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TRIBUNE PHOTO BY STEFANIE LASUIK

Members of the Interlake Metis Association Inc. and Selkirk Red River Metis Inc. performed live music throughout the St. Laurent parade on July 30. See more photos pg. 3.

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



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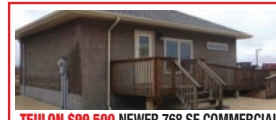
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# CIB Yard of the Week



TRIBUNE PHOTO BY JO-ANNE PROCTOR

The Stonewall Communities in Bloom Yard of the Week honours were awarded to Teri Stevens and Sandra Smith at 420-5th Ave. South. For the past four years Teri and Sandra have worked to make their yard as low maintenance and appealing as possible. Stevens stands in the front yard that features a Sumac as the focal point, next to an Amur Maple surrounded by hostas and black granite rock. Hydrangeas line the front of the house in memory of Steven's mother. Pots filled with colourful coleus accent the front of the house and ninebark and Karl Foerster grass line the driveway.

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.

## Escape room coming to Woodlands



TRIBUNE PHOTOS BY STEFANIE LASUIK

Woodlands Pioneer Museum will set up its own escape room in its church on Aug. 18-21.

By Stefanie Lasuik

The Woodlands Pioneer Museum is bringing the excitement of the latest entertainment fad to its little town. From Aug. 18-21, the museum will become an escape room.

In escape rooms; people are locked in a room with five friends with whom they have to find clues that will lead them to a succession of keys. The final key will open the room's lock, but teams must race against the clock, which is set at one hour.

"They're fantastic," said museum president Lorelee Proctor, who thought of holding an escape room to raise money for the museum. Tom Johnson originally from Warren will create the experience and set it up in the museum's church building, where there aren't very many false leads.

Not many, if any, Manitoba organizations have held this type of fundraiser before. Proctor hopes the fundraiser's success will match the success of escape room businesses. Winnipeg's the Real Escape is booked up every Saturday until September.

For Woodlands' escape room, people can get in soon, locals don't have to travel far, and there's immense enjoyment for a minimal time commitment, said Proctor.

"It's mentally challenging, and when you beat the time, it feels good," said Proctor. Proctor and her family have become regular escape room artists. Since there are no rural escape rooms, Proctor decided to create one to help raise funds for the museum.

"I thought it would be a perfect new idea for a place that represents the old," said Proctor.

The funds raised will go towards a log cabin volunteers are building to honour the original Coupe Family Log Home. The popular log home, originally built in 1889, recently deteriorated beyond saving.

The escape room will be open 6 p.m. to 8:15 p.m. on Aug. 18, 5 p.m. to 9 p.m. on Aug. 19, and noon until 6 p.m. on Aug. 20 and 21. Groups must book their one-hour time slots in advance by emailing Proctor at leproctr@mymts.net. Interested parties can also call Proctor on her cell at 204-383-0007 or at home at 204-383-5919. The cost per person is \$20 and includes free admission to the museum buildings not being used by the escape. Proctor recommends having teams of six.

The escape room is geared for people 12 and over. An adult must accompany children.

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# Celebrating culture and traditions at St. Laurent Metis Days

By Stefanie Lasuik

St. Laurent celebrated Métis culture and traditions on July 30 and 31. Dancers, fiddle players, jiggers, and strongmen all helped the town create memorable experiences for attendees.

People tried their hands at sling-shot, while kids received intricate face paintings and steppers showcased their well-rehearsed dances. Slow pitch and horse shoe tournaments ran throughout the day on July 30. Saturday capped off with a men and women throwing axes and carrying immense loads in a strong person competition.

Attendees danced into the night to the music of Clint and Riley Dutiaume.

On July 31, those participating in the mud bog stole the show. Attendees took in fiddling, square dancing, and beading workshops. In the afternoon,

locals interviewed a community elder. Manitoba Metis Federation president David Chartrand said it was great to see the younger generation embrace the Métis culture.

The stars of July 30's parade were Brooklyn McKay and the Seniors Resource Council, who took first place in the bike and float categories respectively. Tyra Gaudry and Jewel Jolicoeur won second and third for their bikes while St. Laurent Minor Hockey and Grouette Farms earned runner-up prizes for their floats.

The slow pitch champion title went to the Ruffnecks. In the horseshoe tournament, Reggie Ducharme won the men's title, Murien Sharse won woman's, while she and Jean Chaboyer won doubles. The mud bogging open champion was Dennis Ducharme, who won \$1,100 in prize money.



TRIBUNE PHOTOS BY STEFANIE LASUIK

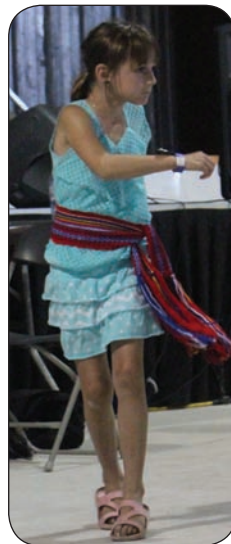
The United Steppers have competed across Canada, United States and Europe. On July 30, they put on a show at St. Laurent's Metis Days.



Lee Desjarlais of St. Laurent strapped a 180-pound bag on his back to compete in the strongman competition.



Brooklyn McKay won first place in the bike category of St. Laurent's Metis Days parade.



Kerri Combot (7) performs the Red River Jig in St. Laurent's jigging competition.



The St. Laurent Lake Monsters hockey teams put together a second-place float in this year's parade, conceding their first-place title from last year to the Senior Resource Council.



The United Steppers, with St. Laurent's Eva Kerbrat at the front, wowed with their fancy footwork at Metis Days.



Ernie Lambert (right) shows William Gilderman, 11, how to pull back a slingshot before firing two straight hits.



Double the Trouble, comprised of Aidan, Luc, and Robert Wrigley, impressed the crowd during the open mic.



Friends Kylie Combot, 8, and Abby Oughton, 7, of St. Laurent became dogs for the day after getting full face paintings.



Jewel Jolicoeur, Storm Delorme, Olivia Diell, and Brittany Ducharme of St. Laurent's Lis Chi Michief Steppers showed off their stuff on July 30.



# Tax shock for Woodlands resident

By Jennifer McFee

A Woodlands resident felt taken aback when he opened his 2016 tax bill and saw that he owes more money than anticipated.

Ron Irwin said that he was in shock when he saw that his tax bill was about 60 per cent higher than it was last year.

Since it's a reassessment year, the province reassessed many properties at a higher value.

"For the land, the assessment increases in some cases are very excessive and very erratic. If I look at the productivity that crop insurance would look at as to the value of the production and percentage of production, it just doesn't jive. It's the same with the residences, which I found were worse. In some cases, the increases are just unreasonable and unexplainable," he said.

"But you can't blame the reassessment completely. In the RM, they did adjust their mill rate a little bit but they didn't adjust it enough so they're still generating a whole pile of new income. I don't know what they're doing with all the money."

Irwin didn't appeal the reassessed value of his properties at the board of revision because he was waiting to see his tax bill.

"Until the RM announces what their mill rate is, you don't know what taxes you're paying," he said. "So basically it's the RM that's reaping this massive benefit and I just don't know where the money's going."

Woodlands CAO Adam Turner explained that the municipality's por-

tion of the tax collection has gone up \$49,000 over last year or 1.6 per cent. In 2016, they will be collecting about \$3.2 million compared to \$3,153,246 in 2015.

"We calculate the funds that are required for the current year and then the province gives us the assessment for the municipality," Turner said.

"Then we do the math to figure out from there what the mill rate's going to be so that the mill rate can be applied to the individual assessments."

The Woodlands' municipal mill rate was 13.51 in 2016, down from 15.11 in 2015.

In 2016, a reassessment year, the RM's portion of the taxable assessment went up \$34 million or 21 per cent.

"That breaks down to residential being 17.8 per cent increase; farm land, 28.6; and commercial, 17.2 per cent," Turner said, noting that the provincial average increase was 15 per cent.

"So what's happening is with the farmland being over the 21 per cent and the residential being under the 21 per cent, there's a tax shift happening that's putting more burden on the farmland."

On average on Woodlands tax bills, 55 per cent of the tax is designated towards the RM while 45 per cent is for school taxes.

"We contribute to three different school boards. Not all of them have the same increases, but the average over the three is that they've gone up 11 per cent," Turner said.

"So in 2015, we've collected \$2.5 million for the schools and in 2016 we're



TRIBUNE PHOTO BY LANA MEIER

Ron Irwin of the RM of Woodlands was shocked by the tax increases when he opened his tax bill recently.

going to be collecting \$2,776,000. So theirs is going up about \$275,000 compared to the RM's \$49,000."

The majority of the RM's budget goes towards transportation, with another large portion for capital expenditures (although most of them will be paid for this year from reserve funds and grant money from other levels of government). The RM also puts money away in reserves for future projects, equipment and road work.

Taxes are due Oct. 31, and anyone with questions can contact the mu-

nicipality.

For anyone who disagrees with their reassessment, they can apply to the board of revision for 2017.

"The board of revision is their recourse. They'll want to look at what their property is being assessed at, and if they feel it's overstated, then they can start that board of revision process," Turner said.

"Everyone would have received their notice of reassessment last year along with the information about the board of revision."

## Premiers take step towards internal trade

By Kaitlin Vitt

Premier Brian Pallister said Manitoba is committed to making internal trade a reality.

Internal trade is the "free movement of persons, goods, services and invest-

ments within Canada," according to the province.

Canada's premiers met at a conference in Whitehorse July 20 to 22. They reached an agreement in principle on the Canadian Free Trade Agree-

ment, a news release from the conference says. CFTA would replace the current Agreement on Internal Trade.

This agreement has been developing over the past two decades, Pallister said during a news conference last

Thursday. He didn't give a deadline for the agreement but said he expects it will take "months, not years."

"It's natural to be sceptical, because there's been talk about advances before, and it hasn't happened," Pallister said. "But I tell you, the spirit in the room among Canadian leaders was very, very real."

Pallister said officials are negotiating and working to reduce the number of exceptions Manitoba has in the agreement. Currently, the province has 10 to 12, Pallister said.

He said he wants a deal that's best for Manitoba, but also one that's fair to other provinces. He said this could be achieved if provinces have a similar number of exceptions.



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# Local band Now Not Never to play at Quarry Days

By Stefanie Lasuik

When Abby Georgison and Tessa Thevenot were in eighth grade, their teacher scoffed at their dreams to become professional musicians. Now, the duo, along with Tessa's older brother, Thomas Thevenot, is setting out to prove her wrong.

The Rosser teenagers created their band, Now Not Never, two years ago after lead vocalist, Tessa, had a vivid dream that the three had made a band. She called Georgison to ask when the next practice was. Georgison, confused but excited by the idea, got on board and the three have been practising at the Thevenot's Six Pines Ranch since then.

Georgison, 15, has been playing guitar since she was 12, although she wanted the instrument at the age of five. She began taking lessons but grew bored and started teaching herself more advanced chords. Georgison attended international music camp at the Peace Gardens for the past two summers, where she met her current teacher, Dr. Ian Hodges. Hodges, a highly regarded Winnipeg instructor, was impressed with how quickly Georgison learned.

Thomas Thevenot, 15, always had rhythm. He got his first drum set when he was in Grade 1 and has been keeping rhythm since. Abby, coming off performances in New York and Winnipeg with the Winnipeg Youth Chorus, assumed the position of vocalist then took up bass to complete the band's sound.

Tessa's first singing performance came at the age of three when she grabbed the mic in front of 300 wedding guests. Since then, she's performed with the Winnipeg Youth Chorus, with whom she travelled to New York to sing in the Alice Tully Hall at the Lincoln Centre. Thevenot also

rapped "Waterfalls" with the award-winning Winnipeg artist Flo.Thevenot gave up being in the Chorus to commit more time to the band.

Aside from Thomas' drum set, the musicians have bought all their equipment themselves. They find time to practice in between school and working on their family farms.

The band already has two of its own songs, What Did I Do To You and Sorry. Georgison wrote both and the band worked together to put chords to it. Both are slow songs that deal with topics such as bullying and depression.

"We're teenagers, we're full of emotion," laughed Tessa. The band covers all types of rock songs like Zombie by the Cranberries and Summer of '69 by

"YOU KNOW THE SONGS ON THE RADIO THAT MAKE PEOPLE WANT TO GO RUN A MILE? I WANT TO DO THAT WITH MY MUSIC."

Bryan Adams.

They're working on writing more songs so they can start making music videos.

While musical ability doesn't run in either family, taste for music does. The band likes to play 80s and 90s rock, the types of songs their parents would listen to when they were younger.

It's this type of music they'll bring to the Quarry Days stage on Aug. 20 at 5 p.m.

