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See inside for the  
*Fall 2018*  
Interlake  
Continuing  
Education Program

VOLUME 9 EDITION 5

# Stonewall Teulon Tribune

THURSDAY,  
AUGUST 30, 2018

SERVING STONEWALL, BALMORAN, NARCISSE, INWOOD, LAKE FRANCIS, WOODLAND, MARQUETTE, WILSON, GYLE, GROSSE ISLE, ROSSER, STONY MOUNTAIN, ST. LAURENT & KOMARNO



The need  
for speed

TRIBUNE PHOTO BY ROBERT E. WILSON

Teulon's Caitlin Haywood was one of the chariot drivers at the Teulo Rodeo last weekend.

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

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**sunova**  
CREDIT UNION



If you feel like it's time to hit the old dusty trail, you might mosey down to Road 75N.

At the Aug. 22 committee of the whole meeting, Rebecca McLean spoke to Rockwood council on behalf of her neighbours.

At the intersection of Road 75N and Sturgeon Road, they believe that a four-way stop is required.

The residents would also like for Road 75N to be designated as "not a



Rebecca McLean and Dave Bambenek highlighted concerns on Rd 75N.

They also asked council to reinstate the dust control program after it changed to a user-pay system in 2017.

Reeve Jim Campbell said they are currently investigating the possibility of making it a non-truck route, and they are waiting for a report from the transportation manager. However, he noted that if Road 75N becomes a non-truck route, the traffic will be pushed elsewhere in the municipal-

As for the speed limit, he said that the municipality currently has no control over it since it is regulated by the Highway Traffic Board. In addition, a four-way stop would require a report as well.

Coun. Mark Hidlebaugh said that efforts are underway to get more speed limit enforcement in the area.

Continued on page 4

**PRESENTS:**

**BACKCOUNTRY**  
**FITNESS & CONDITIONING**  
Inspiring Lives, One Body At A Time

# BACKCOUNTRY'S

## 4<sup>th</sup> annual KICKING CANCER RUN

**SEPTEMBER 8, 2018**  
**WEST INTERLAKE TRADING COMPANY**  
**WARREN, MB**

**Events:**  
7:30am - Registration  
8:15am-Zumba Warm up  
-Live Dream Dance  
8:25am - 5 km race  
8:30am - 2 km walk/run  
9:30am- Yoga in the park  
-Better Health Evolution  
10:00am - Princess visit with kids  
8:30am-12pm -Craft/Vendor sale

**PLUS:**  
HUGE SILENT AUCTION  
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50/50 DRAW  
DRINKS AND SNACKS  
POST RACE MASSAGE THERAPY

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Contact Christina Hooper .204.899.8660  
Email:[backcountry4fitness@gmail.com](mailto:backcountry4fitness@gmail.com)  
[www.backcountryfitnessandconditioning.com](http://www.backcountryfitnessandconditioning.com)

**Goodbye to Summer**

**SUNDAY SEPTEMBER 2**

Stonewall Quarry Park  
At the Heritage Arts Centre:  
2-5 pm: Children's  
Games & Crafts  
8-10 pm: Refreshments

**FIREWORKS**

**10:00  
PM**

Kinsmen Lake  
(Weather Permitting)  
**Sand Castle  
Building Contest**  
Starting at 11 am  
Winner announced at 5 pm



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# Community Yard of the Week winners for August



TRIBUNE PHOTO BY JO-ANNE PROCTER

The seventh 2018 Yard of the Week, sponsored by Stonewall's Communities in Bloom and Home Hardware, was awarded to Laura and Len Feeleus at 33 Keith Cousins Dr.

New to Stonewall, for the past two years the couple has created an eye catching yard filled with a mix of perennials, shrubs and annuals. Growing up the side of the garage is a climbing rose surrounded by dahlias and shrubs with a castor bean at the edge of the walkway. A water fountain is surrounded by Angel's trumpet, phlox, salvia, portulaca and marigolds. Another bed in the middle of the yard is filled with roses, bleeding heart, shrubs and annuals for colour.

To nominate a yard you feel worthy of the CIB honour, stop by Home Hardware in Stonewall or the Stonewall Library and cast your vote.



TRIBUNE PHOTO BY JO-ANNE PROCTER

The eighth 2018 Yard of the Week, sponsored by Stonewall's Communities in Bloom and Home Hardware, was awarded to Ivannia and Paul Pelletier, who have resided at 186-4th St. West since 1986.

The yard has three large apple trees loaded with fruit, a rock garden with hostas and impatiens leading up to a larger perennial bed. There is a rare peony, irises, lillies and poppies that bloom early; salvia, roses, echinacea, rudebeckia that are in bloom now and sedums that will be in full bloom in a few weeks. Morning glories and hyacinth beans climb the fence and a trellis in amongst bird baths, a butterfly and a bee house and bird feeders. Paul built raised beds that are full of swiss chard, tomatoes, peppers, beets and a mix of herbs. To nominate a yard for the final week that you feel worthy of the CIB honour, stop by Home Hardware in Stonewall or the Stonewall Library.

## Kick-Off to Fall Festival

Sunday, September 9th @ New Life Church (6106E, Hwy. 67)  
Service: 10:00 a.m. Festival: 11:30 a.m. - 1:30 p.m.  
Food trucks, dunk tank, and inflatables! Invite your friends!

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80 ACRE Farmstead - 551 sqft 1 bdrm farm home oozes charm. 32x24 insul garage, 36x20 100 year old Hip Roof Barn w/ attached corral, OLD GROWTH Forest - so much for so little!

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# Sunova makes a splash with \$20,535 donation

## Submitted

Sunova Credit Union is making a big splash in the Stonewall Kinsmen Splash Pad Project fundraising efforts with a donation of \$20,535. The funds are the proceeds from the 13th annual Sunova Golf Classic, which took place on June 8.

"We're thrilled to be able to support such a fun and important project," said Sunova Credit Union president and CEO Ed Bergen. "This accessible splash pad will allow people from Stonewall and surrounding areas of all abilities the chance to cool off in the summer."

"We are looking forward to bringing the splash pad to our community, and this donation gets us that much closer to our goal," said Chris Luellman, chair of the Stonewall Kinsmen splash pad project. "We plan to start construction this fall."

The Stonewall Kinsmen are still looking to raise another \$155,000 for the project. You can make a splash of your own by donating online at <https://www.canadahelps.org/en/dn/35841>.

Over the past 13 years, Sunova has donated over \$240,000 to local charities through the Sunova Golf Classic. This tournament and the amazing donation wouldn't be possible without the support of major sponsors, the Khinda Team and Valeyo.

The 14th annual Sunova Golf Classic will be held June 14, 2019, at the Granite Hills Golf Course.



TRIBUNE PHOTO SUBMITTED

Sunova Credit Union representatives Leonard McKnight and Kevin Beresford (middle), joined by Kinsmen Lake lifeguards Nicholas Pasieczka and Billy Lyner (left), present the proceeds from the 13th annual Sunova Golf Classic to Stonewall Kinsmen members Mark Holm, Brady Holm, Chris Luellman, Chad Sheppard, Greg Gagnon, Kerry Hendry, Adam Luellman and Brandt McKillop.

## > ROCKWOOD RESIDENTS, FROM PG. 2

For dust control, council decided to eliminate some of the free dust control as a budget decision in 2017. Until then, that area had free dust control while others in the municipality had to pay for the same service. Now those residents have the option to pay for dust control in front of their property, the same way residents do in other areas of the

RM. This method creates a fair process with the same options available for residents, unlike before when some had to pay and some got the service for free.

Campbell noted that council considers all feedback from residents and that it is never a waste of time to speak to them about concerns.

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FRIDAY, SEPT. 21 | 6 P.M. TO MIDNIGHT

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RELAY FOR LIFE Canadian Cancer Society

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6PM to midnight

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RELAY FOR LIFE Canadian Cancer Society

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To register call Lana or Corrie at 204-467-5836



# Hundreds show up for hearing on proposed development

By Jennifer McFee

A proposed housing development prompted Stonewall residents to speak their minds on the project at a packed public hearing last week.

On Aug. 22, Stonewall council hosted three public hearings at the Heritage Arts Centre. After waiting in lines that went right out the door, a total of 217 people signed in for the hearings. The majority of them turned up for discussions on a proposed planned unit development at 19 Alan McLeod Ave.

IV Development Solutions is seeking conditional use approval to build townhouse bungalows and multi-unit condos with a total of 86 units. The first phase of 14 condos would break ground in 2019, followed by the second phase of 72 condos breaking ground in 2020.

The land is within a residential single-family zone, but council can consider approving planned unit developments in this zone on a case-by-case basis by granting conditional use.

On behalf of the developer, Celine Doll provided a PowerPoint presentation to the crowd that filled all the seats and stood along the perimeter of the room. She indicated that the proposed development would fill the need for changing demographics and address Stonewall's multi-family housing shortage.

The majority of the condominiums would be available for purchase, with some available for rent.

According to the letter of intent, the developer plans to respect homeowners in the surrounding residential area.

"Neighbours can feel confident that their quality of living will remain intact with the addition of this development," states the letter of intent.

"The condominium association will enforce strict rules and regulations regarding upkeep, esthetics, security, noise levels and parking."

However, many nearby residents are not convinced, and they lined up to express strong opposition to the project.

Concerns focused on issues such as increased traffic and potential parking problems. Others expressed con-



Celine Doll made a presentation on behalf of IV Development Solutions.

cern about bringing high density to the area, which they said wasn't designed to accommodate it.

