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## Studying nature

Balmoral student Jase picked an oak leaf while birding through Thexton Oaks and took it back to the classroom.

TRIBUNE PHOTO BY BECCA MYSKIW

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# Balmoral students go birding in Thexton Oaks

By Becca Myskiw

Students at Balmoral Elementary School went bird watching in Thexton Oaks last Thursday.

Thexton Oaks is 40 acres of forest just two miles East of Balmoral and is protected by the Nature Conservancy of Canada, thanks to Catherine Thexton.

Thexton received an honorary life membership with the NCC in 1990. She donated the old growth forest to the conservancy in her husband George's memory in 2006 and it stands to this day, in near perfect health.

Thexton was raised in Balmoral and

had a deep appreciation for nature. She recorded the sounds of birds and nature for over 10 years and made a "sounds of nature" book, which she sold to enthusiasts like herself all over the world.

BES students take home a piece of paper each year on May long weekend and log which birds come home. Brenda Margetts said the activity is in honour of Thexton this year as she passed away this winter. The school spent time teaching the students about Thexton before spending the day birding in the forest on Thursday.



TRIBUNE PHOTO BY BECCA MYSKIW

Balmoral students looked at sticks that showed signs of birds in the area deep in the old growth forest.

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## Building for the better



TRIBUNE PHOTO BY KELLY KLUGER

Warren Collegiate teacher Lee Stewart along with six Grade 11 students were pounding nails at the Habitat for Humanity site on Inkster Boulevard in Winnipeg on May 14. Due to the cool spring and limited land currently available in Winnipeg, the group built six sheds that will be given to families in Winnipeg once their houses are complete. The builders wrote words of encouragement on the studs of the sheds. Habitat for Humanity is a national organization of people and volunteers who build houses for those without the funds to do so. Those families put in more than 500 volunteer hours with the organization and pay for their home with an affordable mortgage. This was WCI's second time volunteering and Stewart said she plans to keep doing it as long as the students want to. Pictured left to right: Hailey Friesen, Jenn Fossay, Carter Hildebrand, Daniel Braun, Mac Buors, Mike Smith and Lee Stewart.

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# Horseback archery group is growing the sport of mounted archery

By Becca Myskiw

The Crescent Moon Horseback Archers are bringing mounted archery to the Interlake.

The Canadian Federation of Mounted Archery says the international sport started thousands of years ago and was used for hunting, war and cultural ceremonies.

Mounted archery isn't yet well-known, but the Crescent Moon Horseback Archers hope to change that.

The group was founded last fall by Angelina Temple after she attended a clinic last year to learn about the sport. At the clinic, Temple learned tricks of the trade from a world-renowned horseback archer and wanted to put her knowledge to use.

The Crescent Moon Horseback Archers currently has four members and three of them are over 60 years old. Local member Donna Ridgeway said she and the other members were on a drill team with Temple and she's the one who got them interested.

Ridgeway set up a course on her property in Grosse Isle for the team to practise on with bale targets and a runway. They're training in "baby steps."

"We're definitely taking a safety-first



Linda Gillies walks alongside Donna Ridgeway at the course on her farm.

approach," said Ridgeway. "I think that's why it's taking so long to perfect each portion."

Mounted archery requires many skills for its various components. Archers have to ride a horse with no hands, load their quiver without looking at what they're doing and shoot at a target without scaring the horse or



TRIBUNE PHOTOS SUBMITTED

Angelina Temple lives by Birds Hill Provincial Park and is the leader of the Crescent Moon Horseback Archers.

hurting anyone.

The Archers started by practising in an archery lane over the winter to work at shooting and to better their aim. This was the easy part.

"None of us were experienced," said Ridgeway. "We're still learning."

The group is now working on riding their horses with no hands and

getting the animals used to the sport. They have one person leading the horse while they practise so it doesn't run away at the sound of the arrow.

Ridgeway said the hardest part is loading the arrow into the quiver without looking.

Continued on page 5

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## Avis public

### Modernisation du Réseau canadien de radars météorologiques; **Construction d'un radar météorologique à Woodlands en Manitoba.**

#### Description du projet :

Le Gouvernement du Canada investit dans la modernisation de son infrastructure de prévisions météorologiques et procédera au remplacement des radars météorologiques vieillissants par de nouveaux systèmes modernes d'ici mars 2023. Cette initiative permettra de mieux informer les Canadiens au sujet des conditions changeantes du temps, des eaux et du climat et leur donnera plus de temps pour prendre les mesures appropriées afin de se mettre à l'abri et de protéger leur famille et leurs biens des effets du temps violent.

Le nouveau radar de Woodlands continuera de fournir la couverture radar pour la région de Winnipeg et comprendra les installations suivantes : un pylône en acier à treillis ouvert de 16 mètres surmonté d'un radôme (sphère contenant l'antenne) de 11,8 mètres de diamètre, pour une hauteur totale d'environ 29 mètres incluant le paratonnerre.

#### Emplacement du radar :

L'emplacement du radar se trouve sur un terrain d'Environnement et Changement climatique Canada, au Parcel A, SW 1/4 sec 02, Twp 14, Rge 03, W1M, Woodlands, MB, ROC 3H0. Les coordonnées géographiques du site du projet de radar sont les suivantes : 50°09'10.69" N, 97°46'47.78" O.

#### Consultation publique :

À compter de la parution du présent avis, le public dispose d'une période de trente (30) jours pour présenter ses commentaires par écrit. Le promoteur doit accuser réception par écrit dans un délai de 14 jours et répondre dans un délai de 60 jours à toutes questions, observations ou préoccupations communiquées.

#### Pour de plus amples renseignements :

<https://www.canada.ca/fr/environnement-changement-climatique/services/conditions-meteorologiques-ressources-outils-generaux/apercu-radars/modernisation-reseau.html>

#### Coordonnées du promoteur :

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Programme de remplacement des radars météorologiques canadiens  
Environnement et Changement climatique Canada  
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*Cet avis est publié en conformité avec le processus d'Innovation, Sciences et Développement économique Canada sur les Systèmes d'antennes de radiocommunications et de radiodiffusion (CPC-2-0-03).*

## Public Notice

### Canadian Weather Radar Network Modernization; **Weather Radar Construction at Woodlands in Manitoba**

#### Description of the project:

The Government of Canada is modernizing its weather-forecasting infrastructure and will proceed with the replacement of its aging weather radars with new modern radar systems by March 2023. This initiative will ensure that Canadians are better informed on changing weather, water, and climate conditions and that they have more lead time to take appropriate actions to protect themselves, their family, and their property from the effects of severe weather.

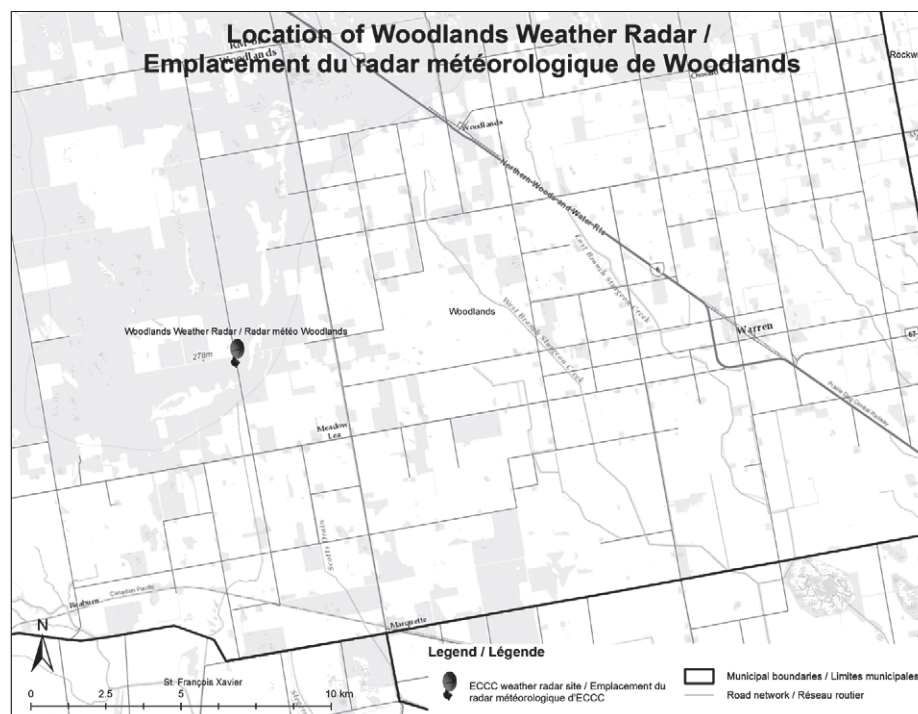
The new Woodlands radar will continue to provide coverage for the Winnipeg Area and will consist of a 16-metre open lattice steel tower with a 11.8-metre diameter radome at the top (sphere covering the antenna), for a total height of approximately 29 metres including lightning protection rods.

#### Radar location:

The radar is located at Parcel A, SW 1/4 sec 02, Twp 14, Rge 03, W1M, Woodlands, MB, ROC 3H0, a property owned by Environment Climate Change Canada. The geographic coordinates of the proposed radar site are: 50°09'10.69" N, 97°46'47.78" W.

#### Public consultation:

The public has thirty (30) days from the date of this notice to provide written comments. The proponent must acknowledge receipt in writing within 14 days and must respond to all questions, comments or concerns received within 60 days.



#### For more information:

<https://www.canada.ca/en/environnement-climatique-change/services/weather-general-tools-resources/radar-overview/modernizing-network.html>

#### Proponent's contact information:

Sylvain Laramée, Directeur,  
Canadian Weather Radar  
Replacement Program  
Environment Climate Change Canada  
800 rue de la Gauchetière,  
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Montréal, Québec H5A 1L9  
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*This notice is published in accordance with Innovation, Science and Economic Development Canada's Radiocommunication and Broadcasting Antenna Systems process (CPC-2-0-03).*

# Communities in Bloom working for sustainability

By Becca Myskiw

Stonewall's Communities in Bloom group is working towards a sustainable, eco-friendly future.

Group member Tanya Daher said the group works in co-operation with the Town of Stonewall and its businesses to beautify the town, and they're finding ways to do it sustainably.

"What we put into [the earth] is what we get out of it," said Daher. "We have to be respectful of the planet."

Citizen representative Asta Johannesson said the group uses paper bags for park cleanups, doesn't use any chemicals in sprays, composts what they can, uses mulch where they can, and is starting to use more perennials rather than annuals around the town.

Johannesson said perennials grow back every year, which uses less energy to grow. They are planted in areas that can withstand drought to use less water.

Communities in Bloom is also focusing on creating less maintenance for the town. The town has been adding more equinox planters each year, and the group is doing the same. Daher said they're adding five self-watering pots to Stonewall this year.

Equinox pots have a water reservoir in them, which leaves less watering for the town and puts less evaporation into the atmosphere. This ends up creating less maintenance and is better for the environment.

Along with these goals, the Communities in Bloom committee chose the colours pink, purple and white for this year's colour theme for residents and the town.

The group also chooses the Yard of the Week throughout July and August.

Their next meeting is June 24 at the town office at 7 p.m. Anyone is welcome to attend as they're always looking for new members and volunteers.



TRIBUNE PHOTO SUBMITTED

The Communities in Bloom committee chose pink, purple and white as this year's colour theme for the Town of Stonewall.

## Cleaning up Stonewall



TRIBUNE PHOTO BY BECCA MYSKIW

Local community groups worked together to clean the Town of Stonewall last Saturday. Members from Ventura Developments, the Youth For Christ Stonewall Drop In Centre, Love Stonewall and church groups tidied Main Street, the rec centre, new development areas and more. The annual cleanup is part of Ventura Developments' commitment to invest in Stonewall's YFC drop-in centre. Pictured left to right: Rob Turick, Ethan Emmer, Abigail Emmer and Joshua Turick.