Quarry Days will be the group's largest performance to date. In the past, they've played at the Stonewall Centennial School Cowadian Idol, Stony Mountain Ski Resort's Snow Jam, and Thevenot and Georgison's Grade 8 grad ceremony.

Although the group has only performed locally, they grabbed the attention of a radio program director in New York. A station that focuses on new artists and wanted to play their music, but the group has yet to find a recording studio.

The band hopes to, but their long-



TRIBUNE PHOTO BY STEFANIE LASUIK

From left to right: Abby Georgison, Tessa Thevenot and Thomas Thevenot have created their own rock band on the rise. Now Not Never got its name after the teens couldn't decide on a title and Georgison exclaimed "We have to pick a name, now not never."

term goals aim higher than that.

"You know the songs on the radio that make people want to go run a

mile? I want to do that with my music," said Thevenot.

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## Caught just in the nick of time

Hi neighbours, glad you could join me.

Even in the late morning last Wednesday the heat was becoming oppressive as I stood on the pier at Lockport. The sun beat down on the muddy river water as it poured over the locks becoming roaring rapids downstream of the dam. Seagulls screeched in the air and huge dark fish periodically sprang from the waves in the middle of the Red. Anglers sat quietly in lawn chairs, their rods' baited lines far out in the swirling water waiting for a trophy catfish to strike. Close beside me Rob Klumper with son Chris from Stonewall was an outgoing chap who remembered an odd happening.

He was fishing off the Selkirk pier and when bringing in a fish a young seagull tried to steal it but got wrapped up in the line. As Rob landed the fish and the terrified seagull, he and a gathering crowd saw the strangest thing. Dozens of seagulls began grouping just overhead dipping down crying out to the distressed bird. Fortunately somehow the little bird twisted free and took to the air with the concerned flock right after it.

I didn't think seagulls were that social.

Not far from Rob and Chris a young chap Evan Little sat fishing with his mom Melanie. I walked over and leaning on the pier railing casually talked with them of fishing.

Evan with his line out set his rod down and went to his tackle box for something. No sooner had he turned his back than his rod started bouncing and rattling over the concrete toward the guardrail. He spun around and making a mad dash for his rod caught it just as it was about to disap-



TRIBUNE PHOTO BY ARNIE WEIDL

Evan Little with a master angler sized catfish he caught at Lockport

pear over the rail. Then the slow battle began. Evan would bring in some line and a huge catfish, now showing itself, would take it back. In time, when Evan felt the fish was tiring, he netted and landed it. I took pictures as he released it.

Some time ago you might remember I wrote of a gal, Tatiana Malovanna, who caught a giant carp in Pruden Creek. Before writing that story I went to Libau and dropped into the Sasco First Nation Trucking Company where I thought some of the guys might know more about Pruden Creek. There I met local boy Quentin Anderson who grew up on the creek and gave a story when he and his uncle were fishing he caught a monster carp.

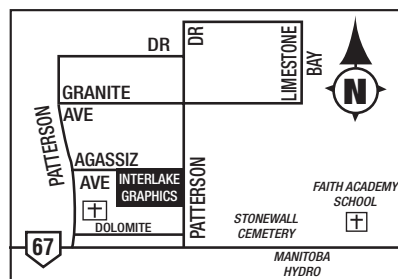
The thing was so big his uncle wound up being dragged into the wa-

ter. He landed it though. Last Friday I stopped by Sasco to say hi to Quentin but he was away on his honeymoon so I thought I would run up to the South Beach Casino for lunch.

Not long after I got back onto Hwy. 59 I saw a bright yellow sign saying "Smoked goldeye for sale" with a truck parked off the roadside. I pulled over and I'll be darned if I didn't see Brian Isfeld from Gimli getting out of the truck to meet me. Brian's an exuberant, fit fellow who after a bit said he has been coming to this spot for years to make extra money selling goldeye. He said the cottagers going up to Grand or Victoria Beaches will buy everything he has in an hour. Good for you buddy.

Continued on page 8

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



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# Port of Churchill a failed privatization experiment

By Patricia Barrett

MP Niki Ashton wants the federal government to intervene in the wake of the sudden closure of the privately owned Port of Churchill last week.

The port's Denver-based owner OmniTRAX, which also owns the Hudson Bay rail line, has thrown dozens of employees out of work and left Manitoba grain producers in the dark about what's going to happen to the grain currently sitting at the port waiting to be shipped.

"...we need to see clear federal leadership," said Ashton, who represents the Churchill-Keewatinook Aski riding. "It's important to recognise that we ended up in this situation because of decisions made by the federal [Liberal] government...to privatise the port in 1997."

OmniTRAX, which has owned the port for 19 years, cited operational losses this January when it put it up for sale.

Calling the closure devastating, Ashton said her main priority is to be in touch with and support the people affected by the closure.

"We're talking about laying off about 10 per cent of the community's population," she said. "This is a key employer in the community. We're talking about a community that depends on seasonal employment. .... The loss of these jobs is devastating for the workers, their families and the entire community."

Selkirk-Interlake Eastman MP James Bezan echoed that sentiment.

"Our thoughts are with all the families that have been affected by this," said Bezan, after a cadet graduation parade in Gimli last Friday. "There's a trickledown effect. Thirty-five individuals that worked at the port are currently laid off. That's 35 families...and that affects all the businesses."

The Conservative MP has visited Churchill many times and spoke of the diversity and beauty of the region. He also cited the need for the federal government to step in.

"I do hope the federal government intervenes," he said.

Ashton said the privatization of the port was a failure that will affect not only the North, but also Manitoba and the Prairie provinces. And the only way to ensure a sustainable future for Churchill is for the federal government to take charge of the port.

"Given the strategic importance of Churchill, it's clear there needs to be federal leadership. And...the experiment of selling this to a private company – an American company – has obviously failed," she said. "The solu-

tion here is public control."

She said she doesn't know what's going to happen to the grain that's awaiting shipment.

Neither does Dan Mazier, President of Keystone Agricultural Producers, an organization that represents Manitoba farmers.

He said producers, to the best of his knowledge, have not yet been paid for the grain sitting at port.

"The grain that's sitting there right now today is the grain that was grown last year," said Mazier. .... "....they grew the crop...and stored it all this year. Meanwhile they priced it, sold it and said. 'Okay, we'll ship it out in June.' Now it has just stopped."

And if they have to ship their grain to another port, such as Thunder Bay, Mazier said producers will have to pay the freight, which would entail a greater expense.

According to the Hudson Bay Route Association, an advocacy organization, 4,535,100 tonnes of grain has been exported through the Port of Churchill between 2004 and 2012.

Like the two MPs, Mazier said the federal government needs to intervene.

"It is a federal issue even when it comes to sovereignty and running these business deals," said Mazier. "They talk about trade, and they want to create trade so we get some more economic impact in Canada. And then this [happens]."

Mazier cited the interests of all Canadians, not only Manitobans and grain producers, in keeping the port open.

"...this is the role of government to step in and at least make sure conversations are being facilitated...because you don't want to take out a port that's been there for over a 100 years. .... It's like shutting down an airport."

Mazier said he doesn't blame the company from a purely business standpoint, but thinks it could have taken a different approach that would have maintained "public trust" and not "hold our Canadian economy at ransom."

"OmniTRAX has been very publicly



MP Niki Ashton



MP James Bezan

trying to sell this operation off. And I think they have been a little bit frustrated by the speed of it," said Mazier. "So maybe there's a little bit of poker going on and they're saying, 'Okay, we're going to shut it down then.'"

Before the government sold the port in 1997, it should have put rules in place regarding closure or what steps would need to be taken before closure could be affected, he said.

"I don't think anybody has realised that we're shutting down our only northern port in Canada," he said, "a deep sea port which could potentially be, for the future of Canada, very good. And for anybody in rural Canada and in northern Canada, it's a big deal."

During a press conference at the legislature last Thursday, Premier Brian Pallister said OmniTRAX is attempting to get another infusion of public cash from the province to support its operations.

Calling the previous government's \$800,000 support of the company last year a "subsidy bailout," and OmniTRAX's layoff a "threat," Pallister said the province won't be stepping in to help.

"I want to be very, very clear that I don't respond ever to threats," Pallister said.

The Premier said the situation needs to be looked at in the "longer term," but did not say what that would entail or how the province will help those affected by the shutdown, something that doesn't sit well with Ashton.

"It's unacceptable to see the provincial government abandon the North," she said. .... "There's no question that the provincial government needs to be part of the solution, and simply saying they're not willing to subsidise OmniTRAX, that's...inadequate. We need a provincial government that stands up for Northern Manitoba, that stands up for the economy of our province, and that's certainly not what we're getting right now."

A spokesperson at OmniTRAX's Canadian headquarters said the company is only taking names and phone numbers of those requesting comment about the closure and would be in touch.

Ashton has posted a petition on her web site at <http://nikiashton.ndp.ca/save-the-port-of-churchill> calling for the port to re-open.

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# Canadian kids are tired

## Study finds many kids stuck in sleep-deprived cycle

By Stefanie Lasuik

Canadian kids aren't moving enough to be tired, and they're too tired to move. These are the troubling findings of this year's ParticipACTION Report Card on physical activity for children and youth.

The report card points to two cycles. In one, kids who are getting physical activity tire out then sleep well. In the other, kids who aren't being active enough aren't tiring out. They don't sleep as well, so they aren't getting the energy they need to be active. The cycles repeat.

The troubling news increased when researchers found that only 9 per cent of Canadian kids aged five to 17 are getting 60 minutes of needed heart-pumping activity. The others are more likely to fall into the trap of tiredness.

Not only are sleep-deprived kids less likely to exercise, they are more likely to struggle with verbal creativity and problem solving. These kids generally score lower on IQ tests, ac-

cording to the card. Shorter sleeps can also cause hormonal changes associated with obesity, diabetes, and hypertension. If the pattern continues, kids can develop chronic sleep loss, which is linked to higher rates of depression and suicidal thoughts.

The report card recommends nine to 11 hours of uninterrupted sleep per night for five to 13-year-olds. Those aged 14-17 should get eight to 10 hours each night.

The area Canadian kids need most improvement is their sedentary behaviours. They earned an F in this category for their inability to unplug. Only 15 per cent of children aged three and four met the guideline of one hour or less of screen time per day. Twenty-four per cent of youth aged five to 17 met their recommended duration of screen time of two hours or less. The study also found that high school students spend an average of 8.2 hours looking a screen every day.

Instead, these kids could spend time



TRIBUNE PHOTO SUBMITTED

Children aged five to 13 years should get nine to 11 hours of uninterrupted sleep per night.

in active play. The report card gave Canadian youth a D plus in this area for their lack of participation in unorganized outdoor activity.

Teulon's new day camp is giving kids the opportunity to get their daily fix of physical activity. Teulon Rockwood Recreation Director, Laine Wilson, has at least 60 minutes of physical activity planned for the kids every day. While the camp is too new to be evaluated,

Wilson has seen the study's findings come true in her previous capacity as the manager of Parks and Recreation in Carberry.

While some adults dread physical activity, Wilson finds it's something kids love to do. At the camp, the kids are completely unplugged from electronics and get the opportunity to play in a healthy way.

## > GET FISHING, FROM PG. 6

On Saturday I ran over to north Shoal Lake to see if anyone was fishing on the "big white curve". No one was there so I stopped back at Rosie's Café in Inwood for lunch. Sitting beside me on the row tables was, Rick Sherred, who lives just down the road and had a story.

Rick, a muscular man with a short brown beard and hair under an obviously old and favored cap said he and seven friends went fishing by Snow Lake. Everyone was catching pickerel like crazy except one unfortunate fellow. After a while the other guys feeling sorry for him started trading fishing rods with him thinking that might change his luck. Nope, no matter what rod he had; nothing. Finally, surrendering to whatever bad luck was hanging over this poor soul's head, the rest of the gang chipped in a fish so he would have something to take home.

Till next week my friends, see you.

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# Woodlands students report on experience aboard the Namao

By Jennfier McFee

While you're lounging at the lake this summer, Woodlands students would like to share some information for you to ponder.

In May, a group of Grade 8 students from Woodlands School had the chance to spend a day aboard the Namao research vessel on Lake Winnipeg.

Each spring and fall, the Lake Winnipeg Research Consortium takes several school groups aboard the Namao as part of an education and research program. The Woodlands group applied and was selected for the unforgettable experience. Samantha Page, a Grade 8 science teacher at Woodlands School, said they spent several classes learning about Lake Winnipeg, the ecosystem and the food chain before the boarded the ship.

"It's a really great opportunity because they get to use all the scientific equipment," Page said. "It's an actual working research vessel that's out on Lake Winnipeg for the season. The kids on the ship were doing actual research and recording their findings."

