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TRIBUNE PHOTO BY NATASHA TERSIGNI

Volunteers of all ages spent Saturday morning taking part in Love Stonewall and helped to support eight community service projects. Members of the Youth for Christ drop-in centre partnered with Love Stonewall to clean up the construction site at the new Quarry Ridge development.

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Stonewallers love thy neighbours

By Natasha Tersigni

An impressive 125 volunteers dedicated their time and efforts to eight community service projects during the fourth annual Love Stonewall event last Saturday.

The annual community event, hosted by local churches, provides volunteers for several community projects. This year, projects included a highway clean up on PR 236, planting flowers at the Quarry Park Heritage Arts Centre, painting at the town's ballpark, construction cleanup at Quarry Ridge Park, and taking part in the Rockwood Environment Action Taskforce's community cleanup.

During Love Stonewall, volunteers also took part in several acts of kindness for their fellow residents, including a free car wash and a free hotdog stand.

"It was a beautiful day and we were able to hand out more hotdogs and car washes than ever before. The biggest reason for the event, including the car wash and hotdog stand, was just because we care about the community. We had a number of people that wanted to give us money or asked how to give a donation, and we would refuse it because we wanted to do it just because. I think it sends a very important message that we care about the community and appreciate the people in it," explained organizer and Stonewall New Life Church Pastor Andrew Dyck, who added that the event was a success.

"It was a beautiful day, and in our fourth year, we set a record for the number of volunteers that came out, so that was great."



Clockwise from top left: Mona Hickey and Brain Borne cook up lunch at Love Stonewall's town barbecue on Main Street; Dave Derksen was part of Love Stonewall's highway cleanup crew helping to make the roadside tidy; Lily and Sophie Harris and Hailey and Kyle Wolff manned the mobile cold drink cart along Main Street and handed out drinks to pedestrians and local business owners; the Enzleberger family, including Austin, Ella, Libby, Mike and Sarah, were among a number of Love Stonewall volunteers that lent a hand to the town-wide community team; and Love Stonewall's free hotdog and drink stand on Main Street was a popular spot Saturday where the public was treated to lunch.

TRIBUNE PHOTOS BY NATASHA TERSIGNI

Lundar RCMP respond to missing boaters on Lake Manitoba

Staff

Lundar RCMP received a call about four missing boaters on Lake Manitoba at approximately 11:45 p.m. on June 1. Information was received that they had launched earlier the same day near Oak Point, off Highway 6,

and were overdue to return.

RCMP, along with local emergency services, conducted multiple shore searches overnight without success.

The following morning, the RCMP, along with assistance from community boaters, began lake patrols.

Three survivors, all residents of Lundar — two men, ages 36 and 53, and a 37-year-old woman — were eventually located on the eastside lakeshore, north of their launching point.

A 54-year-old woman from Oak Point was found deceased nearby. The

boat was later found submerged near the shoreline.

It is unknown at this time if any of boaters were using life jackets.

The investigation is continuing.



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Balmoral students were all a buzz studying bees

By Natasha Tersigni

With Grade 1 students at Balmoral School learning about the life cycle of a bee, local beekeeper Jim Campbell was invited to the school last week to talk about the pollinators and his work.

Having spent 40 years as a hobby beekeeper, Campbell is an expert on the flying insects. Currently, on his farm near Argyle, he has five hives that contain more than 200,000 bees.

"I enjoy the honey and I love to be around nature, so it was a great fit for me to get into this sort of work," explained Campbell, who added it is also great to be able to share his passions with others, especially children.

After Campbell made a presentation about his farm and the process he goes through to get honey from the hive, students had the opportunity to view bees working in an observation hive.

"A lot of people are afraid of bees because they buzz and make a noise. Part of this display is to help people get over that fear by being able to see them up close and to listen to them while they work. It is great to educate people on the benefit of bees and the importance of pollination."



Grade 1 and 2 students were able to watch bees work in an observation hive during science class.

While honey is a delicious benefit from bees, it is their work as pollinators that is important in the food cycle. Bees play an important role in the pollinating of flowering plants, and it is estimated that one-third of the human food supply depends on the pollination from animals and insects such as bees.



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Local beekeeper Jim Campbell helps Balmoral School Grade 1 student Caleb H. find the queen bee in the observation hive during a presentation at the school last week.

Touch a Truck family fundraiser

By Jeff Ward

The St. Laurent Aboriginal Head Start Program is hosting a first-time fundraiser that will feature large construction vehicles, fire trucks and even a helicopter for young children to climb inside.

The event is called Touch a Truck, and organizer Myrna Lavallee said that it is a family-friendly event that will give children the opportunity to get up close and personal with some very impressive machines.

The event takes place Saturday, June 17 from 9 a.m. until 3 p.m. in the parking lot of the St. Laurent Recreation Centre and tickets are \$5 each or \$20 for a family.

Lavallee, who is the assistant director of outreach for the program, said that among the many vehicles will also be other fun activities including horse-drawn wagon rides, a pancake breakfast, barbecue, canteen, face

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If you give to others, it will come back to you



TRIBUNE PHOTOS BY LANA MEIER

Ecole RW Bobby Bend School Grade 3 French and English students performed the Drum for family and friends last Thursday. The musical shares the story of a young girl who wanted a drum more than anything but learns how helping others teaches kindness and generosity and that If you give to others it will come back to you.

Auditions underway for Interlake Youth Choir

Staff

The search is on for young singers who would like to participate in the 2017 Interlake Youth Choir.

Auditions are underway in person or by video submission for singers who will be in grades 9 to 12 this fall, with a deadline of June 14.

Choir members will spend one weekend together at Camp Arnes from Oct. 13 to 15 along with conductor Justin Odwak. After that, they will wrap up by performing two concerts on Sunday, Oct. 15, with one in Stonewall and one in Gimli.

Recently, a fundraising concert brought in nearly \$1,000 for the 2017

Interlake Youth Choir (IYC). The May 25 event brought together members of the Quarry Choristers, the Selkirk Community Choir and the IYC 2016 Reunion Choir.

The 2016 IYC made history as the first regional youth choir in the area. In total, 27 singers participated in the Camp Arnes weekend in 2016, followed by concerts in Arborg and Selkirk. The group benefited from the talents of guest conductor Scott Reimer and accompanist Beth Emmers.

For more information about how to audition for the Interlake Youth Choir, visit www.iychoir.wix.com/home or email iychoir@gmail.com.



TRIBUNE PHOTO SUBMITTED

Learn homesteading skills at upcoming festival

By Jennifer McFee

An upcoming festival offers a hands-on approach to old-school skills geared for a modern-day world.

Manitoba's DIY Homesteader Festival is coming to Teulon on June 24 for a full day of opportunities to learn valuable skills to lead a more sustainable lifestyle.

Held every second year, the event began in 2013 as a joint effort between husband and wife duo Mike Berg and Kris Antonius and their friends Adrienne and Trevor Percy.

"We were all hanging out together at their farm and talking about how grateful we are for the people in our lives who shared skills with us," Antonius said.

"We started talking about how it would be really fun to pay that forward and have a big community event where other people could come and connect and learn. So we decided to create our own dream festival."

The first two DIY Homesteader



TRIBUNE PHOTO BY JANINE KROPLA AND JOSH DOOKHIE

Husband and wife duo Mike Berg and Kris Antonius and family are organizing the DIY Homesteaders Festival in Teulon on June 24.

History unveiled



TRIBUNE PHOTO BY JO-ANNE PROCTER

Last Saturday neighbours in the Warren area gathered for the unveiling of a historic monument to mark the site where 96 Hungarian partridges were released in 1924. Organizer, Forbes Stewart, gave special thanks to Craig Riddell, current landowner where the monument stands and who also donated the granite field stone that the plaque is displayed on. The RM of Woodlands was also thanked for providing financial support.

Frank Baldwin, Game Bird Manager of the sustainable development department of the Wildlife and Fisheries branch commended the group for their dedication to game birds and wildlife in Manitoba.

"It is great to recognize the achievements of the past, and it is satisfying to know that the monument will be here well into the future," said Baldwin.

RM of Woodlands Reeve, Trevor King brought greetings on behalf of the municipality. Pictured unveiling the new point of interest, from left to right, Riddell, Stewart, King, Baldwin and Coun. Ila Buchanan.

Festivals were held in 2013 and 2015 at the Percys' farm near Fraserwood. Now that the co-founding couple has relocated to Saskatchewan, the third rendition will take place in Teulon at Green Acres Park, with activities in Green Acres Art Centre, the rodeo grounds, the arena and the town hall.

The festival will feature more than 20 workshops and demonstrations on topics that range from beekeeping and butchering to tree tapping and composting toilets.

"We realize that people really have a desire to reconnect with the land and with these skills that our grandparents held. There are still people who hold the skills and we just have to look around for them. More often

Continued on page 8

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getfishing

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> ARNIE WEIDL Anything boys can do, women can do too

Hi guys and gals.
I wanted to find us some different fishing stories somewhere along the Winnipeg River last Thursday and thought the pier in Lac du Bonnet might be a pretty good bet. The warm, sunny, fresh morning was beginning to bring the sunbathers out to the sandy beach that lay before the long dock. I strolled to its end where two old-timers, their fishing rods stuck in the handlebars of their scooters, swapped stories. Beside them, a tall grey-haired chap who would only give his name as "Bob" had the stance and presence of a vital energetic man. Soon we fell to talking of local fishing when Bob mentioned that in addition to the unique "tiger trout" in The Ponds north of town, they had just seeded 200 fingerling "albino trout" (which are actually gold to white coloured rainbow trout).

I wanted to visit with anglers at McArthur Falls, too, that morning, so I shook hands with the guys and not much later was scaling a huge rock outcropping beside the Winnipeg River near the hydro dam. Soon, I saw a lone angler clad only in shorts sitting on a flat rock shelf, basking in the sun. As I came up to him I inquired, "Did you catch anything yet?" His solitary peace broken, a thin vigorous fellow sprang up with a large smile. "Only a small one," he responded. "I threw it back."

He said his name was Lynn Reykdal as we shook hands. We chatted about the fish, water and weather until a funny little story popped into his mind. Not long ago, he related, he was fishing with his four-year-old grandson, Scott, on the Red riverbank. With their lines in the water,

Lynn was looking around and enjoying his surroundings when he was snapped back to reality as he saw their dead bait minnows floating past him. Shocked, he looked down at Scott to see the little tyke tossing them into the drink, saying, "We let them go, papa?" Lynn didn't know quite what to say!

There's another great fishing story involving a little guy that came our way a few weeks ago. Interlakers Beckie Breidinger and her hubby took their son Lukas to fish at Chalet Beach. He's a two-and-a-half-year-old with a full, strong body, happy eyes, perpetual wide smile and short brown hair. On the beach, our junior angler became fidgety because he wasn't getting any action on his Spiderman rod. Suddenly, the rod tore from his hand. A giant carp surfaced, with Lukas's baited hook in its mouth. Mom reacted immediately, wading into the water grabbing the rod. She trudged back to shore and offered Lukas his rod so he might bring the giant in but he just shook his arms in rejection and scampered for higher ground. Mom and dad landed it, and as they measured, took pictures and released it, they couldn't help smiling as Lukas knelt in the sand by the fish, patting it saying, "Bye bye. You go in the water."

I was driving over the in-town Selkirk Bridge last Wednesday when I saw two gals riverbank fishing upstream. Turning onto the wooded area between the road and the river, I wobbled and bounced my way over the ruts to see if they had caught anything. I no sooner met sisters Corrine and Jennifer Lamarre from Winnipeg than Corrine's rod bent hard over



TRIBUNE PHOTO BY ARNIE WEIDL
Corrine, left, and Jennifer Lamarre of Winnipeg with the giant carp they caught on the Red.

as a master-sized carp (yep, another carp) appeared on the water rolling and showing its belly. I stood back as they worked together, one reeling in and the other with a huge net. They knew what they were doing, and with deft precision, they landed, measured and released the beast. After things settled down, Corrine recalled yesterday when they were fishing off the Selkirk pier. Some guy came along and, without being asked, grabbed Jennifer's rod, saying, "Here I'll show you how to cast!" He swung the rod out with great force but lost his grip and stood there embarrassed as it flew out of his hand, shooting like a rocket well out into the water. Corrine pushed him aside and cast out with stunning accuracy, snagging Jennifer's rig! The pushy guy turned head down and left.

See you next week.

> CONTACT US

Stonewall Teulon Tribune - Interlake Graphics
74 Patterson Drive, Stonewall Industrial Park Phone 467-5836 Fax 467-2679
Letters to the Editor: letters@stonewallteulontribune.ca
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OUR EDITORIAL STAFF

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

Natasha Tersigni 204-558-2772
natasha@stonewallteulontribune.ca

Brian Bowman Sports Reporter
sports@stonewallteulontribune.ca

View the Stonewall Teulon Tribune online at
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Adopt a Flower Pot at Grosse Isle Heritage Site

By Jennifer McFee

Interest is blooming in a new initiative that beautifies the Grosse Isle Heritage Site while honouring the memories of loved ones at the same time.