### > MOUNTED ARCHERY, FROM PG. 3

"I can't look at what my hands are doing. I have to just trust that I'm getting [the arrow] in the proper spot on the bowstring," said Ridgeway.

The most important part of training is trust between the archer and the horse. The group hopes to have a real competition in the future, but they're focusing on getting better at the sport right now through repetition and practice.

The Crescent Moon Horseback Archers will be at their first formal presentation on June 21 in Selkirk.

### Spring Fashion Show

Hosted by Christ the King Catholic Ladies group

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## Keep the holiday; change the meaning

By Evan Matthews

May 24 is Victoria Day.

But what are we celebrating?

Victoria Day in Canada originally marked Queen Victoria's birthday but now also marks the birthday of Queen Elizabeth II.

Queen Victoria was born in May 1819 and died in 1901. Queen Elizabeth II was born in (April) 1926 and, of course, is still alive today at 93 years.

The holiday also marks the celebration of Canada's sovereignty and the beginning of summer.

But here's the thing: Canada signed the Canada Constitution Act in April of 1982. Even going back to the British North America Act, it was signed in 1867 and didn't fully grant Canada its sovereignty.

So, May is the wrong month.

The other issue with this holiday is that Canadians are celebrating the birthday of monarchs — figureheads — we no longer have attachment to.

We, as Canadians, have celebrated this holiday for over 150 years, but our country has changed drastically over that time.

Though we're a young nation, we've started to develop our own culture: one of multiculturalism, immigration, co-operation and acceptance.

Most of our ties to the British Monarchy do not necessarily reflect those values — quite the opposite, in fact.

The more commonly words or values associated with the British Monarchy in Canada are power, control, dominance and colonialism.

Every nation has an origin story, and very few origin stories are made up of sunshine and rainbows. Those, too, were different times, and normalcy then would not pass for normal now.

But some of our nations' most troubling realities today are very closely tied to those beginnings.

The most prominent, likely, is the country's relations with its First Nations and Indigenous peoples.

Our country's relationships with First Nations are, to this day, fractured, tense (at times), and misunderstood. During colonial times, the Brits sought nothing more but than to eradicate most areas of First Nations, taking relevant technology and teachings they found to be useful, and then they would move on.

Look no further than the Mi'kmaq people of Nova Scotia, as an example, with bounties awarded for any scalp belonging to a Mi'kmaq person.

Of course, the country graduated to far more humane practices, like the sexual misconduct and abuse within residential schools (the last of which closed not so long ago, in 1996).

Note the sarcasm.

Canada's relationship with First Nations is just one example of what Brit-

ish rule looked like, and we celebrate the monarchy that instilled those values with camping and fireworks annually.

Is it right?

We, as a society need the holiday; there is no question about that.

We should celebrate the start of summer.

We should celebrate the values we now hold as a country and as a collective people.

But maybe it's time we look at re-defining some of our old, archaic ideas by leaving them in the textbooks (where they belong) and re-naming some of our current celebrations to more appropriate, more accurate, names.

We should acknowledge where we came from in order to get to where we are today, but we must be careful in how and what we choose to celebrate.

Manitoba became a province in May of 1870. Could we rename the holiday provincially to Manitoba Day, while celebrating who we are now as Canadians and Manitobans? What better way to kick off summer?

What about when Canada went to the Olympics for the first time in May 1904? What about Olympic Day?

Point being, there are options.

Let's review them.

*Evan Matthews' comments are his viewpoints and may not be the viewpoints of the newspaper.*

## Donations needed for Windsor Cemetery

Staff

For nearly 125 years, the Windsor Cemetery has been a mainstay in the community.

To keep it in good condition, the Windsor Cemetery Committee is asking community members to consider donating to their fundraising efforts.

"With the Teulon Centennial Celebration approaching, we are in the process of installing a wheelchair accessible Porta-Potty on site, a directory to assist visitors locate the burial sites of their loved ones, and also we are landscaping a section of the cemetery," said committee representative

Marilyn Korotash in an email.

"The first pioneer of the district was laid to rest in Windsor Cemetery in 1895 — and Windsor Cemetery remains in use to this day."

Donations can be sent by mail to Windsor Cemetery, Box 246, Teulon, Manitoba, R0C 3B0.

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# get informed

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TRIBUNE PHOTO BY STEPHANIE DUNCAN

Mallard ducks are highly adaptive to many environments and human activity. Nesting can take place in urban settings including backyards. Typically a hen will lay one egg a day for a full nest of 8-12 eggs often near the site where she herself hatched. She incubates her eggs for an average of 28 days and leads her brood to a wetland within 24 hours of hatching. The mother will stay with her brood until they are able to fly at about eight weeks of age.

## RoadWatch program continues

Submitted

More than 2,200 impaired drivers have been taken off the roads over the last 10 years thanks to the Manitoba Public Insurance sponsored RoadWatch program.

Now in its 21st year, RoadWatch begins this Victoria Day weekend and will continue until November. The program supplements existing police enforcement efforts and will result in enhanced police presence on Manitoba streets and highways, particularly on holiday weekends. In total, five police agencies will participate: RCMP and police services in Winnipeg, Brandon, Morden, and Winkler.

Impaired driving continues to be a major issue on Manitoba roadways. In total, 70 people were killed in auto-related crashes in 2018, with preliminary analysis showing 45 per cent of those deaths linked to impaired (alcohol or drugs) driving.

“RoadWatch has been a highly effective road safety strategy in keeping Manitoba roadways safe,” said Satvir Jatana, vice-president responsible for Communications, Manitoba Public Insurance. “All road users are encouraged to commit to road safety and help save the 100 people who are killed, on average, on our public roadways.”

“RoadWatch’s high-visibility roadside check stops, when combined with public awareness and education, send a strong message that illegal and high-risk driving behaviours such as impaired driving, speeding, distracted driving, and non-use of seatbelts will not be tolerated.”

Over the last 10 years, more than 3,600 check stop locations have been held by law enforcement throughout Manitoba.

In addition to removing impaired drivers from the road, RoadWatch checks have also resulted in more than 19,000 Highway Traffic Act offence notices issued for offences ranging from not using seatbelts, speeding, texting while driving and driving while suspended.

# ATV riders reminded to play safe this summer

By Becca Myskiw

ATVs will be out on the trails soon and the South Interlake ATV Club has some tips for staying safe this summer.

The local ATV Club was formed in 2008 and involve the communities of Warren, Woodlands, Argyle and Stonewall along with the municipalities of Rockwood and Woodlands.

Club chairperson Suzanne Otte said the most important thing when riding is wearing a helmet, regardless of age.

“A lot of older people think they don’t need a helmet,” said Otte. “But we encourage everyone to wear one.”

It’s also important to be familiar with the Off-Road Vehicles Act, which outlines the guidelines for operating an ATV in Manitoba. It can be found on the Government of Manitoba’s website.

The Act goes over proper vehicle registration, minimum safety equipment requirements, operating rules, driving on roads with traffic, how to

handle accidents, rule enforcement, the penalties for different offences and regulations that may be made.

Otte said it’s also important to drive at a safe speed based on your surroundings. Weather, the type of trail and other traffic are some factors that play into determining speed.

The South Interlake ATV Club manages the Interlake Pioneer Trail, a 106-kilometre trail that runs from Grosse Isle to Fisher Branch. The trail is signed, so it’s important to pay attention to the signs.

The Interlake Pioneer Trail is also used by hikers, horseback riders and bikers, which always have the right of way. When you come across one of them while on your ATV, make sure to go slowly and pull off to the side at minimum.

“It’s just all about being aware of the area you’re riding in,” said Otte.

With the fire bans in effect, Otte said to also be conscientious of fire safety. You can’t travel in forested areas or



TRIBUNE PHOTO BY BECCA MYSKIW

The South Interlake ATV Club’s annual Ironman Ride is on May 25.

backcountry with the ban.

If you notice hazardous acts while out on the trail, let the ATV Club know through their website. The club’s ride guidelines and code of conduct is also

there.

The South Interlake ATV Club encourages people to join a club as they provide safe trails for group travel.

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## Big brother rewarded for little brother's prank

Greetings, fellow fishers. With very few exceptions, during my many years of visiting anglers that offered fishing stories I could pass along to you, most have expressed how much they care for the conservation of our outdoors and wildlife.

Kara Bourgeoin, a bright, jovial, enthusiastic young woman I met when she was shore fishing in the Icelandic River in the Interlake, had an experience that illustrates her feeling of responsibility toward wild birds. One day, she was shore fishing in the Winnipeg River by Lac du Bonnet. She had baited her hook with smelts to attract jackfish and as she cast out a loon flew by snapping up her baited hook tearing her rod out of her hand, which went skipping over the water in tow. Kara sprang to her feet and commandeered a paddle boat from some kids close by. She pushed it into the water and took off in hot pursuit of the thieving loon. Her reason for giving chase was threefold. First, she was worried it would swallow her hook and be injured. Secondly, she didn't want to be responsible for hurting the symbol on our Canadian loonie. And, thirdly, she wanted her best rod back.

She could see the loon ahead of her. It would fly a short distance, the baited hook in its beak then land when the trailing rod dragged in the water.

There began a pattern. Kara would give chase, peddling furiously, her legs complaining at the effort and when getting close, and the proud loon would fly off a short distance. After a number of these jaunts, apparently the loon didn't like the fishing gear attached to his stolen smelt and shook its beak wildly. Kara sat gaping disappointedly in

the little boat as she witnessed her baited hook fly from the bird's beak and sink into the depths of the river, taking her rod with it.

Sometimes, though, our waters give back instead of taking. Last week I met Brent Vince of Stonewall and his two sons Kirbi and Kevin fishing by Riverton. When I asked them if they caught anything, dad who proved to have a sense of humour, said, "Yeah, Kirbi caught a pickerel rig just now."

"What?" I inquired.

"Yeah," Brent exclaimed, "he decided to reel in and change from a lure with a minnow to a pickerel rig and landed a snagged pickerel rig that appeared to have broken off when its previous owner pulled too hard. Then to show Mother Nature also has a sense of humour, Kirbi tied that rig to his line, baited it and handed it to his brother while he went to get snacks in the car. As he reached for some chips on the back seat, he heard a squeal. Kevin was hauling up a pickerel high in the air with the new found rig."

The blustery cold wind was no match for the many anglers trying their luck off the Selkirk pier last weekend. The Red River was in turmoil with ripping currents and frothing whitecaps. Anglers sat in chairs using their vehicles as windbreaks. As I nosed my car up to the edge of the pier, I noticed a tall, thin chap and a lady beside him. I stepped out of my car and handed them my card, asking if they had an unusual fishing story for us.

"Well, I'm Ryan Ducharme and my friend is Amanda Worden. We're from Winnipeg and I do have a story from Winnipeg when I was fishing on the Assiniboine River in St. James," he replied.

"I was riverbank fishing off the wet, muddy shal-



TRIBUNE PHOTO BY ARNIE WEIDL

From left to right: Kirbi, Brent and Kevin Vince with some of their catch by Riverton.

lows with quite a few people close by. I had cast out and the guy next to me did, likewise crossing my line. I reeled in fast to avoid getting snagged with him. Perturbed, I gave him a 'oh well' glance and sent my baited hook out again with an over-the-shoulder quick snap.

"My annoying neighbour mistimed his next cast and sent his baited hook into a bush behind us. He began pulling and jerking his rod viciously with both hands shaking the tree as though it was in a hurricane. Everyone scattered. In time, he freed his hook and followed I and others casting out afresh only to cross my line again, this time firmly snagging me. I was a bit upset as we reeled in our lines and began untangling. Ankle deep in the sloppy mud, I happened to bump him, causing him to back into the water.

"Hey, grab my hand," he yelled. I extended my hand, which was wet and muddy. We lost our grip and he tripped backwards falling to a sitting position in a foot of water.

"So sorry," I said, with a surprised grin."

