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Bullseye

TRIBUNE PHOTO BY NATASHA TERSIGNI

Abby Oughton competed in the youth slingshot competition at Métis Days in St. Laurent. During the two-day event, held Aug. 1 and 2, a variety of traditional Métis games were available for participants of all ages to try including horseshoes, the knife game and flour packing races.

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St. Laurent oozes Metis culture with fantastic celebration

By Jeff Ward

Laughter, smiles and a great atmosphere combined to make a fantastic celebration of Metis culture in St. Laurent last weekend.

The Metis Days Festival was the first for the new Metis Days board and their hard work and dedication paid off, in creating a great event. Taking place on Aug. 1-2, Metis Days had a mixture of all things Metis, with jigging, fiddling, a new event called Metis Traditional Games, mud bogging and more that kept crowds entertained the entire weekend.

"I'm so excited and grateful about how much support we had from our people," said Jaqueline Leclair, the chairperson of the new board.

"I honestly don't even know what to say. Everyone had fun, all ages were there and the feedback we've gotten and [are still getting] has been unbelievable."

Leclair mentioned that one of the most popular events during the weekend was the Metis Traditional games, which was a new event created by the new board. It was their attempt at bringing in more Metis flavour and something that everyone could enjoy. The sling-shot competition proved to be extremely popular seeing dozens of contestants in both the adult and youth age groups. You only stand 10-feet from the target but you're tasked with hitting a target half the size of a playing card with a small stone. It's extremely challenging, but that challenge added up to a very electric event.

Horseshoes was also very popular and although the game seems a bit boring on the surface all you need to do is stand and watch for a few minutes to see just how exciting a winning toss can be.

It was not a quiet weekend by any means for St. Laurent, yelling and laughter could be heard even over the roar of the highway and if

Continued on page 3



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Members of the St. Laurent's Lake Monsters minor hockey teams cheered, shouted and threw candy during the St. Laurent's Métis Days parade held on Aug. 1. The Lake Monsters' float came in second place in the parade's float decorating contest, with the Hands On Excavating train taking first (pictured below) and Vern Coutu and Son's float placing third. During the parade route down Lake Francis Rd. the hockey players reminded everyone that registration for this years programs is on Sept. 15.



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Quarry pits to open their gates for public tours

Bus tours to take place Quarry Days weekend

By Natasha Tersigni

For the first time ever the public will be able to get an up close look at the thriving quarry operations that are currently being conducted in the RM of Rockwood. For Saturday and Sunday of Quarry Days, Aug. 15 and 16, local quarry producers have banded together to offer exclusive tours for the public.

After seeing an open house being held at the Cold Spring quarry in Lac du Bonnet Merle Balsillie, owner of Standard Limestone Quarries, decided that the local quarries should host tours so people could see what a quarry operation looks like.

"We wanted to be a part of Quarry Days. A lot of people know the old quarries in Stonewall and the history



TRIBUNE PHOTOS BY LANA MEIER
Inland Aggregate and Lafarge will be offering free bus tours Saturday, Aug. 15 and Sunday, Aug. 16 during Quarry Days. Sign up will take place on Main St.

behind them but they don't realize there are current quarry operations

that are going on," said Balsillie, who is organizing the event. While all lo-



Merle Balsillie, owner of Standard Limestone Quarries is hoping visitors come to learn about the quarry operations.

Continued on page 7

> MÉTIS DAYS, FROM PG. 2

those noises were any indication, Metis Days attendants had a great time.

"We already know where we want to improve next year, and we're going

to be getting together to discuss our strategy shortly. We'll be listening to the feedback from the community and we'll be taking in as many suggestions as possible," said Leclair.

She also mentioned that she was very proud of her team and of her volunteers. The turnout has left her speechless.



Left to right, horses enjoyed the cool weather during the parade, St. Laurent Youth Steppers entertained in the arena and Aria Lavallee contemplates the games of horseshoes.



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Bath, Brush & Tidy
By Ashley Peltz

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In just four short years Chuck and Val McClure have transformed their yard from a grass lawn into a garden sanctuary at their home on 5 Shady Lane in Stonewall. Their hard work has caught the eyes of neighbors and they have won Yard of the Week. Along with a thriving vegetable garden, a variety of flowerbeds with a mix of perennials and colourful annuals, the couple has also built a privacy wall complete with a waterfall. The McClure's share the work, with Val in charge of designing the yard and tending to the countless flowerbeds and Chuck is responsible for watering and the heavy lifting. Stonewall Communities in Bloom Yard of the Week runs during July and August. Public can nominate a local yard by filling out a ballot at Stonewall Home Hardware.

TRIBUNE PHOTO BY NATASHA TERSIGNI



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Métis fiddlers, 'Double the Trouble' stay true to their roots

By Natasha Tersigni

For Jackie Leclair her Métis culture and heritage is an important part of who she is. The St. Laurent resident is active in her community including being president of the Father Guy La-vallee Métis Local; a role she sees as a way of keeping Métis culture alive in Manitoba. When her identical twin grandsons, Luc and Aidan Wrigley, were born 11 years ago she wanted to ensure the duo knew their heritage and for them to learn to embrace their background.

When the twins were just three and a half years old Leclair decided to get them fiddling lessons with Manitoba Métis fiddling master Clint Dutiaume. Little did she know that a few fiddling lessons would lead to a thriving music career including a newly released debut CD.

"I wanted to pass on my Métis traditions. I was babysitting them at the time and I thought I would buy them fiddling lessons for Christmas. If they liked it they will continue but if they don't like it that would be okay," said Leclair.

"I was very lucky to find one of the best fiddling teachers in Winnipeg, Clint Dutiaume. He is a Métis fiddler and his whole family is made up of musicians. When Clint started teaching them, Clint said to me that it is in them and we both were very excited." The twins continued with fiddling, under the guidance of Clint and their father Rob, who is a musician as well. At six years-old Aidan and Luc had the opportunity to perform at the MTS Centre during the Aboriginal People's Choice Music Awards. Being able to play at the show with other traditional Métis fiddlers fuelled their love of music and ignited their passion to perform.

"It was a pretty cool event," said Aidan.

Shortly after the performance the group Double the Trouble was born. The twins take centre stage as fiddlers and the pair both sing in both French and English, while Rob provides back up on guitar. Playing their traditional Métis songs has lead them all over the



TRIBUNE PHOTOS BY
NATASHA TERSIGNI

Above, grandmother, Jackie Leclair pictured with identical twin grandsons Luc (left) and Aidan Wrigley have been busy travelling the province entertaining audiences with their father Rob, who make up their band Double the Trouble. The talented fiddlers released their debut CD last month and were in St. Laurent for Metis Days on Aug. 1.

province including to Winnipeg's Folk Fest and Festival du Voyageur.

"It is really fun to play on stage and we get to travel to different places," added Luc.

Last month, on July 2, Double the Trouble had a special performance at the Park Theatre in Winnipeg. The concert was for the release of their debut CD, Keep Calm and Fiddle.

While the twins plan to continue to fiddle for as long as they can, their



success thus far has made their grandmother beam with pride.

"I am so proud of them, I couldn't be any prouder," said Leclair who

achieved her goal of passing on cultural traditions to the next generation of Manitoban Métis.

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Holkira Pak among medications added to Pharmacare

By Stefanie Lasuik

On July 27, the government of Manitoba announced the addition of 54 medications to the Manitoba Pharmacare program, including the highly effective Holkira Pak for the treatment of hepatitis C.

The announcement came shortly before World Hepatitis Day on July 28, a day that aims at raising global awareness of hepatitis and encourages prevention and treatment. The latter will be more accessible with Manitoba's newest pharmacare addition. The province claims that Holkira Pak has an above 90 percent cure rate and few side effects.

"We have entered a new era in the fight against hepatitis C," said Kirk Leavesley, chairperson, Manitoba Hepatitis C Support Community Inc. in a news release.

"Well tolerated treatments are now available with more than a 95 per

cent success rate. We now have the means to make a huge impact in the elimination of hepatitis C worldwide and the suffering of those affected."

Other drugs added to the formula include:

- Anoro Ellipta and Ultibro Breezhaler for the treatment of chronic obstructive pulmonary disease;
- Diacomit for the treatment of epilepsy;
- Fosrenol for the treatment of hyperphosphatemia (the presences of abnormally high levels of phosphate in the blood);
- Inspira for the treatment of heart failure;
- Janumet and Janumet XR for the treatment of diabetes;
- Jaydess for contraception;
- Metadol for the treatment of chronic pain;
- Myrbetriq for the treatment of

overactive bladder; and

- Tivicay for the treatment of HIV.

Health Minister, Sharon Blady, explained that the addition of Holkira Pak, Anoro Ellipta, Diacomit, Inspira, Myrbetriq, Tivicay and Ultibro Breezhaler to the Pharmacare program is a direct result of Manitoba's participation in the Pan-Canadian Pharmaceutical Alliance, which works to negotiate more affordable prices on generic and brand name drugs.

Pharmacare is a universal prescription drug benefit program for Manitobans that is based on family income. It covers all eligible drug costs once the income-based deductible is reached, regardless of medical condition or age. Coverage for all 54 drugs came into effect July 22, a full list of which can be found at <http://www.gov.mb.ca/health/mdbif/sdr.pdf>

Immunizations below ideal, Stats Canada study shows

By Stefanie Lasuik

On July 21, Statistics Canada released the results of a nation-wide survey that showed immunization levels of children under the age of two to be high, but still below the figures of a herd immunity.

Herd immunity is the required per cent of a population it would take to be immunized against a particular disease to prevent a chain of illness.

Unfortunately, explained Dr. Davinder Singh of the Interlake Eastern Regional Health Authority, many myths still exist that may deter parents from vaccinating their child.

"The link to autism and various other health conditions have all been debunked or proven wrong," Singh explained, noting that the single report that supported a connection between vaccines and autism has since been retracted due to falsified information.

Some parents worry that their child

will suffer an allergic reaction to the shot, just as they might with any new substance in the body.

However, Singh explained that the risk of experiencing a severe anaphalatic allergic reaction is two in one million, and the hospital setting wherein children receive their shots is well-equipped to deal with such a case. Furthermore, Singh noted, the benefits one gets from avoiding complications of vaccine-preventable diseases far outweighs this risk.

The numbers from pre to post vaccine eras speak for themselves. The peak annual number of measles cases from the pre-vaccine era stands at 61,370, according to the Public Health Agency of Canada. The rate of death from measles is one in every 1,000. In the post-vaccine era, the peak annual number of measles cases in 752.

Diphtheria affected 9,010 Canadians annually before vaccinations

were available, with five to 10 per cent of these cases resulting in death. Now, the peak annual instances of diphtheria stands at four.

Vaccines have also eradicated smallpox worldwide and nearly abolished polio.

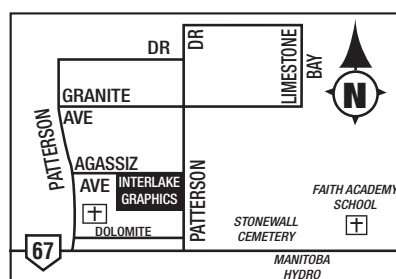
In the recent Statistics Canada report, the per cent of immunization for measles was 89, which falls six per cent under the ideal herd immunity of 96 per cent. Diphtheria immunizations were only had by 77 per cent of children.

Five per cent of parents in the survey strongly agreed that alternative practices, such as chiropractic or homeopathy, eliminate the need for vaccines.

Health Canada reported that this is simply not the case. Neither practice is a substitute for vaccines.

Continued on page 8

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



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Former YFC director working to create change in Saskatchewan

By Natasha Tersigni

It has been almost a year since Perry Neufeld, founder and former director of Youth for Christ (YFC) drop-in centre in Stonewall, and his family left the community and embarked on their new journey in Saskatchewan. While the last 11 months in the Battlefords has not been without its challenges, Neufeld said that the career move is a welcomed change of pace.

After spending ten years operating the YFC drop-in centre in Stonewall and establishing it as a staple for youth in the community, Neufeld and his wife Loretta decided it was time for the next chapter in their lives.

Moving to North Battleford, Neufeld not only took the role as director of a youth boys' group home in Battleford, he is also the director of the North Battleford YFC drop-in centre and has the job of trying to revive the centre and attract local youth.

North Battleford, a town with a population of approximately 14,000 residents located 140 km north west of Saskatoon, is consistently ranked as one of the top communities for youth crime in Canada. Similar to issues that northern Manitoba communities face, this northern Saskatchewan commu-

nity has prevalent problems such as crime, gangs, poverty and drug abuse.

As not being one to run from difficulty Neufeld told the *Tribune* that he is embracing his new community and looking at areas where he can help.

"I was looking for a challenge, I wasn't expecting the challenge to be so great, but that is okay," said Neufeld.

"I never thought there were challenges like this in Canada."

In his position at the boys' group home in Battleford, Neufeld is working with youth 13 years old and older that have been in the social service system their entire life. At this stage of their life they are soon looking at leaving the system. Neufeld and his co-workers want to ensure that the young men have the right tools and skills that will prepare them for a successful future before they embark into adulthood.

"We are basically helping the youth take a look at their lives and help them re-think and plan out what their hopes, dream and goals are and what they want to accomplish," explained Neufeld.

"When you get a person who makes negative choices when they are

younger we are trying to stop the cycle of drug abuse, alcohol abuse, or the violence of what they have experienced," said Neufeld.