Last week, the Grosse Heritage Site launched its Adopt a Flower Pot initiative. Those who get involved are responsible to take care of one of the site's flower pots, which will be marked with "in memory of" signage to commemorate the lives of loved ones.

In keeping with this summer's Canada 150 theme, red and white flowers will add to the ambiance of the area.

Donna Ridgeway, vice-president of Grosse Isle Heritage Site, said Helen Harris suggested the idea at a meeting and everyone was enthusiastically on board with the plan.

"We have quite a few containers of flowers down at the Grosse Isle Heritage Site to make it look nice," Ridgeway said.

"We thought that maybe we would get more people involved and get more help if we promoted letting them adopt one of the flowers."

The group hosted its first planting party last Wednesday, with more to come.

"We've got about 10 different families interested in taking care of their chosen flower pot so far — and room for more if there are other people that want to get involved in the beautification efforts," Ridgeway said.

"We've had different community members who want to take on being responsible for one pot or two pots in memory of their grandma or whoever else. We'll put in a little marker to in-

dicade that this garden is in memory of their loved one."

Currently, there are more than 15 separate areas for planting at the site — including 11 pots, two bathtubs, two old boilers and a couple of flowerbeds alongside the buildings. Other people have opted to bring their own containers to plant their own flowers.

"I've provided flowers to make it easier for people, but they could plant whatever they want. We're trying to stay with the red and white theme of Canada 150 as much as possible," Ridgeway said.

"The commitment we want from them is that they'll water them, dead-head them, fertilize them and weed them for their pot."

The benefits of the initiative abound for the volunteers as well as for the community as a whole.

"It creates a sense pride in the community and it definitely helps to share the work. Up until the last few years, I've tried to water them all, and if I get behind, it's hard to get them looking decent again," Ridgeway said.

"It gets people thinking about coming down to the site and enjoying it while also remembering those people in the community too."


So far, community members have embraced the Adopt a Flower Pot initiative and its good intentions.

"We've had terrific feedback with people saying it's such a great idea," Ridgeway said. "We're quite glad that it's being received very well."

For more information or to get involved, contact Ridgeway at 204-799-7555 or dridgeway@gmail.com or visit the Facebook page for the Grosse Isle Heritage Site.



TRIBUNE PHOTO BY DONNA RIDGEWAY
Fallon Campbell, left, Rianna Cassils, middle, and Ashton Baldwin work on a planter for the Grosse Isle Heritage Site's Adopt-a-Pot program.


Woodlands
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Fond farewell to husband and wife teachers

By Jennifer McFee

For a husband and wife duo, this summer will mark a new chapter in their lives as they retire from more than three decades of teaching in the same school division.

Bambi and Bruce Rutherford are both preparing for their last day of work on June 30 when they will retire from the Interlake School Division.

Bambi, a well-known music teacher at Ecole Stonewall Centennial School, got her start in Balmoral and has spent 34 years instructing students. Meanwhile, Bruce is retiring from his role as a history and social studies teacher after 32 years at Stonewall Collegiate Institute.

For Bambi, she feels a sense of mixed emotions as she prepares to bid a fond farewell to a role she loves.

"We have lots of different stages in life. When you go through each of those stages, you have different feelings along the way," she said.

"In first making the decision to retire, it was very, very difficult for me, but I know it's the right decision. As Winnie the Pooh says, how blessed I am that I have loved something this much that it makes saying goodbye so hard."

Most of all, she will miss the day-to-day interactions with her students.

"I've been really fortunate to teach amazing kids throughout my 34 years in the division (actually 46 years, if you count the time I went here as a student)," she said. "Those kids give you wings. I'm going to really miss the hugs and the smiles. As a teacher, the kids challenge me to always be on top of my game, and as a result, they were on top of their game. I will miss



TRIBUNE PHOTO BY JO-ANNE PROCTER
Bruce and Bambi Rutherford will be retiring at the end of June after teaching for a combined 66 years.

them dearly."

Similarly, Bruce said he will miss the students the most, especially those he had the privilege of coaching.

"I've coached basketball at the high school since I was 18," he said. "One thing I'm going to miss is that

contact with the guys who play basketball."

At the same time, he feels fortunate to retire while he's young enough and healthy enough to enjoy other aspects of life.

"To retire is not to quit working; it's just to be in control of your own time, and that's what we're looking forward to. But I've enjoyed every year that I've taught. I've enjoyed watching the students mature from Grade 9 to Grade 12," he said.

"The collegiate is a great place to work. The kids are great, the parents are great, and the administration is great. I wouldn't want to be anywhere else."

In their retirement, the Rutherfords are looking forward to spending more time with their own children, who live in Alberta with their families. Their son Josh lives in northern Alberta with his wife Caitlin and her daughter Lili. Their daughter Brittany lives in Calgary with her husband Kurt and daughter Willow, with Baby #2 on the way.

Bambi also plans to stay involved in other musical endeavours in the community, such as the annual cantata.

"I'm still writing and managing, and I might do some volunteer teaching at the youth centre. I also hope to adjudicate festivals since I have training in that," she said.

"I'm hoping to be able to give back and share what I have, and I'll have more time to do that. I think it's going to be a whole other world, and I'm very excited."

She echoes Bruce's sentiments of gratitude for a fulfilling career and the chance to retire at the right time for both of them.

"I'm very blessed to be able to retire young and be healthy and still able to do so much," Bambi said. "It's a new beginning."

> HOMESTEADING, FROM PG. 5

than not, we find that they're very willing and eager to share their skills," Antonius said.

"It's about reconnecting with the land and those skills and finding inspiration. And even though you might feel kind of strange being a kombucha brewer or a mushroom cultivator in your backyard, you're not alone. There are actually quite a few people who are doing the same kind of things on a similar journey, so a lot of fest-goers love it for the connection to others."

Workshop leaders include Chris and Lindsay Kirouac, who own a property near Gimli where they keep beehives for their business Beeproject Apiaries.

In addition, Matlock-based Lori Frejek, also known as The Roving Spinner, will be hosting a pop-in wool-spinning workshop. Chris Friesen and Jennifer Leeck of Warren-based Eddlewood Farm will also be speakers at the festival, while other workshop leaders are coming from as far as Alberta and Ontario.

The family-friendly festival will include a DIY Kids' area with workshops and crafts. Musical entertainment will add to the overall festival atmosphere.

The event will also feature a market and food trucks, which will both be accessible to the public for a \$3 fee.

"I think it would be fun for anyone

who doesn't want to attend the whole festival to come down anyways," Antonius said. "They could shop at the market and food trucks, supporting local producers and growers."

For her own family, they enjoy tackling DIY projects and using various skills they've acquired over the years.

"We're in the city and we have an urban homestead with a lot of fruit trees, bushes and a vegetable garden. We do wild crafting as well, so we'll harvest the plantain and chickweed and nettle from our yard and areas around our house to make herbal salves and teas," said Antonius, who used to work as a high school teacher.

"We homeschool, so a lot of our homeschooling involves trial and error. It's a pretty fun thing to do with kids. When they see a tiny seed has the capacity to grow into a giant pumpkin plant, they get more invested in wanting to eat these foods that are really good for them."

Until June 18, tickets for the DIY Homesteader Festival cost \$87 plus GST for adults, half price for teens aged 13 to 18, and free for kids 12 and under. After that, the cost goes up to \$97 plus GST for adults, half price for teens and free for youngsters.

Tickets are available online at www.homesteaderfest.ca or in person at Generation Green at The Forks or Pollack Hardware at 550 Osborne St. and 1407 Main St. in Winnipeg.

Tickets must be purchased in advance, although some tickets might be available at the gate for walk-up attendees. The gate opens at 8 a.m. on June 24 and workshops start at 9 a.m. The day wraps up at 5 p.m.

For more information, visit www.homesteaderfest.ca.

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Gearing up for Touch A Truck

By Jennifer McFee

It's that time of year again when families are getting all revved up for a unique hands-on fundraiser.

The third annual Touch A Truck event is scheduled for Saturday, June 10 from 10 a.m. to 3 p.m. at the Stonewall Agricultural Grounds, better known as the Red Barn, at the corner of Highway 236 and Road 75N south of Stonewall.

Families come from near and far for the large-scale event, which raises funds for the Stonewall Children's Centre.

Jill Slobodzian, a member of the board of directors for the organization, said that last year's event raised about \$15,000 for the cause with more than 3,000 people coming through the gates.

"It's shaping up to be a good year again," she said. "It's going to be enjoyable and I hope it goes as well as it did last year."

A major attraction this year is a spe-

cial appearance from Marshall and Chase of *Paw Patrol* from 10 a.m. to noon and again from 1 to 3 p.m.

Attendees will have the chance to touch, climb and explore an impressive selection of vehicles including an ambulance, fire truck, bookmobile, farm equipment, racecars, construction trucks, and much, much more.

Other highlights include the STARS air ambulance helicopter and the Winnipeg police helicopter, but the emergency vehicles will only be on hand as long as they are not needed at an emergency.

An RCMP member also plans to showcase a tactical vehicle as well as the skills of his police dog through a display of drills at 10 a.m. and 2 p.m.

"The RE/MAX hot air balloon is going to be there as well. It's going to be stationary, but the kids will be able to get in and out of the basket," Slobodzian said.

"And we have the Lions' little barrel train again, so kids will be able to go

for a ride."

The event is cash only, and admission is \$5 (free for wee ones under the age of two). Tickets are available in advance at the Stonewall Children's Centre or at the gate on the day of the event.

In addition, the local scouts group will be operating a barbecue again at the site, with all proceeds going to support their organization.

"It's important to us to keep the proceeds local for other local organizations, and the scouts also share our daycare space," Slobodzian said.

"They hold their weekly meetings there, so it's a natural partnership. They get the proceeds from the sale of the food."

Adding to the community involvement, the local Lions group has volunteered to oversee the event's parking, which is free for all who attend.

"They do a great job and we really appreciate them helping us out," Slobodzian said.

For more information about the June 10 event, visit the Facebook page entitled "Touch A Truck Stonewall."

> TOUCH A TRUCK, FROM PG. 3

painting and more. Lavallee hopes that the attendees will be excited at the prospect of being able to climb up inside these massive vehicles and explore.

The Head Start Program provides a much-needed service in the Interlake that focuses on improving the quality of life for Aboriginal families through positive contemporary and traditional teachings. The program focuses on a successful transition into kindergarten and elementary levels of education and also provides community members with information that is designed to enhance their Aboriginal pride.

Lavallee is very excited to bring a new event like this to the area.

"I think especially the helicopter will be something to bring people out," said Lavallee.

"We're always looking to do new events in our community for our fundraising and figured this would be a great way for kids to see these trucks up close and also a nice community-building event between our local contractors and families."

For many children, these vehicles aren't going to be sitting in their driveway, so the chance to satisfy their curiosity about them is a fun experience, said Lavallee. She hopes it will be an event that is educational and fun for families.

Tickets can be purchased at the gate during the event.



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Thousands in funding granted to local organizations

By Natasha Tersigni

The Interlake Community Foundation (ICF) granted thousands of dollars to local non-profits to help fund current and future projects at their annual Grant Awards Presentation on May 29. ICF handed out \$24,204 in grants for 25 community projects at the Stonewall United Church.

With 2017 being Canada's 150th birthday, ICF was able to secure special funding and awarded an additional seven grants with their usual granting allotment. The Canada 150 grants were funded 50 per cent by the federal government's Canada 150 fund and 50 per cent from the ICF. Money from these grants has to be used for Canada 150 celebrations or projects. Organizations filled out special applications in order to be eligible for this specific grant.

Local Canada 150 grants included \$1,600 to Community Living Interlake for floral Canada 150 displays at clients' houses; \$1,800 to the Stony Mountain Community Association for their annual Canada Day celebrations as well as a commemorative bench; \$1,600 to the Settlers, Rails and Trails Museum for a permanent agriculture history display; \$1,500 to the Teulon and Area Canada Day committee for their upcoming celebrations; Balmoral School for a permanent outdoor Seven Teachings story circle; the Grosse Isle Heritage Site for their Canada 150 celebrations to be held on July 15; and the South Interlake Regional Library in Stonewall to establish Free Little Libraries in local communities.

Following the Canada 150 grants presentation, the Teulon Collegiate Youth in Philanthropy (YIP) group presented grants to their chosen organizations.

"All three high schools in the Interlake School Division — Warren, Stonewall and Teulon — have participated in the Youth in Philanthropy program and have endowment funds that have been established for them.

This year, only Teulon Collegiate ran an active YIP program and were active in granting grants," explained ICF board member Ross Thompson.

TCIYIP awarded grants to the South Interlake Regional Library in Teulon for a playdough circuit for their afterschool program (\$400); the Green Acres Art Centre to purchase a computer (\$250); the Teulon Elementary School to complete their indoor rock climbing wall (\$200); and the Teulon Day Care for a rug in their playroom (\$50).

