonald (91 4/8).

Men's muzzle whitetail, Braden Fisher (113 5/8) and Dylan deLaroque (109 1/8). Typical whitetail rifle, Colton Green (153 7/8) and Dylan Hildebrandt (148 1/8). Non-typical rifle, Adam Sawatzky (112).

Men's bear, Gary Sutherland (17 9/16).

In the angling division, Ashton Fisher took the youth category prize and his dad Scott Fisher the adult category. An honourable mention was awarded to Ethan Fairlie. Entries for this division must include a perch, pickerel, jackfish and a catfish.

The Dale Gallant Award, that is presented to a junior hunter each year for their outstanding hunting and fishing achievements and their involvement in the club was presented to Ciarra deLaroque.

There was a variety auction and new to the event was a live auction by auctioneer John Lamport with Lamport and Dowler Auction Service, a pluck a duck, a pick of the litter draw and a rifle draw.

All money raised by the club goes back to the community through scholarships, wildlife initiatives involving youth and the Manitoba Wildlife Federation. Throughout the season the club hosts hunter safety classes.

For more information about the club or to become a member (single \$35



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Ciarra deLaroque was the recipient of the Dale Gallant Award at the annual Woodlands Wildlife banquet on March 16. Pictured from left: Ed deLaroque, Ciarra and Mike Tataryn.



Left photo: members of the Peltier family with the newly named John Peltier Memorial Moose trophy. From left to right: deLaroque, Gary Peltier, Brianna Peltier and Robin Jackson. Right photo: deLaroque announced the renaming of the club's family fishing day to the Ernie Welburn Memorial Family Fishing Day and presented his wife Janet with a club mug.

and family \$40) contact deLaroque at 204-322-5347 and watch the Woodlands Wildlife Association Facebook page and Instagram for events and club updates.

SOUTH INTERLAKE
GARDEN CLUB

SOUTH INTERLAKE
REGIONAL LIBRARY
more than just books...

South Interlake Regional Library (Stonewall branch) 7:00 pm

Tuesday April 2, 2019
Growing Lillies
- Len Geisbrecht

See the beautiful lillies of the gardens of avid gardener Len Geisbrecht and learn how he manages his gardens to keep his prized possession from the Lily Beetle.

Thursday April 11, 2019
All About Ticks

Dana Race from the Government of Manitoba will share her knowledge on the different ticks in our area and the potential diseases carried by them. She presents critical information that all Manitobans should be aware of and how to protect ourselves from the critters.

Everyone Welcome For more information contact Hope to see you there! Tanya Daher 204-467-2235

The Book Sale at Rosewood Lodge is happening May 23, 24 and 25th.

All donated books must be in clear sealed bags before being dropped off at Rosewood Lodge.

Thank you for your co-operation.

We believe in cherishing the small moments in life because they make the lasting memories

MacKenzie
FUNERAL HOME

204-467-2525 • info@mackenziefh.com

ROYAL CANADIAN LEGION
STONEWALL BRANCH - 467-2261 Lic #418

JOIN US FOR CHASE THE QUEEN
WEDNESDAY NIGHTS 7:00 PM
POT IS \$1240.50 AS OF MARCH 20/19

ALL ARE WELCOME

First annual Ernie Welburn fishing derby champs



TRIBUNE PHOTOS BY KIM DELAROQUE

Mother Nature provided a perfect day for ice fishers last Saturday for the inaugural Ernie Welburn Memorial Family Fishing Day hosted by the Woodlands Wildlife Association on Shoal Lake. Approximately 50 people hit the ice to drop their lines for the friendly competition. Far left photo, Janet Welburn and Ed deLaroque present Mack Pudavick with the prize for the largest jack for youth (18.5 inches), second from left: Welburn and deLaroque present the largest perch prize to Cameron Upgang (11.25 inches); second from right, Royce King caught the largest jack in the adult category (28 inches) pictured with Welburn and deLaroque, Far right photo, Cyril Lillies caught the largest perch (11.825) pictured with Welburn and deLaroque.

> GALAXY, FROM PG. 12

The bright star Regulus marks the heart of the Lion. It is a blue-white star shining at a visual magnitude of 1.4 making it the 21st brightest star in the night sky. Regulus is about 80 light years distant and 3.5 times bigger and 288 times brighter than our sun. It is

also a multiple star system consisting of at least four stars. Under a dark and clear sky a set of 10x50 binoculars will reveal the faint companion to the northwest of Regulus without too much difficulty. The second brightest star in the constellation of Leo is

Denebola at magnitude 2.14. It marks the tail of the Lion.

Another star of significance in Leo is Algieba, magnitude 2.08, appearing in the mane of the Lion. This star is one of the finest double stars in the night sky. The primary is orange-red while the companion is greenish-yellow. A small telescope is needed to reveal the companion star.

Once the sun has gone down, Mars can still be seen high in the west. Rusty coloured Mars drifted by the Pleiades star cluster in March. Throughout April, it treks through Taurus just above the colourful stars of the Hyades.

Look for the waxing crescent moon just below Mars on April 8 after sun-

set. The next night the moon will have moved to a position just above the star Aldebaran in Taurus. The star Regulus in Leo hosts the waxing gibbous moon to its right on the night of April 14. The next night the moon will have moved to the left side of Regulus.

As a community service, I am available to do talks on astronomy or related subjects to teachers, students, scouts, guides or any community groups who would be interested. I can be contacted by e-mail at bronsont@mymts.net to schedule a presentation.

Clear Skies!

Ted Bronson is an avid local astronomer who has been observing the sky since 1964. This column "Guide to the Galaxy" appears monthly in the Tribune.



BRING ON SPRING

Join us for our
Open House April 12 & 13
Friday 8-5 & Saturday 8-4

Make short work of yard chores with quality choices on outdoor power tools, equipment sales & services & more!



• Representatives on-site
• Refreshments • Door Prize

7 Patterson Dr., Stonewall, Industrial Park
204-467-RENT (7368)




G&A Rentals

Windows/Doors/Patio-Doors Winter Sale

Order now & install when it's warmer!
BUY MORE & SAVE MORE

Humphrey Windows & Doors	Order 1-3 Units	Order 4-7 Units	Order 8+ Units
6% off	8% off	12% off	

Stonewall Glass Sale runs March 1 - April 2/19
2 Patterson Dr. 204-467-8929

*Discount on windows, doors & patio doors only. Installation not included.



Don't miss out on these great deals!

Stonewall Teulon

Tribune

What's *Your* story?

Call **467-5836**

Spring

2019 PROGRAM



REGISTER NOW!

192 2nd Ave North, Stonewall MB R0C 2Z0

SPRING BREAK HOURS

Monday – Thursday March 25 – 28th 8:00 a.m. – 3:30 p.m.

Friday March 29th - CLOSED

Regular Hours Monday 11:00am-6:00pm Tuesday 8:30am – 4:00pm

Wednesday – Friday 8:30am – 4:30pm

- All classes run subject to enrollment. • Please register early to avoid cancellation and disappointment.

CLASS CONFIRMATION

- Confirmations will not be phoned or mailed. Attend the first session of the course as scheduled unless you are otherwise informed.

SCHOOL CANCELLATIONS

- In the event of a school cancellation (i.e. inclement weather) all Continuing Ed classes would also be cancelled. Closures are announced on radio stations and on our website www.interlakesd.ca

IF YOU CANCEL

- All refunds requested by participants must be done 3 days prior to the course start date and will be deducted \$15 for administrative costs. (no refunds following the first class except in exceptional circumstances where a course credit may be issued at the discretion of the Coordinator)

CLASS LOCATIONS

École R.W. Bobby Bend School 377-2ND Ave N - Stonewall
 École Stonewall Centennial School 573 – 2ND Ave N - Stonewall
 Stonewall Collegiate 297 – 5TH Street W - Stonewall

Stony Mountain School 139 School Rd - Stony Mountain
 Teulon Collegiate 59 1st Street NE - Teulon
 Warren Collegiate 119 MacDonald Ave. - Warren
 Warren Elementary 300 Hanlan St. - Warren

OTHER CONTINUING ED PROGRAMS

Lord Selkirk 204-482-6926
 Louis Riel 204-237-8130
 River East 204-667-6193

St James 204-832-9637
 Winnipeg 1 204-775-0231
 South Wpg Tech 204-989-6566

REGISTRATION FORM

Course Number: _____ Fee: _____

Course Name: _____

First Name: _____ Last Name: _____

Address: _____

Town: _____ Postal Code: _____

Phone: _____

Alternate Phone: _____

Email: _____

Payment (please circle one):

Cash (in person) Debit (in person)

Cheque (in person or mail) (Payable to Interlake School Division)

Credit Card # _____

Expiry: _____ CVV: _____ Name on card: _____

Signature: _____

FOR MORE INFORMATION CONTACT:

JOCELYN DERKSEN, PROGRAM COORDINATOR

coned@isd21.mb.ca 204-467-2956 fax 204-467-8334

www.interlakesd.ca/community/continuing-education/

Phone 204-467-2956 www.interlakesd.ca/community/continuing-education/

YOUTH

S19/22 CANADIAN RED CROSS BABYSITTING COURSE (AGES 11-15)

Class includes textbook and wallet size certificate. Students are to bring a bagged lunch and a doll. Instructor: Kelly Kimball

Saturday May 4th, 2019

9:00-5:00 p.m. at Stonewall Collegiate
 Fee: \$60

S19/23 CANADA SAFETY COUNCIL'S 'HOME ALONE' AGES 8 - 11

Instructor: Kelly Kimball

Children should not be left alone under the age of 12. Even though they may have taken the Home Alone People Savers Course, parents should make arrangements to have any child under 12 supervised at all times.

Wednesday April 24th, 2019

6:00-8:30 p.m. at Stonewall Collegiate
 Fee: \$35

S19/24 BADMINTON - GRADE 8 AND UNDER

This class is for the beginner badminton player as well as for students who want to improve their skills or want to work towards more competitive play. Instructor: Dale Kinley

10 Sundays starting April 14th, 2019

12:00 – 1:30 p.m. at Stonewall Collegiate
 Fee \$55

KIDS CAN COOK – THE HEALTHY WAY! (AGES 8-12)

All supplies included in the registration fee and the Canada's Food Guide will be followed. Please advise any food allergies on your registration form. Instructor: Meechelle Best

S19/25 6 Tuesdays starting

April 16th, 2019
 4:00 – 5:30 p.m. at Stonewall Collegiate
 Fee: \$80

S19/26 6 Thursdays starting

April 18th, 2019
 4:00-5:30 p.m. at Stonewall Collegiate
 Fee: \$80

S19/27 STAGING STORIES 6-13

How do we create stories? What tools do theatre artists use to tell stories? Which stories are important to you? Students will use acting, improv, puppetry, mask and more to bring stories to life! Instructed by Manitoba Theater for Young People

8 Thursdays starting April 18th, 2019

5:15-6:30 p.m. at École Stonewall Centennial School
 Fee: \$190

BIG AND LITTLE POTTERY CLASS (ADULT AND CHILD – AGES 3 AND UP)

A class where an adult (parent, aunt, uncle, grandparent etc.) and child (3 years +) come and create functional pottery together! Learn pottery techniques while creating art and memories. three projects will be completed. All supplies are included in the fee. Instructor: Jennifer Sonnenberg

S19/28A 4 Fridays May 10th – 31st, 2019

6:00 – 7:30 p.m. at Stonewall Collegiate - Art Room
 Fee: \$88 per pair (\$44 each)

S19/28B 4 Mondays June 3rd-24th, 2019

6:00 – 7:30 at Stonewall Collegiate – Art Room
 Fee: \$88 per pair (\$44 each)

S19/29 INTRO TO BIRDWATCHING FOR KIDS/YOUTH (AGES 8-18)

Liz is an avid birdwatcher and very enthusiastic to share and talk about the many birds that visit her property! Enjoy a fun Sunday watching birds, increasing your knowledge about birds and sharing with the group! Dress for the weather and bring binoculars and a camera if you have. Liz Luke will be your Guide.

2 Sundays May 5th and 12th 2019

9:00-11:00 am
 (address provided once you register)
 Fee: \$20 for one Sunday \$25 for both Sundays



FITNESS/YOGA

ZUMBA

WITH SAMARA ROBERTSON
ZUMBA FITNESS® LICENSED
INSTRUCTOR - BASICS 1 / ZUMBA
STRONG - TRAINED IN FIRST AID / CPR
 Groove to the beats of salsa, flamenco, and merengue music! The routines feature interval training with a combination of fast and slow rhythms.
 You don't need to be a great dancer to feel welcome in a Zumba class. Ditch the workout and join the party!

S19/30 9 Tuesdays starting April 9th, 2019
 6:00 - 7:00 p.m. at Warren Elementary School

S19/31 9 Thursdays starting April 11th, 2019
 6:00 - 7:00 p.m. at Warren Elementary School
 One for \$75 Two for \$135

REC VOLLEYBALL – STONY MOUNTAIN SCHOOL

Monday 7:15-9:30 pm

Friday 7:15-9:30 pm

* Already in session and runs til April 26th –
 For details on drop in, please call 204-467-2956

S19/32 YOGA WITH LIZ

Join Liz for an hour of Yoga infused with Pilates core movements. This class is suitable for beginners and for those that want a challenge. Each class will end with some stretching to increase flexibility and range of motion. You owe it to yourself to enjoy the mental and physical benefits of yoga with the added bonus of developing your strength and confidence through Pilates. Yoga mat, blanket and water bottle required. Instructor: *Elizabeth Luke; Yogafit Canada Level 1 Certified Yoga Instructor*

7 Mondays starting April 15th, 2019 – no class May 20th

7:00 – 8:00 p.m. at École R.W. Bobby Bend School – Music Room
 Fee: \$60

S19/38 BADMINTON - GRADES 9 – 12 & ADULTS OF ALL AGES

This class is for the competitive badminton player (emphasis will be on footwork, shots and improving skills) and developing players (emphasis on improving basic skills and developing their game). The instructor will place each student into the appropriate groups at class. Bring your own racquet
 Instructor: Dale Kinley

Sundays starting April 14th, 2019

1:30 - 3:00 pm at Stonewall Collegiate
 Fee \$55

STONY MOUNTAIN BOOT CAMP FITNESS CLASSES

RSTFITNESS@GMAIL.COM
RHONDA STEFFAN: CANFITPRO
CERTIFIED FITNESS INSTRUCTOR & HEALTHY EATING & WEIGHT LOSS COACH CERTIFICATION

S19/37 TABATA STRENGTHEN AND SCULPT

This class will be a combination of cardiovascular (low impact options will be shown for all cardio exercises) and strength and sculpt exercises to provide you with the ultimate full body workout. Tone & tighten muscles, improve overall strength and flexibility and burn calories! **Please bring:** hand weights, a water bottle, yoga mat, & indoor runners.