After their experience on the ship, they spent several classes recapping what they learned. They also completed authentic writing projects, with two examples published here in the Tribune so that the students can report to the community about their findings.

"They wanted to share the information that they learned with their community so that maybe the community can be aware and take action to prevent any further damage to the lake," Page said.

"We need to be cognizant of the fact



Woodlands students do research aboard the Namao research ship on Lake Winnipeg.

that what we put on our lawns and what the farmers use in their fields and what we flush down our drains and toilets, that all has an impact on our lakes and rivers."

This spring marked the second time that Woodlands students were selected to board the research vessel. Page plans to apply again this fall to hopefully bring another group aboard.

"The more kids I can get out there, the better," she said.

## Lake Winnipeg is healthy now, but could that change?

By Kate LaCombe (Grade 8 student at Woodlands School)

Studies that the Lake Winnipeg Research Consortium are doing on Lake Winnipeg show that Lake Winnipeg is healthy. The researchers also know that some of the things that people are doing now could change that.

They say that too many nutrients are entering the lake and that can be bad.

Nutrients can enter the lake from municipal waste (sewage), animal waste and fertilizer run off.

They say that if too many nutrients enter the lake that there will be too much phytoplankton and then it will affect the lake's cycles. When the phytoplankton dies and decomposes, it consumes oxygen that fish need. If there is too much phytoplankton the entire lake can be thrown off balance.

The researchers know that Lake Winnipeg is not highly polluted because during their studies they found many pollution intolerant creatures in the lake.

Lake Winnipeg is healthy but that could change if we don't change and do things to keep it healthy.

## Students Become Scientists for a Day

By Ariana Huff (Grade 8 student at Woodlands School)

On a recent trip to Lake Winnipeg, students from Woodlands School's grade eight class discovered Lake



Student collected samples of Lake Winnipeg water.

Winnipeg is healthy. Students were invited to take part in several scientific studies on the Namao research ship on Friday, May 27th. They departed from the Gimli harbour. While on board they learned how to use a secchi disk, oxygen probe, and an Ekman dredge.

The students discovered they could use a secchi disk to find out the water clarity. The oxygen probe showed oxygen levels in the water to be around 12%, which makes a good habitat for fish and other lake creatures. Using an Ekman dredge, benthos were sampled from the bottom of the lake. (Benthos are creatures that live in the sediment). They caught lots of mayfly nymph that are pollution intolerant, and only a few snails, freshwater clams and sewage worms that are more tolerant of pollution.

After that they took a closer look at the phytoplankton and zooplankton through a microscope. These are the base of the food chain. The studies that day showed that Lake Winnipeg is in fact, healthy, but it's important to keep monitoring the lake to ensure it remains healthy.

# Provincial crop burning authorizations began Aug. 1

Submitted

Manitoba Agriculture reminds producers who choose to burn crop residue that authorization is required beginning Aug. 1 until Nov. 15. Daily authorizations are issued by 11 a.m. based on weather and smoke dispersion conditions. Night burning continues to be banned year-round.

The daily authorization will indicate if burning is permitted or not, and the start and end times allowed for that day. These depend on weather conditions and can change.

Depending on conditions, burning may not be authorized for the entire province.

In addition, a burning permit is required at all times in the rural municipalities of Rosser, Headingley, St. François Xavier, Cartier, Macdonald, Ritchot, Taché, Springfield, East St. Paul and West St. Paul. The City of Winnipeg is responsible for issuing permits to farms located within its boundaries. Farmers must follow all other provincial and local regulations when burning crop residue.

Burning permit applications and

more information are available from the toll-free information line at 1-800-265-1233, online at [www.gov.mb.ca/agriculture/](http://www.gov.mb.ca/agriculture/) or from Manitoba Agriculture offices.

Manitoba's controlled burning program was introduced to protect public health and safety while allowing farmers to deal with difficult straw management problems. Farmers must ensure they burn crop residue safely. The regulation is enforced by environment officers and the RCMP, and penalties for failing to comply can result in fines of up

to \$50,000.

Many producers use alternative methods of dealing with crop residue, such as chopping and spreading the straw or listing straw they have for sale on the Manitoba Hay Listing Service.

More information on these practices is available by calling 204-745-5646 or on the Manitoba Agriculture's website at [www.gov.mb.ca/agriculture/crops/crop-residue-burning-program/index.html](http://www.gov.mb.ca/agriculture/crops/crop-residue-burning-program/index.html).



# Pokemon Go craze gets players outside and mobile

By Stefanie Lasuik

Convincing people to get back to nature or the gym isn't the only way to get them moving anymore. A new method recently arose from the combination of technology and ingenuity. Niantic and The Pokemon Company have created an app that helps portable phones live up to their name. And yes, that app is Pokemon Go.

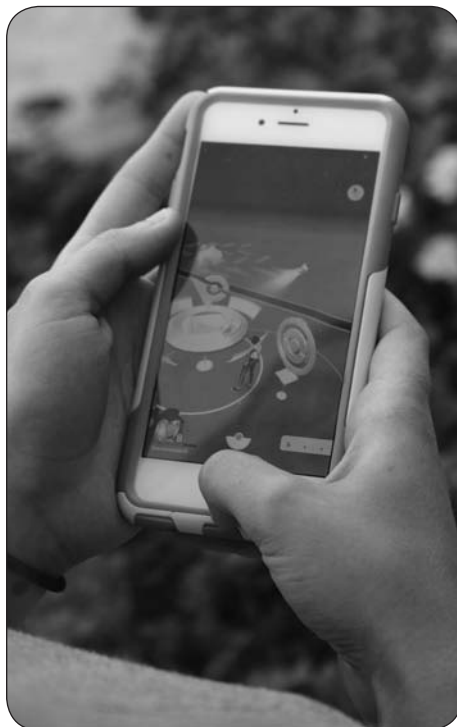
Pokemon Go allows users to catch Pokemon when they walk around. The app is built so that anyone going over the speed of about 20 kilometres per hour can't catch Pokemon. The creatures will appear on a walking player's phone screen. To capture them, the player must swipe a Pokeball across their screen as if to throw it.

The goal is to collect all 250 Pokemon, but the creatures stay true to their species. Water Pokemon are more common near oceans whereas grass Pokemon are typical to the prairies.

Players can catch duplicates of Pokemon they already have to strengthen a Pokemon so it can duel in areas called Pokemon gyms. Gyms are places where players can try to defeat the Pokemon who currently controls it. In Warren, there are two gyms at the skate park and memorial garden. Pokemon fanatic, Laura Crocker, won the latter gym on July 27.

Crocker enjoys the simplicity of the game and the fact it's getting people out and moving more.

It also seems to be solving the problem of people not talking face-to-face anymore. As Crocker spotted two



Pokemon Go turns the player's phone screen into a GPS, where Pokemon will appear if the user walks near one.

Pokemon players walking down her street, she pointed this out.

"Before I would never talk to them. But now, I'll talk to them," she said.

The social aspect is Crocker's favourite part. Not only are people playing it with friends and family, they're branching out to bond with strangers at Pokemon hotspots.

Players are of all ages and ethnicities, according to Crocker.

With its benefits, the app has also caused issues. A man named Mi-



TRIBUNE PHOTOS BY STEFANIE LASUIK

Pokemon Go fanatic Laura Crocker focuses on winning a battle at a Pokemon Go gym located at Warren and District Lions' Park Complex.

chael Baker from Oregon was stabbed while playing the game, and a man from Alabama crashed his car into a tree while driving and playing. A police department in Missouri issued a statement cautioning players to look out for armed robberies. People and businesses can purchase lures to bring Pokemon, and their pursuers, to certain areas. Thieves have taken advantage of this function to lure unsus-

pecting players to places where they can rob them.

The other pitfall for rural players is the lack of Pokemon and Pokestops in small towns. This puts rural players at a disadvantage because they can't collect as many Pokemon as their urban counterparts and it takes them longer to level up. Players need to level up in order to succeed when they battle in gyms.

## Local bystander assists RCMP with suspect's apprehension

Staff

On July 17, a male suspect stole a sum of cash from the Teulon Coop gas station. RCMP released the suspect's photo to local media, which assisted the public in identifying him.

On July 29, at approximately 7 p.m., two Teulon residents reported a sighting of the male to the RCMP. The suspect was loitering around the Esso gas station in Teulon. He crossed the highway and went to the Farmer's Market after being questioned by an employee's friend. He then tried to flee in a white Chevrolet Cruze.

Police arrived on scene to find that the suspect had been apprehended by the bystander who had questioned

him previously. The bystander said that the suspect had tried to run away, and that he had tackled the suspect to the ground and held him until police arrived.

Brian Emil Bolduc, 45, of no fixed address, has been charged with several counts, including theft under \$5000, and fail to comply with a probation order.

Bolduc is also wanted in several other Canadian jurisdictions, including Vancouver, BC, Halton, Ont., Hamilton, Ont., and Calgary, Alta.

Bolduc was remanded into custody, and is scheduled to appear in Winnipeg court on Aug. 2, 2016.



TRIBUNE PHOTO SUBMITTED

On Sunday, July 17 at about 2:20 p.m., a man entered the Teulon Coop store and stole an undisclosed amount of cash, according to RCMP.



# St. Laurent Arena renovations one step closer to reality

## Arena receives \$30,000 during Métis Days

By Stefanie Lasuik

The St. Laurent Arena received \$30,000 from the Manitoba Metis Federation (MMF) and Métis N4 Construction on July 30. The surprise cheque presentation took place during Métis Days, shocking and delighting the hockey community.

The arena earned \$25,000 from the Kraft Hockeyville contest earlier this year, the MMF gave \$10,000 plus and additional \$10,000 in training money and the Métis N4 Construction Inc. added another \$10,000.

The money will fund work on the arena's change rooms. The three existing rooms will go through renovations, and a fourth room will be added. It is this fourth room that has the St. Laurent hockey community excited.

"You can't host anything with only three rooms. Now we can apply for provincials," said Greg Morden, the soon-to-be St. Laurent Minor Hockey president.

Morden believes the ability to hold tournaments and provincials will generate revenue for the town.

The added change room and upgrades will also help the kids have more pride in their rink, he said.

The kids don't know what they're missing until they go to Stonewall, he said.

The St. Laurent Lake Monsters have also checked out arenas during the last two provincials they competed in.

They might soon be able to showcase their talents in provincials at home.

David Chartrand, president of the MMF, pushed to get the grant for St. Laurent after he saw the effort community members put toward winning the Kraft Hockeyville contest.

The federation has been making money through its businesses, so the board members decided to give some of it to the St. Laurent youth.

"Not to have pride, that's not a great sense to have as a young person," he said.

The work already began on Aug. 2, when Chartrand sent his contractors to look at the arena.

"It's going to be a great feeling this winter when you walk into the arena," said Chartrand. He hopes to have the



TRIBUNE PHOTO BY STEFANIE LASUIK

President of the Manitoba Métis Federation David Chartrand (right) presents \$30,000 to St. Laurent Minor Hockey vice president Greg Morden on July 30 during St. Laurent's Métis Days.

work done by the start of hockey season on Oct. 1.

"We have some great hockey players here. Let's make sure champions feel like champions," he said.

The quantity of hockey players in the town is also growing. Last year, 50 kids registered in St. Laurent Minor Hockey. This year, Morden estimates there'll be 60.

# Stonewall heritage tour brochures coming soon

By Jennifer McFee

It will soon be even easier to become immersed in the rich history of Stonewall and its structures.

The local Heritage Committee has been working hard to update information on historical buildings and other points of interest. They have developed a 32-page brochure with photographs and information to share some of the history.

Catherine Precourt, manager of the Quarry Park Heritage Arts Centre, said the intent of the brochure is to provide information for a self-guided walk.

"You will be able to pick up a brochure and you can take the tour on your own leisure. Even if you're not mobile, it's a pretty good read if you just want to sit down and look through it," she said.

"Also if people have a group that would like to do a tour, there are interpreters here at the park that can do a guided tour with you. You just need to book in advance. You've got lots of options if you

want to learn about Stonewall's history."

The brochure features the stone quarries, as well as local houses and businesses.

"We have some very interesting buildings. Here in Stonewall, we have four municipally designated buildings and they are on the tour," Precourt said.

"But Stonewall also has a provincially designated building. The former post office is designated by the province as historic, so it's important for people to understand the significance of these buildings."

Whether you're a long-time resident or you're new to the area, the publication is geared to pique the interest of everyone who reads it.

"One of the goals of our Heritage Committee over the last year is to engage the community so that they know a little bit more about our heritage," Precourt said.

"We're a growing community with a lot of people are moving to

the area who might not know the history of our town. People drive in and out of town past all the buildings all the time, but many people don't know their history."

She gives credit to the Heritage Committee for their ongoing commitment to the project.

