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Local cadets return from exciting training in Cold Lake

By Natasha Tersigni

After a whirlwind 14 days spent on their General Training Course at the Cold Lake Cadet Training Centre (CLCTC) at the 4 Wing Cold Lake in Alberta, several local cadets have returned home and are eager to share their skills with their local air cadet squadrons.

Local cadets from both Stonewall's Alan McLeod 301 Royal Canadian Air Cadet Squadron (RCACS) and Gimli's GM Stefnufastur 182 RCACS, including Coty Unrau (Stonewall), Spencer Roche (Stonewall), Jonathan Shipley (Balmoral), Josh Gulay (Stonewall), Riley McMahon (Teulon), Bryn O'Neill (Stonewall), Mackenzie Shastko (Stonewall), Harley Brtynski (Stonewall), Josey Chrisp (Stonewall), Calum Scott (Stonewall), Brady Scott (Guntton), Victor Einarsson (Gimli)

TRIBUNE PHOTO BY NATASHA TERSIGNI

Part of general training for air cadets is to allow them to see different pieces of aerospace equipment, including the Canadian CH-146 Griffon Helicopter. Pictured, top to bottom: Stephen Anslow (Teulon), Laura Sveistrup (Ashern), Bryn O'Neill (Stonewall) and Spencer Roche (Stonewall).

Continued on page 2

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> LOCAL CADETS, FROM PG. 1

and Stephen Anslow (Teulon), took part in the two-week General Training course that teaches cadets in level one and two the fundamentals being an air cadet.

During their time at Cold Lake the youth, aged 12 to 14 years old, took part in various workshops and activities to introduce them air cadet life. From learning about basic drill, dress and deportment to shooting on the air-rifle range, building and flying paper gliders, taking part in music training and even having the opportunity to fly in a small airplane, the cadets were introduced to summer training and had an opportunity to try everything which will help them in the years to come when they have to pick three and six-week summer courses to complete.

The course allowed the local cadets were able to take part in unique opportunities including meeting Canadian astronaut and former air cadet Jeremy Hansen, attend the Cold Lake Air Show and even tour a hangar on the wing and see a CF-18 Hornet.

For Stonewall's Josey Chrisp his favourite part of the course was be able to fly in a Cessna during the Familiarization to Flight.

"During the afternoon we went to a local airport and we went up in a airplane an got to fly around Cold Lake. It was really cool and some of us even had the chance to grab the controls and fly it ourselves,"

"It was super fun."

In the fall the cadets that were on the course will be able to share the knowledge and the skills that they gained back at their home squadrons.

"The General Training course enhances what they learned throughout their first year in cadets. It gives them a better understanding of the program and helps them to confirm many of the topics and subjects they are taught in their first year. Once they have completed their General Training course during the summer they continue on to level two in the fall and there are a lot more options that are open to them the following summer including Basic Aviation, Basic Fitness and Sports, Survival Instructor and Fitness and Sports Instruc-



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Local air cadets have recently returned home after completing their two-week general training course at the Cold Lake Cadet Training Centre. Front row, left to right: Coty Unrau (Stonewall), Spencer Roche (Stonewall), Jonathan Shipley (Balmoral), Josh Gulay (Stonewall), Riley McMahon (Teulon); back row: Bryn O'Neill (Stonewall), Mackenzie Shastko (Stonewall), Harley Brtynski (Stonewall), Josey Chrisp (Stonewall), Calum Scott (Stonewall), Brady Scott (Gunton), Victor Einarsson (Gimli) and Stephen Anslow (Teulon).

tor courses," said 301 RCACS Commanding Officer Captain Pam Graves who was pleased that all 301 RCACS cadets that applied to the region to attend General Training this summer were selected for the course.

"No matter the course they take when they come back to the squadron in the fall the cadets can not only enhance their own training but the squadron as a whole. Whatever they took on course they have the opportunity to come back and teach that to their fellow cadets."



Stonewall air cadet Bryn O'Neill, pictured left, attended the Cold Lake Air Show and was able to meet former air cadet and current Canadian astronaut Jeremy Hansen.



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Annual celebration of Christmas in July



TRIBUNE PHOTOS BY LANA MEIER

When the temperature was hovering at 35 degrees with high humidity, the last thing on most people's minds was Christmas — except those living at Crocus Manor in Stonewall. Residents decorated their common room with Christmas decorations, feasted on a turkey dinner with all the trimmings before a gift exchange at their annual Christmas in July celebration. The day was organized by the manor's recreation coordinator Lorraine Laroche to promote spreading goodwill throughout the year, not just during the Christmas season.



Fun in the sun

TRIBUNE PHOTO BY JO-ANNE PROCTER

Children at Kinsmen Lake in Stonewall were excited to see a toad that was found on the sand last Monday. The local pond has been a very popular stop this summer as temperatures have soared to the mid 30 degrees for the past week. The beach extended its hours on some of the hotter days for visitors to stop by to go for a dip to cool off. Pictured from left: Charlie Beachell, Molly Beachell, Talia Pavlic, Maya Persoage, Sarah Snively and Sierra Simard.

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Teulon-Rockwood summer day camp new to Teulon

By Kaitlin Vitt

Kids from around Teulon have a new option of where to spend their time this summer.

The Teulon-Rockwood Recreation Commission is running a summer day camp for kids ages five to 12. It runs Monday to Friday from 8:15 a.m. to 4:30 p.m. until Aug. 26.

"I just think it's important for kids to be able to have something to do in the summer," said Laine Wilson, the commission's recreation director. "It's somewhat of a fundamental service for communities, too, because child-care in the summer is somewhat difficult to find sometimes."

Camp activities fit in with the theme of the day, Wilson explained. Themes include superheroes, community and water.

On last Thursday's "going green" day, kids watched AdventureSmart's Hug-a-Tree and Survive presentation by Winnipeg Search and Rescue volunteers. The kids learned how to stay safe while camping and what to do when lost.

They learned four wilderness survival rules: tell an adult where you're going, hug a tree and stay in one spot if you're lost, stay warm and dry, and respond to searchers when they call for you.

After learning the rules and watching a short survival film, the kids tried out what they learned. Alexa Loehm-



Lori Simcoe, a Winnipeg Search and Rescue volunteer, and Alexa Loehmer demonstrate how to stay warm and dry when lost in the wilderness.

er volunteered to pretend to be lost. The group followed her to a nearby tree and watched as she applied the wilderness survival rules.

She stayed by the tree, and the Winnipeg Search and Rescue volunteers wrapped her in a reflective emergency blanket. The kids took home a wilderness survival kit, which included a blanket and a whistle.

This is the first year of the camp,



TRIBUNE PHOTOS BY KAITLIN VITT

The Teulon-Rockwood Recreation Commission is running a day camp for kids ages five to 12 until Aug. 26.

which meant the commission had limited funds to work with, Wilson said. Sunova Credit Union and TD Canada Trust donated money for supplies, and the community donated items, including craft supplies. Wilson said her office is full of donations from the community.

"The community really came together wonderfully to support us," she said. "We're extremely fortunate."

The camp runs out of the Centennial Centre, but Wilson said the kids spend a lot of time outside, like at the Green Acres Park stage, where the Hug-a-Tree to Survive presentation was, or elsewhere in the community.

The camp costs \$17 per day if registered for the week or \$20 per day to drop in. To register, contact Wilson at 204-861-0341.

Stonewall firefighters busy with electrical calls

By Jennifer McFee

The Rockwood Motor Inn was a hot spot last Thursday afternoon when firefighters responded to a small electrical fire.

Owner Bruno Labossiere said they started to smell smoke so they called the fire department.

"It was more of a smoulder than a fire," Labossiere said, adding that the building was evacuated. "It was a good thing it was during hours that people were around to take care of it swiftly."

Stonewall-Rockwood fire chief Curtis McClintock said they discovered a small electrical fire in the wall in the beverage room area.

"It never extended any further. There was just an electrical plug that shorted out, so we opened up the wall and exposed it to make sure that it hadn't extended or gone beyond. So there was no water, no smoke damage or anything like that," McClintock said.

"We just had to expose the wall and use a thermal imager to check for hot spots. It was minimal, all things considering. If it had been four o'clock in the morning rather than four in the afternoon, it might have been a different story."

McClintock also noted that the local fire department responded to a number of calls related to downed power lines during the stormy weather last week.



TRIBUNE PHOTO BY LANA MEIER

Stonewall-Rockwood firefighters responded to a small electrical fire last Thursday at the Rockwood Motor Inn.

Subway coming soon to Stony Mountain

By Jennifer McFee

Sandwich artistry is the bread and butter of Subway franchise owner Regan Duchon.

With existing Subway locations in Stonewall and Gimli, Duchon is now ready to take a bite out of a new local market.

Construction is currently underway in Stony Mountain for a new Subway location, with its grand opening tentatively expected for late August.

"We were looking at customer demand and highway traffic. We decided to maybe catch some of the people

on the Highway 7, all the truckers and lake people. It's a very busy highway," Duchon said.

"And hopefully people from Stony Mountain will eat there, too, so we thought there might be a need for another Subway over there."

Diners can look forward to daily specials as well as all the regular sandwich selections on the Subway menu at the Stony Mountain location, which will include about 20 seats for dine-in customers. Similar to other Subway venues, the Stony Mountain restaurant will also offer popular items such

as soups, cookies and drinks.

"Every month, we'll have a different sub coming out. Right now, we have pork. In April and May, we had carved turkey," Duchon said.

"I know they're coming out with some more specials for August as well. Every month they try to do something different."

For Duchon, the best part of the business stems from the personal interactions.

"I like the people. I'm a real people person," he said. "I also like customer service, and I like dealing with staff

day to day."

Duchon will be hiring staff to work at the Stony Mountain location. Those who would like to apply can drop by the Subway in Stonewall and fill out an application, indicating that they would like to work in Stony Mountain.

The Stony Mountain location will be open seven days per week, likely for the same hours as the Stonewall store (Sunday to Thursday from 7 a.m. to 10 p.m. and Friday and Saturday from 7 a.m. to midnight).

Teulon council briefs

By Kaitlin Vitt

The Town of Teulon had a council meeting July 12. The next meeting is Aug. 9 at 7 p.m. in the Civic Centre.

- The town is currently part of the South Interlake Emergency Measures

Board, which will disband at the end of the year. Teulon is looking for other options for emergency management services, CAO Jeff Precourt said. The company Q Municipal Emergency Coordination Network presented to

council.

Council is still considering its options, Precourt said. Teulon, the RM of Rockwood and the Town of Stonewall are in discussions about forming a new three-member board. Teulon and the RMs of Rockwood, Rosser, Woodlands and Armstrong make up the current board.

- Council approved Maple Leaf Construction's building of a sidewalk on

First Street SE from Eighth Avenue SE to Beach Road for \$59,500. Construction will start within the next month, and Precourt said it will be complete by the end of construction season.

- Age-Friendly Teulon requested a donation to its adult exercise equipment project. Council asked for additional information and will make a decision at the next meeting.

Woodlands hosts drop-off day for hazardous waste

By Jennifer McFee

Do you have a pile of hazardous products that you don't know how to dispose?

Don't despair: your disposal problems are solved. The RM of Woodlands will host its first ever drop-off day for household hazardous waste on Saturday, Aug. 13 from 10 a.m. to 2 p.m. at the Warren Curling Rink parking lot (153 McDonald Ave.).

Economic development officer Renée Simcoe said all Manitobans are welcome to attend — even those who live outside of Woodlands.

"All Manitobans can be included in it, so everybody has the chance to bring stuff down," she said. "There's no cost to bringing anything."