6 Wednesdays starting April 3rd, 2019

6:00-7:00 p.m. at Stony Mountain School
 Fee: \$50

SHELLEY'S FIT CLUB

Instructors:

Shelley Schaeffer, BA, B Ed

Certified in Group Fitness, Resistance Training, Active Older Adults. Zumba®, Zumbatomic®, Zumba Gold®, Bellyfit® and Drums Alive, Fit Flow Yoga and in Maureen Rae's Yoga Training (Level 1 & 2)

Celine Doll, B Ed

Can Fit Pro Fitness Instructor Specialist

SPECIAL DISCOUNT
ONE FOR \$50 - TWO FOR \$90
THREE FOR \$120 - FOUR FOR \$140
UNLIMITED \$150
6 WEEK SESSION STARTING APRIL 1, 2019

BOOT CAMP - 5:40 – 6:25 a.m. at École Stonewall Centennial School

Time to fire up the metabolism! This invigorating workout aims at improving cardiovascular and muscular strength and endurance. Many different workout strategies and combinations will be used. The idea is to keep the body challenged to maximize benefits. *Yoga mat and weights (3-10 lb) required.*

S19/40 6 Mondays starting April 1st, 2019

S19/41 6 Wednesdays starting April 3rd, 2019

S19/42 6 Fridays starting April 5th, 2019

S19/43 HEAVY METAL YOGA
6 Tuesdays starting April 2nd, 2019
2:00 - 2:45 p.m.

at Parochial Hall

A calorie burning combination of strength training exercises (using weights) yoga poses and Pilates. The focus of this class is toning and tightening all areas of the body while improving balance, muscle endurance and strength. This is not a traditional yoga class. *Yoga mat, weights (3-10 lb.) and resistance band required.*

S19/44 DRUM'S ALIVE 6 MONDAY'S 6 Mondays starting April 1, 2019 6:15 – 7:00 p.m.

at École Stonewall Centennial School
 Discover the drummer in you! Drum's Alive combines movement with the powerful beat and rhythms of drumming for an amazing brain and body workout! Relieve stress with a great cardio workout to music you will love. *Yoga mat and anti-burst exercise ball required.*

S19/45 TOTAL TONER
6 Wednesday's starting April 3rd, 2019
6:15 – 7:00 p.m.

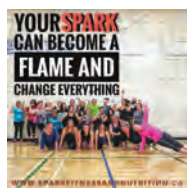
at École Stonewall Centennial School
 This class is a combination of anything and everything to strengthen, tone and tighten all areas of the body. *Yoga mat and weights (3-10 lb) required*

S19/46 COMPLETE CIRCUIT
6 Saturday's starting April 6th, 2019
8:15 – 9:00 a.m.

at École Stonewall Centennial School
 This class will be a combination of timed cardio and resistance training intervals. Participants will be challenged on all planes of movement and levels of training. *Yoga mat, weights (3-10 lb.) and resistance band required.*

SPARK FITNESS

WITH SARAH TODD, FIS CANFITPRO CERTIFIED
 ALL CLASSES are suitable for EVERY FITNESS LEVEL as moves are taught progressively and modifications will always be offered. You decide the intensity you want to put into each class! For more information and a full description of classes visit www.sparkfitnessandnutrition.ca



SPECIAL DISCOUNT
ONE FOR \$70
TWO FOR \$120
UNLIMITED \$150
9 WEEK SESSION

S19/33 TABATA (HIIT CLASSES)
9 Mondays starting April 1st, 2019
6:20 – 7:15 p.m.
at École R.W. Bobby Bend- Gym

High Intensity Interval Training (H.I.I.T) is one of the most effective workouts to build up your strength and cardiovascular systems. This work-out boosts metabolism and offers extended caloric burn for up to 48 hours afterwards! *Please bring: indoor runners, yoga mat, water bottle and 3-8 lb weights.

S19/34 BAREFOOT BOOTCAMP (BEGINNER TO INTERMEDIATE)
9 Mondays starting April 1st, 2019
7:20 – 8:10 p.m.
at École R.W. Bobby Bend- Gym

This class is perfect if you are new to fitness or just getting back into fitness. All levels welcome! Enjoy a total body workout at a slower pace that is still challenging. All exercises are done barefoot (or with runners if you prefer) on the comfort of your mat. *Please bring: socks (runners if you prefer) yoga mat, water bottle and 3-8 lb weights

S19/35 YOGAFLOW
Establishing the mind, breath, and body connection is key for healing the body.
9 Wednesdays starting April 3rd, 2019
7:20 – 8:20 p.m. at École R.W. Bobby Bend – Gym or Music Room

Join in for the joyful practice of Hatha Yoga. This class uses a combination of movement, postures, and breath to cultivate strength, flexibility, and balance. *Yogaflow* focuses on meditation with breath and proper alignment in poses. Beginners will safely learn the basics, while more experienced participants can take postures to a deeper level. *Please wear comfortable layered clothing. Bring a water bottle, yoga mat, blanket and a couple pillows.

S19/36 18 TOTAL BODY WORKOUT
9 Thursdays starting April 4th, 2019
6:20 – 7:15 p.m.
at École R.W. Bobby Bend- Gym

This class mixes calisthenics/body weight exercises with cardio and strength training to achieve the best results possible. No two classes are the same! This high intensity training experience encourages participants to find their unique personal upper limits, while they train hard in a fun and inclusive environment. *Please bring: indoor runners, yoga mat, water bottle and 5-10 lb weights.

BONUS – Need to miss a class? NO problem! Make up classes during ANY TIME SLOT

SAFETY

S19/11 FOOD HANDLERS CERTIFICATION

This course is recommended for anyone looking for a job in or presently working in the food services industry. Learn the principles of safe food handling and upon successful completion receive a Province of Manitoba Level 1 Food Handling Certificate (valid for 5 years). The student workbook is included in the course fee. Instructor: Lori Zdebiak RD. Please bring a lunch

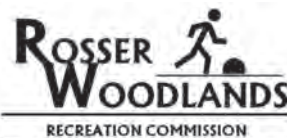
Saturday, May 4th 2019
 9:30 a.m. – 4:00 p.m. at Stonewall Collegiate
 Fee: \$110 (re-certification only \$65)
 Recertification please arrive at 3:00 p.m.

S19/12 ECSI- FIRST AID/CPR (Emergency Care and Safety Institute)

This 7-8 hour emergency first-aid course comes with a simplified book and is easy to follow. Included in training: wounds, fractures, bandaging/ splints as well as medical conditions such as: heart attack/ stroke, diabetes, seizures, heat and cold injuries. The CPR is heart saver level, adult, infant, child, AED, and choking. CPR only have be taken the first night \$47.50
 Instructor: Bob Barsi

2 classes May 15th & 22nd, 2019
 6:00 – 10:00 p.m.
 at Stonewall Collegiate
 Fee: \$95

TAKE CPR ONLY FOR \$47.50 (first night)



Contact Info: Kelly Kimball
 Phone - 1-204-461-4040
 Email - rosserwoodlandsrec@mymts.net
www.rosserwoodlandsrec.com
 Facebook – Rosser Woodlands Recreation Commission
 Monthly E-news - Message any of the above to sign up for the R&R Newsletter

PERSONAL INTEREST

S19/03 HUNTER EDUCATION

The purpose of this course is to promote responsible and ethical hunter conduct, emphasize the importance of wildlife management, learn laws and regulations, and to encourage the safe handling of hunting equipment. Students will obtain a better understanding of their obligations to the resources, the landowner, other hunters and to themselves. First time hunting license purchasers must successfully complete this course. Bring a bag lunch. Participants must be 12 years of age and older, however youth age 10 and 11 may enroll in the course and qualify for an apprentice hunter education certificate. Textbooks will be made available by the instructor, the day of the class. Instructor: Don Hrehorek.

Saturday May 25th, 2019

9:00 a.m. – 5:00 p.m. at Teulon Collegiate
Fee: \$73

S19/04 GLUTEN FREE AND DAIRY FREE BAKING

Are you new to gluten or dairy free lifestyle? Are you having a hard time baking allergy-free goodies that your family will actually eat? Maybe you simply want to bake delicious and healthy treats! Join Dr. Kristen Mitteness in learning the basics of baking without gluten, grains, dairy or refined sugars. In this class, you will be making chocolate chip cookies, flatbread and quick bread.

Thursday May 9th, 2019

7:00 – 8:45 p.m. at Stonewall Collegiate
Fee \$55

FINANCIAL / RETIREMENT WORKSHOPS

Paul Fust – Executive Financial Consultant at IG Private Wealth Management, Investors Group
Myles McInnes – Associate Consultant at IG Private Wealth Management, Investors Group

S19/05 CREATING YOUR RETIREMENT PAYCHEQUE (FOR THOSE 10 YEARS FROM RETIREMENT)

Do you know how much money you need to retire comfortably and remain comfortably retired? What are your investments costing you each year – are you paying too much? Topics to include CPP, OAS, tax strategies, employer pension plans, RSP, RIF, LIRA, LIF, TFSA and proper beneficiary designations. Create the cash flow needed for a worry free retirement.

Wednesday April 10th, 2019

7:00-8:15 p.m.
at École Stonewall Centennial School
No charge

S19/06 RETIREMENT INCOME PLANNING & TAXATION OF YOUR ESTATE

How will you spend your money in retirement? What pension option will you choose? When should you turn your RRSP into a RRIF, LIRA to LIF? When should you begin drawing your CPP? Will your OAS be subject to a claw-back? Powers of Attorney, the tax planned will, Executor responsibilities, types of trusts, & cottage succession planning will also be reviewed. Can you pay less for your investment advice? Do you know how your advisor is charging you? Attend for better understanding regarding the cost of advice, pricing of investments, etc.

Wednesday May 8th, 2019

7:00–8:15 p.m.
at École Stonewall Centennial School
No charge

S19/07 PUPPY OBEDIENCE CLASSES (UP TO 7 MONTHS OLD)

Build your puppy's confidence through fun socialization games and learning basic manners. Learn proper care, solving issues with housebreaking and problem behaviors and basic commands. Multiple family members are encouraged to come. Puppies can start as soon as they receive their second set of shots. Please bring proof of vaccinations. Please come equipped with a well fitted collar, 6 foot leash and lots of tasty treats. NO FLEXI LEASHES - Instructor Jen Simons

6 Wednesdays starting May 15th, 2019

6:00-7:00 p.m. Grounds at Stonewall Collegiate (by south parking lot)
Fee:\$70

S19/08 UNEXPLAINED PHENOMENA

With so much information and disinformation around these days, it's difficult to separate fact from fiction. In this presentation, we will look at events of high strangeness that have in the past been debunked, but are now starting to receive serious attention from the scientific community. We will look at real X files, weather manipulation, cattle mutilations, the paranormal and more! Ashley Kircher has worked on the Canadian UFO Report with Chris Rutkowski and has an avid interest in all unusual phenomena.

Wednesday April 24th 2019

6:30-8:00 p.m. at Stonewall Collegiate
Fee: \$25

LANGUAGE

SPANISH – LEVEL 1 AND CONTINUING (AGES 16 AND UP)

This course is intended for individuals wanting to learn the basics of the Spanish Language and about their culture as well. The continuing class is suitable for those who have some basic knowledge of Spanish and for those who took the beginner class Instructor: Erika Riley

S19/09 Beginner Spanish

8 Wednesdays starting April 24th, 2019
6:00-7:30 at Stonewall Collegiate
Fee: \$105

S17/10 Continuing Spanish

8 Wednesdays starting April 24th, 2019
7:40 – 9:10 pm
Fee: \$105



Contact info Kito Nishibata and Yvonne Dola
204-886-0505 or 204-861-3661/204-861-0341
Email – teulonrockwoodrec@gmail.com
Twitter - @teulonrockwood
Facebook – https://www.facebook.com/teulonrockwoodrec

WALKING PROGRAM

MONDAY – THURSDAY
6:00-7:30 p.m.

STONEWALL COLLEGIATE
WARREN COLLEGIATE
TEULON COLLEGIATE

April 1 – May 23rd, 2019
- \$10.00

Call 204-467-2956 for details

HEALTH & WELLNESS

S19/01 SELF CARE WORKSHOPS

Presented by IERHA – Caroline LeClair

Stonewall Collegiate - Library
Tuesdays – April 16, 23, 30 2019
6:15 - 7:30/7:45 p.m.
No Charge

April 16th, 2019 - Introduction to Managing Stress This hands-on session reviews stress and ways to reduce stress. Focus: Deep breathing and guided imagery.

April 23rd, 2019 - Introduction to Mindfulness This hands-on session reviews mindfulness, which is about focusing awareness on the present moment.

April 30th, 2019 - Introduction to Re-Framing Your Thoughts - Our thoughts and beliefs can influence our feelings and actions. We will look at challenging negative thinking and faulty beliefs. Improve your mood by thinking in a flexible and more balanced way.

S19/02 DREAM BUILDING

What if every morning you woke up and felt alive with excitement as to what the day will hold! Life is full of endless possibilities. We all have the power to create deeper, more meaningful relationships; feel vibrant and alive with good health; a vocation fulfills you with a sense of purpose, and, enough time and money freedom to enjoy life. If life has become hum-drum, feels like you have fallen into a rut or, if you have ever wondered if there was something more, take a step of faith and learn how to create the life you were meant to live. This eight week course will teach you the 10 steps required to achieve that goal. Please ask for course outline when registering. Instructor Cindy McKay

8 Thursdays starting April 18th, 2019

6:30 – 8:30 pm at Stonewall Collegiate
Fee \$108



CREATIVE SIDE

S19/13 RESIN ART CLASS

Create your very own resin piece of art in this fun, creative, therapeutic and amazing experience that will keep you coming back for more! Choose either tile (12 x12 or 16x16) or canvas art board 12 x 24. All workshop supplies included. Check out their facebook page www.facebook.com/allaboutresin/

Friday May 10th, 2019

6:30 – 9:00 p.m. at Stonewall Collegiate
Fee: \$89

INTRO TO DRAWING WITH PEN AND INK

Learn the techniques needed to create detailed black and white drawings. With supplied outline of picture and step by step instructions, no previous sketching ability required. A \$6 fee for the pen to be paid to the Instructor Linda Gillies.