See you next week, friends. Bye now.

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# Grants awarded at annual presentation evening

By Jo-Anne Procter

The Interlake Community Foundation (ICF) handed out \$33,608 in grants and endowment awards on May 13 at their annual grants presentation evening at the United Church in Stonewall.

The ICF provides citizens of Rockwood, Rosser, Stonewall, Teulon and Woodlands with the opportunity to invest in the future of their community and region forever. The foundation pools gifts in a capital fund that remains in perpetuity, providing citizens with a means of permanently endowing their region and helping to shape its future. The income generated from the capital is distributed as grants to registered charities in the region.

Organizations apply for grants to fund local projects. This year the ICF presented \$19,730 in grant money to the following:

Teulon & District Senior Resource Council Inc. (\$1,660 raised garden planters at Gateway Manor), Starting Blocks Inc. (\$1,000 replace broken sun awning in playground), Association for Community Living - Interlake (\$1,000 water wheelchair), Argyle Skating Club - RM of Rockwood (\$1,480 equipment storage shed), Woodlands Pioneer Museum (\$1,170 iPad to help with accessibility project), Interlake Eastern Health Foundation Inc. (\$1,970 Stryker Power stretcher-Stonewall Hospital), Stony Mountain Community Centre Inc. (\$720 reno-



The Stony Mountain Childcare Centre received a grant for \$430 to help purchase furniture and shelving. Pictured left to right, Linda Lamoureux, Brandy Joss, Peyton Mahorn and Sandy Mahorn.

vate community centre washrooms), Rosser Central Community Club Inc. (\$1,360 install sport court flooring in gym), South Interlake Seniors Resource Council Inc. (\$1,320 equipment for mobility lending program), Teulon Day Care Inc. (\$280 purchase nature rug).

The Grosse Isle Heritage Site and the Vintage Locomotive Society Inc. (\$1,360 build washroom and kitchen facility), South Interlake Regional Library - Stonewall (\$1,000 seating for



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The 2019 Interlake Community Foundation board handed out \$33,608 in grants and endowment awards on May 13. Pictured back row, left to right: Barb Mankewich, Cheryl McClure, Tracy Holod, Linda Lamoureux, Lorna Broadfoot, Meechelle Best, Rhonda Cameron, Peggy Linklater; front row, Jim Penner, Murray Slagerman and Bob Beck.

junior section), South Interlake Regional Library - Teulon (\$750 smart TV and laptop), Stony Mountain Community Association (\$1,050 Stony Mountain trail work), Stony Mountain Childcare Centre (\$430 furniture and shelving), Green Acres Art Centre - Town of Teulon (\$1,180 camcorder equipment project), ACL Interlake (\$200 for using their facility), Stonewall Collegiate (\$600 Leadership Awards 2 x \$300), Teulon Collegiate (\$600 Leadership Awards 2 x \$300) and Warren Collegiate (\$600 Leader-

ship Awards 2 x \$300).

Each recipient took a moment to thank the board and provided an explanation of how the funds will be used.

The remaining \$13,878 was assigned to 18 designated and agency endowment awards.

The foundation will be celebrating 25 years with a banquet on Oct. 4 at the Quarry Park Heritage Arts Centre. For information or tickets, contact 204-467-5634.

## Community members learn about the healing powers of music

By Becca Myskiw

Lisa Highmoor taught community members about the "healing power" of music last Thursday at the Stonewall library.

Highmoor is a speech-language pathologist and has studied music therapy on the side. Her presentation went over music therapy.

"Music can be used in so many ways," said Highmoor. "It's not just for entertainment."

Music therapy is when musicians use music to help people deal with their difficulties and bring their health into a better place. Music therapists typically use live music rather than pre-recorded to create a personal connection between them and the person they're helping.

Highmoor started by talking about the types of needs music therapists can address. She said they can work with people who have a physical need like an injury, illness or disability.

Music therapists can also help people with anxiety, stress, depression and other emotional needs. They help people with learning, memory,

academic and other cognitive needs, and music therapists can help with social needs like communication and behaviour.

Each piece of music we listen to has a meaning, whether we realize it or not. Some people listen to music for an escape, to dance to or to just relax and have fun.

Music can enhance memory. Highmoor used the "ABCs" as an example of music helping us to remember. It also improves communication and is used to help with rehabilitation by matching the beat of the music to walking.

"Humans have this strong desire to be involved with music and I think that's why it helps," said Highmoor.

Music has been in human history since the beginning of time. There are reasons we listen to music and not all of them are for fun.

To get in contact with a music therapist and learn more about the healing powers of music, there's the Music Therapy Association of Manitoba and the Canadian Association for Music Therapy.



TRIBUNE PHOTO BY BECCA MYSKIW

Lisa Highmoor played "O Come All Ye Faithful" to demonstrate the type of music for rehabilitation.

# Robot building giving ISD students skills for the future

By Becca Myskiw

A Lego robot-building kit is teaching Interlake School Division students about coding and programming.

The educational kit is called Lego Mindstorms and comes with pieces of Lego, sensors, a brick (brain), a software program and wheels, a battery, etc. ISD owns a set of the kits, and Warren Collegiate Institute has the opportunity to use them this month.

Dan Gregovski teaches Topics in Science at WCI. As part of their curriculum this year, he's doing a three-week coding section with the class, and is using the Lego Mindstorms kits as a way to do it.

Gregovski opened the coding classes to students outside of his classroom as well and said he has around 20 students currently building robots. The students are programming their robots for a school competition at the end of May where they'll get to show off what they built and the tricks they've coded into it.

"The idea is to give them the opportunity to show what they know," said Gregovski.

WCI's competition will have three parts. The first challenge for students will be programming their robot to follow a line with twists and turns. Students aren't able to control their robot once it's on the course, so they

have to code it beforehand to know when it's out of bounds and going the wrong way.

The second challenge is a sumo robot challenge, where students will program their robots to push the other out of the boxing ring. The competition will end with an obstacle course to challenge the students' coding abilities in various ways.

Gregovski said each robot is constructed by teams of three so each student can do what they enjoy. Each group has an engineer, programmer and a designer.

"It's interesting how they engage with it," said Gregovski. "Some students like to build, some like to drive, and some like programming, the math and science part of it."

Lego Mindstorms offers students "21st Century learning possibilities." He said automation, robotics and coding are in a lot of work places and homes today and will be in the future.

The skills students get from using the robot-building kits is more than technical. It gives them creativity, the ability to collaborate, to see problems and fix them, and gives them perseverance.

WCI is looking at adding drones to their Topics in Science course to give students a wider range of essential skills for the future.



TRIBUNE PHOTOS SUBMITTED

Asa France, left, Corey Proctor, middle, and Isabelle Macdonald are at the beginning stages of building their robots.



Nick Black, left, and Rio Costa are in WCI's Topics in Science class and learning to build robots.

# Stonewall student earns RE/MAX bursary

Staff

Stonewall continues to be well represented in an annual quest for a bursary from RE/MAX.

Susan and Brandt McKillop of RE/MAX Town and Country in Stonewall recently announced that Rikki Frost-Hunt of Stonewall Collegiate Institute is one of the recipients of the \$1,000

RE/MAX 2019 Quest for Excellence bursary. Throughout Western Canada, only 16 students were chosen to receive this award.

To apply for the annual bursary program, graduating students from B.C., Alberta, Saskatchewan, Manitoba, Yukon and Northwest Territories need to submit an essay outlining their con-

tributions to their community. Bursary winners need to demonstrate "exceptional motivation, leadership and communication skills."

"This year's Quest for Excellence winners have all shown leadership qualities far beyond their age," said RE/MAX of Western Canada's corporate affairs manager Marie Sheppy in

a press release.

"It's amazing to see how much of a positive impact these individuals have made to their communities."

Over the years, several other Stonewall students have stood out for their community contributions and earned the bursary. Keri Everitt was a recipient in 2016, Kelly Yeo in 2013 and Kim Rosing in 2001.

"The Quest for Excellence program gives us an opportunity to acknowledge amazing young leaders throughout Western Canada," said RE/MAX of Western Canada's regional executive vice-president Elton Ash in a press release.

"RE/MAX is honoured to support these inspirational students."

  
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# Teulon schools support Colombian students

By Jennifer McFee

Muchas gracias!  
That's the message that from some faraway friends send to their Teulon amigos — all the way from South America.

International connections continue to flourish between two Teulon schools and their twin schools in rural Colombia.

Students at Teulon Elementary and Teulon Collegiate Institute raised a combined total of more than \$900 through bake sales and other initiatives to support their South American counterparts.

These efforts complement a personal project that my husband and I launched in 2010 called the Privilege of Giving, which aims to provide support to impoverished students in developing countries. Before he immigrated to Canada, my husband Ricardo Burbano was employed as a humanitarian worker endeavouring to improve the lives of Colombia's displaced population, so he has seen first-hand the great need to help those who have so little.

In Canada, we are generally blessed to live safe and comfortable lives, but that is not the case in many other parts of the world where families struggle to exist on a meagre fraction of the sustenance we have here.

With help from the local school communities, along with additional donations from family and friends, we were able to provide full packages of school supplies this year to more than 70 students who are most in need. Adding to the communal efforts, my husband's family in Colombia hosted celebrations at the two schools for the students and staff in early February, right in time for the start of their new school year.

These long-standing relationships continue to grow since Teulon Elementary partnered with Escuela Michoacan in 2013 and Teulon Collegiate Institute partnered with Escuela Bilingue San Pedro school in 2017. The local contributions have reduced financial strain for the Colombian families while also providing much-needed encouragement for the students to continue with their education.

Both schools are located in Colombia's rural Putumayo region, where poverty persists as an ongoing barrier to education. Many families have been displaced due to violence from internal conflicts in the country. Others are part of the Indigenous Inga group, which struggles to preserve its traditions and culture.

A high number of students drop out



Tribune reporter Jennifer McFee enjoyed a visit in Colombia with Estefany, who is sponsored by TCI.



TCI students helped purchase shoes for two Colombian children.

of elementary school to work alongside their parents as agricultural labourers. As they get older, they are often too ashamed to return to the classroom.

Currently, the Colombian schools and community face additional pressures to accommodate displaced students who have fled from neighbouring Venezuela, where the country continues to exist in a state of instability.

Teulon Collegiate Institute's Helping Hands group also sponsors a Colombian student, 14-year-old Estefany. Thanks to the generosity of the local school community, Estefany and her 13-year-old brother Jefferson received the costly shoes they need for their school uniforms as well as new backpacks filled with school supplies. My husband and I had the pleasure of providing these items to Estefany and Jefferson while we visited Colombia in January.

In an expression of gratitude, Estefany handed us a hand-written letter that she penned for her friends at Teulon Collegiate Institute.

"Friends from Canada, thanks for helping me, for giving me a little of your friendship, for your collaboration and for keeping me in mind to be able to continue with my studies," said the letter, as translated from Spanish to English.

"I hope that one day we can meet."



Escuela Michoacan students say "gracias" to their friends at Teulon Elementary School.



Students at Escuela Michoacan are happy to receive school supplies.



Students at San Pedro school are grateful for the generosity of their friends at TCI.

Estefany also wrote a letter to me, since we have been helping her each year since she started kindergarten through The Privilege of Giving project. Over the past decade, her affectionate hugs have always been one of my favourite parts of our visits to Colombia.

"Thank you for giving me your love, your friendship, and for supporting me so much," Estefany wrote to me in Spanish, translated to English.

"You are very special for me always because you have given me your affection since I started my studies. I carry you in my mind and in my heart despite the distance because you have

always been thinking of me."

Estefany has made an impact on my life, too, and she holds a special place in my heart. Over the years, I've been able to see how these small acts of kindness have made a difference in her family's life, showing me that it truly is a privilege to give.

Through The Privilege of Giving project, our vision is to help children in Colombia and beyond in the hopes that education might break the cycle of poverty.