Acceptable items to drop off include paint, pesticides, flammable liquids, gasoline and all kinds of light bulbs.

However, you will not be able to drop off used oil, antifreeze, lead acid batteries, ammunition and medications.

The rural municipality is partnering with a B.C.-based company called Product Care Association. The non-profit organization aims to simplify the task of recycling special waste throughout Canada and the United States. They set up collection networks for unwanted products, transport recyclable waste and liaise with other recycling experts.

"We're testing it to see how many people are interested and how many products of this kind that they're going to be bringing that day. If it is something that we want to do every year, that will be something that we'll look into in the future," Simcoe said.

"But we are also going to be upgrading our landfill site, so we're looking

at options for what we can do there as well and if we might want to partner with them in the future when we do that redevelopment."

For more information on Product Care Association, visit www.regeneration.ca.

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Family fishing trip at Grindstone

Welcome, my outdoor friends.

For some time now, I've been thinking we should visit the camping and fishing Grindstone settlement that lies west of Hecla. Happily, I had a little extra time on my hands last week, so here we go.

I drove up Highway 9 and turned north on the Grindstone gravel road a bit before the Hecla causeway. It didn't take long before the immense lush grasses, huge dark green spire spruces and pines were spilling over the road's shoulders. The wild fullness of the forest in the clear, sunny morning and the eagles, gulls and pelicans everywhere in the sky were almost too much for the senses as I rolled into the settlement.

When I say settlement, it was hard to tell because there was no town centre. The only way you knew you'd arrived was by spotting a general store, the meeting place, which was hidden well back in a cut in the bush. Close by, a cozy pier made of massive old-style preserved railroad lumber, was protected by high berms of limestone boulders.

As I pulled up, a family in their boat were tying off after a run. Approaching them, I could hear their excited chatter filling the air. One chap in the middle of the throng smiled, saying he was Brad Freeman. He made introductions, singling out Kris, his wife. When asked, he said he hadn't caught anything that day but had taken a very nice walleye previously, which he was nice enough to send a picture along for us to admire. We talked for a while about how Grindstone was such an undiscovered treasure. Then Brad, with a secretive grin, said, "You should stop by the store and say hi to Darrell Kowal."

That grin got me interested, so after saying goodbye to the Freeman family, I headed for it.

As I pulled up to the front of the building, it was a perfect picture log cottage with a raised veranda of dark planking and poles. Behind the veranda railing, a fellow of moderate build sat bent over a slab of wood to which he administered slow but deliberate chisel strokes. The cap on his head was weathered, and as I got out of my car, the most I could see of his face was a fuzzy grey-black beard. Walking toward the veranda steps, the stillness of being under gigantic evergreens and the crackling of the pine needles and gravel under my feet calmed me as I hailed in a subdued voice, "Would you happen to be Darrell?"

"That's me," he returned, his face now raised, showing small glasses hanging low on his nose, his eyes busy as they squinted. Darrell motioned me to sit down and under



TRIBUNE PHOTO SUBMITTED

Brad Freeman with a walleye he caught in the Grindstone Bay.

the coolness of the veranda and we became acquainted.

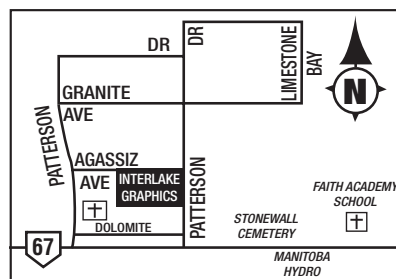
He lives here all year, he said, enjoying the life of a solitary outdoorsman and pursuing his passion for carving. As he talked, periodically his tanned hand holding a chisel would precisely gouge a bit of wood from the large cedar relief sign across his lap. As he worked, he told of a time when he chipped lake ice for water and ice fished for food years ago. What a rare man. Too soon I had to leave him but I know we'll meet again.

A while back, I got down to the shores between the Patricia and Balsam beaches. There I met Emilio Manalastas, who had just caught one of the biggest drums I have ever seen. We talked as he strung it and put it into the water. He laughed, recalling another time here when he and a friend had caught seven pickerel and his friend didn't knot the string right. When they were ready to go home and pulled the rope up, the fish were gone.

I met a chap Dan Delorme in Selkirk not long ago and he told me a very interesting story. It seems his son Michael is an expert kayaker and practises in the winter in Pensacola, Fla. During their sessions on the ocean, they were pleased to see dolphins swimming alongside them knowing that sharks will not come near, which made their workouts much safer.

Well, summer's short so have fun outside. Bye now.

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



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Chase the Queen pot at \$17,000 and growing

By Jennifer McFee

If you play your cards right, you could be feeling like royalty as the winner of Stonewall Legion's cumulative Chase the Queen contest.

As of press time, the prize pot was an impressive \$16,999.50 waiting to be awarded to a winner, plus half of the next intake of money. If nobody wins the weekly game, the pot continues to grow, currently at a rate of about \$1,000 per week.

And with only nine cards left in the deck, excitement is mounting among the players.

Tim Williams, who chairs the Chase the Queen initiative, said players can buy tickets at the Royal Canadian Legion Stonewall Branch #52 at 459 Main St. every Wednesday between 7:30 and 8:30 p.m.

So how does it work? Williams said people come in and buy tickets for \$1 apiece. One ticket is drawn at about 8:45 p.m. If it's your ticket, he will show you the queen of clubs in the deck. Then he puts all the cards on the table face down. You indicate which card you want him to flip over. If it's the queen of clubs, you win the mon-

ey. If it's not the queen of clubs, the pot continues to accumulate for the next week's draw.

Since the Stonewall Legion started hosting Chase the Queen events on Jan. 1, 2014, they've given out about half a dozen small pots. But the most exciting round occurred last spring when the pot accumulated to nearly \$80,000.

"For that one, people were lining up around the block," Williams recalled.

Although it hasn't gotten to that point yet, adrenaline is pumping as the stakes get higher.

The legion receives the same amount as the winner, making it a profitable fundraiser for the organization. Some of the funds will be used towards bathroom renovations, and other portions will likely be donated to different community groups. Last year, the Stonewall Legion gave out more than \$60,000 in donations.

"As a legion, we ourselves have raised more than \$100,000 (through Chase



TRIBUNE FILE PHOTO

The Royal Canadian Legion's Chase the Queen prize pot was at an impressive \$16,999.50 as of July 20. The weekly draw will continue every Wednesday until there is a winner.

the Queen)," Williams said.

"They're good moneymakers for the

legions and they're a great way to get people in and involved."

Proposed re-zoning in CentrePort

Share Your Views

An application has been received for Inland Port Special Planning Area Bylaw 5-16, an amendment to the Inland Port Special Planning Area Regulation 48/2016 to re-zone Pt. SW ¼ 3-12-2E in the Rural Municipality of Rosser from Inland Port Rural Zone to "I2" Industrial General Zone. This is being done in order to establish a vehicle oriented service and storage use.

You are invited to share your views on this planned re-zoning:

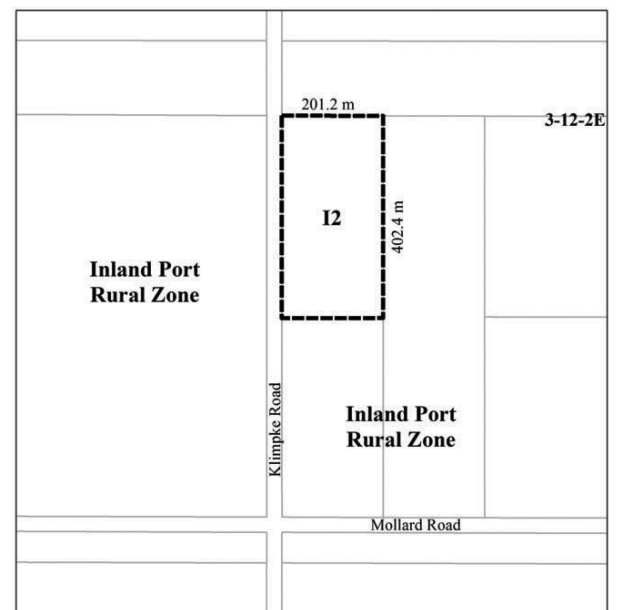
LOCATION: Victoria Inn Hotel and Convention Centre
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Winnipeg

DATE and TIME: Thursday, August 18, 2016
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If you would like more information on the proposed re-zoning, please contact:

Meagan Boles, Senior Planner
Inland Port Special Planning Area
610-800 Portage Avenue
Winnipeg, MB R3G 0N4
Phone: 204-794-3817
Fax: 204-945-5059
Email: inlandportspa@gov.mb.ca

A copy of the above proposal and supporting material may be reviewed at the Inland Port Special Planning Area office location noted above during normal office hours: 9:30 a.m. – 4:30 p.m., Monday to Friday. Copies may be made and extracts taken upon request. A description of the procedure to be followed at the hearing is also available at the office.



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Stonewall resident earns recognition at Gimli Film Festival

By Jennifer McFee

A Stonewall resident is in the limelight as part of the winning team for the 48-Hour Film Contest, which played for a sold-out audience at the Gimli Film Festival.

Destiny Gulewich was the primary editor for *Contents of the Heart*, which tells its tale in just under four minutes as required by the competition. The film features an old man reminiscing about the forbidden lost love of his youth while he sifts through the contents of an old trunk. The audience glimpses a window of his past through a series of flashbacks.

"I was shocked and ecstatic when I heard we had won. I was incredibly proud of our team and was happy with what we created, but we were up against some tough competition," Gulewich said, adding that 22 films were entered in the competition.

"I had high hopes, but I really did not expect a win, especially for a team that is so new to this."

Along with Gulewich, seven other people participated on the winning team: Kari Rieger (producer, caster and co-writer), Allison Stevens (light and sound), Bahram Ghaemei (light and sound), David Greisman (colourist), Jordan Popo (videographer of flashbacks), Casey Harrison (videographer of present scenes) and Julie Epp (director and writer). The film's custom score, written by Vanessa Kuzina, also earned recognition as the best score in the contest.

The competition, organized by the Winnipeg Film Group, was a new experience for the entire team. For the group, it was an interesting experience to create a film within the des-



Stonewall resident Destiny Gulewich was the primary editor of *Contents of the Heart*, which was named Best Film in the 48-Hour Film Contest.

igned 48 hours and within the four-minute time limit.

"It's crazy. There was a lot of running around and last-minute decisions regarding our story line. A loose script was allowed to be written ahead of time, but to ensure people don't start filming early, there are last-minute requirements released at 5 p.m. Friday. This year, we had to have the theme of 'voyage and return,' had to use a transition effect called a 'swish pan' and had to use ambient sound to convey emotion," Gulewich said.

"It was a really great experience, though. Despite the hectic time crunch, our team stayed calm and had fun the entire time. It was amazing how smoothly we all worked together — especially since for a lot of people, it was our first time meeting. Every person played a crucial role on our team, and there is no way we could



TRIBUNE PHOTOS SUBMITTED

have done it with one less person."

For Gulewich, she's been interested in filmmaking since she was a child.

"My friends and I used to make silly videos hoping we would be the next YouTube sensations — we were not," she said.

"In Grade 11, I took film/photography while at Stonewall Collegiate high school and was officially hooked. I then decided to pursue it as a career."

She took Digital Media Design at Red River College, majoring in video and motion graphics. Through her program, she had the chance to learn about video, 2D and 3D animation, graphic design and web development.

Gulewich now works as a professional digital media designer, focusing primarily on video along with photography, graphic design and motion graphics. She also does freelance videography and photography on the

side and hopes to pursue more documentary and short film work in the future.