"The committee is a small but extremely dedicated group of volunteers. They have helped us so much with gathering information. They were invaluable when we were developing the interpretive exhibits here at the (Heritage Arts Centre) and they continue to always contribute with more information and research," Precourt said.

"They are a great group of volunteers to work with. We're very fortunate to have people with those interests in our community."

By mid-August, the heritage tour brochures will be available for free in the office at the Heritage Arts Centre and the Town of Stonewall office.

"We're hoping to be able to dis-

## Town of Stonewall Heritage Tour



TRIBUNE PHOTO SUBMITTED

Town of Stonewall Heritage Tour brochure is expected to be ready in time for Quarry Days.

tribute some around some of the local businesses so people can pick them up there too," Precourt said. "We really want to have them out and available to the community."



# Provincial CIB conference coming to Stonewall

## Communities in Bloom national judging to take place Aug. 7-9

By Stefanie Lasuik

Stonewall's Communities in Bloom (CIB) committee is gearing up to host the province's CIB annual conference and awards later this year.

CIB is an organization that sends judges to communities to evaluate its beautification and sustainability. Stonewall has competed at the provincial level since 2003, but last year took the leap to the national stage.

Since Stonewall now competes on a national level for CIB, it can host provincial competitors and show them

the type of tidiness, environmental action, heritage conservation, urban forestry, landscape, and floral displays it takes to compete nationally.

The conference will take place at the Quarry Park Heritage Arts Centre Sept. 9 and 10. Presenters will speak about Stonewall Collegiate's fair trade policy, equinox planters, and native prairie wildflowers. Attendees will also go on field trips to Lloyd Jensen's S'toons'n Stuff Farm and the Winfield Road Transfer Station. Local artisans will exhibit their work at the



TRIBUNE PHOTO BY JO-ANNE PROCTER

The South Interlake Garden Club added a butterfly area to the memory garden, where stones are now available for purchase. This was one of many projects members of the town undertook to further beautify Stonewall. But Stonewall's volunteer gardeners will need help in hosting the provincial conference for Communities in Bloom.

centre as well.

The committee will host approximately 100 representatives from Manitoba's CIB clubs who will pass through the art centre's doors.

Since last year's judging, the town and the CIB committee have been working on the judges' recommendations. They've placed garbage and recycling bins more consistently throughout the town, REACT Inc. distributed rain pails at a subsidized cost, and the town is looking at creating maps for its walking and biking trails.

The South Interlake Garden club has also added a butterfly garden to the Memory Garden, where stones are now available for purchase. Memory stones are \$100 and can be bought from the town office. Forms for the stones are online at [stonewall.ca](http://stonewall.ca)

But the CIB committee will need more volunteers to be able to host the provincial conference. They need people to sit at the registration table, running the variety auction, acting as greeters, and helping guests on the floor. The art centre is supplying people to serve, set up, and cleans up. Stonewall residents can also sign up for any of the weekend's activities. Those interested in volunteering or

registering can contact Tanya Daher at 204-467-2235 or [daherstone@shaw.ca](mailto:daherstone@shaw.ca).

The conference should provide an economic boost for the town, according to councillor Sandra Smith.

"It'll give us good exposure and hopefully increase tourism," said Smith.

The Town of Stonewall is participating in the 2016 National Edition of Communities in Bloom in the 4,501 - 9,000 population category, along with Bay Roberts Nfld., Drayton Valley Alta. and Humboldt, Sask.

The Communities in Bloom judges, Gail Pearcey from St. John's, Nfld. and Bonita Lundberg from Saskatoon, Sask. will be evaluating the Town of Stonewall Aug. 7-9. The community would like to remind all businesses and residents to tidy up their property before the judges arrive.

The National and International results will be announced in Regina, Sask. Oct. 27-29 during the Symposium and Awards. The event will be held in conjunction with the Saskatchewan Parks and Recreation Association's Annual Conference with the theme of Healthy Communities - Harvesting the Benefits.



As new manager at the store I am excited and eager to build new relationships with the contractors and home owners. I have a never ending love for DIY projects and creating a new space, and in my management role I am not only able to assist people on their own projects and work, but I am here to listen to the questions and provide design solutions to all our customers.

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Since taking over, I've accomplished a few goals with the store. Completely renovating and changing the look, bringing in some new products and trying to base our products and services around the needs of our customers. I am excited for this new role not only personally, but professionally. This is a great place to shop again, hope to see you soon.

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# Riding under the sun

## Quarry Ridge Pony Club goes to camp

By Stefanie Lasuik

A week of clear skies greeted Quarry Ridge Pony Club riders in Selkirk, where they joined members from six other clubs in a weeklong camp. Under the sun, they learned to ride and care for their ponies while bonding with fellow pony riders.

Each day, 35 youth aged six to 25 partook in two lessons. Throughout the week, they learned and worked on lunging, tac and turn out, bandaging, show jumping, cross country, and grooming. Marilee Moss from Stonewall shared her knowledge of dressage with the kids over two days as well.

New this year was a barrel-racing event. In the evening, the kids en-

gaged in organized activities or went to the pool to cool off.

"The kids just have an absolute blast," said organizer Deborah Shepherd.

The pony club campers become a bit of a family, according to Shepherd. The nature of the sport itself gets the whole family involved.

"Pony club is really one of the last few extra curricular activities that is a full family thing," she said.

Shepherd was glad to see new faces at the camp. Even when the camp wasn't over yet, the new ones were looking forward to next year.



TRIBUNE PHOTO BY STEFANIE LASUIK

Belle Syrett of the Quarry Ridge Pony Club rode Evi through a 2-foot jump course on July 29. The weeklong pony camp ran from July 25-30.

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# Provincial horseshoe champion competes at Métis Days

By Kaitlin Vitt

For the first time in nine years, 80-year-old horseshoe player Jean Chaboyer is returning to the game.

Chaboyer lives in St. Laurent and is Métis. He competed in his community's Métis Days last weekend.

In singles, he won his first four games but didn't continue the round robin. In doubles, partners were randomly matched, and Chaboyer played with his daughter. They won the tournament.

The Saturday before the competition, someone asked him to play doubles in the tournament. Chaboyer agreed.

The next morning, Chaboyer cleaned out his horseshoe pit and started training.

"You have to be in shape," Chaboyer said. "I know I'm going to be competing against younger generations."

Chaboyer stays in shape by exercising every day. He does 50 push-ups, squeezes a spring to work on his grip and stretches, bending over to touch the floor with his fingers while keeping his knees straight.

He's been involved with the horseshoes community for nearly 50 years and has won six provincial championships. He said he first got involved with the sport after reading in the newspaper about a horseshoe tournament.

His first good tournament was at Portage la Prairie's Island Park, he said. He won all his games, and made it to the final match against the defending champion, Lloyd Gemmell. Chaboyer lost the match by one point. He said this is when he realized he had a talent for the sport.

He used to pack a cooler full of food and drinks

and would be on the road every weekend going to tournaments.

But times have changed, and there aren't as many horseshoe tournaments, he said. Picnics and community events, like Métis Days, are some of the few places to compete.

"Nobody is there to play against anymore," he said. "All the older players have passed away."

Chaboyer said he looked forward to competing at Métis Days, whether he won or lost.

He uses the same movement every throw. He said people tell him they like his stance.

He throws high, trying to get the horseshoe to make a three-quarter turn to get a "ringer", which when the horseshoe encircles the stake. Others use different techniques, but he said it's important to use the same movement every time.

At tournaments, players are put in different categories depending on how many ringers they throw out of 50.

Chaboyer said he always had a ringer percentage of at least 75.

"That's with practice though," he said. "You have to be in shape. You have to practice."

Now when he plays, he uses a tool to assist with picking up the horseshoes, so he doesn't have to bend over, saving him energy. The tool is a part of a golf club with a hook welded to the end.

Between Chaboyer and his wife, they have more than 400 trophies from tournaments.

"My name, I think, is on all the (horseshoe) trophies in Manitoba."

Chaboyer said he soon plans to drive to St. Boniface to check out the club there.



**TRIBUNE PHOTO BY STEFANIE LASUIK**  
Six-time provincial horseshoe champion Jean Chaboyer competed in men's singles and doubles during St. Laurent Metis Days. Chaboyer and his daughter won the doubles event.

# Kid's night out at the Stonewall library

By Sefanie Lasuik

When the lights went out at the South Interlake Regional Library on July 28, the kids came alive. Thirty-four children aged six to 10 ran through events like glow-in-the-dark mini golf, human snakes and ladders, an obstacle course, and a bean bag throw.

They only took time to sit down during puzzle time and story time, when librarian Joan Ransom read them the Berenstain Bears. Later in the evening, they found 10 glow-paint Dories, they signed out books in the dark, and made shadow puppets.

"It's so much fun," said Ransom.

Ransom's Night at the Library has become quite a hit in Stonewall.

"Kids tell us this is the best night of their lives," she said.

The Stonewall Library will be hosting another Night at the Library on Aug. 25 from 8 p.m. to 11 p.m. but registration is limited and nearly full. Parents can register their kids at the branch.



**TRIBUNE PHOTOS BY STEFANIE LASUIK**  
Far left photo, Tyler P. tries his hand at glow-in-the-dark mini golf; middle photo, Samantha M. loved racing through the noodles in the museum's obstacle course and far right photo, Emma W. leads the way through a "laser" obstacle course of ropes.



# Rockwood council news in brief



TRIBUNE PHOTO BY JENNIFER MCFEE

Stonewall-Rockwood fire chief Curtis McClintock spoke with Rockwood council last week.

By Jennifer McFee

At the July 27 committee of the whole meeting, Stonewall-Rockwood fire chief Curtis McClintock spoke to council about possible changes to fire department's reporting system.

The Partnership of the Manitoba Capital Region board (PMCR) and the office of the fire commission are looking into the benefits of having all the regional fire departments use the same system to report information in an effort to increase consistency in re-

cord keeping.

As part of an emergency response service review, all capital region municipalities were asked to complete a self-assessment to help determine the hazards and risks at the regional level.

McClintock expressed concerns about costs and best practices for the area.

Council expressed an interest in speaking with a representative from the PMCR to find out more information.

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## BBQ fundraiser

TRIBUNE PHOTO BY JO-ANNE PROCTER

Quarry Physiotherapy held a barbecue to raise \$1500 for the Biking to the Viking for the MS Society of Canada as well as for the CancerCare Manitoba Dragon Boat Festival last Friday. Any cyclists interested in joining the Quarry Physio Quivering Quads on Aug. 20 and 21 are welcome. The Manitoba Dragon Boat Festival will take place from Sept. 9 to 11 at The Forks.

Donations to Quarry Physio's dragon boat team, called Dragons inMotion, can be made online at <http://support.cancercarefdn.mb.ca/goto/dragonsinMotion>. Donations to the Quarry Physio Quivering Quads team for the Biking to the Viking event can also be made online through <http://mssoc.convio.net>.

Pictured from left, Scott Allan, Leslie Roer, Nikole Lenio-Slack, Stephanie Roberecki, and Kyla Lenio-Slack.



## Household Hazardous Waste Drop-Off Day

Warren Curling Rink Parking  
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# Goresky ancestors celebrate a century of family farming

By Stefanie Lasuik

For 100 years, the Goresky family has been working the farm just north-east of Stonewall. The depression did not deter the ethnic Ukrainians, nor did the full schedule that farming required. To celebrate, the Goreskys invited all the relatives of the farm's original owners, Basil and Victoria Goresky, back to the homestead this past weekend.



TRIBUNE PHOTOS BY STEFANIE LASUIK

Over 100 relatives of the Goresky family travelled, from the U.S., Canada, and the Ukraine, back to the family homestead over the long weekend to celebrate 100 years of farming.

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Victoria's mother, Catherine Oleksiyevich, began moving her family over from the Ukraine in 1903, when she realized there would not be enough land in their plot for all the children to make a living. The family originally settled in Stony Mountain but began working the land northeast of Stonewall in 1916. They purchased the farm in 1918.

The men in the family passed the family farm down through the generations, each accepting the workload they had seen their dad endure.

"I've got goosebumps to have seen them and known what they have done," said Natalia Goresky-Lupul, 84, who worked as a teacher in B.C.

But the farming life seemed to line up with the Goresky characteristic.

"Victor [son of Basil and Victoria] said, 'you're a Goresky, you will not take orders from other people,'" said Dennis Goresky.

Current owner, Terry Goresky, loves being his own boss.

But after he decides to retire, Terry has no one to pass the family farm on to. His two daughters, Carman and Anita, work as a border officer and an assistant with Manitoba Prosecutions respectively.

Carman decided to take her life down a different path after seeing how much her father worked without rest.

But she loved her childhood on the family farm.