For more information or to get involved, please contact me at 204-461-5352 or [jen@stonewallteulontribune.ca](mailto:jen@stonewallteulontribune.ca).

# Fond farewell to an unforgettable man

By Jennifer McFee

Treat people the way you want to be treated.

These were words to live by for Bert Clarke, a well-respected community member and family man who passed away peacefully, yet unexpectedly, last Sunday.

Bert made an indelible mark as a husband to Dianne, father to Brent and Jared, and RCMP member for 38 years, plus another eight years as a public servant. He was also known as a friendly face in town, always willing to stop to chat or lend a hand whenever he could.

Both of his sons are back in town from their current homes in Alberta, where Brent works as a second-generation RCMP member and Jared works in federal Corrections.

"He was a caring husband, a great father, a great friend and a pillar in the community. My dad was very modest but he believed that when there was a death, the community rallies around the family. That's just the way small towns work," Brent said.

"We've had people coming by non-stop. It just speaks volumes about the help he did for people and the impact that he made."

Although Bert had some heart problems, he was in good health and managing well. He passed away in his sleep of a heart attack on May 12. He would have been 71 next month.

"My dad was always quick-witted and he had a great sense of humour. He always had stories, and he had a good way of breaking the ice and getting to know people," Brent said.

"He always put everyone first before himself. His holidays weren't holidays. They were trips to visit me and my brother in Alberta and his family in Newfoundland — not to relax but to help do yard work and other work around the house. He just loved to help other people."

He knew all his neighbours and never hesitated to pitch in, Brent added.

"When I was a teenager, he'd tell me the best way to meet a neighbour was to help him lay some sod," he said.

"So every time we saw people putting sod down, we'd walk up and introduce ourselves and help them lay sod. That's how he was — and that's how we got to know all the neighbours."

An open garage door was an open invitation for anyone to stroll over for a beer and a chat, Brent recalls.

"The door was always open to talk and ask for advice. He really believed in the small town values of knowing your neighbour and being friendly,"



PHOTO SUBMITTED

Bert Clarke made an impact on family and friends.

he said.

"My dad loved Newfoundland, where he was from, but he always considered Stonewall his second home. He was a detachment commander here, he built a home here, and he had lots of friends and family here. He really loved Stonewall."

When Brent and Jared would come home to visit, Bert would drive them around town to show them where all their high school friends now lived.

"He knew everything that was going on and he'd introduce me to so many people," Brent said. "Even when I called, he'd give me updates on everything here in Stonewall because he knew everyone."

Friends and family gathered at the Stonewall Legion on Tuesday for an informal celebration of his life. They took time to share memories and reflect on times they spent with Bert.

Over the span of many decades, Ken Craig worked with Bert and became a close friend and neighbour along the way. When they first met in 1976, Bert worked in a plain-clothes unit in Swan River while Ken worked in Dauphin. They continued to meet up over the years, including in the serious crimes unit in Winnipeg, where they investigated homicides and serial offences.

"Bert was just an excellent person — salt of the earth and very giving. He put others before himself, and whatever had to be done, he would get it done," he said.

"As a police officer, he was a thorough investigator. But he never let anyone forget that he was a Newfoundlander, first and foremost. He had a great sense of humour."

Similarly, Ken Amirault transcended his professional ties with Bert to



TRIBUNE PHOTOS SUBMITTED

Jared, Dianne, Bert and Brent Clarke

become a close friend. They were both in RCMP training in 1971, and their paths crossed professionally many times over the following decades. Their lives overlapped outside of work as well, since they spent plenty of time together at the local hockey rink watching their sons play.

"I'm from Nova Scotia and he was from Newfoundland. We both ended up in the prairies. Bert's first posting was to Rossburn, where he met and married a local girl," he said.

"Then he was involved in a number of transfers all over the western side. He went to Amaranth as a constable and later he got a promotion."

Ken also had the chance to work with Bert at the Stonewall detachment and at the serious crimes unit. Later, they both returned from retirement to do contract work at the RCMP headquarters from 2009 to 2017.

"We did investigations together and travelled together. We spent a lot of

time together and got to know each other very well," he said.

"He was an excellent supervisor. He had a great base knowledge of everything that was required to make the job easier for people. He was definitely a people person."

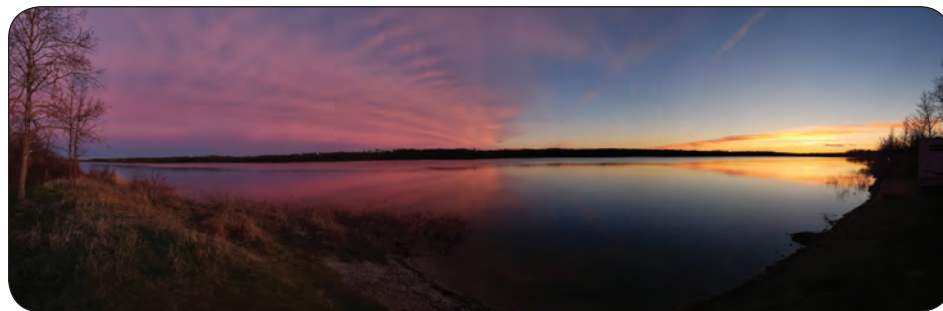
Bert was an organized planner, too, gathering RCMP members and former members for an annual Christmas function at the legion.

"He was a wealth of information. If anybody had any problems within the Force or outside the Force, you could usually go to Bert. He was that kind of a guy. He would bend over backwards for you," Ken said.

"Bert became more like a brother to me than my original family. He always had my back. I don't have anything but good memories and good things to say about him."

In accordance with his wishes, Bert's ashes will be spread in his hometown of Twillingate, N.L.

## A red sky at night is a sailor's delight



TRIBUNE PHOTO BY JASMIN WOLF

A beautiful sunset at Norris Lake near Teulon this past Saturday.

# Home & yard

## Growing strong, healthy tomato plants this summer

By Gabrielle Piché

It's almost time to bring your tomato plants outdoors, according to local West St. Paul farmer.

Mike Mailman fosters over 60 types of tomato plants and sells the fruit through his business, Mailman Pharms. Mailman kept his plants in Stonewall until recently, when he moved to West St. Paul for more space.

Planting season has already started for Mailman. In mid-March, he planted his tomato seeds and kept them indoors.

"It's common to start tomatoes anywhere from March 15 all the way through to April 15 indoors," Mailman said. "We have too short of a season here in Canada to start the seeds outside."

The best time to bring tomato plants outdoors is the first week of June. This way, the soil's temperature will be suitable for the plants.

Mailman is particular about his soil. It can make your tomato plant strong, or weaken it and leave it defenseless to pests.



Tomato plants are kept indoors while the weather is cool.

"Worms are important," he said. Sometimes, soil will have the nutrition a plant needs but not in a form that plants can intake. When worms eat decaying material like food scraps, they excrete nutrients that plants can consume.

Mailman buys worm castings, which he calls worm poop, to put in his soil. "I believe every single household should have a worm bin," Mailman said.

A worm bin is what it sounds like—



TRIBUNE PHOTOS BY GABRIELLE PICHE

Mike Mailman plants several varieties of tomato plants at his greenhouse in West St. Paul.

a large bin with red worms. People put compostable food in the bin, the worms eat the food, and they excrete worm castings.

Continued on page 14

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# Home & yard

## Simple ways to prevent dog-related lawn damage

Dogs love spending time outdoors. Dog owners with yards know that dogs benefit greatly from some exercise

in the backyard. While that time might be great for dogs, it can take its toll on lawns.

Dog urine and feces can adversely affect the look and health of a lush green lawn. Nitrogen is essential to healthy soil, but only at certain levels. When those levels are exceeded, the result can be lawn damage. Urine is naturally high in nitrogen, so when pets urinate on lawns, the grass might turn yellow or brown due to the excess nitrogen content. Nitrogen also is present in lawn fertilizers, further exacerbating the problem for pet owners who fertilize their lawns.

In addition to urine damage, dogs can trample frosted grass, contributing to problems that may not become evident until spring, and get into areas like gardens where they wreak additional havoc.

Pet owners who want to let their dogs run free in the yard but don't want damaged grass may be tempted to put their pooches in diapers or confine them to crates when letting them outside. But such an approach isn't necessary. In fact, some simple strategies can be highly effective at preventing dog-related lawn damage.

• Speak with a landscaper about planting new grass. Certain types of grass, such as Bermuda grass, can withstand dog damage better than

others. Local climate will dictate which types of grass are likely to thrive in a given area, so speak with a professional landscaper about the viability of planting new grass.

• Install fencing. Pet owners with expansive yards can install fencing that allows dogs to spend time exercising outdoors without granting them access to the entire property. Large dogs will need more room than small ones, but try to build fenced-in areas that allow dogs to run freely and get the exercise they need to stay healthy.

• Work with a dog trainer. Dog trainers might be able to work with dogs so they only urinate in certain areas of the yard, greatly reducing the damage they can cause to a lawn. Trainers also might help curb digging and clawing behaviours that can damage lawns as well as gardens.

• Consider hardscaping. Hardscaping might be most effective for pet owners with small properties. Hardscaping does not include grass and can add visual appeal to a property while saving pet owners the headaches of dealing with dog-related lawn damage.

Dogs need time outdoors, and homeowners can take various steps to protect their lawns from dog-related damage.

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### > TOMATO PLANTS, FROM PG. 13

“When you take those food scraps and put them into the worm bin, and the worms eat them, that creates gold,” Mailman said.

The worm castings are put in Sea Soil. Sea Soil is made up of wood shreds left over from loggers in the West Coast and leftover fish carcasses from fisheries.

“Generally, the best, most nutritious way of feeding any type of plant is from the sea,” Mailman said.

Tomato plants need six to eight hours of full sunlight per day. However, giving them some shade and protection from the wind is helpful.

Mulch is imperative. Mailman puts wood chips, or mulch, over his soil to protect the plants from sun and wind. That allows for the plant to absorb all of the moisture that comes in. When the rain falls, it doesn't wash away because it's like a sponge underneath.

When planting tomatoes outside, Mailman said you should work in the evening or the early morning. This prevents plants from drying out in the afternoon sun.

Regardless of where you're planting your tomatoes, you should thoroughly water the plants when you first transplant them.

Tomatoes grown in planters and raised beds, or grown in mixes with

peat moss, should be watered daily. Peat moss holds more air than water.

When tomatoes are planted in the ground they don't need as much attention. Roots go much deeper to water sources that you might not believe are available.

After moving your plants outside and watering them well, the soil should be allowed to dry out. Tomato plants' roots will grow and search for water.

“It'll be a stronger, healthier plant because of it,” Mailman said.

To fight off pests, Mailman buys praying mantis egg cases and puts them out in early June. When the praying mantises hatch, they eat tomato plant pests like aphids.

Ladybugs also help protect tomato plants against harmful bugs.

“Ladybugs are some of gardeners' best friends,” Mailman said.

It's important to plant a variety of tomatoes in your garden because different types give different flavours.

Darker tomatoes give you a smoky taste, while yellow tomatoes will have more of a tropical or fruity flavour.

Mailman suggests planting Ukrainian purple or San Marzano tomatoes for gardeners who make their own tomato paste.



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# Home & yard

## Compost is part of the circle of life in gardens

The season for fresh fruits and vegetables grown right in the backyard is upon us. Warm weather breathes life into fresh berries, tomatoes, eggplant, cucumbers, and many other delectable fruits and vegetables.

The bounty of the garden can be made more abundant and fruitful with the addition of the right soil amendments. Compost is a key element of rich, nutritious soil. Scraps from items that have been grown in the garden can then be reused in the production of the compost that feeds that same garden. It's a continuous circle of garden life.

Getting started with compost is relatively easy. Homeowners should choose an outdoor space near the garden but far away from the home so that it won't be disturbed by kids or animals. Some people opt for an open compost pile, while others choose closed bins to contain the possible smell and to camouflage the compost. A sunny spot will help the compost to develop faster.