Following the issuance of their regular grants to community organizations, ICF made a special presentation to the Stonewall Kinsmen. The two organizations have partnered to help fund the \$200,000 splash pad the Kinsmen plan on building in Stonewall next year. ICF has committed to help the Kinsmen by matching future funding.

"We have been thinking about a community project for a number of years, and with a lot of young families coming into the community, we thought a splash pad would be a great addition. We found that Kinsmen Lake would be the perfect location as there are a number of facilities already there. As well, there is a number of youth in the community that may not use the lake. This will provide an opportunity for everybody in the community to enjoy the park in the summer," said Stonewall Kinsmen president Chad Shepard.

"After just a few fundraisers, we have already raised \$50,000, so we are well on our way to meeting our goal."

The ICF operates in the RMs of Rockwood, Rosser and Woodlands and the towns of Teulon and Stonewall. The non-profit organization manages endowment funds that are established from donations from municipal governments and private donors.



TRIBUNE PHOTOS BY NATASHA TERSIGNI

The Teulon Youth in Philanthropy group handed out grants to the South Interlake Regional Library in Teulon, Green Acres Art Centre, Teulon Elementary School and Teulon Day Care during the Interlake Community Foundation Annual Grants Presentation. Pictured left to right, Ale Mejicanos, Katrina Carter, Georgia Neill, Tanisha Popplestone, Jazmin Wallbank and Teulon librarian June Makowski.



The Interlake Community Foundation (ICF) awarded a special Canada 150 grant this year to seven community organizations including the Stony Mountain Community Association (SMCA) for their annual Canada Day celebrations on June 30 and a special commemorative bench. Pictured left to right: SMCA volunteers Erl McKenzie and Jane Emberley and ICF board members Cheryle McClure and Eileen Myskiw.

Special recognition

letters

Dear Editor:

Stonewall Oddfellows thanks Bev Jasperson of Jasperson Nurseries for her kind donation of flowers to beautify the front of the Oddfellows Hall, 1st St. West. This beatification nicely compliments the good work of South Interlake 55 Plus Inc. and the Stonewall Three Links Inc. Hall Board to make this friendly corner of Stonewall attractive and welcoming inside and out!

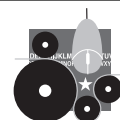
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Past the Perimeter prepare to release new CD

Local musician Joe Bailey to provide opening set at the CD release

By Jennifer McFee

Talented local musicians will be taking the stage at the Park Theatre for a CD release party later this month.

On Friday, June 23, Past the Perimeter will release its new CD *Lost With You* at a lively show at the Park Theatre, located at 698 Osborne St. in Winnipeg. Doors open at 7 p.m. and the show starts at 7:30 p.m.

The country rock group got its start in 2008, but band members Derek Peters (guitar and vocals), Evan Taplin (bass and vocals), Devin Biy (drums) and Lachlan McLean (guitar and vocals) created connections during their time at Stonewall Collegiate Institute.

The new CD was produced by Murray Pulver, formerly of Doc Walker and the Crash Test Dummies.

"He basically sat down with us and fine-tuned our songs," Peters said. "We recorded them at two different studios in Winnipeg, and it's probably the best thing we've done yet."

The CD features seven songs, including the well-received tune "Shotgun Beauty Queen" that was released earlier this year.

"Our writing has really advanced. There are two songs on the CD that we didn't write, but they really complement one another," Peters said. "It's going to be seven songs, and as a whole, they all go together really nicely as a package."

With a further focus on local talent, Joe Bailey will provide the opening set at the CD release.



Joe Bailey will open for the Past the Perimeter CD release party at the Park Theatre on June 23.

"I do a little bit of everything, more along the lines of a country-blues kind of feel. I got my start in the Stonewall band program with Don Horbas. I started playing guitar at around age 11 and just kept going from there," said



TRIBUNE PHOTOS SUBMITTED

Past the Perimeter band members, left to right, Lachlan McLean, Devin Biy, Derek Peters and Evan Taplin.

Bailey, who grew up in Stonewall. "I'm really looking forward to the show. It should be a good time."

Tickets cost \$10 each and are available by contacting Bailey at 204-461-3634 or by contacting Past the Perimeter band members through their Facebook page. Tickets are also available at Rita's Salon at 323 Main St. in Stonewall.

For those who can't make it to the June 23 show, they will still have the chance to purchase the CD through iTunes and GooglePlay. They can also catch the band live at the upcoming 2017 Dauphin CountryFest.

More information on the musicians is available at www.pasttheperimeter.com and www.joebaileymusic.com.



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RAIN OR SHINE**

Community support needed for Warren fitness trail project

By Natasha Tersigni

Members of the Warren and District Lions Club are looking for interested members of the public to join their new committee in hopes of building a fitness trail system in Warren.

Last Wednesday, the Lions held a public meeting in Warren to discuss their proposed fitness trail system and the best way to move forward with a project of this calibre. With little attendance from community members, the group wants to ensure that there is significant support from residents before they continue to move forward with the project.

"This idea originally came from the Lions that this plan would be a neat way to celebrate Canada's 150th birthday, to at least get the project started. As well, in this area, the Lions are on the decline. We have approximately 16 members and there are a number of members that are close to moving out of town. We are losing members and we want to raise our profile in the community and thought one way to do it would be a project like this," explained incoming Lions president Murray Scott.

"To undertake a project like this,

we would need support from the community and other organizations. There will definitely be design, planning and fundraising attached to this, and we would need at least four to five people to come forward and be willing to sit on a committee for this project."

The plan for the trail system is to build it in phases, with the first phase starting at the Lions Park. The path would run northwest along the railway, cross over Hanlan Street, along the outside of the cemetery and then come back down towards the park on the other side of the railway to complete the loop.

"There has been some discussion on the route, and if that was Phase 1, for Phase 2, we could expand the path to get into the new development being built across from the cemetery. We thought if we kept it small in Stage 1, we can expand on it in the future," said Scott, who added the initial plan would be to have the path constructed with crushed rock and then asphalt later on.

Encompassing fitness and nature along the entire trail is also a goal of the Lions. The plan is to have fitness



TRIBUNE PHOTO BY NATASHA TERSIGNI

Warren resident Terry Lindell, left, and Warren and District Lions Club member Murray Scott discuss a community fitness trail in Warren at a public meeting on May 31. The meeting was held to gauge public interest and recruit members to a fitness trail project committee initiated by the Lions.

stations that include benches, bars and other equipment situated along the path to encourage different movements and exercises. As well, there would be informative plaques located

on the path to point out unique aspects of nature or points of interests.

For more information on the project or to join the committee, contact Murray Scott at 204-322-5201.

Tim Hortons Camp Day



TRIBUNE PHOTO BY NATASHA TERSIGNI

Tim Hortons stores across the country celebrated Camp Day on May 31. Money from all hot coffee sales and limited edition Camp Day bracelet sales ensure thousands of kids from low-income families receive a life-changing experience across Canada to attend summer camp. Tim Hortons in Stonewall celebrated camp day and raised \$3500. Pictured left to right, Cediee (store manager), Carleen and Sabrina.

Doggone helpful students



TRIBUNE PHOTO BY TRACY FINDLAY

WCI students collected \$545 and a bag of leashes and collars for Companion Animal Advocacy & Rescue Effort (CAARE) as part of their global issues initiative. The Findlay family in Warren fosters for CAARE and is currently caring for seven Australian shepherd-cross puppies and their mother from a remote community in northern Nunavut. To adopt one of these puppies or to foster for CAARE, email caarerescue@gmail.com Pictured from left to right: Kaitlyn Holod, Ashley Brad, Tyler Findlay, Halle Chester, Allie Strom and Taylor Comberbach.

Ag Fair in Stonewall

By Jo-Anne Procter

Over 100 horse and rider combinations moved into the Stonewall Ag Grounds for the first horse show of the season last weekend. The South Interlake Rockwood Ag Society hosted the event that included the South Interlake 4-H Beef Show and Sale.

The English and western pleasure and horsemanship classes were held Saturday with the jumping, speed events and games on Sunday. The speed events including barrels, poles and keyhole are official classes that count towards points in the North Interlake Show Circuit.

Fourteen members of the Argyle 4-H Beef Club spent Saturday taking part in the Team Judging of Heifers with Orals, Individual Judging of Steers, Grooming and Showmanship and Showing of Heifers and Steers at the South Interlake 4-H Beef Show and Sale.

In Grooming, the first place winner in Group A was Kathleen Porteous, Group B Jenn Fossay and Group C Espen Sund.

Payton Janke won the Grand Champion heifer while Matt Fossay won the Grand Champion steer. Cadyn Martens won both the Reserve Champion heifer and Reserve steer. .

Following the show, the auction took place with Matt Fossay's 1,540 lb. steer selling for \$2.25/lb. and Mitchell Allen's 1,380 lb. steer selling for \$2.50/lb.



Payton Janke with the Grand Champion heifer.



Matt Fossay with the Grand Champion Steer.



Rocklands Antique Tractor Club member Dustin Barbour takes Barry Tomyk's 1958 John Deere 620 for a spin around the Ag grounds.



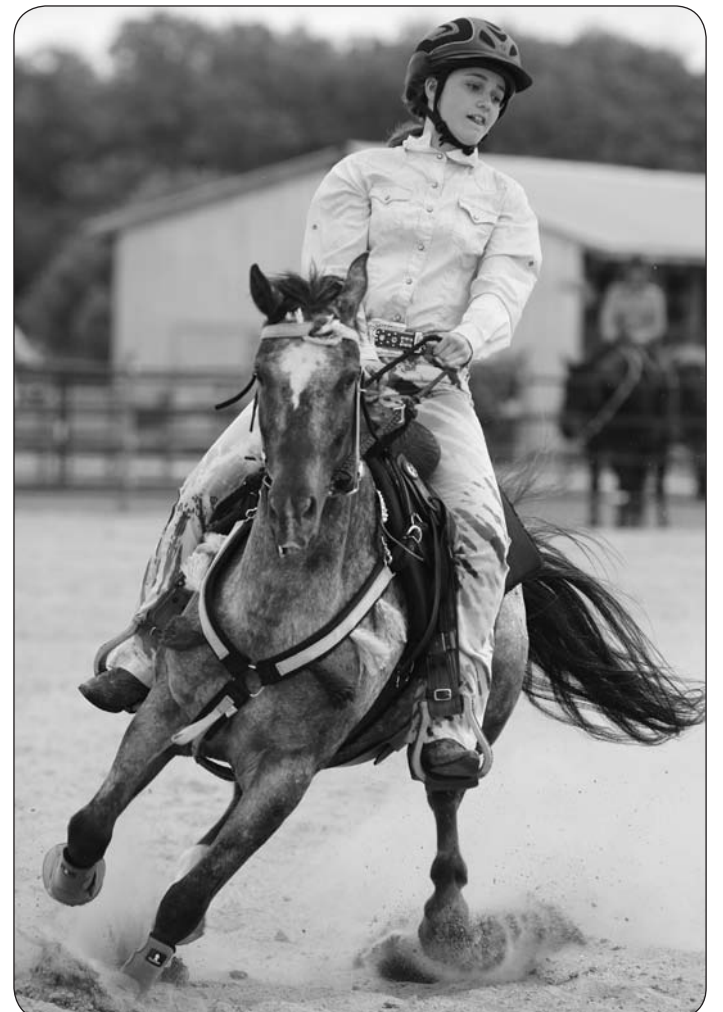
Bill McEwen and My Little Whiz Kid.



Seven-year-old Annika Reesink is the youngest member of the Argyle 4-H Beef Club.



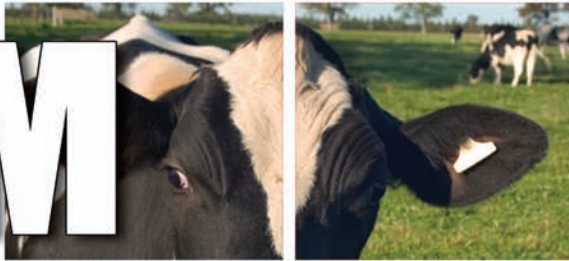
Kelly Tait and Red just horsin' around.



Emma Walk riding Taco in the pole competition.

TRIBUNE PHOTOS BY JO-ANNE PROCTER

Your FARM



Fight continues with PED virus

By Harry Siemens

The count now is up to 10 cases so far of the PED virus in the Manitoba hog industry.

Dr. Glen Duizer of the Office of Manitoba's Chief Veterinary Officer said there are multiple factors in play with the recent spread of PED in the southeast.

"There are certainly linkages to things such as staff movement to transport, potential contaminations on areas such as load outs," he told a telephone town hall Friday. "We also have some external service providers that may be a link, and we're following up with some of those."

"So far, I would say that things such as feed and feed movements and deadstock have not been linked to the spread of the disease, but we're

continuing to follow up. As far as the bigger areas, maybe not associated with movements particular to a given premise, we've looked at things such as drainage and weather patterns, equipment movements, manure application, shared areas such as transport scales.