Several people indicated there was inadequate information about the project provided by both the developer and the town.

Kelly Hallock and her family live on Oakford Boulevard adjacent to the planned development, where they moved four years ago from Winnipeg. She mentioned potential problems during emergencies due to the development's keyhole design, which has only one way in and one way out.

"I am not confident that the developers have considered the impact of public safety, specifically our roads,

Continued on page 9



TRIBUNE PHOTOS BY JENNIFER MCFEE  
Kaycee McNeill expressed her support for the project.



It was a full house at the Heritage Arts Centre on Aug. 22 for three public hearings hosted by the Town of Stonewall.

**Colony Market**  
Fresh Veggies, Jam,  
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Open Fridays from 2pm to 6 pm  
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2 km west of Grosse Isle off Hwy #6

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WED & THURS  
AUGUST 29 & 30  
AT 7:30 PM

**TEEN TITANS  
GO TO THE MOVIES** *Animated* **G**

FRI-SAT-SUN-MON AUG 31, SEPT 1-2-3  
(CLOSED TUES) AND WED-THURS SEPT 5-6

FRI-SAT-SUN-MON SEPT 7-8-9-10  
(CLOSED TUES) AND WED-THURS SEPT 12-13

AT 8:00 pm  
EACH NIGHT

Jason Statham  
Blinging Fan

Adult  
Accompaniment  
Under 14;  
Frightening  
Scenes

AT 8:00 pm  
EACH NIGHT

Constance Wu  
Henry Golding

Coarse Language;  
Nudity

**14A** **PG**



# More girls speeding into Interlake Dragway

## Race Day and Jet Cars Sept. 2 and 3

By Caitlyn Gowriluk

It only takes Emily Wruck a few minutes to get suited up for a drag race.

The list of protective gear is long — a helmet, a neck collar, arm restraints, shoes, pants, gloves and a jacket — but for Wruck, it has become something of a routine.

Behind the wheel of her car — a purple 2011 Hercules junior dragster covered with skulls, barbed wire and flames, and adorned with her first name in a brassy font on the side — Wruck acts like an old pro. And although at 13 years old and 4'10 (or "basically 4'11," as Wruck said), she may not be exactly what people picture when the phrase "drag racer" comes to mind, Wruck is one of an increasing number of young girls joining the sport.

"When my son started, I think there was maybe three girls and, like, 12 boys," said Wruck's mom Brandy, who has been running the Interlake Dragway with husband Darryl since 2012. "It's dominated by girls right now."

This shift at the dragway has been happening slowly over the past five years, Brandy said. Of the 10 kids enrolled in the junior dragster program at the dragway this year, six are girls. And as the Wrucks expect at least five more to join the program next year, and two boys to age out of it, the number of girls participating in the sport is continuing to increase, said Wruck.

While drag racing may not be what everyone thinks of as a family activity, Brandy said that's exactly what their family business has become.

"Anybody will do anything to help each other," she said. "If you're racing your best friend, well, you guys are enemies. But as soon as you cross that finish line, what happened there stays there."



Emily Wruck and dad Darryl practise the handshake they do each time Emily races.

Racing can also become something of a ritual between parents and kids, said Darryl.

"Every parent here, when it's eliminations, has their own little thing they do with their kid," he said.

For Darryl and Emily, it's a handshake they do just before she starts the race.

"The key to winning is doing the same thing over and over, just to be a routine," he said. "And it works."

As the Wrucks gear up for their last big event of the summer coming up on September long weekend, they said they're hoping to get a big crowd out to see what drag racing is all about.

"Lots of noise, adrenaline," said Brandy. "It's just pure excitement."

For more information and to see dates for the rest of the Interlake Dragway's race weekends, visit the dragway's website at [interlakedragway.org](http://interlakedragway.org).



TRIBUNE PHOTOS BY CAITLYN GOWRILUK

Emily Wruck, 13, climbs into her 2011 Hercules junior dragster car after getting suited up in protective gear at Interlake Dragway on Aug. 23.



TRIBUNE PHOTO SUBMITTED

This year's September long weekend event at Interlake Dragway will see all different types of cars race into Gimli.

Selkirk Ducks Unlimited Banquet & Auction  
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**STARTING BLOCKS**  
Welcome Back Barbecue and  
Annual General Meeting  
**Sept 6, 2018**  
**510 3rd Street West**

All parents and children are welcomed to attend AGM meeting to follow after the Barbecue  
For more information please call Brenda at 467-5522

**Tribune** Stonewall Teulon

**Call 467-5836 or email**  
**[news@stonewallteulontribune.ca](mailto:news@stonewallteulontribune.ca)**



# Inukshuk guides travellers in Stonewall

By Caitlyn Gowriluk

A few years after moving his family's landscaping business to a new location in Stonewall, Ken Francis decided he wanted to do something to liven up the front of the formerly abandoned quarry.

Last summer, he found the perfect thing to do that: an Inukshuk.

"The history of the Inukshuk is to guide travellers," said Francis, owner of Waring Landscape Supply. "Up in the Arctic, there's no trees, there's no nothing, so for waypoints for travellers, they would build these Inukshuks."

The 12-foot-tall statue is made of limestone boulders from the Stonewall quarry and sits atop a five-foot-tall boulder buried in the ground beneath it. Altogether, Francis estimates it weighs between 10 and 12 tonnes. The whole process took about two months to complete, he said.

After spending the past few years revitalizing the lot, Francis said he hopes the Inukshuk will be something that

remains there long after he's gone.

"This was abandoned for a lot of years. We purchased this land, and we're slowly developing it into something. It was an eyesore for many, many years," said Francis. "We developed the roadside front, did the ditching and everything, and kind of turned it into something, trying to give back to the community. ... We wanted something permanent, that would last for — I hope — hundreds of years."

As someone who grew up in Stonewall, Francis said he hopes to play a role in the town's ongoing development.

"The reason people come out of here is because it's a small community. It's clean. It's well-maintained. It's beautiful. You don't have the hustle and bustle of the city. You don't have the traffic. You can go out for a walk. You know your neighbours," said Francis. "We want to be a part of that."

Waring Landscape Supply is located at 154 4 St. E in Stonewall.



TRIBUNE PHOTOS BY CAITLYN GOWRILUK

A 12-foot-tall Inukshuk stands in front of Waring Landscape Supply in Stonewall.

## Summer's Triangle in the Sky

By Ted Bronson

I find that the nights of September are the best times to go outside and enjoy the stars.

Darkness descends much sooner than just a few weeks ago. The sun sets at 9:40 p.m. in our area on July 1. By Sept. 1 sundown occurs at 8:12 p.m. or one hour and 28 minutes earlier than two months ago. For some observers, this is more convenient as they must go to bed at a reasonable hour. This is the time of year when I enjoy the night sky's stars of summer.

Once the sun drops below the western horizon, the brightest stars begin to reveal themselves as twilight fades to darkness. Looking high overhead, you will notice that three stars are the first ones to appear. These stars form the asterism known as the "Summer Triangle."

A constellation is an area in the sky containing a group of stars that are connected together to form a figure or picture. Some popular constellations are Scorpius (the Scorpion), Hercules (after the Greek mythological hero Heracles), Ursa Major (the Great Bear), Lyra (the Lyre — a stringed instrument), etc. There are 88 official constellations in the sky. An asterism is made up of a pattern of stars that is not a recognized constellation but is a part of one or more

constellations. The Summer Triangle contains the brightest stars from the constellations of Cygnus (the Swan), Lyra (the Lyre) and Aquila (the Eagle). A basic star wheel or map will make finding these constellations easy.

The brightest star of the Summer Triangle is Vega in the constellation Lyra. Vega is a blue-white star shining at a magnitude of 0.0. It is relatively close to us at a distance of 25 light years. A "light year" is the distance that light travels in one year in space. This star is about 58 times larger than our sun.

Just east of Vega is a star called Epsilon Lyrae. A set of binoculars will separate this star into two components. Using a telescope of at least 100x magnification on this pair of

Continued on page 24

## Summer Triangle (1 Hour after Sunset)



TRIBUNE PHOTO SUBMITTED

The first three stars that appear in September are known as the "Summer Triangle."

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# get informed

NEWS > VIEWS > STONEWALL > TEULON > WARREN > SURROUNDING AREAS



TRIBUNE PHOTO BY JO-ANNE PROCTER

Canada Geese raise their young near water, where the goslings can feed and if necessary dive or swim away to escape predators. In late summer the adults temporarily become flightless for several weeks as they molt their wing feathers. Once the young have learned to fly, and the parents have regained their flight, the whole family will take off from their nesting grounds to find more productive feeding areas—and this movement could be in any direction. This happens in the late summer before the massive southward migration as temperatures drop across the continent.

## Province allowing livestock producers to cut hay on Crown land

By Jeff Ward

Livestock producers feeling the heat after a very dry summer can now access Crown land and cut hay to supplement their own feed.

Producers across Interlake have been struggling this season in getting a proper yield from their hay fields.

David Gleich from Eriksdale said that he's only been able to yield 45 to 50 per cent of the hay he got last year. Jamal Abas from Hodgson said he's also seen a significant drop in hay production, and John Bezemer from Ashern saw a 75 per cent drop in yield on his field. These issues are not isolated to the Interlake and are being felt all over the province.

Last week, Manitoba Agriculture Minister Ralph Eichler announced that Crown land not normally designated for agricultural use can now be

used temporarily to cut hay.

"Pastures and forage crops in parts of Manitoba have been greatly affected by low levels of rain and dry soils this summer," said Eichler.