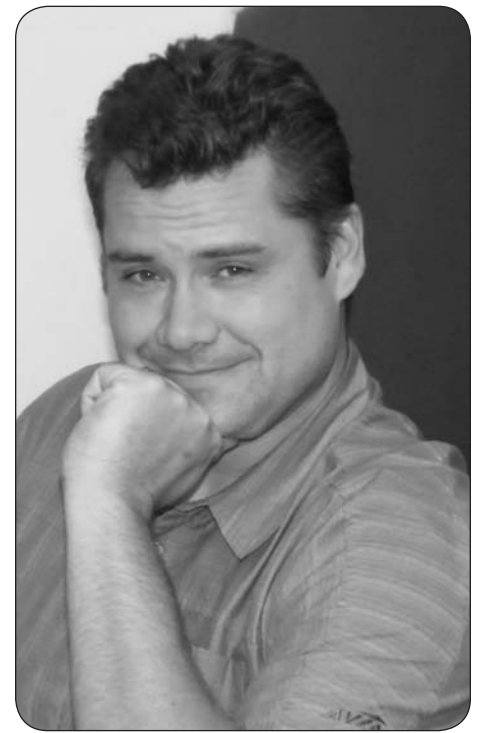
At the YFC drop-in centre in North Battleford, Neufeld is helping to establish fresh programming and is bringing in new events and activities, similar to what he had in Stonewall.

"It has been my bent in life that I love working with kids and youth so that is what I am doing," added Neufeld.

Having the opportunity to experience new challenges and have a positive impact on youth that need it the most are some of the best parts of working in the Battlefords said Neufeld. While the circumstances may not be ideal, he is enjoying the unique experience.

"There is a lot of work to do, but it is a great place to live and a lot is happening," said Neufeld.

"When people want to help they have to step into the process. If they want to make a difference they have to step into where the issues are. You can't just sit back and complain about the issues; you have to actually get up and do something."



SUBMITTED PHOTO

Not without its own set of unique challenges, Perry Neufeld, founder and former director the Youth for Christ drop-in centre in Stonewall, is enjoying his new work roles in Battleford and North Battleford, Saskatchewan.

> QUARRY PIT TOURS, FROM PG. 3

cal quarry operators are involved in the event the tours will be conducted at Inland Aggregates' and Lafarge's quarry pits.

"All people really get to see are the trucks going up and down the highways and they know about the blasts so this is a really good chance for people to see how the quarries work and the rehab that is being done."

During the tours guests will be able to learn about all the stages of quarry operations from the drills used to drop explosives into the bedrock to

how the chunks of raw rock are refined into gravel. Quarrying equipment such as crushers, dump trucks and front-end loaders will be on display and quarry operators will be there to answer questions.

Another important aspect of the quarry operations is what happens to the land after the rock is mined out. In the business it is called rehabilitation and those on the tour can see how the quarry companies are turning their mined area of land back to natural landscape.

"At Inland you will be sitting on top of the land and not even know that it has been mined," said Balsillie.

The quarry producers will have a booth set up on Main Street where people can register for the free tours, which will be leaving Quarry Park by bus. Along with signing up for the tours their will be mining equipment on display and Austin Powder, an American company that provides explosives to the pits, will have video of blasts.

Balsillie added she is looking forward to the tours and having the public learn of the extensive mining industry that is happening right in their back yard.

"It will be a really good chance for people to come out and see it firsthand."



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No better present for someone nearing a hundred

By Stefanie Lasuik

What do you get someone for her birthday after 95 years of annual presents? A woman's family, friends, and kind strangers recently answered this difficult question. You give her time with her treasured companions, for whom she built a lifelong affinity.

This is exactly what horse-lover Marie Palen received for her 96th birthday on July 23, when Wally and Linda Finnbogason of Stonewall rode with their granddaughter, Lacey, to bring to Palen that treasure. Outside the Stonewall hospital, the Finnbogason's two paints and appaloosa horses stood ready to give Palen a thrilling present.

"It's hard to believe such a wonderful surprise," Palen said.

"It was a thrill. Oh, they couldn't have done anything better."

The long-time horse-enthusiast has been riding horses since the age of five and developed an unbreakable passion for them.

After Palen's mother passed away, horses were great companions for Palen, who loved being out on her father's Dundas acreage as a child, only to spend the rest of her life riding and caring for them.

Palen's longtime friend, Carol Koziak knew the horses would be the perfect gift for her friend who entered the Stonewall hospital six weeks ago. Koziak, who now resides in Alberta, contacted a mutual friend of hers and Finnbogason's. With help from Palen's daughter, Frankie, they had it ready. Butterfly kisses from a tame appaloosa gift-wrapped and placed by the door.

"Reno just kept putting his nose up to mine, I just loved him," Palen explained.

"He was one in a million."

The Finnbogason's had no prior connection to Palen, but felt inexplicable emotion in filling her 96th birthday with delight.

"It was a feeling that you can't even explain. It was



TRIBUNE PHOTO BY JO-ANNE PROCTER

Lacey Finnbogason with her horse Reno surprised Marie Palen for her 96th birthday. Palen has a passion for horses and said she would treasure her visit forever.

just fantastic," Linda said.

The Finnbogason's three horses were quite the hit in the Stonewall hospital's parking lot, attracting nurses, homecare aides, doctors, and even strangers to celebrate with Palen and her family.

Palen's family insisted on paying the Finnbogason's for their gift, but the latter declined and through negotiations, they decided to donate the money to the South Interlake Chapter of the Children's Wish Foundation.

Palen marked her memory with the horses' visit on July 23.

"Oh, I will remember this," she said. And she kept her promise, telling the *Tribune* a week later that she has had the visit in her head ever since.

Palen didn't even want to wash her hands after petting the horses to keep the smell of her beloved companions with her.

Palen and her family are extremely grateful to the Finnbogason's.

"It just shows you the length people will go to do things," said Palen's daughter, Frankie.

Kinsmen Lake shutdown for second time

By Staff

Swimmers looking to beat the heat last week by taking a dip in the Kinsmen Lake at Quarry Park were out of luck on Friday and a part of Saturday. For the second time this summer the lake had to be shut down because testing revealed higher than normal bacteria levels.

"Often time when it is hotter out the chlorine levels drop," said Town of Stonewall CAO Anne Burns who added that the chlorine levels evaporate faster with the hot weather.

Quarry Park added additional chlorine and chemicals to the water and the lake was re-opened Saturday afternoon for swimmers.

For updates on the status of Kinsmen Lake or any closures visit the town's website at www.stonewall.ca.



TRIBUNE BY NATASHA TERSIGNI

For the second time this season swimmers wanting to enjoy the hot summer weather at Kinsmen Lake in Stonewall were met with a locked gate. On July 31 and the morning of Aug. 1 the lake was closed to the public due to bacterial levels testing too high.

> IMMUNIZATIONS, FROM PG. 6

Vaccines work by priming the immune system by introducing it to either an outside portion of the virus that cannot make the body sick, or to a weakened live virus that does not carry the risks associated with the wild form of the virus.

The flu vaccination works slightly differently in that doctors must work to predict which strains of the flu will most affect the population each upcoming flu season. Different strains of the virus cause the need for a new flu shot each year, which does not carry the risks that catching the full wild flu virus might have.

Publicly funded immunizations become important in protecting others who may not be able to receive vaccines for a variety of medical reasons, and Dr. Singh hopes to dispel myths surrounding them.

"Vaccines are safe, they're effective, and they're the most effective way to protect themselves and their child from getting vaccine-preventable diseases," Dr. Singh explained.

Visitors team up for Oak Hammock Marsh boat race



Children gather around during a boat race, part of a Hazy, Lazy Days of Summer event at Oak Hammock Marsh last Saturday.



Boats are placed on a dock to dry following the race.

By Patricia Barrett

The August long weekend brought visitors from the U.S. and Europe to the Oak Hammock Marsh Interpretive Centre for its Hazy, Lazy Days of Summer event, which included a toe-dipping contest and a boat race.

In a workroom at the centre, participants constructed boats from milk cartons, twine, corks and plastic sheets, all held together with duct tape, before they headed out to the race site at the artesian well.

Heather Averill said she had heard about the wetlands conservation area and thought the boat race would be fun for her three children, 13-year-

old Samantha, 11-year-old Jacilyn, and seven-year-old Grant. The family from Houston, Texas, is on a two-week road trip through parts of the U.S. and Canada. "I'm very confident I'm going to win," said Grant, checking the contours of his boat.

Four adult friends also entered the competition. Winnipeg's Rebecca Hiebert, Katia Carel, from Normandy, France, Eugenie Durieux, also from Normandy, and Lars Richter, originally from Germany, constructed boats so intricate, you'd think they had all been apprenticed by a boat builder. Richter, a PhD student from Alberta, modelled his after boats commonly

seen in Germany. Hiebert made sail-ors out of pipe cleaners for her boat.

The artesian well is located a few kilometres from the conservation building. The water bubbles up from an underground spring that runs from Stonewall to the Red River. It was once a source of Winnipeg's drinking water before Shoal Lake in Ontario was deemed suitable, according to public programs coordinator Dusty Molinski. The crystal clear water has little oxygen and is so cold, roughly four degrees Celsius, that nothing lives in or near it. Few visitors could keep their toes in the water for very long. A toddler ran through the shal-

low stream, winning the endurance test hands down.

After soaking up the rays and enjoying a Freezie provided by the centre, participants lined up their boats and set them loose. As the current carried them downstream, people ran along the banks cheering them on. Some boats capsized or got wedged in the tall grasses overhanging the stream.


Durieux's boat was first to cross the finish line, which was a foot bridge a few hundred yards downstream. She took home the grand prize consisting of a goody bag filled with souvenirs from the gift shop.

Pastor Paul returns to the Interlake



Roman Catholic Priest Father Paul Tinguely has been chosen by the Roman Catholic Archdiocese of Winnipeg to serve West Interlake communities including St. Laurent, Woodlands, Lundar, Eriksdale and Lake Manitoba First Nations. Tinguely began his posting Aug. 1 and will divide his time between the communities. Tinguely's most recent parish was St. Charles Catholic Church in Winnipeg and is no stranger to rural communities as he has previously served in Stonewall, Teulon, Inwood, Stony Mountain, St. Lazare, Ste Rose Du Lac, St. Eustache and Elie.

TRIBUNE PHOTO BY NATASHA TERSIGNI



**4th Annual
Stonewall Quarry Days
PARADE**

**Saturday, August 15th
at 11:00 am**

No charge for float entries.
Help make this another great event.

Contact Christy at 204-467-5836 or
christybrown@stonewallteulontribune.ca or on-line
at stonewallquarrydays.ca for an entry form.

Federal grants improve SIRL libraries, fund community projects



TRIBUNE PHOTO SUBMITTED

The Association for Community Living (Interlake Branch) Inc. received \$24,726 to renovate their windows at the Association for Community Living Interlake building. Left to right: Tara Smith (Executive Director of the Community Living Interlake), Tania Laurie (Board Chair), James Bezan MP Selkirk-Interlake, Angela Hueging (Client), and Jimm Simon (Project Manager).

By Stefanie Lasuik

The Stonewall branch of the South Interlake Regional Library (SIRL) benefitted from the Canadian government's Enabling Accessibility Fund (EAF) on July 30, when Member of Parliament, James Bezan announced on behalf of the Honourable Candice Bergen, Minister of State for Social Development, that the branch will receive \$7,136.

The grant through EAF, along with a \$1,000 donation from the Stonewall Legion, will go towards retrofitting an existing washroom for accessibility and renovating and upgrading door handles for both accessibility and safety purposes.

The EAF, which commits \$15 million per year to improving accessibility in

facilities across Canada, has provided the library with a grant that head librarian, Darlene Dallman, said will enable the SIRL branch to serve the community better.

Bezan spoke to the importance of the fund and local grant.

"The Enabling Accessibility Fund works to ensure that all our public places have accessibility. Every person in our community must have the ability to come and enjoy in the activities of the public domain as best as they possibly can."

Bezan also recognized the importance in giving to local organizations, explaining that it benefits the whole community when improvement is made in the places communities keep their heart and soul.

The Teulon branch of SIRL



TRIBUNE PHOTO BY STEFANIE LASUIK

South Interlake 55 Plus representative, Eadie McIntyre, RM of Rockwood Reeve, Jim Campbell, Town of Stonewall Deputy Mayor, Sandra Smith, Stonewall Legion representative, James Gray, SIRL Head Librarian, Darlene Dallman, and MP James Bezan were all in attendance during the Stonewall Library grant announcement.

will receive a grant from the Government of Canada's Canada 150 Community Infrastructure Program for the amount of \$23,100, which will go towards improving the exterior of the building.

Dallman explained that the exterior siding of the library is currently pitted and full of holes, so the grant will add practical and visual improvement.

"It's a real point of pride for the community. The community really came together when we built that Teulon library, so this is sort of the finishing touch on it," Dallman said, noting that it will be a library for a long time coming.

The national Canada 150 Community Infrastructure program will provide \$150 million over two years to be delivered by regional development agencies across the country. It is part of the federal government's activities to honour Canada's 150th anniversary of Confederation in 2017.

Grants from this program will also go to Argyle Curling Club in the amount of \$5,000 for ice plant refurbishing, to Ducks Unlimited Canada in the amount of \$15,000 for wetland courtyard rehabilitation, and to the Interlake branch of the Association for Community Living in the amount of \$24,726 for window renovations.

ROYAL CANADIAN LEGION
STONEWALL BRANCH - 467-2261 Lic #418

CHASE THE QUEEN WEDNESDAY NIGHTS
\$2810.00 as of July 29

BINGO HELD MONDAY NIGHTS starting at 7

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Power outages and rate increases

Staff

Thanks to problems with a transmission line that feeds a local substation, customers in Stonewall and surrounding areas were left without power Monday afternoon and part of

the evening. From approximately 2:15 p.m. until powered was restored around 6:15 p.m. residents and businesses were left in the dark.

In other Manitoba Hydro news effective Aug. 1 the Public Utilities Board (PUB) has approved a 3.95 per cent increase in Manitoba Hydro rates. That means that the average residential customer without space heaters will see an increase of \$3.20 a month and those customers with electric space heat will pay approximately \$6.11 more each month.