"We're following up on that type of situation as well. There may be some linkages there."

Duizer said the industry has some risks associated with movement of partial loads where a load is filled at one site then moved to another to complete the load.

"Transport routes themselves, because these areas are close to high-risk high traffic sites such as provincial packing plants and assembly yards, but even then, the transport routes associated with those sites that

we did a fair bit of work changing last year, they don't quite match up to the full pattern here either," he said.

Duizer said definitely they're looking at a spread that appears to be happening primarily within geographic areas.

"Six of those farms are in one rough geographic area in what we call roughly a five-kilometre boundary from each infected farm," he said. "That five-kilometre boundary encompasses 33 other premises. Of the six farms in that area, two are farrowing operations and four are finisher operations."

"This is the same area that broke with PED ... relatively close to the same area that broke with PED in the spring of last year in 2016."

Duizer said there is a second area that has three farms break in it. Those

are two farrowing operations and one finisher operation, and there are 12 other operations in that area.

"Three of them are cell operations, but I would also add that four of the 12 operations in that area are currently empty. They don't have any pigs in them. This second area is an area that broke with PED in the fall of 2014 and the fall of 2016. We have one additional premise that is outside either area but has a direct animal movement from one of the cell barns in the second area before that cell barn observed clinical signs," he said.

"We actually linked that finisher operation that's outside the two areas back to the second area. We don't consider it a third outbreak area."

Continued on page 15



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> PED, FROM PG. 14

Duizer said currently all sites are under biocontainment and control procedures. They are at various stages of cleanup and moving forward with taking infected animals off those sites.

In the cases of the finisher operations, the vast majority of those animals are being moved to the U.S. for slaughter to avoid contaminating packing plants here in Manitoba. As well, the weanlings from the farrowing operations are being moved directly to packing plants in the U.S. and not moving into any assembly yards here in Manitoba.

"Life would be a lot easier if we fully understood how this organism is getting into the farms," said Andrew Dickson, general manager of Manitoba Pork.

"It doesn't walk in itself. It's being brought in. It's being brought in by humans in some way, and of course,

there's always this thought of rats bringing it in. Or is it getting in in bird droppings, in feed or something," said Dickson.

"The thinking right now is that it's in the environment somehow, and it's being walked into the barns.

"The producers are stepping up the whole security issue around their barns, like where employees park their cars and that sort of thing ... the whole procedures of going into a barn in terms of the various stages that you go through to get clean. Then there is the issue of how do employees in multiple farm sites move around the facilities without bringing contamination in."

The industry is setting up a disease management area that could involve 30 to 40 farmers in the area between Niverville and Steinbach.

Annual service pays tribute to fallen comrades

By Natasha Tersigni

In keeping with tradition and to pay tribute to the Canadian soldiers that have and continue to serve the country, Stonewall's Royal Canadian Legion Branch 52 held their annual Decoration Day service on Sunday in Stonewall.

The annual ceremony began with a procession down Main Street led by the Army, Navy and Air Force Veterans 303 Rockwood Pipes and Drums band and included local dignitaries, legion members, the 301 Alan McLeod VC Royal Canadian Air Cadet Squadron, the local Knights of Columbus chapter and members of the Stonewall Cubs and Scouts chapter.

The march ended at Stonewall's Memorial Park where residents were gathered for the service led by legion Rev. Leonard Oracheski, who this year recognized the service of military personnel and the struggles that face

their families during extended training and deployment.

"We also need to remember that there is always another group of people affected by those who face the danger directly, for war changes many lives. We must offer our support to the family and loved ones of our military men and women," said Oracheski.

"We are here to remember and give thanks to those who have offered their all, to acknowledge the sacrifice of many, the dedicated and professionalism of our serving personnel and to support our military community in all the ways that we can. It is one way we can say their efforts were and are not in vain."

Before returning to the legion to end the ceremony, wreaths were laid to remember those local soldiers and veterans who served both locally and internationally.

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TRIBUNE PHOTOS BY NATASHA TERSIGNI

The Army Navy and Air Force Veterans 303 Rockwood Pipes and Drums band led the procession down Stonewall's Main Street to Memorial Park.



Local veterans and legion members (left to right) Bran Stein, Ron Cheroe, Alan Sheldon and Helen Croy were honoured guests for the annual service.

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Your Wedding

Bridezilla BE GONE



Bride-to-be, are you struggling to keep your cool as you plan for your rapidly approaching big day? If so, take a look at the top five potential sources of wedding-day drama and our tips to on how to deal.

Potential drama source #1: the planning

It is completely normal to want everything to be perfect for what may be the happiest day of your life. But there's a difference between irritable at times and disagreeable all the time!

Our tip: If you can afford to hire a wedding planner, drop everything and do so right away before skipping to #2. Otherwise, start early — as in, not the month before D-day. Make an exhaustive to-do list and be willing to delegate some tasks to people you trust — but stand your ground and don't let anyone else take control of your day.

Potential drama source #2: the dress

You've always dreamed of a fairy-tale ball gown with all the trimmings, but a look in the fitting room mirror reveals the cold, hard truth: you could be mistaken for the wedding cake.

Our tip: Don't be afraid to step out of your comfort zone, and trust the advice given by trained boutique staff — it's their job

to make you look and feel great, after all. When it comes to dresses for your bridal party, just remember the cautionary scene in *Bridesmaids*. To avoid having your BFFs wish they'd never met you, let them choose a style that suits both their silhouette and their budget. You have final say on the colour, though!

Potential drama source #3: the other half

Ever since you announced your engagement you've been sending out rather mixed messages. You want your fiancé to add his touch to the wedding, but you keep shooting down his ideas. You won't stop saying that all that matters is to have fun on the big day, but keep reminding your soon-to-be husband that his buddies better be on their best behaviour — or else.

Our tip: Instead of wasting precious time and energy on bickering, take a deep breath and remember that a wedding involves two people. The big day should be a reflection of you as a couple (of which you're both equal parts).

Potential drama source #4: social media

Are you a tad obsessed with turning your online followers green with envy at the sight of your picture-perfect wedding posts?

Our tip: It takes more than a vintage filter (or four) to achieve professional-worthy results to share on your feed. It also takes more than a DSLR camera to be a wedding photographer, so do your homework and hire someone worthy of the title. And about those DIY decorations that bloggers and magazine writers always advertise as "super-easy to make": run a few trial sessions with some of your artistically gifted friends, and refrain from angrily ripping up your creation because it's not identical the Pinterest post you were trying to emulate. Not everyone is an arts-and-crafts wizard — you can hire a decorator, you know.

Potential drama source #5: your mirror

The thought of waking up on your wedding day with a huge zit (or a cold sore, or a sunburn, or massive dark circles or a creepy third eye) might keep you up at night, but these things do happen (well, most of them anyway).

Our tip: To avoid feeling like you should keep your veil on all day (or worse, take flight à la *Runaway Bride*), have your beauty team — hair whisperer, makeup queen et al. — by your side to doll you up before you walk down the aisle. And don't sweat the small stuff! No blemish in the world is big enough to steal your thunder.

You'll see — your wedding is going to be absolutely beautiful. You know why? Because it'll be yours. And, most of all, because you'll have successfully preserved both your loved ones' sanity and your own — that's what we'd call a happy ending.



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Dogs and their owners needed for world record

Bark in the Park event is planned for June 17 at Shaw Park in Winnipeg

By Natasha Tersigni

In an attempt to break the Guinness Book of World Records for the most dogs to attend a sporting event, Stonewall Veterinary Hospital needs your help and the help of your furry friend.

On June 17, the Winnipeg Goldeyes Baseball Club and the Winnipeg Veterinary Care Group, which the Stonewall Veterinary Hospital is a member of, are presenting the second annual Bark in the Park event.

Bark in the Park invites all dog owners (no cats) to come to the Shaw Park and take in a baseball game. With the purchase of a \$14 Bark in the Park ticket, owners will receive one free seat for their dog in a special section.

With the success of last year's event, the Goldeyes are hoping to claim the World Record for the most dogs in attendance at a professional sporting event,

which is currently held by the Chicago White Sox for hosting 1,122 dogs and their owners.

"The Winnipeg Goldeyes applied and got accepted by the Guinness Book of World Records to attempt to have the most dogs at a professional sporting event, and their organization is pretty excited about it. They expect their number to double the number of dogs from last year," said Winnipeg Veterinary Care group administrator Andrea Render.

"It is a great opportunity for us as veterinary professionals to meet clients outside of a clinic environment. We will have a booth there where they can meet our team members. We really like events like these that help support that relationship between pets and their owners." For more information on the event or to purchase tickets, go to goldeyes.com.



TRIBUNE PHOTO SUBMITTED

The Stonewall Veterinary Hospital, a member of the Winnipeg Veterinary Care Group, and the Winnipeg Goldeyes Baseball Club will be hosting the second annual Bark in the Park on June 17. Organizers encourage dog owners to take in the game with their pet with hopes of breaking the Guinness Book of World Records for the most dogs at a professional sporting event.

congratulations Tracy!

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Tracy M, Vladimir, Tracy P
Alycia, Stacey, Ashley & Shelby
Back (left to right)
Scott, Kyle

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The sunny season is finally back! With its high temperatures and long, clear days, summer is the perfect time of year to tackle those outstanding tasks that you've been "meaning" to get around to. Take advantage of the pleasant days ahead to accomplish these six home renovation projects.

1. Repave the driveway

If your driveway is in (very) bad condition and showing signs of wear like cracks or crevasses, it's high time to take action. Did you know that summer is the best season to repave? Indeed, high outdoor temperatures are necessary to achieve optimal results that will stand the test of time. So, give your driveway some much-needed attention this summer!

2. Repair the roof

It's a fact: bad weather (rain, wind, snow, ice, etc.) can cause serious damage to



your roof. This summer, enlist the help of a professional to determine if your roof is in need of repairs (or a complete overhaul). Have your roofer check for damaged or missing shingles, mould, clogged gutters, etc. Regular inspections are essential to prevent water leaks and other inconveniences that can result from poor roof maintenance.

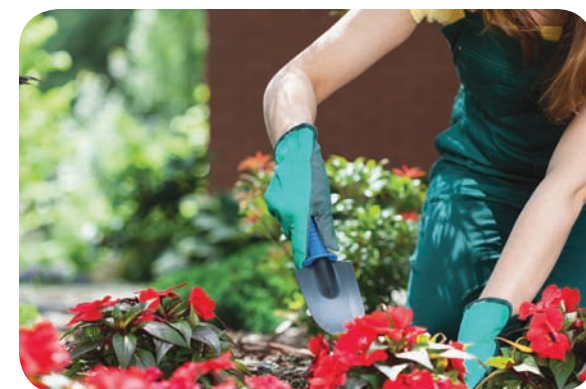
4. Refresh your home's facade

Is your home's facade looking a little lacklustre these days? This summer, take the opportunity to give it a well overdue facelift! If you don't have the budget for major renovation work, a simple high-pressure cleaning and a fresh coat of paint can significantly rejuvenate the look of your humble abode.



5. Restore your deck

Is your deck a little on the tattered side? Make it look as good as new with a fresh coat of stain or varnish. For longer lasting results, always opt for a special weather-resistant product. Is your



deck damaged beyond repair? Why not take advantage of the beautiful weather to build a brand new one?

6. Revamp the landscaping

When it comes to working on your yard, pleasant summer weather is your greatest ally. Does your home's landscaping leave a lot to be desired? Embellish your outdoor space by planting colourful flowers, trimming your hedges, building a stone walkway, etc. In short, take advantage of the summer months to transform your yard into that beautiful oasis you've been dreaming of!



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Three helpful tips for cleaning your garage

If you're dying to spend hours cleaning out the garage this summer, raise your hand! Nobody? How surprising! Jokes aside, this chore can prove to be much less of a burden if you follow these three helpful tips. So, roll up your sleeves and let's get to work!

1. **Unclutter.** Have you accumulated a collection of disparate items over the years, telling yourself that they may one day come in handy? Chances are, you've long forgotten about most of those objects that now overcrowd your garage. If they're still in good condition, donate them to charity or organize a (real) garage sale. Any broken or potentially toxic objects should be thrown away. Check with your municipality to find out

where, when and how you can safely dispose of hazardous waste.

2. **Clean.** Before cleaning your garage from top to bottom, make sure to put on gloves, safety glasses and a dust mask — there's nothing luxurious about the task at hand. Using a broom, scrape the ceiling and walls to loosen debris and cobwebs, and then scoop everything up with a broom or vacuum cleaner, making sure to get into all those easy-to-miss nooks and crannies. Next, wash the walls, floor and other surfaces (shelves, cabinets, etc.) with a powerful cleansing solution that's suitable for use on the affected surfaces. Once the cleaning is done, open the windows and doors to allow the space to air-dry quicker.