She is already making those dreams a reality, since she's currently working on a short documentary about Sam's Place in Winnipeg.

"It is a bookstore, coffee shop and hangout that has many great initiatives, but I'm focusing on how they help at-risk youth — and, really, anyone who needs it — gain work experience and valuable resume skills by working in the kitchen and serving," she said.

"I also plan to continue to make short docs on small interest pieces throughout the year."

In addition to its screening at the Gimli Film Festival, *Contents of the Heart* was shown Tuesday at Cinematheque. The team also plans to submit it to more film festivals across Canada.

Driver dies in fiery crash

By Jennifer McFee

A two-vehicle collision on Highway 6 last week took the life of one driver and left another one injured.

On Tuesday, July 19 at about 2 p.m., Stonewall RCMP headed to the collision on Highway 6 near Road 86N in the RM of Woodlands.

The initial investigation shows that a car had been travelling northbound when it crossed into the southbound lane and collided with a pickup truck. After the impact, both vehicles caught fire.

The car's driver, who was alone in the vehicle, was pronounced dead at

the scene. Passersby pulled the truck's driver to safety and then the STARS air ambulance airlifted him with non-life-threatening injuries.

"The truck driver is recovering nicely," said Cpl. Chris Fearn of Stonewall RCMP.

"It was nice to see that people still stop to help other people out. There were several people there."

The investigation is ongoing, with a collision analyst helping to determine contributing factors in the situation.

RCMP have not released the identity of the driver who died or any other details about the crash.



PHOTO COURTESY STARS AIR AMBULANCE

A car and pickup truck erupted in flames after a crash on Highway 6 last Tuesday.

New medical lab open for business in Stonewall

By Jennifer McFee

Life just got a little easier for anyone who needs services from a medical laboratory.

A new lab called Unicity Laboratory Services is now open for business inside the pharmacy at the Interlake Medical Clinic in Stonewall.

Laboratory technician Myra Cervantes said everything has been going well since the lab opened last month on June 20.

"This is a blood collection lab and we do all the testing from different

doctors," she said. "Patients can come from anywhere, as long as they have the laboratory requisition from any doctor."

They will collect blood and urine samples at the Stonewall-based lab and then send them to a Winnipeg collection centre for processing.

Unicity Laboratory Services is open Monday to Friday from 8 a.m. to 3:30 p.m. at 330 3rd Ave. South, but it is closed for lunch from noon to 1 p.m.

For more information, call the lab at 204-467-2016.



TRIBUNE PHOTO BY LANA MEIER

Laboratory technician Myra Cervantes draws blood from Sue Rafnson at the new lab at the Interlake Medical Clinic in Stonewall.

Metis culture to be celebrated this weekend

Staff


The RM of St. Laurent will host the annual St. Laurent Metis Days festival this coming weekend. The festival that has been held in the community for over three decades typically sees two to three thousand people out to take in festivities such as traditional games, fiddling, dancing, a horse shoe and slo-pitch tournament and mud bogging. The Festivities kick off on Saturday and continue throughout the long weekend.



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Share Your Views

concerning eight stewardship program plans

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Under the Waste Reduction and Prevention Act regulations, Producer Responsibility Organizations have submitted product stewardship plans concerning the proper recycling and collection of materials and products such as: paper and packaging, paint, fluorescent lights, other household hazardous waste, electrical and electronic waste, used tires, primary and rechargeable batteries, lead-acid batteries, unused medications, and mercury-containing thermostats.

We Want to Hear from You

Manitoba Sustainable Development wants to hear what you have to say about the stewardship plans for the following programs:

- Packaging and Printed Paper Program
- Household Hazardous Waste Stewardship Program
- End-of-Life Electronics Stewardship Program
- Tire Stewardship Program
- Battery Stewardship Program (primary and rechargeable batteries)
- Manitoba Stewardship Program for Lead-Acid Batteries
- Manitoba Medications Return Program
- Manitoba Stewardship Program for Mercury-Containing Thermostats

You can review the plans at greenmanitoba.ca/new-stewardship-plans or on Manitoba Sustainable Development's public registry: www.manitoba.ca/conservation/eal/registries/index.html. You may request printed copies by calling 204-945-0578 or 1-866-460-3118.

Please provide any feedback via email to: stewardship@greenmanitoba.ca. The deadline for comments on the plans is October 4, 2016. Feedback may also be sent in writing to:

Green Manitoba
 Manitoba Sustainable Development
 Box 50, 160-123 Main Street
 Winnipeg, MB R3C 1A5



New career path for kids' ministry director

By Jennifer McFee

The fabric of life is about to change for Marcy Harrison, who is beginning to stitch together her next adventure.

For the past seven years, Harrison has made her mark in the community as the kids' ministries director at New Life Church in Stonewall.

Now she's changing gears as she prepares to open her own business for clothing repairs, alterations and custom designs.

Harrison honed her talents at Olds College north of Calgary where she studied fashion merchandising and design.

After her family moved to Stonewall a decade ago, she started a home-based sewing business. But when she embarked on the opportunity to work at the church, she reduced her other work projects so that she was basically only sewing for her family.

"I got more hours at the church and eventually became full time within a year there. Things were going great, and it was my complete honour and privilege to be there — especially with all the exciting things that we did and changed," Harrison said. "Now there are a lot of transitions happening at the church and in my own life. My youngest one is now out of kids' ministries. I feel that this is the next stage of my life."

During her years at the church, Harrison worked with newborns all the way up to kids in Grade 6. She ensured that kids' programming was available during both church services

each Sunday. She also taught Discovery Time through Child Evangelism Fellowship at Bobby Bend and Warren schools. With parental consent, students would meet weekly with Harrison who shared an animated Bible story.

"The kids loved it," she said. "It was so fun."

Harrison also worked towards starting a Grade 5 and 6 program, as well as with special initiatives like the Live Nativity, the Christmas parade and the Vacation Bible School.

As Harrison transitions to take on new projects, someone else will be filling her role at the church, although no decisions have been made yet.

"What I'll miss most is the kids and their curiosity and their thirst for knowledge about all things spiritual. When they don't know, they ask, whereas adults might not," she said.

"The longer I was in it, the more I was helping hurting children. I was able to direct them to God, something bigger to help them through really painful and difficult times. It's so sad when little kids have adult problems.

"I also had the chance to help young moms through parenting in general. The longer I was in that role, the more people trusted me."

With an eye on her future endeavours, Harrison expects to open her Stonewall-based sewing store in September or October.

"I'm really looking forward to the creative aspect," she said. "I just love to create."



TRIBUNE PHOTO BY JO-ANNE PROCTER

Marcy Harrison is leaving her position as kids' ministries director at New Life Church in Stonewall to pursue a new business endeavour of clothing repairs, alterations and custom designs.

RCMP urge ATV riders to wear a helmet, don't drink and drive

Submitted

For all-terrain vehicle (ATV) enthusiasts, summer only means one thing—the opportunity to get out and enjoy a ride.

While riding an ATV is a fun activity, it comes with rules and responsibilities

set to promote the safety of riders and passengers alike.

Since May of this year, four people have died and dozens of others have been seriously injured as a result of collisions involving ATVs in Manitoba.

One of the riders injured was actually a 6-year-old boy. While the contributing factors to these fatalities vary from case to case, the unsafe decisions made by some of the riders remain constant in the vast majority of collisions.

Contributing factors in these deaths included alcohol use, failure to wear a helmet and speed — all factors that could easily be avoided.

Here are some basic rules to keep in mind when heading out on an ATV:

- The law requires that you always wear an approved helmet.
- ATVs are not to be operated on roadways, shoulders or sidewalks unless circumstances fall under other provisions laid out in the Off Road Vehicles Act.
- Like any other mode of transportation, only operate an ATV when sober

and alert.

- Anyone under the age of 14 must be accompanied by a parent or guardian who is a minimum of 18 years old.

- Young persons over the age of 14 can ride without parent accompaniment, however cannot cross a roadway until they obtain a valid driver's licence.

Never underestimate the power of these machines, and how quickly a ride can turn deadly. There is more to riding an ATV than just getting on the machine and turning the key. Before heading out to enjoy the ride, remember to be prepared and obey the laws. Don't let poor judgement make you a statistic.

And, no matter what your mode of transportation is, travel safe!

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Gymnasts learn more than athletic skills at camp

By Kaitlin Vitt

Blue mats with beams, vaults, bars and hula hoops covered Teulon Elementary School's gym floor last week. Gymnasts practised their skills by balancing, hopping and cartwheeling through each station.

But these gymnasts at Teulon Gymnastics Club's summer camp took away more than just athletic skills, said head coach Laura Toulman.

"When they gain a skill in gymnastics, it transfers directly over into the rest of their lives because they realize that if they work really hard for something that they can achieve just about anything they want," said Toulman.

Toulman oversees the camp, which is in its fourth year. Twenty-six kids between ages two and 13 participated in the recreational gymnastics camp, running from 9 a.m. until 4 p.m. July 18-22.

The camp introduces these recreational athletes to gymnastics and to the club to see if they'd like to join in the fall.

Besides gymnastics skills, Toulman said another takeaway for gymnasts is self-confidence.

Toulman said eight-year-old Alivia Drohomereski, who attended camp last week, is scared of heights, but since training at camp, she feels more comfortable going upside down on



Mhea Reed, 11, goes off the vault into a handstand before landing on her back at Teulon Gymnastics Club's summer camp July 21.



Finley Halabicki, 6, walks on the beam as coach-in-training Naudia Tomyk, 14, makes sure he kicks his legs high.



TRIBUNE PHOTOS BY KAITLIN VITT
Kaleigh Watson, 11, assists Tiana Fisher, 2, on the practice bar.

the bar.

Drohomereski said bar is her favourite event, and to her, it was "kind of scary, but not so, so scary now."

Before going up on the bar, she said she reminds herself "that I'm not going to fall, that there's people down there to help me."

Coaches in training were at the

camp to assist gymnasts. They would help the gymnasts onto the bar or at the vault, where gymnasts did a handstand before falling to their backs on a mat.

About half the kids at camp are returning gymnasts, and the other half are new, Toulman said. Gymnasts from Teulon, Stonewall and the Inter-

Youth serving up summer



TRIBUNE PHOTO BY KAITLIN VITT

Pictured, from left to right, Gavin Leduchowski, Adelia Saiya, Ursula Pagee, Alexis Pagee and Quintin Hepples ran the Manitoba Youth Job Centre Odd Job Squad barbecue outside of Kozy's Productions in Teulon July 21. Leduchowski, the youth engagement leader, said the Odd Job Squad is planning another barbecue and a town-wide garbage cleanup later this summer. MYJC offers job search help for people ages 12 to 29. The centre is open 9 a.m. to 5 p.m. Monday to Friday at the Teulon Civic Centre.

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lake attend camp.

"They build friendships with kids that they may not necessarily associate with otherwise," Toulman said.

In August, the club hosts a competitive gymnastics camp, which is already full with 28 athletes attending.

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Stony Mountain BMX track opens to the public

Dirt track gives older children playground

By Stefanie Lasuik

Since July 16, the kids of Stony Mountain have been racing their bikes down to the town's new dirt BMX track. Although the track isn't completely finished yet, the Stony Mountain Community Association (SMCA) has opened it up for riding.

While waiting for funds to build a concrete BMX/skate park, the SMCA decided to put a dirt BMX track in place at the Stony Mountain sports fields. They began construction in June.

The SMCA's intent with the project was to provide a recreational facility for teenagers who are too old for playgrounds, said the association's vice-president, Dave Van Heyst.

