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VOLUME 10 EDITION 19

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Singing the blues

TRIBUNE PHOTO BY JO-ANNE PROCTER

Quarry Ridge town resident Kylie Wright, left, points out to Mayor Cathy Horbas that all the budget cuts are "Bad News" for the well-being of their town in the Quarry Choristers production *Small Town Blues*. However, the good news is that there are still tickets available for anyone wanting to catch this year's musical. See more photos on page 4.

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

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Etienne's world tour stops to perform in Stonewall



TRIBUNE PHOTOS BY BECCA MYSKIW

The French rock group Étienne visited Stonewall Collegiate Institute last Friday as part of their world tour. Étienne — a French, Spanish and English recording artist, producer and MFL teacher — has performed all over the world. With the sponsorship of the Canadian Parents for French and Interlake School Division, SCI was able to host the Stonewall French Immersion programs in the gym for students to experience the hit band live.

Town employees remove high risk trees

By Jennifer McFee

The Town of Stonewall is taking proactive steps to remove potentially dangerous trees from Kinsmen Lake.

"These trees have been in pretty rough shape for a number of years. We have a couple guys who are licensed on crew and they can actually assess whether a tree is a



TRIBUNE PHOTO BY LANA MEIER

Trees were removed at Kinsmen Lake due to safety concerns.

danger or not. So from that information and from just looking at what we have, these trees were all at the end of their life," said CAO Wally Melnyk.

"Beyond that, they could be a real hazard. We removed the ones that we felt were providing the greatest risk. We couldn't leave what was there for fear that someone would get hurt. Every time we had a windstorm or a lightning storm, there was always a concern that what was there was ultimately going to cause some potential damage or hurt somebody."

Looking ahead, the trees will be replaced, and the town will also look at other ways to create shade.

"We will be replacing them but not with mature trees. They'll be replaced by trees that are maybe five or 10 years old, and then it will take another five or 10 to actually become substantial," Melnyk said.

"It's part of our culling of trees that have been identified as trees with potential for risk, and that program's going to continue. The vast majority of maples there are in really rough shape."

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Retreat to reconnect

By Jennifer McFee

An upcoming weekend retreat will allow participants to nourish their body, mind and soul.

Reconnection Weekend Retreat will take place from May 24 to 26 at St. Benedict's Retreat Centre in West St. Paul.

Yoga instructor Heather McDermid is organizing the retreat and bringing together other local wellness practitioners for the weekend event.

"It's a weekend away to revitalize your whole body in a calm, peaceful environment. It's in a beautiful location that's right on the river so you can enjoy nature. The chef will also be cooking amazing nourishing meals for us," she said.

"I encourage people to come with their friends and their family to enjoy a weekend away from it all."

In our increasingly hectic world, it's more important than ever to pause for moment to rest and reconnect with what truly matters.

McDermid will lead yoga and meditation sessions and she'll also give talks on Ayurveda, which is the sister science of yoga.

Tara Lee Ayotte from Sacred Earth Adventures will offer crystal sound healing. As well, Stephanie Snadden from Balmoral will provide a talk on herbalism and how opt revitalize your body at this time of year.

Also from Balmoral, Carla Kummen will spe-

cialize in energy medicine yoga. Angela White from Stonewall and Marni Daun from Stony Mountain will focus on asana and sound awakenings.

On Saturday evening, attendees can look forward to a kirtan with Shell Andrea.

"It's going to be a really healing transformative weekend and it can really ignite you. Every time you're immersed in a setting like that, it can be really life-changing for some people," said McDermid, who usually attends about two weekend workshops per year.

"It helps integrate the things that are really important to you back into your life. You have time to reflect on what really matters."

The cost starts \$299 as a basic price for the full retreat plus two lunches. For \$399, participants get a shared room (with two people per room) plus the full retreat and all meals. For \$450, participants get the full retreat, all meals and a private room.

A \$50 evening pass or \$100 day pass (including lunch) is also available.

For an additional cost, participants can book private sessions with their choice of energy healers.

For more information or to register, visit <https://www.heathermcdermidyoga.com/workshop-schedule>



TRIBUNE PHOTO BY JO-ANNE PROCTER

Yoga instructor Heather McDermid is organizing a weekend retreat to help people reconnect with themselves.



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Five decades of small town drama

By Jo-Anne Procter

There was a lot of small town drama in the Quarry Choristers' latest musical production, 'Small Town Blues'.

The stage was set in 1969 when the community of Quarry Ridge was booming and a special town monument was unveiled.

Fast forward 25 years and Quarry Ridge is beginning to crumble along with their beloved monument.

Then another 25 years go by and just as the town is about to disappear from the map, they strike oil and Quarry

Ridge is revived.

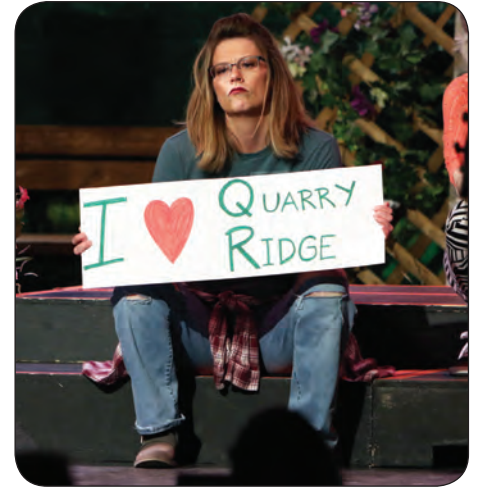
Toe-tapping, popular songs from each of the decades along with costume changes were dedicated to each of the three sets.

The production was written by Vhana Moldowan, Wanda Kopec, Julie Leduchowski, Brittany Walker and Teryl Moore and directed by Moldowan supported by accompanist Kirsten Bennett and band members Don Horbas, John Mak and George Selley.

Dinner was catered by Abas Catering and the matinee desserts by Stonewall United Church.

Tickets are still available for the shows on May 9-11 and the dessert matinee on May 11. Treat mom to a fully catered Abas meal with musical entertainment provided by 30 local musicians. Tickets cost \$50 each and matinee tickets cost \$25 apiece. Visit choristers.yapsody.com to purchase tickets or call 204-467-8348 for further information.

TRIBUNE PHOTOS BY JO-ANNE PROCTER



Advocating for others with endometriosis

By Jennifer McFee

A Stonewall family is hoping to raise awareness about endometriosis, which often goes undiagnosed for far too long.

Rachel-Mary Dzendzeluk has been living with pain since she was 12 years old. At age 14, she received a diagnosis that her illness was psychological since no abnormalities showed up on her many tests.

For the next four years, her family took her to countless appointments with her general practitioner, and she missed two to three days of school each week due to her illness.

Over the years, she was put on 12 different antidepressant and anti-psychotic drugs, and she also sought therapy with psychologists — yet her symptoms continued to persist.

Dzendzeluk was plagued with worsening fatigue, pelvic pain, abdominal pain, bowel problems, joint pain and nausea. During one visit to the Health Sciences Centre, an ultrasound of her abdominal area revealed that she had a retroverted uterus. Then in September 2017, she received a working diagnosis of endometriosis.

Her parents began researching the condition and learned that it is incurable but wide-excision surgery was a possibility. They weren't confident

that she would get the best results from surgery in Manitoba, so they told her doctor they had found a clinic in the States.

In early 2018, Dzendzeluk underwent wide-excision laparoscopic surgery in Atlanta to remove lesions and adhesions caused by endometriosis. During her surgery, the doctor discovered that she also had adenomyosis, which can only be cured by hysterectomy.

Back home, she was told that she wouldn't be approved for a hysterectomy without trying several more drugs and an IUD. She tried one of the drugs and suffered an onslaught of side effects, so she wasn't willing to run the risk of trying the other approaches.

In June 2018 at the age of 20, Dzendzeluk returned to Atlanta for a total hysterectomy. Along with her mother, she spent 18 days in Atlanta while she recovered. Since then, she no longer gets uterine pain but she still lives with pain from other symptoms connected to her endometriosis.

"It was the hardest thing in my entire life and it really changed who I am as a person. I'm a lot more hardened because the only way for me to cope with it was to just push all that sadness away to function every day,"

Dzendzeluk said of the hysterectomy.

"Now I'm at the point of having accepted it and I'm trying to get back to the way I used to be, but it's difficult. It's hard when the pain is so severe every day. I just get so exhausted."

The cost of both surgeries totals approximately \$66,375.27, including travel expenses and accommodation. Her family is seeking reimbursement from Manitoba Health, since they don't feel she received proper care here at home.

"Endometriosis is a very serious and complicated disease. Like any disease, it varies from whether it's mild to very extreme, and Rachel-Mary is more at the extreme end," said Dzendzeluk's mom Linda.

"Ten per cent of women suffer from it and it's not very well understood. Very little funding goes into the disease and many women say how their life has shut down. Our health system really needs to step up and doctors really need to educate themselves about it."

She added that if a woman or girl is experiencing very painful or heavy periods, this is not normal — especially if it causes her to miss school or work.

"It is not a woman's duty to endure this type of pain," she said.

It takes an average of eight to 10 years for a woman with endometriosis to get diagnosed, Dzendzeluk added.



PHOTO BY JENNIFER MCFEE
Rachel-Mary Dzendzeluk says it's important to get endometriosis diagnosed.

"It's a very common disease, but just because it's common doesn't mean it's not serious," she said.

"You really have to advocate for yourself with this disease. It's very serious, and it's very important to get diagnosed."

Stonewall council news in brief

By Jennifer McFee

- At the May 1 meeting, Stonewall council passed first reading of a bylaw for the 2019 tax levy.

- At the same meeting, council accepted with regret the resignation of Ross Thompson as the town's citizen representative for the Community Futures East Interlake.

- The CAO will send a letter of understanding to Lloyd Jensen for the 2019 community yard waste diversion and composting program.

- The outstanding utility arrears will be added to the 2019 tax rolls. In total, there are 39 accounts totalling \$8,513.94, which is a higher amount than most years.

- The Town of Stonewall has identified capital projects that are eligible for cost-sharing with the Manitoba Water Services Board, which has agreed to provide the town with project services for the wastewater system upgrades project. The town will enter a cost-sharing agreement with the Manitoba Water Services Board for this project, and council approved the project budget provided by the Manitoba Water Services Board.

- The Town of Stonewall will donate \$149 to MADD in support of stopping impaired driving while publicly promoting commitment to the cause.

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Acknowledging agricultural importance

By Evan Matthews

A quick drive up Highway 6 or Highway 7 showcases a number of farmers seeding and harrowing their land.

It seems to be a good reminder, always, as to where our food comes from and just how much work goes into getting it from soil to plate.

It's an important time for Manitoba farmers and, really, all of Manitoba's economy and livelihood.

What's nice to see is the acknowledgement of that notion from people who may or may not have direct ties to farming.

Eriksdale School started its gardening club this week, in which five boys have gotten together with the help of a teacher and have begun planting various vegetables on the school's grounds.

The students planted onions, carrots, watermelon, peppers, potatoes, tomatoes, zucchini and eggplants, most of which will be harvested by the

end of June, the rest by September at the latest.