3. **Organize.** A well-organized garage isn't just visually pleasing — it's a lot safer! Optimize your floor space by installing shelving units, hooks and any other type of storage system you can find at your local hardware store. Similarly, to make the most of your wall space and keep things clutter-free, tools, seasonal equipment and other materials should each have their own designated spot up on the wall.

And there you have it: your garage is as clean and organized as ever! Now, all that remains is to admire the end result before you resume your summer activities.

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Winners of 50th Anniversary Bookmark Contest



TRIBUNE PHOTOS BY LANA MEIER AND DARLENE DALMAN

Winners of the South Interlake Regional Library 50th Anniversary Bookmark contest were announced last month. Artists entered original designs for the contest, which will be on display at the Stonewall branch until November. SIRL head librarian Darlene Dalman presented the winners with a book and/or coffee mug along with a certificate. Pictured left to right: John Emmanuel Guzman of Teulon (adult category), Erin Waterer of Balmoral (Grades 9-12), Esther Hofer of Rock Lake Colony (Grades 5-8) and Emma Walten of Stonewall (Kindergarten-Grade 4).

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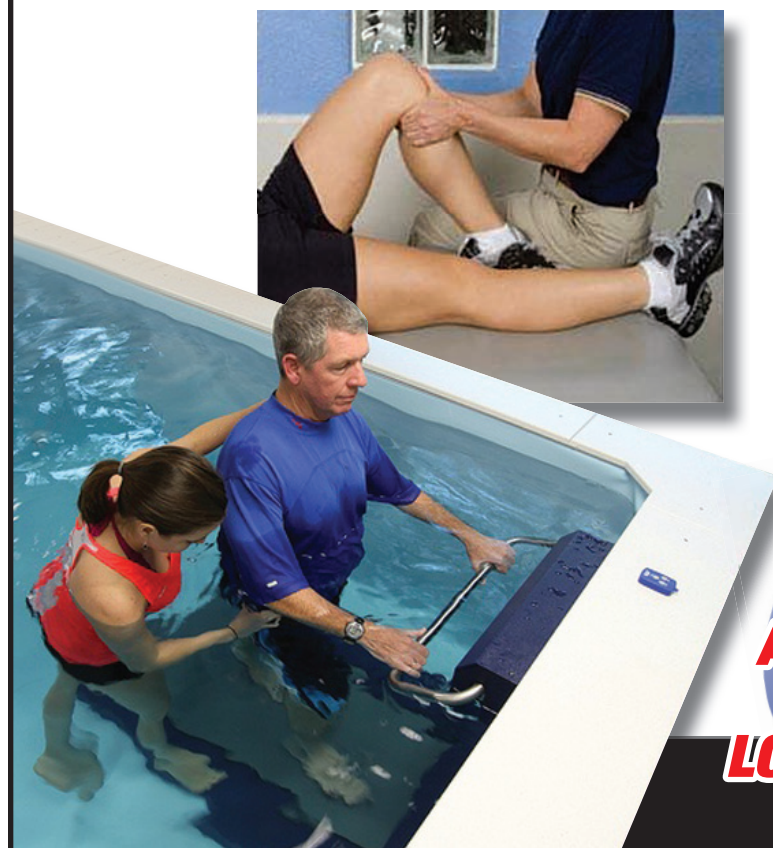
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Quarry Physiotherapy

Quarry Physiotherapy has been part of the Interlake community since 1994. We relish in helping others help themselves and often become personally invested in our patients well being. Quarry Physiotherapy is not just about our services, but about the people who are proud to be a part of our team. From any one of our professional groups, we could not offer the high standard of care and commitment Interlakers are accustomed to receive without our exceptional support staff who put in countless hours to meet or exceed our patient expectations. All of us are committed to serving the Interlake and often give back through charitable giving, sponsorships or volunteering at the many fund raising events like Biking to the Viking or our commitment to Dragon Boat racing with proceeds to Cancer Care Mb.

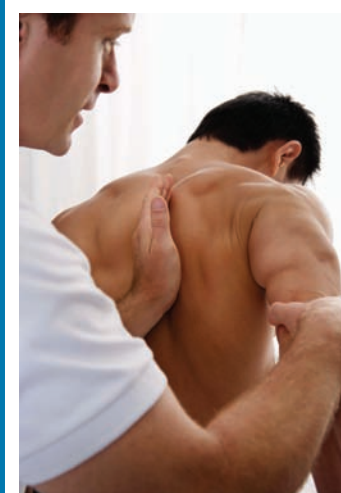
Quarry Physio is now an integral part of the inMotion Network of Physiotherapy Clinics and more. The inMotion Network consists of respected and well-established physiotherapy clinics and related healthcare services. Our network was created with the goal of providing a high standard of individualized and respectful care consistent across our locations and services. Our clinics include Quarry, Physio Works, Sage Creek and Creekside in Winnipeg and a clinic in Portage la Prairie. We strive for service excellence and evidence-based practice and commit to effective preventative programs and services to expedite injury recovery.

Our clinics offer multi-disciplinary services for the young, those experienced and all in between. The main services are physiotherapy, massage therapy and group or individual personal training complimented by occupational therapy, acupuncture and custom foot orthotics. We also offer unique services such as vestibular rehabilitation and fall prevention for individuals suffering from vertigo as well as pelvic floor therapy. We also provide sports injury rehabilitation, MVA and WCB injury care and cater to post-surgical rehab consistent with joint replacement, fractures or soft tissue injury. For seniors or those less mobile, we provide nursing foot care and in-home evaluations by an occupational therapist to ensure you or your parents are safe within the home.

Quarry Physiotherapy has changed and grown over the years, but we have never lost sight of our goal...to help others get through challenging times by doing the best that we can to be friendly and accommodating while working towards our patient goals. The Quarry team is proud to serve you!



Pictured left to right: Torey Kirk, Rachael Holod, Kaitlin Thomas, Nikole, Lenio-Slack, Kyla Lenio-Slack



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Enjoy this monthly feature and watch for the next edition in the Tribune on July 13

Gunton artist displays paintings

By Jennifer McFee

At the home of Gunton artist Brenda Tarrant, the walls are uncharacteristically bare this month since most of her paintings are on display at three different venues.

Her artwork will be reaching a wide audience with pieces available for viewing in Teulon, Stonewall and Selkirk all at the same time.

To start, Tarrant is the artist of the month for June at the

Secrets to Mortgage Shopping

A mortgage is the sum of many parts and considering only the best rate can cost you money.

While the interest rate will make a difference to your total mortgage cost, there is much more to a mortgage than just rate. Other factors that will affect your total mortgage cost include: the mortgage's general terms & conditions, mortgage term & amortization, fee schedules, pre-payment privileges, payment optimization, rate conversions, payout penalties, renewal offers, life insurance, renovation inclusions and more. There are also significant differences between lenders that can determine which mortgage option will suit you best. All of the above can have a big impact on the total cost of your mortgage over its lifetime.

When choosing who you want to work with and what lenders to consider for your next mortgage, it's important you ask the right questions and feel comfortable with the answers you're getting. Here's some Top Questions to ask when shopping for a mortgage:

- 1) How is my mortgage penalty calculated if I make changes before maturity?
 - Posted rate to Discounted rate (Least favorable)
 - Discounted rate to Discounted rate (Most favorable)
- 2) If I choose a variable rate mortgage, is your penalty calculated at 3 months interest at the current contract rate, or is a different calculation used?
- 3) If I choose a variable rate mortgage and decide later to convert it to a fixed rate mortgage, will I get the current discounted rate or the current posted rate?
- 4) Do you register a standard charge mortgage (unrestricted free agent at maturity) or a collateral charge/multi-purpose mortgage (restricted at maturity)? Please explain the pros & cons of your option.
- 5) Is the life insurance you offer mandatory?
- 6) Is the life insurance portable if I decide to change lenders in the future?
- 7) Do you offer renovations to be include in the purchase price of a home? If yes, please explain how this works.
- 8) How much would I save over the term of my mortgage by making accelerated payments vs regular payments?
- 9) How many times per year can I make additional lump sum payments on my mortgage and what is the minimum required amount?
- 10) Can I or my real estate agent reach you by telephone or email in off hours when my financing is being approved?

For a free, no obligation consultation to answer all of these questions & more, please contact me by phone @ 204-479-6064 or email @ shelley@onelinkmortgage.com.



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Teulon branch of the South Interlake Regional Library. There, she will display approximately 13 of her acrylic and mixed media paintings, with many depicting landscape scenes in an impressionist style.

Also during the month of June, Tarrant will have paintings on display at a members' show at the Gwen Fox Gallery in Selkirk, where she is a board member.

Adding to the reach of her work, she will have a couple paintings on display at The Rock in Stonewall throughout June and July.

"My house will be empty of paintings," said Tarrant, who has always been interested in artistic endeavours.

In the 1990s, she taught ceramics and painting at her own ceramics studio. She is also interested in working with clay and has taken pottery classes in the past.

In 2010, she began learning from art instructor Graham Clarke at the Green Acres Art Centre in Teulon.

"He is an awesome teacher and I have progressed a lot," she said. "I like the relaxation and enjoyment of painting, as well as the satisfaction when you're finished a painting. I love outdoors and nature, so trees and landscape scenes are something that I really enjoy doing."

For a taste of Tarrant's talents, drop by the Teulon library at 19 Beach Rd. or the Gwen Fox Gallery in Selkirk (250 Manitoba Ave.) throughout the month of June. In Stonewall, her works are also available to enjoy at The Rock in June and July.

Relay For Life Walk

Stonewall's Relay for Life

Bud Spud and Steak Fundraiser

Thursday, June 15
5:30 - 7:30 p.m.
Stonewall Legion
Tickets \$20

Available at the Stonewall Legion & The Stonewall Teulon Tribune

get inspired

> MEAL IDEAS

Cajun garlic chicken thighs

Ingredients
 1 1/2 tbsp (22 mL) canola oil, divided
 4 skinned chicken thighs with bone in, trimmed of fat
 1 cup (250 mL) diced onions
 12 medium garlic cloves, peeled only
 2 tbsp (25 mL) all-purpose flour
 1 cup (250 mL) reduced sodium chicken broth
 1/2 tsp (2 mL) dried thyme leaves
 1/4 tsp (1 mL) black pepper

Directions
 In a large skillet heat 1 tbsp (15 mL) canola oil and heat over medium-high heat. Add chicken and brown for 3 minutes on each side. Set aside on separate plate.

Reduce heat to medium and add remaining 1/2 tbsp (7 mL) canola oil, onions and garlic and cook for 3 minutes or until onions are

translucent, stirring frequently. Set aside with chicken.

Stir flour into pan residue in skillet and cook 2 minutes over medium heat or until beginning to lightly brown, stirring constantly. Stir in broth, thyme and pepper. Add chicken, onions and any accumulated juices. Bring to a boil over medium-high heat. Reduce heat to medium-low, cover and simmer for 30 minutes or until chicken is almost tender.

Place chicken to one side of skillet, add and mash garlic cloves with back of a spoon. Combine chicken and garlic and turn chicken pieces over several times or until well coated. Cover and cook 5-7 minutes or until chicken is tender.



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sliced green onions, for garnish
 sesame seeds, for garnish
 celery sticks (optional)
 Litehouse Homestyle Ranch and Chunky Bleu Cheese Dressing
 Heat oven to 400 F.
 In large bag, combine flour and salt. Add chicken wings and shake to coat. Discard any leftover flour.

Line baking sheet with foil and spray with pan spray of your choice. Place wings in single layer on baking sheet. Bake wings 40-45 minutes, turning halfway through.

In sauce pan over medium heat, combine soy sauce, sesame oil, garlic, 2 tablespoons water and brown sugar. Whisk together remaining water and cornstarch, and pour into sauce. Bring to boil then simmer until thickened.

When wings are done, toss with sauce, garnish with green onion and sesame seeds, and serve with celery sticks, ranch and bleu cheese dressing.



Yield: 4 servings
 Prep time: 10 minutes
 Cook time: 40 minutes

1/4 cup flour
 1/4 teaspoon salt
 20 chicken wings
 3 tablespoons soy sauce
 2 tablespoons sesame oil
 1/2 teaspoon Litehouse Instantly Fresh Garlic
 3 tablespoons water, divided
 1/2 cup brown sugar
 1 tablespoon cornstarch

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Worry is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained.

Arthur Somers Roche

Many people are plagued by anxious or worried thoughts at some time or another. For some, it is a constant presence in their lives. Some worry and anxiety is normal in certain situations, and it can be functional if it alerts us to take some positive action.

However, it becomes dysfunctional if we are worrying over and over about the same things, and particularly if these are things over which we have no control. If this cycle is left unchecked, it can result in a full-blown panic attack.

To prevent worry and anxiety

Changing the Worry Channel

from taking over our lives, it is important to remember that we can control our thoughts. If worry thoughts are playing continuously in your mind, or are making you uncomfortable, you can change the channel you are listening to. Imagine you have a remote control, and with a click of a button you can be thinking of fond memories, of all of the things for which you are grateful, or simply bringing full attention to what you are doing in the now.