S19/14A Horse Drawing

April 18th and 25th, 2019
6:30 – 8:00 p.m.
at Stonewall Collegiate
Fee: \$45

S19/14B Cat Drawing

April 11th, 2019 6:30 – 8:00 p.m.
at Stonewall Collegiate
Fee: \$25

TERRARIUM PARTY!

STONEWALL FLORIST

Join Tami from Stonewall Florist for this fun and unique Plant Party! You will be guided into creating your very own Succulent/Terrarium Garden. No gardening experience needed. All supplies will be provided and you will leave with your very own 'indoor garden'! Gather up your friends and register now!

S19/15 Thursday April 18th, 2019

10:30 – 11:30 a.m. at Stonewall Florist
Fee: \$50

S19/16 Thursday April 18th 2019

6:00 – 7:00 p.m. at Stonewall Florist
Fee: \$50

PARTILIFE

Join us for an evening of laughing and creativity. Everyone leaves with their very own creation! All materials are supplied and designed for the beginner in mind.

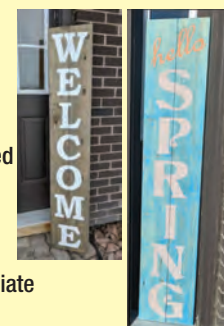
S19/17 HELLO SPRING OR WELCOME SIGN (11 X 60)

All supplies included

Wednesday

April 24th, 2019

6:30-8:30 p.m.
at Stonewall Collegiate
\$58



S19/18 SIGN PARTY 'LIVE LAUGH LOVE'

3 signs
(5.5 X 16 each)
All supplies provided



Tuesday May 14th 2019

6:30 – 8:30 p.m. at Stonewall Collegiate
Fee: \$52

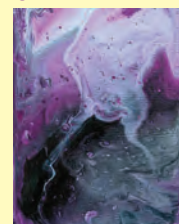
S19/19 POUR PAINTING

A hot new décor trend that can be done in any color scheme. A fun night of creativity. (4 - 8x10 canvas) All supplies provided

Wednesday

May 29th, 2019

6:30-8:30 pm at Stonewall Collegiate
Fee: \$52



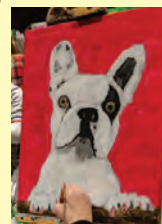
S19/20 PAINT YOUR PET (16 x 20)

In just a few hours, you and your friends will be guided into creating a portrait of your pet. Please provide a photo of your pet so a stencil can be provided at class.

Tuesday

April 30th, 2019

6:30 – 8:30 p.m.
at Stonewall Collegiate
Fee: \$50



Teulon fire hall on schedule to open this summer

By Evan Matthews

With all its equipment and staff under one roof, the Teulon Volunteer Fire Department expects to optimize its efficiency, as the new fire hall is set to open this summer.

Fire Department Chief Chris Dawson says the move was a no-brainer, and the construction is coming along well.

“Groundwork started last fall, when we put some foundations in,” says Dawson, citing October and November 2018.

The construction tender, awarded to Olympic Buildings, is worth roughly \$1.15 million, according to Dawson, though the overall budget is expected to come in at \$1.5 million.

The extra \$350,000 in the overall budget — the difference between \$1.5 million and \$1.15 million — is attributed to landscaping cost, sewer connections, etc., according to Dawson.

“We hope to see (the fire hall) operational this summer,” he says.

Whether it’s June or August remains to be seen.

The funding is to be split — half and half — between the Town of Teulon and the Rural Municipality of Rockwood, according to Teulon chief administrative officer Doreen Steg, as the department serves the Town of Teulon and a portion of the RM of Rockwood.

Currently, the fire department has trucks that do not fit inside the building and the department is actually using two facilities to store its equipment.

“We have four trucks in three bays ... and we have one other small garage down the street to store the rest of our gear,” says Dawson.

“Right now, we’re scattered all over the place. Efficiency is the thought behind the new building.”

A new building has potential for further expansions, according to Dawson, and will allow for a compound right on the grounds for training purposes.

At some point in the future, too, Dawson says the fire department hopes to establish a STARS landing



TRIBUNE PHOTO BY LANA MEIER

The Teulon volunteer fire department is hoping to move into its new home later this summer.

zone at the facility.

“It’s part of the development plan,” says Dawson.

Ian Tesarski, director of operations for the RM of Rockwood and the proj-

ect leader, declined comment.

The Teulon Fire Department’s annual fundraiser, the Fireman’s Ball, is scheduled for April 6.

Aaron Goodvin to headline Quarry Days Free stage

Staff

Top-charting country singer and songwriter Aaron Goodvin will kick off the annual Quarry Days summer festival on the Sunova Main Stage Friday, Aug. 16 with a free outdoor concert.

Alberta native Aaron Goodvin first started singing and writing songs at the age of 18. He only went up from there, writing “Out Like That” for Luke Bryan’s ‘Crash My Party’ multi-platinum album and contributed to

tracks for Jon Pardi and Cole Swindell. Although he earned success as a songwriter, Goodvin continued his push to be a performer and came out with his first top 10 single “Woman In Love” in 2016. A year later, Goodvin released his smash single “Lonely Drum”, which became an instant hit with over 5 million streams and three 2018 CCMA nominations.

For more information visit www.stonewallquarrydays.ca



TRIBUNE PHOTO SUBMITTED

Aaron Goodvin and his band will kick off the annual Quarry Days festival on the Sunova Main Stage Friday, Aug. 16 with a free outdoor concert

worship *with us*

> FAITH

The Meaning of Lent

Many Christian denominations follow the tradition of celebrating the 40-day season of Lent before Easter. If I were to ask you for a one-word summary of Lent, what would it be? Penance? Fasting? Repentance? What if I were to tell you that the one word I would choose would be **Baptism**? That’s right, Baptism!

In the early days of Christianity, Easter was seen to be the most appropriate time to baptize and welcome new members into the church. Our Lord’s journey through his passion, death and resurrection was seen to bring redemption and New Life to a fallen world. Appropriately, baptism was celebrated at Easter as it was Christ’s resurrection from the dead that made way for saving grace to be given to believers. The 40 days of Lent were seen to be a time where potential new members would immerse themselves in prayer and Christian formation in preparation for their baptism and new life in the faith.

Eventually Lent was also seen to benefit those who, because of the “Order of Penitents,” were required to renew themselves by public acts of penance before being welcomed back to the Eucharistic Table at Easter. It wasn’t long before the church was encouraging all believers to use the 40 days of Lent as period of purification before the celebration of Easter when all the baptized would renew their baptismal promises.

This season of Lent may be an opportune time to think about what it means to embrace who and what we have become through the sacrament of baptism. The gift of baptism can never be taken for granted. It is for us as believers the way to salvation and life that springs eternal. Perhaps by using the remaining days of Lent to ponder our baptism we might share more fully in the joy of Easter and the Lord’s resurrection.

Rev. Barry Schoonbaert

Pastor of Christ the King Parish, Stonewall; St. John Vianney Parish, Teulon; and St. Joseph Parish, Stony Mountain.

Vidir swing project pays homage to founder's wife

By Evan Matthews

The towns of Arborg and Teulon will soon have a new community swing set, courtesy of a major corporate community member, Vidir Vertical Storage Solutions.

Arborg will install the swing set in "a new park area" at the former location of the daycare, which is within the recreation centre area, according to chief administrative officer Lorraine Bardarson.

"We are very excited to be working with Vidir Storage to create a new park area in town.

The very generous donation of the swing set will be a focal point of the park and offer something that people of all ages can enjoy for years to come," says town councillor and deputy mayor, Ron Johnston.

"Vidir's strong promotion and belief in the growth of Arborg as a great place to live and raise a family is a shared vision we both have."

Vidir estimates the cost for each swing set donation to be around \$27,000, according to the company's executive assist Carissa Rempel. Arborg should see its swing set installed by the end of summer 2019.

The Town of Teulon, too, will see a donation; however, its installation is quite a ways off with no estimated timeline.

"It's very preliminary in Teulon, but basically we want to give council a heads-up because we knew they were going to be looking at reviewing their current swing sets," says Rempel.

"We want them to know it's in our plans, too, as they move forward."

The swing sets will be made up of a variety of different swings, making the set accessible to anyone who wants to use them.

The swing set will include two regular belt swings, which any adult or child can use, according to Rempel, but the swing set will cater to those who have special needs, too.

There will be two "diaper" swings, designed for toddlers and young kids, but Rempel says these swings won't

work for a child who has a disability or a young baby who can't sit up on its own yet.

So, as a solution, Vidir will have a couple ADA-approved options.

"These swings will look more like a car seat, with a full back and a five-point harness," says Rempel.

"We also want to include one where people in wheelchairs could swing. Our founder is now in a wheelchair, and

though Elizabeth has passed away, we wanted him to be able to enjoy the swing set, too."

One of the main reasons Vidir wanted to go ahead with the project is in order to pay homage to Elizabeth Dueck, wife of Willy Dueck, who founded the company.

Arborg's mayor, Peter Dueck, is married to Elizabeth's daughter, Trudy.

"Elizabeth loved swings. She always loved to swing her grandchildren, and she loved the poem The Swing by Robert Louis Stevenson," says Rempel.

"In honour of her ... Vidir decided to donate swings to the



TRIBUNE SUBMITTED BY VIDIR

Vidir will install a carriage-style swing set as a way to ensure the donation is accessible to all community members. Elizabeth Dueck, the late wife of Vidir founder Willy Dueck, had a passion for swings.

"OUR FOUNDER IS NOW IN A WHEELCHAIR, AND THOUGH HIS WIFE HAS PASSED AWAY, WE WANTED HIM TO BE ABLE TO ENJOY THE SWING SET."

communities. ... That and actual need in the communities."

With facilities in Arborg and Teulon, Vidir says its important to elevate careers and community within the communities it operates in.





Orcheski
FINANCIAL
204-467-8490

Linda Orcheski
Independent Insurance Broker

Life and Mortgage Insurance
Critical Illness and Long Term Care
Income Replacement Plans
Business Insurance Solutions
Health & Dental & Travel

lofinancial@shaw.ca www.orcheski.com

NEW RAW FOOD AT



Quarry PETS
Supplies & More

Open **7**
Days a
Week
(excluding holidays)

317 Main St., Stonewall 204-467-5924

Whole Diets from:





CANADIAN Made Variety of proteins available

Benefits of RAW diets:

- Cleaner teeth and fresh breath
- Reduced allergy symptoms
- Better weight control
- Increased mobility in older animals
- Improved digestion,
- More energy and stamina

- Harder, smaller and less smelly stools
- Strengthened immune system
- Improved liver, pancreatic and bowel health
- Shinier, healthier skin and coat

Activities for Seniors in Your Area



April 2019 Calendar of Events!
Activity Centre • 374 – 1st Street West
For newsletters, visit www.si55plus.org

Clip & Save

MARCH 2019

Mar 28 Presentation: Abandoned Manitoba @ 1:00 pm
Mar 29 Needle Felting Class @ 1:00 pm

APRIL 2019

April 1 Active Wellness Club Spring Session begins @ Odd Fellows Hall
April 2 Hop, Drop & Shop @ 10:00 am
April 3 One Stroke Painting @ Noon
April 4 Bingo @ 1:30
April 5 Final day to Register for Accumulative Cribbage Tournament

April 8 Cribbage Tournament @ 1:00 pm – Individual Play
April 9 Warren – Yoga Fusion 11:00 am @ Warren Community Hall
April 10 Luncheon @ Noon
April 10 Accumulative Cribbage Tournament begins @ 7:00 pm
April 12 Painting with Gail @ 1:00 pm
April 18 Presentation: Discover Owls with Dr. James Duncan @ 1 pm
April 24 One Stroke Painting @ Noon
April 24 Prairie Theatre Exchange: What to do with Albert?
April 25 Presentation: New Canada Food Guide & Label Reading @ 1:30 pm

HOT LUNCHEON

Wednesday, April 10th @ Noon
Roast Pork Dinner & Dessert
\$10.00 @ the door
No Ticket or Reservation Required



Afternoon Cribbage Tournament:
Individual Play - Monday April 8 @ 1:00 pm
No Advance Registration Required!

Presentations: Abandoned Manitoba

Thursday, March 28th @ 1:00pm
Join us to hear Dr. Gordon Goldsborough share his experiences throughout Manitoba.
Discover Owls
Thursday, April 18th @ 1:30pm
Dr. James Duncan will be here with an Owl friend and share information on this majestic bird.
Food Guide & Label Reading
Thursday, April 25th @ 1:30pm
Caroline Le Clair will share information on the updated Canada Food Guide.



PRIZES! Accumulative Cribbage Tournament

Wednesdays April 10th – May 1st 7:00 pm
Register by April 5th



BUS TRIPS

Apr 24 – PTE: What to do with Albert?
June 23 – Rainbow Stage – Strike
Aug 25 – Rainbow Stage – Cinderella
May 23 – Constance Popp Chocolate Shoppe
Registration Required!



Needle Felting Class

Friday, March 29th @ 1:00 pm
Registration Required – Call 204-467-2582



Painting Class

With Gail Spencer-Lamm Friday, April 12 1:00 pm
Tap into your inner artist to Paint this easy beginner-friendly Acrylic on canvas! Call to Register by April 9th!



BINGO Thursday, April 4th @ 1:30 pm

New Format – Door Prize – 50/50 Draw



Active Wellness Club

Spring Session begins April 1st @ Odd Fellows Hall ~ Call to register 204-467-2582

Warren Yoga Fusion

Begins April 9 - 11:00 am Warren Community Hall ~ Call to Register 204-467-2582

55 Plus will be offering the

COMMUNITY VOLUNTEER INCOME TAX PROGRAM

March 1st – April 26th Tuesday – Friday 10:00 am – 3:00 pm
This is a DROP-OFF Service Only

VOLUNTEERS are TRAINED by CANADA REVENUE AGENCY
For Eligibility Criteria, Required Documents & More Information CALL: 204-467-2582



For more information call 204-467-2582

South Interlake Seniors Resource - Stonewall
144 – 622 Centre Avenue – Lions Manor, Entrance 4.