"By providing producers with additional options, such as access to Crown land, we are easing the burden on farmers who are seeing low yields on forage crops."

Abas said that this move to temporarily open Crown land fields for this purpose is a good move by the government but expressed some concern with access to these fields.

"Barriers with respect to access is potentially an issue. Some farms are closer than others to viable pieces of Crown land. The cost to move equipment to cut bale and haul hay could add up very fast. The big question is will the government look at help-

ing producers who have to purchase feed? These costs will undoubtedly be high," said Abas.

In a press release, the province stated that under certain circumstances Crown land can be made available for agricultural use.

"The Agricultural Crown Lands Leasing program will administer the use of available land and provide necessary permits. Livestock must be removed when the naturally existing forage is exhausted or by Oct. 31, 2018. Baled hay must be removed by Nov. 15, 2018."

Producers looking to get a permit or who need more information can contact their local Manitoba Agriculture office or call the department at 1-844-769-6224. Producers can also visit [www.gov.mb.ca/agriculture](http://www.gov.mb.ca/agriculture) and find more information under Quick Links.

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# Annual vegetable and bake sale at Keystone



TRIBUNE PHOTOS BY JO-ANNE PROCTER

People came in droves to the 8th annual Keystone Colony sale. There was a steady flow of shoppers that came for the fresh baking, homegrown vegetables, chicken, honey and canning. There was a large display of the stonework and brick and metal firepits as well as a garage sale. Left photo: Hutterite children take a break from helping with the sales. Right photo: the young girls delivered fresh, hot buns and breads to the bake tables.

## Time is running out for candidates interested in local politics

By Jeff Ward

The next general municipal election takes place on Oct. 24 and the deadline for anyone interested in running for councillor or reeve in their municipality, town or school board is Sept. 18.

Residents who are interested in becoming involved in municipal politics are asked by their respective senior elections official (SEO) to fill out a registration form. Candidates need to declare whether they intend to run for head of council or as a councillor and in which ward, if applicable.

The candidate will also be required

to submit a bank account number and name and address of their financial institution if they will be accepting monetary contributions from others. Candidates for mayor or reeve can receive a maximum of \$1,500 as a campaign contribution from one individual and candidates for councillor can receive a maximum of \$750 from one individual. Donors who give more than \$250 must be identified.

Candidates who register and change their mind have until Sept. 19, the day after the registration deadline to withdraw from the election.

Candidates must be Canadian citizens, be at least 18 years of age on election day, and be a voter in the municipality, which means that they are a resident or own property for six months prior to election day.

Nominations take place between Sept. 12 and 18, which requires all candidates to fill out nomination papers provided by their SEO, taking a declaration under oath that they are qualified to be nominated and supplying the names, addresses and signatures of eligible voters to support their nomination. Nominations pa-

pers need to be signed by at least 25 voters of the municipality or by one per cent of the voters in the municipality, whichever is less.

Manitoba Municipal Relations has a 2018 Candidates Guidebook that explains in detail how the election process works, who is in charge and what steps candidates need to take in order to run.

Your respective SEO will have the forms you need to fill in to get the process started. If you do not know who your SEO is, you can contact your local RM or town office to find out.

### > HEARING, FROM PG. 5

our schools and the emergency response," she said. "... The sudden increase in population, and thus the demand, will have an immediate impact on the ability to respond and provide adequate essential services to the community."

Aspen Drive resident Annette Brown acknowledged the need for multi-family dwellings in Stonewall but she objects to the location of the proposed development.

"Nature, green space and quiet family neighbourhoods won't survive against human ambition and over-development unless we choose to put them first. ... Our community profile clearly states that proper planning and careful development have given us a positive, prosperous, friendly, quiet rural alternative to city life," she said.

"The residents that stand here today

have chosen to live here for those very reasons and it is how we will continue to attract new people to our community."

She urged council to consider smart growth principles and deny the conditional use application.

On the flipside, many others spoke in favour of the proposal.

Stonewall Chamber of Commerce president Graham Starmer wrote a letter expressing support for the project.

"I personally wish to move from the farm and into town, but there currently are no vacancies in condos or side-by-side dwellings for sale or rent," he wrote.

"Many communities in the capital region have built facilities to accommodate their aging population who may not feel it is time to move into a facility like Lions Manor. In Stone-

wall, there are few facilities available at this time. The need for more available housing is very clear and should be supported."

Likewise, Stonewall resident Kaycee McNeill spoke in support of the proposal.

"I am currently a student working towards my nursing as well as a mom. I should also note that I live with my mother-in-law because to purchase a home in Stonewall is simply not feasible for my family as the cost is so inflated here," she said.

"I believe this proposal is a great idea for our community. We all deserve a chance at living comfortably, and the choices in this town in regards to the price ... is out of most of our budgets."

On behalf of the South Interlake Planning District, Eric Shaw presented a detailed planning analysis to council.

He said that SIPD believes it is premature to approve the project at this

time since the applicant hasn't fully demonstrated that the project will "occur in such a way to minimize conflict with the adjacent land uses."

As a result, SIPD recommends that council defer their decision on the conditional use application until the applicant provides additional information for review.

This additional information includes a traffic impact study, 3D architectural renderings, a floor plan for the proposed 18-plex condo buildings, a landscaping concept plan and a revised site plan.

Council did not make any decisions after the public hearing. The issue will be discussed at a future council meeting, likely on Sept. 26.

Until then, the applicants and members of the public must refrain from communicating to council members about the proposal.



# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL

## Fall weather offers great fishing

Hi gang.

The first signs of fall have quickly appeared, driving folks to squeeze in a few last summer activities — other than fishing. I say that because last week when I went to the three fishing spots I wanted to feature, I found only solitary couples. Fortunately for us, they all had good fishing stories.

Early in the week, upstream of Selkirk on the banks of the Red, I found a kind, quiet fellow fishing with his not-so-quiet, energetic daughter. As I picked my way down a narrow steep trail to the flatter bank, the girl jumped up from her folding chair. She turned to me with a big bright smile as I called out, "Have you had any luck?"

"You bet," she remarked as I handed her my card.

"I'm Ria Giroux and that's my dad, Romeo Siminig, sitting in the shade of the willows over there," she said as she walked to the water's edge and pulled up a string of bass and walleye.

"Is there a fishing experience that you would like to share with your fellow anglers?" I asked.

She thought for a moment and then launched into story from her youth.

"I was 12 years old when mom and dad began taking me fishing and I loved it. Dad taught me how to clean and cook a fish over a fire. Once I could do that, he gave me his knife and soon when I caught fish, I would go off by

myself, make a fire, then cook and eat them. I remember my mom would call out to me, 'I see smoke. What are you eating?'"

Around midweek, I thought it was time to visit anglers at Pine Falls. Again, there was no one around except for one couple. I parked and carefully walked along the wobbly pier being pitched about by choppy waves.

"How's it going, guys?" I made to open a conversation.

"Nothing yet," a jovial chap in shorts and hoodie responded. "We're Vance and Nancy Flett from Winnipeg,"

Nancy, also in shorts and hoodie, seemed a little cold from the wind with her hands in her pockets and her rod imprisoned between her legs and chair. Both had slight streaks of grey through their dark hair. As we talked, I could feel their deep understanding of nature and their bond to each other.

"Thirty years we've been together," Vance declared, "and we've fished everywhere."

"I remember last year we were boat fishing on the far side of the river here on an overcast day with choppy waves and I thought I got a snag. I lowered my rod, reeling in, then hauled up on what felt like dead weight. Again and again, I reeled and hauled. Then a curious wave moving in a zigzag fashion with smaller waves on either

side appeared on the surface about 10 boat-lengths away. Abruptly, the spiny back of a sturgeon came out of the water. With a slow, strong whip of its tail, it ran with my line."

Vance loosened the drag and let it go.

"How long have we been going?" he called to Nancy.

"Two hours. Have you had enough?" she asked.

"No," he grunted rocking back and forth in time with his reeling and hauling as the tug of wills went on. Slowly he brought the grey-white four-foot-long delta-tailed sturgeon to the boat's side with Vance's arms aching and rigid from hours of tension. Then suddenly a rogue wave slapped the side of the boat, rocking it wildly, and his line snapped. The fish was gone. Vance shook his arms back to life, smiling, looking at the water where the fish had disappeared. It had been a good fight.

Last Saturday, I strolled down the Gimli pier and again I could only see one couple fishing. I approached them as they sat tending their rods and asked if they had a story. Like the Fletts, they were open and friendly. They started chuckling, eyeing each other as a story came to mind.

"Can I ask your names?" I quickly interjected before they started.

"We're Moises and Helena Rego



TRIBUNE PHOTO BY ARNIE WEIDL

Ria Giroux of Winnipeg with her catch from the Red River upstream of Selkirk.

from Winnipeg," they chimed in.

With graying hair, round faces and comfortable bodies cradled in well-used chairs, they told how last week Moises' nephew Nuno met them on the Gimli pier with his three-year old-son Leo. Moises had bought little blond-haired Leo a kids' fishing rod. Now, Moises has a sense of humour, and when Leo wasn't looking, he snuck a big minnow on the boy's hook and tossed the line in the water.

"Leo, come reel in your fish," Moises called to the lad.

Leo was beside himself, trembling with excitement as he grabbed his rod and furiously reeled in that minnow. Now Leo is constantly after his dad to go catch "baby fish."

See you next week. Bye now.

## Council approved a conditional use application to expand dairy operation

### Rosser council news in brief

By Jennifer McFee

Rosser council granted several recreation and cultural grants to churches and facilities for the payment of their 2018 property taxes.