"However, we hope children and adults of all ages will enjoy the track," he said.

The track enables kids who aren't as active in the community's baseball and soccer programs to partake in physical activity. It was designed as a pump track, a small dirt track with rollers, jumps and berms that allows



Max Van Heyst smiles as he gets ready to take his bike down a hill in Stony Mountain's new BMX track.

riders to propel themselves by pumping their legs and body.

"It is a great workout," said Van



TRIBUNE PHOTOS BY STEFANIE LASUIK

Stony Mountain's new BMX track has seen a lot of excited visitors already.

Heyst.

The community previously had a skate park set up on the school grounds, but the equipment wasn't in very good shape. The new track has basic rollers, a large bump that helps the rider generate speed, and berms, angled formations that help riders turn.

The organization's work isn't over yet, though. Volunteers still need to finish smoothing the surface and fine-tuning the rollers and berms. They also hope to put a fence around the track to keep motorized vehicles out.

Van Heyst said the organization is excited about the project and thankful to its contributors. The East Interlake Community Futures, Community Places Program, Interlake Foundation, Stonewall High School Youth in Philanthropy and the RM of Rockwood all played a hand in realizing the BMX track.

The SMCA's next step will be installing a concrete skate/BMX park. They recently received \$25,000 from the provincial Community Places Program, which will help them build it next year.



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Counting down the days to Quarry Days

By Stefanie Lasuik

Stonewall's 32nd Annual Quarry Days promises a weekend of good music and fun for all ages.

Kicking off the festivities on Aug. 19 at 8 p.m. at the VMSC will be local musicians Rhia Rae and the Rubies who will be opening for Canadian country star Chad Brownlee. Brownlee is currently celebrating two 2016 Canadian Country Music Award nominations.

He will bring singles that cracked the country music charts' Top 10 to our stage.

Fireworks will mark the end of his performance.

The Stonewall Legion will host pancake breakfasts on Aug. 20 and 21 from 8 a.m. until noon. At 11 a.m. on Saturday, Stonewall will fill with colourful floats and candy as the annual parade makes its way from the VMSC to 3rd Avenue South to 5th Street West and up to 1st Avenue North.

The sound of the bagpipes will alert the town to the commencement of Saturday's entertainment lineup. The Prairie Thistle Pipe Band plans to take their talent from the parade to the stage when they perform at 12:30 p.m.

At 1:45 p.m., Stonewall's Theo Anderson and St. Martin's Kyle Michaniuk will make their Quarry Days debut. The guitar and fiddling duo left a lasting impression on the crowd at the Ron King Memorial Fiddle Competition at Meadow Lea Hall in May.

"Everybody who was at it said, 'Boy, those two guys are good,'" said Shirley Campbell, Quarry Days entertainment organizer.

Campbell is bringing in Patsy Cline tribute artist Laurie Sutherland from Selkirk to perform at 3:40 p.m. Suther-

land is the best tribute artist Campbell has seen.

Campbell is excited to have secured Canadian grand master fiddle champion Patti Kusturok, formerly Lamoureux. Kusturok will bring her top-level fiddling to the stage at 1:55 p.m. on Aug. 21.

In total, 15 acts will play an array of music. Each day will also have a coffee house, where younger artists will surprise and please attendees.

Along with the music, attendees will hear excited shrieks from those on the Wonder Shows Midway that will be set up on Main Street. The rides will open Friday at 5 p.m. and then again Saturday and Sunday at noon.

For those interested in a slower pace, a Million Dollar Hole-in-One Contest will be set up at VMSC, giving participants the chance to shoot for the ultimate payday. The contest will run from noon to 8 p.m. on Thursday and Saturday, and noon to 7 p.m. on Friday. Sunday's contest will run from noon until 4 p.m. After that, 40 finalists will shoot for the chance to win a car and prize money. The person whose ball comes closest to the hole will try to make a hole-in-one for \$1 million.

Ricklyn Farms Petting Zoo is back again and will be set up in Memorial Park Saturday and Sunday.

The annual Show 'N Shine is ready to welcome car fanatics on Aug. 21, when over 200 cars, motorcycles, and trucks will line up at VMSC from 9 a.m. to 3 p.m.



TRIBUNE FILE PHOTO

Stonewall's Main Street will be very busy Aug. 19-21 during the 32nd Annual Quarry Days festival.

For more information and a complete schedule of events, visit stonewallquarrydays.ca.

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LEGO-mania in Warren



TRIBUNE PHOTO SUBMITTED

Pictured back row, left to right: Nevin McIvor, Colton Carlson, Cory Archer; front row: Sebastian Barsanti, Daniel Koss and Kieran Eggie were excited to show off their LEGO creations on the final day of Warren's LEGO camp.

By Stefanie Lasuik

Tomorrow's engineers assembled at the Warren Quonset from July 18 to 22. The five- to 12-year-olds used LEGO instead of bricks and built golden snitches instead of buildings.

But they designed functional and interesting structures with their young imaginations and creativity. The 13 participants in Warren's second Bricks4Kidz LEGO camp made paper crumplers, moving ships and mosaics of their favourite characters. They followed blueprints or made their own to come up with the masterpieces that related to the day's theme.

In the mornings, they re-created movie magic. Monday's theme was *Charlie and the Chocolate Factory*; Tuesday's was *Little House on the Prairie*. On Wednesday, the kids spent all day working on their Star Wars-themed pieces, and on Thursday they kept the magic going with Harry Potter creations.

During the afternoons, they immersed themselves into deep-sea blueprints.

They spent Friday rebuilding their favourites to showcase to their parents.

The camp's tech kits gave them motors to build moving structures and blueprints allowed them to create pieces they've never made before.

Each day was interwoven with crafts and physical activity breaks, including a water fight that went with the deep-sea theme, but for the kids, it was just pure fun.

Camp leader Savannah Smolders saw the kids grow from excited LEGO-players to confident builders.

"There are some kids who will just follow the instructions on Day 1, but by Day 3, they're adding their own modifications," said Smolders.

St. Laurent Hawks develop basketball skills at camp

By Stefanie Lasuik

The 2023 St. Laurent Hawks are looking pretty good. Right now, they're only seven and eight years old, but they're already working hard on their basketball skills so they can be stars when they are in high school.

The players had the opportunity to learn and improve their skills during the summertime through St. Laurent's first Steve Nash basketball camp. The camp gives the instructor a manual of activities and theories so the kids can learn effectively according to their age. The younger kids develop balance, co-ordination and a sense for fair play while the older ones work more specifically on basketball skills, strategy and speed.

In total, 17 kids between the ages of five and 12 years laced up their running shoes for the weeklong camp. From July 18 to 22, they worked on shooting, passing and dribbling.

Volunteer instructor Vicki Lambert-Leggett saw the kids really improve their skills from Monday to Friday. The kids marvelled at their own success.

"Look, I can dribble with my left hand now," eight-year-old participant Maculla McKay said excitedly.

Lambert-Leggett said that improvement was the goal of the camp but she also hopes the kids will choose to continue participating in basketball.

She accomplished that by making it fun.

After working on skills in the first hour of the day, they scrimmaged or played three-on-three. She also used point contests and relays to keep the kids excited about the sport.

Lambert-Leggett hopes the camp can bring interest back to basketball in what used to be known as a basketball town. For a small town, St. Laurent once fielded highly competitive high school teams. Lambert-Leggett, a former basketball player turned St. Laurent high school basketball coach, has noticed the difference.

"It hasn't been as popular as it was before," she said.



TRIBUNE PHOTOS BY STEFANIE LASUIK
Sebastien Chartrand, 10, attempts a shot to help his team win a point contest during St. Laurent's Steve Nash basketball camp.



Maculla McKay, 8, dribbles through a short line drill on the final day of St. Laurent's summer basketball camp.

Artists learn about underwater creations at camp



TRIBUNE PHOTOS BY STEPHANIE DUNCAN

Campers dove headfirst into the delightful world under the sea with artist Sandra Wiebe at the week long camp from July 18-22. Participants explored with clay and paper while creating their underwater creations including Lego blocks, mesh screen, beaded necklaces, pinecones, toothpicks and more to make various textures on their fish, seaweed, mermaids and underwater monsters. During the "Take Me to the Sea" camp kids also learned about marbling, the mixing of colours to make a multi-coloured feature. The Summer Arts Camp "All About Colour" continues from Aug. 8-12. Contact Sandra at 204-467-2913 to register.

CIB Yard of the Week



TRIBUNE PHOTO BY LANA MEIER

The Stonewall Communities In Bloom Yard of the Week honours were awarded to Norman Normand and Brenda at 132 12th St. W. last Saturday. Since building their home on their small acreage just on the outskirts of Stonewall on 12th Street five years ago, Norman and Brenda have spent many hours planting and developing their yard. Their magnificent yard is continually evolving and is truly a work of art with its pristine lawn surrounded by manicured shrubs and trees. The Yard of the Week runs July through August. To nominate a yard in Stonewall that you feel deserves recognition, be sure to fill out a ballot at Home Hardware.

Sunova keeping kids active



TRIBUNE PHOTO BY STEPHANIE DUNCAN

Bonnie Benn, right, of Sunova presents \$300 to Teulon-Rockwood recreation director Laine Wilson to buy supplies for its first-ever summer day camp program. The summer activities are geared for children ages five to 12 years and will provide programming daily until Aug 26. Community donations have been very helpful in getting the program up and running. TD Canada donated \$150 while numerous individuals in the community donated supplies.

Sherlock wins 2016 Mud Hero Winnipeg event

By Brian Bowman

Most mothers would frown upon their son and daughter going out and getting muddy.

But for Jody Ansell of Stonewall, seeing her family members covered in mud was a welcomed sight last Saturday.

Ansell, her daughter Desiree Ansell and son, Darren Sherlock, each competed at the Mud Hero Winnipeg event, a six-kilometre obstacle course located at the Hill Top Resort, just outside of Grand Beach.

Sherlock, 23, of Inwood won the entire event with an impressive time of 31:43. That was 1.4 seconds faster than the second-place finisher and just ahead of his buddy, Brady Link-Pruitt (32:49.6), also from Inwood.

"I was pretty excited (to win)," said Sherlock Monday afternoon. "I finished my heat in first place so I thought there was a good chance that I would finish first in the event."

"I was quite a ways ahead of everyone in my heat."

Some 3,990 participants competed in the 18-plus obstacle course this year. Sherlock placed fifth the previous two years.

Remarkably, Sherlock admitted he didn't do a whole lot of training for this event.

"I ran a couple of miles for eight days or so for the run," he explained, noting he gets most of his workouts through his tree removal business. "The physical aspect (of my job) definitely helps. It's like going to the gym without having to go to the gym."

Running through sand and battling thick mud holes can be very chal-



Darren Sherlock of Inwood finished in first place with a time of 31:43 out of 3,990 participants at the 2016 Mud Hero Winnipeg event.

lenging, said Sherlock. But he is eagerly looking to tackle a 10-kilometre course that is expected to be set up next year.

"You jump in and your feet basically get stuck," he explained. "It's almost like quicksand and you have to get out of it."

Sherlock loves the physical aspect of this event and enjoys having his friend and family also out there tackling the course. While his buddy placed third



TRIBUNE PHOTOS SUBMITTED

Jody Ansell wades through the mud in the Backwards bullfrog obstacle course at this year's Mud Hero. Ansell finished first, winning the 40-44 women's category.



Jody Ansell and her team, pictured left to right, Brady Link-Pruitt, Kyle Thomson, Desiree Ansell, Darren Sherlock and Jody Ansell.

in the men's rankings, his mother, Jody, also did very well, winning the 40-44 women's category.