SUPPORT SERVICES FOR SENIORS

- Driver/Escort Program • Equipment Lending Service • Meals on Wheels
- Lifeline • ERIK and ICE Programs • Handy Helper/Housekeeping Program
- Friendly Visiting and Telecheck (phone buddy) • Home Hair Care Service
- Resource information/Form Assistance

www.sisrc.ca

The South Interlake Seniors Resource Council offers services for seniors and those with disabilities to help them to remain independent and safe in their homes and communities. With the help of volunteers and our fee for service workers, we provide these services to Stonewall, the RM's of Rosser, Woodlands and the southern portion of Rockwood.

Eating Alone? Join us for a once-a-month

“POTLUCK PLEASURE AND FELLOWSHIP” Tuesday, April 16th @ 5:00
Church of the Ascension Parish Hall 435 – 1st Ave. N.
For transportation, please call 204-467-2234 or 204-467-2207

SISRC HAS REVISED OUR COMMUNITY HEALTH AND SENIORS RESOURCE GUIDE. THEY ARE AVAILABLE FOR PICK UP FROM OUR OFFICE. THEY ARE FULL OF GREAT LOCAL INFORMATION AS WELL AS GOVERNMENT INFO AND CONTACT NUMBERS.



National Volunteer Week is a time to celebrate and thank Canada's 12.7 million volunteers. This year's theme is:

THE VOLUNTEER FACTOR- LIFTING COMMUNITIES

The Volunteer Factor celebrates and recognizes the exponential impact of volunteers and how they lift our communities. Volunteering is often seen as a selfless act, a person gives their time, skills, experience and passion to help others without expecting anything in return. And while volunteering is a form of service, many volunteers will tell you that **'you get more that you give'**. From opportunities to develop new skills, to finding deep and meaningful personal connections, the magic of volunteering is that it creates social and economic value for all.

We at South Interlake Seniors Resource Council are grateful for the wonderful volunteers that we have and we thank you for what you do from the bottom of our hearts!

For more information call 204-467-2719

Teulon & District Seniors Resource Council Inc.

Providing a Helping Hand

Find us at 54 Main St,
Teulon 204-886-2570

PROVIDING FREE SERVICES TO SENIORS:

- PHONE BUDDY • FRIENDLY VISITOR
- DRIVER ESCORT • INFORMATION/FORM ASSISTANCE • ADOPT A GRANDPARENT
- DROP IN CENTRE AREA
- COMMUNITY VOLUNTEER INCOME TAX PROGRAM
- MEDICAL EQUIPMENT LOANS

REGULAR OFFICE HOURS: 8:30AM-4:30PM

St. Laurent Seniors Resource Council Inc.

“A HELPING HAND WHEN YOU NEED IT”

55+ and people with disabilities

Offering support services within the RM of St. Laurent and surrounding areas

St. Laurent Community Health Centre

51 Parish Lane, 204-646-2504 ext.4

Seniors Resource Coordinator, Darlene McKay

Footcare clinic, Community Volunteer Income Tax Program, Exercise Program, Monthly Seniors Birthday Club, Mobility Aids, (E.R.I.K.) Emergency Response Information Kit, Victoria Lifeline, Volunteers for different services such as Friendly Visits and Telecheck, resource information, housekeeping, transportation, mobility aid equipment for loan. Fundraising activities throughout the year.

Monthly Birthday Bingo Club and whist tournament last Thursday of each month.

“Celebrating Seniors in Action”

get inspired

> MEAL IDEAS



RED RIVER CO-OP FOOD STORE

Roasted Red Pepper, Sun-Dried Tomato & Feta Topped Chicken

transfer the chicken to a platter and let it rest for 5 to 6 minutes before serving.

My Grandma's Greek Dressing
Makes 3/4 cup

- 1 large clove garlic
- 1 teaspoon dried oregano, crushed in your palm
- 1/2 teaspoon kosher salt
- 1/4 teaspoon coarsely ground black pepper
- 1/4 cup fresh lemon juice, strained of pulp and seeds
- 1/2 cup olive oil

Pass the garlic through a garlic press into a glass jar or resealable storage container. Add the oregano, salt and pepper. Pour in the lemon juice and olive oil.

Shake. Pour. Swoon.

Store the salad dressing in the refrigerator, but pull it out 10 to 15 minutes prior to using to warm up the solidified oil, or run the jar under warm tap water. Store in the refrigerator for 3 to 4 months.

Charred peppers:

Grill: Heat a grill to medium-high.

Place a pepper (or peppers) on the grates, close the lid and let it char for 5 minutes. Rotate and repeat this process until all sides are charred. After 12 to 15 minutes, the skin should be black and blistered.

Gas stovetop: Using metal tongs, hold the pepper over a medium-high flame, rotating it to create an even char.

Oven: Preheat the broiler to high and crack the oven door. Place a washed pepper on a foil-lined, rimmed baking sheet and slide it under the broiler, rotating it every few minutes until it is charred.

- Serves 4
- 4 boneless, skinless chicken breasts (6 to 8 ounces each)
- 1/2 cup My Grandma's Greek Dressing (see below)
- 1/3 cup diced charred red bell pepper (see below)
- 1 tablespoon minced sun-dried tomatoes
- 1 tablespoon brined capers, rinsed and drained
- 1 tablespoon minced fresh flat-leaf parsley
- 1/4 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper
- 3/4 cup crumbled feta cheese
- 1 tablespoon unsalted butter
- 1 tablespoon olive oil

Preheat the oven to 350 F.

Place the chicken in a medium bowl or large resealable bag and pour the Greek dressing over the top. Marinate the chicken on the countertop for 20 minutes. (Any longer and the lemon juice will start to break down, or "cook," the chicken.)

In a medium bowl, combine the bell pepper, tomatoes, capers, parsley, salt, black pepper and feta.

In a 12-inch cast-iron or other oven-safe skillet, melt the butter with the olive oil over medium-high heat. Remove the chicken from the marinade and let any excess marinade drip back into the bag. Place the chicken top-side down in the skillet and sear for 4 to 6 minutes. Turn the chicken over and divide the pepper and feta mixture over the top. Slide the skillet into the oven. Bake for 15 to 18 minutes, or until the chicken is cooked through. Carefully



You're Not the Only Teen Suffering

The truth is, more of the other kids at school than you would ever imagine go home feeling the same way - even the popular ones. Your parents probably went through times like that too.

Truly, it is a part of being an adolescent. It is so important, and healthy, to have someone you trust that you can talk to. If it does not work for you to talk to friends or family, consider a professional, particularly if you are getting depressed or feeling like you do not want to be here.

Many teens get counseling and actually enjoy it once they discover it is really not as weird as they thought.

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.

I work with many, many teenagers. I see that one of the most painful aspects of having emotional difficulties as a teen is the feeling you are the only one suffering.

It seems as though everyone else has it together, is confident, has friends - is happy. You try to keep it together all day, fake your way through it, until you get back to the privacy of your own bedroom. Then the feelings surround you.

You often do not want anything to do with family, so they think you are grumpy. Really, you are sad, frustrated, and just want to be alone. You do not want to even talk about it, and it makes you mad when parents ask what is wrong.



Silken Chicken

single layer in a large baking dish and rub both sides with the salt and lemon juice. Leave for 5 minutes. Meanwhile, combine the cream with the garam masala, cayenne, cumin seeds, paprika, garlic, and ginger in a bowl. Stir this mixture well and pour it over the chicken. Rub it into the meat and leave for 10 minutes.

Lift the chicken pieces up (most of the marinade will cling to them) and place them down in a single layer in a shallow baking pan lined with aluminum foil. On top of each, sprinkle a little salt, black pepper, garam masala, ground roasted cumin seed, cayenne, dried mint, and lemon juice. Put into the top third of the oven and bake for 15 minutes, or until the chicken is just white all the way through. Serve immediately, minted side up.

Garam Masala

- 1 tablespoon cardamom seeds
- 1 2-inch cinnamon stick
- 1/3 of one nutmeg
- 1 teaspoon black peppercorns
- 1 teaspoon black cumin seeds
- 1 teaspoon whole cloves

Place ingredients into a clean coffee or spice grinder and ground to a powder.

To make ground roasted cumin seeds: Put 4 to 5 tablespoons of the whole seeds into a small cast-iron frying pan and set over medium heat. Stir the seeds and roast them over dry heat until they turn a few shades darker and emit a wonderful roasted aroma. Wait for them to cool slightly and then grind them in a clean coffee or spice grinder. Store in a tightly closed jar.

Serves 2 to 4

For marinating the chicken:

- 4 boned, skinned chicken breast halves (about 1 1/4 pounds)
- 1/2 teaspoon salt
- 2 tablespoons fresh lemon juice
- 1/4 cup heavy whipping cream
- 1/2 teaspoon homemade garam masala (see below)
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon ground roasted cumin seeds (see below)
- 1/2 teaspoon paprika
- 1 clove garlic, peeled and crushed to a pulp
- 1/2 teaspoon peeled, finely grated fresh ginger
- For sprinkling over the chicken:
- Salt as needed
- Freshly ground black pepper
- A little homemade garam masala
- A little ground roasted cumin seed
- A little cayenne pepper
- 1 teaspoon dried mint flakes
- Generous squeezes of fresh lemon juice

Preheat the oven to its highest temperature and arrange a shelf in the top third of the oven.

Cut 3 diagonal slits across the top of each piece of chicken breast, being careful not to cut all the way through and also not to go to the edge. Prick the chicken pieces with the sharp point of a small knife. Put them in a

Learn how to create a safe haven.

We help you radically reduce chemicals in your home

Norwex

Ask me how

Stephanie 204-896-3980

Independent Sales Consultant

cleanwithwater15@gmail.com

ISAGENIX

Weightloss • Energy & Performance • Healthy Aging

Allana Sawatzky
allana333@hotmail.com

Janice Gulay

jkaraim@mymts.net (c) 1-204-648-3836

Rose Sawatzky

isa.rose1957@gmail.com (c) 1-204-479-8227

www.isaproduct.com

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Joel Hofer signs NHL contract with St. Louis

By Ty Dilello

Joel Hofer, whose family originates from the Keystone and New Haven Hutterite colonies, is making a name for himself in the hockey world at only 18 years old.

Last Thursday, he took another big step in his career by signing a three-year entry-level contract in the NHL with the St. Louis Blues just a day before his Portland Winterhawks were set to open their first round of the 2019 WHL playoffs.

The signing was coming off of Hofer being named the WHL Goaltender of the Week and league nominee for the CHL Goaltender of the Week back in late February. In 120 minutes of action during that week, Hofer posted a 2-0 record and 1.00 goals-against-average while stopping 59 of 61 shots for a .967 save percentage.

Hofer was very excited about signing with St. Louis last week.

"It means a ton to me as it's always been a dream of mine to play in the NHL and getting one step closer to that is amazing," says Hofer. "I know I still have a lot of work to do but I can't wait to keep it going."

Hofer spent a few years of his development playing with the Pursuit of Excellence hockey academy teams in Kelowna, B.C., to prepare himself for the rigors of the Western Hockey League.

Hofer joined the Swift Current Broncos in 2017-18 and went on to win the WHL championship in his rookie year. During the off-season, Hofer, the 6'4" netminder from Headingley,



Joel Hofer

was selected by the St. Louis Blues at the 2018 NHL Entry Draft (4th round/107th overall). An interesting fact with that is despite the St. Louis Blues strong history of Western Canadian players, Hofer was the first WHL goaltender to be selected in an NHL Draft by the Blues since they chose Regina Pats netminder Ed Staniowski with the 27th pick in the 1975 NHL Draft.

This season, Swift Current struggled big time and late in the season they decided to trade Hofer to the Portland Winterhawks, a contender, to give him a chance at another league title.

Talking about his current season, Hofer adds, "I started out in Swift Current then got traded to Portland around the deadline but I thought my game has gotten much better from the time I got drafted as I have a lot of really good coaches and mentors to help me. I think that has definitely played a huge part in me succeeding."



TRIBUNE PHOTOS SUBMITTED

Joel Hofer signed a three-year entry level contract with the St. Louis Blues last Thursday.

Since joining the Winterhawks, Hofer has accumulated a 9-8-0 record with a .911 save percentage in the regular season and has taken over the team's starting goalie job going into the postseason.

Hofer's three-year entry-level contract with the Blues will kick in next season. But don't expect him to be in the NHL right away as Hofer is still only eighteen and will need a few more years in juniors to develop and possibly some time in the minors to continue his development as a goaltender.

Hofer and his Portland Winterhawks

are currently playing in the first round of the WHL playoffs against the Spokane Chiefs. At the moment, the series is tied at one game apiece with the series headed back to Portland for Game 3.

Despite the fact that the playoffs are going on, Hofer is happy that the long grind of the year is approaching the end and is excited to be heading home soon.

"I will be back in Winnipeg training for the summer as soon as the hockey season is over!"



Stonewall sweeps Lakeside

TRIBUNE PHOTO BY PAM WOODS

The Stonewall Blues won the Interlake Hockey Bantam 'A' regional banner. In the second round, Stonewall defeated Lakeside 4-2 and 5-0 to sweep the best-of-three series. The final round was versus Fairford. The Blues won Game 1 by a 7-6 score, then lost 8-6, before winning 7-1 in Game 3. The Blues finished first in the league, giving them a bye in the first round along with home ice in both series. Pictured, back row, left to right, Darrell Sobkow (coach), Jalen Kropelin, Nash McLeod, Kyler Spraggs, Kaden Love, Aiden Prystupa, Max McIvor, Tristan Yaskinsky, Jace Woods, Connor Melo, Landen Kropelin, Joseph Ladyka, Dan Becker (coach), Jason McIvor (coach); middle row, Max VanHeyst, Brady Becker, Dexter Reid, Aiden Singh, Hudson Skrumeda, Ethan Rogowsky; first row, Macrae Gard and Dray Sobkow.

Anderson plays final junior women's hockey game after successful career

By Ty Dilello

Warren's Hope Anderson has been one of the most prolific goal scorers in the Manitoba Junior Women's Hockey League over the past couple of years.

This past season she led the league in goals and assists finding the back of the net 33 times, adding 17 assists for 50 points. Anderson's goal scoring was a big reason why the Silvertips reached the provincial final before falling to the Prairie Blaze in the final series. The Silvertips also featured the Riley sisters, Brooke and McKenna from Argyle.

Anderson has been playing hockey since she was a young kid and has loved the game all way through from the Timbits level to becoming an offensive dynamo in the top women's junior hockey league in Manitoba.