The excitement and optimism surrounding their project is inspiring. These kids want to grow their own food, and for good reason.

At the Sabados Greenhouse, Karen and Allan Sabados spoke about the rationale of growing your own food.

They both cited that if a person grows their own food, nothing is left to chance, as in that person knows exactly what's in their food and where it came from. It has not been modified in any way.

One other benefit to growing one's own food, according to the Sabados', is "fresher is always better."

The amount of time that passes for food to be harvested, shipped, stocked, bought and consumed is far greater than one that has simply been harvested and consumed.

It's just common sense. If you haven't experienced the taste of fresh-

ly harvested garden tomatoes, for example, it's unrivalled. I'll never forget my first experience.

My grandmother was in our cottage's kitchen, toasting the bread and then spreading a thin layer of mayonnaise over each slice of toast.

She stepped outside to the garden, briefly, picking the largest and ripest tomato. She came back in, washed and sliced the tomato, carefully placing each slice of tomato onto the bread, salting and peppering it.

The first bite was something I'll never forget. I had never appreciated the freshness of food the way I did on that day, and it stuck with me.

Having seen these examples in the past week, and the passion for growing in the Interlake, I feel inspired. Do you grow your own vegetables? Do you have flowers or a garden? Maybe this is your year to explore. Get inspired, grab some seeds and get gardening.

Parents learn how to support children with anxiety

By Rebecca Myskiw

Interlake School Division psychologist Carla Betker brought her "Understanding Anxiety and Helping Children Learn to Cope with It" presentation to École R.W. Bobby Bend School on May 1. Thirty-three parents showed up.

Parent Advisory Council chair Heather Petrochyn said that the PAC is trying to do more than fundraise so they started bringing Betker in for presentations.

Earlier in the year, Betker gave a presentation on Attention Deficit Hyperactivity Disorder (ADHD) and came back by popular demand to teach parents about anxiety in children.

"As a parent, you want to help," said Petrochyn. "The more tools you have to do that, the easier it is."

Betker's presentation stated facts about anxiety. Anxiety is the most common mental health issue and approximately six to ten per cent of children experience significant anxiety, and usually occurs with depression, ADHD and learning difficulties.

Anxiety is an emotion. She said it's necessary for survival and is the "freeze" part of the "fight, flight or freeze" response our bodies have to perceived danger.

"In small amounts, [anxiety] is actually performance enhancing," said Betker, using over-preparation for

tests as an example.

Anxiety looks like overthinking the smallest situations, feeling sick, having trouble sleeping, panic, fast talking, avoiding issues and perceiving many things in daily life as a threat.

Females are twice as likely as males to develop anxiety and its related to gender, stress and low self-esteem.

Not all anxiety is an anxiety disorder. Normal mood fluctuations and having good days and bad days means there is no distress or disorder.

Children experience mental distress often because they don't have the same life experience as adults.

Continued on page 7

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TRIBUNE PHOTO BY JO-ANNE PROCTER

Spring seeding is underway. According to the province's first crop report of the season by the agriculture department, spring cereals and peas were being seeded across most of the province, while central and Interlake regions also saw some corn and fababeans go in the ground. The overall seeding pace ranged from less than five per cent in parts of the northwest to as high as 15 per cent farther south.

Arts education grant will encourage student artistic creation

Submitted by Manitoba government

The Manitoba government is committing \$20,000 to a new Arts Education Grant, Education and Training Minister Kelvin Goertzen announced.

"Manitoba Education and Training is expanding support for arts education in our kindergarten to Grade 12 schools to encourage artistic creation among students," said Goertzen. "Involvement in the arts has positive benefits on students' learning outcomes, enriches the student experience and encourages childhood development."

The province is renaming the former Music Month grant and expanding its focus to include all essential learning areas within Manitoba's arts educa-

tion curriculum: dance, dramatic arts, visual arts and music.

The province is increasing its total funding to \$20,000 from \$10,000, starting in the 2019-20 school year. The minister noted expanding parameters and financial aid will help ensure equitable support for the four arts subject areas in all regions, school divisions and grade levels.

"We know that our communities are better places when made up of citizens that are creative, collaborative, critical thinking communicators," said Supt. Randy Dueck of Hanover School Division. "The arts are essential to developing young people who will use these skills to shape healthy and

productive communities. The newly expanded Arts Education Grant will allow for students to interact directly with professional artists. This collaborative approach will encourage student creativity and provide opportunity for hands-on learning."

Goertzen invited schools from across Manitoba to apply for the Arts Education Grant. Applications must involve learning experiences in which students generate, develop, refine and share ideas for creation in the arts in collaboration with professionals or artists in the four arts disciplines.

More information is available at www.edu.gov.mb.ca/k12/cur/arts/index.html.

Province launches resource to make rental properties safer

Submitted by Manitoba government

The Manitoba government is launching a new fact sheet for landlords that clarifies the process for evicting tenants who are breaking the law and putting others at risk, Justice Minister Cliff Cullen announced Monday.

"We know that landlords have for too long struggled to gather and present the evidence they need to evict drug dealers and other criminal elements from their rental properties," said Cullen. "The Manitoba government is committed to making our communities safer, and this new re-

source gives landlords the clarity and guidance they need to navigate the system quickly so they can protect their property and the safety of other tenants."

The minister said if a landlord wants to evict a tenant engaging in unlawful or unsafe activity, a hearing must be requested through the Residential Tenancies Branch (RTB). For these types of applications, the RTB will schedule hearings on short notice. The new Landlords' Fact Sheet clarifies the evidence that landlords may submit to support an order of posses-

sion application. This includes:

- video, photographs or audio evidence of the incident(s) in question;
- incident reports, warning letters or written confirmation from law enforcement agencies that unlawful activity is taking place in the rental unit (incident numbers are not sufficient);
- any incident reports from security staff, property managers, maintenance, paramedics, fire department, health and bylaw inspectors, alarm companies or police that proves the

Continued on page 8

> ANXIETY, FROM PG. 6

Children are constantly in new, unusual situations, which cause a common worry that does need coping skills, but the situation doesn't typically last long.

Betker said anxiety becomes a mental health problem when you start to see behavioural and physical issues in your child like trying to escape situations, lashing out, feeling agitated, increased heart rate and breathing, headaches and stomach aches. If you're noticing these signs in your child, Betker said your child is likely facing a high degree of stress and should see a counselor.

Betker suggests not to shield children from distressing situations or let them avoid their anxiety because it will only get worse. She said learning coping skills makes children resilient and facing the situation is how they get those skills.

"If a child is worried because there's a problem, the way to deal with that anxiety is to deal with the problem," said Betker.

Anxiety is considered a mental illness when it's impairing most areas of the child's life. She suggests formal treatment like medication and counselling at this stage. Medication is not a "forever" thing. It helps to layer the anxiety and help the child calm down to learn the coping skills they need.

Betker said one of the most important ways to help children deal with anxiety is by promoting positive thinking and reframing negative sentences. She said change "I can't do this" into "I can't do this yet" and "I can't make mistakes" into "Everyone makes mistakes and that's OK."

A few other ways to support an anxious child is by helping them to express gratitude, being a reliable parent and acknowledging when they've done something well.

"If your kids know you care and your kids know you're there, that's the most important thing you can do as a parent," said Betker.

Anxiety is treatable and can be overcome with the right supports and work. Betker created the app "ParentASSIST," which includes articles about mental illness in children and ways to cope with it. The app can be found on the App Store and Google Play.

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Third time's a charm to reel in that rod

Hi gang.

Last week you might remember my writing about Nikki Benish of Winnipeg and her story of how much she liked going fishing with her dad. I also mentioned we will be hearing from her again for a particular reason — but not just yet.

A few weeks ago, I met Larry Skoleski of Lac du Bonnet who loves to fish much like his “significant other” Jackie Pyle. As it turned out, Jackie was the one who had a funny, exciting fishing story for this week.

Her natural sense of humour has kept her in good stead with their family and friends because, in her own words, she has a tendency to walk into walls when looking the other way as she talks at great length about nothing in particular or tripping when there's nothing in her way. These little irritants fade when compared, according to Jackie, to her impressive angling luck and skills.

Apparently she and Larry went ice fishing with friends two months ago on the south end of Lake Winnipeg. Arriving at their shack, their friends carried supplies in while Jackie built a pile of firewood in her arm from the back of their truck. She approached the shack door carefully with short steps on the ice, but as she opened the door, a gust of wind whipped it against her. Seemingly in an instant, she found herself flat on her back with the firewood strewn on top of her. I

hope this isn't an indication of how this day is going to go, she thought to herself.

Later inside the shack, a fire crackled in the stove, coffee and sandwiches were being enjoyed and baited hooks on fish lines were dropped into 10 feet of water. Jackie sat in a folding chair beside her ice hole jigging her line. The smell of the wood fire from the stove mixed with the easy music on the radio put everyone in a warm comfortable mood. Then Jackie felt a sharp jerking on her line and instinctively pulled up. The short rod quivered and bent toward the ice hole. Jackie, though excited, realized whatever she had caught was too much for her little rod.

She grabbed a piece of kindling and began winding her line around it. Soon she saw the head of a huge jackfish appear in the water of the ice hole. With both hands on the piece of kindling, she wound the line up hard until the fish's head was out of the water far enough to grab it by the gills and haul it up onto the floor. As with most huge, long jacks, it didn't move much when out of the support of water. Jackie dove into her tackle box, digging out her measuring tape then on her knees, and was happily surprised to see the tape reach from head to tail at 42 inches.

With help, she released the fish nose first back into the ice holes water. Amid shouts of congratulations,

she baited her hook and put it back in the water. It couldn't have been more than 10 minutes and she got another heavy bite. This time the fish darted back and forth getting itself tangled in Larry's line. She fought the fish, reeling in when she could and letting it play itself out when it fought furiously. By now Larry had left his rod in its holder and was standing beside Jackie watching.

Slowly she reeled in her second big catch. As it came up to the ice hole, she could see it was a large, fat pickerel. She felt her rod could handle this fish so she took her time playing it until it tired and then she lay on the floor and grabbed it by its gill to land it. She measured it at 30 inches. She pulled Larry's line off the fish, but as she released the pickerel, the line became entangled on its tail again as it disappeared down the hole. Larry stared in astonishment as he watched his rod spring free of its holder and plunk down his hole into the water after Jackie's fish.

“I'm sorry, honey,” Jackie said. “I'll buy you another rod.”

Resigned, Larry got his old backup rod, baited its hook and dropped it in the water. Everybody settled down to do some fishing. Minutes passed and Jackie's line again pulled down toward the water of her ice hole.

“This can't be happening. You catch three fish and we get nothing,” Larry cried out.



TRIBUNE PHOTO SUBMITTED
Larry Skoleski and Jackie Pyle with one of her many catches.

Jackie, feeling a bit guilty about her luck, said nothing and busied herself reeling in her latest strike. Another huge pickerel. It looked familiar. She reeled it up and as it plopped onto the shack floor, a little cry escaped Jackie's mouth. It was the same pickerel she had just caught! Larry's line was still tangled around its tail with his rod dangling in the water.

“There's your rod back Larry,” Jackie teased.