The next step is to start gathering the scraps and materials that will go into the compost. Keep a bucket or bin in the kitchen to accumulate kitchen scraps. Here are some kitchen-related items that can go into the compost material:

- Eggshells
- Fruit peels
- Vegetable peels and scraps
- Coffee grounds
- Shredded newspaper

In addition to these materials, grass and plant clippings, dry leaves, bark chips, straw and sawdust from untreated wood can go into the pile. Avoid diseased plants, anything with animal fats, dairy products and pet feces.

A low-maintenance pile has an equal amount of brown and green plant matter in the compost plus moisture to

keep the bacteria growing and eating at the right rate. Aerating the compost occasionally, or turning the bin when possible, will allow the compost to blend and work together. Compost will take a few months to form completely. The finished product will resemble a dark, crumbly soil that smells like fresh earth.

Compost will not only add nutrients to garden soil, but also it can help insulate plants and may prevent some weed growth. It is a good idea to start a compost pile as a free source of nutrition for plants and a method to reduce food waste in an environmentally sound way.



**TRIBUNE PHOTO SUBMITTED**  
Compost will not only add nutrients to garden soil, but also it can help insulate plants and may prevent some weed growth.

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# Touring the world sampling wines and pairing cheese



TRIBUNE PHOTOS BY LANA MEIER

Members and guests of the Stonewall Chamber Wine & Cheese Tasting event toured the world discovering and enjoying wine from the new world and the old world while pairing speciality cheeses. Manitoba Liquor & Lotteries product ambassador Janelle Lemoine Shelest explained the difference between each of the wines and how the industry has evolved over generations.

## Local riders compete in Dressage



TRIBUNE PHOTOS SUBMITTED

Riders from Rocky Road Performance Horses run by Amanda Mollard in Woodlands attended the "May the Horse be With You" Dressage competition in Brandon May 10-12. Woodlands' Isabel Laing and her horse Royal won the Introductory level Beginner Rider Grand Champion while Winnipeg's Deja Aime and her horse Devine Intervention won the Introductory level Open Reserve Champion and Warren's McKenzie Schnell and her horse Justa Summer Knight won the training level Junior Championship. In Dressage competition, riders are judged on the successful training demonstrated through a prescribed series of movements. The rider is relaxed and appears effort-free while the horse willingly performs requested movements.

The club will be travelling for a competition in Red Deer, Alta., at the end of June. Pictured left to right: Laing and Royal, Aime and Devine Intervention, and Schnell and Justa Summer Knight.

## Spring walk-about



TRIBUNE PHOTO BY JO-ANNE PROCTER

A handful of Age Friendly Committee members, 55+ walkers and concerned citizens split into groups and walked and wheeled around Stonewall taking notes pertaining to accessibility and other issues on May 14. The group recorded their concerns and will present them to town council. Standing on the corner of 3rd Avenue South and Main Street, left to right, Jeanette Erickson, Debbie Hinds, Sharon Pakuliak, Lynn MacMartin, Joyce Maynard and Andre LaFleche.



# Drama class brings Peter Pan to Stony Mountain School

By Gabrielle Piché

Stony Mountain School's gym transformed into Neverland for the drama class' production of *Peter Pan* last Thursday.

The Grade 6, 7 and 8 drama class began preparing for their play in September. All 24 drama students acted, while several more Grade 8 students volunteered behind the scenes, controlling lights and sound.

Students learned how to express emotions and deliver lines in the fall. In October, they auditioned for their roles in *Peter Pan*.

Max Van Heyst played Captain Hook. He's acted in school plays before.

"We practised a part from the script, then we presented it in front of our teacher," Van Heyst said.

As the play got closer, the drama class spent more hours practising. The day of the dress rehearsal, drama students were at school for 7:30 a.m. They'd also stayed past regular school hours for practices in the days leading up to the play.

Shawna Conway teaches English, social studies and drama at Stony Mountain School. She directed *Peter Pan*.

"This is the biggest one we've done yet," Conway said, referring to the play.

She said staff, students and parents helped make the play a possibility. Students brought their costumes from home, and other teachers lent Conway items to use as props.

Conway said she didn't know how the play would turn out.

"These kids just surprise me every year," Conway said. "They're so shy, so quiet when they start drama at the beginning of the year, but by the time the production comes, they're just bold and they go out there and do it."

The Grade 8 students will be leaving Stony Mountain School in June. Conway said she's told their future drama teacher that great kids will be coming to her class.



Wendy and Peter Pan hide behind a plant. Jaime Doyle plays Peter Pan.



Captain Hook corners Peter Pan as the Lost Boys and Wendy look on.



Logan McDuff plays Michael Darling. He watches Peter Pan as he clutches his teddy bear.



Pirates lay down the plank on Captain Hook's ship.



Wendy, played by Jayla Butcher, searches for Peter Pan's shadow.



Captain Hook holds Wendy and the Lost Boys captive on his ship. Max Van Heyst plays Captain Hook.



Hudson Skrumeda, Reese Deprez and Tessa Garey volunteer to work the play's sound and lighting.



The Lost Boys look to shoot down a bird that Tinkerbell pointed out to them.



Two pirates on Captain Hook's ship.



TRIBUNE PHOTOS BY GABRIELLE PICHE  
Emily L'Heureux plays John Darling.

# Profiling the Interlake's art exhibits riding the WAVE

By Evan Matthews

Over the next five weeks, *The Express Weekly News* and *The Stonewall Teulon Tribune* will profile many of the Interlake's artists as part of the WAVE Tour.

WAVE is a non-profit organization working toward promoting the Interlake's artists.

On June 8 and 9, and then again on Aug. 31 and Sept. 1, the WAVE Artists' Studio Tour is taking place in a variety of locations across the Interlake region.

On Friday, May 3, WAVE launched its brochure at First Friday's in Winnipeg's Exchange District. The brochure cites locations for each artist's studio. The brochure is available online at: <https://www.watchthewave.ca/brochure>.

With the help of the brochure, guests are encouraged to plan their route visiting the studios. Most areas have a number of studios within a close proximity so guests can maximize the number of studios and exhibits they take in.

Tours will run from 10 a.m. to 6 p.m., and guests are encouraged to watch for the blue and white WAVE signs and flags along the highways and within the towns.

This week's features will showcase the work of Julia Penny (Farmsteads near Winnipeg Beach) and Amanda Onchukenko (Ponemah).

## Amanda Onchukenko Wisdom at the Crossroads

Art is often one person's interpretation of the physical world around them.

When a life-altering event happens, that interpretation can change.

"I was in a car accident in 2009, and it kind of changed my perspective on things," said Amanda Onchukenko, an author and painter.

"It felt like I had an angel on my shoulder."

On her way to pick up her children from school, Onchukenko was t-boned at an intersection. She struggled to recover from a severe concussion, she said.

"I had a lot of trouble remembering things. ... I had trouble cutting an onion or even carrying my purse,"



After being in a serious car accident, which she says left her suffering from brain trauma, Amanda Onchukenko turned to art. She says that for her, colour was therapeutic.

Onchukenko said. "It was a very long process."

Colour therapy was a part of Onchukenko's recovery, she said, referring to herself as a "maker."

She turned to meditation, turning meditation into (creative) development, which started to bring her peace.

"I would write while I was meditating," said Onchukenko.

"I was honing into wisdom deep within my soul. We all have that capacity, but this world we live in can be so noisy."

Onchukenko started small by creating bookmarks, of which she'd put a quote on the back.

"I had always written, but I never previously had the courage to put my words out there," said Onchukenko.

As time went, Onchukenko says she spent more time thinking about the structure of a book and came up with a premise, which expanded upon her original idea.

Onchukenko's book, *Wisdom at the Crossroads*, was self-published in October 2018.

Onchukenko uses her paintings as illustrations in the book, pairing them with quotes and short stories of relevance.



TRIBUNE PHOTOS BY EVAN MATTHEWS

Julia Penny has written a book in which she personally interviews and documents the experience of immigrants, all of whom live in the Interlake. Her hand drawn portraits (seen on the right) are combined with text for an "elegant" layout (seen at the bottom).

"You can pick it up and be inspired by the illustrations, or you can be inspired by a quote," said Onchukenko.

"It's easy to write a long book, but it takes a long time to edit it down. ... It doesn't take long to read."

Onchukenko has another project she calls *The Healing Blanket*, which offers guests the chance to add a "stitch in time" to the blanket in honour of someone they love or have loved.

People will often share stories throughout the process, something Onchukenko says has been moving.

Down the road, Onchukenko plans to donate money from *The Healing Blanket* to a non-profit such as CancerCare, an organization that values colour therapy.

"Colour is therapy for me," said Onchukenko. "I hope it's an inspiration so people know they aren't alone in tough times."

To get inspired, visit Onchukenko at 13 Melville Lane, Ponemah.

## Julia Penny From All Walks of Life

Canada may not be perfect, but to some who have experienced life elsewhere, it is the best country in the world.

Julia Penny is one of those people.

"I'm an immigrant. I've been here 52 years now. ... I came in 1967," said Penny, who lives just south of Winnipeg Beach.

"In 2017, I was here for 50 years and thought I needed to do something special for (the commemoration)," she said.

The idea to pursue and procure 50 portraits of immigrants was born.

But quickly, more and more stories came to Penny, and 50 portraits turned into 151.

"They're all done on (wood) panels. I would interview the person, or I would interview the families if the person had died... I'd get their story from a relative," said Penny.

"We're all part of this world. We're all human beings. Canada shows we can live together, really," she said, referring to Canada as a cultural mosaic.

Penny released her book *From All Walks of Life* in December 2018.

"Some of these people have just amazing stories," said Penny. "In the 1800s, these people were coming off the boat to absolutely nothing."

For Penny's own story and 150 others, visit Penny at The McKenzie Homestead Studio at 2868 McKenzie Rd., Winnipeg Beach.

# Teulon to complete wheelchair accessible sidewalk

By Evan Matthews

Teulon will see some wheelchair accessible upgrades in 2019.

The intersection at Main Street and Beach Road has one portion on its

west side that isn't currently wheelchair accessible, according to assistant chief administrative officer Ashley Michaluk.

At the May 14 meeting, Teulon coun-

cil accepted a quote to make the sidewalk completely wheelchair accessible.

The town awarded the contract to BDT Builders, according to Michaluk,

and is to be completed by the end of summer 2019.

The total cost of the upgrades, including taxes, is estimated at \$5,000.

# Lakeside Quilters preparing for annual show

By Patricia Barrett

The Lakeside Quilters group is preparing to host its annual quilting showcase next month at the Gimli Recreation Centre and has an exciting lineup of events.

The two-day event attracts quilters of all abilities from Gimli, Winnipeg Beach, Fraserwood, Selkirk, Arborg, Lockport and Beausejour, to name a few.

The group's co-president Heather Dankochik said Lakeside Quilters started hosting shows in 2012 to promote the art, build connections in the quilting community and help support worthy causes.

"The monies raised from our quilt shows go to different groups and projects in the community," said Dankochik, who will be displaying her own work at the show.

After each show, the group's nine board members get together and discuss how the proceeds — after paying expenses such as advertising in local newspapers and the quilting paper Country Register, rental fees for display racks and venue rental fees — should be divided up among potential recipients.

Over the past seven years, the Quilters have donated \$9,900. Past recipients include Camp Stepping Stones, the Evergreen School Division meal program for its eight schools, the Nova House women's shelter in Selkirk, Winnipeg Beach School's new playground, the Gimli Recreation Centre's

after school program, Arborg Collegiate's outdoor track, Arborg Personal Care Home for a blanket warmer and the Gimli & District Health Auxiliary for a power stretcher.

Out of its 2018 show proceeds, the Quilters donated \$500 to Heima Er Best, a support home for adults with developmental challenges. Dankochik said it's up to the home as to how to use the money but could likely be put towards a day trip for the residents or to make their home more comfortable.