Worry thoughts have a nasty habit of sneaking back in, like an annoying commercial on television. If this happens, reach for your mental remote control and mute the sound or change the channel.

Worry often becomes a habit. Using this technique, you can begin to break this negative habit, and replace it with a positive one.

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

Tequila Grilled Shrimp



Servings: 4
 2 red bell peppers, stemmed and de-seeded
 4 limes, cut in half
 6 tablespoons Tabasco Original Red Sauce
 4 tablespoons olive oil, divided, plus more for the grill
 1/4 cup silver tequila
 25 cilantro sprigs, chiffonade
 1/2 cup chives, cut into long, thin strips
 6 cloves garlic, grated
 1 piece ginger (1-inch long), grated
 1/8 cup fresh lime juice, plus zest

2 tablespoons agave
 kosher salt, to taste
 16 jumbo head-on and tail-on shrimp, peeled and deveined
 Heat grill to medium-high heat and place peppers over flame until charred. Repeat with limes, charring flesh side then set aside. In food processor, puree charred, roasted peppers 30 seconds.

In large mixing bowl, combine pureed red peppers, pepper sauce, olive oil, tequila, cilantro, chives, garlic, ginger, lime juice, agave and salt over ice and allow to stand 20 minutes. Remove from ice, submerge shrimp in marinade and allow to stand 30-40 minutes so marinade can fully penetrate shrimp.

Heat grill to medium-high heat and grill shrimp 2 minutes per side until completely cooked.

Serve immediately with grilled limes as garnish.

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Teulon Collegiate hosts annual spring concert

By Natasha Tersigni

Teulon Collegiate held their annual spring band concert on June 1 showcasing a year of dedication to a musical education.

Taking the stage to perform during the evening included the Grade 6 Teulon Elementary School Band, TCI Junior Band with Grade 7 and 8 students, TCI Grades 9-12 senior band; TCI Jazz band, and several small ensembles.

During the show, TCI band director Brandy Bilenki presented five students with certificates of distinction from the Canadian Band Association, an award that recognizes a student's superior mentorship, leadership, dependability and co-operation. Award recipients were Madison Brady, Jeannine Slater, Duncan James-Davies, Christine Kilpatrick and Mark Shinnie. As well, Blikeni presented TCI Band Booster scholarships to Carlin Trudzik to attend summer music camp and Danielle Fleury for private guitar lessons. Trudzik was also recognized during the show for making the Provincial Honour Band for the fourth year in a row.



TRIBUNE PHOTOS BY NATASHA TERSIGNI
Pictured left to right: Patin Cartwright, Gavin Gebhardt, Jeannine Slater and Camern Chandler performed with their TCI Junior Band Land of the Silver Birch, Stone Serpent Mound and 10 Masters in Two Minutes.



TCI band director Brandy Bilenki presented a TCI Band Booster scholarship to Carlin Trudzik.



Danielle Fleury received a Band Booster scholarship for private guitar lessons.

worship *with us*

> FAITH

From Fortress of Certitude to Field Hospital

One benefit of modern globalization is an increased encounter with diversity in daily life. Sadly, a visible rise in divisive rhetoric accompanies this pluralism. Islamophobia, opposition to civil rights for all people, or the generalized rhetoric which falsely pits science and secularism against faith and religion as if they were mortal enemies are a few examples. And our parishes are not immune from these issues. While parishes stand guard against perceived relativism, differing political views are dividing families. Racial and religious tension is breeding murderous hate, indifference and generational trauma; and the stranger fleeing tyranny is turned away at our doorstep. Now is the time for the church on the defence to become the church in dialogue. Now is the time for parishes to

emerge from a perceived fortresses of certitude and become field hospitals. Now is the time for parishes to help heal the wounds of division and embrace the call to ecumenical and interreligious dialogue.

In an era of walls, what if parishes became bridges? I believe that ecumenical / interreligious dialogue is the necessary next phase of the new evangelization. Through interreligious dialogue, we can become more fully engaged with our faith and communities, for example, studying with learned Jews who bring a whole new perspective to the scriptures. With help from patient Buddhists, meditation can deepen our restless lives and learn how to be still and know God. Hospitable Hindus sharing vibrant images and stories of the divine can give insight into the Holy Trinity and the human

soul. Faith-filled Muslims can challenge us to trust ever more deeply in the mercy of God.

Dialogue has flourished in academia but is largely absent from parishes. So perhaps we could become a counter-cultural church in this divided world and make dialogue and our call to unity as a human family central to parish life. Here are a few guiding principles:

Enter dialogue with one agenda item — friendship. No proselytization, no I'm going to tell you how it is. Simply encountering the other as a friend.

Step into the mystery of Oneness. Dialogue partners share an interior restlessness for a yet undefined unity. Therefore, cling to faith. Without faith, dialogue dissolves into defensive debate or spirals into apologetic soliloquy. We keep our balance with

the calm of prayer and stabilizing hand of the parish community.

Fear and shame are not of God. Do not abandon parishioners who fear the unknown nor shame those who cannot see dialogue's relevance. Also, do not judge or shame those whose beliefs may be different from yours. Remind parishioners that Mary would be the first to invite strangers into her home so they could meet her son.

The Christian in dialogue has one mission — becoming the face of Christ to the "other." We "put on Christ" most fully when we participate in the life of the other; celebrating with them in joyful times, suffering alongside them in sorrowful times.

Father James deBeer
Christ the King Church

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Rams claim silver at MHSAA fastpitch provincials

By Brian Bowman

The Stonewall Collegiate Rams were one win away from claiming a MHSAA provincial fastpitch championship.

But Stonewall had to settle for silver medals after a tough 11-1 loss to the Portage Collegiate Institute Saints in the provincial final Saturday in Mitchell.

"(Portage is a tough team) and we just didn't have a lot of gas left in the tank," said Rebecca Brewster, who coached this year's Rams' team along with Denis Woods. "They hit really well and they pitched obviously well because we only had the one run."

Rikki Frost-Hunt scored the Rams' lone run in the final.

Stonewall reached the final after blasting the Boissevain Broncos 8-3 in the semifinals earlier in the day. The Rams grabbed an early 3-0 first-inning lead.

"We came out hitting right from the start," Brewster recalled. "We had good bats and we played all-around (well) in that game."

But Stonewall almost didn't make it to the semis.

The Rams had to battle back from a 6-0 deficit against the Neepawa Tigers in a quarter-final matchup, scoring seven unanswered runs in a wild 7-6 comeback victory.

Stonewall scored three runs in the third, added one in the fourth, and then scored three runs in their final at-bat for the walk-off win.

With Stonewall runners on second and third with two outs and the Rams trailing 6-5, Hanna Marshall was the hero, getting a key two-strike hit to score the final two runs of the game.

"(The girls) were quite excited," Brewster said. "And then we played back-to-back against Boissevain right away and our hitting started off right from there. They were super pumped to win that quarter-final game against Neepawa and we continued that (momentum) against Boissevain."

In pool play, Stonewall was a perfect 2-0 after soundly defeating the Norway House Huskies 19-2 and then beating Manitou's Nellie McClung Stingers 8-6.

Brewster was very pleased with how the Rams played at provincials.

"I'm super proud of the girls," she



TRIBUNE PHOTOS BY DEREK FROST-HUNT

Back row, left to right, Rebecca Brewster (coach), Megan Humeniuk, Ashton Wallack, Kyra Shewchuk, Loren Proven, Ellen Marshall, Hanna Marshall, Camryn McInnes, Denis Woods (coach); front row, Kenzie Bremner, Anna Shewchuk, Rikki Frost-Hunt, Brielle Cara, Alycia Palmer and Sarah Fines.

enthused. "They played very well and fought hard. It was a long (day), it was hot out, windy. They all did very well and they should all be proud of themselves."

On an individual level, the Rams had two players — Sarah Fines and Rikki Frost-Hunt — selected as provincial all stars.

"Both we very deserving," Brewster said. "They were good on the bats and strong in the field. They are all-around great players."

The Rams, which lost just three games this past season, are looking to make a strong push for a provincial title next season. Stonewall will lose just two players — Brielle Cara and Alycia Palmer — due to graduation.

"They were huge to our program," Brewster said of her graduating players. "Alycia was solid in the field ... and worked hard at her (hitting) and was able to bat well (last weekend)."

"And we had to use Brielle as a pitcher at both provincials. She used to be a pitcher and then kind of got away from it but we always seem to



Rikki Frost-Hunt, left, and Sarah Fines were named provincial all stars.

end up a little bit short with pitching and we had to throw her in.



"And she came up huge for us this (past) weekend."

WCI athletes acknowledged at awards banquet

By Jo-Anne Procter

Warren Collegiate athletes were recognized at the school's inaugural athletic awards banquet this past Monday.

Coach Matt Scrutton explained that when teachers are choosing the top athletes they take into account those that participate in multiple sports and have acquired personal successes, personal bests, made school records, were tournament MVPs, tournament all-stars and their team's overall success.

The athletes must possess leadership skills, perseverance, a good attitude, are coachable and have a willingness to learn.

Scrutton presented the junior varsity girls' award to an inseparable duo, cousins Grace Goodman and Alex Chester. These girls exemplify the qualities any coach could ask for in an athlete.

Both played junior and varsity volleyball and achieved game stars at junior varsity provincials. In basketball, they were each named most valuable player and all-stars in multiple tournaments. They were partners in junior and varsity badminton and won the MHSAA Zone V varsity girls' banner. They also played beach volleyball and competed in multiple track and field events.

Ryan Margetts presented Asa France with the junior varsity boys' award. France is described as an adaptable and intelligent athlete who is willing to learn and is solid at everything he does.

He played junior and varsity volleyball and, in basketball, was a huge reason Warren captured the Zone V championship. France is highly ranked in track and field and will compete at the provincials in long jump, triple jump, the 400-metre and 4x100m.

He competed in badminton and outside of school excels at skiing.

Kaitlyn Holod received the varsity female athlete of the year award from Jennifer Krahn.

Holod, known for her athleticism whether it is during practice or competition, demonstrates dedication, commitment and intensity in every sport.

She played volleyball, basketball, badminton, baseball and track and field and portrays a quiet leadership while being extremely coachable. She will represent WCI at the track and field provincials in javelin and discus.

Adam Minaker, meanwhile, received the varsity male athlete of the year award from Mark Hnatuk. In vol-



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Left photo, Matt Scrutton presents Grace Goodman, middle, and Alex Chester with the junior varsity female athlete of the year award. Right photo, Ryan Margetts presents Asa France with the junior varsity male athlete of the year award.



Left photo, Kaitlyn Holod received the varsity female athlete of the year award from Jennifer Krahn while Mark Hnatuk presents Adam Minaker with the male varsity athlete of the year award.

leyball, Minaker was a major part of the success of the varsity boys' team. He possesses a contagious enthusiasm and has fun playing against other teams. Minaker was named to the provincial graduating all-star team.

In basketball, Minaker was a clutch performer. He plays with sheer determination, is respectful to coaches, referees and players and is looked up to by his teammates. In track and field, Minaker will compete at provincials in triple jump, long jump, and the 4x100m.

Warren Collegiate senior athletes, Rachel Slagerman and Colton Gibson addressed their peers in closing, encouraging them to take part in high

school sports.

"As team players on multiple sports teams, we know how important and generally amazing school sports can be," Gibson said.

"Sports have made our overall high school experience more enjoyable," Slagerman added.

Other sport awards presented at the awards banquet included cross country - Alexis Cowan; soccer - Amber Cochrane; jv girls volleyball - Jacee Turner, Mackenzie Turner and Madeline Boonstra; jv boys volleyball - Hunter Sholdice; varsity girls volleyball - Halle Chester; varsity boys volleyball - Colton Green; curling Madison Halabiski, Reid Weather-

burn and Reanne Glover; jv girls basketball - Laura Brad, Joy McCutchen and Jordan Schott; jv boys basketball - Johnny Holtmann; varsity girls basketball - Rachel Slagerman; varsity boys basketball - Adam Minaker and Colton Gibson; badminton - Alex Chester, Grace Goodman and Emalia Sinclair, Austin and Kaitlyn Holod; and baseball - Reid Weatherburn, Jayden Allary and Austin deLaroque.

Warren's track and field acknowledgments will be announced following provincials, which will be held today through Saturday at the University of Manitoba.

Blue Jays chirping loudly in junior baseball league

By Brian Bowman

With summer finally here, the birds outside have been loudly chirping.

So, it was only fitting that the Interlake Blue Jays did a whole lot of chirping last week in the Manitoba Junior Baseball League.

The Blue Jays capped off a tremendous week — which saw the club roll to three straight wins — with an impressive road sweep over the Pembina Valley Orioles on Sunday.

Interlake doubled Pembina Valley 6-3 in Game 1 and then pounded the Orioles 13-3.