See you next week, folks. Bye for now.


> SAFER, FROM PG. 7

behaviour may be escalating;

- verbal or written statements from anyone who has direct knowledge of the tenant's conduct; and
- financial statements or receipts for repairs.

To further assist landlords and tenants, Manitoba Justice's Public Safety Investigation Unit (PSIU) provides dedicated support to all Manitobans who are concerned about illegal drugs and other dangerous activities occurring in their residential neighbourhoods. The PSIU can help landlords gather the evidence necessary to secure an order of possession, the minister added.

The Residential Tenancies Branch will also continue its public education outreach programs, so all Manitobans can access information on landlord and tenant rights and responsibilities. For more information about the PSIU and resources available through the Residential Tenancies Branch, visit www.gov.mb.ca/justice/commsafe/scna.html and www.gov.mb.ca/cca/rtb/index.html.



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SCI's team places second at Canadian High School Ethics Bowl

By Rebecca Myskiw

A team of Stonewall Collegiate students placed second out of eight teams that competed at the Canadian High School Ethics Bowl two weeks ago in Winnipeg.

SCI faced Kelvin High School in the finals, competing in a close round where they presented on the topic of the refugee crisis in Canada. Kelvin High School took home first place.

Annika Brown (Grade 12), Abby Georgison (Grade 12), Brooklyn Cherniak (Grade 10), Torin Hoffman (Grade 12), Moira Rickett (Grade 10), Ellen Marshall (Grade 11), Bailey Georgison (Grade 10) and Julian Murdock (Grade 10) sat on the panel, while Dana Murphy (Grade 11) and Tiana Thiessen (Grade 11) served as alternates during the April 25 competition at the Canadian Museum for Human Rights.

An ethics bowl is made up of teams of high school students who debate ethical dilemmas and human rights issues. Students work to reach a conclusion by showing research and critical thinking for all sides of an argument. Teams are judged on how well they organize and argue their topic and how effectively they use research to back up their arguments.

SCI social studies teacher Colleen Voth said Georgison asked her last year to form a club and teach them debating skills. Students debate topics such as post-human ethics, victim impact statements and robot labour.

Doing well in provincials helped the team realize they could compete with bigger schools, she said, and the students went into the nationals with that mindset.

"I knew that they were motivated and intent on doing well," said Voth.

The teachers stepped back going into the national competition, she said, and let the team take charge, making it "very much student-driven rather than teacher-led."

After placing fourth out of 16 teams at the provincial competition last year, the team decided to refine its research strategy to prepare for nationals, she said. The team split the research between smaller groups, which challenged some students who were unfamiliar with certain topics.

Georgison said the team received praise from the provincial judges when each student on the panel spoke and proved they all knew about the topic.

"We thought that would get us higher up if we could do that every single round at nationals," she said.

Stonewall was the loudest team at the nationals, said Georgison. The further they got, the louder they got, cheering themselves on.

At the beginning of February, the team received the cases that were to be debated at the national competition. To prepare, the students studied all the topics together so that each team member could contribute to the debate.

Marshall said the team spent "hours upon hours upon hours" studying for the big day and spent a lot of their time trying to reach a team conclusion on their stance.

The team focused on trying to propose solutions for the issues they were presented with and found the answer was almost always education.

"A big part of making people kind of conscious about the effect that they have is educating other people," said Marshall.

The team collectively said the Canadian High School Ethics Bowl has made them feel more responsible in today's society.

"These are the No. 1 things that are important in all of our lives," said Georgison. "It should be a priority for everybody because if those higher up issues fall apart, then predictable life falls apart as well."



TRIBUNE PHOTO SUBMITTED

SCI Ethics Bowl team, left to right, Julian Murdock, Ellen Marshall, Brooklyn Cherniak, Abby Georgison, Bailey Georgison, Annika Brown, Dana Murphy, Tiana Thiessen, Torin Hoffman and Moira Rickett placed second at the Canadian High School Ethics Bowl national championships.

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Woodlands council presents 2019 financial plan

Staff

Property owners in the RM of Woodlands will see minimal changes on their tax bill compared to last year.

For those in Warren with a home assessed at \$250,000, their tax bill will increase \$3.38 over last year. For those outside of Warren with a home of the same value, their tax bill will decrease by \$14.62 this year.

For farm properties assessed at \$250,000, their tax bill will decrease by

\$8.45.

In 2019, capital projects will include the rebuilding of Road 82N west of PR 248 from Road 13W almost to Road 15W at a cost of \$351,500. In addition, \$150,000 is allotted for the design and build of the Woodlands transfer station.

Capital purchases include a grader for \$240,000, plus a semi and tandem

Continued on page 10

Warren students rank first at regional environmental competition

By Jennifer McFee

A group of Warren students are taking environmental education to the next level after earning first place at hands-on competition in the Whiteshell last week.

The Manitoba Envirothon, run by the Manitoba Forestry Association, aims to encourage teamwork, problem-solving skills and public speaking skills with a focus on current environmental issues.

On April 15, students gathered for the regional competition at Alfred Hold Goose Sanctuary and Visitor Centre in Rennie for the much-anticipated event.

Warren Collegiate Institute entered two teams in the event. The team called Bio Hazards — made up of Grade 12 students Maddie Boonstra, Kylie Bond, Ciarra DeLaroque, Marc Normand and Kaleigh Malcolm — ranked first at regionals and will attend the provincial competition later this month.

The team called We Mean Green — made up of Grade 11 students Jenn Fossay, Hailey Friesen, Hannah Friesen, Lucas Procter and Kate Lacombe — ranked fourth in the regionals and

is on a waiting list to compete at the provincial level.

Warren Collegiate Institute teacher Lee Stewart coached one of the teams, while teacher Amanda Dion coached the other.

Stewart explained that there are five subject areas — aquatic ecology, plant ecology, soils, wildlife and a current theme — and each team member focuses on one area. This year, the theme focused on environmental awareness.

“They have literally binders of material that they learn throughout the course of the year. We met with them once a week leading up to it. They have to learn soil testing, population calculations and identifying skulls, furs, animal tracks and trees. It’s a real combination of science and outdoor ed,” Stewart said.

“They also have to do an oral presentation in front of a panel of scientists about the theme. They have to choose a topic that’s a concern in their community and then pitch a possible solution to the topic.”

For their oral presentations, the Grade 11 group proposed a municipal composting program and Grade 12 group addressed the issue of invasive



TRIBUNE PHOTO BY KATHLEEN NORMAND

WCI’s Bio Hazards team placed first at the Manitoba Envirothon competition held in the Whiteshell last week. The team will compete at provincials on May 23-25 in Headingley. Pictured left to right, Kaleigh Malcolm, Kylie Bond, Ciarra DeLaroque, Marc Normand and Maddie Boonstra.

plant species.

This year, the provincials will be held May 23 to 25 at Camp Assiniboia in Headingley.

“We’re very happy with how the kids did at regionals. It’s a well-known competition and it’s pretty intense. For our small school to place so well, we’re excited,” Stewart said.

“Last year we had one team, and this year we had two. Hopefully we can get another one going next year. We’re hoping to grow the program and maybe even get some younger kids involved so we can carry it over year by year. They can just get better and better as they get closer to graduating.”

> WOODLANDS FINANCIAL PLAN, FROM PG. 9

for \$125,000.

In addition, \$145,000 will go towards the Public Works shop fence, moving the building and connecting to low-

pressure sewer.

Funds from the fire control equipment reserve will go towards a replacement tanker for \$150,000 and fire department equipment for \$54,250.

In total, six people attended the public hearing for the 2019 financial plan last Friday.

They asked when Woodlands would

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get water, and they learned that the RM is starting to look for outside funding to assist with upgrading the Warren reservoir and Warren pumping station, as well as to develop a pumping station and reservoir in Woodlands. There will be public consultations regarding the funding of these projects.

In response to their questions, members of the public also learned that road paving in Woodlands is part of council’s five-year plan, and a portion of Procter Street has been identified for 2021.

Another resident asked about having a drop-off location in Warren for recyclables. The Waste Management Committee has looked into this idea in the past, but there are concerns about the drop-off site not being staffed. There was discussion about having a scheduled drop-off day, and the Waste Management Committee will look further into this possibility.

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Home & yard

Select the right fertilizer for your needs

For plants to truly flourish, the right growing conditions and soil that offers the right nutrients is of paramount importance. Fertilizer enhances soil so that plants and flowers can thrive. However, fertilizer is not a one-size-fits-all mix.

Choosing fertilizer can be a little overwhelming thanks to the variety of formulations available at neighborhood lawn and garden centers. Shelves contain all-purpose products, such as those billed as vegetable fertilizer, and even formulations geared toward specific flower varieties. Others may feature buzz words like “all-natural” or “organic,” and consumers may not be sure just what they need to keep plants healthy. The following guidelines can help any would-be gardener or landscaper grow more vibrant plants.

Start with a soil test

It's difficult to determine what plants need without an accurate picture of what's going on in the ground. A soil test can paint a picture of what's going on and indicate if any nutrients are lacking. A common misconception is that gardeners fertilize plants. But fertilizer amends the soil that feeds plants, according to the soil-testing lab professionals at Virginia Tech. Soil types vary by region, and conditions may even vary between spots on a landscape. Testing where the plants will be placed can yield the most accurate results. Soil sample services are provided by Manitoba Agriculture by contacting agriculture@gov.mb.ca. Otherwise, landscaping professionals can conduct tests.

Know the N-P-K ratio

Most fertilizers will come with information concerning the nutrients within. Most notably it will have a breakdown of how much nitrogen

(N), phosphorous (P) and potassium (K) is in the mix. Judging by the soil test, gardeners can choose a product that will give them the right ratio to amend the soil for the type of plant they are hoping to grow. Complete fertilizers often have NPK in the formulation. Incomplete fertilizers may have only one or two nutrients. This allows a person to customize fertilizer even more without overdoing it with a particular nutrient.

Grow plant knowledge

A cursory knowledge of the plants being planted in the garden also can be helpful. Gardeners must recognize that some plants will not tolerate excess amounts of a particular fertilizer component, while some may need more. Checking books out of the library, seeking information online



Continued on page 13

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Home & yard

Learn how to compost with red wigglers at home

By Rebecca Myskiw

Vermicomposting is an environmentally friendly way to compost in your own home, and community members have the chance to learn all about it at the end of May.

Jen Unwin works at Nature's Perfect Plant Food, a vermicomposting facility south of Steinbach and is coming to the South Interlake Regional Library in Stonewall on May 30 to give a presentation on the eco-friendly practice.

Vermicomposting uses worm casts (poop) to create what Unwin calls a slow-release organic fertilizer. The "vermi" in vermicomposting is Latin for worm, literally meaning "worm composting."

The Nature Perfect Plant Food facility uses red wiggler worms. Red wigglers aren't indigenous to northern climates, but she said they've evolved specifically to live in compost and are perfect for getting the job done right.

The process of vermicomposting is simple and very similar to regu-

lar composting, the only difference: worms. Unwin suggests getting two Rubbermaid bins and drilling holes in the bottom of one, and then placing it in the other to act as a catcher. Then, fill the bin with organic waste, add the worms and drill holes into the lid before placing it on the bin. The holes in the lid allow aerobic composting to take place, which is air helping with the task.