The grants went to the following organizations: Meadows Community Club (\$655.43), Marquette Curling Club (\$71.64), Grosse Isle Recreation Club Inc. (\$1,758.34), Rosser Central Community Club (\$0.21), Church of St. Michaels (\$51.06), trustees of Lilyfield United Church (\$43.43), trustees of Rosser/Grosse Isle Pastoral (\$65.03) and the Vin-

tage Locomotive Society (\$2,137.78).

The Grosse Isle Heritage Site also received a \$2,500 recreation and cultural grant to install asphalt inside their picnic shelter.

In other Rosser news:

- Reid & Associates Chartered Professional Accountants will be the auditor for the RM of Rosser for 2018.

- CAO Larry Wandowich is the appointed secretary for the Board of Revision.

- At the Aug. 14 meeting, a public hearing was held for Terry

Wedge's conditional use application to allow a single-family dwelling on his property on Highway 6. The decision was deferred to the next council meeting.

- Karen Sinclair spoke to council about a possible subdivision.

- Janet Hagan spoke to council about future plans for the Rosser Cemetery and acknowledged the municipality's work in the cemetery.

- Council approved an application to replace culvert crossing on Road 3E. The applicant will cover the cost of the supplies and installation.

- Council accepted an asphalt-patching quote from Superior Asphalt for \$43,000 plus GST. Additional money will be used from other under-budget road reconstruction projects and from savings in the gravel-hauling budget.

- Council approved a conditional use application from Rosser Holsteins Ltd. to expand their dairy operation to 1,000 animals (2,000 animal units) from the current 600 animals (1,200 animal units). The applicants will need to meet conditions that include entering into a development agreement with the municipality.



# Lifelong skills learned through 4-H programs

Submitted by Joan (Hudson) Zaretsky

Every year, when September rolled around, I always looked forward to going back to school with my friends but I also had something else I couldn't wait to start — a new year in my 4-H club.

I was a member of the Rosser Heights Home Economics 4-H club from the time I was nine years old until I graduated from high school. I took many different projects over the years and learned from many different 4-H leaders who were my neighbours. I worked hard to complete my projects for our Achievement Day every April. It was so rewarding to get the red ribbon acknowledging all the practical life skills I had learned. In my later years, I became a junior leader and instructed members in a number of different projects.

I also recall when I was an associate member giving my first two-minute speech on "Our Tour of the White House." I had my cue cards all printed in big letters and had practised until I had memorized the whole speech. I continued to participate in the public speaking competitions in our club and often won the opportunity to go on to competitions at the district and even the provincial level. I worked with different partners to present demonstrations on floral arranging, hair care and other topics of interest at the time. As a junior leader, I participated in a Toastmasters program for 4-H members held in Stonewall every Saturday morning in the Parochial Hall. It was a lot of fun and

many long-lasting friendships were made. Just two years ago at a baseball tournament in Clearwater, I met a man who looked familiar. When we exchanged names, I recalled he had given a hilarious speech about how to stuff a turkey over 40 years ago as part of the Toastmasters program.

Each 4-H club elects an executive in order to run the club business and this offered me the opportunity to learn about the roles and responsibilities of being a president, secretary, treasurer and other important positions. I learned how a meeting is run, how motions are made and adopted, how to balance your financial books, and other organizational skills. Because of my involvement in 4-H through the years, I won a trip to the Minnesota State Fair one summer with a bus load of Manitoba 4-Hers. As a result of my public speaking and junior leadership experiences, I was awarded a citizenship trip to Ottawa where I met 4-H members from across the country. There we were presented with our citizenship papers by the Governor General at the time, Roland Mitchner.

You may ask why I am relating these events to you? I am now retired from my career as a teacher and school administrator but look back very fondly at my years in 4-H for the foundational skills I learned and practised throughout the years. I learned that it takes time and patience to do a good job when learning something new. I learned that not all my leaders taught me the same way but in accordance with how they learned and believed

I would learn best. I learned to challenge myself and to take risks along the way. I gained the confidence to face change head on and try Plan B or C when Plan A didn't work. I learned that sometimes you have to work outside the box to accomplish a task and be flexible to adjust to the circumstances. I learned very valuable skills regarding how to run an organization with elected executive members.

I feel the skill which proved most beneficial in many walks of my life was my ability to stand up in any group or crowd and speak about issues and to present workshops and teach classes. I no longer need those index cards which were my crutch when I was first learning. I have delivered speeches to audiences of 350 educators and 10 educators. The size of the group does not intimidate me. I prepare my talks differently but have the self-assurance in my ability to deliver my message. Over the years, colleagues have asked where I learned to speak like this and I always respond "In my 4-H club!"

As a lifelong learner, I recently completed a two-and-a-half year academy program offered by Learning Forward designed to support educators in embracing the change process required to improve student learning in schools. For one of my assignments, I developed a leadership quilt. My "4-H Leadership Program" was the first of 12 squares reflecting on my leadership opportunities. I presented this quilt in Washington, D.C., at my academy to a group of 80 educators from

across Canada and the United States. I had many questions about the 4-H square and was so happy to be able to comment that my 4-H club was my first experience with leadership building activities.

I know that the Rosser Heights 4-H Home Economics Club does not exist anymore. However, there are still 4-H clubs in the Interlake area that support young people in raising cattle, taking care of their horses and other multi-purpose practical life projects.

I believe all these clubs still promote public speaking and have executives elected to assist in carrying on their club business. While the projects may be different, the learning of lifelong habits and skills are always a part of being a 4-H member. Being a 4-H member today offers young people the opportunity to learn valuable life lessons and is truly an investment in their future success as they move into whatever direction or career they take in their life!

For more information, you may want to contact: Lynn Silver 204-573-4308

Talk with your child(ren) to determine which club best matches their interests. Support them in learning lifelong skills and developing memories such as mine, which may prove to be the starting point of their leadership success throughout their future life.

**PLEASE NOTE**  
our office will be closed for  
**Labour Day, Monday, September 3.**  
Deadline for the Sept 6 edition will be  
**Friday, August 31 by 4:00 pm.**  
*Enjoy your long weekend!*

**THE EXPRESS Tribune** Stonewall Teulon  
WEEKLY NEWS

**COME JOIN US TO CELEBRATE THE**  
**100 Years of the MINAKER Farm**  
**- and -**  
**95th Birthday of Margaret Minaker**



**Sunday,**  
**September 2, 2018**  
**12:30 - 4:30 pm**  
at the Farm,  
Road 64 Rosser  
**Century Farm Presentation at 2:30 pm**

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**Stonewall Odd Fellows Lodge #49**  
**Fifth Annual**  
**Golf**  
**Tournament**



**Date:** Sept 10th, 2018  
**Place:** Warren Golf & Country Club  
**Registration:** Deadline Sept 4, 2018  
**Time:** Shotgun start 1:00 pm  
**Cost:** \$100 per golfer  
**Meal:** To follow at the Odd Fellows Lodge in Stonewall

**For more info contact:**  
Glenn Berardin Ph. 204-888-9823  
glennber@mts.net  
Doug Livingston Ph. 204-467-2690  
dwliving@mts.net



# Activities for Seniors in Your Area



## September 2018 Calendar of Events!

Activity Centre • 374 – 1st Street West  
For newsletters, visit [www.si55plus.org](http://www.si55plus.org)

### Clip & Save

#### SEPTEMBER EVENTS:

- Sept 3 Holiday Monday - Office Closed
- Sept 4 Hop, Drop, Shop @ 10:00 am
- Sept 4 Book Club Meeting @ 9:30 am
- Sept 4 iPad Club @ 1:00 pm
- Sept 5 One Stroke Painting @ Noon
- Sept 6 Celebrations Registration Deadline
- Sept 7 25th Anniversary Tea @ 1:30 pm
- Sept 10 Cribbage Tournament @ 1:00 pm
- Sept 10 Active Wellness Fall Session Begins
- Sept 11 iPad Club @ 1:00 pm
- Sept 12 Monthly Luncheon @ Noon
- Sept 13 Shopping Trip - Garden City @ 9:30 am

Sept 16 Chinese Lantern Light Festival @ 3:30 pm

Sept 18 iPad Club @ 1:00 pm

Sept 19 One Stroke Painting @ Noon

Sept 20 Casino Trip – Club Regent @ 10:00 am

Sept 25 Facebook Security Registration Deadline

Sept 25 iPad Club @ 1:00 pm

Sept 25 Mamma Mio Celebrations @ 11:00 am

#### OCTOBER EVENTS:

Oct 1 Cribbage Tournament @ 1:00 pm

Oct 14 Prairie Nurse – Prairie Theater Exchange @ 12:00 Noon

Oct 26 Quiz Night @ 7:00 pm



### South Interlake 55 Plus

#### 25th Anniversary

Friday, September 7th @ 1:30 pm

Formal Program 2:00 pm

Odd Fellows Hall (374 1st Street West, Stonewall, MB)



### September Luncheon

Wednesday, September 12th  
@ 12:00 Noon

South Interlake 55 Plus  
374 First Street West, Stonewall  
(Odd Fellows Hall)

### BUS TRIPS

- Sept 13 – Shopping Trip – Garden City
- Sept 16- Chinese Lantern Light Festival
- Sept 20 – Casino Trip – Club Regent
- Sept 25 – Mamma Mio – Celebrations
- Oct 14 – Prairie Nurse – Prairie Theater Exchange

Early Deadlines! Limited Seats!  
Registration Required!