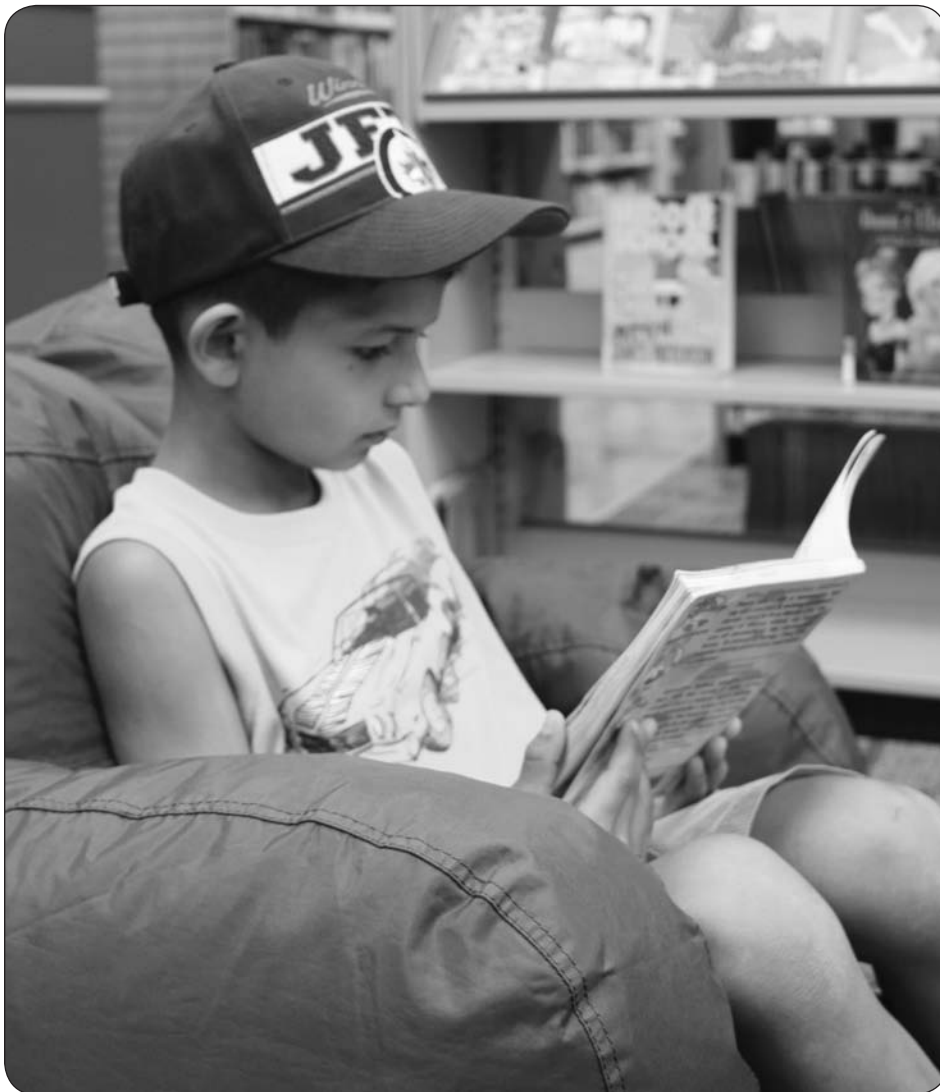
Manitoba Hydro will be using the extra money to pay for ongoing projects including Bipole III.

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Summer reading program rewards readers with 'bonus cash'



TRIBUNE PHOTO BY STEFANIE LASUIK

Eight-year-old Gavin Rukhra adores Stonewall's summer reading program, having already completed two full logs.

By Stefanie Lasuik

Who doesn't like going to the store with a little 'bonus cash' in their pocket? The answer to this rhetorical question has spurred 170 local children to sign up for the South Interlake Regional Library (SIRL) Stonewall branch summer reading program. The self-directed program gives kids library bucks in exchange for minutes of logged reading, which participants can then use to buy toys and books at the library's shop.

The second year of the program is building on the vast success of last year's, when 141 children partook in the challenge. In 2014, the children read 44,400 minutes altogether—a number that promises to grow this summer.

The program is hitting its stride in accomplishing its goal, to encourage students to keep reading over the summer.

"Kids who don't read over the summer tend to have a slide-back effect where they lose some of their abilities in reading, so if we continue them reading throughout the summer, then they maintain those skills and are ready for school in the fall," head librarian of SIRL, Darlene Dallman, explained.

Dallman noted that the shop's incentives seem to work really well in encouraging kids to read. Along with sun catchers, book bags, water bottles, and Kiln coupons, the library has set up grand prizes, which will be drawn for on the final day of the program, August 20. Every log, or five hours of

reading, a child completes enters his/her name into a grand prize draw. Challenge booklets, which bear instructions to read upside, or in a silly voice, can also be completed for grand prize entries.

Dallman switched to a minute system this year in order to keep the challenge fair for kids of different reading levels.

"Some kids struggle to read one page whereas other kids can whip through a book in an hour," said Dallman.

"We're trying to make it a successful program for all kids, no matter what their abilities are."

The kids can also read themselves or be read to.

Teulon's SIRL branch has approximately 30 kids in the same program. Both branches offer the program for free to kids of ages three to 12.

"KIDS WHO DON'T READ OVER THE SUMMER TEND TO HAVE A SLIDE-BACK EFFECT."

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\$3 Thursdays
Aug 13, 20 & 27
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Advanced bookings permitted.
204-467-PLAY 331 1st St. E, Stonewall

PUBLIC NOTICE

Pesticide Control Program

Public Notice is hereby given that the Province of Manitoba intends to conduct the following Pesticide Control Programs within the provincial roadway right-of-way. The program is needed to control invasive plants and noxious weeds on road allowances within the Municipalities of:

Brokenhead	Ritchot	Alexander
De Salaberry	Rosser	Piney
East St. Paul	Ste. Anne	Reynolds
Emerson-Franklin	St. Andrews	Stuartburn
Hanover	St. Clements	Victoria Beach
Headingley	Springfield	Pinawa
Lac du Bonnet	Tache	Cartier
La Broquerie	Whitemouth	Morris
MacDonald	West St. Paul	Montcalm

The herbicides to be used include: 2-4 D, glyphosate, dicamba, amitrol, clopyralid, dichlorprop, picloram, triclopyr.

If you have comments or concerns, please write:

Manitoba Conservation and Water Stewardship
Pesticide and Hazardous Waste Section
Suite 160, 123 Main Street
Winnipeg, Manitoba R3C 1A5.

Written comments must be received by August 28, 2015.

Manitoba

South Interlake Seniors Resource

SUPPORT SERVICES FOR SENIORS

- Driver/Escort Program • Mobility Aid Lending Service
- Meals on Wheels • Lifeline • ERIK and ICE Programs
- Handy Helper/Housekeeping Program
- Friendly Visiting and Telecheck (phone buddy)
- Caregivers Support Meetings • Home Hair Care Service
- Resource Information/Form Assistance

Check out our website! - www.sisrc.ca

WOULD YOU BE READY IN THE FACE OF A DISASTER??

Join us along with 55 plus and the Canadian Red Cross for a presentation which will focus on Disaster Preparedness.

Tuesday, September 29th, 2015
1:00 pm

Lions Community Centre
5 Keith Cosens Drive
Stonewall, MB

Refreshments/Silver Collection

Have you checked out the new Outdoor Fitness Equipment?
You will find it in Archie Gray Park in Stonewall, Ducharme Park in Stony Mountain and at Balmoral School in Balmoral.

Though this equipment can be used by anyone it is especially beneficial for seniors! You can test and improve your balance by carefully walking up and down the Balance Steps using the handrail for assistance or not. This piece will help build balance and core strength.

The Tai Chi Spinners are great for seniors because they are not hard on joints or tendons. Practicing Tai Chi can improve balance, range of motion and flexibility. Tai Chi has a way of reducing stress and calming the mind through smooth continuous circular movements.

Incorporate this exercise equipment with a walk for a complete workout!!

Ten Good Reasons.....

- Feel Good** - there is a feeling of euphoria during and after a good work
- Increased Flexibility** - improve range of motion, reduce risk of injury!
- Increased Strength** - allows you to do more and get more out of life!
- Increased Endurance** - strengthen heart and lungs, do what you love for longer!
- Better Overall Health** - build resistance to the onset of disease!
- Greater Vitality** - improve posture, attitude and enthusiasm!
- Look Good** - less weight, healthy skin and maintain youthful appearance!
- Live Longer** - exercise more and life longer, proven fact!
- Earns You Respect** - we admire those who look after themselves!
- Just Being Outdoors** - enjoy the benefits of the fresh air and sun!

This project is funded in part by the Government of Canada's New Horizons for Seniors Program as well as in-kind and cash support from the RM of Rockwood, Stony Mountain Community Association; the Town of Stonewall, Interlake School Division #2, Balmoral School and many volunteer community members.

For more information
call 204-467-2719

What's new at 55 Plus August Calendar of Events!

SOUTH INTERLAKE 55 PLUS, 5 KEITH COSENS DRIVE

Clip & Save

Aug 3	Office Closed	Sept 2	Red River North Regional Heritage Tour
	Folklorama - Cuban, Hungarian, and United Kingdom	Sept 10	Shopping Trip - Garden City
Aug 4	Bookclub @ 10:00	Sept 15	Luncheon - Changed Date
Aug 11	Luncheon @ Noon	Sept 17	Casino Trip - McPhillips Street Station
Aug 12	Folklorama - Punjab, Israel, Russia	Sept 26	Made in Manitoba Show and Sale

RED RIVER NORTH REGIONAL HERITAGE TRIP

WEDNESDAY, SEPTEMBER 2ND

DEPARTING @ 9:00AM

LUNCH @ HALF MOON (OWN EXPENSE)

Discover the rich heritage of Selkirk and surrounding area on this guided bus tour

LIMITED SEATING AVAILABLE!!

Member: \$22 Non-Members: \$25

Registration and Details: 204-467-2582



AUGUST LUNCHEON AUGUST 11TH @ NOON



MENU:

Cold Plate Pork
Salads
and Dessert!



EVERYONE WELCOME!

No tickets or reservations required!

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SEPTEMBER 17TH



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CASINO

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ZUMBA



Funfit - Mondays @ 5:30 pm

Dynamic Yoga & Pilates - Tuesdays @ 5:30 pm

Steppin' Up - Wednesdays @ 9:30 am

Zumba - Wednesdays @ 5:30 pm

Funfit - Thursdays @ 5:30 pm

CALL TO REGISTER!



CALL 55 PLUS FOR MORE INFORMATION & DESCRIPTION OF CLASSES 204-467-2582

Pickleball

THURSDAY EVENINGS 7:00PM

NEW LOCATION

@ STONEWALL CURLING CLUB
EQUIPMENT AVAILABLE FOR USE
PADDLES FOR SALE

This is an "Age-Friendly" activity and will be hands-on. No previous experience necessary.

Members: \$3 Non-Members: \$5 Drop-ins: \$7

For more info contact the 55-Plus office at 204-467-2582



BUS TRIPS:

FOLKLORAMA

AUGUST 3RD AND 12TH

RED RIVER NORTH REGIONAL
HERITAGE TOUR

SEPT 2ND

SHOPPING TRIP CASINO TRIP
SEPT 10TH SEPT 17TH

CALL FOR DETAILS!

CALL THE 55 PLUS TO REGISTER:
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Made in Manitoba Show and Sale

SATURDAY, SEPTEMBER 26TH 11:30AM-5:00PM

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For more information
call 204-467-2582

Local garden stand offers chemical free veggies

By Natasha Tersigni

Tomatoes, potatoes, radishes, beets, beans, onions, corn, carrots, garlic, herbs, zucchini, cucumbers, peppers and a variety of squashes are just some of the garden vegetables that are grown without the use of herbicides or pesticides at Tock's Garden East of Stonewall.

For the past five years Tracy McClintock, with the help of friends, has been growing and selling vegetables straight from her four and half acre garden. The garden market stand has been around for thirty years and was originally owned and operated by Mike Krychuk.

Along with the wide selection of produce, McClintock offers customers fresh, chemical free veggies.

"All of our produce is grown naturally. There are no chemicals, no fertilizer, no anything. That is what I am most proud about," said McClintock.

"We don't have the yields that everybody else has, but we do have healthy, fresh vegetables."

After being diagnosed with endometrial cancer and undergoing surgery, McClintock has a better appreciation for the food she eats and where it comes from.



TRIBUNE PHOTO BY NATASHA TERSIGNI
Wyatt Niewiadomy, left, and Kara Graves help to clean fresh potatoes before they are sold at Tock' Garden stand.



Tracy McClintock, right, gets some help with her garden work from nephew Wyatt Niewiadomy. McClintock grows all the vegetables in her four and half acre garden without the use of chemicals or fertilizers.


"Anybody who has had a health scare realizes the importance of chemical free foods," said McClintock.


"Life carries on with healthy living

and hard work."

Tock's Garden is located on Summit Rd. just off of Hwy 67. The stand is open seven days a week, weather

permitting. With good crop results McClintock plans to be open until October.





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30k MARATHON 8 am	1/2 MARATHON 8 am	10k RUN/WALK 10 am	5k RUN/WALK 10 am
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Saturday, Sept. 19th, 2015



Register online at
www.runningroom.com

Learn to run your first 5km!

Join the Steelcity Run Club every Thursday night for 6 weeks (August 13th – September 17th) from 6:30 to 7:30 pm
 Steelcity Physiotherapy 18 Main St. Selkirk
 204-781-2522 or lockportriverrun@shaw.ca



2015 Teulon International

Saturday, Aug. 15
starts at 3:00 pm

Sunday, Aug. 16
starts at 2:00pm

2 Days of Action-Packed Power!

Lions Club Barbeque

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Stonewall QUARRY DAYS

August 14, 15, 16






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Stonewall Quarry Days turns Main Street into a midway for three days of music, competition and celebrations. Thousands come from all over to participate in the weekends' events. Be sure to take in the street vendors and check out the local businesses sidewalk sales.