"I grew up in a hockey family and started playing when I was five years old in Warren," relays Anderson, "on a boys team with a couple other local girls. We did that until us girls had to make the transition to girls hockey out of Stonewall with the Stonewall Blues until my final midget year."

Anderson then joined the MWJHL league and has played for the past three seasons.

Anderson grew up and lived in Warren until she went off to university, when she moved in to Winnipeg for a couple years before returning back to Warren this past year.

"I would describe myself as a hockey player in words like that I'm a team player," says Anderson. "I enjoy coming to the rink and seeing my second family. I'm a defensive player and I enjoy the chances I get to make plays to set up the other girls on the ice."

At the end of every season, Anderson is always



TRIBUNE PHOTO SUBMITTED

Warren's Hope Anderson has been one of the most dynamic scorers in the Manitoba Junior Women's Hockey League in recent years.

around the league lead for scoring. She not only scores goals at a prolific pace, but also finds way to set up her teammates, making her the complete offensive package.

"This past season was a whirlwind of stuff that happened. With a new team there's always the little bumps and glitches that you slowly figure out throughout the season. We finished sixth in the regular season with several close games throughout the entire season. Going into the playoffs, we had to play the third place team in the first round, beating them 2-1 in a best-of-three series. Then going into Round 2, we had to play the first place team.

We knew the first round was going to be tough but after we won that one we knew the second was going to be even more of a challenge. Throughout the season, we ended up losing to these two teams and to come into the playoffs and beat them was such a good feeling and a great accomplishment. It felt like my team picked up another gear and knew what we had to do to get to the final round of playoffs, which again was a great feeling that we were able to accomplish that," said Anderson.

"Going into the finals we didn't know what to expect as we had beat the Prairie Blaze in the regular season but something happened to their goalie before playoffs that prevented her from playing so they got a different goalie from a "AAA" league that we've never played before and we didn't know what to expect.

"The final series was very hard-fought. We ended up going to Game 4 down 2-1 in the best of five series. Game 4 was tied 1-1 through the game, which then pushed us into two overtimes with still no scoring and then eventually into a shoot out where we were outshot."

Despite dropping this year's final, Anderson and her Silvertips have had success in the past. The Silvertip won the league championship two years ago and also won a bronze last year. Anderson herself has led the playoffs in scoring for the past two seasons and was named Forward Of The Year in her first year in the MWJHL in 2017.

"This was my last year playing in the MWJHL. I'll be going to school to become a paramedic this August so that will keep me pretty busy. Hopefully I'll be able to find a rec league I can play in as I don't want to stop playing hockey just yet," said Anderson.

Jets look to topple Twisters in semifinal series

By Brian Bowman

If the Stonewall Jets are going to win a Manitoba Major Junior Hockey League title this season, they are going to have to beat the Pembina Valley Twisters at some point.

Stonewall's reward for knocking off the second-place Raiders Junior Hockey Club in their quarter-final series, is a best-of-seven semifinal series with the league-leading Twisters.

"They definitely don't have the defence like the Raiders do," said Jets' head coach Brock Couch. "It's going to be interesting. They are kind of like an exact opposite team to the Raiders. They defend adequately but they depend on their firepower."

Pembina Valley was the MMJHL's top club during

the regular season, posting an impressive 35-6-4 record and 74 points. That was 11 points better than the Raiders.

The Twisters win games with their potent offence. Pembina Valley scored a whopping 244 goals, which was 55 more than the St. Vital Victorias, who scored the second most goals.

"They're a team that relies on scoring a lot of goals but, on the other end of things, they allow a lot of goals so they have to score a lot of goals to win," Couch said. "So, if we can keep them off the scoreboard a little bit and get some pressure on their goalie and their defence (we'll have a chance)."

Pembina is led by forward Braeden Beernaerts, who finished second overall in league scoring with

80 points (29 goals, 51 assists). That was just a point behind St. Vital's Riley Beauchemin, who took home his third consecutive league scoring title.

The Twisters also had two players — Jeremie Goderis and Travis Penner — finish the regular season with 70 points apiece to tie for third in the league scoring race.

Stonewall and Pembina Valley faced each other five times during the regular season, with the Jets defeating the Twisters 4-2 back on March 3.

"We beat them the last time we played them so that's a good sign," Couch said. "Our guys are confident going in. Our practices have been loose and we're having a good time.

"The guys are excited to come to the rink."

Lightning 1-1 at Director's Cup exhibition

Staff

The Interlake Lightning finished with a 1-1 record at the Director's Cup exhibition last weekend in Morden.

Interlake started the exhibition with a solid 6-2 win over Norman last Saturday.

The Lightning, which held period leads of 2-1 and

3-2, broke the game wide open with three unanswered goals in the third.

Hayden Wheddon led the Lightning with a goal and four assists while Max Van Heyst, Nicholas LeClair, Adam Vigfusson, Ryan Dueck and Reid Byle also tallied.

Hutton Hurst-Foster and Joey Lies replied for

Norman.

On Sunday, the Lightning lost 5-2 to Pembina Valley.

Wheddon and Vigfusson scored for the Interlake while Tyler Parr (two), Ryan Orchard (two) and Carter Campbell tallied for Pembina Valley.

Jets fly past Raiders to win MMJHL quarter-final series

By Brian Bowman

The Stonewall Jets are playing their best hockey of the season at just the right time.

Stonewall knocked off the second-place Raiders Jr. Hockey Club in six games in their Manitoba Major Junior Hockey League quarter-final series after a 3-2 road win Sunday afternoon in Winnipeg.

"It was the sixth year in a row that we faced them at some point in the playoffs," said Jets' head coach Brock Couch. "We're pretty familiar with them and how they play the game.

"It was a tough battle but the guys feel good and everybody pulled their own weight. We didn't have any passengers."

Aiken Chop finished up a tremendous series by scoring the game-winning goal at 11:07 of the third period. It was his league-leading sixth goal and eighth point in the postseason.

"He was very dominant and he was using his size to his advantage," Couch said. "Guys really didn't want to go in the corners with him."

Chop's goal came just 42 seconds after the Raiders' Dale Mounk had tied the score at 2-2.

After a scoreless opening period, Liam Noga gave the Raiders a 1-0 lead 1:39 into the second. But the Jets answered with a power-play goal from Bryce Stovin less than four minutes later and then Ryan McMahon put Stonewall up 2-1 at 12:55 of the middle frame.



TRIBUNE PHOTO BY JO-ANNE PROCTER
Aiken Chop scored the game-winning goal in Game 5 against the Raiders.

Adam Swan made 25 saves for his third-straight win in the series. He surrendered just two goals in those three games after posting back-to-back shut-outs.

Swan has a very impressive 0.67 goals-against average and .979 save percentage in this season's playoffs.

"Swan got hot at the right time ... and that was huge," Couch said of the former Western Hockey League goaltender. "We're in a good spot because both our goalies can win us games. Him giving us three (great) performances in a row, we couldn't ask

him for anything more. That was really nice to see. He's happy and we're happy, so hopefully he can keep it going."

Stonewall went up 3-1 in the series after a great effort in a 4-0 home victory last Friday.

Stovin and Braden Groot scored goals two minutes apart late in the opening period. Groot's goal was a power-play marker at 16:30.

A.J. Nychuk then put the Jets up 4-0 when he scored twice just 18 seconds apart early in the second.

Swan made 35 saves for his second straight shut-out in the series.

The Jets took a 2-1 series lead after another stellar performance in a 3-0 win over the Raiders last Wednesday.

Chop was the scoring star in this one, netting a natural hat trick.

He scored a power-play goal midway in the first period and then tallied twice at even strength just 4:54 apart in the second.

The Raiders outshot the Jets 33-25 as Swan posted the shutout.

Stonewall will now visit the Pembina Valley Twisters, who finished first overall during the regular season, in Game 1 of their best-of-semifinal series on Saturday.

Game 2 will be played in Stonewall on Sunday at 7:30 p.m.

Storming to a title



TRIBUNE PHOTO BY LORI THIESSEN

The Stonewall Storm Midget boys' hockey team swept the St. Vital Falcons in a best-of-five final series to win Hockey Winnipeg's 'A2' Midget city championship. Stonewall secured the series with a 2-1 comeback win in Game 3. The Storm started the series with a 3-2 win in Game 2, overcoming a 2-0 third-period deficit. Stonewall then edged St. Vital 2-1 in the next game. It was a storybook season for the Storm as they started the year with just six players and a goaltender. After some extensive recruiting, Stonewall ended the season with 14 skaters and two goaltenders. Stonewall had a very successful season, playing 21 regular-season games with only one loss and then went undefeated through the playoffs. The Stonewall Storm, back row, left to right, Mike Sagriff (assistant coach), Darren Thiessen (coach), Myles Fotty, Colby Thiessen, Rory Mulvena, Dylan Labossiere, Dasek Sobkow, Jack McAuley, Dylan Stocki, Darrell Sobkow (assistant coach). Middle row, Easton Ewanek, Brendon Poirier, Brady Dolinski, Josh Charison, and Alexander Hume. Front row, Graeme Bytheway and Tyler Baryliski. Missing from the photo is Reis Wasmuth and Blake McClintock.

Vautour scores game winner to push Pistons past Stamps in Game 1

Staff

Riley Vautour's first goal of this year's Manitoba Junior Hockey League playoffs was a real big one.

The Stony Mountain product scored the game-winning goal on the power play at 5:06 of the third period to push the Steinbach Pistons to a 3-2 win over the Swan Valley Stampeders in Game 1 of their best-of-seven semifinal series last Friday.

Vautour was later named the game's second star.

Steinbach's Troy Williams had tied the score at 2-2 just 47 seconds earlier.

Tyson McConnell scored the Pistons' other goal at 5:06 of the first period to give the visitors a 1-0 lead.

Quintin Sudom and Troy Quinn tallied for the Stampeders.

On Saturday, Vautour scored a second-period goal in a 3-2 overtime loss to Swan Valley.

Stampeders' forward Bradley Goethals scored twice, including the game winner in OT.



Riley Vautour

Swan Valley's Matthew Osadick had tied the score at 2-2 early in the third period. Tanner Mole scored Steinbach's other goal in the opening frame.

The Pistons will host Game 3 Wednesday and Game 4 Thursday. Both games will start at 7:30 p.m.

Stanley closes out WHL career with Swift Current Broncos

By Ty Dilello

Balmoral native Matthew Stanley played his last Western Hockey League game on March 16.

At 21 years old, he is aging out of junior hockey and is looking to continue his hockey career at the next level now.

For Stanley, it was the end of a tough season for his Swift Current Broncos as they missed the playoffs with a 11-52-6 record. It was a disappointing year compared to the year prior when the Broncos won the WHL Championship and played in the Memorial Cup.

Growing up in the Interlake, Stanley took to hockey pretty early on in life and stuck with it all the way through to get to where he is today.

"I started playing hockey at the age of five," recalls Stanley. "I feel that power skating with Lana Meier, playing for Larry Bumstead's 'Boys of the North' and attending his summer programs helped my development in being able to compete at a high level with the Interlake Lightning program from Bantam through Midget."

Stanley played Bantam 'AAA' for the Interlake Lightning in 2012-13 and then played for their Midget team in 2013-14 and 2014-15. The following year, Stanley made the jump to junior hockey with the MJHL's Steinbach Pistons, before making his WHL debut with the Swift Current Broncos in 2016-17.

Back in the 1980s, his dad Daryl Stanley was patrolling the blueline in the NHL for the likes of the Philadelphia Flyers and Vancouver Canucks. Daryl was a tough, physical player on the ice and one of the league's strong fighters in his heyday, and his game definite-



TRIBUNE PHOTOS COURTESY OF SWIFT CURRENT BRONCOS
Balmoral's Matthew Stanley was recognized by the Swift Current Broncos organization following his final Western Hockey League game on March 16.

ly rubbed off on Matt. The younger Stanley also played a very physical game and was one of the WHL's most notorious fighters as in his three seasons in the league he amassed close to thirty fights.

"My dad taught me to compete hard every night and leave it all on the ice," said Stanley. "He also taught me how to win battles, not being afraid to make mistakes, be a good teammate and bring leadership."

A 6'2" booming presence on the blueline, Stanley had three goals and three assists this past season for Swift



Broncos' defenceman Stanley lays out an opposing player with a body check.

Current in 56 games with 135 penalty minutes, including 11 fights. It was his second stint in Swift Current as Stanley had previously spent a year and a half with the club from 2016 to 2018 before he was traded midway through the 2017-18 season to the Lethbridge Hurricanes.

Stanley reached the conference finals with Lethbridge before falling to his old Swift Current team in six games. After starting this year in Lethbridge, Stanley was shipped back to Swift Current after the first two games of the regular season and got to spend his final year of junior back in familiar territory.

In his final WHL season, Stanley got to wear an "A" on his Broncos jersey and was one of the team's leaders in

the dressing room with his three years of experience in the league.

"There was a lot of ups and downs throughout the season this year but I thought I played well," said Stanley. "I got a lot of ice time, which helped me develop and be more confident. The fans in Swift Current were amazing and I'm grateful that I made a lot of good friendships and memories there."

Going forward, Stanley has plans to go to university and play hockey for a school, to get an education while continuing to develop as a hockey player. He's in talks with a couple of schools but at the moment is leaning towards staying home and playing for the University of Manitoba Bisons.

Interlake School Division curling champions



TRIBUNE PHOTOS BY BELINDA MCNAUGHTON

Photos from left to right: The Interlake School Division Middle Years Curling Bonspiel was held March 18-19 at the Balmoral Curling Club. Winning the mixed 'A' side championship from Stonewall was skip Russell Watts, Lindsay Conrad, Marcus Morton (missing from the photo), Maddy Fidler, and Charlie Barnhart (coach). The B-side winner for mixed curling was Balmoral skip James Fearn, Brooke Farmer, Nathan Willey, and Kaitlyn Greigson. The boys' A-side winner from Stonewall featured Cole Ives, Rylan Dandenau, Jake McIvor, skip Blake Good and coaches Christine Peters and Charlie Barnhart. Balmoral skip Bryce Meyers and his rink of Alex Evans, Matthew Meyers, and Jackson Trippier were the boys' 'B' side winner. The girls 'A' side winner was Teulon skip Mhea Reed, Hannah Spence, Sara Simcoe, and Jessica Shelest. Stonewall's team of, skip Hayden Turner, Nadia Schultz, Annika Walker and Clara Hoff were the girls 'B' side winner. Missing from the photo is Ashley Searcy and Charlie Barnhart (coach).