She finished the course in a time of 45:55.8, which was 25th out of over 2,000 women.

"I was really pleased (with my result)," she said. "I'm 42 and it seems to get a little tougher every year. ... They seem to add more challenges every year. It's not just running; you're be-

ing challenged like a boot camp."

It was her third time completing the course.

Ansell got into the unique sport after quitting smoking about four years ago. She really enjoys the challenge that the course brings.

"It was an incentive for me and it keeps me motivated," she explained. "And to do it with my son and (17-year-old) daughter is a bonus."

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> MEAL IDEAS

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Cajun Garlic Chicken Thighs



- 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.

Getting to the Core of the Existence Question

I work with many clients, some with crisis issues, and others working on personal growth. Inevitably, a question arises as to the meaning of our experiences, and, ultimately, the meaning of life.

Members of the human species have probably always speculated about these things, as though there might be a mysterious answer just outside of our grasp. Actually, it may only be with the evolutionary development of the logical left brain that we began looking for "answers" and logical explanations. Prior to that, there was more likely a simple acceptance of the earth and the sky, and the cycles of life. A person with an untrained ear may be brought to tears by a beautiful symphony. The mind does not even enter into the analysis of the technical merits of the piece.

I have a deep appreciation for the philosophical nature of the human mind, and my bookshelves have more books on philosophy than any other subject. However, sometimes I find more meaning, more richness, in a shaft of light breaking through a few clouds. The song of the wren singing happily in my willow tree touches my heart directly, and tells me more about the meaning of life than all the reading in the world. When we look to other sources to find the meaning of life, we deprive ourselves of the essence of our journey here.

People who choose partners or careers on the basis of what parents or peers expect, wake up in mid-life feeling like strangers in their own bodies. If we adopt what someone else decides is the meaning of life,

then we might miss the point of being here. It is for each one of us to create or develop meaning in our own lives and experiences.

There is no one all-encompassing meaning to life. Meaning is not somewhere "out there," or an answer at the back of some cosmic workbook. Meaning is something we create within our own minds. Those who feel there is nothing to live for, no purpose to their lives, are the ones who have not created a higher purpose. They have not stepped outside themselves enough to have meaningful interactions with the world, other living things, and their own psyches. If no apples fall into my basket, then there is no point sitting under this apple tree. If the blessings of life are not coming to me, then why stay? The focus becomes so narrow, that it is impossible to be happy.

If our goal is to be happy, then we are bound to be disappointed. Happiness is what comes when we accept that our soul has its own journey, independent of the demands of our egos. Even if we have a life filled with suffering, we can find a noble path through the pain. It is not easy to do this, but the difficulty of the endeavor makes its accomplishment that much more precious. We experience our own souls whenever we are deeply touched, whether it is with joy or with sorrow. This is what the experiences of life facilitate, and why sometimes it is best not to analyze, but simply to be.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books or cds, visit www.gwen.ca

Orange Sesame Chicken Salad



- Makes 4 servings
- 20 square wonton wrappers
 - 23/4 cups vegetable oil, divided
 - 1 head romaine lettuce, cut into bite-sized pieces (about 8 cups)
 - 1/4 cup soy sauce
 - 1/4 cup freshly squeezed lemon juice
 - 2 tablespoons sugar
 - 1 tablespoon distilled white vinegar
 - 1 teaspoon salt
 - 1/2 teaspoon ground black pepper
 - 1 tablespoon toasted sesame oil
 - 3 to 4 cups coarsely shredded

- cooked, rotisserie chicken
- 1/2 cup chopped green onions
- 2 navel, Cara Cara or Valencia oranges, peeled and segmented
- 1/2 cup sliced almonds, toasted
- 2 tablespoons sesame seeds, toasted

Cut wonton wrappers into 1/2-inch-wide strips and separate on paper towels. Heat 1/2 cups vegetable oil in a large, wide saucepan over medium heat. Fry the wonton strips, 5 or 6 at a time, gently turning over once with a slotted spoon, until golden, 10 to 15 seconds per batch. Transfer to paper towels to drain.

Put romaine in a large salad bowl. In a separate mixing bowl, whisk together soy sauce, lemon juice, sugar, vinegar, salt and pepper. Add sesame oil and remaining 1/4 cup vegetable oil in a slow stream, whisking until the sugar is dissolved and the dressing is well blended.

In a third bowl, combine chicken, green onions, orange segments, almonds and sesame seeds. Add 1/3 cup of dressing and toss to coat. Toss romaine with enough dressing to lightly coat. Add the chicken mixture and toss lightly. Top with fried wonton strips and serve.

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Five years since major destruction at Twin Lakes Beach

By Kaitlin Vitt

It's been five years since high winds and high water affected Twin Lakes Beach on Lake Manitoba, and Jeff Douglas, the beach association vice-president, said the community has been rebuilding itself.

"Drive up and down the beach, have a look and see, and you'll see that there is the odd ones that aren't doing anything, but the majority, they're trying to improve or have already improved their lot," Douglas said.

Some people at Twin Lakes Beach are eligible to get \$37,400 from the provincial government if they raise their property or rebuild by December 2016, Douglas explained. They won't get the money unless 75 per cent of the work is complete by the deadline, he added.

"Some of the regular workers out here who are doing the raising and the foundations are turning down jobs because they're just too booked," he said. "There's lots of people strugg-

ling to finish up what they need to get done before the end of the year."

Companies from other areas are now giving quotes, Douglas said. Unless the province extends its deadline, which he said there has been no indication of, people who do not finish the work on their property by December will not receive the money.

This was one topic people discussed at Twin Lakes Beach Association's annual general meeting July 17. Douglas said it was not well attended, with about 50 people coming out to the meeting.

Some people at the meeting made comments about the height of Lake Francis, a lake near Twin Lakes Beach and the "twin" to Lake Manitoba. Douglas said he's never seen Lake Francis this high, besides the year of the flood.

Twin Lakes Beach has properties in both the RMs of St. Laurent and Woodlands. There is a Lake Francis drain in the Woodlands section that



TRIBUNE PHOTO BY BRIAN OLIVER

Twin Lakes Beach home and cottage owners are eligible to get \$37,400 from the provincial government if they raise their property or rebuild by December 2016.

is closed, so the lake can't drain into Lake Manitoba from that end.

There are still Geotubes, a form of flood protection, in Woodlands,

so if the drain were opened, water wouldn't go anywhere, Douglas said.

Other issues people discussed at the meeting had to do with the road, which has cracks and dips, Douglas said. Road fixes aren't in this year's budget but will be in the next, he added.

There were also concerns about the public access roads that will no longer be hidden. There are four public accesses along Venice Road.

These accesses are mainly for emergency services, Douglas said, so private property isn't destroyed if they have to do work on the beach. He said the association requested to have parking signs replaced on the road.

"Some people are concerned that if they open up these walkways, the public will be parking on the road, which has no parking anyways, and be walking through and going on the beach."

Another road concern is the address at each property. For one, the main road goes by various names, including Twin Beach Road, Twin Lakes Beach Road, and the correct name, Venice Road.

Adding to the confusion, there are now blue signs with new lot numbers on properties. These numbers are different than the civic address numbers, which appear on documents like tax bills.

The numbers on the blue signs are for emergency services, but some lots along the road don't have these signs yet, Douglas said.

For anyone without a blue sign, he said to look at the neighbour's when reporting an emergency.

Once all the signs are complete, property addresses will go by only the emergency services address, which is GPS synched, Douglas explained.

SERVICE CLUBS - Serving our Communities					Tribune
<p>Royal Canadian Legion Branch No. 52</p> <p>\$33-\$38 member/year depending when dues are paid. The Royal Canadian Legion is dedicated to the service of veterans and their dependents, as well as to raise funds for the community. The Legion is open to all Canadian Citizens. Meetings are held on the 2nd Tuesday of the month at Stonewall Legion Club Room.</p>	<p>South Interlake Ag Society</p> <p>Janice Rutherford 467-5612 Hwy #236 and Rockwood Road \$10/member/year</p> <p>It encompasses the needs of the three municipalities that it serves - Rockwood, Rosser and Woodlands. Monthly meetings are held the 3rd Tuesday of each month at 7:30 at the Ag grounds.</p>	<p>Teulon Women's Institute</p> <p>Phone 886-2216</p> <p>Fee: Nominal membership may apply</p> <p>Motto: "Home and Country"</p> <p>The TWI has approximately 14 members that work hard to raise money throughout the year to donate to local and regional charities and community projects. Meet 3rd Tuesday of the month 7:30pm Farview Place Teulon. New members always welcome.</p>	<p>Oak Hammock Marsh Interpretive Centre</p> <p>1 Snow Goose Bay on Hwy 220 Stonewall, Manitoba 1-888-50MARSH (62774) ohmic@ducks.ca oakhammockmarsh.ca</p> <p>The Oak Hammock Marsh Interpretive Centre is a non-profit organization. Its mission is to foster public awareness and knowledge of the inherent values of wetlands and associated ecosystems, and to encourage public support for their conservation through innovative education and outreach programs.</p>	<p>Quarry Toastmasters</p> <p>Brenda 467-5088</p> <p>Quarry Toastmasters meet every Tuesday 7:15 - 8:45pm at the Stonewall Collegiate in the Library.</p> <p>We work to build up your confidence in public speaking - individually or in a group. We help you plan what to say and to have fun doing it.</p>	<p>Kin Clubs of Stonewall</p> <p>Motto "Serving the Communities"</p> <p>Kin Canada is a dynamic volunteer organization enriching our communities through service while embracing national pride, positive values, personal development and lasting friendships.</p> <p>Kinsmen President Chris Luellman 467-8770</p> <p>Kinette President Jean Burchuk 204-467-2925</p>
<p>Teulon & District Agricultural Society</p> <p>Lana Knor, President 467-0740</p> <p>The Teulon & District Ag Society meet on the fourth Thursday of each month from February to November at the Agricultural Building at 7:30pm. The Ag Society sponsors the Teulon & District Ag Fair and the Annual Teulon Pumpkinfest.</p>	<p>Interlake Community Foundation, Inc.</p> <p>204-467-5634 www.interlakefoundation.ca</p> <p>The Interlake Community Foundation provides the citizens of Rockwood, Rosser, Stonewall, Teulon and Woodlands with the opportunity to invest in the future of their community and region forever. The Foundation pools donations in a capital fund that remains in perpetuity. The income generated from the capital is distributed as grants to registered charities in the region. Grant applications are due by February 28th of each year.</p>	<p>Stony Mountain Stonewall Masonic Lodge #12</p> <p>Call 204-467-2788 for Information</p> <p>Stony Mountain Stonewall Masonic Lodge #12 is the oldest organization in Stonewall (1880) and part of the oldest and largest fraternity in the world. Although a belief in one God is necessary to join, Freemasonry is non-secular and prohibits discussion of religion and politics in its Lodges. Freemasonry focuses on the reinforcement of morality into the daily lives of our members and of charity, a giving back to our communities through our Lodges and by our charitable activities as well as in our personal lives, which we believe makes GOOD MEN BETTER.</p> <p>Monthly Meetings 2 B 1 ASK 1</p>	<p>Stonewall Ladies Auxiliary</p> <p>Committed to the wellbeing of our community and raising funds for the ongoing mutual support provided by the Stonewall Legion Branch #52. Meetings are held on the second Thursday of the month. New memberships are welcome. Yearly membership fee 10.00. Volunteers often required for events at the Legion hall.</p>	<p>South Interlake Seniors Resource Council Inc.</p> <p>Darcy or Corinna @ 467-2719 sisrc@shaw.ca</p> <p>SISRC is a non-profit organization that offers services for seniors and those with disabilities. These services include; Transportation; Mobility Aid Lending Service; Caregiver Support Group; Health Education Presentations; Resource Information/Form Completion; Telephone Buddy/Friendly Visiting; Handy Helper/Housecleaning. We also distribute the ERIK (emergency response information kit) and we are Lifeline Representatives.</p>	<p>The Lilliane Baron South Interlake Breast Cancer Support Group</p> <p>Claudette 886-2393 Joyce 467-2473</p> <p>The group is a non profit grass roots organization founded by women in the South Interlake Area diagnosed with breast cancer. Our mandate is to assist others who may find themselves with a similar diagnosis and to provide a variety of support, assistance and friendship where needed within the confines of privacy, respect and caring.</p> <p>The group meets for positive encouragement and support on the third Tuesday of each month at 7PM at the office of LJ Baron Realty, Main Street in Teulon. Anyone seeking information or services is always welcome.</p>
<p>Knights of Columbus Stonewall</p> <p>Dave Couprie 467-9548 \$40/member/year</p> <p>The Knights of Columbus raise funds for charities within the community. The Knights are open to all Catholic men, 18 yrs or older. Meetings are held 1st Monday of the month September through June at the Christ the King Church in Stonewall.</p>	<p>South Interlake 55+ Inc</p> <p>467-2582 www.si55plus.org \$20/member/year si55plus@mts.net</p> <p>This non-profit organization provides education and activities for persons age 55 plus. Many activities and events are held on a regular basis. Newsletters are published monthly and available to pick up at the 55+ Centre in Stonewall.</p>	<p>Stonewall & District Lions</p> <p>Ralph Sinclair 622 Centre Avenue, Stonewall 467-9600</p> <p>Motto: "We Serve"</p> <p>Membership is open to anyone over eighteen with an interest in providing assistance to those people or projects in our community in greater need than ourselves. Meetings every 2nd and 4th Wednesday of the month at 7:30pm September thru June.</p>	<p>Independent Order of Odd Fellows Stonewall Lodge #49</p> <p>Larry O'Dell 467-8882 Ross Thompson 467-2438 www.ioofmb.ca</p> <p>Yearly nominal membership fee</p> <p>The Odd Fellows Lodge is a fraternal organization based on the fatherhood of God and the brotherhood of man. We do charitable work through various projects in the local community, the province and internationally. We seek to elevate the character of man and thereby make the world a better place to live. Meetings every 1st and 3rd Monday of the month at 8:00pm at the Odd Fellows Hall.</p>	<p>Stonewall & District Health Centre Ladies Auxiliary</p> <p>Marg Bond 467-8732</p> <p>The auxiliary's goal is to raise funds for the purpose of enhancing the care and comforts of patients, residents and clients served by the Health Centre.</p> <p>Meetings are held the first Monday of each month at Rosewood Lodge.</p> <p>New members welcome.</p>	<p>Grosse Isle Women's Institute</p> <p>Phone 204-467-9376</p> <p>Motto: "Home and Country"</p> <p>The GIWI has approximately 14 members that work hard to raise money throughout the year to donate to local and regional charities and community projects. Meet 2nd Tuesday of the month 7:00pm Grosse Isle Hall. New members always welcome.</p>
<p>Warren Horizons District Lions Club</p> <p>President: Irene Tully 204-375-6522</p> <p>Meetings are held the first and third Wednesday of each month at the Warren Fire Hall Sept. thru June.</p>	<p>Warren & District Lions</p> <p>President Stu Bangle 204-322-5381 "We Serve"</p> <p>Membership is open to anyone over 18 interested in giving something back to their community through direct action, meeting humanitarian needs, encouraging peace, and promoting international understanding. Meetings are held the 1st and 3rd Wednesday of the month at 7:00pm at the Warren Fire Hall from Sept-June.</p>				