Join us at the festival to enjoy family, friends and fun!!

Thanks to all of our festival sponsors listed within these pages, as without their support, our festival would not be the success that it is!

Enjoy a fun-filled
weekend at
the annual
Stonewall Quarry
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Congratulations
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Schedule of Events

Friday August 14th

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FRIDAY NIGHT FIREWORKS
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CO-OP Red River

The
Stonewall Argus
& Teulon Times

Manitoba Culture, Heritage
Tourism and Sport



RM OF ROCKWOOD

GOLD LEVEL - \$750

LAFARGE
NORTH AMERICA

- 9am-6pm Used Book Sale-behind the South Interlake Regional Library
- 11am-7pm Stonewall Curling Club Hole in One Competition - VMSC/Soccer Pitches
- 5pm WonderShows Midway Opens
- 6pm Beer Gardens & BBQ opens
- Stonewall Legion \$10 Admission 18 yrs & older
- 5pm-9pm Rocklands Antique Tractors/Corn Roast-Main Street
- 6:30pm Meat Draw - Stonewall Legion (Inside) (#418)
- 8pm Echo Valley Boys - Stonewall Legion (inside)
- 8pm Free Entertainment Stage See info to right
- 10pm (apprx) **FIREWORKS** - south end of Main St.
Exclusively sponsored by
Standard Limestone Quarries
- 10:30pm Past the Perimeter - at Beer Gardens
(Must be 18 yrs old \$10/person)

COMMAND CENTRE

Info Booth • First Aid • Vendor Assistance

OPEN Friday 4pm-10pm, Sat 11am-9pm Sun 11am-4pm

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FREE ENTERTAINMENT STAGE
at VMSC, south end of Main St.

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The Violet Lillies

Friday at 8 PM

Jake Mathews

Friday at 8:45 PM

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



Past The Perimeter

Beer Gardens at the Legion

Friday at 10:30 PM

Join us
Saturday, August 15
from 11 am to 2:30 pm for our

Open House

& Fundraiser
in support of Halls Haven
Border Collie Rescue.

Meet your
Veterinary Team
and take a tour of
our facility.

BBQ,

Silent Auction,
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Special Guest
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journey.



Stonewall
Veterinary Clinic

4 Dolomite Ave, Stonewall
204-467-2481

Schedule of Events Saturday August 15th

SPONSORS

Slo-Pitch Tournament at Quarry Park Ball Diamonds

8am-noon Pancake Breakfast

- Stonewall Legion Auditorium

10am-4pm Used Book Sale-behind the South Interlake Regional Library

11am **Parade** - Starts at VMSC, down 3rd Ave S to 5th St. West to 1st Ave North



11am Petting Zoo-Memorial Park sponsored by Stonewall Family Foods

11am-2:30pm Hulls Haven Border Collie Rescue BBQ Fundraiser - at Stonewall Vet Clinic

Noon-8pm Stonewall Curling Club Hole in One Competition - VMSC/Soccer Pitches

Noon WonderShows Midway Opens

Noon Beer Gardens & BBQ opens - Stonewall Legion

Noon-9pm Rocklands Antique Tractors/Corn Roast - Main St.

Noon-3pm Free Quarry Tours - register at booth on Main St. by The Bargain Shop. Look for the CAT loader.

12:30pm-5pm Free Entertainment Stage See schedule in the box to the right

8pm-1am Chris Hofer - Music Man - Stonewall Legion Beer Gardens (Must be 18 yrs old \$10/person)

FREE ENTERTAINMENT STAGE

(on Main Street by the Legion)

12:30 Erika Riley: Zumba! Demo, Plus Jordan Riley on piano

12:55 Jarrett Lobley Project.ca

1:45 Lori Benn Trio

2:15 Stay Tuned - Band

3:05 Carolina Nagy - Fiddler

3:40 Combo Latino - Winnipeg's premier salsa band

4:30 Coffee-House local talents: Ellen Marshall, Hailie Andries, Erin Stewart, and Charlie Carrier

5:00 Joe Bailey & Band

SATURDAY AND SUNDAY
Visit the Petting Zoo at Memorial Park



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Schedule of Events

Sunday August 16th

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Slo-Pitch Tournament at Quarry Park Ball Diamonds

8am-noon Pancake Breakfast
- Stonewall Legion Auditorium

10am-4pm Used Book Sale - behind the
South Interlake Regional Library

9am-3pm Show 'n Shine Car Show at VMSC

Noon-4pm Stonewall Curling Club Hole in One
Competition - VMSC/Soccer Pitches

Noon-4pm Petting Zoo - Memorial Park
sponsored by Stonewall Family Foods

Noon-6pm WonderShows Midway Opens

Noon-4:15pm Free Entertainment Stage
See schedule in the box to the right

Noon Beer Gardens & BBQ opens
- Stonewall Legion

Noon-3pm Free Quarry Tours - register at booth
on Main St. by The Bargain Shop.
Look for the CAT loader.

Noon-4pm Rocklands Antique
Tractors/Corn Roast
- Main Street

5:30pm Stonewall Curling
Club Hole in One
Semi Finals and
Finals - VMSC

FREE ENTERTAINMENT STAGE (on Main Street by the Legion)

12:05 Sean & Patty Fisher - gospel music
12:30 Carolina Nagy - fiddler
1:00 One3Nine - retro 1950/60's
1:50 Rolly Gillies - the singing cowboy
2:25 Alex Lamoureux & Jeremy Rusu - fiddlers
3:30 COFFEE-HOUSE local talents:
Camryn Dewar, Donnie McIntyre,
Sydney Lockhart
4:15 PAST THE PERIMETER



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STONEWALL LEGION
QUARRY DAYS EVENTS - 2015
AUGUST 14TH, 15TH, 16TH

FRI AUG 14TH

6:00 BEER GARDENS OPEN & BBQ
\$10 CHARGE AT GATE, 18+ BRING ID
6:30 MEAT DRAW - CLUBROOM (418)
8:00 ENT. - CLUBROOM ECHO VALLEY BOYS

SAT AUG 15TH

8:00 - NOON PANCAKE BREAKFAST - HALL
NOON - BEER GARDENS OPEN & BBQ
7:00 BEER GARDENS \$10, 18+ BRING ID
8:00 CHRIS HOFER - MUSIC MAN
IN BEER GARDENS

SUN AUG 16TH

8:00 - NOON PANCAKE BREAKFAST - HALL
NOON - BEER GARDENS OPEN & BBQ

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AUGUST
13-16, 2015

Aug 13, 12-8pm
Aug 14, 12-7pm
Aug 15, 12-8pm
Aug 16, 12-4pm

CONDITIONS:

• Players may only redeem
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When: Saturday & Sunday,
August 15 & 16
Noon-3 p.m.

Where: Register at our booth on
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(Main St & 2nd Ave, South)

See

Front End Loaders
Rock Trucks
Excavators
Rock Crushers

Learn

Learn the process of stripping the overburden, drilling, blasting & crushing. Find out how the quarries are being rehabilitated.

Watch

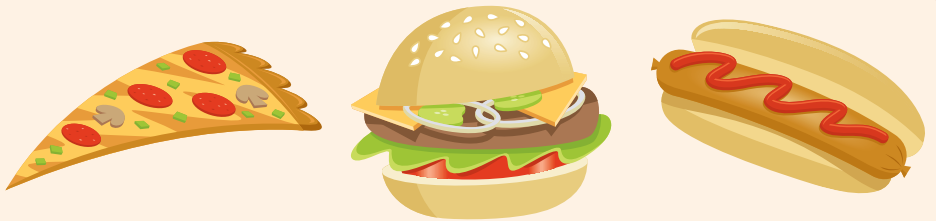
Blasting footage video by Austin Powder

Don't forget...come by our booth & register for your Free Tour!

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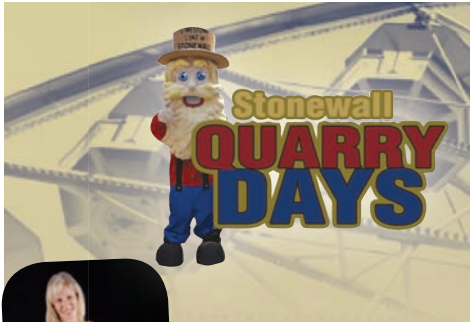
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Saturday 8 a.m. – 11 a.m. Breakfast
11 a.m. – 7 p.m.

Sunday 8 a.m. – 1 p.m. Breakfast

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31st ANNUAL STONEWALL QUARRY DAYS FREE ENTERTAINMENT STAGE MAIN STREET BY THE LEGION



SATURDAY 12:30PM

ERIKA RILEY's ZUMBA! – Erika brings her dancing fun to Quarry Days. You can participate or you can tap your toes; we guarantee that you'll want to be moving to her lively music!

& JORDAN RILEY – Erika's son grew up in a house of music. He's already teaching piano, and he's now getting ready for university. We're pleased to let Jordan showcase his talent on the keyboard.

SATURDAY 12:55PM

JARRETT LOBLEY PROJECT – Lyrically and vocally reminiscent of Tom Waits or The Doors, Jarrett Lobley is a hot new musician but he is also a world traveller, a volunteer, and a medical doctor. The doctor's prescription is Listen Up! These latest remedies and audio concoctions are sure to soothe your ears, ease your minds, and lively-up a few hearts!



SATURDAY 1:45PM

The Lori Benn Trio includes Lori Benn from Teulon and sisters Ginette and Christine Boulianne from Winnipeg. Lori and Ginette started singing together more than 10 years ago, they became a trio 2 years ago. Awesome harmonies....



SATURDAY 2:15PM

"STAY TUNED" – Lori Grandmont and Kari Kinley have long been fan favourites in Stonewall, and this band is their latest version of an ever-changing supporting cast! We're pleased to welcome them back to Quarry Days.



SATURDAY 3:05PM & SUNDAY 12:30PM

CAROLINA NAGY is new to Stonewall but are we ever happy that she moved here! Carolina is a professional musician with 15 years of teaching her own unique style to violin students of all ages and abilities, and she can also provide musical services for your own events! VivaLaMusica.ca/



SATURDAYS FEATURE BAND 3:40PM

COMBO LATINO – Winnipeg's Hottest New Salsa Band – performing traditional and modern Latin styles: salsa, merengue, reggaeton and timba. You'll love their fresh attitude and their phenomenal musicians, with a touch of pepper and lots of excitement! To accommodate our small stage, they'll send 6 of their musicians to represent the band.

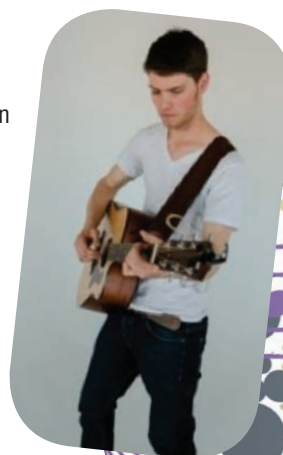


SATURDAY 4:30PM

Coffee-House Talents – come listen to our amazing local talents including Ellen Marshall, Hailie Andries, Erin Stewart and Charlie Carrier

SATURDAY 4:55PM

JOE BAILEY AND BAND – Joe is a 22 year old singer/songwriter from right here in Stonewall; he is currently working on recording his first EP. His music features some acoustic blues riffs as well as powerful vocals. Some of his influences and musical tastes range from Ed Sheeran to Tom Petty and just about everything in between. Check him out!



SUNDAY 12:00PM

Sean & Patty Fisher will come down from Teulon for the Sunday program. Sean has a superb voice, and they will entertain with traditional and contemporary gospel.



SUNDAY 1:00PM

"One3Nine" is back again! They were here in 2014, promoted as "Steve Hintz's new classic rock band". We asked if they could put together a program of Retro 1950-60's rock-and-roll! – They took the challenge and here they are!



SUNDAY 1:50PM

Rolly Gillies, the singing cowboy is billed as "the singing cowboy" from Grosse Isle!



SUNDAY 2:25PM

ALEX LAMOUREUX with JEREMY RUSU – are two musicians who are well-known in Manitoba's fiddling scene. They present Metis fiddling with a distinctly East Coast influence! Jeremy is a regular accompanist and we've asked him to bring his keyboard as well as his guitar & clarinet.



SUNDAY 3:30PM

Coffee-House Talents – join us and listen to these talented local kids – Camryn Dewar, Donnie McIntyre and Sydney Lockhart

SUNDAY 4:15PM

PAST THE PERIMETER – Stonewall's favourite band is really making it big in bars and events across the province, and they're the best thing that ever happened to the Friday nite beer garden at Quarry Days! BUT they have so many local fans who don't go to bars or beer gardens, so they agreed to do a feature set on the Sunday afternoon stage. Come on out and hear "the boys" when they're relaxing at home!



Perfecting their art

Teulon's competitive dance camp sparks competitive improvement and program growth

By Stefanie Lasuik

They learned new steps, practised high-level tricks, and, when times got tough, they got tougher. The 12 girls a part of the Green Acres Art Centre competitive conditioning dance camp pushed themselves to new levels under camp instructor and Winnipeg Royal Dance Conservatory director Jill Demianiw last week.

"I'm hoping that they got a really big challenge. The dances were hard," Demianiw said of the camp, which ran from 11 a.m. to 4 p.m. each day. The



girls, aged seven to 13, worked on their flexibility, strength, core, and technique and still had time to bond and be outside.

Afternoons outside allowed the troop to practise tricks in a safe



TRIBUNE PHOTOS BY STEFANIE LASUIK

Pictured from top, clockwise, left to right: Julia McMahon, Aslan Nichols, Gloria Kim, Paige Powroznik, Sophie Halabicki, Christine Kim strike their pose to cap off a week of challenge and fun; twelve girls in GAAC's Competitive Dance Camp performed a contemporary piece for those in attendance on Friday; and Ashley Bond shows off her flexibility on the final day of dance camp on the outdoor stage.

environment with no shortage of fresh air. And trips down to the creek

sparked that fun-in-nature feeling Demianiw's young volunteers from Winnipeg marvelled at.