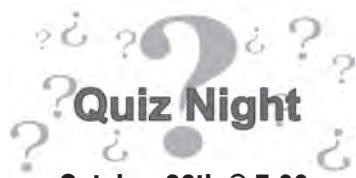
### Join the iPad Club!

iPads available for You to Try!

Or

Bring Your Own iPad!

Starting: Tuesday, Sept 4  
1:00 - 3:00 pm



October 26th @ 7:00

Number of Members Per Team: 6-8  
Call 204-467-2582 To Register

## South Interlake Seniors Resource-Stonewall 144-622 Centre Avenue-Lions Manor, Entrance 4.

### SUPPORT SERVICES FOR SENIORS

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

[www.sisrc.ca](http://www.sisrc.ca)

The South Interlake Seniors Resource Council offers services for seniors and those with disabilities to help them to remain independent and safe in their homes and communities. With the help of volunteers and our fee for service workers, we provide these services to Stonewall, the RM's of Rosser, Woodlands and the southern portion of Rockwood.

Eating Alone? Join us for a once-a-month  
“POTLUCK PLEASURE AND FELLOWSHIP”

Tuesday, September 18th at 5:00  
Church of the Ascension Parish Hall  
435 – 1st Ave. N.  
For transportation, please call  
204-467-2234 or 204-467-8613

### Thank you to Diana Hiebert, Volunteer of the Month!

Diana Hiebert is a long-time volunteer driver who is always available for around town trips. After a break, Diana is back to helping out our seniors in Stonewall.

We are glad to have you back Diana!!!

### Diana will enjoy lunch at

Join us for homemade lunches & desserts

Tues-Fri 10-5, Sat 10-4 • 292 Main St., Stonewall 204-467-2303

Thank you to McLeod Teahouse for donating gift certificates for our volunteers!



Initiated in 2003 by the International Council on Active Aging® (ICAA), Active Aging Week takes place each year during the last week of September. The weeklong campaign calls attention to and celebrates the positivity of aging today. It showcases the capabilities of older adults as fully participating members of society and spotlights the role models that lead the way.

Active Aging Week challenges society's diminished expectations of aging by showing that, regardless of age or health conditions, adults over 50 can live as fully as possible in all areas of life—physical, social, spiritual, emotional, intellectual, vocational and environmental. The objective of the annual health-promotion event is to give as many older adults as possible the means to experience wellness activities and exercise in a safe, supportive environment. It also promotes the benefits of healthier, more active lifestyles.

For more information call 204-467-2719

## Teulon & District Seniors Resource Council Inc.

*Providing a Helping Hand*

Find us at 54 Main St,  
Teulon 204-886-2570

### PROVIDING FREE SERVICES TO SENIORS:

- PHONE BUDDY • FRIENDLY VISITOR
- DRIVER ESCORT • INFORMATION/FORM ASSISTANCE • ADOPT A GRANDPARENT
- DROP IN CENTRE AREA
- COMMUNITY VOLUNTEER INCOME TAX PROGRAM
- MEDICAL EQUIPMENT LOANS
- CAREGIVERS SUPPORT GROUP

REGULAR OFFICE HOURS: 8:30AM-4:30PM

## St. Laurent Seniors Resource Council Inc.

“A HELPING HAND WHEN YOU NEED IT”

55+ and people with disabilities

Offering support services within the RM of St. Laurent and surrounding areas

**St. Laurent Community Health Centre**

**51 Parish Lane, 204-646-2504 ext.4**

**Seniors Resource Coordinator, Darlene McKay**

Footcare clinic, Community Volunteer Income Tax Program, Exercise Program, Monthly Seniors Birthday Club, Mobility Aids, (E.R.I.K.) Emergency Response Information Kit, Victoria Lifeline, Volunteers for different services such as Friendly Visits and Telecheck, resource Information, housekeeping, transportation, mobility aid equipment for loan. Fundraising activities throughout the year.

**Monthly Birthday Bingo Club and whist tournament**  
last Thursday of each month.

*“Celebrating Seniors in Action”*



# Rodeo action in Teulon

## By staff

The dust was flying, the bulls were snorting and the broncos bucking last weekend at the Teulon Rodeo.

A pancake breakfast kick-started the festivities both days that were jam-packed with fun for all ages.

The Heartland Rodeo events included bareback, saddle bronc, bull riding, barrel racing, tie down roping, goat tying, breakaway roping, steer riding, steer wrestling and team roping. Other events throughout the weekend were goat dressing, the Ruff House Dog Show, thoroughbred chariot racing and a Patsy Cline tribute concert.



TRIBUNE PHOTOS BY ROBERT E. WILSON



# Secondary suite will allow senior couple to age in place

By Jennifer McFee

Home is where the heart is.  
That's the certainly the case for Brent and Gwen Sharp, who received the nod of approval from Stonewall council to build a secondary suite to accommodate Gwen's aging parents. The suite will allow her parents to receive their personal care at home, thereby eliminating the need to move to a nursing home or seniors' residence.  
Their plan is to develop the north side of their property on Shady Lane to connect a 576-square-foot suite

to their existing home. The family will make every effort to ensure that the new addition blends in with the neighbourhood's esthetic.  
The Sharps plan to return the landscaping to the current condition or even an improved state, and they will ensure that proper grading and drainage are in place.  
At a public hearing on Aug. 22, neighbour Chuck McClure spoke in favour of the proposal, as did Eadie McIntyre of South Interlake 55 Plus.  
"I would just like to give my support wholeheartedly to this project,"

McIntyre said.  
"I am a caregiver for my aging father and he lives with me. It is the most wonderful experience a person could have to share their family love with their parents. I think that's wonderful. I commend these people."  
The South Interlake Planning District had no concerns about the proposed secondary suite, which will provide an opportunity for Gwen's parents to age in place.  
Council approved the conditional use application.

"I AM A CAREGIVER FOR MY AGING FATHER AND HE LIVES WITH ME. IT IS THE MOST WONDERFUL EXPERIENCE A PERSON COULD HAVE TO SHARE THEIR FAMILY LOVE WITH THEIR PARENTS."



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# Balmoral Power Skating

## Saturdays

9 a.m. - Learn to skate (4, 5, and 6 year olds)  
 9:45 a.m. - Level 1 power skating (6, 7 and 8 year olds)  
 10:30 a.m. - Level 2 power skating (8, 9 and 10 year olds)

**\$275 - 20 weeks / \$175 - 10 weeks**

**Balmoral Recreation Centre**  
**October 20, 2018 to March 9, 2019**

A stick and helmet with a mask are required for this program.  
 To register contact Kelly Farmer @ 204-467-8884  
 or send text message to 204-791-9856  
 or register September 12 at VMSC 6:30-9 p.m.

# fall registration 2018-2019

Stonewall Community Registration Evening, Tuesday, September 11, 2018, 6:00-8:00 p.m. at the Sunova Curling Rink

> EXERCISE FUN, FROM PG. 15

# BALMORAL REC HOCKEY PROGRAM

Open to Boys & Girls – Birth Years 2001 - 2013  
 \$180 per player. One hour once a week in Balmoral.

Starting mid October  
 and ending in mid March.

**REGISTRATION NIGHT**  
 Sunova Curling Club  
 Tuesday, September 11th, 2018  
 6:00 - 8:00 pm

For more information email [balmoralrechockey@mymts.net](mailto:balmoralrechockey@mymts.net)

ing it or injuring yourself! It's a good idea to start with 10 minutes each day at first and then eventually work your way up to 30 minutes or more.

Up for a challenge?

Keep up your interest by trying new activities. You may like to join others and sign up to a local fitness event, such as a fun run that raises money for a good cause. You'll not only be helping yourself but others in the process.

Try a mantra

Replace "no pain, no gain" with "no fun, no future." If you are not enjoying yourself, you won't be able to sustain it.

Keep a training diary or journal

Take time to recognize these little improvements to your daily quality of life — it can increase your motivation. Reflect on how you feel before, during and after exercise. It's a great way to track your progress.

Reward yourself

Give yourself a reward each time you reach a fitness goal. It gives you the incentive to keep going. Treat yourself to something you enjoy, but make sure your rewards match your healthy lifestyle. As you make progress, you may find you end up rewarding yourself with something physical, such as a walk through the park after a hard day's work!

*\*files from The Better Health Channel*

# FALL BACKCOUNTRY FITNESS & CONDITIONING BOOTCAMPS

Inspiring Lives, One Body At A Time

## COMING SOON!!



Location of All classes:

Warren, MB

Mon & Wed - Mom & Baby

- Warren hall

Mon & Wed evening /Saturday am

- Warren Elementary School

Monday:

9:30 am - 10:30am(hall)



6:15 pm - 7:15 pm(school)

7:30 pm - 8:30 pm(school)

Wednesday:

9:30 am - 10:30 am(hall)



6:15 pm - 7:15 pm(school)

7:30 pm - 8:30 pm(school)

Saturday:

8:30-9:30am(school)

We have amazing membership options available and treat our Backcountry members like family, always giving you the most affordable monthly rates and long lasting friendships in our community.

MEMBERS RECEIVE:

Exclusive access to a private FB group, free monthly check in with your trainer, opportunity to participate in free monthly fitness challenges, chance to win prizes and have full access to exclusive membership discounts for all Backcountry Programs.

We are so excited to kick start your fitness goals this fall and can't wait for you to join our fitness family.