Once your bin is ready, store it at room temperature, as worms can die easily in extreme conditions.

Unwin said she'll bring a sample bin to her presentation along with a slideshow to go over the basics and the importance of vermicomposting.

"It's not rocket science," said Unwin. "I hope they get a good idea of the composting possibilities they have in their own lives."

The presentation begins at the Library at 6:30 p.m. and is free for all to attend. No sign-up is required.



TRIBUNE PHOTO SUBMITTED

The South Interlake Regional Library in Stonewall is hosting a free vermicomposting presentation on May 30.



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Home & yard

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Submitted by Manitoba Hydro

Trees add beauty, shade and value to our homes but it's important for homeowners to keep their trees from growing too close to power lines and other electrical equipment.

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- Tree limbs that come down during storms or high winds can bring power lines down with them. Not only does this cause a power outage, it creates a severe safety hazard by bringing live power lines to the ground.
- Tree branches that touch power lines can also cause a fire and could electrocute anyone who touches the tree.

Before trimming or removing a tree:

- Check the area for power lines. Keep yourself, your equipment and all parts of the tree at least three metres away from the power line.
- If you have a tree growing into the power lines, don't attempt to prune or remove it yourself. Trees are conductors of electricity and a shock could be fatal.
- Only qualified tree trimmers are permitted to trim trees that are near power lines. They use special tools and bucket trucks that do not conduct electricity.
- If any part of the tree or hedge is within three metres of a power line,

call Manitoba Hydro.

Before planting a tree or shrub:

Tree trimming safety should actually begin during the planning stages of your landscaping. Before you plant, look up. If it appears that your tree will eventually hit an overhead power line, find a location that will not cause

problems in the future. See Right Tree – Right Place at hydro.mb.ca for help to plan your yard and make good long-term landscaping decisions.

If you see a tree that is too close to a power line, report it to Manitoba Hydro at 204-480-5900 or toll-free 1-888-624-9376.

> FERTILIZER, FROM PG. 11

and consulting with landscaping experts will help expand homeowners' knowledge about plant types and the needs of each particular plant they hope to grow.

Solid and liquid fertilizer

Fertilizers are generally sold in pellets, spikes and liquid forms. Pellets or granules are dispersed over large areas and will gradually offer nutrients when the soil is watered. Liquid

fertilizer is concentrated and fast-acting. These may be used for container plants or smaller areas. Spikes usually are placed in houseplants or to feed individual trees or shrubs. Depending on the formulation, fertilizer may need to be reapplied once a month or more. Consult the product packaging for the correct application advice.

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Stonewall Teulon
Tribune

By Lana Meier

Ten years ago I, along with business partners Brett Mitchell and Rck Reimer started up a small chain of locally owned and operated newspapers. I'm sure many people thought we were crazy continuing with print media, when corporately owned newspapers were closing offices, laying off staff and ceasing printing newspapers that had been recording the history for generations.

Well like many of the small businesses that support our newspapers today, it's a passion and a love for our communities that keep us going day after day. We have an extremely dedicated team of reporters, photographers, designers, pressmen, sales, administration and collators who work 24/7 to bring you the local news, news that matters and is relevant to our communities.

The newspaper is produced, printed, distributed and paid for by the local businesses, community members and politicians who purchase advertising space. It is these advertising dollars that cover all the costs and it is our job to deliver the news while delivering results to those who support us.

But it is also our job to deliver the news in a timely, accurate and compassionate matter. We

don't make the news, we only report the news. And sometimes the news may not appear the way some feel it should. Often there are two sides to controversial stories, or two different views. It is not our job to tell the reader who to support, but it is our job to educate you, the reader on both sides. Ask difficult questions and clarify details so you can be informed.

I grew up in the newspaper business, alongside my father Mervin Farmer, who owned and operated the Stonewall Argus and Teulon Times, the Interlake Spectator and the Selkirk Journal. I had the privilege of working with him for thirty years before he retired, after selling the papers to Quebecor. When people say I was born with ink in my veins, I think I was. Dad bought the Argus from my Uncle Bill Saundry in 1967, six weeks before I was born. Dad and his dedicated staff gradually expanded their coverage area to include three titles and reached every community north of the Perimeter and in between Lake Manitoba and Lake Winnipeg. Dad's passion and love for the Interlake soon became my passion. I learned every aspect of the business working alongside people including Linda Doubleday, Art Essery, Lenore Holloway, Lorne Reimer, Rick Fast, Rosemary Hodge, Marilyn Moloney and so many

more. Staff would come and go and when I was younger and I always wondered why? But I soon learned that the weekly newspapers were a stepping stone to the daily newspapers and TV stations. They weren't leaving because Dad was a bad employer, it turned out he was an amazing leader and a great teacher and they were on to bigger and better things.

Not much has changed in the industry today, regarding the news coverage.

There is still news happening 24/7 but there are fewer opportunities for great reporters for the written word and there are fewer pages to produce for that news.

However, the newspaper still has a job to do and is still relevant to many today. We are the record keepers, we document the news, we record the events of the day and in 100 years the Stonewall Teulon Tribune, the Selkirk Record, the Express Weekly News and the Winkler Morden Voice will hopefully be in the archives for those interested in reading our history.

So when you are wondering how that newspaper gets delivered to your mailbox or house each week, thank the local advertisers that appear in the pages alongside the news of the day. Shopping local matters.

ADVERTISING TESTIMONIAL

Wanted - Young chicken farmer looking for egg cartons. If you are interested in recycling please drop off any cartons at the Tribune office in Stonewall at 74 Patterson Drive.

The advertisement ran in November of 2018 for three weeks. The response was overwhelming and we had to cancel the ad. We received enough egg cartons to last us the next three years. We still have regulars dropping cartons off at the Tribune office.

"I was amazed by the number of people that read the ad and went out of their way to drop the cartons off. When I have too many eggs to sell, I will definitely run an ad in the Tribune."

Matthieu Meier (16 years old)

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FEATURING WEEKLY AND MONTHLY ADVERTISERS





The Benefits of Shopping Local

The Stonewall Teulon Tribune is built on the idea that we connect people through stories to build stronger communities. Did you know that our community newspaper is paid totally by advertising dollars. We are fortunate to have strong local support, which allows us to produce, print and distribute an award winning newspaper week after week. Why shop online when shopping locally is better for the community, better for the environment and the best way to find something unique that can make all of your friends say "wow!"

Shopping locally benefits your community.

When you shop locally, the money you spend stays in the community. Filling your grocery cart up locally takes dollars out of your pocket and puts them into the pockets of a local business owner and their employees. What you might not consider is that those dollars get spent by the business owners as well, and they're also likely to spend their money locally. This owner might donate a silent auction prize to a local fundraiser or donate cash to the local pool or splashpad.

American Express estimates that about 68 cents out of every dollar spent in local shops stays at home, and if that dollar is spent locally three times, it means that – for every dollar you spend at local shops – \$1.45 goes back into the community. It's what economists refer to as the multiplier effect, and it's very powerful.

Of course, that money doesn't just go to business and restaurant owners. The local government takes out its share in local taxes. Even if you hate the idea of taxes, and we all may grumble in October, local taxes go to schools, recreation centres, libraries, RCMP, firefighters, and other services in the area. Buying dinner at a local restaurant can be the reason the town has enough money to add a sidewalk or pave a street.

Shopping locally is better for the environment.

You already know about the danger of greenhouse gases and the effects of global warming. What's easy to forget is that everything you buy had to come from somewhere. If you're drinking imported spring water from Fiji, that

water flew halfway around the world. If your new pants were made in China, they racked up frequent flyer miles, too.

It's really hard to avoid foreign manufacturing, but many local businesses have locally made goods for sale, which eliminates at least one flight your product might take, saving on fuel and greenhouse gases. Even if the product you're buying was manufactured overseas, buying it locally can shave a flight or two off the product's carbon footprint.

Shopping locally is the best way to find hidden gems.

There's nothing quite like the feeling of finding something your friends have never seen before. Whether it's jewelry from a local metal smith, a purse from a local gift shop or pottery from a craft sale, local shops have the best potential for one-of-a-kind, "where-did-you-get-that, I-love-it-so much" uniqueness out of any shopping you can do. Anyone can get on Amazon or check out a department store. But it is these local businesses that are here for you when you need them, they are here for your convenience. Remember to support them so they are still here for the next generation.

The Stonewall Teulon Tribune is very proud to celebrate our history of bringing local businesses together with local consumers. We want to celebrate this relationship with the launch of our **Proud Advertiser** campaign that will recognize those local businesses that use our papers week in and week out to connect with you.

When you see the **Proud Advertiser** decal at participating businesses, you will know it is a business that holds you as a priority. From lug nuts, to jewellery, dresses and cosmetics to cellphones and cast iron pans. If you don't see it stocked, you can ask a real person—you probably already know them—and benefit from a conversation to determine the perfect purchase for you.

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TRIBUNE PHOTOS BY SARAH HADFIELD

Brant-Argyle students took to the streets and ditches last Friday to do their annual town cleanup. North American Rail Products supplied students with high-visibility vests and treated them to a hotdog barbecue. Left photo: Grade 7 student James Richen fills his bag with garbage along the road into Argyle. Right: Grade 8 student Zander Appel picks up garbage in the ditch.



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– **Louise Barylski, Arborg**
- 3rd - Mattress protector \$139
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- 4th - Queen sheet set \$39
– **Eileen Wood, Teulon**

Thanks to those that came out and helped us celebrate our Sale of our life and to those that have supported us throughout the past 43 years! See you soon!

Turn bottles into keepsakes at Teulon library

By Rebecca Myskiw

Community members have the opportunity to turn old bottles into something more practical.

A bottle-cutting workshop will be happening on May 14 at the Teulon library. It's open to everyone for a fee of \$5 per person. Librarian June Makowski doesn't recommend bringing small children because of the sharp glass.

The workshop starts at 5:30 p.m. People can bring their own round bottles, but Makowski said she has some ready to go as well.

The bottles can be made into vases, drinking glasses, planters and more.

Makowski said she will show people how to use glass cutters to cut the tops off the bottles at the workshop, and then help them sand the bottles so they aren't sharp and dangerous.

The bottle workshop is the fourth activity of five in Makowski's "70s Flashback" classes. The last class of the series is a tie-dying activity on June 11.

TRIBUNE PHOTOS SUBMITTED



Ladies auxiliary raising funds



TRIBUNE PHOTO BY JO-ANNE PROCTER

A popular quilt raffle has been part of the Stonewall & District Health Centre Ladies Auxiliary's fundraising efforts for many years. This year's quilt will be on display with tickets for sale at their 13th annual Book Sale and Cookie Walk fundraiser at Stonewood Place from May 23 to 25. Funds raised by the auxiliary are used to purchase a variety of items for the Stonewall Hospital, Rosewood Lodge and Stonewood Place. The most recent purchase was two exercise bikes for the physiotherapy department at the hospital and a donation to the Rosewood Lodge courtyard project. The draw for the quilt will be made at the annual fall tea in November.