"I wish my kids could grow up on the farm. It's a great way to grow up," she said, referencing the companionship she had with family on the land.

Alana Goresky Place and Bonnie Goresky Brennan, Terry's sister and cousin, also own land on the farm.

The Goreskys who left the farm started families across Canada, the United States, and the Ukraine. Many now work in well-respected professions such as doctors, professors, and psychiatrists.

But it wasn't easy for their parents or grandparents to earn jobs.

Norman Gorman, formerly Goresky, had to change his name to hide his Ukrainian roots so he could find work outside the farm.

Over 100 family members came to the anniversary reunion July 29-31. They entertained themselves outside all weekend, still marked by a love of nature and wilderness instilled in them by the family farm.



The oldest and youngest of the Goresky clan, Sadie (8 weeks old) and Walter (89) posed for a picture in front of a John Deere tractor used on the family farm in the 1950's.

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Friday Entertainment Starts at 8 pm at VMSC, south end of Main St.

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Bring a blanket or lawn chair and join us on the hill. (Rain? Join us inside the arena)



# get inspired

> MEAL IDEAS

## Cinnamon Multigrain & Yogurt Pancakes



- 1 cup (250 mL) quick-cooking rolled oats
- 1/2 cup (125 mL) multigrain hot cereal (uncooked)
- 1-2/3 cups (400 mL) 1% milk
- 3/4 cup (175 mL) whole wheat flour
- 2 tsp (10 mL) baking powder
- 2 tsp (10 mL) ground cinnamon
- 1/4 tsp (1 mL) baking soda
- 1 egg
- 1/2 cup (125 mL) 1% plain yogurt
- 1-1/2 tbsp (22 mL) vegetable oil, divided
- 1 tbsp (15 mL) maple syrup or liquid honey
- 1 tsp (5 mL) vanilla extract
- Cinnamon Yogurt
- 1/8 tsp (0.5 mL) ground cinnamon
- 1/2 cup (125 mL) 1% plain yogurt
- 1 tbsp (15 mL) maple syrup or honey
- 1/4 tsp (1 mL) vanilla extract



1/2 cup (125 mL) fresh fruit, or to taste  
Directions

In a medium bowl, combine multigrain cereal, oats and milk; let soak for 15 minutes.

In a large bowl, whisk together flour, baking powder, cinnamon and baking soda.

Whisk egg, yogurt, 1 tbsp (15 mL) of the oil, syrup and vanilla into cereal mixture. Pour over flour mixture and stir just until combined. Set aside for about 5 minutes while preparing yogurt.

For the Cinnamon Yogurt, combine cinnamon, yogurt, syrup and vanilla. Set aside.

Heat a large non-stick skillet over medium heat. Brush with a thin layer of remaining oil. Ladle about 1/4 cup (50 mL) batter per pancake into skillet. Cook for 1 to 2 minutes or until bottoms are golden and edges look dry; flip over and cook for 1 to 2 minutes longer or until golden and puffed. Repeat with remaining batter, brushing skillet with oil and adjusting heat as necessary between batches.

Serve pancakes with Cinnamon Yogurt and fresh fruit.

## Defensiveness Blocks Open Communication

One of the primary blocks to communication is defensiveness. Sometimes we want to tell another how we feel, but they are just not open to hearing.

One of the principles we hear about, often, is that we should not blame others. Some people use this as a defense, refusing to listen to anything they think sounds like blaming.

The problem then is that issues never get resolved. If she tells him she thinks he's not spending enough time with the kids, what is the point of him getting mad and telling her she's blaming him? A blaming statement would be if she said that the low report card marks were because he was not spending time with them. Even if she stated this as a worry, concern or possibility, such a statement deserves some consideration.

If they get into arguing and defending, the issue of the children gets left behind. If he tells her that she's always hassling him, and she gets mad because he's blaming her for behavior that he causes (she believes), then they just argue in circles.

Defensiveness generally arises when there is some truth to what is being said, and we do not want to hear it. Perhaps we are in denial, and do not want attention drawn to aspects of our own behavior of which we are not proud.

I am reminded of the story of Rumpelstiltskin. He did not expect that the heroine would ever guess his name, and when she did, he became so angry that he stomped his feet hard enough that he fell right through the floor, and was never heard from again.

Something like this often happens when someone hits the nail right on the head regarding some aspect of our

behavior. If there was no truth in their comment, it would not bother us so much.

Amazing transformations can happen when people begin to consider that there may be a grain of truth even if we feel we are being blamed. It is for each of us to look into our hearts when we receive feedback, especially from loved ones.

Most people would not make comments that were outrageously off base, unless there were intentionally trying to hurt. If a conversation reaches that point, its time to end it anyway.

If our intention is to be honest, clear and open, and to work for the highest good in our relationships, then we need to be open to feedback. We need to be able to share our observations in relationship, and to lovingly assist each other on the path to wholeness.

It is important to focus more on our own behavior than on criticizing others, but sometimes an issue comes up that we really need to talk about. Concerns need not be presented in an attacking way.

If you have a hard time dealing with issues even when they are presented gently, there may be some unresolved anger relating to your parents that you are projecting on to your partner.

If we are working together as a team, then discussing better strategies makes sense. If there is a lot of defensive (or offensive) behavior going on, its time to check the jerseys to see if we are still playing for the same team.

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](http://www.gwen.ca)

## Inside-Out BLTs

- 8 strips premium bacon, sliced crosswise into 1/8-inch strips
- 8 firm Roma tomatoes or green (unripe) tomatoes, cut into 1/4-inch-thick slices



- 1 cup flour
- 3 eggs, beaten
- 2 cups bread crumbs or panko
- 3 or more tablespoons olive oil
- Salt
- Freshly ground black pepper
- 1 4-ounce log goat cheese, approximately 1 1/2 inches in diameter, sliced 1/8-inch-thick
- 24 arugula leaves, lower stems discarded

Cook bacon over medium heat until crispy. Drain on a paper towel.

Select the 24 most uniform tomato slices and save the rest for tomorrow's lunch. Dredge slices in flour, then in eggs, then pat down in bread crumbs. Reserve on plates, but do not stack.

In a sauté pan over medium-high heat, add 3 tablespoons oil. When oil is hot, add as many breaded tomato slices as the pan can accommodate without them touching. Fry for approximately 2 minutes per side, or until browned and crispy. Remove from pan and drain on paper towels. Add more oil if necessary for subsequent batches.

To assemble, line up 12 fried tomato slices. Season with salt and pepper, then top each with 1 cheese slice, a mound of bacon shrapnel and 2 arugula leaves. Cover with a second fried tomato slice. Secure with a toothpick. Let cool for a minute before serving. (Tomatoes have a surprising ability to hold the heat.)

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# Public sweat lodges aim to educate Manitobans

By Kaitlin Vitt

Lower Fort Garry (LFG) has offered sweat lodge ceremonies to schools and organizations for four years, but this is the first year they are open to the public.

A sweat lodge ceremony is for purification and healing, explained Allen Sutherland, the treaty project officer at LFG. There was a ceremony in July, and there will be another in August and September. There is no cost to attend.

Sutherland, who is Anishinaabe Saulteaux, is a traditional knowledge keeper in the Indigenous community and teaches about history and culture. One of his mentors is Jules Lavallee, the elder who conducted the historic site's first public sweat lodge ceremony in July.

Before LFG offered the ceremonies, Lavallee had told Sutherland it was time he had his own sweat lodge.

"They say if you want to be a service to the people, this is one of the ways to do it," Sutherland said.

Since Sutherland worked at LFG, he said he thought he would build one there.

Parks Canada consulted with traditional knowledge keepers while creating the sweat lodge.

These ceremonies are a way of educating Canadians about Indigenous culture, Sutherland said.

Historically, people built sweat lodges on the grounds of LFG away from the public, Sutherland explained. But the one there today is close to the stone fort, so it could be a part of public education.

There was a time sweat lodges and other Indigenous activities were against the law in Canada. This was to remove Indigenous culture from its people, Sutherland said.

"The ceremonies, the songs, the



TRIBUNE PHOTO BY KAITLIN VITT

This is the first year Lower Fort Garry offers sweat lodge ceremonies open to the public. Prayer ties representing directions bless and protect the sweat lodge. The sweat lodge is covered with a tarp to keep heat in during ceremonies.

drums, the sacred pipe, the sacred bundles were prohibited because if you made it against the law, that's the only way you can wipe that off the face of Canadian soil."

This law was rescinded in 1951.

"It comes from a time of an era where Indigenous people were considered savages, uncivilized, pagans. And it was a time of ignorance, but that element still remains in society, where 99 per cent of Canadians ... don't understand or know about Indigenous culture or its history," Sutherland said.

"For Parks Canada, the role we play is to bridge those understandings, so that we appreciate our common Canadian history, and that includes the culture, that includes the history of Indigenous people."

During the ceremony people learn teachings and history of Indigenous culture.

"We do a lot of preparing for it, and so if there's any anxiety, I let (participants) know what they're going to expect," Sutherland said.

Fourteen people participated in July's ceremony, and 11 of them had never done one before, Sutherland said.

The sweat lodge is a wooden structure, which is covered with a tarp for the ceremony. In the centre hang coloured cloths, otherwise known as prayer ties, representing north, south, east, west, up and down. These ties bless the sweat lodge and offer protection.

Before going into the sweat lodge, there is smudging and people offer tobacco to the fire.

There's wood in the lodge that sits atop stones and is on fire. Someone adds stones to the fire throughout the ceremony. There are four rounds of

the sweat lodge, with seven additional stones each round.

People enter the sweat lodge by crawling in clockwise, following the direction of the sun. Once inside, the sweat lodge conductor will perform a pipe ceremony, including a Pipe Song, which people can participate in by singing or playing instruments. This helps them to focus.

Someone pours water over the stones, the steam going up to the ceiling and down the walls. People will sweat out toxins, Sutherland said. There's medicine in the water, which replenishes people. This is the purification part of the ceremony.

The third round feels the hottest and is the most difficult, Sutherland said. It's the healing round.

"It is the time to ask for spirit helpers, like the bear helper who represents healing, to come to the lodge and go inside and provide healing to who needs healing, who prayed for healing," he said. "Who asked for it will be healed."

After the four rounds, people are welcome to share their experiences or ask advice from the elder.

Depending on who conducts the sweat lodge, the ceremony can differ between leaders, Sutherland said.

People can take breaks during the ceremony. The entire ceremony is about two and a half hours long.

Some people bring family or friends who wait outside the lodge.

The next ceremonies are being held on Aug. 20 and Sept. 17 at 10:30 a.m. People can register by emailing [lfg.info@pc.gc.ca](mailto:lfg.info@pc.gc.ca).

A maximum of 15 can attend, and the spots are starting to fill.

Sutherland said LFG will be reviewing this year's program to see if its something it will offer in the future.

## worship *with us*

> FAITH

Luke 12:15 NRSV And Jesus said to them, 'Take care! Be on your guard against all kinds of greed; for one's life does not consist in the abundance of possessions.'

Apple has the i-mac; i-phone; i-pad; and i-pod all suitably begin with "I". These products can be used to focus on "I" to greater or lesser degrees.

One of the handy features I use (nearly weekly) is the "Find My iPhone" app, which allows me to track where my iPhone is from my iPad. I regularly leave my phone behind at

the office or at home, and sometimes don't miss it for a day or so. Many people wouldn't go that long before they would miss the device. They are constantly being used to communicate with others, shop on line, play games, and likely other things that I don't know you can do with one.

In our busy world there is much to keep our minds occupied. These devices can be used to great advantage and give us the information we need every day more efficiently than any other single device that I know

of. The information is available when we want it, and we can organize the data to be in a form we find most useful.

These devices can also be used to distract us, and you know what I am talking about. Sitting down to a meal with friends and family, working, driving or walking some people still don't put down their i-device. The i-devices call to us when we are to be focussing on real-world stuff. They distract us from being engaged in the real world. Accidents and being disconnected from the real world and people around us are costs of such distraction.

Going beyond the device that makes our lives more efficient to us-

ing the device to distract ourselves from all that is around us, to remove ourselves from our work and our families is a kind of greed that I believe Jesus calls us to "Take care", and "Be on our guard" against.

Take a page from my book and leave the device behind on a regular basis, but trust me on this, downloading "Find-My-iPhone on all your devices" will save you much time searching. I pray you are giving yourself an undistracted summer that will be blessed with real joy.

Submitted by Rev. James Bardsley  
Incumbent at Church of the Ascension, Stonewall



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## DON'T FORGET.....

SOUTH INTERLAKE SENIORS RESOURCE is temporarily located at 622 Centre Avenue, in front of the Lions Manor main entrance.