Warren student competes in National Cadet Biathlon Championship

By Ty Dilello

Kevin Braun is a Grade 9 student at Warren Collegiate who recently competed at the National Cadet Biathlon Championships in Prince Edward Island.

Braun first competed in the local zones at Whytefold before qualifying for provincials at Falcon Lake. He then did well enough to progress to the National Cadet Biathlon Championships at the Brookvale Nordic Centre from March 4 to 10.

Cadet biathlon develops endurance, power, skill, strength, precision and calm under pressure. The sport of biathlon combines the intensity of cross-country skiing with the precision and calm of marksmanship.

"Most people don't know what it is. First you ski a lap and shoot five targets. If you don't shoot the five targets, then there's a penalty loop. After that there's five types or races: sprint race, relay race, pursuit race, patrol race and mass start," said Braun.

"With the cadets, my big brother first joined and my dad liked the idea so he asked us all to join in and we did it. And then I decided that biathlon would be good for me because I like to be fit so I joined and it's turned out to be great."

Doing well enough at the zones and

provincials to get to nationals was a bit of a surprise for Braun, but he certainly enjoyed every minute of it.

"I didn't expect to go to nationals but I did and it was fun and I liked it," said Braun. "It was interesting just getting to Prince Edward Island because in Winnipeg our flight got delayed for an hour and then going from Toronto to P.E.I., we were delayed for two nights, but all in all, it was one of the most fun experiences of my life so far, even with all the delays."

At the zones, it was just running and no skiing because there wasn't snow yet. Braun and his partner finished first there. Then at provincials, he came in third and his partner was second, advancing them both to the National Cadet Biathlon Championship.

Braun says that he doesn't know exactly where they placed at nationals but it couldn't have been too bad. He got to participate in the sprint race, relay race and patrol race but had to miss out on the pursuit and mass start because of the flight delays at the start of their trip.

There are three categories at the National Cadet Biathlon Championships. Juniors is for kids 12 to 14 years of age, seniors is 15 and 16, while youth is 17 and 18. This year Braun competed in Juniors, but next year he will be mak-



TRIBUNE PHOTO SUBMITTED

Kevin Braun, middle row, far right side, competed at the National Cadet Biathlon championships in Prince Edward Island from March 4-10.

ing the climb to the Seniors ranks.

"My coach really got into biathlon so she starts the tryouts when summer begins and that's just running around and then we go shooting at our building for cadets every other day," relays

Braun. "I'll be trying out for next year in senior and those guys are pretty good, but I'll try and whatever happens I can live with because I'll still be having fun at the end of the day."

SEMHL final decided in Game 7 in Warren

By Brian Bowman

The South Eastern Manitoba Hockey League championship was decided in the very last game of the season.

The Mercs hosted the Morden Redskins in Game 7 of their final series this past Tuesday in Warren but no score was available at press time.

Warren forced a series-deciding game after defeating the Redskins 5-4 in overtime in Morden on Sunday.

Trent Genyk scored the game winner on the power play in OT.

Morden jumped out to a 2-0 lead with goals from Jordan Cameron and Mike Rey. The Mercs' Kyle Lundale and the Redskins' David Victor then traded goals before the first

period ended.

Warren's Travis Bobbee scored the lone goal of the second period on the power play and then the Mercs took their first lead of the game when Brenden Luschinski and Trent Genyk tallied just 1:33 apart midway in the third.

But that lead didn't last very long as Tyler Grove struck with the man advantage 35 seconds later.

Alcide Grenier and Bryce Spittal split the goaltending duties for the Mercs.

The Redskins took a 3-2 series lead after a 5-2 road win last Thursday.

Tied at 2-2 late in the third, Morden's Jessi Freund and Grove scored just 1:33 apart.

Rey then added an insurance marker into an empty net with the Mercs' goalie pulled for an extra attacker.

Trent Genyk had tied the score at 2-2 at 4:21 of the third period.

Bobbee opened the game's scoring with a power-play goal just 1:28 into the game. But Victor replied at 16:30 of the first period.

Rey scored the lone goal in the second period.

Morden evened the series at two wins apiece after a 4-2 home win on March 19. Grove and Lundale traded first-period power-play goals.



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Mercs' Trent Genyk scored the game winner on the power play in OT in Morden on Sunday to force Game 7.

Grove and Rey added power-play goals in the second to put the Redskins up 3-1 after 40 minutes.

Morden's Jay Fehr put the home side up three goals before the Mercs' Eric Swanson struck with the man advantage with 3:14 remaining in the game.

Stonewall Youth Soccer Association needs Part Time Youth Soccer Referees

- Paid position
- Responsible for officiating youth soccer players in Stonewall. No travel required
- Must be at least 14 years of age as of April 1, 2019
- Ability to communicate pleasantly with players and volunteer coaches
- Ability to enforce the rules of the game
- Stonewall Youth Soccer Association provides the necessary training and support

Seasonal hours: May-June and September-October
For more information, please email
stonewallsoccer008@gmail.com

Interlake Thunder players receive championship rings

By Ty Dilello

The Interlake Thunder midget football team's perfect 2018 season was completed last week when the Interlake squad received their championship rings.

They were the best team in the Rural Manitoba Football League all season long, winning all nine games in convincing fashion, so they definitely earned their rings, to say the least.

The Interlake Thunder football program has long been a fixture that has provided athletes in the 14-17 age range with the opportunity to play football at a high level while the kids are still in high school. The Thunder compete in the Rural Manitoba Football League and it's an eight-team league where, at season's end, the top four teams compete for the Doug Steeves Trophy while the last four teams compete for the Murray Black Cup.

After going 7-0 in the regular season, the Interlake Thunder were the top seed in the playoffs and defeated Virden in the semi-final 32-6 before capping off their season with a 42-20 win in the championship final over Swan Valley.

The championship rings were done by Corrie Aasen at Heavy Metal Design in Winnipeg. Interlake Thunder



Interlake Thunder midget football team championship ring.

head coach Mitch Obach said, "She is a local jeweller who does awesome work. When I won the 2008 provincial championship coaching the Stonewall Rams, we got our rings through her, so it was a no-brainer to go back to her again this year."

Coach Obach is extremely proud of the boys' work this season and is excited that the team will have these championship rings to remember their season by for the rest of their lives.

"This was by far the best group of guys that I have ever played football with and would not have wanted to win a championship with anyone else," said running back Graeme Perrie.

This season, everyone worked really hard pushing each other to become the best that they could be and it paid off. Everybody on our team was super hyped about winning the champion-



TRIBUNE FILE PHOTO BY JO-ANNE PROCTER

The Interlake Thunder midget football team won the Rural Manitoba Football League last season.

ship but even more excited to get the rings. It took a while to get the rings but it's well worth the wait. They were everything that I and the team were expecting them to be. They represent our season very well and look really nice. My favourite part about the rings is how heavy they are and how big they are. Everybody comments on them, saying that the rings are super cool and shiny."

"Winning the championship was awesome," added quarterback Josh Charison. "We had a really good group of guys. The coaches were great and we had a lot of fun all year. The championship was the perfect way to cap off the undefeated regular season. The rings we got are really cool and

we'll always have that piece of hardware that will remind us of this year."

"It was a pretty fun season because in my previous years of playing football the teams I was never on a team that won a lot like this season," recalled running back Benjamin Olafson. "It's a good feeling to be on the winning side of the game. Getting the ring is cool because it'll be a part of something that I will remember forever. It was great finally getting the ring to show that I was a part of this winning team."

The Interlake Thunder are excited at the prospect of possibly defending their Rural Manitoba Football League championship and hoisting another Doug Steeves Trophy this fall.

Training sessions to be held in the area

Staff

Competitive athletes looking to work towards being a better — and more resilient athlete — for next season are invited to register for spring training sessions from April 1 to May 30.

The sessions aim to improve movement, speed, co-ordination, and strength. Depending on the sport and current activity level of the athlete, the sessions may include mobility, core, resistance, plyometric, sprint and reactive agility training.

Sport Manitoba Athlete Development Coordinator Jordan Koroll will run the sessions.

He played CIS football and now works with athletes from the Manitoba Games, Canada Games and university sports.

The sessions, for athletes ages 14-19, cost \$225.

There will be no sessions on April 3, April 17, April 22 and May 20.

The training program includes up to 12 sports, all taking place in the Lord Selkirk Regional Comprehensive Secondary School weight room on Mondays and Wednesdays from 3:45 to 8:45 p.m.

Meanwhile, the summer session program focuses on speed development for athletes aged 13 to 20 who are pursuing high-level competitive success.

The program is designed for athletes with a background in competitive sport(s) who may benefit from speed and power training. Further, the goals of this learning-based program are to improve linear speed, change of direction, coordination, and running efficiency.

The program also includes:

- Speed-specific warmup: activation, mobility, coordination and running efficiency
- General and sport-specific strength circuits

- Functional and transferable games

- Testing and monitoring

Athletes may be coached one-on-one, in small groups, or in sport-specific groups. The program will also be run by Jordan Koroll.

Program and location details:

When: Monday and Wednesday through July and August (no sessions July 1 or Aug. 5). It ends Aug. 28.

Where: Beausejour: 12-1 p.m., Sungro Centre

Selkirk: 2:30-3:30 p.m., Selkirk track

Stonewall: 5-6 p.m., Stonewall soccer fields

Cost to register before May 30 is \$240.

After May 30, the cost is \$320.

For more information on either session, please call Jordan Koroll at 204-481-0974 or email jordan.koroll@sportmanitoba.ca.

Blues crowned hockey champs



TRIBUNE PHOTO SUBMITTED

The Stonewall Blues captured Hockey Winnipeg's A1 Pee-Wee City Championship banner last week after defeating the Winnipeg Royals Black 2-0 in Game 4 of an exciting best-of-five final series. The Royals opened the series by defeating the Blues 4-2 but Stonewall came back in Game 2 with Blake Farthing scoring the winning goal in double overtime to secure a 3-2 victory. In Game 3, the Blues won 2-1.

Pictured back row, left to right: Scott Myers (coach), Talon Hogg, Hayden Kaczorowski, Geoff Reimer (coach), Russell Watts, Evan Grandmont and Ray Farthing (coach). Middle row: Adam Newcombe, Ty King, Gavin Holod, Logan Meier, Black Farthing, Noah Chartrand and Evan Reimer. Front row: Alex Myers and Spencer Hunnam. Missing Ty Johnson, Spencer Schaeffer and Erik Palsson.

Classifieds

Stonewall Teulon
Tribune

Book Your Classified Ad Today - Call 467-5836 or Email classifieds@stonewallteulontribune.ca



INVITATION TO TENDER

Janitorial Service Contract - RCMP Stonewall Detachment

The RCMP Stonewall Detachment, Stonewall, Manitoba is seeking tenders for janitorial services contract for the Detachment.

Interested parties may obtain a Tender Package through the Detachment by contacting: **Stonewall RCMP Detachment at 204-467-5015**

The successful contractor and their employees will be required to obtain a valid RCMP Departmental Security clearance.

The successful contractor must adhere to all safety rules, regulations and labor codes in all jurisdictions where work is performed.

This service contract may not necessarily be awarded to the lowest bidder.

Optional Site Visit will be held on: **March 26, 2019 at 2:00 p.m. (local time)**
Deadline for Tender submission is: **April 4, 2019 at 2:00 p.m. (Central Standard Time)**

Bids must be forwarded to RCMP NWR Procurement & Contracting as per Submission of Bids within the Tender Package.



**HAVE A
NEWS TIP OR AN
INTERESTING STORY?
CALL 204-467-5836**

AUCTIONS

Fabrication Facility - Battleford, SK. Ritchie Bros. Auctioneers Unreserved Auction, April 8 in Saskatoon. 11.1+/- title acres, 43,821+/- sq. ft. Fabrication Facility. Ed Truelove: 306-441-0525; Brokerage: Ritchie Bros. Real Estate Services Ltd.; rbauction.com/realstate.

METAL RECYCLING

Autos, farm scrap, brass, copper & batteries wanted. 47 Patterson Dr. Stonewall Industrial Park. Interlake Salvage & Recycling Inc. 204-467-9344.

SCRAP METAL

Buying scrap metal, cars, tractors, combines, farm scrap, any metal material, any farm machinery. Ph Lonnie at 204-886-3407 live message or cell at 204-861-2031.

Advertise your AUCTION SALES IN THE TRIBUNE!

REMEMBER YOUR LOVED ONES WITH A MESSAGE IN THE TRIBUNE

APARTMENT FOR RENT

Age 55+ Apartments - INWOOD SENIORS LODGE bachelor & 1bdm suites. RGI & capped rent. Meal program & activities on site. Call Tina for more info 204-278-3534 email: inwoodm@highspeedcrow.ca

PROPERTY FOR SALE

Land for sale west of Warren. 313 acres. S 1/2 25-13-02 W. Call 204-299-6853.

EMPLOYMENT WANTED

Capable male willing to do all kinds of work from breaking ice to hauling garbage, and cleaning out garages! Part-time or full-time. Call Mike at 204-671-0003 or leave message 204-378-2905.

HELP WANTED

Rockwood Pork Inc. is looking for a full-time Hog Barn Worker. Job duties include general daily chores, facility maintenance, some minor record keeping and etc. The farm is located 5.5 kms north-east of Teulon. Weekend work required. Experience an asset but not required. Starting wage \$11.45 - \$15.65 per hour, plus benefits. Please forward resumes to stanem@mts.net or mail to Box 1181 Arborg, MB R0C 0A0.

HELP WANTED

Barney Gargles Restaurant in Selkirk is looking for serving staff, prep cooks, dishwashers, line cooks & a baker. Must be upbeat and excited about working in a fast paced environment with the other members of the Barney's Team. Email resume to: matthew@barneygargles.ca

Seasonal work in Churchill, MB. Mechanic needed to work on buses and passenger vehicles. Welding experience an asset. Transportation to Churchill supplied. Contact Paul at yyqponder@outlook.com or phone 204-348-7444.

Help wanted at Rockwood Motor Inn, Stonewall. Daytime dishwasher and afternoon and evening cook. Will train. Contact Andy at 204-467-2354.

BOOKKEEPING

Prairie Bookkeeping offers bookkeeping solutions to small business 204-998-4789.

INCOME TAX

Prairie Bookkeeping offers personal & small business income tax preparation. Certified to efile with CRA. 204-998-4789.