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All funds raised by community events support vital CancerCare Manitoba programs and services which improve patient outcomes.



All funds raised stay in Manitoba.

Local groups walk to raise funds for palliative care

By Rebecca Mysiew

To kick off National Hospice Palliative Care Week 2019 that runs May 5 to 11, the South West District Palliative Care (SWDPC) hosted 17 hikers in Teulon's Hike for Hospice and 30 hikers in Stonewall last Sunday.

The annual walk raised \$8,437 from the participant's pledges and donations.

Teulon's Hike for Hospice organizer Nancy Revel said the number of participants has grown three times the size from two years ago. Revel has walked every year since it started in Teulon in 2009.

Hikers in Stonewall and Teulon enjoyed a pancake breakfast sponsored by Red River Co-op following their walk.

Hospice palliative care provides support in any way it can to people with life-threatening illness and their loved ones. It is not government funded, so the SWDPC board relies on donations and fundraisers to keep going. Revel said it's about awareness as much as it's about money.

The SWDPC says 80 per cent of Canadians want hospice, but less than 15 per cent have access to it because it's under-funded and under-recognized. The Hike for Hospice is trying to change that.

All money raised at each Hike stays within the communities of Teulon, Stonewall and surrounding areas.

Donations are still welcome and can be dropped off at the Senior Resource Centre in Teulon or mailed to SWDPC, Box 1282, Stonewall, MB, R0C2Z0.



Olivia Brice, 9, and Avery Reed, 12, were two of the youngest walkers in the Hike for Hospice.



Seventeen hikers who participated in Teulon's annual Hike for Hospice enjoyed a pancake breakfast sponsored by Red River Co-op following the walk on Sunday.



Five-year-old Tayte Chatfield carried the palliative care sign for a stretch of the hike in Stonewall with a little help from Teri Stevens.



Thirty hikers took part in Stonewall's annual Hike for Hospice.

Ralph Eichler Charity golf tourney planned for June 14

Staff

The Ralph Eichler Charity Golf Tournament is marking its 15th anniversary with another fun outing in support of two good causes.

This year, the event will be held on Friday, June 14 at the Teulon Golf and Country Club with tee-off at 1 p.m.

Proceeds from the tournament will go towards the Interlake Community Foundation and the South West Dis-

trict Palliative Care.

The Texas Scramble event will feature a hole-in-one contest with a \$10,000 prize. After the round of golf, dinner will be served in the clubhouse.

"We're looking for a full house. We certainly appreciate the support we've been getting from people with our tournament because all that money goes back into our local orga-

nizations," said Bob Beck of Interlake Community Foundation.

"It's an excellent chance to get out there and enjoy a beautiful day on the golf course while helping out a couple of really good local organizations."

Individual registrations for golf, cart and dinner are \$125, which comes with a \$30 tax receipt, and tickets for dinner only are \$30.

The registration deadline is June 4,

and registration can be completed online at www.interlakefoundation.ca. As an incentive, all paid registrations received by June 4 will be entered in a draw for a Winnipeg Jets prize.

For more information, contact SWDPC co-chair Sandra Smith at 204-229-4000 or sandras@tdslaw.com, ICF co-chair Jim Penner at 204-322-5491 or gjpenner@live.ca, or the Interlake Community Foundation at 204-467-5634 or tracy@interlakefoundation.ca.

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Cravings selling cookies for Crohn's, supporting employee

By Evan Matthews

Even though Nadya Smikles' was diagnosed with Crohn's disease five years ago, her battle is ongoing.

Smikles was released from the hospital last week after more treatment. Five years removed from her original diagnoses, pain management is still an issue for the 25-year-old Smikles.

"I was released on Monday, April 29. I was put on another new medication back in November, and it hasn't kicked in yet," said Smikles, who now lives in Winnipeg with her boyfriend but has been a Stonewall resident for the majority of her life.

"They had to put me on heavier meds for the time being to hopefully transition me to the point where my new medication starts working. If it doesn't work, we'll just have to try something else."

Crohn's disease is an inflammatory bowel disease (IBD), according to the Mayo Clinic. Crohn's causes inflammation of one's digestive tract, which leads to abdominal pain, severe diarrhea, fatigue, weight loss and malnourishment. Inflammation caused by Crohn's disease can involve different areas of the digestive tract in different people.

"At my age with this disease, it makes life pretty hard. It's hard to have any sort of a social life," said Smikles.

"To even progress in a career, it's tough. I feel kind of stuck in a limbo. ... You're trying to start out in life, and something like this kind of holds you back," she said.

After being diagnosed when she was 21, Smikles said she's been moderately sick for the past five years.

The disease started affecting her when she hit puberty, she said, as she began to notice abnormal changes in her body.

"I felt very sickly, less energy and more lethargic, especially given my age. Then I started noticing I was sensitive to certain foods, especially dairy," said Smikles.

"As I got a bit older, basically, I developed an infection in my intestine, called a fistula."

A gastrointestinal fistula (GIF) is an abnormal opening in one's digestive tract, which causes gastric fluids to seep through the lining of one's stom-

ach or intestines, according to Mayo Clinic, and the result can cause an infection once these fluids leak into one's skin or other organs.

"Initially I went to a specialist, in order to have surgery to fix the infection," Smikles said.

"They took a biopsy. The biopsy came back stating I had Crohn's disease, for my official diagnosis."

A few months after Smikles' official diagnosis, she had six inches of her small intestine removed.

Since then, Smikles and medical professionals have been tinkering with medications, trying to get dosages right. In her words, "nothing has stuck so far."

"Crohn's hit me pretty fast in my early 20s and knocked me on my butt," said Smikles.

"I had to drop out of university because I was too sick to attend. I'm still in the limbo of trying to figure out medications."

But Smikles isn't wallowing; she's taking action.

With the help of her boss Linda Hao, Smikles is fundraising for Crohn's and Colitis Canada Gutsy Walk, which takes place on June 2 at the Canadian Mennonite University.

Locally, the pair is raising money through what they call "Cookies for Crohn's."

Hao is the owner of Stonewall's local restaurant Cravings.

"Nadya has been employed at Cravings for the past two and a half years. She is one of my servers," said Hao.

"I had no idea the disease Crohn's or colitis existed. Over the course of getting to know Nadya, it has become apparent how debilitating this disease can be on a young person's life."

Having seen how the disease can affect a person's life, Hao said she felt putting on a fundraiser was a great opportunity to help out.

So she set up the cookie fundraiser and has sold roughly 200 cookies so far.

"All proceeds go directly to the charity. I'm very happy to be able to support such a cause," said Hao.

"I want more people to understand how serious this disease is and how much of an impact it has on people's lives. I've overheard customers indicating it's an allergy, and I want to help educate everyone by creating more awareness within this commu-



TRIBUNE PHOTO SUBMITTED

Nadya Smikles, left, and Linda Hao are selling cookies baked with loved at Cravings while raising awareness and funds for Crohn's.

nity."

Smikles agreed, saying a cookie fundraiser is her way of raising awareness about the disease and giving back to the community.

"It really is an invisible illness. It changes your entire life. It takes a toll mentally and emotionally as well," said Smikles.

"I struggle with depression and anxiety on a daily basis, and I rally strength to get up and fight against my body every day.

"I want the community to know what it's really like and break the stigma surrounding it. Lots of people are afraid or ashamed to speak up, but people need to know what it's like."

Sharpening up baseball skills before league play



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Over 80 eager baseball players aged seven to 15 spent the last eight weeks honing their skills to prepare for the upcoming season. The Junior Blue Jays baseball team hosted the pre-season camp at the Stonewall Curling Rink, teaching basic fundamentals of the sport. Left photo: Daniel Koss connects with the ball in the batting cage; middle photo: players use the batting tee before taking a turn in the batting cages; right photo: Ashton Baldwin practising his eye-hand co-ordination.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Orioles drop doubleheader to North Winnipeg

By Brian Bowman

It was a rough start to the season for the Interlake Orioles 18U AAA baseball team.

The North Winnipeg Pirates swept the Interlake in a doubleheader at Stonewall's Quarry Park on Sunday.

The Pirates won games by scores of 10-3 and 6-0.

"Both games we gave up a few runs in the last inning," said Orioles' head coach Eric Swanson. "They felt like closer games than they ended up being. We got down early and stuck around for a while until the last inning where we gave up a few more.

"It wasn't too bad, (North Winnipeg) is going to be one of the better teams this year and that was our first time out for an actual game."

Interlake's offence had trouble getting going against a pretty good Pirates' pitching staff.

"It was our first time out and it was real cold," Swanson said. "Once we get a few more reps we'll kind of figure it out.

"We definitely have some guys at the top of our lineup that are pretty quick and we have some guys that can hit for power a little bit. We're not going to be a team hitting a bunch of home runs but we have guys that can hit doubles and stuff like that."

Pitching-wise, the Orioles have



Interlake righthander Thomas Waldner delivers a pitch against North Winnipeg.

plenty of guys that can throw but they don't have much experience at this level, Swanson admitted.

"The guys that played last year were younger players and they didn't pitch much or they played AA last year," he said. "They're just getting their feet wet in AAA. Not a lot of guys have seen this talent level yet so it will be tough to figure it out."

The Orioles' roster of 13 players is a young one filled with 16 and 17 year olds. They don't have any third-year players on this year's team.

Sure, they would love to win a lot of



TRIBUNE PHOTOS BY LANA MEIER

The Interlake Orioles' Hunter Olson gets a North Winnipeg Pirates player out at second base during 18U AAA baseball action last Sunday in Stonewall.

games this season but player development will be a major emphasis.

"We obviously want to win as many games as we can but without having any third-year players, in theory we could have the same team next year, so it would be nice to build on that," Swanson said.

Interlake's first scheduled game of the season against the St. James A's was rained out last Friday in Winni-

peg.

Interlake hosted St. James this past Tuesday but no score was available at press time.

The Orioles will then host the Bonivital Black Sox in a doubleheader this Friday. Game times are 1 p.m. and 4 p.m.

Next Tuesday, the Elmwood Giants will visit Quarry Park. First pitch is 7 p.m.

Interlake swinging for a Manitoba Junior Baseball League title this season

By Brian Bowman

After a pair of first-round Manitoba Junior Baseball League playoff losses, the Interlake Blue Jays are eagerly looking to make some noise in this year's postseason.

The Blue Jays feel they will be very competitive this season.

"We're going to compete again," said Blue Jays' manager Adam Kirk. "We lost a couple of guys that went to other places and stuff like that. We're going to have to make up in those areas and guys are going to have to step up and throw a few more innings and play a position they normally don't play."

The Blue Jays will be dependant on a key core group of players in their third season with the team. Guys like Derek Petrasko, Baily Proctor, Emer-

son Klimpke, and Brennan Cheasley will be heavily counted on this season.

"Those guys run the bus for us," Kirk said. "If they go and have good years then, hopefully, guys in their second years like (Noah Cnockaert) Ducharme, (Ben) Anderson and (Jeremy) Wasilewski will have a good sophomore year - then we can be in really good shape.

"Things are definitely looking up. We have lots of numbers (in terms of players) so hopefully those numbers turn into good baseball."