"It was a pretty good week for us," said Blue Jays' head coach Adam Kirk. "We had a real rough start (to the season) while we were trying to figure some things out and trying to find our identity."

In Game 1, Pembina Valley scored a run in the fourth and then added two

more in the sixth. But Interlake battled back with six runs in the seventh for the comeback win.

Derek Petrasko led the Blue Jays with four hits while Baily Proctor and Martin Knutson had two hits apiece.

Emerson Klimpke pitched all seven innings for the win, scattering six hits while striking out four.

Game 2 saw the Blue Jays trail 3-1 after three innings but their offence caught fire in the final three innings. Interlake scored twice in the fifth and then added five runs in both the sixth and seventh innings.

Interlake hosted the Brandon Mar-lins last Friday but that game was postponed due to inclement weather with the score tied at 2-2 in the fourth inning. That game is scheduled to resume June 23.

The Blue Jays won their first game of the season May 31 after they edged

the St. Boniface Legionaires 6-5 in a thriller in Stonewall.

St. Boniface took a 5-3 lead with a pair of runs in the top of the seventh but Interlake came right back with three in the bottom half of the inning for the walk-off win.

"Instead of rolling over and losing the game, the boys came back and had a walk-off win," Kirk said proudly. "The St. B game boosted everyone's confidence. The guys were pretty down on themselves after we got pumped pretty bad by a couple of teams."

St. Boniface started the game by scoring three runs in the first inning but Interlake came back with runs in the second, third and fifth innings.

Lane Holden and Brennan Cheasley led the Blue Jays with two hits apiece. Holden also scored a run while Klimpke (two), Chayce Topolnitsky,

Ethan Garrett and Tanner Good each crossed the plate.

Petrasko pitched the final inning — giving up two runs — but still picked up the win.

With the three victories last week, Interlake improved its record to 3-5 and the Blue Jays were four games back of first-place Brandon (8-2) heading into this week's action.

Interlake hosted the Carillon Sul-tans (5-3) last night (no score was available) and then the second-place Elmwood Giants (6-2) will visit Stonewall on Friday.

The Blue Jays will continue their five-game homestand by hosting the Altona Bisons in a doubleheader this Sunday (1 p.m. and 4 p.m.) and then Carillon will be here again next Wednesday. First pitch is 7 p.m. for the Carillon game.

High-flying U11 Mosquitoes



TRIBUNE PHOTO BY NIKKI MANNING

The Stonewall No. 1 U11 Mosquito boys were undefeated two weekends in a row, winning the Balmoral tournament May 27 and the Warren tournament last Saturday.

Stonewall defeated Charleswood 5-4 in a nail-biter to win the gold-medal game in Balmoral and then defeated Red Lake, Ont., 7-5 to win the Warren tournament.

Pictured left to right, back row: Geoff Reimer (coach), Dan Jensen (coach); middle row, Myles Petricig, Maddex Brau, Evan Reimer, Russell Watts, Adam Newcombe, Hunter Manning, Logan Meier, Anthony Baume; front row, Nathan Willey and Evan Grandmont.

Rams bucked by Broncos at baseball provincials

By Brian Bowman

The Stonewall Collegiate Rams gave the Boissevain Broncos a pretty good battle in their MHSAA baseball provincial quarterfinal game.

But, in the end, Boissevain ended Stonewall's season with a 9-2 win.

"Boissevain is always one of the best teams," said Rams' head coach Kyle Nixon Saturday morning. "They're a good team and it would have been tough for us to beat them."

Boissevain led 5-2 after five innings and then held the Rams to zero runs after Stonewall loaded the bases with just one out in the sixth.

"We just couldn't get a hit," Nixon lamented. "And then they scored a few in the bottom of the sixth and that was it. I think we were a little nervous there for a bit but we made them earn it. The score ended up a little bit lopsided but we played OK, actually."

The Rams' first run was scored on a bases loaded walk and then Chris Fines added an RBI for Stonewall's second run, according to Nixon.

Brendan Labossiere had the start on the hill for Stonewall, throwing the first five innings.

"He pitched super well," Nixon noted. "He's left-handed so I think that's a little different for (hitters). He throws just hard enough that you have to respect his fastball and he has a little

curveball that he can throw around the zone."

Stonewall started pool play with a 16-6 five-inning loss to a very good Sturgeon Heights Huskies' team. The score was close until the fourth and fifth innings when the Huskies broke the game wide open.

The Rams rebounded nicely from that loss, however, to pound the Hamiota Huskies/Red Sox 18-6. Stonewall led 8-6 before exploding for 10 runs in the top of the seventh inning.

"We really got our sticks going," Nixon recalled. "And then we were able to coast in the bottom of the seventh, which was kind of nice."

The victory over Hamiota was a must-win game for Stonewall if they wanted to advance to the playoffs. Devon Cassan picked up the victory on the mound.

The experience of competing at a provincial championship should bode well for this young Rams' team in future years.

"We hadn't been to provincials for a few years and some of our best guys are real young," Nixon said. "Hopefully, they get something out of the experience of playing against the best teams in the province. A lot of the (players) are 'AAA' kids that will be playing in the Canada Games."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Holder, France heading west for football

By Brian Bowman

The Interlake Thunder Midget football team's goal is to produce good football players that can take their skills to the next level.

And it looks like the local football organization is doing a real good job of that.

The Thunder announced last week that two players – Cordell Holder and Alex France – have signed letters of commitment with teams in the British Columbia Football Conference.

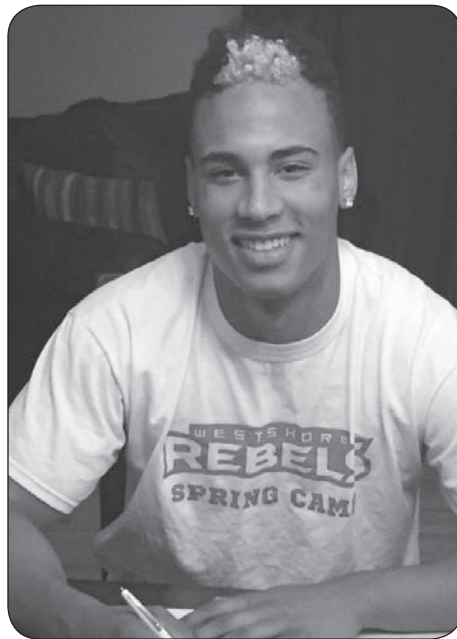
Holder has committed to the Westshore Rebels while France is headed to the Langley Rams.

"It's definitely a big step in my football career," said Holder, who lives in Stonewall. "It's a once-in-a-lifetime opportunity to be able to do something that you love."

Holder, 17, will be trying out for the Rebels as either a safety or a linebacker. The 6-foot, 205-pounder was a defensive end for the Thunder.

The change in positions will be an adjustment. And so too will be the move out west. But Holder is eager to add a new chapter to his life in beautiful B.C. and join a program that already has former Thunder offensive lineman Mike Tillett on its roster.

"I put a lot of time in the gym and I ended up getting six offers but I stuck to my gut," he explained. "I wanted to



Cordell Holder

go to Westshore."

Holder expects the transition on the football field to be much harder playing junior in B.C. compared to Midget football in Manitoba.

"The football is going to be totally different," he stressed. "You're going to have people with amazing football talent. And when I went out there (for spring camp) I didn't think players would be that good. It's definitely a big step and I'm willing to put the time and effort to get to that level as



Alex France

well."

France, meanwhile, is also very excited to head west to play football. Langley is a great area to live and their football program certainly caught France's attention.

"When I went to (Langley) with my dad for (spring) camp, they gave me a really good impression," said the Warren product. "They are a very well established team and they have a great coach. He instantly welcomed me and it really felt accepting."

France noticed the talent level on the Rams, which placed third last year, is very good. But the talented 17-year-old wide receiver/slotback (who turns 18 next week) showed very well against the other players at the spring camp.

The Warren product admits his move out west next month will come with some challenges.

"I'm excited to do it but I'm also a bit nervous being away from family and friends," he admitted. "But I'm going to make more family and friends out there."

France really wanted to thank the Thunder program - and specifically former Midget head coach Kris Johnston - for their help in developing him as a player and getting him an opportunity in the BCFC.

"Every coach there had an impact on me, especially coach Johnston, who had an impact on me in football and in life," France said. "I definitely wouldn't have been able to do this without him, that's for sure. He's the one that got my highlight tape out to coach (Khari) Joseph out in Langley."

In other Thunder news, current Midget linebacker Connor Henry and linebacker Brandyn Linklater have been selected to play on the U16 Manitoba Provincial Team travel roster this summer.

Three Stonewall players selected in MJHL draft

By Lana Meier

The Manitoba Junior Hockey League's annual Bantam draft took place last Sunday in Winnipeg.

And Stonewall proved to be a popular choice among MJHL teams as three players from here were selected.

Defenceman Carter Bateman was picked in the third round (33rd overall) by the Steinbach Pistons while goaltender Chris Fines was selected in the fifth round (51st overall) by the three-time defending MJHL-champion Portage Terriers.

Two picks later, defenceman Nicholas Finnsen was selected by the OCN Blizzard.

All three Stonewall players spent last season with the Interlake Light-

ning.

Staying in the Interlake, the Selkirk Steelers' first-round pick (eighth overall) was Oakbank centre Caiden Gault. Gault played last season for the Eastman Selects.

In the second round (19th overall), Selkirk selected Winnipeg forward Adam Krestanowich, who played last year for the Monarchs.

With their third pick (fourth round, 41st overall), the Steelers grabbed Oakbank defenceman Ethan McCole. McCole was a teammate of Gault with Eastman.

Selkirk then looked west to pick Oakville's Cody Blight in the fifth round. Blight, a centre, played last season for the Rink H.A. Nationals

Bantam Prep team.

With their final pick of the draft, the Steelers snagged Winnipeg Hawks' forward Tyrone Willan.

The Steelers' two local auto-protect players were Carl Ingalls of St. Andrews and Jordan Donald of Selkirk. Both played last season with the Winnipeg Hawks.

This year's No. 1 overall pick belonged to the Waywayseecappo Wolverines, who selected right-winger Jake Poole of the Yellowhead Chiefs.

The MJHL draft consisted of six rounds with each MJHL team allocated one pick per round with the draft order being based on the order of finish by teams in last season's standings.

The team that finished last in the standings received the first pick in the draft and the selections followed in that same order for the rest of the draft.

The MJHL draft is very important for teams to stock up their talent pool for future years.

"The annual draft for the league is always a special event in that it propels teams forward when they select young players who will develop into stars on their MJHL clubs," MJHL commissioner Kim Davis said on the league website.

"The draft is also the final major event in the league's annual calendar so it's a great way to wrap up the season."

Rams ready for track and field provincials

By Brian Bowman

The Stonewall Collegiate Institute Rams will be very, very well represented at the MHSAA track and field provincials which begin today at the University of Manitoba.

Stonewall has a multitude of individuals eligible to compete at the provincials.

"We have a lot of kids going," said Rams' track and field coach Christy Steeves. "I'm going to say at least 30 kids have qualified and are heading to provincials out of the 43 or so I had."

"But there will be others in there with the relays."

The Rams will have 15 relay teams compete at the three-day meet.

"I'm going to say that everyone is going," Steeves said. "And 15 is an impressive number."

The Rams had several outstanding performances at last week's Zone 5 championship in Stonewall. Stonewall won banners in the varsity and junior varsity boys' divisions and the varsity girls' division.

"The most (banners we have won before) is two," Steeves noted. "And I don't think we have had both boys' banners. To win three out of four is big for us. Warren usually gets the three out of four and we get the one."

The Rams finished second in the junior varsity girls' division behind Warren Collegiate. Stonewall ended up winning the aggregate banner for "AA/AAA" schools.

"We were very strong on the track but not so strong in the field, unfortunately," Steeves admitted. "We had a lot of competitors on the track and that made a big difference."

Here are the known Rams' athletes participating in individual events at provincials: Brandon Abraham, Quin Arsenault, Tristan Baird, Hope Blanchette, Ryan Brown, Devon Cassan, Gio Ciulla, Amy Clark, Tess Derksen, Aiden Erickson, Sarah Fines, Randi Frost-Hunt, Rikki Frost-Hunt, Ethan Good, Taryn Jackson, Brendan Labossiere, Dylan Labossiere, Hanna Marshall, Camryn McInnes, Shae Mulvihill, Carson Ouellette, Loren Proven, Carter Safiniuk, Lucas Singh, Cole Turner, Megan Van Heyst, Chris Wiebe, Cale Woods, Paige Yasinsky and Scott Yeo.

Steeves said that group of athletes is a very talented one.

"It's a good, solid group," Steeves stressed. "I feel that most of them will be in the Top 10 finishes — that's where we normally end up."



TRIBUNE PHOTOS BY LANA MEIER

Pictured clockwise, from top, Stonewall Collegiate swept the junior varsity boys' 100 metre finals - Aiden Erickson (12.03 seconds), Devon Cassan (12.40), and Gio Ciulla (12.72). Chris Wiebe won the junior varsity boys' triple jump while Loren Proven threw 9.05m to win the varsity girls' shot put.