Email [backcountry4fitness@gmail.com](mailto:backcountry4fitness@gmail.com)

**TO SECURE YOUR SPOT**

**Or call: 204.899.8660**

Your Trainer & Lifestyle Coach,  
 Christina Hooper

<http://backcountryfitnessandconditioning.com/>



# Erika's Fitness Club

## Classes starting this fall

**1st Class for New Member is FREE**

To register:

Call: 204-294-8620

Email: [zumbawitherikariley@gmail.com](mailto:zumbawitherikariley@gmail.com)

[erikariley](https://www.facebook.com/erikariley)





# Fall

## 2018 PROGRAM

Interlake School Division  
Continuing Education



### FALL 2018 REGISTRATION FORM

Course Number: \_\_\_\_\_  
Course Name: \_\_\_\_\_  
Course Title: \_\_\_\_\_  
  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_  
Fee: \_\_\_\_\_

☐ CHEQUE ☐ CASH ☐ DEBIT ☐ VISA ☐ MASTERCARD

Make cheques payable to: Interlake School Division  
192 – 2nd Avenue North, Stonewall, Manitoba R0C 2Z0

FOR MORE INFORMATION CONTACT  
JOCELYN DERKSEN PROGRAM COORDINATOR  
jderksen@isd21.mb.ca  
204-467-2956 fax 204-467-8334  
www.isd21.mb.ca/coned

## REGISTER NOW!

Interlake School Division, Continuing Education  
192 2nd Ave North, Stonewall MB R0C 2Z0 204-467-2956

Hours: Monday 11:00 a.m. - 6:00 p.m.

Tuesday – Friday 8:30 a.m. – 4:30 p.m.

Jocelyn Derksen – Program Coordinator jderksen@isd21.mb.ca

- Classes run subject to enrolment
- Refunds must be requested 3 days prior to course start date less \$15 admin fee.
- For courses cancelled due to insufficient enrollment, you will be notified and refunded in full.
- Please note start date, time and location of your course. You will not be sent a confirmation of registration.
- All evening classes held in the schools are cancelled if the schools have been closed for holidays or inclement weather. Some classes may also be cancelled/postponed due to school functions. Closures due to weather are announced on CJOB or on our website www.isd21.mb.ca. We will do everything we can to make up any missed classes.

### CLASS LOCATIONS

Brant Argyle – MB-322 Argyle MB  
École R.W. Bobby Bend 377-2ND Ave N - Stonewall  
École Stonewall Centennial 573 – 2ND Ave N - Stonewall  
Stonewall Collegiate 297 – 5TH Street W - Stonewall

Stony Mountain School 139 School Rd - Stony Mountain  
Teulon Collegiate 59 1st Street NE - Teulon  
Warren Collegiate 119 MacDonald Ave. - Warren  
Warren Elementary 300 Hanlan St. - Warren

Check out our WEBSITE [www.isd21.mb.ca/coned](http://www.isd21.mb.ca/coned)



FITNESS AND YOGA

F18/01 YOGA WITH LIZ

Come join me for an hour of yoga that will incorporate both Pilates and Barre exercises to build strength and increase your flexibility. This class is perfect if you want to challenge yourself and improve your mobility, tone your legs, glutes and core. Empower yourself with the increased strength and inner peace this yoga practice will bring you. Yoga mat required. *Instructor Elizabeth Luke - Certified Level 1 Yogafit Canada Instructor*

6 Thursdays starting September 20th 2018 7:15 – 8:15 pm at Stony Mountain School Fee: \$55

F18/02 YOGA & ABUNDANCE \$\$\$

Do you want to bring more abundance into your life? Do you wish for more money to come your way? With this 3 hour hatha yoga workshop you will learn how to:

- raise your energetic vibration to bring the flow of money to you.
- use the Universal Law of Attraction to build wealth
- transform your thoughts into positive action towards abundance
- feel good in your body, mind and spirit

You can change your thoughts. You can change your life. Suitable for all levels of yoga. Instructor: Angela (B.Ed, YTT 200, millionaire in training)

Sunday, October 14, 2018 9:00am -12:00 pm at École R.W. Bobby Bend (Music Room) Fee: \$40

ZUMBA

*Samara Robertson*  
**Zumba Fitness @ Licensed Instructor**  
**Basics 1/ Strong by Zumba/First aid and CPR**

Grooving to the beats of salsa, flamenco, and merengue music feels more like a dance party than a workout, which is exactly what makes

Zumba so popular. The routines feature aerobic interval training with a combination of fast and slow rhythms (body sculpting movements and easy to follow dance steps). The Latin-inspired dance workout is one of the most popular group exercise classes in the world. ... You don't need to be a great dancer to feel welcome in a Zumba class. Ditch the workout and join the party!

6:00-7:00 P.M. École R.W. Bend	<b>SPECIAL DISCOUNT</b> One for \$75 Two for \$140		<b>F18/04</b> <b>Wednesday</b> Starting September 19	
6:00 - 7:00 P.M. Warren Elem	9 weeks starting September 18,19, 20 2018	<b>F18/03</b> <b>Tuesday</b> Starting September 18		<b>F18/05</b> <b>Thursday</b> starting September 20

Shelley's fit CLUB

**Instructors:**  
*Shelley Schaeffer, BA, B Ed*  
Certified in Group Fitness, Resistance Training, Drum's Alive, Fit Flow Yoga and Maureen Rae's Level 1 and 2 Yoga Training

*Celine Doll, B Ed*  
**Can Fit Pro Fitness Instructor Specialist**  
**One for \$45 - Two for \$85 Three for \$115 - Four for \$135 Unlimited \$145**

6 week session starting September 8, 2018 Classes are 45 minutes

**NEW! COME & GO ½ HOUR CIRCUIT** – A variety of cardio, strength training, balance and mobility. Great for those starting or getting back into an exercise routine and people who like a little more flexibility in start and finish times in the morning. Weights and mat required.

**HEAVY METAL YOGA** – A calorie burning combination of strength training exercises (using weights) yoga poses and Pilates. The focus of this class is toning and tightening all areas of the body while improving balance, muscle endurance and strength. (This is not a traditional yoga class). *Yoga mat and weights (3-10 lb.) required.*  
*Each class will finish with a gentle stretch and relaxation, preparing your body and mind for a good night's rest.*

**SHRED SHAPE AND SCULPT** – Our most effective workout format yet! This is a combination class including 10 minutes of cardio, 10 minutes of interval and 10 minutes of toning. Yoga matt and weights (3-10 lb) required.

Fit Club Benefits  
- Attend any class that fits your schedule  
- Make up classes during ANY TIME SLOT

We know finding time to workout is tough!  
WE HAVE 3 NEW TIME SLOTS to help. 6:10 AM, 2:00 PM and 5:30 PM

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday-Sept 8
5:40-6:25 A.M. Centennial	F18/12 Shred Shape and Sculpt		F18/13 Shred Shape and Sculpt		F18/14 Shred Shape and Sculpt	
6:10 – 6:50 AM Centennial		F18/15 Come and Go ½ hour Circuit				
8:15 -9:00 A.M. Centennial						F18/ 16 Shred, Shape and Sculpt
2:00-2:45 PM Parochial Hall		F18/17A Shred Shape and Sculpt				
5:30 – 6:15 P.M. Centennial			F18/17B Shred Shape and Sculpt			
6:15 - 7:00 P.M. Centennial				F18/19 Shred Shape and Sculpt		
7:15 -8:00 P.M. Centennial	F18/18 Heavy Metal Yoga					

F18/06 VOLLEYBALL - INTERMEDIATE LEVEL (CO-ED) AGE 18+

Come out Monday nights at Stony Mountain School from 7:15 – 9:30 p.m. Strong level of play, recommended for past high school varsity-level players. Must be physically capable and experienced to play at a competitive level. For more information please contact Tammy at 204-467-7753 or Ashley at 204-471-2851.

**Mondays starting September 10th, 2018 (no volleyball October 8th)**

7:15 – 9:30 p.m. at Stony Mountain School  
Fee: \$35 / \$70 for all year  
Drop-in fee: \$5 per night (due on arrival)

F18/07 VOLLEYBALL - RECREATIONAL/BASIC LEVEL (CO-ED) 16+

Friday nights at Stony Mountain School from 7:15 – 9:30 p.m. Fun and social evening with a basic level of play required. For more information please contact Tammy at 204-467-7753 or Ashley at 204-471-2851.

Fridays starting September 14th 2018

7:15-9:30 at Stony Mountain School  
Fee: \$35 / \$70 for all year  
Drop-in fee: \$5 per night (due on arrival)

F18/08 BADMINTON - GRADES 9 – 12 & ADULTS

This class is for the competitive badminton player (emphasis will be on footwork, shots and improving skills) and developing players (emphasis on improving basic skills and developing their game) Bring your own racquet. Racquets may be purchased from the instructor. Instructor Dale Kinley.

**9 or 10 Sundays Starting September 16th, 2018**

1:30 – 3:00 Stonewall Collegiate  
Fee: \$70  
SIGN UP FOR ALL YEAR \$200

Register for Monday and Friday for Fall - \$50  
Register for Monday and Friday All Year - \$100

STONY MOUNTAIN FITNESS CLASSES

*Rhonda Steffan, (rstfitness@gmail.com)* Canfitpro Certified Fitness Instructor & Healthy Eating & Weight Loss Coach Certification

All classes are suitable for Every Fitness Level. Modifications will be shown for each exercise and movement

One for \$60; Two for \$110  
Three for \$145 Four for \$160

F18/20 TABATA HIIT

In this class we will target the total body and will combine cardiovascular and strength training exercises at a variety of levels to make the perfect calorie burning process Please bring: hand weights, a water bottle, yoga mat, & indoor runners.