Pitching-wise, the Blue Jays are going to have to rely on several players to chew up innings over the course of the season. Those pitchers are also going to have to consistently throw strikes, Kirk said.

"A big thing in the junior league is if you can keep your walks and errors down, you're going to have success if you throw the ball over the plate," Kirk said. "If we can manage to do that, we should be alright at the end of the day."

Offensively, the Blue Jays have a lot of good sticks in their lineup. Interlake should be able to score plenty of runs this season.

"Our hitting is probably one of the better rosters in the league, in my mind," Kirk said confidently. "We have a lot of third-year guys and they have proved already that they're pretty decent hitters in this league. One through nine, any one of those guys can get on base."

The seven-team league should boast

a lot of parity this season. The Elmwood Giants and St. James A's expect to be strong this season but the rest of the league should be good enough to hand them some losses.

"Anybody can beat anybody on any given night," Kirk said.

The Blue Jays begin their season this Sunday when they play the St. Boniface Legionnaires in a doubleheader at Whittier Park in Winnipeg.

Game times are 1 p.m. and 4 p.m.

Interlake's home opener is next Wednesday when they host the Carillon Sultans. First pitch is 7:30 p.m. and the Blue Jays would love to see a good-sized crowd.

"I'm looking to see more people out this year," Kirk said. "It would be nice to see a decent first-game crowd."

Stonewall's Humeniuk lovin' life down in Louisiana

By Brian Bowman

Most people in Louisiana probably don't know where Stonewall is on the map.

But many people in Monroe, La. certainly know about Ryan Humeniuk.

The Stonewall product is enjoying a very successful first season playing Division I baseball for the University of Louisiana Monroe Warhawks.

Humeniuk previously played two seasons with Indian Hills Community College in Iowa.

"It's definitely different than junior college," said Humeniuk last week. "It's another level but it's been really good and a fun experience so far. I'm really enjoying all the guys down here and the coaches and stuff like that. It's been a lot of fun."

Humeniuk is the lone Canadian on a roster filled with players from all over the United States. But he has found himself in the starting lineup for most games.

Humeniuk had a .259 average with 41 runs scored, 21 RBI, five home runs, and an impressive 17 stolen bases heading into last weekend's series with the University of Texas Arlington.

"The coaches have put a lot of faith in me and I really appreciate everything that they have done for me so far," Humeniuk said. "I just try to go out there every day and play as hard as I can and, hopefully, good things happen."

Good things definitely happened for Humeniuk in his very first Division I game against LSU. He smacked a pair of hits, scored a run, stole a base, and had two RBI.

"That's definitely a top-five experience, if not one of my best experiences on a baseball field," he said. "LSU, Friday night, opening night of Division



Ryan Humeniuk

I baseball, and you're on ESPN with 12,000 people in the stands. They have such a great fan base and they were so loud that I couldn't even talk to my centre fielder. I think I led off that game and there was more excitement than nerves because I was so amped up and the crowd was amped up.

"When you play in front of so many people, you just want to perform," he added.

Humeniuk has had a chance to play in front of a lot of different people in various ballparks across the southern U.S. It's been a thrill for him to play in so many different ballparks in cities that he's never been to before.

"It's been unreal, I'm never been to Florida or Texas before to play," he said. "You get to play in these places and it's surreal. It's almost like a big league experience - it's so very, very cool. I'm so fortunate and blessed to have an opportunity to play in some of the places that I got to play at this year."

Team-wise, the Warhawks had a 20-24 record as of last Thursday and were battling for a playoff spot. But the team is going in the right direc-



TRIBUNE PHOTO SUBMITTED

Ryan Humeniuk is having a successful first season playing Division 1 baseball in Monroe, La.

tion, winning four of its five previous games.

"We've come a long ways as a team from the beginning of the season to now," Humeniuk, a junior, noted. "We're very talented but we had to learn how to come together as one. We have 23 or 27 new guys, something like that, that were all junior college transfers, more or less, we only have one freshman. Basically, we're a bunch of guys from all across the country all coming together at one program and trying to learn how to win as one single team and one single unit.

"We had to learn how to win and then learn how to win a series on a weekend. There's so much stuff that I'm learning about here that I didn't know about before."

After this season, Humeniuk will

have one more year of college eligibility. He wasn't sure if he was going to come back to Canada and play baseball this summer or just stay down in Louisiana to workout and train.

In the past, he has played in Okotoks, Alta. during the summer.

"I've had a blast there, so we've been talking about me going back there but I also have a couple more options to play," Humeniuk said. "But I've also thought about taking (the summer) off...and giving my body a break from the grind of playing every day because I really haven't had a break in four-and-a half or three-and-a-half years, whatever it's been.

"It's giving my body a break and maybe giving me a run at pro ball the following year if it doesn't happen for me this summer."

Local athletes perform well at Interlake Invitational

Staff

Local athletes did very well at the Interlake Invitational, which was held in Stonewall last week.

The Stonewall Collegiate Rams and Warren Collegiate Wildcats had several athletes finish in the top five of their respective events.

At the junior varsity girls' level, Stonewall's Emerson McAulay placed first in the 100m, was second in the triple jump, and fifth in the long jump.

The Rams' Kiera Hatcher was third in the 1500m race.

Grace Fines won the discus throw, was second in the long jump, and fourth in the 80m hurdles.

Warren Collegiate's Emma Goodman won the shot put while Naomi Good placed third. Good was tops in the javelin and also finished fifth in the discus while her teammate Tamara Buhler placed fourth.

The Wildcats' Abby Cassidy tied for third in the high jump while Paige Wright finished third in the long jump and was fifth in the triple jump.

Warren Collegiate's Katie Dorsch was fourth in the high jump and fifth in the 800m.

Varsity girls' action saw the Rams' Megan Van Heyst win the 1500m, ahead of teammate Trinity Rutledge. Van Heyst also won the 3000m race.

The Rams' Tess Derksen was second in the 800m and fourth in the 400m while Stonewall's Taryn Jackson placed fifth in the javelin.

Warren's Grace Goodman won the javelin and placed second in the shot put. Alex Chester was second in the javelin.

The Wildcats' Jessica Buhler was second in the discus and fourth in the javelin.

At the junior varsity boys' level, Stonewall's Braden Bell was third in the long jump and fourth in the 100m. He also competed in the pentathlon.

Warren's Keon Joynt was first in the discus and placed fourth in the shot

put.

Hayden Myskiw was fifth in the discus while

the Wildcats' Liam Bangle was fourth in the javelin.

In varsity boys' action, the Rams' Aiden Erickson finished second in the 100m, was fourth in the 400m and fifth in the long jump.

Stonewall's Cale Woods placed second in the 800m while Chris Wiebe was fourth in the triple jump.

Warren's Asa France placed second in the long jump and triple jump and was fourth in the high jump.

Stonewall Jets host annual awards banquet

By Jo-Anne Procter

The Stonewall Jets wrapped up their 2018-19 season with their annual awards banquet May 1 at Pizza Den in Stonewall.

The Jets had a good run this past season, forcing a Game 6 in the Manitoba Major Junior Hockey League semifinals series.

Jets' general manager Dale McClintock thanked parents and organizers for their big role in the success of the team, including helping run the goal light and working the door at games.

McClintock also extended a special shout out to Bob Beck.

"He puts his heart and his soul into our club. Every game day, he goes above and beyond to make sure everything is just right," he said. "He is the voice of the Stonewall Jets and he manages finances."

McClintock also thanked the coaching staff — Brock Couch, Brett Wur and Eric Swanson — for keeping the boys in check at practices and for their time and dedication to the team.

The Jets' award winners were:

Rookie of the Year — Jaytey Towle. He was recognized for his offensive-minded play. "He can skate and he plays with an edge," Couch said.

Hardest-working player — Ryan McMahon. "His play speaks for itself. He does the dirty work for the two guys he plays with in the corners," said Couch. "He plays like he is 6-foot-4 when he is not."

Top Defencemen — Braden Groot. Couch said he was a huge part of the blueline and a huge voice in the dressing room. "He is a warrior, play-

ing with a fractured hand for the better part of the final half of the last part of the season and all through playoffs. In the last game, he had a bad knee, but limped it out every shift." Groot had 24 points in 39 games this season, played 22 playoff games and had 11 points in the playoffs.

Team MVP — Aiken Chop. Chop played all 45 games this season and scored 13 goals in 11 playoff games. Couch described him as a physical force and arguably has the hardest shot in the league. "He did what he did well, which was be a big body, physical force and can obviously pot the puck."

Assistant general manager Matt Figur presented Bryce Stovin with the Ed Barnes Memorial Award. The award is presented to a member of the Jets that has community pride, volunteers his time, and works hard on and off the ice.

Ed Barnes was very involved in the community, volunteering his time with many sports teams.

"(Stovin) is an outstanding guy," Figur said. "He has been around the team for four years and he wore the 'C' this year. He brought our dressing room tight together and he was always the first one to invite all the kids to come into the dressing room to give high fives."

McMahon was also named the MMJHL's hardest-working player this season. McMahon is the sixth Jets' player named on the Kip Kelly Trophy for the 13 years it has been awarded.

Groot, meanwhile, was named a first-team league all star.

Graduating players from the Jets



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Special awards were handed out at the Stonewall Jets' awards banquet last Wednesday. Pictured left to right: MVP Aiken Chop, Ed Barnes Memorial Award recipient Bryce Stovin, Hardest Working Player Ryan McMahon, Top Defenceman Braden Groot and Rookie of the Year Jaytey Towle.



Graduating players, from left to right: Aiken Chop, A.J. Nychuk, Andrew Bayduza, Bryce Stovin and Braden Groot.

included Andrew Bayduza, Chop, Groot, Sam Mandryk, A.J. Nychuk and Stovin.

The coaching staff acknowledged each player with a few words and presented them with a team photo.

King drafted by WHL Swift Current Broncos

Staff

Warren's Karson King was one of 33 Manitobans chosen in the 2019 Western Hockey League Bantam Draft last Thursday in Red Deer, Alta.

King was drafted by the Swift Current Broncos with the first pick in the sixth round. He was the 111th selection in the draft which saw 228 players chosen (129 forwards, 77 defencemen and 22 goal-tenders).

King, a 5-foot-9, 162-pound defenceman, led the Interlake Lightning Bantam "AAA" team in scoring with 21 goals and 41 points in 35 regular-season games this past season. Six of those goals came on the power play while he also had a shorthanded marker.

Meanwhile, the Winnipeg ICE had the first-overall pick and they selected forward Matthew Savoie from St. Albert, Alta. The offensively-talented player led his Northern Alberta Xtreme Bantam Prep team in scoring with 31 goals and 71 points in just 31 games.

Winnipeg then made a major trade to get the second-overall pick where they chose 6-foot-3, 175-pound centre Conor Geekie of Strathclair, Man.

The ICE acquired the second-overall pick from the Prince George Cougars in exchange for a third-round pick in 2020 and the third-overall choice, which had been acquired minutes earlier from the Saskatoon Blades.

The Ice obtained forward Reece Harsch and the third overall choice from the Blades for Winnipeg's ninth overall pick, a pair of second-round picks and a fifth-round selection.