Each day of the camp brought a new type of dance. Lyrical, jazz, hip-hop, and contemporary were all styles learnt then later performed at the week-end showcase on Friday.

Before the camp's commencement, the Green Acres Art Centre's competitive team consisted of six dancers, enough to enter the small group category in competitions. Once regular dance classes start up again in the fall, the competitive team may have enough to enter large group and production categories. The Centre is also implementing a new class called 'pre-competitive' for dancers interested in performing competitively but who may not yet have the experience to do so. This private class will provide them with one-on-one instruction that will enable them to reach the next level.

Until GAAC dance classes begin again, the 12 camp participants will be working on the moves and tricks they learned during the camp.

Demianiw explained that because the dancers now have the instruction and know-how for more advanced dances, they can practice until perfect during the month of August.

LAKESIDE PROGRESSIVE CONSERVATIVE ASSOCIATION

NOTICE OF ANNUAL GENERAL MEETING

Date: Thursday, August 27, 2015

Time: 6:30 PM Registration | 7:00 PM AGM begins

Place: Parochial Hall, 435 1st Ave. N, Stonewall, MB

MEMBERS AND INVITED GUESTS ONLY

For further information contact:

Suzanne Jones, President @ 204-322-5604 or gjones1@mts.net

Ardith Sigurdson, Regional Director @ 204-642-5625 or sigfarm@mymts.net

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First female firefighter for Rosser Fire Department

By Natasha Tersigni

With the goal of serving her community and gaining valuable experience to help with her career down the road, Rosser resident Kelsey McLeod joined the Rosser Fire Department last month. When the nineteen year-old made the decision to apply she did not know her acceptance onto the force would make her the first woman firefighter in the department.

"I am pretty proud to be the first," said McLeod.

"I wanted some experience with emergency services and thought this would be a good opportunity."

Next March McLeod will be attending the Manitoba Emergency Services College where she hopes to be certified as a paramedic. For now she is attending regular training sessions with the Rosser Fire Department as she awaits further fire rescue training.

Rosser Fire Department Chief Mike Palmer said in the 29 years of the department's existence there has not been a woman firefighter, not because they were not accepting women applicants, just that none had applied.



TRIBUNE PHOTO BY NATASHA TERSIGNI

Rosser's Kelsey McLeod joined the Rosser Fire Department making her the first woman firefighter in the department last month.

Fastest-growing senior sport one for all ages

By Stefanie Lasuik

It's the one nation-sweeping sensation that has stuck. A favourite pastime of Canada's southern neighbours brought back north by snowbirds, pickleball has gained enough momentum in Canada to warrant high school instruction on the game. That means it resides beside trademark sports as baseball, basketball, and badminton.

Why has such a ridiculously-named sport become so popular? The South Interlake's 55 Plus gave some insight as to why.

The organization runs an open pickleball night every Thursday at Stonewall's Sunova Curling Rink in the summer and École Stonewall Centennial School in the winter. The weekly event is 'open' because anyone of any age can play the sport commonly described as 'modified tennis.'

'Modified tennis' might offend the aces of the sport, who can play the game at such a level one might wonder when the game will be Olympic-certified.

Thursday night pickleball in Stonewall is not played at such a level, but that's simply another attraction to the sport. It can be played at any level at any speed.

Pickleball was designed to be easy to learn and play for those five years old or those who are 85 and all in be-

tween.

Basically, the game requires a wiffle ball, two pickleball racquets (smaller tennis racquets), and a short net. Opponents face off in one or two-person teams in badminton-sized courts and must hit the ball off the first bounce or before a bounce. A seven-foot no volley zone on either side of the net prevents unfair advantage and spiking, creating a game that can reach high speeds and require athletic fitness. Points are scored only on serve until one side reaches 11 and wins the match.

The 12 to 16 recreational players who assemble at the curling club Thursday night enjoy pickleball for its multifaceted benefits.

"It helps you with your mental and your physical and your social. You can't get better than that," said pickleballer Holly Peterson of Stony Mountain.

Pickleball in Stonewall is now in its second year and is open to anyone who would like to try the sport, or join in the camaraderie and activity the sport offers. Pickleball runs from 7-9 p.m. every Thursday and costs \$5 for non-members of the 55 Plus Centre and \$3 for members. The fee helps offset the cost of renting the facilities. Racquets are provided for those who do not have their own.



TRIBUNE PHOTO BY STEFANIE LASUIK

Holly Peterson never played a racquet sport before pickleball, but now smashes her way around the court.

Rosser firefighters exercise essential skills

By Natasha Tersigni

With smoke often being more deadly in a building than the actual fire itself, the Rosser Fire Department held a training evening on July 28 to give both rookie and veteran members a chance to practice and test their skills on how to operate in a house fire where the main hazard to contend with was smoke.

An old farmhouse outside of Rosser set the stage for the training session.

During the evening the firefighters in teams of two entered the house under the scenario that they had been called to a house fire with an unknown number of occupants inside. Just like a real life call the firefighters responding had no idea of the source of the fire, the layout of the house or how many occupants were inside.

For each scenario a different team had the task of entering the house, finding the source of the small fire and extinguishing it, searching the house and rescuing any occupants; all while operating in the smoke. As the evening went on teams experienced new challenges such as radios not working, second floor rescues, and even having to search for a missing team in the house.

Overseeing the event and evaluating the teams on how they operate inside and outside of the house was Rosser Fire Chief Mike Palmer, Deputy Chief Rob Manchulenko and Captain Dusty Moore.

Palmer explained that regular Tuesday evening sessions are a critical part



Rosser Fire Department Captain Dusty Moore was in charge of setting up the practice sites including setting a kitchen fire.

of the members training and keeps them sharp and ready for when they are called to a real life incident.

"The more you train the better your get," said Palmer

"When you get a real life scenario then it will be easier to handle. The



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Many fire fighting essential skills, including how to properly carry a victim were practiced during the training evening held on July 28.

members will go in with confidence, understand what they need to do and how to handle situations."

Palmer added that the department is currently recruiting new members. While living in the RM of Rosser is an asset it is not a requirement and the

department is made up of members who live in the RM of Rosser, RM of Rockwood and even in Winnipeg. For more information on the requirements contact Fire Chief Mike Palmer at 204-467-9406.

Prairie Dog Central still chugging down the track

Railway welcomes back fan-favourite event

By Stefanie Lasuik

The oldest, regularly scheduled steam locomotive in North America has been back at it this summer, hosting various themed events for passengers aboard. The non-profit organization that is the Prairie Dog Central (PDC) Railway has treated guests to suspense-filled great train robbery activities and mystical Patrick the Magician performances.

On Aug. 15, the fan-favourite Sunset and Dessert train ride will return, departing at 6:30 p.m. from Inkster Junction station and rolling back in at 9:30 p.m. In the meantime, passengers will enjoy a trio of locally-made desserts while they watch the sun set over the prairie fields.

"There is a certain beauty in seeing

the steam locomotive with the Manitoba sunset as a backdrop," said Catherine Duffin, marketing manager of the PDC.

The trip is also marked by history, as passengers ride in coaches that are over a hundred years old.

The Prairie Dog Central is also looking forward to family fun day on August 9, when experts will give guided tours of the over 300 plant species on the Prime Meridian Trail and another visit of Patrick the Magician, a show open to the public in Grosse Isle.

Tickets for the Sunset and Dessert ride are \$34.95 for adults and 27.95 for children with four-pack pricing available. More information can be found on the website at pdcrailway.com or by calling 204-832-5259.



TRIBUNE PHOTO BY ANDREW NELSON

The Prairie Dog steam locomotive will be hosting the Sunset and Dessert train ride Aug. 15.

worship with us

> FAITH

"You give it to those who most don't deserve it."

Here's a riddle for you. Try and guess what this is: "You give it to those who most don't deserve it." Need another clue? Try this: "Withheld, it's like drinking poison, and waiting for the other person to die." Still don't know?

I'm talking about "forgiveness."

It's been my experience, in this world of self-entitlement, that many people just feel that they 'deserve' good things. And yet, ironically, people still seem – to me anyway – to be very critical and unforgiving of others. In fact, I've found that people often find it very difficult to give forgiveness. Oh, I've heard plenty of people who have said things like, "I've forgiven them" but it becomes readily apparent that they haven't forgiven anyone; the offence is still as strong and real as ever.

Once, years ago, I had just finished a church service and someone approached me with a complaint. The complaint, which I felt was totally unfair, came from a feminist who informed me that I had said something offensive. Now, I have never been accused of chauvinism, but still I listened and apologized (though I and others didn't agree with her) and thought that was the end of it. However, recently my wife and I were discussing this person's sister, and it all came back. I had a sense of scorn and derision for that person which

indicated to me that I still held on to offence. Of course, I forgave them right then and there.

There are health costs to bitterness and un-forgiveness. The resultant internal stress truly is like a poison to our bodies. There are also mental costs as our mind continually re-works the offence, much like an engine running without oil. However, most importantly perhaps, there's a fearsome spiritual cost: "But if you do not forgive others their sins, your Father will not forgive your sins." (Matthew 6:15, NIV)

I can promise you this – that person who

offended you is most likely not even thinking about it. And that leaves you drinking the poison cup of unforgiveness, waiting for them to die. Big or little, old or new, it all affects us, so forgive as Christ forgave.

Jeff Andrews
www.alivefamilychurch.ca



Harper triggers longest election in recent history

Staff

Prime Minister Stephen Harper kicked off the longest election campaign in recent Canadian history over the weekend.

Harper held a press conference at Rideau Hall in Ottawa on Sunday after visiting Governor General David Johnston to dissolve parliament for a general election to be held Monday, Oct. 19.

As previously reported in the *Winnipeg Free Press*, Harper argues by calling the election early all the campaigning will be done within the bounds of election law.

"It's important these campaigns be funded by the parties themselves and not the taxpayer," he said.







NDP leader Tom Mulcair said this election is time for change and Liberal Leader Justin Trudeau said he plans to make change happen for Canadians, specifically the middle class.

The three party leaders are set to face off today during the first leaders' debate.

More information about the Selkirk-Interlake-Eastman region candidates will appear in the *Tribune* in coming weeks.