Grosse Isle sand volleyball champs



TRIBUNE PHOTO SUBMITTED

Team Johnson was this year's winner of the annual Grosse Isle sand volleyball tournament. Twelve teams took part in the fun tournament last Saturday with funds being raised to fix the boards at the Grosse Isle community outdoor rink. Pictured from left to right: Deanna Johnson, Shane Smith, Nolan Schmeichel, Greg Johnson, Donata Huebert, Molly Beachell, Jessica Beachell, Tyler Schmeichel and Brian Schmeichel.

RCMP seek info about Teulon theft



TRIBUNE PHOTO SUBMITTED

Teulon RCMP are seeking help from the public in relation to a theft at the Red River Co-op store last weekend. On Sunday, July 17 at about 2:20 p.m., a man entered the store and stole an undisclosed amount of cash, according to RCMP. Anyone with information about the theft is asked to call the Teulon RCMP at 204-886-2244.

worship *with us*

> FAITH

The Two Messages of John II

There are several interesting questions that arise from the shortest book in the Bible. Who is the elect lady that the letter is addressed to? Why write a letter to the Christian church with only 13 verses in it? What were the critical messages John wanted to emphasize in 90 AD? Do these words have great relevance to the church today?

John opens the book referring to himself as the Elder; and indeed he probably was the oldest living apostle of Jesus Christ, at the time of this writing. This reference to the elect lady shows us another church that depended greatly on the leadership

of a female. "The elect lady and her children" are referred to because the church was probably based out of their home.

The letter contains only the most pressing issues for the church as in the twelfth verse; John stresses that he has many other things to write. It was his desire to deal with other issues "face to face".

The above facts should prompt us to carefully consider the content of the writing for its deep purpose and focus. Every statement is made to intently direct the reader. These are the greatest challenges facing the church; both then and now. John's

first words build on the correlation between "love" and "truth". The apex of the discussion is "not...a new commandment...but that which we have had from the beginning; that we love one another. This is love; that we walk according to His commandments."

The second major issue breaks into the text of verse seven, with no preliminary introduction. Bluntly he states, "For many deceivers have gone out into the world who do not confess Jesus Christ as coming in the flesh. This is a deceiver and an anti-christ." The warning is broadcast, in verse nine, to deceivers both then

and now, "Whoever transgresses and does not abide in the doctrine of Christ does not have God."

These two declarations: the command to love and the danger of false teaching that refuses to declare the doctrines of Christ; are as up to date as tomorrow's newspaper. John in all his wisdom knew that these issues had to be dealt with if the church was to survive the test of time. We can be thankful for truth that endures even from the shortest book of the Bible.

Pastor Jonathon Dewey
Cornerstone Church of Stonewall
joncdew@gmail.com

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Stonewall U15 boys in championship form

By Brian Bowman

The Winnipeg Youth Soccer Association's U15B Rec league title game between Stonewall and Southdale was expected to be close and exciting.

Sure, it was exciting. But the final score wasn't very close.

Stonewall captured the league championship after a dominating 5-1 win over Southdale last week. It was this team's second league title in the past three years.

"They are a great group of kids and they strive on the challenge," said Stonewall head coach Santo Ciulla. "The more that we expect from them, the more that they seem to rise to the occasion."

Nic Vandebossche led Stonewall with a pair of goals while Chris Wiebe, Gio Ciulla and Asa France also tallied. Teams are usually going to end up on the winning end when they score five goals in a game.

"We haven't had any slumps this year with scoring," Ciulla noted. "It has been well spread amongst the team — it's not just one player."

Defensively, Stonewall has been outstanding throughout the season.

"The key to our defence, which I believe is the best in the league right now as we have only given up 11 goals, is possession," Ciulla explained. "When we lose the ball, we get it back as quickly as possible."

"The philosophy is if we have the ball, then that's less time that they have a chance to score on us."

Ciulla said Stonewall has some of the quickest defenders in the league.

"You can't substitute speed," he said. "We're fortunate in the fact that the players that we have that are blessed with speed (are being utilized)," Ciulla said. "It stretches the defences of these other teams."

Ciulla said this is the third year together for this squad and they continue to jell very well together as a unit.

"We had to change the formation



Stonewall's Alex Renner slips past a Southdale defender during the U15 boys' Rec final last week.

this year a little bit because teams were catching on to our style of play," he noted. "We introduced a different formation this year and we go back and forth to add that unpredictability

to what we're going to play."

Stonewall will be looking for a threepeat of a city championship in the fall when the playoffs begin.

"That was the goal that we set out at the beginning of the year," Ciulla said. "We have goals that we want to achieve from the players' standpoint and from the coaches that we want to implement."

"And we'll see if we can make that happen in the fall."

Meanwhile, Ciulla's wife, Suzanne, wanted to thank the Town of Stonewall (Parks and Rec) for cutting the grass and painting the lines on the field for the big game.

"The field was in terrific condition for our critical game," she said in an email. "We have the nicest soccer pitches — and (are) proud of how well they are maintained."



TRIBUNE PHOTOS BY LANA MEIER

Back row, left to right: assistant coach Garry Vandebossche, Nic Vandebossche, Bill Lyner, Danté Lourenco, Aiden Erickson, Ethan Good, Tanner Tavares, assistant coach Joe Lourenco.

Middle row: Alex Renner, Dawson Samms, Josh Bracken, Noah Bracken, Gio Ciulla, Chris Wiebe, Asa France, Josh Smith, coach Santo Ciulla.

Front row: Lukas Funk. Missing from the photo is Logan Bakos.



Stonewall's Danté Lourenco, front, races for the ball stride for stride with a Southdale player during the U15 boys' Rec league final last week. Stonewall won the game 5-1.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Interlake advances to PeeWee 'AAA' provincials

By Brian Bowman

The Interlake Orioles' PeeWee "AAA" baseball team did not have too many chances to play games together for most of this summer.

But they have been on the baseball diamond a lot in late July.

Interlake earned a spot in this weekend's 10-team Manitoba PeeWee Provincial Championship in Hamiota after finishing with a 2-2 record at a qualifier last weekend.

"That was our big goal," said Interlake coach Dan Stewart of Warren. "At the beginning of the year, that was our goal that we set. I'm really happy with how they did (last) weekend and we're looking forward to the (provincials)."

The provincials will feature elite teams from across Manitoba. It will, without question, be some tough competition for the Orioles.

"Our pitching will have to be huge," Stewart predicted. "We're going to have to have a couple of things work well for us. We'll also have to have some of our bigger bats produce and everyone (contributing).

"And errors have hurt us throughout the year — we'll have to keep them to a minimum."

The Orioles are advancing to the provincials after finishing with a .500 record at the qualifier in Morden. Six of the eight teams from that qualifier moved on to the provincials.

"They played well throughout (the qualifier), with the exception of the first game," said Stewart. "We made a pile of errors in our first game — and that's what hurt us more than anything."

The local squad defeated Parkland 8-5 in their final game to earn a provincial berth. Interlake trailed by a run late in the game before pulling out the comeback.

Interlake earlier beat up Brandon 13-2 and lost to Oildome (16-8) and South Central (8-3).

South Central is widely considered one of the top PeeWee teams in Manitoba.



TRIBUNE PHOTOS BY RICK HIEBERT

Interlake first baseman Lane Bond stretches to catch the ball but Oildome's Zach Janz just beats the throw.

"OUR PITCHING WILL HAVE TO BE HUGE."

"We had an awesome game against them, with the exception of one bad inning," Stewart noted. "We had six runs against in one inning."

The Orioles' roster includes players from across the region, including Warren (Gerrit Boonstra, Karson King, Ashton Fisher, Lane Bond, Brett Tataryn and Kaden Stewart), Lunder (Alexander Ryden and Zachary Halldorson), Arborg (Tyson Barylski and Zak Leochko), Stonewall (Jackson Kummen and Kian Bell) and Balmoral (Owen Forbes).