Players eligible for the 2019 WHL Bantam Draft were 2004-born players residing in Alberta, B.C., Manitoba, Saskatchewan, Northwest Territories, Yukon, Alaska, Arizona, California, Colorado, Hawaii, Idaho, Kansas, Minnesota, Montana, Nebraska, Nevada, New Mexico, North Dakota, Oklahoma, Oregon, South Dakota, Texas, Utah, Washington and Wyoming.



TRIBUNE PHOTO BY LANA MEIER

Karson King was drafted by the Swift Current Broncos in the 2019 Western Hockey League Bantam Draft last Thursday.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Wiebe wins MHSAA badminton provincial title

By Brian Bowman

Stonewall Collegiate's Chris Wiebe ended his stellar high school badminton career with a provincial title in Thompson last Saturday.

Wiebe won the varsity boys' singles division after defeating Steinbach's Noah Koslowsky 2-0 with identical 21-12 victories.

"It was really exciting and fun," said Wiebe, a Grade 12 student. "It's my first provincial win. Last year, I got second and the year before I got third and in my first year in Grade 9 I got ninth. So, it was a good accomplishment."

Wiebe was in control for the majority of the final, moving swiftly around the court and making good shots.

"I had a strong start and I just kept it going from there," Wiebe said. "I just tried to keep the momentum going rather than falling back and it worked really well."

Koslowsky reached the final after winning a hard-fought semifinal match 2-1. Wiebe, meanwhile, had a much easier time sweeping his semifinal opponent.

But the quarter-finals were not quite as easy for Wiebe.

Wiebe outlasted a talented Eric Martin 2-1 in a wild match by scores of 21-13, 29-30, and 21-17.

Martin led 17-16 in the third set but Wiebe rallied dramatically to score



The Stonewall Collegiate Rams' Chris Wiebe won the gold medal in the boys' singles division at the MHSAA varsity badminton provincials in Thompson last Saturday.

the final five points.

"That was a really tough game," Wiebe admitted. "That was my very first game to 30."

The Rams' pairing of Ethan Lindsay-Corbel and Justin Levesque finished in fourth place in boys' doubles.

Stonewall's Hunter Lupyrypa and Dante Lourenco finished in 6th place in mixed doubles.

The Rams' Liam Proven finished 11th overall in boys' singles.

As a school, Stonewall finished in an impressive second place.



TRIBUNE PHOTOS SUBMITTED

The Stonewall Collegiate Rams' badminton team, which included, from left to right, Chris Wiebe, Colby Silviri, Ethan Lindsay-Corbel, Danté Lourenco, Justin Levesque, Gio Ciulla, and Hunter Lupyrypa won the Zone 5 varsity banner in Gimli.

In junior varsity provincial action, Stonewall's Abby Enns placed 11th overall in girls' singles last weekend.

Meanwhile, Warren Collegiate's Emma Sinclair was also fantastic at the varsity badminton provincials.

She placed second overall in the girls' singles division after losing 2-0 (7-21, 18-21) to J. Ding.

Teulon Collegiate's duo of Ryan Hill

and Austin Personage finished third in boys' doubles. They defeated Lindsay-Corbel and Levesque 2-0 (21-16, 21-13) in the third-place game.

In girls' doubles action, Teulon's Jacey Ledochowski and Mackenzie Garand placed fourth. They lost 2-0 by scores of 21-16 and 21-10 in their third-place game.

Rams roll past Raiders at ringette tournament

By Brian Bowman

The Stonewall Collegiate Rams earned a very nice victory at a ringette tournament last week.

The Rams, made up of mostly all hockey players, finished with a 1-2 record and third place in their four-team pool at the 27-team tournament.

Stonewall lost its first game 9-3 to College Jeanne Sauve on May 1 but responded nicely to defeat the Oak Park Raiders 6-2 the following day.

"They had a super good game (in the win)," said Rams' coach Kinley Graves. "It was an awesome effort by the entire team. The teams that we played against had very good ringette players and...we had just one ringette

player. It was really impressive, actually, how they came together as a team and were able to score goals against College Jeanne Sauve, which had lots of ringette players."

In the victory, Averie Garrett led Stonewall with two goals while Ellen Marshall, Emmi McAuley, Sarah Shewchuk and Jorja Wheddon added singles.

The Rams wrapped up play with a 7-0 loss to the Miles Macdonell Buckeyes last Friday.

Despite the 1-2 record, Graves was very impressed with how the players gelled as a unit.

"They tried really hard and they had so much fun," she said. "The refs were

complimenting them on how their skills were picking up rings and how much fun they were to ref because they could actually play the game. They were super smart and they knew how to play."

Graves said it's often a tough transition for players going from hockey to ringette. The Rams had just one practice before the tournament.

"It's just a different mindset," she said. "In hockey, you play a lot of dump and chase but in ringette you don't play that at all. It's more passing and where is my teammate going to be...you kind of have to put the ring to them. Our girls adapted really, really quick and you could see how quickly

they transitioned from from one style of play to ringette, which was awesome."

The Rams had 16 players on their roster, which was a real good number for a late-season tournament.

"It was awesome to see that ringette has a draw for hockey players that transitioned when they were younger and they want to get back to playing the sport," Graves said. "They went to spend that time again and have some fun. Having 16 girls wanting to come out and play ringette, just to give it a try, is awesome to me."

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MORTGAGE SALE

The land and building known as 149 - Third St. SE, Teulon, Manitoba, as described in Certificate of Title No. 2731166/1, will be sold by public auction by a Licensed Auctioneer on May 30, 2019 at 11:30 a.m. at Sunova Credit Union Limited, 76 Main St., Teulon, Manitoba.

The Vendor by power of sale, is informed that the property consists of a 2 bedroom single family home; no basement; double detached garage; exterior of home is a combination of brick and siding; flooring is a combination of vinyl and laminate. No other information is available.

Property taxes are paid to December 31, 2018.
Property taxes assessed for 2018 are \$2,021.54
Outstanding property taxes to April 5, 2019 are nil.

Prior Charges: none

TERMS OF SALE: Deposit of \$20,000.00 in money order, or certified cheque payable to Grantham Law Offices, and balance according to the conditions to be announced at the time of sale. **This sale shall be subject to a reserve bid of approximately \$140,000.00 which will be announced at the time of sale.**

Further information may be obtained from:

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When requesting application of dust control, the Applicant acknowledges and accepts the following:

1. The product to be used for dust control purposes is Magnesium Chloride. The Municipality does not guarantee any dust control product.
2. For safety purposes, the maintenance of roads by the Municipality takes priority over anyone's application of dust control.
3. The Municipality shall not be responsible to replace anyone's application of dust control.

The Rural Municipality of Rockwood will accept requests for the application of dust control, on a **PRE-PAYMENT BASIS ONLY**, on municipal roads in front of residences in the Rural Municipality of Rockwood. **This includes residences in the Rural Residential Zones.**

Ratepayers may obtain dust control on the basis of \$400.00 per application. Orders and pre-payments for same to be made to the Rural Municipality of Rockwood Administration Office by **Friday, May 17, 2019**. The application will consist of actual width of road x 100 metre strip. The area to be serviced must be staked out prior to application. Dust Control will be applied during the early part of June, 2019, **weather permitting**.

In the event of there not being sufficient requests for a truckload, payments will be refunded.

COUNCIL
The Rural Municipality of Rockwood

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | S | E | C | B | B | S | V | D | D | E | | | |
| G | E | L | D | O | O | N | | B | V | F | V | H | |
| B | X | O | O | I | F | V | S | V | I | F | O | O | |
| H | N | N | | O | I | A | S | I | D | E | H | S | |
| S | V | W | V | R | O | N | V | A | S | O | R | V | A |
| | | | | | | | | | | | | | |
| I | S | E | B | V | B | V | L | I | K | V | | | |
| S | E | E | B | V | B | V | L | I | K | V | | | |
| E | I | R | E | O | E | T | I | N | | | | | |
| H | O | | D | E | T | V | I | | O | R | V | A | |
| E | A | L | N | K | | | S | S | O | W | Z | H | |
| E | I | E | E | | | | S | E | O | N | V | A | |

Crossword Answer

CROSSWORD

CLUES ACROSS

1. Half-conscious states
8. Strange
13. Deep regret
14. Rogue
15. Took without permission
20. Performer _-Lo
21. Partner to flowed
22. Best day of the week (abbr.)
23. Body part
24. Famed river
25. Lake __, one of the Great
26. Make free from bacteria
30. People native to Canada
31. Japanese seaport
32. Least clothed
33. Horse of small breed
34. Italian doctor and poet
35. Moving away from land
38. One who parks cars
39. Some are front and some are back
40. Views
44. Ancient Greek shield (alt. sp.)
45. Spanish seaport
46. New England college (abbr.)
47. The woman
48. Belgian province
49. Danish krone
50. Excessive dose (abbr.)
51. In great shape
55. 7th month of Islamic calendar
57. Shaped
58. Icelandic poems
59. Swollen area within tissue

CLUES DOWN

1. Small amounts
2. Duplicate
3. Current unit

| | | | | | | | | | | | | | |
|----|----|----|----|----|----|---|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | | 8 | 9 | 10 | 11 | 12 | |
| 13 | | | | | | | | 14 | | | | | |
| 15 | | | | | | | 16 | 17 | 18 | | | 19 | |
| 20 | | | | | | | 21 | | | | 22 | | |
| 23 | | | | | | | 24 | | | 25 | | | |
| 26 | | | 27 | 28 | 29 | | | | 30 | | | | |
| | | | 31 | | | | | | 32 | | | | |
| | | | 33 | | | | | | 34 | | | | |
| 35 | 36 | 37 | | | | | 38 | | | | | | |
| 39 | | | | | | | 40 | | | | 41 | 42 | 43 |
| 44 | | | | | | | 45 | | | | 46 | | |
| 47 | | | | | | | 48 | | | | 49 | | |
| 50 | | | | | | | 51 | | | | 52 | 53 | 54 |
| 55 | | | | | | | 56 | | | | 57 | | |
| 58 | | | | | | | | | | | 59 | | |

4. Neither
5. Chromium(II) oxide
6. Second sight
7. The absence of mental stress or anxiety
8. Supplemented with difficulty
9. Not the beginning
10. Dorm employee
11. Hard, white substances
12. Scariest
16. Spanish island
17. Having sufficient skill
18. Where golfers start
22. No charge
25. Print errors
27. Where rafters ply their trade
28. Paintings of holy figures
29. CNN host Lisa
30. Gives whippings
32. Type of tie
34. Unbroken view
35. Blemish
36. National capital
37. "Captain Marvel" actress Larson
38. Tenth pair of cranial nerves
40. Arizona native peoples
41. Confuse
42. Body parts
43. Plays a fast guitar
45. Tub
48. Pen parts
51. Supervises flying
52. Cars come with one
53. Some are fake
54. Calendar month
56. American whiskey (abbr.)

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Saturday, June 1, 2019 10 am Balmoral, MB
Directions: 1 Mile East From The Town Of Balmoral To Road 7 E Then 1 Mile North To Road 86 / Or From Junction Of Highways #236 & #7, 1 Mile North To Road 86, Then West 2 Miles. Please Watch For Signs On Sale Day!