MISCELLANEOUS

Batteries for everything. Automotive, farm, construction, ATV, marine, motorcycle, golf carts, phones, tools, radios, computers etc. Reconditioned, obsolete and hard-to-find batteries. Solar equipment. The Battery Man. Winnipeg. 1-877-775-8271 www.batteryman.ca

51st Annual LUNDAR BULL SALE
"Where the good bulls come"
April 6, 2019 1:00 P.M. Lundar Agri-Ed Centre - Auctioneer - Bud Bergner

12 - 1yr. Herefords	7 - 1yr. Simmental
9 - 2yr. Herefords	2 - 1yr. Limousin
10 - 1yr. Angus	2 - Hereford Heifer
4 - 2yr. Angus	1 - Simmental Heifer
7 - 1yr. Gelbvieh	

Also selling 9 pens of 3 yearling heifers.
All purebred animals are tie broke.

For more info contact Jim (204)461-0884 or Ken (204)793-4044
View catalogue online at www.buyagro.com

**BOOK YOUR TRIBUNE CLASSIFIED AD TODAY
CALL 204-467-5836**

take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

CROSSWORD

CLUES ACROSS

- Joint
 - A group of countries in special alliance
 - Stone
 - Move with a splashing sound
 - Can be fixed
 - Giving human characteristics to the nonhuman
 - Other side of yang (Chinese)
 - Consume
 - Gave it a go
 - One point north of due east
 - Fat used to make puddings
 - Turfs
 - Not awake
 - Not nice
 - Frighten
 - Political action committee
 - Skin problem
 - Type of music
 - Intestinal pouches
 - Eight
 - Emerald Isle
 - Interpret characters
 - Abandon
 - Felines
 - Energy and enthusiasm
 - Resembles a pouch
 - Relating to sense of smell
 - Swiss river
 - Bradley Int'l Airport
 - _____ yonder
 - Tarred and _____
 - Boyish
 - This (Spanish)
 - Male parent
 - Lounge chair
- ### CLUES DOWN
- Sports award
 - Monetary unit of Angola
 - Some animals live here
 - Former CIA
 - Global health group
 - Male given name
 - Opposite of right
 - Open Payment Initiative
 - Desert plants
 - A bird that cannot fly
 - Off-Broadway theater award
 - Lump of clay
 - Barbie's pal
 - Seldom
 - Noses
 - Denotes past
 - Selling at specially reduced prices
 - _____ Claus
 - Comes before two
 - Fencing swords
 - Nocturnal rodent
 - Chinese revolutionary
 - Electronic counter-countermeasures
 - Enjoyable
 - Villain
 - Discussed
 - Waterfall (Scottish)
 - Old television part (abbr.)
 - Roughly chipped flint
 - Helps change channels
 - _____ Sagan, astronomer
 - Cooling unit
 - Uttered words
 - Small integers
 - Type of data
 - Inspired
 - France's first Jewish PM
 - Famed sci-fi novel
 - Body parts
 - Nigerian City
 - Amount of time
 - Coloring material
 - Type of constrictor snake

1	2	3	4	5	6	7	8	9	10	11	12	13
14												
17												
19												
29	30											
34												
38												
41	42											
47	48											
53												
57												
59												

McSherry Auction

12 Patterson Dr. Stonewall, MB
Coca Cola & Service Station Auction
Sat March 30 @ 10:00 AM

Estate & Moving

Sat April 6 @ 10:00 AM
Consignment & Equipment Auction
Sun Apr 28 @ 10:00 AM

Consignments Welcome!
Booking Spring Farm Auctions!
(204) 467-1858 or (204) 886-7027
www.mcsherryauction.com

BOOK YOUR ANNOUNCEMENT TODAY
Stonewall Teulon
Tribune
Call 467-5836

Classifieds

Book Your Classified Ad Today - Call 467-5836 or Email classifieds@stonewallteulontribune.ca



MISCELLANEOUS

Caught you looking! Reach over 413,000 Manitoba readers weekly. Spring is coming. Book your Spring Announcements, Events, Sales, Employment Opportunities, Auctions, Wanted Ads, For Rent, Volunteer Opportunities, etc. People rely on these classifieds to find what they need. Catch them looking at your material in our 48 Weekly Community Newspapers. Call us at 204-467-5836 for details.

WANTED

Wanted: old tube audio equipment. 40 years or older. Amplifiers, stereo, recording and theatre sound equipment. Hammond organs, any condition. Call toll free 1-800-947-0393.

UPCOMING EVENTS

Cluck and Quack Poultry Club Auction - Purebred & Heritage breeds, poultry and small animals. Springfield Curling Club, Dugald, MB (see signage) on Saturday, April 13, 2019. 12 noon to 4 p.m. Danica Mutchler 204-770-3854, email danimonica@hotmail.com, website www.cluckandquack.ca

Antique & Collectible Sale! Huge spring event! Largest of the season. Over 220 tables! Friday, April 5, 4 p.m. - 9 p.m. and Saturday, April 6, 10 a.m. - 4 p.m., \$7 per person. Assiniboia Downs, 3975 Portage Ave., Winnipeg. Great selection, door prizes and free parking. Ph: 204-478-1057.

FARMLAND WANTED

Small farm looking to buy farmland in the RM's of Rosser, Woodlands or Rockwood. Flexible on purchase terms. Ph 204-771-2169.

FARM PRODUCE

Local pasturized liquid & creamed honey for sale. Sold in various sizes, 1 kg & up. Ph 204-461-1267.

LIVESTOCK

Red & black Angus 2 year old bulls. Semen tested, delivered & guaranteed breeders. Ph 204-278-3372, Inwood.

SHOP LOCAL - SUPPORT LOCAL

Part-time Coordinator Position

The South Interlake Seniors Resource Council requires a Support to Seniors in Group Living (SSGL) Coordinator.

The coordinator will work with the residents of Crocus Manor, Stonewall. This is a 17.5-hour per week, Monday to Friday position, with some flexibility as to hours possible. It is a term maternity leave replacement assignment, with an expected start date to by June 3rd, 2019. Candidate will have the ability to work on their own, strong organization skills, complete computer skills, a valid drivers' license and access to a vehicle, creativity and artistic flair with the ability to design, plan and carryout a wide range of activities within the manor.

The successful candidate must be outgoing and enthusiastic and able to engage all residents creating programming that enhances the well-being of all.

Previous experience related to servicing seniors, program planning and implementation would be an asset.

Please submit a cover letter and resume to;

South Interlake Seniors Resource Council
Box 36 Stonewall Mb, ROC 2Z0,
via fax 204 467 2647 or email sisrc@shaw.ca

Closing date April 10th, 2019.

We thank all for applying but only those selected for an interview will be contacted.

ADVERTISE YOUR UPCOMING EVENTS IN THE TRIBUNE!



Need Cash?

- We Loan
- Easy application
- Approval with collateral
- Title Loans
- No Credit Check
- We service ALL of Manitoba

Call Dan Devloo
(204) 526-7093

CAI Financial
Unit K - 2151 Portage Ave.
Winnipeg MB
www.caifinancial.ca

LOCAL NEWS MATTERS

Your newspaper helps stitch our communities together - questioning what needs questioning and serving as the voice of our democracy. Newspaper journalism is essential to protect our vibrant communities. **Access to truthful, local news is under threat.** Now more than ever we need reliable LOCAL journalism.

Join the list to keep LOCAL news alive at newspapersmatter.ca



GUARDIAN FENCING

WE SUPPLY. WE BUILD. WE REPAIR.

- Custom Fence & Gates
- Agricultural Fencing
- Repair & Maintenance
- Removal & Haul Away
- Commercial & Residential
- Temporary Fence
- Containment Fence
- General Construction
- Facilities & Airports
- Material Sourcing
- Highway Guardrails
- Fabrication - e.g. Gates

Serving MB & SK
info@guardianfencing.ca
204-573-7920
Brandon, MB



When disaster strikes in your community, you CAN help, and we can show you how.

VOLUNTEER WITH THE RED CROSS TODAY!

Email: vmb@redcross.ca
Phone: 204-982-7634



POSITION DESCRIPTION

Position: Seasonal Aggregate Scale Operator
Reports to: Sales and Operations Manager
Hours: Monday to Friday - May 2019 - fall 2019
Department: Winnipeg Aggregates
Location: Stonewall Quarry

Responsibilities:

Ticketing

- Scale trucks when required prior to loading for tare purposes
- o Scale trucks when loaded, ensuring proper information is entered
 - Truck information
 - Customer/quote information
 - Product • Weights
- Entering manual tickets as required
- Ensure all Cash Sales transactions are processed correctly and in a timely manner
- Track COD's as required

Office Duties

- Sort and file tickets
- Continually remind haulers of safety requirements
- Assist in maintaining cleanliness and upkeep of scale house
- Other tasks as required
- Works with Stonewall Operations and Sales/Dispatch Group

Education:

- Grade 12 or equivalent

Knowledge & Skills:

- Strong problem solving.
- Excellent communication and leadership skills.
- Works well in a team environment.
- Able to handle difficult issues in a positive way.
- Driven to achieve or exceed set targets.
- Strives for continuous improvement.
- Organized self-starter.

Reply with resume to trevor.wiebe@lafargeholcim.com

THE RURAL MUNICIPALITY OF ROCKWOOD



SEASONAL PUBLIC WORKS MAINTENANCE / EQUIPMENT OPERATOR EMPLOYEE

The Rural Municipality of Rockwood invites applications for the position of Public Works Maintenance / Equipment Operator Employee (Seasonal).

Under the direction of the Manager of Public Works, the position will be required to assist the Public Works Department and perform general municipal related work.

QUALIFICATIONS - Transportation Maintenance / Equipment Operator Employee (Seasonal):

1. Valid Province of Manitoba Driver's Class (5) Licence (Class 3 preferred)
2. Experience in a Public Works related field would be an asset
3. Good interpersonal skills to deal with the public
4. Knowledge in the operation and maintenance of different equipment (tractor/mower, grader, tandem, loader)
5. Mechanically inclined
6. Ability to work under minimal supervision
7. Available from June - November (Length of term is weather dependant)
8. Salary Range \$17.59-\$20.09 / Hr - dependent on qualifications

Applications should be marked "**Application for Public Works Employment**" and must contain a cover letter and full resume with three references.

Forward applications to the undersigned no later than 4:00 p.m. on Thursday, April 11, 2019.

Attention: Ian Tesarski - Director of Operations
Rural Municipality of Rockwood
285 Main Street, Box 902, Stonewall MB ROC 2Z0
Telephone No. 204-467-2272
E-mail Address: ian.tesarski@rockwood.ca

Thank you to all applicants for your interest, however, only candidates selected for interviews will be contacted.



TOWN OF STONEWALL 2019 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 2019 Financial Plan for the Town at:

6:30 PM

**Tuesday, April 23rd, 2019
Council Chambers, Town Hall**

The Town of Stonewall 2019 Financial Plan consists of:

1. The 2019 Operating Budget
2. The 2019 Capital Budget
3. An estimate of the Operating Revenue and Expenditures for the following fiscal year (2020), and
4. A five (5) year Capital Expenditure Program (2020-2024)

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 2019 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 27th day of March, 2019
Wally R. Melnyk, CMMA, CPA, CGA
Chief Administrative Officer
Town of Stonewall

Classifieds Stonewall Teulon Tribune Announcements

Book Your Classified Ad Today - Call 204-467-5836 or Email classifieds@stonewallteulontribune.ca

CELEBRATE THE SPECIAL MOMENTS!

Don't forget to send your special wishes to your friends and family.

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewood.elkranch@mymts.net

NOTICE TO CREDITORS

IN THE MATTER OF: The Estate of Charles Hugh Turbett, late of the Postal District of Winnipeg, deceased. All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, ROC 2Z0 on or before the 6th day of May, 2019. DATED at Stonewall, Manitoba, this 20th day of March, 2019. **GRANTHAM LAW OFFICES** Solicitor for the Executor

ANNOUNCEMENT

BIRTHDAY



Happy 70th Birthday Baba!! Thank you for all the perogies, chicken soup, bacon, babysitting and cheering you do for us!!
-Love Aly, Julia, Brody, Ty, Riley and Snoopy

ANNOUNCEMENT

BIRTHDAY



Happy Birthday to these talented twins Paul Pododorny and Paulette Leduchowski!! Not everyone looks this good at 70!!
-Love Kevin, Marcie and family



THE RURAL MUNICIPALITY OF ST. LAURENT PUBLIC NOTICE

Public Notice is hereby given pursuant to Section 162(2) of *The Municipal Act* that the council of the Rural Municipality of St. Laurent shall hold a PUBLIC HEARING to present its 2019 Financial Plan on:

Tuesday, May 14, 2019
7:00 p.m.

at the
MUNICIPAL CHAMBERS

(located inside the St. Laurent Recreation Centre)

At this time Council will present the proposed 2019 Financial Plan for the municipality.

The presentation will provide an overview of the proposed financial plan followed by a forum for questions and comments from the public. The purpose of the hearing is to allow any interested person to make a presentation, ask questions or register an objection.

Draft copies of the Financial Plan are available upon request at the Rural Municipality of St. Laurent Office, 16 St. Laurent Veterans' Memorial Road, in St. Laurent, Manitoba.

Dated this 28th day of March, 2019

HILDA ZOTTER, Chief Administrative Officer
Rural Municipality of St. Laurent

Trouble Walking?

Hip or Knee Replacement?

Restrictions in daily activities?

\$2,500 Tax Credit

\$40,000 refund cheque/rebates

Disability Tax Credit.

204-453-5372

www.disabilitytaxcreditwinnipeg.com



Power Builder Advertising WORKS!

- GET SEEN by over 400,000 Manitoba Homes!
- Use your LOGO!
- Create instant top of mind awareness
- Showcase your info, business, product, job, announcements or event
- We format it, to make it look great!
- Starting at \$339.00 (includes 45 lines of space)
- The ads blanket the province and run in MCNA's 48 Manitoba community newspapers
- Very cost effective means of getting your message out to the widest possible audience

Contact this newspaper NOW or MCNA at 204.947.1691 or email classified@mcna.com

www.mcna.com

ANNOUNCEMENT

CARDS OF THANKS

On Saturday, February 9th Dan Stelman passed away at home in Inwood MB. I would like to thank the First Responders who attended and were so kind, compassionate and professional. Unfortunately it was a blur but I do remember some of the names of those who helped. Ivy and Kevin, Paramedics; and RCMP Joe from Teulon. There were several more present and although I don't recall your names I thank you for your kindness. And thank you to Ken Loehmer from Teulon who was entrusted with the care of Dan.