SERVICE CLUBS - Serving our Communities

Tribune

<p>Royal Canadian Legion Branch No. 52</p> <p>\$33-\$38 member/year depending when dues are paid The Royal Canadian Legion is dedicated to the service of veterans and their dependents, as well as to raise funds for the community. The Legion is open to all Canadian Citizens. Meetings are held on the 2nd Tuesday of the month at Stonewall Legion Club Room.</p>	<p>South Interlake Ag Society</p> <p>Janice Rutherford 467-5612 Hwy #236 and Rockwood Road \$10/member/year</p> <p>It encompasses the needs of the three municipalities that it serves – Rockwood, Rosser and Woodlands. Monthly meetings are held the 3rd Tuesday of each month at 7:30 at the Ag grounds.</p>	<p>Teulon Women's Institute Phone 886-2216</p> <p>Fee: Nominal membership may apply</p> <p>Motto: "Home and Country"</p> <p>The TWI has approximately 14 members that work hard to raise money throughout the year to donate to local and regional charities and community projects. Meet 3rd Tuesday of the month 7:30pm Farview Place Teulon. New members always welcome.</p>	<p></p> <p>1 Snow Goose Bay on Hwy 220 Stonewall, Manitoba 1-888-50MARSH (62774) ohmic@ducks.ca oakhammockmarsh.ca</p> <p>The Oak Hammock Marsh Interpretive Centre is a non-profit organization. Its mission is to foster public awareness and knowledge of the inherent values of wetlands and associated ecosystems, and to encourage public support for their conservation through innovative education and outreach programs.</p>	<p>Quarry Toastmasters</p> <p>Brenda 467-5088</p> <p>Quarry Toastmasters meet every Tuesday 7:15 – 8:45pm at the Stonewall Collegiate in the Library.</p> <p>We work to build up your confidence in public speaking – individually or in a group. We help you plan what to say and to have fun doing it.</p>	<p>Kin Clubs of Stonewall Motto "Serving the Communities"</p> <p>Kin Canada is a dynamic volunteer organization enriching our communities through service while embracing national pride, positive values, personal development and lasting friendships.</p> <p>Kinsmen President Chris Luellman 467-8770</p> <p>Kinette President Joanne Hubbard 204-467-9360</p>
<p>Teulon & District Agricultural Society</p> <p>Ralph Trombo, President 886-2098</p> <p>The Teulon & District Ag Society meet on the fourth Thursday of each month from February to November at the Agricultural Building at 7:30pm. The Ag Society sponsors the Teulon & District Ag Fair and the Annual Teulon Pumpkinfest.</p>	<p>Interlake Community Foundation, Inc. 204-467-5634 www.interlakefoundation.ca</p> <p>The Interlake Community Foundation provides the citizens of Rockwood, Rosser, Stonewall, Teulon and Woodlands with the opportunity to invest in the future of their community and region forever. The Foundation pools donations in a capital fund that remains in perpetuity. The income generated from the capital is distributed as grants to registered charities in the region. Grant applications are due by February 28th of each year.</p>	<p>Inwood Over 50 Club Marion 278-3265 Eleanor 278-3247</p> <p>The Inwood Over 50 Club meets the first Thursday of each month from September to June and is open to anyone over 50 years. Everyone is welcome for an afternoon of fun and fellowship at the Inwood Hall. Dancing, entertainment, silent auction, lunch and door prizes. Volunteers always welcome.</p>	<p></p> <p>Stonewall Ladies Auxiliary</p> <p>Committed to the wellbeing of our community and raising funds for the ongoing mutual support provided by the Stonewall Legion Branch #52. Meetings are held on the second Thursday of the month. New memberships are welcome. Yearly membership fee 10.00. Volunteers often required for events at the Legion hall.</p>	<p>South Interlake Seniors Resource Council Inc. Darcy or Corinna @ 467-2719 sisrc@shaw.ca</p> <p>SISRC is a non-profit organization that offers services for seniors and those with disabilities. These services include; Transportation; Mobility Aid Lending Service; Caregiver Support Group; Health Education Presentations; Resource Information/Form Completion; Telephone Buddy/Friendly Visiting; Handy Helper/Housecleaning. We also distribute the ERIK (emergency response information kit) and we are Lifeline Representatives.</p>	<p>The Liliane Baron South Interlake Breast Cancer Support Group Claudette 886-2393 Joyce 467-2473</p> <p>The group is a non profit grass roots organization founded by women in the South Interlake Area diagnosed with breast cancer. Our mandate is to assist others who may find themselves with a similar diagnosis and to provide a variety of support, assistance and friendship where needed within the confines of privacy, respect and caring.</p> <p>The group meets for positive encouragement and support on the third Tuesday of each month at 7PM at the office of LJ Baron Realty, Main Street in Teulon. Anyone seeking information or services is always welcome.</p>
<p></p> <p>Knights of Columbus Stonewall</p> <p>Dave Couprie 467-9548 \$40/member/year</p> <p>The Knights of Columbus raise funds for charities within the community. The Knights are open to all Catholic men, 18 yrs or older. Meetings are held 1st Monday of the month September through June at the Christ the King Church in Stonewall.</p>	<p>South Interlake 55+ Inc</p> <p>Cheryl Cathers 467-2582 www.si55plus.org \$15/member/year</p> <p>This non-profit organization provides education and activities for persons age 55 plus. Many activities and events are held on a regular basis. Newsletters are published monthly and available to pick up at the 55+ Centre in Stonewall.</p>	<p></p> <p>Stonewall & District Lions</p> <p>Mel Harrison 622 Centre Avenue, Stonewall 467-8740 Motto: "We Serve"</p> <p>Membership is open to anyone over eighteen with an interest in providing assistance to those people or projects in our community in greater need than ourselves. Meetings every 2nd and 4th Wednesday of the month at 7:30pm September thru June.</p>	<p></p> <p>Independent Order of Odd Fellows Stonewall Lodge #49 Larry O'Dell 467-8882 Ross Thompson 467-2438 www.ioofmb.ca</p> <p>Yearly nominal membership fee</p> <p>The Odd Fellows Lodge is a fraternal organization based on the fatherhood of God and the brotherhood of man. We do charitable work through various projects in the local community, the province and internationally. We seek to elevate the character of man and thereby make the world a better place to live. Meetings every 1st and 3rd Monday of the month at 8:00pm at the Odd Fellows Hall.</p>	<p>Stonewall & District Health Centre Ladies Auxiliary</p> <p>Marg Bond 467-8732</p> <p>The auxiliary's goal is to raise funds for the purpose of enhancing the care and comforts of patients, residents and clients served by the Health Centre.</p> <p>Meetings are held the first Monday of each month at Rosewood Lodge.</p> <p>New members welcome.</p>	<p>Please call 204-467-5836 if you would like your service club included in this section.</p>
<p>Warren Horizons District Lions Club President: Sharon Neely</p> <p>Meetings are held the first and third Wednesday of each month at the Warren Fire Hall Sept. thru June.</p>		<p></p> <p>Warren & District Lions</p> <p>President Murray Scott 204-322-5201 mursansc@mymts.net "We Serve"</p> <p>Membership is open to anyone over 18 interested in giving something back to their community through direct action, meeting humanitarian needs, encouraging peace, and promoting international understanding.</p> <p>Meetings are held the 1st and 3rd Wednesday of the month at 7:00pm at the Warren Fire Hall from Sept-June.</p>			
<p>Stony Mountain Stonewall Masonic Lodge #12</p> <p>Call 204-467-2788 for Information</p> <p>Stony Mountain Stonewall Masonic Lodge #12 is the oldest organization in Stonewall (1880) and part of the oldest and largest fraternity in the world. Although a belief in one God is necessary to join, Freemasonry is non-secular and prohibits discussion of religion and politics in it's Lodges. Freemasonry focuses on the reinforcement of morality into the daily lives of our members and of charity, a giving back to our communities through our Lodges and by our charitable activities as well as in our personal lives, which we believe makes GOOD MEN BETTER.</p> <p>Monthly Meetings 2 B 1 ASK 1</p>					

Concussion case reveals need for education

Ashlee Hirschfield, 15, is back on the ice after nearly a year since first receiving a concussion

By Stefanie Lasuik

There's one thing a healthy, high-calibre hockey player does not want to have in common with her NHL hero. Sharing high-level skills and an unmistakable hockey passion is wonderful, but receiving similar concussion therapy is not a position Stony Mountain's Ashlee Hirschfield would have wished to be in.

However, after sliding headfirst into the boards during a game with the AAA Interlake Ice in October of 2014, undergoing Sydney Crosby-style treatment was the best place for her to be.

Unfortunately, the family was at first unaware of this treatment's availability. Multiple trips to the Children's Hospital proved unhelpful and Hirschfield's condition worsened before it got better.

After a month of headaches, missed school, and frustration, Hirschfield's mother, Sherry Hodge realized that, counter to the prognosis that Hirschfield would be back to playing hockey, her daughter's concussion was escalating.

"She started to get worse," Hodge said. She explained that she experienced hardship in watching her child not only suffer from the physical consequences of the injury, but the emotional ones as well. Due to her concussion, Hirschfield lost the ability to

control her emotions and Hodge felt her daughter slipping away from her.

Seven weeks and visits to various clinics passed before Hodge learned of Dr. Jason Whittaker, a man who Hodge would go on to call her 'saving grace.'

Dr. Whittaker's training at the Carrick Institute enabled him to recognize Hirschfield's concussion as a dissociation between her visual and vestibular systems, two of the three systems primarily responsible for locating the body in relation to space. When any of the three systems becomes confused, Whittaker explained, post concussion syndrome, with the dizziness and headaches that may accompany it, results.

Dr. Whittaker put Hirschfield through gaze stabilization and somatosensory stimulation activities to re-synchronize her vestibular and visual systems, which have since lessened Hirschfield's headaches and allowed her to partake in skating activities.

Hirschfield has now been cleared to play, which she will when she joins the Balmoral Hall Blazers this upcoming season.

Not all is well that ends well, however.

"She lost a whole year of hockey and school over this," Sherry explained.

Hirschfield noted that it was a year

of frustration and emotional hardship.

"I didn't think I was getting better, because it just felt like it was the same all the time," said Hirschfield.

Hirschfield's long journey may have been shorter if several precautionary measures had been taken.

Baseline testing allows doctors to recognize how an athlete's abilities have been altered by a concussion and to know what rehabilitation will enable them to recuperate those abilities.

An introductory course for coaches, parents, and athletes alike would better prepare all those involved with a concussed athlete to recognize and handle concussions properly. Hodge noted that the Respect in Sport course that all hockey parents pass before the season may be well-accompanied by concussion information.

Whittaker explained that being informed on head injuries is one of the best traits those involved in sport can have. He further noted that no two concussions are alike, which means a multi-faceted doctoral approach is necessary.

Diverse symptomology and the physical evasiveness of concussions leave many unable to understand a concussion's effect on a teammate or player.

"Because it's not a physical injury, not everybody believes what is go-



SUBMITTED PHOTO

Dr. Jason Whittaker (left) has enabled Ashlee Hirschfield (right) to get back on skates, while acting as a great source of comfort and wisdom for her and her family.

ing on. And that's the hardest part," Hodge explained.

As Hirschfield readies to join the Blazers, she is excited to step back into her beloved pastime. Her story, however, speaks to a need for concussion education in the minor hockey system.

Farmer Fred tournament continues strong

By Stefanie Lasuik

The 26th Annual Farmer Fred Slain Police Officer Fund Memorial golf tournament saw 160 golfers turn up the heat on July 10 at South Interlake Golf and Country Club.

The money raised aids in travel expenses for RCMP and accredited police officers attending memorial services of fellow officers lost in the line of duty.

This year's tournament brought in \$5,000 for the fund, an amount organizer Fred Ross thanked sponsors and golfers for. Ross served as an RCMP officer for 31 years before his retirement, and recognized the need for a fund that would enable officers to pay their respects to fellow officers.

Next year's tournament is scheduled for July 15.



TRIBUNE PHOTO BY STEFANIE LASUIK

Pictured left to right, Steve Witiuk, Fred Ross, Rick Josephson, Dale Fuga, Blair McCorrister and Eric Luke enjoy a day on the course for a noble cause.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Thunder wins U18 girls' western fastpitch championships

By Brian Bowman

The Manitoba Thunder – led by Teulon's Jade Ledochowski – defeated the Kelowna Heat 6-2 in the championship game of the U18 Girls Western Canadian Softball Championships on Monday in Lloydminster, Alta.

The teams were tied at 2-2 after the second inning before the Thunder broke the game wide open by scoring four unanswered runs in the fourth.

"That was a great inning," said Ledochowski, who batted around .750 at the tournament. "We started off by getting a couple of little hits to get runners on and then we had a couple of bigger hits to score some runs."

"That got the adrenaline going and then, after that, our defence was solid."

Playing the Nanaimo Breakers (B.C.), Irma Tigers (Alta.), Moose Jaw Ice (Sask.) and the host team, Lloydminster Blues (Alta.), Manitoba went undefeated in the four-game round robin to advance to the playoff round.

In the playoffs, the Thunder defeated Central Energy (Manitoba) 10-1 and the Breakers 8-4. Manitoba's offence was outstanding all weekend at the westerns.

Monday's western fastpitch cham-

pionship was Ledochowski's second in the past three years. She last won a western title back in 2013.

"I think this one is a little more bittersweet considering this is my last year," she admitted. "It's a pretty incredible feeling to win with this group of girls that I did win with."

Just three players from this year's Thunder team will return next season. Everyone else will graduate.

Ledochowski said winning a championship in her final game with the Thunder was a real special experience.

"It feels great," she enthused. "The Thunder picked me up for westerns five years ago and they're a big part of why I'm still playing softball to this day. To win the last game with them was so

"THE THUNDER PICKED ME UP FOR WESTERNS FIVE YEARS AGO AND THEY'RE A BIG PART OF WHY I'M STILL PLAYING SOFTBALL TO THIS DAY."

special."

Ledochowski, a catcher, still has yet another fastpitch experience ahead of her this month as she prepares to head west once again for the Western Canada Summer Games with Team Manitoba.

The WCSG will take place in Wood Buffalo, Alta. from this Friday through to Aug. 16.

"I'm so excited (to go there)," she exclaimed. "The competition will be so good and it will be an experience that will really stick with me in life."



TRIBUNE PHOTO BY DIANA LEDOCHOWSKI

Teulon's Jade Ledochowski won the U18 Girls Western Canadian Softball Championships with the Manitoba Thunder for a second time in three years in Lloydminster, Alta. last weekend.

Lafleche to represent Manitoba in senior women's golf

By Brian Bowman

Barb Lafleche, who golfs out of the Teulon Golf & Country Club, finished fourth overall at the Women's Senior Golf Championship last Friday at the Niakwa Country Club in Winnipeg.

Lafleche, the first flight winner, finished with a 255 after carding rounds of 85, 86, and 84.

Lafleche had 21 pars and a birdie during the 54-hole event.

Tammy Gibson of the Maplewood Golf Club won the women's senior championship after finishing with a 240 total. She fired rounds of 76, 78 and 86 for a five-stroke victory over

Southwood's Rhonda Orr.

Gibson, Orr and Lafleche will now make up Manitoba's provincial team that will compete at the 2015 Canadian Women's Senior Championship at Sawmill Creek Golf Resort & Spa in Camlachie, Ont. from Aug. 26-28.

At the senior men's championship, Mike Lefley, who golfs out of South Interlake, was the fourth flight winner. Lefley placed 45th overall after carding rounds of 78, 94 and 90.

South Interlake's Alan Kinch finished in a three-way tie for 42nd after finishing at 261. Kinch had rounds of 86, 84 and 91.

Matlock's Garth Collings, who golfs out of Breezy Bend, cruised to a four-stroke victory at the championship. Collings finished four strokes ahead of Transcona's Mike Berney and Niakwa's Ken Warwick and seven in front of St. Boniface's Bill Zeweniuk.

Elmhurst's Tom Humniski rounded out the top five with a 17-over 233.

Collings finished the 54-hole event at 8-over par 224. He shot identical 74s in his first two rounds and then wrapped up action with a 76.

Collings was steady throughout the championship, finishing with seven birdies and just 10 bogeys, a double

bogey, and an ugly triple bogey during his second round on the par-5 10th hole.

Collings, Warwick and Berney will now make up the Manitoba team that will compete at the 2015 Canadian Men's Senior Championship at Desert Blume Golf Club in Medicine Hat from September 1-4.

Selkirk's Mark Starodub finished in a tie for 21st overall at the senior championship with Elmhurst's Imre Nyiri. Starodub carded rounds of 81, 87 and 77 for a 29-over 245.

Tataryn on target in Denmark at World Championship



TRIBUNE PHOTO SUBMITTED

Kevin Tataryn was outstanding representing Canada at the 2015 World Archery Championships in Copenhagen, Denmark over the weekend.

By Brian Bowman

Kevin Tataryn made sure that his lengthy flight to the 2015 World Archery Championships in Copenhagen, Denmark was a worthwhile one.

Competing for the first time ever in Denmark, Tataryn was simply outstanding representing Canada at the world event.

"The competition was really tough,

as it should be at a world championship," said Tataryn on Monday, just a day after returning home from Denmark.

The 30 year old Stonewall native led the Canadian compound team - along with Christopher Perkins and Dietmar Trillus of Ontario - with victories over Australia, South Africa, and reigning world champion Denmark to advance to the gold-medal match against Iran.