Ouellette, Ledochowski win McDonald's Leadership Awards

Staff

The Manitoba High Schools Athletic Association and McDonald's Canada announced Monday the winners of the 2017 McDonald's Leadership Awards.

The local winners included Teulon Collegiate's Kailen Ledochowski and Stonewall Collegiate's Carson Ouellette. Ledochowski boasts an impressive 97 per cent academic average while Ouellette has a solid 94.4 average.

The other 14 winners were Bailey Paziuk (St. Rose School), Shayna Timmerman (Treherne Collegiate), Jessica Edel (Morris School), Carrie Livingston (Sanford Collegiate), Danielle Algera (Calvin Christian School), Ariana Streu (River East Collegiate), Taylor Kleysen (Vincent Massey Collegiate Winnipeg), Riley Enns (Carman Collegiate), Rylan Metcalf (Carman Collegiate), Luke Bossuyt (Sanford Collegiate), Ryan Eisbrenner St. John's Ravenscourt School, Cole Penner (Garden City Collegiate), Dylan Sutherland (Vincent Massey High School Brandon) and Riley Francey (Garden City Collegiate).



TRIBUNE PHOTO SUBMITTED

The Rams Carson Ouellette and Tigers Kailen Ledochowski won 2017 McDonald's Leadership Awards.

Wildcats have high expectations at provincials

By Brian Bowman

The Warren Collegiate Institute Wildcats will have a multitude of talented athletes competing at the MHSAA track and field provincials at the University of Manitoba.

Warren will have 28 athletes compete in 42 individual events and six relays. The three-day provincials will begin today and wrap up Saturday.

"We're pretty excited about the group that we have going," said Wildcats' track and field coach Rene Comeault Monday evening. "We have a fairly small team this year. We only had 32 out and 28 of them came through the zone championships."

Warren's numbers may be small this year but their potential is big. The Wildcats are very strong in the field events this year, especially in long jump and triple jump.

"We have a very talented group, particularly our junior girls," Comeault stressed. "I think that they are going to do extremely well."

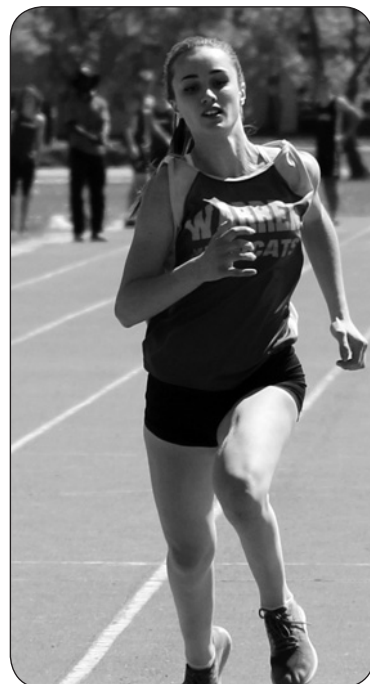
Although Warren only won one of four banners at the Zone 5 championships last week, they have much higher expectations at the provincials.

"Even though we didn't score as well at the zones, it's not the complete reflection of the talent that we have on our team," Comeault said.

Here are the Wildcats' known athletes that will be competing in individual events: Mitchell Allen, Madeline Boonstra, Laura Brad, Jessica Buhler, Alex Chester, Halle Chester, Alexis Cowan, Alex France, Asa France, Grace Goodman, Delaney Grindle, Torin Hoffman, Austin Holod, Kaitlyn Holod, Peyton Janke, Tristin Janke, Ryenn Lobb, Adam Minaker, Juliette Neudert, Evan Palmer, Nicholas Peixoto, Max Roche, Natalie Salisbury, Hunter Sholdice, Kenzie Turner, and Faith Witt.

These names were on a results list provided after the Zone 5 track and field championships.

Meanwhile, the Teulon Collegiate Saints will have five athletes competing at provincials. Those athletes are Jake Ledochowski, Rye Ledochowski, Veta Moore, Mark Shinnie, and Taylor Traub.



TRIBUNE PHOTOS BY LANA MEIER

Pictured clockwise from top left, the Wildcats' Grace Goodman threw 36.26 metres to win the junior varsity girls' javelin while TCI's Rye Ledochowski, left, finished first ahead of Warren's Torrin Hoffman and Arborg's Connor Yarema in junior varsity boys' 100m hurdles. Warren's Asa France placed second in junior varsity boys' long jump while his brother Alex France and the WCI 4x100m relay team finished first ahead of SCI. The Wildcats' Alex Chester won the junior varsity girls 100m and 200m dash events.

Former Lightning forward commits to Minot State

Staff

Former Interlake Lightning forward Rhett Lough has committed to the Minot State Beavers for next season.

Lough, a Winnipeg product, recorded 45 points (16 goals, 29 assists) last season split between Waywayseecappo and the Winnipeg Blues. He began his MJHL career with the Selkirk Steelers.

"Rhett is a very talented playmaking forward," Minot head coach Wade Regier said in a statement. "He is a player who has had a tremendous career in the Manitoba Junior League. With the loss of important forwards to graduation, Rhett fills a big need up front in our lineup."

Lough is expected to make a big contribution in his first collegiate season.

"It is often tough to ask a lot out of your freshman, but we fully expect Rhett to step in and make an impact as soon as he arrives in Minot," Regier said. "Rhett is also a very smart individual and (we) look forward to adding him into our locker room next season."

The MJHL was well represented on the Beavers' roster last season

with seven players — Craig Fournier (Waywayseecappo), Robby Moar (Neepawa), Sam Briscoe (Neepawa), Dylan Gejdos (Waywayseecappo), Johl Swedlo (Waywayseecappo), Carey Morrison (Selkirk) and goaltender Josh Bykowski (Portage) — on the roster.

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NOTICE TO CREDITORS

IN THE MATTER OF:
The Estate of Irene Joyce Meads, late of the Postal District of West St. Paul and formerly of the Town of Stonewall, 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 10th day of July, 2017.

DATED at Stonewall, Manitoba, this 29th day of May, 2017.

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ANNOUNCEMENT

BIRTHDAY



Isla Hagborg
June 14th
Happy 75th birthday

-Love Walter

ANNOUNCEMENT

CARDS OF THANKS

To all the people who knew Janet (Shaw) and to the friends who came to her Celebration of Life, so sorry we didn't get to speak to you all. Such a sad time for us but we know she was loved.

-Thank you,
June, John, Margaret and Mary
(Janet's family from England)

ANNOUNCEMENT

CARDS OF THANKS

Glenn Marmonier and Laura Hauke would like to extend their sincere appreciation to everyone who came out and supported our Wedding Social on May 6th, and to those who were unable to attend but gave their support. Thank you so very much to all!

ANNOUNCEMENT

CARDS OF THANKS

I wish to thank all those who came to the bridal shower for Elissa LeMay, bride-elect of Daniel Priestley, son of Bob Priestley and the late Traci Priestley. Thank you to all who helped with making and baking the lunch. Special thanks to Ruth, Elsie, Kathy, Myrna, Chris and Florence for all your help. Thanks to my special decorating crew Cassie, Alysa, Elyse, Veronika, Marian and Agie - the hall looked great! Thank you all!

-Grandma,
Lorna Priestley

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OBITUARY



Muriel Anne Brothers (nee McGimpsey)

With family by her side, Muriel Anne Brothers (nee McGimpsey) passed away peacefully on May 30, 2017 at the age of 92 years in the Castlevue Care Center in Castlegar, BC.

Born on September 12, 1924 in Winnipeg, Manitoba, Muriel was the fourth child in a large Irish family of eight. The McGimpseys lived for many years in Stony Mountain, where they operated the only general store and Post Office in town.

She served in WW11 as a wireless operator in the naval base outside of Victoria, BC. After being discharged following the end of the war, she met her future husband Ted Brothers and moved to Trail, BC in 1945. Muriel and Ted raised two children, were active participants in the Eastern Star and Masonic Lodge, and operated Brothers Studio photography store.

In 1973, they returned to the coast, moving to Nanaimo, B.C., where at the age of 49 Muriel graduated with a Bachelor of Arts degree from the University of Victoria. Her five grandchildren remember fondly wonderful dinners around their dinner room table in Nanaimo, climbing the plum tree in their back yard and watching the ferries come and go from their window overlooking Departure Bay.

Muriel was predeceased by her husband Ted in 2006 and is survived by her daughter Diane; son Monte; daughter-in-law Cheryl; five grandchildren: Maura, Ben, Rachel, Meghan, and Patrick; and four great-grandchildren: Everett, Orson, Kian, and Elizabeth; as well as her brother Tom McGimpsey and sister Beverly Lange.

Always the life of the party, Muriel treated her friends and family to a large celebration her 90th birthday, in Stanley Park (Vancouver BC). By far her greatest enjoyment and pride in her life, was the time spent with her grandchildren and great-grandchildren. Only last week, she offered to babysit her one year old great-granddaughter at the full care facility, Castle View Care Center, where she was residing. Although the offer was declined, we know baby Elizabeth would have had a lot of fun in her care.

In 2016, she returned to Trail, BC to enjoy her final years in the same city as her son Monte. Her time spent at Rosewood Village in Trail and recently at Castlevue Care Center was very enjoyable due to the excellent care from the staff in these facilities, for which her family is deeply grateful.

With a keen and curious mind, Muriel enjoyed bridge, reading and current events, engaging in many enthusiastic debates with family and friends. She enjoyed exceptional good health, walking 1/2 mile the day before her passing peacefully of old age.

In keeping with her wishes, in the near future, her children, daughter-in-law, grandchildren and great grandchildren, will inter her ashes with her husband Ted at Mountain View Cemetery in Trail.

In lieu of flowers donations can be made to the Vancouver Military Museum which was founded by her husband Ted and has become an institution in Nanaimo; 100 Cameron Rd. Nanaimo BC, V9R 0C8

Tel: 250-753-3814 Email: oic@vimms.ca

"Those we love don't walk away,
They walk beside us every day,
Unseen, unheard, but always near,
Still loved, still missed, and very dear."

OBITUARY

Stanley William Davis

October 29, 1930 - May 28, 2017

It is with deep sadness and heavy hearts we announce the passing of Stanley William Davis at Red River Place on May 28, 2017. Forever remembered in their hearts are his three sons Darryl, Dale (Lisa), Darrin and Stan's sister, Beatrice. He also leaves behind numerous grandchildren, great-grandchildren, sisters-in-law, brothers-in-law, nieces and nephews.

He is predeceased and now reunited with his loving wife Anne and daughter Ruth. Also reunited with his mother Gratia, father Arthur Glen and brother Gilbert.

Stan was born in Winnipeg in 1930 and later moved to Fisher Branch where he spent most of his childhood. Because both of his parents passed away when Stan was very young, he, his older sister Beatrice and younger brother Gil, were raised by their grandparents Henry and Clara Mabb on the family farm. Stan attended Maidstone school and later joined the Royal Canadian Navy in 1948. After going through his basic training in Esquimalt BC, and taking a few tours in South America, Stan went to Halifax to train in communications. In early 1952 he was shipped to Korea to join with Canada's Commonwealth Allies who were aiding the South Koreans in their war with the North. During the Korean War he served on the HMCS Cayuga and Crusader as the ship's signalman in charge of radio, Morse and semaphore communication until the middle of 1953. Stan was discharged from the RCN in 1955 and began his career working for the Federal Government in the Department of Communications until his retirement in 1985.

Stan and Anne (Reimer) married in Winnipeg in 1954 and had four children. While working for the Government, he and his family relocated a number of times to places including Port Arthur Ontario, Churchill, Thompson and finally landing back in Winnipeg. In 1974 Stan and his family moved to Stonewall where they resided for the next forty years being very active in the community and involved in hockey, curling and baseball. He and his wife Anne were also members of the local Legion. Stan first signed up with the Legion in Esquimalt during his Navy training back in 1951 and again with the Stonewall branch in 1974. Over the years he had served as President and has worked on various committees. He received the Meritorious Service Medal, which is the Legion's highest honor, and his Lifetime Membership.

Stan and his beloved wife Anne, of over 60 one years of marriage before her passing in August of 2015, moved to Selkirk for their remaining days. Family and community were very important to Stanley and he devoted a lot of his life to helping others. He was a warm and loving man that will be missed by all who knew him. Rest in Peace.

Many thanks to the staff of Woodland Courts, The Selkirk General Hospital, and Red River Place in Selkirk.

Memorial Service has taken place at 2:00 p.m. on Monday, June 5, 2017, at MacKenzie Funeral Chapel, 433 Main Street, Stonewall, Manitoba.

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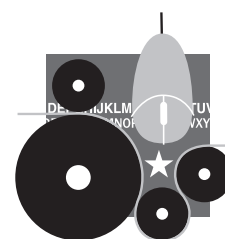
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