TRACTORS 1949 Allis Chalmers WF, S/N 8106* 1946 Oliver 60 Standard, S/N 412016*1959 John Deere 730 Diesel, pup start, good straight tin, S/N 7308286*1942 International Farmall M, S/N 59483*1954 Allis Chalmers WD 45, w/ Allied loader*Allis Chalmers WD 45 cab w/ Wallis loader, tire chains*Allis Chalmers WD 45*1948 International Farmall H, S/N 269063*1948 Cockshutt 60 Row Crop, S/N 621541*Fordson 600 w/3ph*John Deere D on steel*John Deere D fenders, rad, rice tires on rims*Allis Chalmers wheel weights* misc tractor parts * **EQUIPMENT** 1928 John Deere Threshing Machine, good working order w/ belts* threshing machine belts* Allis Chalmers spring tooth mounted cultivator* IH 16" Vibra Shank Cultivator* Case 6' one way* JD Big #4 horse mower* (2) JD binders 7" JD binder 5" Graham 9' deep tiller* Robyn 14' chisel plow* 20 run press drill (on steel wheels)* steel wheel hayrack* Farm King 6' finishing mower* fuel tanks & stands* harrow bar w/ harrows* bale elevator* wood elevator* McKee 6' snowblower, 3ph* wood splitter on wheels w/ gas engine* JD 2 cylinder combine motor* ATV pull behind discer* **YARD** 2001 Yamaha Big Bear 400 4x4 quad, winch, windjammer* EZ GO golf cart* John Deere L110, 17.5 hp, 42" cut, auto* pull behind yard sprayer* 2 wheel grass/weed cutter* Allis Chalmers windmill* **HORSE HARNESS & EQUIPMENT** neck yokes* whipple trees* walking plow* sleigh bunk poles* sleigh* horse drawn wagon on rubber tires* bridles* harness* collars* spread rings* cow bells* sleigh bells* bells* scotch tops* wagon wheels* saddle* halters* **ANTIQUES** (2) stationary motors, 1.5 hp, 1hp* (3) IH stationary motors* (4) beam scales* phone* cast tractor seats* cans-Allis Chalmers, Esso etc* milking machine* chainsaw* retro signs* Oliver clock* Allis Chalmers wind chimes* anvil* sausage stuffer* tools* ringer washer* milk cans* Ertl JD tractor, hayrack, rake* Diecast Camaro SS* BA gas bowser glass* cookstove* Viking Duplex seed cleaner* licence plates* **SHOP** Husky 60 gal upright compressor* Chicago drill press* upright tool box* tool boxes* hand tools* 20 ton press* portable sand blaster* jacks* power tools* valve grinder* barrel pump* goose neck 5th wheel hitch* battery charger* Forney arc welder* Simonic electric pressure washer* Campbell Hausfeld 4hp gas pressure washer* vice* chains* load binders* radial arm saw* ladders* hedge trimmer* tractor umbrella* saw blades* jack alls* chain hoist* Stihl chain saw* assorted lumber* mags* carburetor* wood stove* barbecue* Christmas lights* golf balls*

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Rural Municipality of Woodlands INVITATION TO QUOTE

2019 Hourly Equipment Rates

The Rural Municipality of Woodlands is inviting quotes for hourly rental rates of various equipment, for the purpose of establishing pay rates for the remainder of 2019.

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

Quotations may be submitted to the Rural Municipality of Woodlands, Box 10, 57 Railway Avenue, Woodlands, Manitoba ROC 3H0.

Quotations must be submitted by 12:00 P.M., May 17, 2019

PRODUCTION LINE WORKER: (Part Time Seasonal: June - October)

We are a traditional processing plant devoted to quality and satisfaction of customers; employees will perform duties meeting industry regulations: British Retail Consortium (BRC), Hazard Analysis Critical Control Points (HACCP), Workplace Hazardous Materials Information System (WHMIS), Good Manufacturing Practices (GMPs), Standard Operating Procedures (SOPs), conforming to quality standards, documentation and Workplace Health and Safety regulations.

SUMMARY: (Starting at \$13.50/hour)

Responsible for the safe handling of animals, maintaining food safety and health & safety protocol. Staff required for the areas: Live, Defeather, Evisceration, Packaging and Boxing.

Please submit your resume to danielle@northerngoose.ca by **Sunday, June 2, 2019**. Only those selected will be contacted.

EMPLOYMENT OPPORTUNITY

PRODUCTION LINE WORKER: (Part Time Seasonal: June - October)

We are a traditional processing plant devoted to quality and satisfaction of customers; employees will perform duties meeting industry regulations: British Retail Consortium (BRC), Hazard Analysis Critical Control Points (HACCP), Workplace Hazardous Materials Information System (WHMIS), Good Manufacturing Practices (GMPs), Standard Operating Procedures (SOPs), conforming to quality standards, documentation and Workplace Health and Safety regulations.

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Please email resume to: tim@agadvantage.ca

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CANADA SUMMER JOB OPPORTUNITY WOODLANDS PIONEER MUSEUM

The Woodlands Pioneer Museum is seeking two individuals aged 15-30 for spring/summer employment. This is an opportunity to explore a career in tourism, education, history or technical occupations related to museums and heritage. Must be comfortable working with the public, have physical ability for site maintenance, knowledge of computers. Variety of tasks including leading tours, care of exhibits, data collection, lawn care and housekeeping. Job one will also assist with creation of new exhibits and materials. Phone 204-322-5580 for complete list of qualifications and responsibilities.

Job one: Salary \$14/hr, 30 hrs/wk, start date June 6, 2019, 8 weeks employment, application deadline May 22, 2019.
Job two: Salary 11.35/hr, 30 hrs/wk, start date June 27/19, 8 weeks employment, application deadline June 6, 2019.

Mail resume to Woodlands Pioneer Museum, Box 206, Woodlands, MB or email woodlandspioneeremuseum@outlook.com

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ANNOUNCEMENT BRIDAL SHOWER

Bridal Shower in honour of Jessica Branscombe
At The Red Barn – Stonewall
On May 26, 2019 at 1:00 p.m.
 The bride is registered at Bed Bath & Beyond but if you are so inclined, gift cards from your favourite place also greatly appreciated. Please bring a copy of your favourite recipe. RSVP Amberamberappleyard@gmail.com

ANNOUNCEMENT CARDS OF THANKS

We would like to extend our thanks to all that attended the Celebration of Life for Ken Honey. The kindness and support we have received in so many ways has been outstanding and very much appreciated. The cards, baking, food brought to the house, the visits, and for the generous donations for Crystal and Ken's children. We thank you all from the bottom of our hearts. -The Honey family

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ANNOUNCEMENT IN MEMORIAM



In Memory of Cliff Teichrib
Who went to be with his Lord
On May 1, 2018
 Jesus thank You, for Your Word That tells us how You came To pay the price for our sins, And that You rose again. Thank you for Your Word That says, "Repent and Believe" Then you will be forgiven And eternal life receive.
 -Forever remembered and missed
 By his wife Louise and loved ones

ANNOUNCEMENT IN MEMORIAM



In Loving Memory of Bob Barker
December 22, 1935 – May 11, 2015
Husband, Father, Papa, Great Papa
 What we'd give if we could say, Hello Bob, Dad, Papa and Great Papa in the same old way; To hear your voice, see you smile, To sit with you and chat a while. So you who have a husband, father, papa, Cherish him with care; For you'll never know the heartache, Till you see his vacant chair.
 -Lovingly remembered and deeply missed,
 by wife Joyce; his children, Tracy #1, Robby and Diane, Doug and Tracy #2; grandchildren Brittany, Matt, Tyler, Travis, Wes, Kobie; great-grandson Paxdyn and great-granddaughter Kyra

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OBITUARY



Florence Adelheid Meyers
October 17, 1931 – May 2, 2019

Peacefully, surrounded by her family, Florence Adelheid Meyers, passed away on May 2, 2019 at the Stonewall Hospital.

Florence is survived by her children, Doug (Marie), Marg (Rick) Snell, Ken (Laura), Marty (Kim), Dave (Shari), Vic (Crystal), Tracey (Lionel) Berthelette and Jaime (Derek) Margetts as well as numerous grandchildren, and great-grandchildren.

She was predeceased by her husband Ole, her daughter Kathy and son-in-law Alan Appleyard.

Funeral service will be held on Thursday, May 9, 2019 at 2:00 p.m. at the MacKenzie Funeral Chapel, Stonewall. Interment will take place in the Victoria Cemetery.

In lieu of flowers, donations may be made to CancerCare Manitoba, 675 McDermot Ave, Winnipeg, MB R3E 0V9.

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



OBITUARY



Katie Maksymyk

Katie Maksymyk of Betel Home in Gimli, formerly of Komarno, MB, passed away peacefully on Friday, May 3, 2019, with her family by her side, at the age of 93.

She was predeceased by her husband Mike Maksymyk. They were married for almost 65 years. She will be lovingly remembered by her three sons: Jerry (Leta) and their sons Jedd (special friend Kim and daughter Ava) and Scott (Cecilia), Sully and Cohen; Michael (special friend Val) and his children Jennifer (Ryan Luckhardt), Ayla, Marley and Zoey; Cheryl; and Jeffrey (Daij'Amore), Lincoln; and son Ken; as well as her sister Betty (Elmer), many nieces and nephews.

Mom lived on the family farm until four years ago when she moved to Teulon. She loved her yard and gardens and took great pride in keeping the yard park like.

Mom was gifted with many interests. She was very creative, and her hobbies ranged from ceramics, paper tole, knitting, crocheting and sewing. She enjoyed them all. Her children and grandchildren all have things created by her. She was an excellent cook, and everyone enjoyed her food. Her perogies were a favourite of everyone in the family and are the standard by which perogies are judged by today! She loved to volunteer with her many friends at the Komarno Club Hall.

Mom was very social and loved having people over and going out. She enjoyed outings with her sisters and nieces. She loved her grandkids and enjoyed spending time with them. She would ask how they and her little great-grandchildren were doing.

Mom was also shown special care and love by her niece Tracy and husband Frank, whose phone calls and visits would always lift her spirits.

Although she would say she had a hard life - working alongside her husband Mike on the family farm, raising a family, as well as working full-time in order to help make ends meet - she did love the farm and missed it once she moved off.

Katie had a good sense of humour, she loved people and experiencing new things. She could also be stubborn, and she could be determined ... all rolled into one. She was our mother and our baba, and we will all miss her.

The family would like to thank the Arborg Hospital staff for their care of Mom while she was there. As well, we would like to offer our deepest gratitude to the staff at Betel Home in Gimli who cared for her with love, joy and treated her with dignity. As a family we can't say enough wonderful things about you!

Funeral service will be held on Friday, May 10, 2019 at 11:00 a.m. at MacKenzie Funeral Chapel in Teulon. Interment to follow at the Pleasant Home Cemetery.

In lieu of flowers, donations may be made in Katie's name to Pleasant Home Church cemetery with funds going toward the restoration of their heritage plaque.

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