At times, it was tough to get the team together to work on the finer aspects of baseball, Stewart admitted.

"They had never played together as a team before," he noted. "And it was tough to get together to work on things with people playing 'A' ball."

Besides Stewart, the Orioles' coaching staff features assistant coaches Scott Fisher (Warren), Mike Forbes (Balmoral) and Brett Goertzen (Teulon).



Interlake's Tyson Barylski makes contact at the plate.



Come out and support your
Stonewall Blue Jays



2016

**Wednesday,
August 3**
Stonewall Blue Jays
vs
St. James A's
@ Fines Field
7:30 pm

**Thursday,
August 4**
Stonewall Blue Jays
vs
St. Boniface Legionaires
@ Whittier Park
7:00 pm

Lindsay commits to Nipissing University

Staff

Drake Lindsay will return to Canadian soil to resume his hockey career.

The Corpus Christi IceRays of the North American Hockey League recently announced the commitment of Lindsay to Nipissing University (located in North Bay) for the 2016-17 season.

"We are always very happy for any of our players that get commitments," said IceRays' general manager Pat Dunn on the team's website. "Selfishly, it's also an honour for our organization that we are recognized by the CIS.

"Drake's commitment is very well deserved. They will not only be getting a good player but also a very nice young man."

Lindsay, a Grosse Isle product, finished his junior career with the IceRays this past season after being drafted 81st overall (fourth round) by Corpus Christi in the 2015 NAHL Draft.

The offensively talented forward played 56 games last season, scoring 12 goals while adding 26 assists. He had four power-play goals and three game-winning markers.

Lindsay was also one of four IceR-

ays' players to earn a spot in the 2016 NAHL Top Prospects Tournament back in February. During the two-game tournament, he had a goal and an assist in a 4-3 shootout win.

Prior to his time in Corpus Christi, Lindsay played three seasons for the Neepawa Natives in the Manitoba Junior Hockey League, recording 57 goals and 92 assists in 178 games.

He was named to the MJHL All-Rookie Team in 2012-13, following a 41-point season, and then selected as a Second All-Star in his final season in the MJHL.

"I watched him a bit in the MJHL in Neepawa," said Carson Shields, the director of western recruiting for Nipissing University. "He finds the net and he finds the guys he plays with. I liked his size. I liked his grittiness as well. He wasn't a guy that walked away from anything. (He) drove the net hard."

IceRays' head coach Brad Flynn is a graduate of Brock University in St. Catharines. He said the CIS is a great league for talented Canadian hockey players.

"We are very excited as an organization to have helped Drake de-

velop into a CIS player," said Flynn. "The CIS is widely known across the hockey world as the best kept secret in hockey, with the majority of players being ex-Major Junior players. It just proves that even if NCAA does not work out, the IceRays still work hard to get our players to the highest university league possible."

Nipissing University's hockey program was formed in 2009 and has recruited MJHL players heavily in the past few seasons.

There have been 10 players graduate from the MJHL and move onto playing for Nipissing, including three team captains in Jason Gray (Winnipeg Blues), Brendan Mitchell (Selkirk Steelers) and Patrice Wren (Winkler Flyers).

The other seven players include Maxime Provencher (Swan Valley), Cole Holowenko (Swan Valley), Jaret Smith (Neepawa), Dan Watt (Winnipeg Saints), Tyler Riel (Winnipeg Blues), Guillaume Naud (Dauphin) and Mitchell Deacon (Swan Valley).

"Between Carson Shields (recruitment men's hockey) and my visits to Manitoba, we have been able to get some quality players," Lakers' head



TRIBUNE PHOTO SUBMITTED
Drake Lindsay has committed to Nipissing University for the 2016-17 hockey season.

coach Mike McParlane on the MJHL website.

"We don't always have the most to offer in terms of money but our school and reputation speaks for itself."

— With files from the Corpus Christi Stingrays and the MJHL.

Bantam Orioles advance to provincials

By Brian Bowman

The Interlake Orioles' "AAA" Bantam boys' baseball team's season has been extended for at least another weekend.

Interlake finished with a 2-2 record at a qualifier last weekend in Blumenort.

"We won the games that we had to win," said Orioles' coach Ryan Fines. "We had a little bit of everything. We got piled up on a couple of times and we had some lopsided games."

Interlake defeated Midwest 13-2 and Brandon 14-3 but ended up on the wrong side of the score against Carillon (11-1) and Pembina Hills (13-1).

The Orioles' pitching was good throughout the weekend, said Fines, but the team's defensive play simply wasn't up to par.

"Having to get four or five outs an inning wears on your pitching, for sure," he said.

On the offensive end, Interlake hit the ball extremely well in the win over Midwest. Devon Cassan of Argyle was 4-for-5 in the leadoff spot while smacking a rare ground-rule triple.

Thomas Waldner also hit an inside-

the-park home run.

"We hit the ball a ton that game," Fines said.

Interlake will now have a chance to see how they fare against the top Bantam teams in Manitoba at the provincials this weekend in Altona.

The Orioles find themselves in a very tough pool of teams, which includes Oildome, St. James, North Winnipeg and South Central.

Interlake defeated St. James at their home tournament earlier this season but the A's have improved tremendously since then.

"Hopefully, we've improved more," Fines hoped.

A good start to the tournament is imperative if a team wants to advance to the playoff portion of the provincials. Interlake will face Oildome in their first game Friday.

"We have to go after that first game, for sure," Fines stressed. "Our bats have to show up and you have to have your big boys going, for sure. What it's going to boil down to is if we can play with these guys defensively.

"The other teams aren't going to give you four outs in an inning."



TRIBUNE PHOTO BY MATTHIEU MEIER
The Orioles' Thomas Waldner slides safely into third base during Baseball Manitoba Bantam qualifier action at La Broquerie last Sunday.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

First-year Royals getting better each week

By Brian Bowman

The Stonewall Royals are like many first-year teams.

After struggling early in the season, Stonewall is starting to play much better together as the women get more comfortable playing alongside each other on the soccer pitch.

The Royals had a real good effort in a tough 4-3 home loss to Gateway Celtic in Winnipeg Women's Soccer League Fifth Division play last Thursday evening. Stonewall led 3-2 in the second half before surrendering the game's final two goals.

"It was a good game but we just lost a little bit of steam at the end," said Royals' player/manager Ashley Adams.

Erin Corbin, Jessica Broadfoot and Jen Collerone tallied for Stonewall.

The one-goal loss is a good sign for the Royals, who have just one win this season.

"We're a brand new team," Adams noted. "There's a wide range of players and some have never played before and some haven't played for several years — five to 10 years or more."

"We're starting to get into the groove and starting to jell together, which is nice."

Adams said the Royals have made vast improvements on a weekly basis this season. She also noted, however, that the stellar play of their keepers has often kept them in games.

"They're working hard and improving every single game," Adams said. "We're starting to learn how to play together and learning how everyone plays. It's been really good."

Most of the Royals' players are from Stonewall, Stony Mountain or Balmoral and vary in age from the low 20s to 40. And, so far, the team has



The Stonewall Royals' Caitlyn Carpenter kicks the ball during Winnipeg Women's Soccer League action last week in Stonewall.

been a real good fit in the sports scene here in Stonewall.

"When I moved back to Stonewall last fall, I really wanted to get a team started," said Adams, noting many of the players are former Stonewall Collegiate Rams. "I looked around and asked around to see what the interest was and through word of mouth, we had some interest."

Adams is hopeful that Stonewall can have an adult women's soccer team



TRIBUNE PHOTOS BY LANA MEIER

The Royals' Erin Corbin clears the ball while teammate Tasha Szczerba looks on during Winnipeg Women's Soccer League action. Corbin scored a goal in Stonewall's 4-3 loss to Gateway Celtic.

for years to come.

"I think it's important to show the young girls in the town that there is a women's team and that they don't have to stop playing once they are out of high school," she said. "There's a local team that is looking for more players and, once they are 18, we'd be happy to have them."

Stonewall played Hammer Time this past Tuesday but no score was avail-

able. The Royals' lone win this season came against Hammer Time.

"We're hopeful to have a good number of players come out for that game so we can go out there and do our best," Adams said. "And hope for a win."

Stonewall's next game is at home Aug. 4 against SouthEast GWB. Game time is 7 p.m.

Sholdice ties for 14th at men's amateur

Staff

Bryce Sholdice finished in a three-way tie for 14th place last week at the Nott Autocorp Men's Amateur Championship at the Minnewasta Golf & Country Club.

Sholdice, who golfs out of Bel Acres, finished with an 8-over 296. He carded

rounds of 75, 75, 76, and 69.

His final round included five birdies.

Elmhurst's Devon Schade won this year's amateur title after finishing at six-under 282. Schade was very good all week with rounds of 73, 72, 68 and 69.

He won the tournament by three

strokes over Elmhurst's Zach Sackett.

Darren Kelpin, who golfs out of Teulon, finished the tournament in sole possession of 17th place after rounds of 73, 75, 76 and 73 for a 9-over 297.

Warren Golf & Country Club's Garrett Kristjanson had rounds of 77 and 85 but missed the cut.

Schade, Sackett and Allan McDonald will now represent Manitoba at the 2016 Canadian Men's Amateur Championship at The Royal Ottawa Golf Club & Eagle Creek Golf Club in Gatineau, Que., from Aug. 8 to 11.

Classifieds

Stonewall Teulon
Tribune

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Job Description: Genetic Nucleus Swine Technicians
Locations: South East Manitoba (La Broquerie)
and the Interlake
Date: July 12 2016

Position Summary
Topigs Norsvin Canada Inc. a world leader in swine
genetics is looking for permanent, full time Swine
Technicians to work within their genetic nucleus facilities

Duties and responsibilities

- Ensuring animal health and welfare
- Daily activities such as but not limited to: care and feeding, health checks and vaccinations, moving and washing, data collection e.g. weighing, semen collection and lab work, maintenance work and record keeping
- Working within the genetic production team to optimize production and maximize genetic improvement
- Ensure production of top notch quality of breeding stock for customers
- Follow and enforce all biosecurity, animal welfare and genetic protocols

Qualifications

- Degree or Diploma in Agriculture
- At least two years of commercial experience in a swine production role, nucleus or multiplication experience would be considered an asset
- Strong leadership skills with respect to working with team members and managing other staff
- Excellent problem-solving and analytical skill
- Strong verbal and written communication skills
- Ability to manage multiple priorities in a fast-paced environment

Salary: starting at \$15.05 per hour, depending on experience
Benefits: a comprehensive benefits package including health, dental and registered pension plan, plus production bonus program

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TERM RECREATION DIRECTOR

Teulon-Rockwood Recreation Commission

The Teulon-Rockwood Recreation Commission is accepting applications for a year term Recreation Director. This position reports directly to the Recreation Commission Board.

The Recreation Director is responsible for the staff and facility management, planning, implementing, and managing a broad range of community recreation services; encouraging maximum community involvement and coordination with other community organizations. Excellent leadership skills and an ability to effectively communicate with the public and stakeholders are necessary. The successful candidate must provide a criminal record check and a child abuse registry check and have use of own vehicle for business purposes. First Aid and CPR is an asset and would be required once employed by the Commission.

Qualified candidates are invited to submit resumes by **August 8th at 4pm** stating experience, education, related work references, expected salary and all other pertinent data to:

Teulon-Rockwood Recreation Commission
c/o Laine Wilson
Box 69
Teulon, Manitoba
R0C 3B0

Or by e-mail to teulonrockwoodrec@gmail.com

More information about the Town of Teulon and this exciting career opportunity can be found by calling (204) 861-0341.