Quilters who aren't formally part of the Lakeside group are welcome to participate in the show.

"We don't just ask people that are part of our Lakeside Quilters," said Dankochik. "We're so pleased to highlight anybody that wants to show us their work as simple or complicated as it is. It's still a quilt and we love quilts."

Quilter Rita Wasney is the special guest this year. She'll be bringing a vintage button collection to the show on Saturday and demonstrating how they can embellish a quilt.

"That's part of the excitement of the quilt," said Dankochik, who has also used buttons on her own quilts. "I've never seen her work so it will be exciting to be at her presentation."

The show will also include a quilt raffle, a barn quilt sale, vendor demonstrations, a scissor-sharpening service and a Make 'N' Take session.

"We're going to 'make and take' a



TRIBUNE FILE PHOTO BY LANA MEIER

The Lakeside Quilters are busy preparing for their annual quilting showcase at the Gimli Recreation Centre on June 1 and 2.

collage quilt," said Dankochik. "It's just like a paper collage that uses words or letters or pictures that are all put together. You can do that with material. We have kits of collage quilts. You can take your quilt home."

The Quilters will once again be collecting layettes (sets of clothing for newborns that includes crib quilts, cuddle blankets, vests, sleepers, hoodies, socks, booties, bibs, hats, etc.) for the Thelma Wynne Project, which distributes quilted baby items to 22 so-

cial agencies in Winnipeg, Gimli Selkirk and Stonewall.

Dankochik said the items go to new moms in need, and she herself will be donating two quilts to Thelma Wynne.

The quilt show takes place Saturday, June 1 from 10 to 5, and Sunday, June 2 from 10 to 4. Admission is \$5 for one day or \$8 for two days.

For more information, email Lakeside Quilters at [lakesidequiltersinterlake@gmail.com](mailto:lakesidequiltersinterlake@gmail.com).

## worship *with us* > FAITH

## A New Heaven and a New Earth (Revelation 21:1-6)

The apostle John shares a vision with the early church suffering persecution at the hands of the Roman Empire. The word "heaven" undoubtedly conjures up all kinds of images in our minds: streets of gold, floating on clouds, St. Peter standing at the gate, somewhere up there.

John tries to put into words we can understand that which we have no frame of reference for. It would be like us trying to describe a summer's hike through the woods to a penguin from Antarctica. Even if we could translate Canadian English to Penguin, there would be no vocabulary the penguin would have to understand our description. We would likely speak in negatives, like the

stuff under our feet is not ice; there is no midnight sun nor days where the sun does not rise; any precipitation falling is not snow but water. We would be stuck speaking of the unfamiliar in a language that does not have the vocabulary to describe what we experience.

Such is John's task in describing his vision. He was trying to communicate something beautiful but was limited by the experiences and language of his audience. He described heaven as a city. For him, it was the New Jerusalem. God was seen on a throne; the streets were of gold; the gates were of pearl. John and the early Christians were being actively oppressed. In his vision God would

make up whatever was lacking in this life. There would be no more crying and pain.

Whatever our thoughts of heaven, we need to recognize that we are dealing with a mystery. King Solomon discovered this. After spending many years in the construction of the temple at Jerusalem, he came to a staggering realization. In prayer to God he said "Behold, heaven and the highest heaven cannot contain you; how much less this house which I have built" (I Kings 8:27. He came to the conclusion that God is beyond our power to conceive and understand. We can never pack God in a box, never translate God into words, never explain God by analysis. If

heaven cannot contain God, how much less the houses we have built, whether they be houses of brick and stone, or houses of mind, pen and constructed words.

If God is a mystery, then that must bear on our understanding of heaven. Heaven is in the realm of spiritual things, not physical, and our vocabulary is not adequate to describe and understand it. Although God and heaven are a mystery, they are mysteries well worth contemplating.

Submitted by The Rev. James Bardley

Anglican Church of the Ascension  
Member of the Stonewall and Area Ministerial Association

# Blues act in Lifetime movie, give earnings to local causes

By Gabrielle Piché

Members of the Stonewall Blues Atom A1 female hockey team spent a day acting in a Lifetime film, and then donated roughly \$800 of their earnings from the movie to charity.

Ali Thompson, Rhea Myers, Sierra Slatcher, Blake Darragh, Emily McMurtry, Sydney Boughton, Keira Pattie, Georgia O'Neill and Kashlynn Kiesman spent 12 hours filming outdoors in the middle of winter. They were shooting *Radio Christmas*, a movie slated to air on Lifetime during the 2019 holiday season.

Jacqueline Thompson, the manager of the team, got a call from Julijette Inc., the movie's production company. The production team was looking for 10- and 11-year-old youth from a Stonewall hockey team as background characters.

"I just left it up to the kids and parents to see if it was something they wanted to do," Thompson said.

Producers were expected to film at a rink in Stonewall. However, the company changed locations to Tuxedo Community Centre.

Twelve girls from the Blues decided to skip school and head to the rink to film.

"Unfortunately, that day it was, like, -30 C," Thompson said.

The girls went inside for brief spurts of time, grabbing food and hot chocolate. They later found out they'd be paid, which Thompson said many didn't expect.

"I don't think I really had to propose the idea to donate," Thompson said.

"I think it was already in some of the girls' heads to do that."

The hockey players decided how they'd spend their money. If they were to donate their cash, they chose where and how much to give.

Thompson told the Blues' girls about two charities that Ali, her daughter, was giving to. Thompson said she'd collect and distribute the money that other teammates wished to give to the charities.

"We could donate the money to something either local or sport-related because our kids are all fortunate enough to play the sports they love and be with their friends," Thompson said. "Maybe we could pay that forward."

Collectively, the girls donated \$270 to Lennon McVey and \$280 to Drea Pepe.

McVey was born in February with a hole separating the two lower chambers of her heart. She needs to go to B.C. for open heart surgery. McVey's family lives in Warren, and they have a GoFundMe page supporting them.

Drea Pepe, 5, has brain cancer. The Manitoba AAA Hawks hosted the Drea Cup hockey tournament to raise money for Pepe. Girls from the Blues heard about Pepe through Kashlynn Keisman, who played for both the Blues and the Hawks.

Ali Thompson, a left wing on the Blues, donated \$50 to Pepe and \$50 to McVey.

"I didn't really need the money, so I just wanted to donate," the junior Thompson said.



TRIBUNE PHOTO SUBMITTED

The Stonewall Blues spent a day at Tuxedo Community Centre's outdoor rink filming *Radio Christmas*.

Rhea Myers also played for the Stonewall Blues. She said she agreed to help Pepe and McVey right away. Myers, 11, has been donating to different organizations since she was seven.

In addition to Pepe and McVey, players from the Blues found other causes to put their money toward. Pepe and McVey received the most money from the girls.

Jacqueline Thompson is Ali's mom. She said that as a mother, she was proud of the hockey team.

"It helps shape their future," the senior Thompson said. "It's not all about

the take — there's the giving, too, toward our community to keep it going."

The senior Thompson said she was proud of how the girls conducted themselves on set that cold winter day. As the girls left, the movie set's crew gave the girls a standing ovation.

"Everybody just stopped and gave a clap and a chant, 'Way to go Stonewall,'" Thompson said. "It was awesome."

She said the girls' behaviours and work ethics were great.

"They're just a good group of girls," Thompson said.

## get inspired

> MEAL IDEA

### Grilled Buttermilk Chicken

Recipe courtesy of Lori Yates of Foxes Love Lemons on behalf of Milk Means More

Prep time: 10 minutes  
Cook time: 16 minutes  
Servings: 4

- 1 1/2 cups buttermilk
- 1 tablespoon mustard powder
- 1 tablespoon Sriracha
- 2 teaspoons minced garlic
- 2 teaspoons paprika
- 4 chicken drumsticks, bone in, skin on
- 4 chicken thighs, bone in, skin on
- vegetable oil, for grill
- 1/4 cup chopped fresh parsley
- 1 lemon, cut into wedges (optional)

In medium bowl, whisk buttermilk, mustard powder, Sriracha, garlic and paprika.

Place chicken in large zip-top bag; pour buttermilk mixture over chicken. Seal bag and refrigerate 2 hours or overnight.

Heat outdoor grill for direct grilling over medium heat. Remove chicken from marinade, shaking off excess; discard marinade. Lightly oil grill grates. Transfer chicken to grill and cook, turning occasionally, 16-18 minutes, or until internal temperature reaches 165 F.

Transfer chicken to serving platter. Sprinkle with parsley and serve with lemon wedges, if desired.



### Include Others in the Decision Making Process

we either tune others out, or try to override their input. We may push our preferences to the point that either conflict ensues, or others simply give in to us because they do not want struggle.

If we are one of a group, be it in a family, social group, or work setting, it is important to validate and include others in the decision making process. Even if our idea or perspective is the best, without the support of the others it could fizzle.

When deciding for a group, the harmony and enthusiasm of the whole is often more important than the knowledge, expertise or 'rightness' of any individual member.

Gwen Randall-Young is an author and award-winning psychotherapist. For permission to reprint this article, or to obtain books, cds or MP3's, visit [www.gwen.ca](http://www.gwen.ca). Follow Gwen on Facebook for daily inspiration.

My little four-year old friend wanted me to play soccer with her. We were kicking the ball around in my backyard. I was amazed at how fast she could run, and what a good little kicker she was, and I told her so.

After one especially good getaway, she turned to me and said, face beaming, "Aren't I a great team!" While I knew what she meant, that statement triggered some thoughts for me.

I pondered about how often, whether in a family or a work setting, individuals acting alone assume they are team players. Sometimes we have a great idea, and are so convinced of its superiority, that

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Stonewall wins Zone 5 fastpitch title

By Brian Bowman

The Stonewall Collegiate Rams won the Zone 5 fastpitch championship last week with a 15-2 four-inning win over the Warren Collegiate Wildcats.

Brittany Slatcher earned the win on the mound for the Rams.

"She pitched very well," said Rams' co-coach Rebecca Brewster. "She was throwing strikes."

Offensively, Stonewall hit the ball well right from the beginning of the game as they scored nine runs in the first inning. The Rams also ran the bases well, said Brewster.

"They wanted to hit and they were aggressive at the plate," she noted. (That big first inning) definitely helped. It gets rid of the nerves and the (girls) were relaxed more."

The Rams lost a lot of talent from last year's provincial-championship team, but there are still some very good players on this year's roster.

"Last year, we did lose a lot," Brewster said. "We ended up losing five Grade 12s and we have a Grade 12 on our roster but she is injured so she isn't playing. So we lost six of our starting nine from last year's team. "But we have a good group coming up. Our Grade 10s are strong and they're our pitchers. Our Grade 11s and Grade 9s are also strong so it looks good for our future teams as well."



TRIBUNE PHOTO BY LANA MEIER  
Rams' pitcher Brittany Slatcher earned the win on the mound for the Zone 5 championships.

Despite the Zone 5 title, the Rams still weren't sure if they were headed to the MHSAA provincials. Brewster admitted last Friday that she wasn't sure if they needed to play a team



TRIBUNE PHOTO BY CAROLYN FINES

The Stonewall Collegiate Rams captured the Zone 5 senior girls fastball banner after defeating the Warren Wildcats 15-2. Back row, Dennis Woods (coach), Megan Humeniuk, Tiana Thiessen, Ellen Marshall, Anna Shewchuk, Maddy Fines, Brooke Wadge, Emmi Mcauley, Grace Fines, Rebecca Brewster (coach); Front row, Brittany Slatcher, Taryn Jackson, Cam McInnes, Sarah Dowsett and Sarra Jackson. Missing from the photo is Kenzie Bremner.

from another zone to advance to the provincials.

She expected to find out sometime this week as the provincials are slated from May 31 to June 1 in Russell.

As for this weekend, the Rams will be headed to Boissevain for a tournament.