In a hard-fought match, the Canadian team forced a shootout, where the Iranian team eventually won and Canada received the silver.

"I felt that I could have shot better in the match," Tataryn admitted. "The pressure got to me a little bit because I did have a couple of bad shots. But, then again, I haven't been competing that much the last couple of years."

As an individual in Copenhagen, Tataryn placed sixth overall in the qualification round against 119 competitors during windy conditions. Then, in the single-knockout elimination round, he finished the tournament in fifth position - one match win away

from the medal round.

"Overall, I'm happy with (how I finished)," said Tataryn, a part-time archer who works as a technician with Stephenson Equipment of Winnipeg, part of the Birchwood Group of companies.

Tataryn will right back shooting this week as he competes at the Canadian target archery championships in Winnipeg from Friday through Sunday.

"I won't be shooting the field event," he explained. "(But I will be) at the target event, which starts Friday and runs Friday, Saturday and Sunday."

Tataryn has high expectations for himself at the nationals in his home province.

"I would hope to win it," he said confidently.

"There are a lot of the top archers that won't be there, such as Christopher Perkins and Dietmar Trillus, who were on the Canadian team that I was shooting with in Denmark.

"And there are some other top-ranked archers that might not also be shooting as well."

Orioles deserve a standing 'O' at PeeWee 'AAA' provincials

By Brian Bowman

If there ever was a team that deserved a standing ovation despite not winning a championship, the Interlake Orioles PeeWee "AAA" squad would be the first that comes to mind.

The Orioles had an outstanding effort - finishing with a 2-2 record - at the PeeWee "AAA" baseball provincials in St. James last weekend.

Interlake had its season end Saturday evening after a tough 3-1 loss to a very good North Winnipeg Pirates' squad.

"It was (a good game)," said Orioles' head coach Ryan Fines. "It was entertaining, for sure."

Pirates' starter Tyler Smith, the son of former Winnipeg Goldeyes' star pitcher Donnie Smith, pitched extremely well against a good hitting Interlake team.

In 6 1/3 innings, Smith struck out 12 and only allowed two hits and no earned runs. Smith was later picked up by the St. James A's to go to the westerns.

"They threw their best at us," Fines noted. "And we did the same to them."

Jake Unger got the start for Interlake against North Winnipeg and did a great job keeping the ball down and hitting his spots.

"Every time he goes out there, he really does a job for us," Fines complimented.

Davis Fenske pitched in relief of Unger, allowing just one run. Austin Adair scored the Orioles' lone run in the fourth inning.

Both Interlake and North Winnipeg had 2-1 records heading into the final pool game. With the win, the Pirates advanced to one of two semifinal games Sunday where they lost 9-6 to the eventual champion A's.



TRIBUNE PHOTO BY LANA MEIER

Orioles' pitcher Davis Fenske was brought in to relieve Jake Unger against the Pirates Saturday afternoon.

Earlier Saturday, the Orioles outscored South Central 9-6. South Central scored four runs early in the game but the Orioles took control of the game after that.

"I think they threw their three best pitchers at us,"

"I THINK THEY THREW THEIR THREE BEST PITCHERS AT US."

Fines recalled. "We had to grind it out and do lots of the little things correctly to get on base and move guys over. We didn't really hit the ball during the first half of the game. We played from behind but the boys kept plugging away."

Interlake started provincial action Friday morning with a solid 14-10 win over Midwest and then was edged 11-10 by Carillon later in the day. In the victory over Midwest, Interlake smacked four home runs.

"The Midwest win was good," Fines said. "And Carillon had lost their first game, so they threw their best at us but we stuck with them and stuck with them. We were down 11-4 and the boys came way back but just couldn't push that last run across, unfortunately. That (loss) was a real heartbreaker because it would have been really nice to be 2-0 after Friday."

Fines said he was really proud of the Orioles and how much they improved over the course of the season.

"The boys came a long way this year," Fines stressed. "It was the first year of the program after being shut down for a couple. They did really (well) and they made themselves proud. It shows how far they came because every team that played us threw their best pitchers at us."

"That showed us that people were aware of what these boys could do."

Blue Jays to battle St. Boniface

By Brian Bowman

Despite heading into the Winnipeg Senior Baseball League playoffs with four losses in its past five games, the Stonewall Blue Jays feel that they are in good shape for their A-side semi-final series with the St. Boniface Legionnaires.

"St. B has been a team that we can handle and we beat them all year, except for this last game (of the regular season)," said Blue Jays' player/coach Adam Kirk. "We're sitting pretty as far as we're concerned. We're in a spot where maybe we can get in the finals and maybe win the league."

Stonewall closed out its regular season with a 3-1 loss to St. Boniface last Thursday evening at Whittier Park in Winnipeg. St. Boniface scored all three of its runs in one inning.

The Blue Jays' game against the Elmwood Giants, which was scheduled for July 29, was cancelled. It will not be rescheduled.

On July 28, the Blue Jays snapped their mini-losing streak with a solid 3-0 shutout win over the Kildonan Mudcats at Koskie Field.

Josh Drews was brilliant on the mound for Stonewall, tossing a one-

hit shutout. He also helped his own cause by belting a long solo home run.

Kirk said the Blue Jays' losing streak was the result of a multitude of reasons.

"Guys are banged up after provincials," he offered. "We had a real busy month of July and (Rory) Tycoles is out with an injury and guys have stuff going on. It's a busy time, so finding a consistent lineup has kind of been tough."

"But we did enough to make the 'A' playoffs and that's where we want to be."

Kildonan finished the WSBL regular season in first place with an 18-4 record. That was three full games ahead of St. Boniface (14-6) and five in front of Stonewall (12-8). Kildonan and the St. James A's (9-13) were the only teams to play a full 22-game schedule.

The other four teams in the six-team league played just 20 games. The rained out games will not be made up before the playoffs begin next week.

Elmwood finished fourth with a 9-11 record and will play Kildonan in the other A-side semifinal series.

The WSBL playoff schedule had not been announced at press time.



TRIBUNE PHOTO BY LANA MEIER

The Blue Jays' Scott Harris will be one of Stonewall's pitchers on the mound heading into playoffs.

Thunder teams begin regular seasons Saturday

By Brian Bowman

With August now here, it brings both bad news and good news.

The bad news is that summer is soon coming to an end. The good news, however, is the fact that football season is here.

The Interlake Thunder players and coaches have been very busy getting ready for their respective seasons. The Interlake program will have teams in five different age groups - Midget, Bantam, PeeWee, Atom and Cruncher - suiting up this season.

"We're just getting going," said Thunder president Mitch Obach last Friday. "Everybody is in training camp and we have had a bit of exhibition ac-

tion."

The Thunder's enrollment numbers are up this year and Obach estimated there are 150 players signed up to play football this season. That's a pretty good number and the future looks real good for the Interlake's local football organization.

The Thunder's younger teams will see their first regular-season action on the road this Saturday. The Bantams will play at the North Winnipeg Nomads (10 a.m.) while the PeeWees visit the Fort Garry Lions (9 a.m.). The Thunder Atom team, meanwhile, will make the trip to Transcona to battle the Nationals for a 1:30 p.m. matchup.

Interlake's Midget squad will open

their season Aug. 15 at home against the Sunrise Coyotes at Stonewall Collegiate. Game time is 4:30 p.m.

At that game, the Thunder are planning an event in memory of Stonewall's Charlie Cooke. Cooke was an extremely popular football official, teacher and soccer coach before succumbing to cancer earlier this year.


Obach said he likes the talent that is on the various Interlake teams this season. He also is very pleased with the job being done by the volunteer coaches.

The Thunder have also done a great job with their website and getting their brand known in both the football community and throughout the


Interlake. The hope is to have the Thunder recognized along with the long-standing programs like the North Winnipeg Nomads and the St. Vital Mustangs.

"We were really happy last year with what we got out of the coaching staffs that we had," he said. "From Bantam down, we were looking at just a handful of players that had ever played the game. The Bantam team is a good example because they went .500 with that lineup."

"This year will really show the development because now we don't have just a minority of players with experience."



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August 11**
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Prairie Truss is accepting applications for a general worker. Full time position is available immediately. Send resume to larry@prairietruss.com

HELP WANTED

Seeking to hire Dairy Farm Worker - High Green Farms Ltd. is now seeking to hire two Dairy Farm Workers to work on our farm located at SW24-15-4W (Box 33) in Lake Francis, MB. The job duties include milking cows, cleaning barns, feeding and caring for calves and cows, operating and maintaining farm machinery and equipment. This is a permanent, full time position, 60 hours per week including weekend, day and evening as required. The salary will range from \$13 to \$16 hourly depending on experience. On farm staff accommodation is provided. To apply please contact us by phone at 204-383-5259 or by email at dolson@highspeedcrow.ca or by mail to High Green Farms Ltd., SW24-15-4W, Box 33, Lake Francis, MB., R0C 1T0.

Casual outdoor labour bundling firewood, flexible hours, cash paid, close to Stony Mountain. Perfect for students, retirees or ? Call Clint 204-453-7788 or clint@firewoodmanitoba.ca

HELP WANTED

Wanted: Class 1 Driver with experience in end dump, equipment and water hauling for construction company located in the RM of Rosser. Please call Darren at 204-223-4558.

Part-time house-keeping staff required days & evenings; part-time waiting staff for restaurant days & evenings; part-time dishwasher evenings & weekends. Call Sheri at Rockwood Motor Inn 204-467-2354.

Kletke Seed Farm Ltd has openings for self-motivated individuals for full time year round positions in our automated seed processing plant/grain farm near Teulon Mb. There are 2 shifts to be filled. The day shift is from 7 a.m. to 4 p.m. and the evening shift is from 3 p.m. to midnight. Duties are multi diversified including operating computerized bagging and seed treating equipment, seed cleaning mills, forklift, and grain farm equipment. Assets include Individuals that work well in a team atmosphere, take responsibility, show leadership. We offer a great work environment, competitive wages and benefit plan. Please e-mail resumes to Attn.Glenn@dd-kletke2@mymts.net or fax 204-886-3446.

HELP WANTED

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Wanted - part time help on dairy farm near Warren, MB. Experience not necessary. Mostly weekend work. Call 204-383-5296, ask for Brad or Stacey.

Tire technician/lube tech - busy automotive and tire repair shop requires a tire technician and oil change technician. Duties include mounting and balancing of tires, performing tire repairs as required on a variety of vehicles. From tractors, semi's and light duty vehicle. Must be capable of performing light mechanical duties. Please apply to Stonewall Tire and Automotive Repair 377 1st Street East Stonewall in person or email stonewalltire@mymts.net

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NOTICE OF HEARING

UNDER THE HIGHWAY TRAFFIC ACT THE HIGHWAY TRAFFIC BOARD

Notice is hereby given that a hearing of the Highway Traffic Board will be held on Tuesday, August 18, 2015 at 10:00 a.m. in Room 204-301 Weston Street, Winnipeg, Manitoba.

SPEED ZONES - PART IV - SECTIONS 97 & 98 H.T.A. 18000-S - R.M. OF ROCKWOOD

Consideration to be given to reduce the speed zone from 90 km/h to 70 km/h on a portion of Road 8E, beginning at P.T.H. No. 17 and continuing southerly for a distance of 800 metres, R.M. of Rockwood.

The Highway Traffic Board will be prepared to consider all submissions, written or oral, on the above applications by contacting the A/Secretary prior to or at the hearing.

200 - 301 Weston Street Winnipeg, MB R3E 3H4 Phone: (204) 945-8912

Michelle Slotin, A/Secretary THE HIGHWAY TRAFFIC BOARD

Manitoba

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Cranberry-Kissed Cinnamon Rolls

Ingredients

2 loaves (1 pound each) frozen white yeast bread dough, thawed, divided
2 tablespoons butter, softened, divided
1/4 cup granulated sugar
1 tablespoon ground cinnamon
2 cups (12-ounce package) Nestlé Toll House Premier White Morsels, divided
1 cup sweetened dried cranberries, coarsely chopped, divided
1 cup powdered sugar, sifted
3 tablespoons milk

Preparation

GREASE two 9-inch-round baking pans.
ROLL 1 bread loaf into 16 x 10-inch rectangle on lightly floured surface.
SPREAD 1 tablespoon softened butter over dough. Combine sugar and cinnamon in small bowl; sprinkle 2 tablespoons over dough leaving 1/2-inch border around sides. Sprinkle with 3/4 cup morsels and

1/2 cup cranberries, firmly pressing morsels and cranberries into dough.

ROLL up dough tightly, starting at short end; seal edges with water. Cut into 6 slices; place cut side up in prepared baking pan. Repeat with remaining bread loaf, butter, sugar mixture, 3/4 cup morsels and cranberries; place in second prepared baking pan. Cover; let rise in warm place until dough almost fills pans, about 30 minutes.

PREHEAT oven to 350° F.

BAKE for 25 to 30 minutes or until golden brown. Cool for 15 minutes in pans on wire racks.

MELT remaining morsels in small, uncovered, microwave-safe bowl on MEDIUM-HIGH (70%) power for 30 seconds; STIR. Morsels may retain some of their original shape. If necessary, microwave at additional 10- to 15-second intervals, stirring just until morsels are melted. Stir in powdered sugar and milk to make a stiff glaze. Drizzle over cinnamon rolls.

Tip: For whole-wheat cinnamon rolls, substitute whole-wheat dough for the white bread dough.

Nestlé USA, Inc.

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Maple Banana Bread

Ingredients

1 cup (250 mL) whole wheat flour
1 cup (250 mL) large flake oats
1/2 cup (125 mL) wheat bran
1 tsp (5 mL) ground cinnamon
1 tsp (5 mL) baking powder
3/4 tsp (4 mL) baking soda
3 ripe bananas, mashed well
1/2 cup (125 mL) plain 0% Greek yogurt
1/3 cup (75 mL) maple syrup
1/4 cup (50 mL) canola oil
1 egg

Directions

In a large bowl, whisk together flour, oats, bran, cinnamon, baking powder and soda.
In another bowl, whisk together bananas, yogurt, maple syrup, oil and egg. Pour over flour mixture and stir to combine. Scrape into parchment paper lined and sprayed 8 1/2 x 4 1/2 inches (1.5 L) loaf pan.