We are all so fortunate to have these people ready to help us in our worst hours. Thank you again, you do such important work. I also appreciate the thoughtfulness of my friends and neighbours who reached out with words of comfort and kindness.

-Sincerely,
Carol Beauchemin,
Inwood

ANNOUNCEMENT

CARDS OF THANKS

We would like to thank everyone for the support we received in our Dad's (Ken Gardner) passing. We truly appreciated all the cards, phone calls, emails, texts and gifts of food. We would also like to again thank Dr. Graham and the staff at Rosewood Lodge for their care and compassion for Dad the last few years. Another thank you to MacKenzie Funeral Home for their help and guidance and the Grosse Isle Community for pitching in to help with the lunch and service at the Grosse Isle Recreation Centre. Another acknowledgement to anyone who donated money to the Court Yard Project at Rosewood Lodge and to Ducks Unlimited. Again greatly appreciated.

-Sincerely, Sandy Lefley and family,
Debbie Richman and family,
JoAnne Przybilla and family

ANNOUNCEMENT

BIRTHDAY



Well would you just look who's 18 with 32 years experience! Happy 50th Birthday Stephanie!



ANNOUNCEMENT

CARDS OF THANKS

Our entire family wishes to thank all our friends, neighbours and the entire community for their assistance during this very difficult time. The gifts of food, flowers, cards and tributes were so welcome and helped us through some very tough days after John's unexpected passing. Your incredible support will always be remembered.

-Sincere thanks from
The Hannah family
Pat, Susan, Chris, Helena, Delta,
Francis and Charlie

Join Our Team!

SOUTH BEACH CASINO & RESORT IS NOW HIRING!

We offer full-time and part-time hours with regular days off, competitive pay, paid benefits and an employer matched pension plan.

Please email hr@southbeachcasino.ca with your resume or call 204-766-2100 and ask for Human Resources. Visit: southbeachcasino.ca/careers

Express your Thanks with a message in the

Call 204-467-5836 or classifieds@stonewallteulontribune.ca



Announcements



Book Your Announcement Today - Call 204-467-5836 or Email classifieds@stonewallteulontribune.ca

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

Lynn Lillebo
 In Loving Memory
 Of my wife, our mother and grandmother
 Who passed away
 March 31st, 2002

Remembering you is easy,
 We do it every day;
 But missing you is the heartache,
 That never goes away.
 We hold you forever in our hearts
 And there you will remain.

-Always loved and sadly missed by
 Your husband Les;
 Children Kent, Shana and Lawrence,
 Jill and Adam;
 Grandchildren Corbyn, Caylin, Bren
 and Addison

ANNOUNCEMENT

IN MEMORIAM



Barrie Tully
 Time passes
 Memories stay
 Loved and remembered every day.
 -Lori and Megan

ANNOUNCEMENT

IN MEMORIAM

In Loving Memory
 Of my dear husband, father, grandfather
 And great-grandfather,
Dave Fisher
 Who passed away
 March 30, 2003

Softly the leaves of memory fall,
 Gently we gather and treasure them all;
 Unseen, unheard, you are always near,
 So loved, so missed, so very dear.
 Deep in our hearts your memory is kept,
 We love you too dearly to ever forget.

-Lovingly remembered and sadly missed,
 By your wife Joan, and family

OBITUARY



Kelly Anne Marie Lecoq
 (nee Bruce)
 April 24, 1974 – March 17, 2019

It is with profound sadness that we announce the passing of Kelly at Toronto General Hospital. Kelly fought extremely hard, with steadfast determination and dignity before succumbing to an insurmountable illness.

Kelly is survived by her son Laine, daughter Camryn and their father, Dwain; sister Kim (Bobbie); grandmothers Marcelline and Therese; aunts, uncles, cousins and their families.

She was predeceased by her parents Douglas and Yvonne; grandfathers Julien and Frank; uncle Gerry; cousins Shane and Oryanna.

Kelly is remembered for being extremely astute and kind. She had an incredible sense of humor and always had the funniest of facial expressions. She loved all music and had a flare for mathematical genius that remains unparalleled. Kelly is most remembered for how dearly she loved her children, Laine and Camryn – moments with them were always most precious to her.

Mass of Christian burial will be celebrated on Thursday, June 27, 2019 at 1:00 p.m. in Christ the King Roman Catholic Church, 315 – 2nd Street East, Stonewall, MB.

A special thank you to Dr. Nolan Finlayson and Dr. John Granton for doing everything they could for Kelly.

In lieu of flowers the family requests that memorial donations in Kelly's name be made to Stonewall Hospital.
 "Rest Beautiful – I Won't Let Go"



OBITUARY



Robert William Melvin White

Peacefully on March 21st, 2019 Robert William Melvin White peacefully passed away at Rosewood Lodge in Stonewall Manitoba.

Born on June 25th, 1937, Bob is survived by his sons Derek (Lynette) and Dain (Kristine) and his grandchildren Leontine, Carl, Taylor and Konner. Predeceased by parents Mel and Eva (Barker), daughter Darla in 2007 and wife Vivian (Halen) in 2017.

Bob was born in Winnipeg in June 1937 and went to school at Phipps School until grade 9 when he took over their dairy farm at the young age of 15 and milked cows for 42 years. Bob was an active member of the community and served on many organized boards over his life time including councillor for the RM of Rosser for 12 years. As a long-time member of the South Interlake Rockwood Agriculture Society, Bob was involved in many projects on the ag grounds. He also liked to collect and restore antique tractors, trucks and toy farm equipment which lead Bob into being one of the founding members of the Rocklands Antique club.

Funeral services were held on Wednesday, March 27th, 2019 at 1:00 p.m. at the Stonewall Legion.

In lieu of flowers, donations can be sent to Heart and Stroke Foundation of Manitoba, 6 Donald Street, Winnipeg, Manitoba, R3L 0K6.

Special thanks goes out to the hard working staff at Rosewood Lodge in Stonewall who worked hard to keep Bob healthy, happy and comfortable in the last years of his life.



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

Stonewall Teulon
Tribune
 Call 204-467-5836 or
 email igraphic@mts.net

Your memory will live forever ~
 Engraved within our hearts

Biz Cards
 Call 204-467-5836

pampered chef
 INDEPENDENT CONSULTANT

- Cooking Shows • Meal Prep Solutions
- Fundraisers • Individual Orders

204-485-4272 call or text
stoneware444@gmail.com
www.pamperedchef.biz/michellebalharry

Kyle Scrivens
 Sales/Service

AirWise Home

Your Heating, Cooling and Ventilation Specialists

Cell (204) 979-9307
 Fax (204) 694-5456
kyle-airwise@mymts.net **204-467-9578**

SELKIRK CHRYSLER
 DODGE // Jeep // RAM

Kevin Galbraith
 Sales Consultant
kgalbraith@selkirkchrysler.com

Phone: (204) 952-2448 1011 Manitoba Ave
 Toll Free: 1-800-204-8620 Selkirk, MB R1A 3T7
 Fax: (204) 482-6148 www.selkirkchrysler.com

GRANTHAM LAW OFFICES

Lawyer & Notary Public

STONEWALL OFFICE:
 #1-278 Main St., Stonewall **467-5527**

WIRELESS INTERNET

Quick STREAM

Hi-Speed Internet
 Broadband Residential
 and Commercial Connections

www.quickstream.ca
1-866-981-9769

Heavy Duty/Automotive Diesel
 Diagnostics & Repair

DMC DIESEL

Warren, MB (204) 918-7294
www.dmc-diesel.com

Biz Cards
Get The Job Done!
Call 467-5836 ads@stonewallteulontribune.ca

SHERLOCK TREE REMOVAL
Pruning • Stump Grinding • Chipper
Licensed Arborists
Fully Insured - Claim Free
30 years Experience

Vince
861-0487
Darren
861-0028

KROLL PAINTING & RENOVATIONS
Residential & Commercial
Complete renovations from framing to finishing
• SPECIAL ON REC ROOMS
204-791-0553 krollpainting@mymts.net

Tigchelaar Construction
ALL CONSTRUCTION NEEDS
• Bathroom • Kitchens
• Basements • Decks, etc
Call Ken at 204-782-1315

G&A Rentals Husqvarna
Lawn & Garden
Small Engine Service
7 Patterson Dr., Stonewall, Industrial Park
204-467-RENT (7368)

stonewall chiropractic centre
Also Acupuncture • Custom Orthotics • Massage Therapy
Billing to Autopac, Blue Cross, WCB
204-467-5523

BOONSTRA FARMS
RV Sales
204-941-0228
204-467-8480 • www.boonstrafarms.com

Quarry PETS
Supplies & More
Supplying All Your Pet's Needs
On-Site GROOMER
Call us for details
317 Main St., Stonewall (204) 467-5924

FULLHOUSE MOVERS
ALEX FOTTY
HOME: 204-467-2419
CELL: 204-461-2352
NOTHING BEATS A FULLHOUSE MOVE

Stroke of Colour PAINTING
Every home deserves a stroke of colour
JEFF BAKER
Stony Mountain, MB | 204.223.8441
strokeofcolour@gmail.com

Odd Fellows Hall
• Weddings • Socials • Showers • Meetings
• Capacity 220 persons • Kitchen available
374 1st St. West
Stonewall
Del Phillips 204-791-0564
Text if possible
Hall 204-467-5556
stonewalldoddfellows@gmail.com

MAXWELL'S PROFESSIONAL PAINTING
COMMERCIAL/RESIDENTIAL
Cell: (204) 792-0675 or (204) 467-5008
Email: maxpro@mts.net
Box 275, Stonewall, MB R0C 2Z0

WOODLANDS HVAC
Heating
Ventilation
Air conditioning
Commercial/Residential
CURTIS OLIVER
1.204.461.1678 • woodlandshvac@gmail.com

Electro Wright
Derek Fotty
Ph. (204) 467-RITE(7483)
Fax. (204) 467-2000
Email. electrowright@mts.net
Electrical Contractors

INTERLAKE INSULATORS
BALMORAL, MANITOBA
• Spray Foam
• Blow In
FREE ESTIMATES
Brent Meyers
204-461-4669
interlake_insulators@hotmail.com
SPRAY FOAM SPECIALISTS

Everything you need to promote your business
Interlake Graphics
Call 467-5836
For all your printing and publishing needs

Rockwood Landscaping & Tree Service
• Complete Landscaping
• Barkman Concrete Products
• Concrete Breaking
• Aerial Tree Pruning & Removal
• Chipping
• Stump Grinding
• Tree Planting
• 24HR Storm Service
• Snow Removal
• Skid-Steer
• Compact Track Loader
• Excavator
• Bucket Truck
Manitoba Certified Arborist
467-7646
Free Estimates

Home pride renovation
We take pride in your renovation
Homepridereno@gmail.com
(204) 513-0041
Residential & Commercial
Renovations • Repairs • Maintenance • Landscaping

NAPA AUTOPRO
Brake Family Auto Sales & Service Ltd.
Auto Service • Maintenance & Repair
Used Vehicle Sales
napaautopro.com
214-2nd Ave North, Highway 67
Stonewall 204-467-9156

COUNTRY TOWING
LIGHT - HEAVY DUTY TOWING
Proudly Serving Stonewall, Warren & Surrounding Areas
countrytowing@mymts.net 204-990-4718

Ritchie & Perron PLUMBING HEATING LTD.
ritchie_perron@live.ca
Stonewall, MB
Red Seal Certified
Certified gas fitter
Residential/Commercial
Ryan 230-4674 Trevor 232-6263

PLUMBING
Commercial & Residential
New Installation & Service
Plumbing & In-Floor Heating
Water Softener Installations
Water Filtration/
Reverse Osmosis
RILEY PATTERSON
Journeyman Plumber
Cell 204-461-0035

ALICE ROOFING LTD
Complete Roofing Services
• Residential • Agricultural
Licensed and Insured
204-757-9092
www.aliceroofing.ca

Roof Express Ltd.
Complete Roofing Services
Licensed & Insured • Argyle, MB
Residential • Agricultural
204-774-2030
www.roofexpress.ca

PERIMETER DRILLING LTD.
*Water Wells *Pressure Systems
*Repairs *Septic Systems
Phone: 204.632.6426
Email: pdl1@mymts.net
FREE CONSULTATIONS
Servicing the Community for Five Generations

INTERLAKE EAVESTROUGHING & SIDING INC.
Siding, Eavestroughing, Soffit,
Fascia, Capping, Windows
Free Estimates • 781-0533
www.interlakeinc.ca

Advance Exteriors
Residential, Commercial, Agricultural
Roofing • Eavestroughing • Soffit • Fascia • Siding
204.461.0019 Grosse Isle, Mb
www.AdvanceExteriors.com

Heating & Cooling • Refrigeration
COMMERCIAL COMFORT INC.
Owner: Jeff Meier
461-HEAT (4328)
commercialcomfort16@gmail.com

DOCTOR DECAL
• Signs • Banners • Posters
• Billboards • Awnings
• Sign Holders
• Vehicle Graphics
• Wraps • Magnetics
Laser Engraving
• Awards • Medals • Plaques
• Glassware • Rubber Stamps
• Name Plates • Lamacoids
• Promo Items • Personalized Gifts
• A Wide Variety of Retro Trophies (FREE)
Only Pay for Engraving
Clothing
• Hats • T-Shirts • Uniforms
204-467-9405
drdecal@mymts.net
ALL WORK DONE LOCALLY ON SITE
330 Main St. Stonewall, MB
www.doctordecal.ca

VIC'S AUTOBODY ALIGNMENT & BRAKES LTD.
VIC CHARTRAND
Licensed Auto Body - 204.886.2972 - Teulon, MB
• Glass Replacement
• Full Mechanical Repairs
• Tire Sales & Installation
• Used Auto Sales
• Wheel Alignments
• New & Used Auto Parts
• Flat Deck Tow Truck
24 HOUR TOWING
Manitoba Public Insurance
CAA

PARKER CLARK
Chartered Professional Accountants Inc.
STEPHEN CLARK CPA, CA
sclark@parkerclark.ca
MARC VAN HUSSEN CPA
mvanhussen@parkerclark.ca
PH: 204.783.3118 parkerclark.ca