**9 Mondays**  
**starting September 24, 2018**  
6:00-7:00 p.m.

at Stony Mountain School

F18/20A CIRCUIT INTERVALS

Circuit Interval training will alternate strength-training exercises with aerobic activities to provide you with the ultimate workout. Expect a full body workout with lots of variety. Please bring: hand weights, a water bottle, yoga mat, & indoor runners.

**9 Wednesdays**  
**starting September 26, 2018**  
6:00-7:00 p.m.

at Stony Mountain School

F18/21 TABATA STRENGTHEN AND SCULPT

This class will target all the main muscle groups. This is perfect if you want to tone-up, tighten muscles and improve your overall strength and flexibility. Please bring: hand weights, a water bottle, yoga mat, & indoor runners.

**9 Thursdays**  
**starting September 27, 2018**  
6:00-7:00 p.m.

at Stony Mountain School

F18/21A INSTRUCTORS CHOICE SATURDAY MORNING

This class will incorporate strength training and cardiovascular conditioning activities; HIIT, Tabata, Circuit, Intervals, cardio and weights. Expect a full body workout with lots of variety. Please bring: hand weights, a water bottle, yoga mat, & indoor runners.

**9 Saturdays**  
**starting September 29, 2018**  
8:00 -9:00 a.m.

at Stony Mountain School

**BONUS Make up any missed classes during any time slot!**

SPARK FITNESS

*With Sarah Todd, CANFITPRO Certified Fitness Instructor Specialist*

*For more information and a full description of classes visit: [www.sparkfitnessandnutrition.ca](http://www.sparkfitnessandnutrition.ca)*

**SPECIAL DISCOUNT One for \$60 Two for \$100 Three for \$130**

F18/09 SHRED AND SCULPT CIRCUIT INTERVALS

This popular interval class mixes calisthenics/body weight exercises with cardio and strength training to achieve the best results possible. No two classes are the same as each lesson is exclusively planned and is designed to push participants harder than they'd push themselves alone. This high intensity training experience encourages participants to find their unique personal upper limits, while they train hard in a fun and inclusive environment. Shred and Sculpt Circuit Interval training is suitable for all levels because all the moves are introduced gradually, and modifications (simple and challenging) will always be offered. \*Please bring: indoor runners, yoga matt, water bottle and 5-10 lb weights. (No class September 17th)

**8 Mondays starting September 10, 2018**

6:10 – 6:55 pm at Stonewall Centennial School

F18/10 TABATA (H.I.I.T CLASSES)

High Intensity Interval Training (H.I.I.T) is one of the most effective workouts to build up strength and the cardiovascular system. This work out immediately boosts metabolism, and past participants have said they feel “energized” and can “feel the burn” for hours after! Ideal for cross-training and healthy weight maintenance; every class consists of a variety of simple, yet intense, uniformly timed exercises. So, whether your goal is muscle tone, weight loss, or both, this class provides it. Tabata is suitable for many fitness levels because the participant will decide the intensity to put into each class, so being aware of personal minimum AND maximum limits is a must. \*Please bring: indoor runners, yoga matt, water bottle and 3-8 lb weights.

**8 Wednesdays starting September 12, 2018**

6:30 – 7:20 pm at Stonewall Centennial School

F19/10 YOGAFLOW

Establishing the mind, breath, and body connection is key for healing the body. Join in for the joyful practice of Hatha Yoga. This class uses a combination of movement, postures, and breath to cultivate strength, flexibility, and balance. Yogaflow focuses on meditation with breath and proper alignment in poses. Beginners will safely learn the basics, while more experienced participants can take postures to a deeper level. This class is suitable for all levels because all the moves are introduced gradually, and modifications (simple and challenging) will always be offered. \*Please wear comfortable clothing and bring a water bottle, yoga mat, blanket and a couple pillows.

**8 Thursdays starting September 13, 2018**

7:15 – 8:30 pm at École R.W. Bobby Bend Music Room

SPECIAL DISCOUNT

One for \$60 - Two for \$100 Three for \$135

**BONUS Need to miss a class? NO problem!**  
Make up classes during ANY TIME SLOT



## PERSONAL INTEREST / PROFESSIONAL DEVELOPMENT



### F18/23 FINANCIAL WORKSHOP

Is money controlling you or are you controlling your money? With this financial foundation educational program you will learn how to:

- Make money work better for you
- Ensure your family has proper protection
- Find and save more money
- Make a plan to become debt free
- Understand investments and build wealth
- Protect and preserve your money

You can become your own Money Manager. You can learn the habits of successful people.

Instructor: Daniel Fehr-Krahn (Certified Financial Educator)

**5 Mondays starting Saturday September 24, 2018 (no class October 8)**

6:30-8:30 pm at Stonewall Collegiate

Fee: \$25

### F18/24 HUNTER EDUCATION

The purpose of this course is to promote responsible and ethical hunter conduct, emphasize the importance of wildlife management, learn laws and regulations, and to encourage the safe handling of hunting equipment. Students will obtain a better understanding of their obligations to the resources, the landowner, other hunters and to themselves. First time hunting license purchasers must successfully complete this course. Bring a bag lunch. Participants must be 12 years of age and older, however youth age 10 and 11 may enroll in the course and qualify for an apprentice hunter education certificate. Textbooks will be made available by the instructor, the day of the class. Instructor: Don Hrehorek.

**Saturday September 22, 2018**

9:00 a.m. – 5:00 p.m. at Teulon Collegiate

Fee: \$73

### F18/25 HALLOWEEN THEME OWL PRESENTATION

Come out and get up close and personal with a live owl! Learn about Manitoba owls with biologist and world owl expert Jim Duncan. Using a variety of media, personal owl impressions, owl parts and 'puke' (aka pellets), and Rusty (a female Long-eared Owl) Jim will introduce you to the mysterious lives of these nocturnal creatures, and owls in mythology. Since 2005 Jim and his owl colleagues have given over 300 owl presentations to over 16,300 people, from pre-school kids to retirees. If you have not seen this presentation come out and see why it continues to be a much sought-after experience. Bring your camera or video camera and 'capture' Oskia, a great gray owl, as she flies over your head.

*Night is not something to endure until dawn. Darkness is its own kingdom ... and many things dwell in it.*

P.A. McKillip

**Monday October 29th 2018**

7:00-8:30 p.m. at Stonewall Collegiate

Fee: \$15 (proceeds going to support owl conservation and research in Manitoba)

### F18/26 LEADERSHIP GOLD – MASTERMIND SERIES

Throughout the sessions, we will learn how to effectively raise our leadership lid by understanding and implementing the principles found in Leadership Gold. Teaching from the 26 lessons in the book, we discuss some of the following: If you are lonely as a leader, then what is wrong? Why is it so critical that you lead yourself well? How do you lead the toughest person in the room? Instructor Kelly Hallock, RN BScN. Includes course workbook.

**5 Wednesdays starting September 19th, 2018**

7:00-8:00 p.m.

Fee: \$115



## SAFETY

### ECSI- FIRST AID/CPR (EMERGENCY CARE AND SAFETY INSTITUTE)

(Emergency Care and Safety Institute) is a 7-8 hour emergency first-aid course with a simplified book and is easy to follow. Included in training: wounds, fractures, bandaging/ splints as well as medical conditions such as: heart attack/ stroke, diabetes, seizures, heat and cold injuries. The CPR is heart saver level, adult, infant, child, AED, and choking. CPR only have be taken the first night \$45. Instructor: Bob Barsi

**F18/31 2 classes October 4 and 11, 2018**

6:00 – 10:00 p.m. at Teulon Collegiate • Fee: \$95

**F18/32 2 classes November 15 and 22, 2018**

6:00-10:00 p.m. at Stonewall Collegiate

7:40 – 9:10 pm • Fee: \$95

**TAKE CPR ONLY FOR \$47.50 (first night)**

### F18/33 FOOD HANDLERS CERTIFICATION

This course is recommended for anyone looking for a job in or presently working in the food services industry. Learn the principles of safe food handling and upon successful completion receive a Province of Manitoba Level 1 Food Handling Certificate (valid for 5 years). The student workbook is included in the course fee. Instructor: Lori Zdebiak RD. Please bring a lunch

**8 Thursdays starting September 20th, 2018**

6:30 – 8:00pm at École R.W. Bobby Bend School (Gym)

• Fee: \$90

## COOKING/BAKING

### GLUTEN FREE AND DAIRY FREE BAKING

Are you new to gluten or dairy free lifestyle? Are you having a hard time baking allergy-free goodies that your family will actually eat? Maybe you simply want to bake delicious ad healthy treats. Join Dr. Kristen Mitteness, author of the cookbook, Bacon is Rad, Gluten is Bad in learning the basics of baking without gluten, grains, dairy or refined sugars.( In the class you will be making chocolate chip cookies, flat bread and quick bread). This includes samples of our baked goods and a copy of Dr. Kristen's cookbook, Bacon is Rad, Gluten is Bad Second Edition

**F18/53 Wednesday October 3rd 2018**

7:00-9:00 pm at Stonewall Collegiate – Foods Lab

Fee: \$50 – includes all supplies to make the 3 recipes

**F18/54 Saturday November 3rd, 2018**

2:30 – 4:30 pm at Stonewall Collegiate – Foods Lab

Fee: \$50 – includes all supplies to make the 3 recipes

## LANGUAGE

### SPANISH – LEVEL 1 AND CONTINUING (AGES 16 & UP)

Learn basic Spanish in a fun and friendly environment! These

dynamic and interactive lessons will help you prepare for the types of conversations you might encounter. This course is intended for individuals wanting to learn the basics of the Spanish language and about their culture as well.