Bake in preheated 350° F (177° C) oven for about 40 minutes or until tester inserted in centre comes out clean. Let cool in pan for about 10 minutes before turning out and cooling completely to slice and serve.

Tip: Wrap bread in plastic wrap once cooled and store at room temperature for about 3 days or overwrap in foil and freeze for up to 2 weeks.

Prep time: 10 min | Cook time: 40 min

Makes: 12 slices

www.heartandstroke.mb.ca



The Skill: Raising Nutrition-Savvy Kids



To make healthy eating habits a family affair, it's important to turn kids from part of the problem to part of the solution and get them to work with you instead of against you. And there's

something in it for your kids in the short term, not just the long run. When kids consume a healthy breakfast, for example, they score higher on cognitive function tests and report higher levels than when they skip breakfast, according to research from Loughborough University in the United Kingdom.

To help them with the program, take steps to boost your kids' nutritional know-how so they care about nutrition and can help identify better choices. In a world where beloved cartoon characters entice your kids to eat neon-colored snack foods or sugary cereals, it's hard for them to know what's good for them and what's not. They just know what's appealing on a playful or "cool" level. Once you recognize there's a nefarious influence from television and advertising, you'll realize that you probably have to fight against it. Stand firm and draw the line, because children also need healthy foods in their diets, and many of the foods that are marketed to kids are of questionable nutritional value. For example, when researchers from Yale University examined the nutritional quality of 161 cereals that were available in January and February 2006, they found that cereals that were marketed specifically to children were more concentrated sources of calories, sugar, and sodium and contained less

fiber and protein than regular cereals. What's more, the majority (66 percent) of the kid-friendly cereals "failed to meet national nutrition standards, particularly with respect to sugar content."

Fortunately, you can make nutritional information tangible and relatable to kids, and help them identify healthier choices in surprisingly simple ways. Most kids are naturally curious, and you can capitalize on their inherent curiosity by encouraging them to become supermarket spies, by making a nutrition-detective activity out of reading labels: Encouraging kids to investigate whether packaged foods contain the ingredients they should have in them (fruit juice should be made from real fruit, for example, not water and various sweeteners), despite the big, bold claims on the front of the label. Another fun activity is to compare the nutritional benefits of like-minded products (cherries to dried cherries to cherry juice, for example, or grapes to raisins to grape juice). In the product section, ask them to choose a new fruit or vegetable to try. You can also visit a farmers' market on the weekend to see if you can make some new discoveries together (purple potatoes, anyone?). Then, let them help you prepare a meal with what they chose. This way, they'll have more of an investment in eating healthy foods.

Disease-Proof: "The Remarkable Truth About What Makes Us Well" by David L. Katz, MD, MPH, FACPM, FACP

Brenda Stafford - Juice Plus - Team Pursuit
Find us on FACEBOOK

Lemon Cranberry Biscotti

Ingredients

1 package white cake mix
1 cup all-purpose flour
1/2 cup butter or margarine, melted
2 eggs
1 teaspoon vanilla extract
3/4 cup chopped, dried sweetened cranberries
1/2 cup chopped nuts
2 tablespoons grated lemon rind
Semi-sweet or milk chocolate chips, melted (optional)



Preparation

Preheat oven to 350°. Line 2 baking sheets with parchment paper.
Combine cake mix, flour, butter, eggs and

vanilla in large bowl. Beat at low speed with electric mixer until well blended. Mix in cranberries, nuts and lemon rind. Divide dough in half. Shape each half into a 12x2-inch log; place logs on prepared baking sheets. (Bake logs separately.)

Bake each log 30 to 35 minutes or until toothpick inserted in center comes out clean. Remove from oven; cool on baking sheets 15 minutes. Using serrated knife, cut logs into 1/2-inch slices. Arrange slices on baking sheets. Bake slices 10 minutes at 350°. Remove to cooling racks; cool completely.

Dip one end of biscotti in melted chocolate, if desired. Allow chocolate to set at room temperature before storing biscotti in airtight container.

Makes about 2-1/2 dozen cookies

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NOTICE TO CREDITORS

IN THE MATTER OF:
 The Estate of Sally Shirley Day, late of the Postal District of St. Laurent in Manitoba, deceased.
 All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 5th day of September, 2015.
DATED at Stonewall, Manitoba this 28th day of July, 2015.
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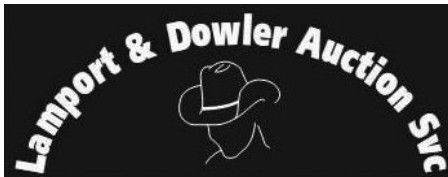
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Nancy and the late Hugh Crockatt

SATURDAY, AUGUST 15, 2015 10 AM

STONEWALL, MANITOBA

Directions: From Stonewall, Manitoba on #67 HWY, west 1.5 miles to lane marker #4067E on south side. Watch for signs.
 Contact: Nancy Jo at 204-476-0419

TRACTORS: *2008 Case IH Maxxum 110, w/ L740 FEL, 3PH, 3023 hrs, good rubber, premium unit *JD 2350, 3PH, 2870 hrs *JD 4240, w/ 148 FEL, power shift, duals, 9239 hrs *IH TD6 Crawler, w/ blade *JD L100, riding mower, 5spd, 42" deck, 17 HP B&S motor, **AUTOS:** *2009 Chevy Silverado, 2500HD, 4x4, auto, 6.0 L Vortec V8, gas, long box, ext cab, 145,000 KM, excellent rubber *2005 Ford F250, 6L Powerstroke DSL, 4x4, auto, needs engine work *1989 Caprice Classic car, 1984 S2500 International semi, 977,000 km, Cummins engine **RECREATION:** *2011 Polaris Ranger 6x6, 800 EFI, Sage Green, 342 original hrs, purchased new **EQUIPMENT:** *JD 503, 3PH mower *2007 triaxle flat deck trailer, 30', beavertail w/ ramps, purchased new *round bale trailer, 35', 17 round bale capacity *Case IH, 562 round baler, good cond *Hesston 1160 haybine *Vicon 9 wheel hay rake *2) NH 9' trailing mowers *JD 10' tandem disc *Westfield 8"x51', PTO, grain auger *Front end loader blade w/ brackets *snow bucket *Blue Hills, 24', livestock trailer *bale processor *IH antique plow * Hi Qual squeeze chute **SHOP & MISC:** *welder *hand tools *tools *battery charger *meat bandsaw *shelving *vice *power tools *2) piles of round bales *metal culvert **HOUSEHOLD:** *glassware *fridge & stove *furniture *housewares

Auctioneer's note: Join us for this auction of excellent farm and cattle-related equipment. Mostly large pieces of equipment to sell so please attend on time. See you there!

John Lamport 204-841-4136/204-476-2067
Tim Dowler 204-803-6915/204-222-6187

ANNOUNCEMENTS

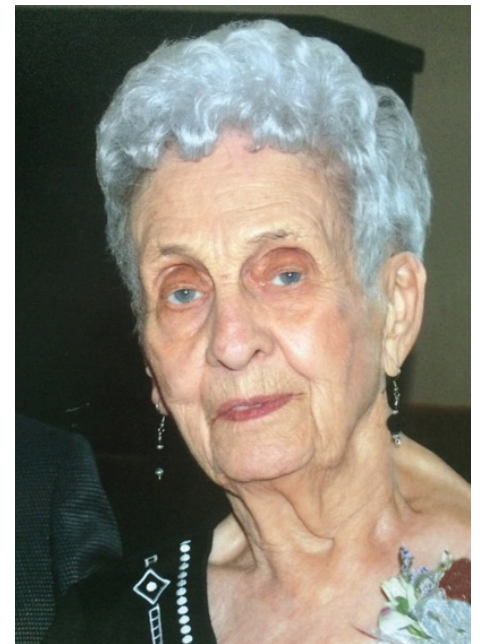
CARD OF THANKS

On behalf of Mick Boreham's family and my family, I would like to thank MacKenzie's Funeral Services for their utmost caring and professionalism during this sad time. Thanks to Mona and Rochelle for your patience and understanding. Thank you to the Stonewall Legion for the wonderful lunch provided. Thanks to Shirley Williams for her beautiful service. My thanks go to Harvey Slozobdian for the wonderful eulogy to Mick. Also to Mick's sister Liz for her touching poem and Ian (brother-in-law) for his heartfelt speech. A big hug and thanks go to Kim Taylor of "Doggone Amazing" for taking care of Fiona and having her look beautiful for her "daddy". Thanks to Mick's neighbours Fred and Bea and Boyd and Lynn for their kindness. To everyone who sent food, heartfelt cards, beautiful flower arrangements, phone calls and visits, words cannot express how I feel at this sad time. The support we have had is overwhelming. God bless.

-Sincerely,
 Lisa Meyers,
 Aaron and Crystal Magian
 Val and Ian
 Liz and Steve

ANNOUNCEMENTS

BIRTHDAY



If you see
Helen Croy
 on August 6th
 Please wish her a
Happy 95th Birthday
Happy Birthday Mom!

-With love from
 your family

ANNOUNCEMENTS

FOUND



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 Auntie Patti's garden
 Hannah Elizabeth Dola

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WEDNESDAY, Aug. 12
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INSPECTION: TUESDAY, Aug. 11
• 9 AM - 4 PM CST

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ANNOUNCEMENTS

BIRTH ANNOUNCEMENT



Dennis and Amy Grantham along with an excited older sister (Paige) are pleased to announce the births of Sydney Gail (6 lbs 6oz) and Emma Darlene (5 lbs 14 oz) born on June 18, 2015.



ANNOUNCEMENTS

IN MEMORIAM

George Renauld
August 3, 2014

It has been one long year
Since you have been gone.
We still miss you very much dear.
-Loving wife Jean and son Terry

ANNOUNCEMENTS

IN MEMORIAM

Doug Williams
In loving memory of 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,
by Mom, Dad and Tim

OBITUARY



Gordon Kenneth Simonson

Retired Sergeant Gordon Kenneth Simonson, age 81, passed away July 10, 2015 at Kamloops Hospital in British Columbia. Gordon was born November 15, 1933 in the Municipality of Woodlands, Manitoba and received his education at the Woodlands School.

He is survived by his wife Peggi; children Keith (Brenda), Kenneth (Colleen) and Kim Guss (David); five grandchildren and two great-grandchildren. He is also survived by brothers Ted, Carl and Lloyd; sisters Astrid, Dorothy and Viola and numerous nieces and nephews. He was predeceased by his parents Torger and Martha; brothers Gary and Doug and nephew Wesley.

He joined the RCMP on April 8, 1952 and served in K Division (Alberta) until he left the force in 1956. He rejoined the RCMP in 1958 and served the rest of his career in E Division (British Columbia) being stationed in North Vancouver, Vancouver, Castlegar, Prince Rupert and Prince George.

Upon retirement December 27, 1979 he went to work for the British Columbia Racing Commission in the lower mainland. He enjoyed working for another 20 years before retiring for a second time.

In sports he very much enjoyed participating in baseball, curling and golf.

At Gordon's request there will be no memorial service held.

Memorial Donations may be made to the Alzheimers Society.

OBITUARY



Bonnie Gaye Martin (nee Hunter)

January 3rd, 1949 – August 1st, 2015

Bonnie passed away very peacefully with her children, Jodi and Cory and husband Denis at her side. Bonnie was an amazing and loving mother to Jodi and Cory, Grandparent to Rhett and Ty, and wife of near 45 years to Denis.

Bonnie was born in Hamiota, Mb. and raised and educated in Kenton, Mb. Following High School she obtained her Teacher's Certificate at Brandon University and began her working life in Rossburn, Mb. Bonnie and Denis were married in 1970. They lived, worked, and raised Jodi and Cory throughout the Province of Manitoba before settling in Stonewall in the summer of 1989. It was in Stonewall that Bonnie put her teaching and life skills to exceptional and fulfilling use as an employee of Association of Community Living for 20 plus years, retiring in the fall of 2010.

Being a teacher of life skills to the many clients at A.C.L. was Bonnie's passion. Her dedication to the clients was unparalleled.

Bonnie may have been a teacher by profession but being a hockey, baseball, and lacrosse fan was her true calling! When Rhett and Ty were playing they didn't have to peek into the stands to see if Grandma was there. They knew she was. Grandma was never critical of their play but every now and again she might have mentioned someone missing the "top corner". For the past eight years Grandma got to know Rhett and Ty's teammates, their parents, and at times their grandparents. We have to wonder who is going to sew the names on the backs of those sweaters this year!

Bonnie's humour and overall wonderful character was infectious to her family and anyone who came in contact. She never really would admit to having a down day even while waging her fight with cancer. Almost up to the last day you could hear, "gee, is anyone (looking right at Denis) going to do the vacuuming?"

We love you dearly and miss you terribly "Mom". We will all know, in upcoming months and years, who should be in that empty seat in the stands. That seat is empty all too soon.

As per Bonnie's wishes there will be no funeral service. Interment will take place sometime in the future.

A come and go gathering, to honour Bonnie's life, will be held Friday, August 7th, 2:00 to 5:00 p.m. at 361- 2nd St. West in Stonewall. If you are so inclined to attend please bring a lawn chair and join our family in hoisting a glass in a toast.

In lieu of flowers, if you wish, please make a donation to Stonewall Palliative Care or Cancer Care Manitoba.

Classifieds Announcements

Call 204-467-5836

Stony Mountain Curling Club

CALL FOR TENDER

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for Oct. 1/15 to May 31/16

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for Sept. 1/15 to Aug. 31/16

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