## Manitoba Seniors Guide

The Manitoba Seniors Guide is produced and distributed by the Seniors and Healthy Aging Secretariat and the Manitoba Council on Aging. This guide contains great information and resources helping you to make decisions about important issues such as finances, housing, health services and safety.

Your seniors guide is available to you at no charge from your local Seniors Resource office

## LIFELINE VOLUNTEER INSTALLER

Seniors Resource is currently looking for a caring adult volunteer to help us with installing Lifeline for our subscribers. Installers go to the clients home to set up Lifeline equipment, show the client how to use the equipment, and troubleshoot when needed.

But what is Lifeline and why is such an important service?

- Lifeline is a personal response system that links subscribers to 24 hour assistance at the push of a button.
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- We currently help over 5,000 people in Winnipeg and across Manitoba lead active, independent lives.
- Our partnership with the Foundation keeps us integrated with the health care system and aware of the issues and challenges faced by patients/clients, their families, and health care professionals.
- Our partnership with Philips Lifeline, Canada's leader in providing caring personal response and support services, helps us to respond to these challenges in the most effective way. We ensure that Manitobans have access to Philips Lifeline's Response Centre with their highly trained monitoring staff and exceptional customer service as well as with their state-of-the-art technology and user-friendly products.

For more information call 204-467-2719

## August Calendar of Events!

SOUTH INTERLAKE 55 PLUS, 374 FIRST STREET WEST

Clip & Save



Aug 2	Book Club 9:30	Aug 8	Folklorama (African, Celtic-Ireland, Warsaw-Poland) @ 4:45
Aug 2	RCMP Musical Ride @ 4:30	Aug 10	Luncheon @ Noon - Note: Second Wednesday of Month
Aug 4	One Stroke Painting @ 9:00	Aug 11	Shopping - Polo Park @ 9:00
Aug 4	Folklorama (Mexican, Indo-Caribbean, Chinese) @ 4:45	Aug 12	Travel Club @ 1:00
		Aug 16	Showtime: Home @ 1:00
		Aug 18	One Stroke Painting @ 9:00
		Aug 26	Legion Seniors Fun Day @ 1:00

PLEASE NOTE:  
Luncheons are now the second Wednesday of the month

## AUGUST LUNCHEON

Wednesday, August 10th  
55 Plus @ 374 First Street West,  
Odd Fellows Hall  
Menu: Chicken Cold Plate,  
Salads, and Desert



## ACTIVE WELLNESS CLUB: DEMO DAYS

August 29th - September 2nd

Monday - 5:30 Funfit

Tuesday - 4:15 Yoga & 5:30 Zumba

Wednesday - 5:30 Interval Training

Thursday - 5:30 Ultimate Mix

Call to enquire about joining us for demo days.  
204-467-2582



## Pickleball

Monday & Thursday  
Evenings 6:30 pm  
@ The Curling Rink  
Get out and get active!



## STEPPIN' OUT

Join friends & neighbours for a walk around the town  
Tuesdays 10:30am  
@ the 55 Plus 374 1st St West



## BUS TRIPS

Sunday, September 4th

Departing @ 11:00

1:00 game start

Deadline to Register:

August 29th



LAKE FRANCIS  
COMMUNITY CENTRE  
SUNDAY, SEPTEMBER 25TH  
NOON TO 3:00 PM  
Departing @ 11:15

## Made in Manitoba Show and Sale

Saturday, September 24th

10:00am - 4:00pm

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Odd Fellows Hall

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Teulon Seniors Resource in conjunction with Blue Skies Pastry Shop is having a Back Alley Hootenanny Luncheon and Boot Sale on August 19th if you would like to participate in the Boot Sale load up your car with Yard Sale treasures and drive on over to Second Ave SE in Teulon and park and sell your treasures. There is no charge just the pleasure of your participation. We will also be having a pie auction with pies donated by Blue Skies and auctioned by Ralph Eichler. Proceeds of the day will go to Teulon Seniors Resource/Bethel Rays of Hope and 50/50 draw to Green Acres Art Centre.

So bring your kinfolk for a hoopin' hollerin' good time and plenty to eat.

Teulon Seniors Resource Annual Health Fair and Flu Clinic is on Monday October 17th at the Teulon Rockwood Centennial Hall. If you would like to participate with a display please contact Barb or Carmen at 204-886-2570 or email [tdsrc@mymts.net](mailto:tdsrc@mymts.net). There is no cost associated with participation and displays should be health and welfare related.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Blue Jays drop pair of games

By Brian Bowman

The Stonewall Blue Jays' struggles this season continued last week.

Stonewall lost both of its games in a 24-hour period – dropping a 7-5 decision to the Kildonan Mudcats on July 26 before getting outslugged 12-9 by the Elmwood Giants the following evening.

In the Elmwood loss, the Giants erased a 7-3 deficit with five runs in the fifth inning and then added four more in the top of the seventh.

Stonewall put up a crooked number in the second inning, scoring six runs. The Blue Jays then added another run in the third and two more in the fifth.

Scott Dyck led Elmwood with four hits as the Giants finished the game outhitting the Blue Jays 14-12.

No box score was available from the Kildonan game at press time.

With those two losses last week, Stonewall is now 5-12 and 8.5 games back of the first-place St. Boniface Legionnaires (14-4).

Stonewall was scheduled to host the St. James A's last night and then will visit St. Boniface tonight at Whittier Park in Winnipeg.

First pitch is 7:30 p.m.



TRIBUNE PHOTO BY JO-ANNE PROCTER

Blue Jays' shortstop Orrin Hogue goes high to complete a double play against the Elmwood Giants in Stonewall during Winnipeg Senior Baseball League action last week.

## Stonewall defeated in senior MMSL soccer action

By Brian Bowman

Stonewall United FC was defeated 5-3 by the YFC Saints in Manitoba Major Soccer League Division 4 action on July 25.

Turner Johnson led Stonewall with a pair of goals while Eric Dupras also tallied.

Salahaldeen Alfakhori and Nori Al-

fakhori each scored twice for the winners. John Peter Nekou also scored in the win.

With the loss, Stonewall is now 2-7-2 and in ninth place in the 10-team division with eight points. The local club has a very busy month of August with six games in 21 days.

The first game of the month will be

played Sunday against FC Aura at Shaughnessy Park in north Winnipeg. Game time is 4 p.m.

Stonewall United FC's lone home game this month is Aug. 19 when United Nova FC comes to town.


In Division 2 action, Stonewall Impact FC hosted Scorpions FC last night but no score was available at

press time.


Stonewall Impact FC (2-8-1) will then play first-place Forza-WSP next Wednesday at the Ralph Cantafio Soccer Complex in south Winnipeg.

The game is set to begin at 8 p.m.

Stonewall's next home game is Aug. 18 when it hosts Selkirk FC.



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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 Legionnaires  
@ Whittier Park  
7:00 pm



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Orioles hang with the best at Bantam 'AAA' provincials

By Brian Bowman

The Interlake Orioles did not look out of place one bit at the Bantam "AAA" provincials last weekend in Altona.

Interlake finished with a 1-3 record but was very close to squeezing into the playoff portion of the provincials.

"It was a good experience for the boys," said Orioles' head coach Ryan Fines. "They saw the best and they stuck right with them."

Interlake started the provincials with a great 10-0 victory Friday over Parkland as Thomas Waldner threw a no-hitter.

The Orioles then were doubled 8-4 by the North Winnipeg Pirates later in the day.

"We were right there with those guys," Fines said of the game against the Pirates. "We made a couple of defensive errors that led to some of their runs and they got a couple of lucky bounces."

The Orioles hit the ball well against the Pirates, said Fines, but failed to get that crucial hit with runners on base.

On Sunday, Interlake was outscored 11-5 by South Central and then the Orioles were blanked 2-0 by the St. James A's. Hunter Olson pitched real well for the Orioles as South Central scored several unearned runs on their way to building a 7-0 lead.

To the Orioles' credit, however, they didn't quit and managed to close the gap to 7-5 before South Central added some late runs.

In the St. James' loss, the A's threw

their best pitcher at the Orioles in what was a great defensive game played by both sides.

"We did a lot of good things in that last game," Fines said. "We threw really well but our bats went silent."

Interlake's pitching was fantastic all weekend, said Fines.

"The four kids that started threw very, very well," he stressed.

The Orioles also had some great offensive performances from Connor Bindle (who also caught the entire weekend), Olson, and Chris Fines.

Despite the 1-3 record, the Orioles have to be very pleased with how they played against the top Bantam "AAA" teams in the province.

"Everybody is surprised that we have only one older kid and the rest are all younger," Fines said. "We had 10 kids, no tryout or anything, with kids that said, 'Yeah, we'd like to play.'"

"But it was disappointing that two teams that, in my opinion, we should have beat if we had a hit here or a defensive play there, ended up meeting in the finals and they're going to continue on."

Fines felt that the Orioles deserved a better fate at provincials.

"You can look at it as we hung around with the best and did OK," he said. "The kids thought they played well and they did play well. You can't ask for much more than what they did, for sure."

"It shows us what we have to work on and we'll be going after it hard next year."



TRIBUNE PHOTO BY LANA MEIER

Interlake Orioles' pitcher Hunter Olson had a great game against South Central during the Bantam "AAA" provincials in Altona last weekend.

South Central won the Bantam "AAA" provincial championship after edging the North Winnipeg Pirates 4-3 in the championship game Sunday evening. With that win, South Central earned a berth into the nationals, which will be played later this

month in Summerside, P.E.I.

Both Bonivital and North Winnipeg, meanwhile, advanced to the Western Canada Championships, which will be played Aug. 12-14 in Spruce Grove, Alta.

## PeeWee Orioles play really well at provincials

Staff

The Interlake Orioles played some really good baseball – finishing with a 2-2 record – at the PeeWee "AAA" provincials in Hamiota last weekend.

"They really picked it up and jelled this weekend," said Orioles' assistant coach Scott Fisher. "We didn't expect them to win two games and they went 2-2. They exceeded our expectations."

Interlake started the tournament with a solid 5-2 win over St. James on

Friday morning but then lost 19-7 to the talent-laden North Winnipeg Pirates later in the day.

"(North Winnipeg) is probably the best in the province," Fisher said. "We had one bad inning with errors that cost us that game."

On Saturday, the Orioles nipped Midwest 8-7 before losing 5-3 to South Central. A win over South Central would have advanced the Orioles to the playoff portion of the provincials.

"We didn't expect to have that close of a game with (South Central), to be honest with you," Fisher admitted. "But they jelled as a team and really put it together. I think they realized that they're a good baseball club and they can compete with anyone on the diamond."

With the exception of the North Winnipeg loss, Interlake gave up just 14 runs in three games. That's pretty good at the PeeWee level.

"We had some really good pitching over the weekend," Fisher noted. "The kids pitched really well."

South Central went on to win the PeeWee "AAA" championship after edging North Winnipeg 10-9 in the final on Sunday. North Winnipeg and South Central will now attend the Western Canada 13U Championship in Saskatoon from Aug. 12-14.



# Midget Thunder ready to roll against Greendell

By Brian Bowman

A new season will begin for the Interlake Thunder this Saturday – and they hope it will be a successful one.

Interlake begins its Midget Football League of Manitoba regular season with a 3 p.m. road clash with the Greendell Falcons.

“I think we’ll be ready,” said Thunder head coach Kris Johnston. “We’ve had eight practices and a scrimmage under our belts, so our preparation timetable is moving quite nicely. And we have three more practices to get ready for Greendell.”

The Falcons will be a tough first test for the Thunder. Greendell defeated Interlake twice last season.

“We have a lot of respect for Greendell,” Johnston said. “We respect the fact that they are a very good football team. From what we understand, they have a lot of offensive weapons returning.”

Johnston has been very impressed with the Thunder’s play on defence and special teams so far in training camp. He especially likes what he has seen so far from the first and second units on defence.

That defence boasts many very good players.

Kevin Lister, a safety from St. Andrews, and Winnipeg’s Tanner McCallen have stood out so far in the Thunder camp.

Austin deLaroque of Warren will quarterback the defence from the linebacker position while Stonewall’s Tristan Kisilowsky has shown to be very versatile at the outside linebacker and defensive line positions.

Stonewall linebacker Cordell Holder brings a plethora of speed to the field and has caught the attention of many coaches in training camp.

Johnston has also been very pleased with what he has seen at the running back position. Colton Nedotiafko of Fraserwood, is a stout, powerful runner who has the ability to break many tackles and shows good speed in open space.

Kisilowsky and Selkirk’s Rory Doak have also shown well in the backfield from the fullback position. Stonewall’s Mitch Rogoza, meanwhile, made a great one-handed catch on a 20-yard bootleg play last week that caught the attention of Johnston.

As well, Stonewall’s Thomas Dunlop will probably get some plays at the running back position, Johnston said. Dunlop is a standout defensive player for the Thunder.