## Interlake Blue Jays blast their way to a wild MJBBL victory

Staff

The Interlake Blue Jays' first win of the season was a wild one.

Interlake outslugged the Altona Bisons 19-16 in Game 2 of a doubleheader on Monday.

Altona won the first game of the day

8-3.

Interlake saw its record drop to 0-4 after a tough 5-4 home loss to the Pembina Valley Orioles last Friday.

Interlake was scheduled to play the Carillon Sultans last Wednesday but the game was rained out. It will be

played June 7 as part of a doubleheader.

With the win Monday, Interlake is now 1-5 and is in last place in the seven-team league.

The Blue Jays are 3.5 games back of the first-place Elmwood Giants head-

ing into this week's action.

Interlake will visit Pembina Valley this Friday and then won't play again until next Wednesday when they battle Elmwood at Koskie Field. First pitch for both games is 7 p.m.

## Interlake Orioles 13U split doubleheader with Pirates

Staff

The Interlake Orioles split a doubleheader with the North Winnipeg Pirates in U13 AAA baseball action on Monday at the Sunova Centre in West St. Paul.

Interlake lost the first game 10-1 but won the second one, 6-1.

The Orioles started their season

with a 15-4 loss to the Red River Valley Pioneers on May 5 in the first game of a doubleheader.

Interlake then won Game 2 by a 6-5 score.

The Orioles made it three wins in a row after sweeping the St. Jame's A's 10-1 and 10-4 in Stonewall on May 12.

Interlake is now 4-2 and in fourth-

place with 12 points. The Orioles trail only the Bonivital Black Sox (9-1), North Winnipeg Pirates (7-3), and Red River (5-3) in the standings.

Interlake will host Bonivital in a doubleheader this Sunday in Stonewall. Games will begin at 1 p.m. and 4 p.m.

In 15U AAA action, meanwhile, In-

terlake was outscored 19-11 by Bonivital on Monday at Provencher Park in Winnipeg.

The Orioles, now 1-5, will be in Steinbach this Sunday for a doubleheader against the Carillon Sultans.

First pitch for Game 1 is slated for 1 p.m.

# Interlake athletes compete at Royal Rumble

By Evan Matthews

Interlake athletes hit the ground running, as they participated in the 16th annual Royal Rumble on the Rubber.

Despite the pouring rain (at times), roughly 750 kids flooded the Lord Selkirk Regional Comprehensive Secondary School's field on May 15.

Thirty-eight schools competed involving athletes from Grades 9 to 12, according to teacher and meet director Scott Gurney,

"This event is one of the last chances for high school track athletes to compete before their zone championships," said Gurney, adding the fact that Lord Selkirk is the only high school in the province that has a rubber track.

"As a result, it's also one of the few chances to try to achieve a performance standard in spikes on an artificial surface. The event qualifies the athletes for the MHSAA provincial championship meet in June," he said.

## Women's junior results

Interlake athletes had a strong showing, as Chloe Morrison of Stonewall took fourth in the women's 100-metre dash, posting a time of 13.94 seconds. Morrison also finished third in the women's 400-metre, with a time of 1:04, and then fourth in the 800-metre with a time of 2:38.

Selkirk's Brooke Sumka finished fifth in the women's 100-metre, with a time of 14 seconds while Emerson McAuley of Stonewall finished ninth, with a time of 14.21 seconds, rounding out the Interlake's representation in the top 10.

McAuley also represented Stonewall in the women's long jump, and tied for the win with an athlete from Fort Richmond. McAuley leaped 4.65 metres. Brooke Sumka of Selkirk placed fifth with a distance of 4.38 metres, and Mia Loeppky also of Selkirk finished ninth with a distance of 4.32 metres.

Katie Dorsch of Warren finished the women's 800-metre in 10th spot, posting a time of 2:56. Dorsch also won the 100-metre dash, the 800-metre run, the high jump and long jump events, in the women's junior outdoor pentathlon.

Warren Collegiate placed third in the women's 4x100 metre relay as well, with a time of 58.80.

Stonewall's Grace Fines finished in second place in the women's 80-metre hurdles — and it was a photo finish — posting a time of 14.47, while the winner posted a time of 14.38.

In women's shot put, Annika Good-

brandson of Selkirk took the event with a toss of 8.29 metres, while Warren's Emma Goodman finished sixth with a distance of 7.63 metres.

Women's discus saw many Interlake names including Keely Emms-Finnson from Arborg finishing third with a distance of 23.18 metres. Arborg's Brooke Blahey finished fifth, Stonewall's Grace Fines finished sixth, and Selkirk's Annika Goodbrandson took eighth spot.

## Women's senior results

Carly Kazuk of Selkirk placed second in the women's 100-metre dash with a time of 13.47. In the same race, Taryn Jackson of Stonewall finished tied for ninth.

In the women's 800-metre run, Stonewall's Tess Derksen finished in 10th with a time of 2:52. Derksen also finished in eighth in the women's 1500-metre run.

Selkirk's Asha Gurney finished in second during the women's 100-metre hurdles with a time of 19.07, with Arborg's Olivia Orbanski finishing fourth.

Gurney won the high jump event. Arborg's Jessica Monkman finished first in women's shot put with a throw of 9.48 metres. Warren's Jessica Buhler placed fourth, Fisher Branch's Laine Vanderteen finished fifth, and Selkirk's Rebecca Waito placed ninth.

Warren's Jessica Buhler won the discus throw with a distance of 28.75 metres and Jessica Monkman from Arborg finished second. Rebecca Waito of Selkirk finished in sixth.

Warren also had a good showing in women's javelin, with Grace Goodman taking the event with her throw of 32.98 metres, and Alex Chester, also of Warren, finishing in second.

## Men's junior results

In the men's 800-metre run, Gimli's Michael Crave finished fourth with a time of 2:29. Crave also finished second in the 1500-metre, with a time of 5:03.

Stonewall's Jack Becker placed seventh in the men's 100-metre hurdles, with a time of 18:13.

Johnny Minaker took eighth place in the men's long jump, totaling a distance of 4.75 metres.

Selkirk's Benjamin Olafson finished second in shot put, throwing 13.57 metres. Tyson Barylski of Arborg finished in fifth.

Geritt Boonstra finished sixth in javelin with a throw of 29.45 metres.

## Men's senior results

Selkirk's Tyrell Cook finished the



TRIBUNE PHOTOS BY EVAN MATTHEWS

Chloe Morrison pursues her competition during the 800-metre race.



Grace Fines, left, pushed it to the limit as the hurdles heat came down to a photo finish and she placed second.



With rain pouring, Tess Derksen was not far off the lead during her 800-metre heat.

men's 400-metre in fifth, with a time of 55.16.

Heath Kurys of Selkirk, finished the 800-metre in fifth with a time of 2:16.

In men's long jump, Cam Gayleard finished in seventh.

Selkirk's Ben Kelly finished men's shot put in fourth, throwing a distance of 11.23 metres. Kelly took home the discus throw, finishing in first place with a toss of 36.19 metres, as well as finishing fifth in the javelin throw.

Arborg's Matthew Bazalaivich finished in ninth place in the javelin throw event.

In the men's senior outdoor pentathlon, Luke Fjeldsted put on a show, winning all of the high jump, long jump, and shot put events, as well as the 100-metre dash. Fjeldsted also finished in second in the men's 800-metre.

For more, visit [royalrumble.ca](http://royalrumble.ca) for a full list of results.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Financial support for ringette referee diagnosed with melanoma

By Gabrielle Piché

Ringette players and officials across Manitoba are donating to a long-time referee who's been diagnosed with melanoma.

Kristin Chaban, 38, has been involved in Manitoba's ringette community for over 30 years and has reffed for approximately 20 of them. Chaban has officiated in Selkirk Arena, the Sunova Arena, the Veterans Memorial Sports Complex and other rinks around the province.

Full ringette teams and individual players are giving to fundraisers for Chaban on GoFundMe and Facebook.

Chaban has a history of brain tumours. In March, she went to the hospital for testing, and doctors found three brain tumours. By April, the tumours had doubled in size.

One tumour took over Chaban's third optic nerve, shutting her left eye. Doctors told Chaban she wouldn't be able to drive or work for a minimum of three months.

Later, doctors found that Chaban's illness went further than brain tumours — she had melanoma.

Jodi Sheppard began the fundraisers for Chaban. Sheppard is a ringette referee, and she's worked on the ice with Chaban for years.

"You don't want to miss a beat," Sheppard said. "You don't want the family to think twice about where the funds are going to come from, how they're going to support her."

Sheppard set a fundraising goal of \$5,000.

She asked Danielle Edginton, another ringette referee, to help handle the money. Sheppard said two people are necessary for accountability when dealing with donations.

People have donated over \$5,000 to Chaban, but Sheppard believes there's still more to give.

"I put \$5,000 on both sites knowing that we were going to need \$10-\$15,000," Sheppard said.

Chaban is a single mother of two.

Not working for several months is detrimental. The costs of Chaban's travel to the Health Sciences Centre, medical expenses and regular bills will exceed \$5,000.

Sheppard is amazed at how many people have donated and shared the fundraiser online.

"Social media is so big. I'm so humbled by the amount of support that we've received."

The ringette community has banded together to support Chaban.

"To hear everybody say that the ringette community is the most amazing community, it absolutely is," Sheppard said.

People can donate to Chaban's fundraiser on GoFundMe: [https://www.gofundme.com/kristin039s-journey-to-kick-the-big-quotcquot?member=2142780&utm\\_medium=email&utm\\_source=customer&utm\\_campaign=p\\_email%2Binvidesupporters](https://www.gofundme.com/kristin039s-journey-to-kick-the-big-quotcquot?member=2142780&utm_medium=email&utm_source=customer&utm_campaign=p_email%2Binvidesupporters).



TRIBUNE PHOTO SUBMITTED

Kristin Chaban, 38, is in the hospital receiving treatment for melanoma.

## Rams looking to win Zone 5 baseball title

By Brian Bowman

The Stonewall Collegiate Rams are on a high heading into this Wednesday's Zone 5 baseball championship.

Stonewall won both of its games at a Zone 5 mini tournament on May 14 in Grosse Isle.

The Rams defeated Lundar 13-2 and Fisher River 15-0. Both five-inning games were called early due to the 10-run mercy rule.

"Lundar is definitely in a rebuild mode," said Rams' head coach Kyle Nixon. "They had a pretty competitive team last year and they went to provincials so they're back to starting over. We were just a little bit better than both of those teams and we hit the ball a little bit."

Tyler Hogg and Rhett Woods earned the wins on the mound for Stonewall.

"The pitchers that threw (for us) consistently threw strikes and actually looked pretty good," Nixon said.

"If pitchers walk guys, there's no defence for that. Our guys threw well, so that was good."

The Rams will be hosting the Zone 5 championships on Wednesday. Stonewall will play Fisher River at 11 a.m. in a semifinal game.

In the other semifinal matchup, a pretty good Warren Collegiate Wildcats' squad will take on Lundar.

The championship game is slated for 2 p.m.

The MHSAA baseball provincials will be hosted by Garden City from May 30 to June 1 in Winnipeg.

Stonewall hopes to be the team representing Zone 5.

"There are definitely teams there that will be better than us but we'll be competitive," Nixon predicted. "That's been our goal all year — get to provincials and then try to take a bit of a run at it. That's been good to keep guys focused."

## Interlake Orioles win first game of the 18U AAA baseball season

By Brian Bowman

The Interlake Orioles picked up their first win of the 18U AAA baseball season last week.

Interlake snapped a five-game losing streak to start the season with a solid 11-6 home win over the Elmwood Giants on May 14.

"That was a big (win), especially for us," said Orioles' head coach Eric Swanson. "We have a lot of kids new to the AAA league and it's kind of tough to figure out how to win games. It was nice to get that one out of the way. They might have been feeling the pressure after dropping the first few, but it was definitely nice getting out of there and feeling good with how we played."