We thank all applicants for their interest, however, only those candidates being considered for an interview will be contacted.

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Argyle area - 5 vacant acres that include 12x60 mobile home with 760 sq. ft. addition which must be moved to the property by the new owner ASAP. Land located on 88N & 1 West. \$54,900 for package. Ph 204-467-8537 or 204-955-2068.

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NOTICES
Winners of the 2016 Rosser Fire Department Cash Calendar July draws are as follows: \$200, Jessie Minaker; 4 - \$25 prizes were awarded to Wayne Carriere, Gillian & Paul Ryan, Dale Braun, Jean Proctor.

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Manitoba 4-H Council is seeking two employees to provide support, guidance and training for 4-H volunteers across the province. One will work out of the Council office in Brandon and a second from a home-based office setting elsewhere in Manitoba. Hours of work may be flexible as circumstances will require some commitments on evenings/weekends.

Applicants must be people-oriented and able to conduct themselves in a calm and professional way. Effective verbal and written communication skills, proficiency in MS Office applications, excellent record-keeping skills and knowledge of accounting practices are also requirements. 4-H experience is preferred.

Successful candidates will be required to complete criminal record checks/screening through the 4-H Manitoba Youth Protection Program.

For more information, please contact:

Dawn Krinke, Office Manager
1129 Queens Avenue
Brandon, MB R7A 1L9
Tel: 204-726-6136
Fax: 204-726-6260
Email: dkrinke@4h.mb.ca

To apply, please send resumé, with two letters of reference, by **August 5, 2016**.

take a break > GAMES

SUDOKU

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

Level: Intermediate

Fun By The Numbers

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

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

CROSSWORD

CLUES ACROSS

- Dried corn kernals (pl.)
- A dog is one
- Medieval feline
- Appeal emotionally
- Uncommon
- Gain as interest
- Habitat
- Ribosomal ribonucleic acid
- 2015 NL batting champ
- Makes wet
- Discounts
- Beavers build this
- Between south and east
- Promotional materials
- Arbiter
- Ancient Greek ruler
- Ruse
- Where coaches spend their time
- LA landmark ___ House
- Nothing
- Chickpea plant
- Revolutionary War militia member
- Civil rights organization
- Fathers
- Carries things
- Frequently
- Location of White House
- Small amount
- A structure forming a covered entrance
- Soothes
- Shameless
- Middle Eastern nation
- Footsteps
- Russian river
- Once-influential student organization
- Jags owner Khan
- Bura-___: Nigerian language
- Small boy
- Belonging to a thing
- Mosses

1	2	3	4	5	6	7	8	9	10	11	12	
13					14				15			
16				17					18			
19				20				21				
			22				23			24		
25	26	27		28			29			30		
31			32		33		34				35	
36				37		38			39		40	
	41				42			43		44		
			45				46		47		48	
49	50			51			52			53		
54		55				56				57	58	59
60						61				62		
63						64				65		
66						67				68		

- Went too fast
- Protruding ridge on worms
- Insignificant
- Pains
- South Dakota
- Greek island
- Emerald Isle
- Golfers know this well
- Desire to set fire to things
- A glow
- Levels
- Enzyme
- Explains again
- City in South of France
- Paddle
- Salian
- Split pulses
- Consumed
- Small drink of spirits
- Indigenous people
- Elaborated
- Painting technique
- Repentance
- Not bright
- Kansas hoops coach
- Koran chapters
- Dead end
- Foul-mouthed bear
- Nostrils
- Game Cache File
- One who believes in a supreme being
- Carnival worker
- Gnawing animals
- German town
- Conquer
- Thai money
- Taxis
- ___ Clapton
- A form of Persian
- Pounds per square inch
- Nighttime

Classifieds Announcements

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ANNOUNCEMENT
CARD OF THANKS

Thank you so much to all the people who sent lovely cards, brought beautiful flowers and baking and who came to see me in the hospital after my accident. These things brought me much joy. I am happy to report I am doing much better.

-Sincerely,
Wendy Singh

ANNOUNCEMENT
CARD OF THANKS

Thank you so much to my family, friends and colleagues for all of the celebrations held for my retirement. It has been an honour to have worked with all students and to have been out on the "corners" with my student patrols. The waves, smiles, hot beverages and friendships from parents and the community over the years have been a blessing. The cards, flowers, gifts and especially the hugs wishing me well have truly been appreciated.

-Jeanette Sheasgreen

ANNOUNCEMENT
CARD OF THANKS

Thank you to all who attended the memorial service for Elsie Boyle, for those who sent their condolences through cards, emails and Facebook, to those who brought food to the house and who sent flowers. Thanks to Reverend Bardsley for a very fitting service and to Allison for your assistance and for doing the eulogy. A special thanks to Dr. Venter and the nurses and staff of Stonewall Hospital for their excellent care and compassion during Elsie's stays and visits to the hospital over the last several months and to the home care staff who allowed Elsie to remain happily in her home.

-Ron, Joanne, Larry, Steve and Ernie

ANNOUNCEMENT
CARD OF THANKS

Thank you to TCI students and former students, their parents and grandparents, colleagues, friends and family for the very kind (and some humorous) messages and generous gifts on my retirement. Thirty-eight years ago I was thrilled to begin teaching with the ISD. I've had a very rewarding career, but now I am excited to enjoy my retirement, especially after such a wonderful send-off! Thank you!

-Darlene Waldbauer

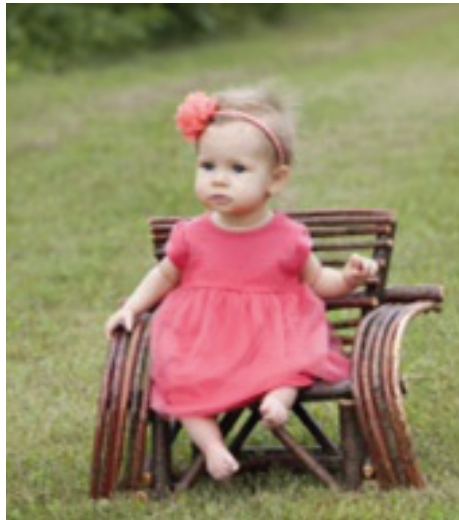
ANNOUNCEMENT
IN MEMORIAM

Coverdale
In loving memory of our parents
Nora - July 28, 2010
Harold - February 4, 2007

A prayer from those who love you,
A memory ever true;
You will be forever in our hearts,
Because we thought the world of you.

-Love from all of your family

ANNOUNCEMENT
BIRTHDAY



Happy 1st Birthday,
Jocelyn Joan Powroznik!
July 30, 2016

We love you to the moon and back!
-Love always:
Daddy, Mommy and Raeanna
XOXOXOXO

ANNOUNCEMENT
BIRTHDAY



Look who is 40
Kid at heart and still likes his bikes
Happy Birthday Quentin!

-Love from your family

ANNOUNCEMENT
BIRTHDAY



July 25
Happy 18th Birthday Nikole!!!

A beautiful creation, perfectly imperfect,
You have everything you need to fulfill your dreams
Don't dilute yourself for any person or reason
Life is filled with good times and hard times
Learn from everything you can, be the woman
I know you can be

-Love Mama Bear

ANNOUNCEMENT
BIRTHDAY



Happy 13th birthday Jonathan!
What life you have in store for you.
It is just the beginning.

-Love from your family

OBITUARY



Margaret Lillian Saunders (Knight)
December 17, 1943 - July 19, 2016

It's with great sadness our family announces the passing of Margaret after a lengthy battle with COPD at the age of 72.

Margaret was born and raised in Eriksdale, MB where she met her husband Tom of 55 years. In Marg's earlier years she enjoyed travelling, camping, gardening and reading as well as getting together with family and friends.

Left to mourn are her husband Tom and their children Lorraine, Richard, Candace (Dave), Ralph and Randy (Pauline) and grandchildren, Dean, Crystal, Lisa, Tyler, Tom and Chayleah; five great-grandchildren; her sisters Alice, Amy, Bernice and brothers Albert (Lorna) Billy and Roy (Margaret) and many nieces and nephews. Margaret was predeceased by her parents, Joseph and Elizabeth Nagam and grandson Bradley Tuttahs.

Cremation has taken place at Margaret's request and a private family gathering will take place at a later date.

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

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OBITUARY



Elsie Lydia Kenning

With great sorrow, the family announces the sudden passing of Elsie Lydia Kenning on July 21, 2016 at the Stonewall Hospital at the age of 89.

Left to cherish our loving Mother, Grandmother, and Great-grandmother are her family Marilyn and Allan Jones, Jason Jones, Chad and Carla Jones (Isla and Alex); Peggy and Gary Fontaine, Erin and Derek Walsh (Sofie, Wyatt and Emmett) Brett and Alyson Fontaine (Olivia, Blaire); Dennis and Nikki Fontaine (Ava); Gary Kenning, Fawn and Mark Bouskill (Merik); Tessa Kenning and Josh Dew (Essence, Rayden); Cheri Kenning and Jeremy Foster (Bentley); Rena and Stefan Loewen; Toni Kenning (Hana and Mekhi); Amanda and Dwayne Chenier (Jackson, Kali) Tyler Kenning and Amy Kidd.

Mum was predeceased by her husband Jake in 1996; infant son Rodney, son Jack in 2000, her parents, brothers and sister.

Born on August 4, 1926, she grew up in the Rockwood district. She married Jake on May 19, 1950 and spent most of their married life on the dairy farm, where they raised their children. Mum was very involved in many aspects of their farming life as well as in the community. She was a 4-H leader, belonged to the Rebecca's, the United Church and the Horticulture Society.

In 1991 Mum and Dad moved into Stonewall where she lovingly cared for her flowers, her dog, her home and also volunteered at the Adult Day Program. Mum resided at Rosewood Lodge since September 2013, where she participated in all activities, and became a very special resident.

The family would like to thank all the staff at Appleyard Bay for their excellent care and concern. As per her wishes a small family service will be held in her memory.

In lieu of flowers, donations may be made in memory of Mum to Rosewood Lodge.

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OBITUARY



Dorothy May Hazelton

It is with great sadness, we announce the passing of our mother, grandmother, great-grandmother and great-great-grandmother with her family by her side on July 24, 2016 at the age of 91 years.

Dorothy was born in Winnipeg to parents Charles and Lavinia Bloodworth. At the age of 12 she moved to a farm in Inwood with her parents.

Dorothy married at the young age of 16 to Herbert Hazelton. They farmed until they retired in 1988. She was predeceased by Herbert in 1998.

She was also predeceased by her brother Chuck and son-in-law Arthur. She is survived by her six children, Gerald (Margaret), Vivian Kunzelman, Violet (Bob) Smith, Ralph (Lyn), Janice (Karl) Latschislaw, Wayne (Michelle), and a brother Don (Fran) Bloodworth, sister-in-law Stella Bloodworth. Numerous nieces and nephews, 14 grandchildren, 17 great-grandchildren and four great-great-grandchildren.

She had a good life but a hard life when all the children were young. When she and Herbert retired from the farm, life got easier. They would go on bus tours, play Bingo and enjoy life, dancing and socializing.

We would like to thank all the staff at the Teulon Hospital for their dedicated care of Mom for the last two years.

A memorial service will be held on Friday, July 29, 2016 at 11:00 a.m. at the Inwood Memorial Hall.

In lieu of flowers donations may be made to the Teulon Hospital or Goodwin Lodge.

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