Each of those players is expected to get their hands on the ball quite a bit this season.

But despite that talent in the backfield, Johnston admitted he has some concerns with his club’s offence and ability to move the football. The Thunder currently have two players – Brandon Porteous of Fraserwood and Dominyck Fredette of East Selkirk – battling for the No. 1 quarterback position.

“I’m not going to lie, there are some things that we need to work on,” he said. (In the scrimmage), we ran the ball well early and we had some receivers make some nice catches and they made some really nice plays after the catch.

“There are definitely a lot of bright spots there.”

Last Thursday, the Thunder had a controlled scrimmage against the Sunrise Coyotes in Stonewall. Each team was able to run 30 offensive plays.

“I definitely saw some things that I



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Interlake Thunder’s Thomas Dunlop carries the ball during last week’s controlled scrimmage.

liked,” Johnston said. “I was very, very pleased, overall, with our team’s athleticism. I was also very pleased with our team’s depth. We had an opportunity to get everyone in and playing in their respective positions.

“It was definitely an opportunity to

evaluate guys in live action.”

After the Greendell game, the Thunder will host their first home game of the season on Aug. 13 when they battle Sunrise at the Selkirk Rec Complex. Kickoff is set for 3:30 p.m.

## Midget Thunder attracting players from all across the Interlake

By Brian Bowman

When you look at the Interlake Thunder Midget football team’s roster this season, a couple of things quickly come to mind.

The first thing is the number of players on this year’s roster. The Thunder already have 39 players and we’re expecting at least two more to sign up before their regular-season opener this Saturday at Greendell.

“We’re really excited from a Midget standpoint that our numbers are up from what they have been in the past,” said Thunder head coach Kris Johnston last week.

“I also want to say our coaching staff has gone through a transition. We have gone from a core of five guys last year, with two of them being part-time coaches, to now having 12 coaches.”

In past seasons, the Thunder, at times, were struggling to field enough players on a game-by-game basis. The bench would often just have a few players on the sidelines with many of them playing both sides of the ball.

That sideline, however, will be a lot more crowded this season.

Another thing that one notices when looking at the Thunder’s roster is where the players reside. This squad

has truly become the Interlake’s team as players are joining the program from many communities in the north Interlake all the way down to Selkirk and Stonewall.

“The players are coming from all over,” Johnston said. “If you sort through the roster by community you’ll see that Stonewall is very strong, and then you take in account St. Andrews and Lockport, they still draw a decent amount of kids.

“And we definitely have a strong presence from the northern Interlake. This year, we have kids coming from as far as St. Martin and Moosehorn

and Fisher Branch.”

Johnston loves the fact that players are representing many communities throughout the Interlake.

“It’s a very diverse group,” he said. “They are coming from all over and that’s what I have always thought what makes this program quite special is the fact that we can provide guys who live all over the Interlake, and live in communities that wouldn’t be able to support a program themselves, a chance to play at a high level in the Midget football league.”



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## McCowan marvelous at Tri-Province Western Canada meet

By Brian Bowman

Most people would say that they had a good August Long Weekend.

But Olivia McCowan's long weekend was a really, really good one.

McCowan won a gold medal in the triple jump at the 2016 Tri-Province/Western Canada Challenge Track and Field Meet in Regina last weekend.

"I was really happy with (my jump)," said McCowan Monday evening. "We had really nice weather all weekend out there, so that was nice. It allowed me to jump as far as I did."

McCowan, 15, recorded a personal best 10.77 metres to finish first overall. She had previously jumped 10.71m at the MILK Provincial Track and Field Championships in Brandon on June 11.

The Grosse Isle native also had an impressive jump of 4.99 metres in the long jump on Saturday, missing the bronze-medal mark by .11m (four inches).

"I was very happy with that," McCowan said. "I pulled a muscle on Thursday prior to the competition so I had a pretty sore leg that day, unfortunately. It wasn't as good as I could jump but I was happy with the result."

McCowan travelled with the Team Manitoba Youth squad and competed against her teammates on Team Man-

itoba as well as Team Saskatchewan and Team Alberta.

"I was very happy to have been invited to join Team Manitoba and go out to Regina," McCowan said. "I was very excited to compete against athletes from more than one province. In the past, I just competed against Manitoba athletes, so it was really exciting to compete against all of them."

"There was some pretty stiff competition there."

McCowan's performance in Regina is even more impressive considering she doesn't even train for the triple jump during the offseason. But given her impressive results last weekend, she admitted it has opened her eyes up to her potential.

"I would like to start training in the offseason," she said. "There is an indoor series that started in February, so I have been training since about mid-January and it's helped me improve a lot."

McCowan has noticed she has made great strides in recent months.

"I've been training and really trying to improve my jumping," she said. "I used to be involved in more events in track but I have just limited it down to just long jump and triple jump."

"Focusing on just two events instead of five or six (has helped me)."



TRIBUNE PHOTO SUBMITTED

Olivia McCowan, middle, won a gold medal in the triple jump at the 2016 Tri-Province/Western Canada Challenge Track and Field Meet in Regina last weekend.

## Team-roping success

By Jennifer McFee

A local rodeo champ finished his high school competitions on a high note with impressive results.

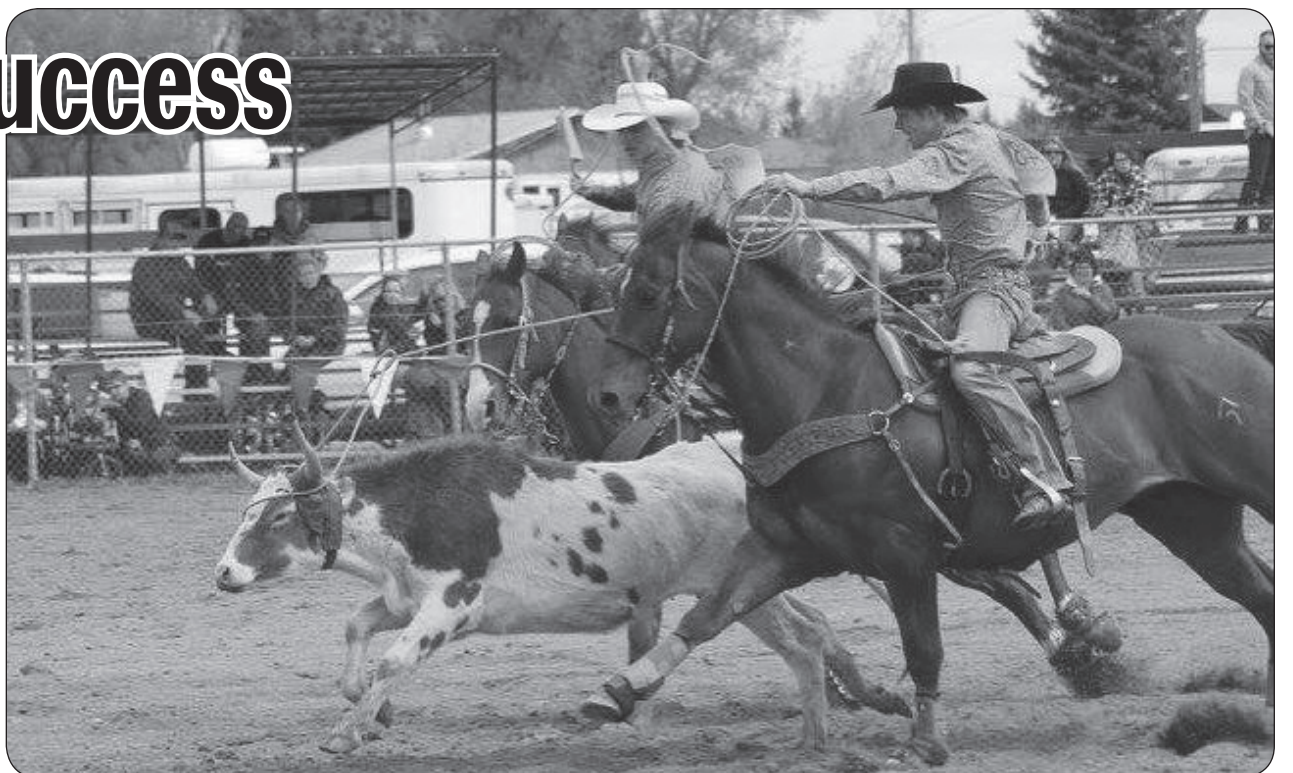
Tyson Salmon made it into the Top 20 at the National High School Finals Rodeo in Gillette, Wyo., from July 17-23.

This 68<sup>th</sup> annual rodeo had 1,637 total competitors from across the United States, Canada and Australia.

Salmon and his partner Kade Peake of Binscarth were the first Manitobans ever to make it to the Top 20 in team roping at that nationals.

The duo ranked 19<sup>th</sup> out of about 180 teams, which is especially impressive since they have only been team roping together for a year.

The recent Stonewall Collegiate Institute graduate is now done with high school rodeo. He is competing with the Manitoba Rodeo Cowboys Association, and he also competes in some of the Heartland rodeos and in Manitoba team-roping competitions.



TRIBUNE PHOTO SUBMITTED

Tyson Salmon and his partner are the first two Manitobans to break The Top 20 in team roping at US Nationals for High School Rodeo.



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Gas Utility Tractor \* BH  
12' Tandem Flat Deck w  
Ramps \* 3 More Smaller  
Trailers \* 3) Utility Trailers  
\* Roto Tiller \* Mower \*  
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Welder \* Air Comp \* Drill  
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> GAMES

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

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Level: Intermediate

### Here's How It Works:

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

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

Sudoku Answer

E	S	E	D	E	M	I	L	A	E	N	O	L
I	W	P	E	I	S	V	L	I	I	V	H	O
E	N	A	N	O	I	L	V	N	I	G	I	H
H	V	I	S	O	C	A	M	E	O	T		
V	D	E	N	O	S	N	M	O	D	L	N	H
T	E	G	G	V						S	R	V
K	O	E	T	V	N	I	Q	V	T			
V	E	L	B	N	E	L	V	W	V			
V	L				O	E	R	I	H	S	O	R
D	O	S	E			V	O	I	N	V		
S	N	E	L	V	E	H	L	V	I	W	V	S
	O	L	V	E								
E	N	H	V	N	O	D	T	I	H	J		
V	O	C	T	V			S	V	N	V		
L	T	E	D	S			S	V	N	V		

Crossword Answer

# CROSSWORD

## CLUES ACROSS

- Greenwich Time
- English sailor missionary
- Type of wheat
- Wreath
- Hesitate
- Hollyhocks
- Not even
- Former talk show host
- Rugged mountain range
- Greek muse
- Ancient Greek comedy
- Jeopardizes
- Singer DiFranco
- Calcium
- Employee stock ownership plan
- Gemstones
- Got the job
- Tantalum
- Red deer
- Not a pro
- Coffee alternative
- Aluminum
- Northern Italian language
- Smart \_\_: Wiseacre
- Sanskrit rulers (pl.)
- \_\_ hoc
- Mousse
- Closures
- Russian lake
- Small lunar crater
- Appear with
- Beginning
- Type of Chinese language
- Jewish composer
- Sensation of flavor
- Payment (abbr.)
- High-class
- Clocked
- Midway between east and southeast

## CLUES DOWN

- Shine
- They spread the news

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					69						70	

- Indicates water limits
- Determines value
- Capital of Okinawa
- Chinese river
- Sign language
- Passover feast and ceremony
- Yemen capital
- A tributary of the Missouri River
- Sounds
- Andorra-La Seu d'Urgell Airport
- Korean name
- A metal-bearing mineral valuable enough to be mined
- Outer layer
- African nation (Fr.)
- From Haiti
- Polish river
- Paul Henri \_\_, Belgian statesman

- Retailer
- Supreme being
- Tears into pieces
- European Union
- Coerced
- She ran the Barker gang
- Send wire
- Optical device
- Bond, civil rights leader
- Cigar
- Spiritual being
- Possess
- Thomas \_\_, English poet
- Dials
- Sharp mountain ridge
- Pigeon shelter
- Month
- Letter of the Greek alphabet
- A citizen of Thailand
- Suffix



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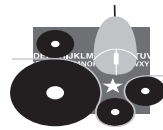
Wed Aug 10th @ 4:00 pm  
Stonewall, MB  
Yard Items \* Tools \* Vehicles \* Antiques \* Household \*  
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## FARM AUCTION SALE

Terry Kostelnik, St. Martin, MB

Saturday, August 6, 2016 at 11:00 a.m.