Cale Woods started on the mound for the Interlake while Hunter Olson came on in relief to earn the win.

Both pitchers threw well, said Swanson.

"It was real nice because before the game I kind of just mentioned that if

we could throw strikes and put more pressure on the hitters (that would help us), and all of our pitchers came out and did that," he said.

Interlake came out firing offensively, grabbing a commanding 9-0 lead after just two innings.

Last Friday, Interlake lost 6-1 to a very good Winnipeg South Chiefs.

"They're really good," Swanson said. "No one felt good about (the loss) but I definitely felt good with our games last week with the win on Tuesday and then against South. "That's a team that's going to try to win the city and provincial (championships). It's still early and we're still trying to figure out our bats but we played real good in the field and, again, we had our pitchers throw a lot more strikes."

The Orioles (1-6) will host first-place Winnipeg South (8-0) on Sunday at 7 p.m.

Interlake will then battle the Bonivital Black Sox (5-4) next Tuesday at Whittier Park.

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### GARAGE SALES

Huge garage sale - Saturday, June 1, 10-4. 221 Gislason Drive, Arborg (across from hospital). Woodworking tools, sander, router, etc. household, jewellery, luggage, lots of scrapbooking tools and supplies, craft paints, wickers baskets, pictures, Christmas decor and lots more.

Moving/yard sale for Verne Slater. Sat., May 25th, 10 a.m. - 3 p.m. 102-1st Ave. NW. Teulon, MB.

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# take a break

> GAMES

## SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

### Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

# X CROSSWORD

### CLUES ACROSS

- Guitarists use them
- Makes less intense
- Julia Louis-Dreyfus series
- Once in a while
- Up to the time of
- A moon of Jupiter
- "Riddley Walker" writer
- Basketball's "Grandmama"
- Gallium
- Stocky sea duck
- Expressions of delight
- Albanian monetary unit
- Some are electric
- Refine
- Clusters
- Get rid of
- Female body part
- Passerine bird
- One who is killed for their religion
- Green (Spanish)
- Partner to awe
- Flightless, running Aussie birds
- One who breaks up the ground
- Sacred language of some Hindu texts
- Get free of
- Furnace of burning
- Sent in large quantities
- Type of medical patent (abbr.)
- Failure to follow the rules
- Egyptian unit of capacity
- A public promotion of some product or service
- Strongly scented shrub
- Miserable in appearance
- Coagulated blood
- Boil at low temperature
- Republic of Ireland

### CLUES DOWN

- Pull or tear away
- Dennis is one
- Gas
- Popular rec activities

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										55					
56			57						58					59	
60							61	62						63	
														65	

- Owl genus
- Cries
- Morning
- Pass catcher
- Spirit of an era
- Suffix
- Megabyte
- In an expectant manner
- More curving
- Plural of thou
- Son with the same name
- Not one
- The woman
- Uncouth man
- Laugh
- Sustained viral response (abbr.)
- Between northeast and east
- In the matter of
- A tree that bears acorns
- Supervised
- Not quite a full earner
- Unpleasant substance
- Some are fake
- Hammer is a famous one
- Type of cup
- Poisonous Eurasian plant
- An alternative
- Belongs to he
- Bond actor's real name
- Ring-shaped objects
- One who reads in a church service
- Conceive
- One educated in Japan
- Rural delivery
- Robot smarts (abbr.)
- Women
- German river
- Delaware
- Automaker
- Mystic syllable



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**UPCOMING EVENTS**

Ag Grounds & Red Barn Events - June 2nd, Pancake Breakfast with \$5 admission 8 a.m. - 10:30 only! Saturday: 9 a.m. - English/Western Horse show; Saturday: 10 a.m. South Interlake 4-H Beef Show & sale, Winnipeg Model Railroad Club Display, Under Dogs Paint Ball Cage, The "Batmobile" (weather permitting), Rocklands Antique Club and more; Saturday: 1 p.m. The Wild Dogs Performance; Sunday: 8 a.m. Pancake Breakfast with \$5 admission, 8 a.m. 10:30 only. Gymkhana events 9 a.m.

**UPCOMING EVENTS**

Khartum Shriners BBQ on June 2 at 1155 Wilkes Ave. Wpg. All welcome. Shrine patients and families are encouraged to attend. Please RSVP at 204-925-1430.

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Please apply on-line at [www.ierha.ca](http://www.ierha.ca) or fax (204) 785-4736, stating competition number on resume.  
Deadline for submissions is Thursday, May 30, 2019 at 4:00 pm.



**Interlake-Eastern Regional Health Authority**

**Employment Opportunity**

In cooperation with the Interlake-Eastern Regional Health Authority and the Manitoba Métis Federation, the following summer student position is available:

Activity Assistant: IERHA MMF 900/19 (Location to be determined)

- Must be Metis, Non-Status or Inuit.
- Must be students between the ages of 16-29

Please refer to complete job posting in Careers at [www.ierha.ca](http://www.ierha.ca)  
Please apply on-line at [www.ierha.ca](http://www.ierha.ca) or fax (204) 785-4736, stating competition number on resume.  
Deadline for submissions is Thursday, May 30, 2019 at 4:00 pm.



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### NOTICE TO CREDITORS

**IN THE MATTER OF:** The Estate of Florence Adelheid Meyers, late of the Postal District of Balmoral, in Manitoba, deceased.

All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 26th day of June, 2019.

DATED at Stonewall, Manitoba this 14th day of May, 2019.

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Solicitor for the Executor

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### OBITUARY

**Marjorie Anne Vermeer (Dawson)**

Marjorie Anne was the only child born to Ben and Alice Dawson on July 9th in Stonewall, Manitoba. She attended elementary and secondary school in Stonewall with her friends and cousins until grade 11. She finished secondary school at St Mary's Academy in Winnipeg. She was very excited about this as she thought it would have horses, and Marj loved horses. There was momentary disappointment when she found out there were no horses but despite this, she always said it was her favourite year of school.



Following post-secondary training in Medical Health Records, Marj worked several jobs in Manitoba, working just long enough to make enough money to travel. Her father saw an ad for a contract job at the Dryden Hospital and she moved to Dryden in January 1973. She was thrilled to live in the nurse's residence for \$25 a month, leaving her with savings to go on another travel adventure.

To meet new people in Dryden, Marj volunteered with the Girl Guides where she met her future sister-in-law, Annemarie, who introduced her to Will. She and Will were married in 1976. They were blessed with a daughter Kyla in 1977 and a son Gavin in 1983. Marj stayed home with the children until both were in school and went back to work at local medical clinics doing transcription.

Marj enjoyed sewing and shortly after moving to Dryden, she received lessons from Mrs. DePorto. Kids, grandchildren, and many friends benefited from her sewing talents. This hobby provided her so much enjoyment - buying new fabric, patterns and lots of social interaction. Volunteering in the community was important. Marj involved herself in the Hospital Auxiliary for many years. She was in her element when the Auxiliary would have their annual garage sale. More recently, she had become involved in the Lions Club and found great reward in the organizations and people they helped - and loved meeting new people.

Exercise was always a part of her life in Dryden. She was involved in curling, aerobics and aquafit. She especially enjoyed the notorious women's bonspiels where "what happened at the Ladies Bonspiel - never got told to the husbands."

Marj and Will played beach volleyball in the summer with their usual team - Cardiac Arrest. For Marj, the best part of the game was sitting on the deck behind the lodge sharing a drink with the opposition.

One of her favourite past times was her regular lunch and dinner dates with friends. She treasured these weekly events and coordinated her many volunteer commitments around these meals.

In 2005, her first granddaughter Morgan arrived, making her an "Oma". In 2008, grandson Ben made his entrance and then in 2010, her second granddaughter Kara arrived. Marj was a proud Oma who always carried around an envelope of pictures, ready to show anyone and everyone.

Over the next 13 years, her three grandchildren started school. She cared for them before and after school and enjoyed many a game of "WHOT" and grilled cheese sandwiches.

Travel was a wonderful part of her life and she and Will enjoyed visits to many places in Europe, Australia and Florida to visit friends. They frequently went to Disney World with their grandkids, and Kyla and Jason. During the last visit, Gavin and his wife Krista joined them for the occasion.

On Christmas Day 2018, Gavin and Krista welcomed their first son, Caleb Dawson, two months premature. He caught up quickly after his six weeks in hospital. Marj got to see and snuggle Caleb twice, the last time for almost a week at Easter.

A Memorial Funeral Service to celebrate Marjorie's life was held Friday, May 17th at 11:00 a.m. in First United Church with Pastor Michael Bergman officiating. Interment followed in the Dryden Cemetery.

If friends desire donations may be made to DRHC Foundation or Second Chance Pet Network through the Stevens Funeral Homes P.O. Box 412, Dryden ON P8N 2Z1. Condolences may be posted at [www.stevensfuneralhomes.ca](http://www.stevensfuneralhomes.ca)

While Marj would have loved to spend more time on this earth, the following message from St. Francis of Assisi reflected her philosophy on life and a message that she would have wanted to share with all her friends:

"Remember that when you leave this earth, you can take with you nothing that you have received--only what you have given."

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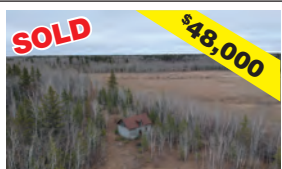
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# Announcements

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**ANNOUNCEMENT**

**IN MEMORIAM**



**Nick Neumann**

June 10, 1933 – May 23, 2014

Time speeds on, five years have passed,  
Since death its gloom, its shadow cast.  
Within our home, where all seemed bright,  
And took from us a shining light.  
We miss that light, and ever will,  
His vacant place there is none to fill.  
Down here we mourn, but not in vain,  
For up in heaven we will meet again.

-Love always,  
Justina, Cheryl, Deb  
and families

**ANNOUNCEMENT**

**IN MEMORIAM**



**Fern Hradowy-Werth**

September 5, 1940 – May 22, 2011

Two extra stars are in the skies,  
I know they are my mother's eyes;  
Looking down upon her fold,  
Remembering memories wrapped in gold.  
We love and miss you Mom,  
We wish you were here today;  
Just to say these words to you,  
We love you in every way.

-Love and miss you,  
Stacey, Ron, and Maryna

**OBITUARY**

**Gary Minaker**

January 12, 1953 - May 10, 2019

Gary Minaker passed away on May 10, 2019 at the age of 66 years at Middlechurch Home of Winnipeg.

Gary was predeceased by his mother Marguerite and father Ralph (Buster).

Gary attended school at Rosser and Warren Collegiate and participated in youth hockey and curling. He grew up on the family farm in Rosser MB where he farmed with Buster, and eventually took over and continued farming until his stroke in sept 2013. Gary also enjoyed trucking and was very mechanical. He loved working in his shop at the farm and being on the land.

Interment has taken place at Lilyfield Cemetery.

Many thanks to the staff at Middlechurch for the excellent care he received during his time there.

Donations can be made to Rosser United Church, Box 16, Rosser, MB R0H 1E0, Rosser Community Centre, Box 89, Rosser, MB R0H 1E0 or a charity of choice.

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**OBITUARY**

**Albert (Bert) Anthony Clarke**

It is with great sadness that we announce the sudden passing of Albert (Bert) Anthony Clarke on May 12, 2019. Bert passed away peacefully at home with his wife, Dianne, by his side.

Bert is survived by his wife, and two sons, Brent and Jared. Bert proudly served in the RCMP for 38 years and continued to work for the RCMP as a public servant for another 8 years. He served throughout Manitoba and referred to Stonewall as his home. Bert was known for his quick witt, hard work, humor and his stubbornness to see a job through. Bert put everyone first before himself and will be greatly missed.

As per Bert's wishes, he was cremated and his ashes will be spread in his hometown of Twillingate, NFLD, where he loved, and his family is buried. A small informal service was held at the Stonewall Legion on Tuesday, May 21, 2019 at 1:00 p.m.

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