Sale site: From St.Martin on Hwy #6 - 3.9 km East on PR #513, turn South for 1.5 km on St.Martin Drive, then 5.8 m East of St.Martin Town Site, 1/2 mi. North on Kostelnik Road

**Tractors & Equipment:** White 5542 Combine; Cockshutt 246 14ft Deep tiller w/Herman harrows; 3130 J.D. Tractor w/3pt & dual hyd; 2755 J.D. FWA Tractor w/ 245 loader, bucket & grapple, 3pt, dual hyd; 3010 J.D. Tractor w/pto, hyd; 2090 Case Tractor w/cab, duals, hyd; 451 New Holland 9ft Mower w/3pt; 1150 Int. Mixmill; Cockshutt 10ft Chisel plow; Melroe 5 bottom plow; (2) Ajax stack movers (rough); Int. 19 1/2ft Vibra shank w/mulchers; 276 N.H. Square baler; McKee Baler; 1590 Case IH 14ft swing Haybine; 3650 Case IH Baler; 486 New Idea Baler; 6 & 9 wheel rake; 202 Melroe 28run seeder w/rubber packers; J.D. Cab (missing glass); 3pt Bale unraveller; (3) Bale forks w/3pt; 12 bale steel mover - mounts on truck; Robin wooden manure spreader w/pto; 506 J.D. 3pt Brush mower w/5ft deck; Sunoviac 36ft x8" Auger, w/pto; Rome 10ft disc; Bale fork; Allied 36ft harrows; (2) Pencil augers; Antique seed cleaner; Homemade 4 wheel wagon w/(2) 40 bu. MH hoppers attached **Vehicles & ATV's:** Gooseneck trailer, triple axle w/metal deck & ramps; 14ft Gooseneck cattle trailer (needs work); 1996 Polaris Indy Trail, 399 cc w/elec start; **Cattle & Fencing Equipment:** Bridgeview Mfg Squeeze chute; 8, 10 & 12 ft; Round bale feeders; Calf pullers; Elec. fencers; (2) 10ft metal bunk feeders; Trailer-type post pounder; Misc farm **Fishing Equipment & Hunting:** Approx. 40 nets; 10 tubs; Ice Augers (motor & hand); 4 large Goose decoys; **Yard & Miscellaneous:** Yardworks Roto-tiller w/24v battery; Mastercraft 4.5 hp Riding mower w/20" cut; Craftsman 19.5 hp Riding mower w/42" cut; Simplicity Riding mower w/44" cut; Husqvarna 325R Weed Eater; Homelite Chainsaw; Husqvarna 257 Chainsaw; 30 bundles shingles (new); s (wooden & aluminum); Sm Fertilizer spreader - 1000 lbs; Old tow-behind sprayer; (1) 500 & (1) 300 gal. metal tanks; (2) Westeel/Roscoe slip tanks; Heavy duty wood splitter; **Tools & Shop Equipment**

**Auctioneer's Note:** Everything must go. For more info: Call Tom at: (204) 864-2035  
For full listing check out website

Lorne (Buddy) Bergner, Auctioneer

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## AUCTION SALE FOR

Norm & Sherry Cavers, Moosehorn, MB

Saturday, August 13, 2016, at 11:00 a.m.

Sale site: 1 mi. North of Moosehorn on Hwy #6. Turn west on Township line for 1/4 mi. South side of road.

**Tractors & Equipment:** Case 400 diesel Tractor, dual hyd, pulley (ser #8068099); New Holland 56 Side rake; Case 130 bu Manure spreader w/wood sides & floors; Int. 100 7ft Mower; Ford 505 Mower w/3pt for parts; Allied bale elevator; Vers. Grain auger & motor; Pencil auger; Grain crusher & belt; Robin 12ft Deep tiller; 13 1/2 ft Cultivator & harrows; Allied 15 section harrows; 6ft Disc; F10 Framhand & grapple **Vehicles & Offroad:** 2003 Alero, 193,000 km (safetied); 1995 Arctic Cat Panthera w/reverse & hand warmers; 1975 Ford F500 Dump Truck w/ 12ft box & hoist, Jayco 14ft Trailer, new canvas; **Yard & Miscellaneous:** Yardworks 17.5hp Riding mower w/42" cut; Poulin Pro 6.25 hp Riding mower w/20" cut; Elec wood splitter; 23" 5hp Track snow blower; Tex-Tan 15" Roping saddle; Power Ease 2" water pump w/hoses & suction; (5) 12 panels; (2) HyQual 10ft gates; **Tools & Shop:** Carpentry Tools from various companies - Mastercraft, Makita, Craftsman, Teco Master, Shop Fox, Delta, Jet, Rockwell, Industrial Air, Busy Bee, Poulan to numerous to mention **Antiques:** Old wash stand w/pitcher, bowl and pot; 3 drawer wooden Dresser w/beveled mirror; "What-not" Corner Unit (150 yrs old); Gate leg table; Oil lamp & shade; Grey chrome table & chair set; Barn lantern; (3) Steamer trunks (one w/round top) **Some Household**

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Tuesday Aug 9th 4:00 pm

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## McSherry Auction Service Ltd AUCTION SALE ESTATE OF HARRY GUMPRICH

Sat August 13th 10:00 am

Winnipeg, MB  
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101 Perimeter 2 Miles  
East on 101 Then South  
1/2 Mile on Symington Rd  
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## McSherry Auction Service Ltd CONSIGNMENT AUCTION

Saturday Aug 6th 10:00 am

#12 Patterson Dr., Stonewall, MB  
Vehicles & Trailers 99 Intl 4900 w 20 FRT Box \* 2) 90's Dodge Ram 2500 Dsl \* 91 Int Cab & Chassis \* 09 Tarnel 37' Tandem Dual 5th Wheel Flat Deck Sft \* BH 20' Flat Deck \* Tractors, Bobcat, Forklifts & Attachments 300 Series MF 300 Tractor w FEL \* 2013 Bobcat TA70 1286 Hours \* Clark C500 Dsl Forklift Pneumatic Tires 5900 Hrs \* Skid Steer Hydraulic Trencher \* Skid Steer Loader Dozer Blade \* 72" Fork Extensions \* Equipment Hesston 1150 12' Haybine \* JD 450 Trailer 9' Sickle Mower \* 7' 3PH Snow Blower \* 82" HD Rotary Tiller \* Farm Misc & New Canopy Buildings Head Gate \* Metal Gates \* Cattle Oilers \* Metal Panels \* Bale Feeders \* Aeration Fans \* Implement Parts \* Bin Parts \* New Canopy Buildings- 20'x 30'x 12' \* 30'x 65' x 15' \* 10' x 10' \* 10'x 20' \* 16' x 22' \* Semi Load of Sidewalk Pads & Bricks \* 9000lb HD Two Post auto Lift \* Water Pumps \* Packer \* Herman Nelson Heater \* Fuel Slip Tank \* Truck Tool Boxes \* 100) Treated Corral Posts \* Sheet Metal \* 40' Tower \* Tools 50 Ton Hydraulic Press \* HD Tire Changer \* Wheel Balancer \* 20 Drawer HD Metal Work Bench \* 3500 Watt Generator \* Generator/Welder Combo w Electric Start \* 1" Impact \* Welding Helmet \* Power Tools \* Hand Tools \* Shop Supply \* Recreation & Yard Items Crestliner 17' Al Boat w 40 HP \* Zephyr 12' BH Camper \* New Wood Chipper \* 20' Wrought Iron Gates \* Al 14' Boat w Evinrude \* Yamaha 4 Wheel Golf Cart \* Antiques Potato Seeder \*

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## ANNOUNCEMENT

### CARD OF THANKS

R. Edward Rothwell – We would like to extend our sincere gratitude to all those generous and thoughtful people who sent donations of food and beautiful floral arrangements, and many, many lovely cards of sympathy, and phone calls. Thanks to the doctors and caring nurses and home care who were involved in Ed's care. A special thanks to our family who were so very supportive of myself. Love to you all. God Bless.

-Sincerely,  
Judy Rothwell  
and families

## ANNOUNCEMENT

### IN MEMORIAM

In loving memory of  
our son and brother  
Doug  
who passed away  
August 6, 1987

#### Love Leaves A Memory

Those we love don't go away,  
They walk beside us every day;  
Unseen, unheard, but always near,  
Still loved, still missed and very dear.  
For death leaves a heartache,  
No one can heal;  
And love leaves a memory,  
No one can steal.

-Sadly missed and always loved,  
Mom and Dad and Tim

## ANNOUNCEMENT

### IN MEMORIAM



Guy Rohne

In loving memory of the most  
wonderful husband, dad and papa

Though you're no longer with me,  
Every day I find;  
In one way or another,  
You're back there in my mind,  
I might hear a piece of music,  
And at once my mind is stirred;  
Back to a treasured moment,  
The two of us have shared.  
I never try to stop them,  
I let them just flow through;  
It's my way of spending time,  
Once again with you.

-Love you and miss you always,  
Marilyn and family

## ANNOUNCEMENT

### IN MEMORIAM

Stewart, Holly Joy

Passed Away Suddenly August 5, 1981

For no one knows the heartache,  
That lies behind our smiles;  
No one knows how many times,  
We have broken down and cried.  
We want to tell you something,  
So there won't be any doubt;  
You're so wonderful to think of,  
But so hard to be without.

Love Mom, Dad,  
Sisters, Bonnie and Shawna

## OBITUARY

Sharon May Harley - McMahon (Neely)  
June 9, 1953 - July 23, 2016.

On July 23, 2016, Sharon passed away peacefully in her sleep with her family by her side.

Left to mourn her passing is her loving husband Jim McMahon, her father Bill Neely, her brother Kerry (Debbie) Neely, her children Shannon (Victor), Jason (Michelle), and Ashlea (Alex), her grandchildren Jesse (Travis), Jeremy, Justin, James, Eden, Sean and Billy and her great granddaughter Rowan, her neices Laura (Tom) and Jennifer (Keith) and her aunt Margie Torgerson, as well as many very special cousins, friends and co-workers.

Sharon was predeceased by her mother Helen May Neely (Parkes) and her brother Brian Neely.

Sharon was born in Winnipeg and lived in many different parts of Manitoba until settling in Teulon MB. Her family was the focus of her love as well as her love of her church family. She worked countless hours as a registered nurse providing home care for her community, and met many wonderful people who also became very close special friends.

Cremation has taken place. A celebration of Sharon's life took place on Friday July 29, 2016 at 2:30 p.m. at the Stonewall New Life Church, 6106E- MB #67.

Honorary Pallbearers - Laura Neely-Carter and Jennifer Neely.

Interment will take place at a later date.

In lieu of flowers, donations may be made to Stonewall New Life Church to support the youth ministry.

The family would like extend warm gratitude and thanks to the nursing staff and Doctors at the Stonewall Hospital, as well as the support we received as a family. Thank you also to all the many committed and caring family and friends who visited with her every day and the many gifts, cards and flowers she received. She treasured all the time she spent with all of you.

"One of the greatest gifts that life can give to anyone is the very special love that families share"

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## OBITUARY

Ralph James (Jim) Coggan  
March 19, 1947 - July 25, 2016

Jim passed quietly in Red Deer, Alberta.

Survived by daughter Jennifer in Arnprior, Ont.; four grandchildren Zach, Jordan, Jayden and Kyrah; and great-granddaughter Abigail.

Predeceased by sister Geraldine and parents Ralph and Edith Coggan.

Also survived by siblings Marjorie, Blair (Janet), Bill (Sheila) and John; numerous nieces and nephews.

Jim lived life on his own terms and there will be no funeral service. Cremation has taken place.

## OBITUARY

John Gratton  
1930 - 2016

John passed away July 30, 2016 after a lengthy illness.

He was predeceased by his wife Evelyn, his sons Gary and Leonard. He leaves to mourn sons Richard (Susan), Ken (Monica) and Ron (Joanne); numerous grandchildren and great-grandchildren. Cremation has taken place and a private family service will take place at a later date. The family would like to thank all the staff at Fisher Branch Personal Care Home for all the wonderful care they gave John.

**Don't forget  
to send your  
special wishes  
to your friends  
and family.**

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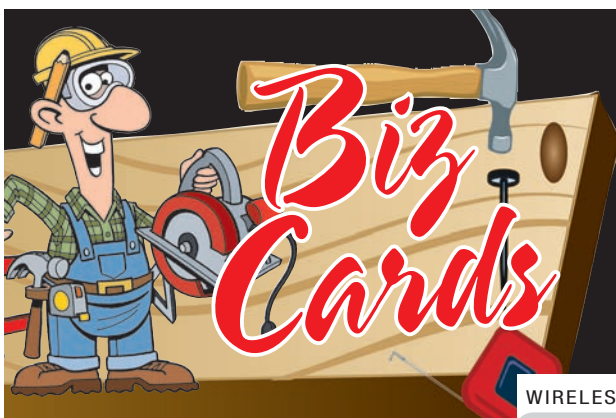


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