The Continuing class is suitable for those how have some basic knowledge of Spanish and for those who took the beginner Spanish. Instructor: Erika Riley

**F18/27A Beginner Spanish**

8 Wednesdays starting October 3, 2018

6:00-7:30 at Stonewall Collegiate

Fee: \$105

**F18/27B Continuing Spanish**

8 Wednesdays starting

October 3, 2018

7:40 – 9:10 pm

Fee: \$105

### F18/28 BEGINNER FRENCH

Learn to speak French in a Fun and stress-free setting! Marie-Lyne will help you develop a strong foundation of the French Language. The course focuses on oral comprehension and production. Participants will have lots of opportunity to practice and become confident using their French skills. This course is ideal for parents with children in the French Immersion Program or anyone who would like to learn French.

**8 Tuesdays September 18 – November 13, 2018 (no class October 30th)**

6:00-8:00 pm at Stonewall Collegiate

Fee: \$105



## HEALTH/ WELLNESS

### F18/29 VISION BOARD WORKSHOP

Did you know we

are TWICE as like-

ly to achieve our

goals if we write

them down?

Resolutions are

helpful, but only if

we are motivated

to stick to them.

Put yourself first

and start mov-

ing forward with this visual goal setting process. Hit the reset

and give yourself a second chance. Please bring along 4 or 5

old magazines that you are willing to share. You can also bring

printed pictures or special scrapbooking supplies. Included in

class: Worksheets to get the inspiration started, vision board

supplies and a creative way to get clear on your dreams. In-

structor: Meechelle Best

**Wednesday September 26, 2018**

7:00-9:30 at Stonewall Collegiate

Fee: \$40

### F18/30 WELCOME TO THE HEALTHY LIVING REVOLUTION!

By the Juice Plus Company

The Healthy Living Revolution is a movement of individuals who are inspiring themselves and others to take their health back. We offer simple solutions and resources to take the first step and beyond. Join Brenda Stafford in learning together!

- Revolution Recipes
- Healthy Living Revolution Education
- Home Fitness Series
- Community and so much more

**October 10 and 24th, 2018**

7:00-8:30 pm at École Stonewall Centennial School Library

Free



## DOG TRAINING

### F18/55 GOOD DOG! DOG TRAINING

Basic obedience for your dog. Erica will guide you and your pet through basic commands such as sit, down, stay, come, leave it and more. Positive reinforcement techniques are used to provide a positive learning environment for both you and your pet. Dogs of all ages welcome! Please bring: regular nylon leash (not retractable), appropriate collar for your dog, your dog's favorite toy, soft treats, water for your dog. Instructor: Erica Williams in the course and qualify for an apprentice hunter education certificate. Textbooks will be made available by the instructor, the day of the class. Instructor: Don Hrehorek.

**6 Wednesdays September 12 – October 17, 2018**

6:00 – 7:00 p.m. SCL grounds – south parking lot (more details provided when registering) • Fee: \$55

**FOR FULL DESCRIPTION OF CLASSES call 204-467-2956 or VISIT [www.isd21.mb.ca/coned](http://www.isd21.mb.ca/coned)**



## CREATIVE SIDE

### INTRO TO DRAWING WITH PEN AND INK

A \$6 fee for the pen to be paid to the Instructor Linda Gillies.

### F18/34 PORTRAIT DRAWING

2 Thursdays

September 20 & 27, 2018,

6:30 – 8:00 pm

at Stonewall Collegiate

• Fee: \$45



### F18/35 HORSE DRAWING

2 Thursdays

October 4 & 11 2018,

6:30 – 8:00 pm

at Stonewall Collegiate

• Fee: \$45



### TAKE TWO CLASSES FOR \$80

### PARTILIFE CLASSES

#### F18/36 LIVE WREATH

Ornament color options are silver, gold, champagne, red and green. Matte, shiny, sparkly in three different sizes!

\*suitable for outdoors only; lasts up to one season. **Wednesday December 5, 2018, 6:30-8:30 pm**

at Stonewall Collegiate

• Fee: \$55



#### F18/37 PHOTO SIGN (16 X 20)

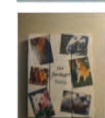
In a few hours of fun, you and your friends will be guided into creating your very own handmade Photo Sign! We provide everything you need: instruction, supplies, set up and clean up! Geared for the beginner, you are guided the whole way. 3 design options are available: Grandkids Make Life Grand; Children Bring Joy and Our Four Legged Family. Please bring your own photo's laser printed on paper – as many as can fit on a 16 x 20 board!

**Thursday November 1, 2018,**

6:30-8:30 pm

at Stonewall Collegiate

• Fee: \$55



#### F18/38 WELCOME SIGN, TRICK OR TREAT OR HAPPY FALL

A few hours of fun, you and your friends will be guided into creating your very own outdoor Sign! We provide everything you need: instruction, supplies, set up and clean up! You will be guided through the creation process step by step as our events are designed with the beginner in mind. NO previous experience required!

**Wednesday October 3, 2018,**

6:30-8:30 pm

at Stonewall Collegiate • Fee: \$55



### F18/38B 'FAMILY BIRTHDAY'S CALENDAR

Party (top part measures 5.5 x 14 - includes 12 circles) Additional circles can be purchased for .50 cents Alternate quotes can be provided (in replacement of 'Family Birthdays') Choose from a variety of finishes in all available in different colors! Instructor Partilife!

**Thursday November 21, 2018,**

6:30 – 8:30 pm at Stonewall Collegiate

• \$46



### F18/39 ADULT POTTERY CLASS (AGES 16 AND UP)

Open to all skill levels. Introduction to clay and clay tools, hand building pottery techniques and glazing. Create functional pieces that will be glaze fired in an electric kiln. Pottery tools included in tuition cost and will be yours to keep. Instructor: Jennifer Sonnenberg.

6 Tuesdays

October 16 – November 20th 2018

6:30 - 8:30 p.m.

at Stonewall Collegiate - Art Room

• Fee: \$130

(includes all supplies plus tool kit)

### F18/40 FELTED WALL HANGING (BEGINNER)

You will learn the techniques of wet felting wool into a wall hanging based on an image of the galaxy. Your work of art can be made into a wall hanging or pillow cushion or whatever you want. This is an exciting art medium to work with. Please bring an apron or old shirt as you will be handling soapy water. Instructor Patricia Anderson-Painted Daisy.

**Saturday October 13, 2018**

1:00-4:00 pm at Stonewall Collegiate

• Fee: \$100



### ONE-DAY OIL PAINTING SEMINAR FOR THE ABSOLUTE BEGINNER - STONEWALL

Join popular instructor Julie Lamoureux in learning how to create this stunning painting you will be proud to display. [www.artworkshops.ca](http://www.artworkshops.ca)

### F18/41 12X16 'BABY SEAL PUP'

In this painting you'll test your skills with the palette knife which we will be using for much of the class. Please bring your own palette knife if you have one

**Wednesday October 3, 2018**

6:00 – 9:00 p.m.

at Stonewall Collegiate

(class end time is approximate)

Fee: \$74



Image is copyrighted

## YOUTH

### F18/42 KIDS POTTERY CLASS - (AGES 8 - 12)

Have fun creating with clay! Art supplies are included in the fee. Instructor: Jennifer Sonnenberg.

**4 Tuesdays October 30 – November 20, 2018,**

4:00 - 5:30 p.m.

at Stonewall Collegiate - Art Room

• Fee: \$60

### F18/43 BIG AND LITTLE POTTERY CLASS (ADULT AND CHILD - AGES 5 AND UP)

A class where an adult (parent, aunt, uncle, grandparent etc) and child (5 years +) come and create art together! Learn pottery techniques while creating art and memories. Art supplies are included in the fee. Instructor: Jennifer Sonnenberg.

**4 Wednesdays November 7-28, 2018,**

6:00 - 7:30 p.m.

at Stonewall Collegiate - Art Room

• Fee: \$60

### F18/44 CHILDREN'S ART CLASS - (AGES 7 - 12)

This art class is designed for children ages 7-12. Students will get the chance to create artworks using a variety of materials including clay, paint, and drawing materials. In each class students will create a new artwork. Skill development with materials will be taught, and visual creativity is encouraged. Supplies are included in the course fees, and provided by the instructor. Instructor: Julia Dennis, Artist and Art Teacher.

**6 Tuesdays September 18 – October 23 2018**

4:00 - 5:30 p.m.

at Stonewall Collegiate - Art Room

• Fee: \$90

### CANADIAN RED CROSS BABYSITTING COURSE (AGES 11-15)

Come learn to be a safe, Red Cross certified Babysitter. Be a fun babysitter while keeping babies, toddlers and pre-school and school age children safe. Learn to recognize household hazards. This program teaches safety to be home alone, how to handle emergencies such as choking and injuries, how to contact emergency rescue workers or 911 operators. Class includes textbook and wallet size certificate. Students are to bring a bagged lunch and a doll. Instructor: Kelly Kimball

**F18/45 Saturday October 20th, 2018**

9:00 – 5:00 pm at WCI • Fee: \$60

**F18/46 Saturday October 27th, 2018**

9:00 – 5:00 pm at SCI • Fee: \$60

### F18/47 HOME ALONE - EMERGENCY PREPAREDNESS & PEOPLE SAVERS 3 (AGES 8-13)

This Red Cross program will teach important safety awareness & basic first aid to elementary school aged children. Students will receive a workbook to follow through the class, learning to recognize a variety of everyday situations that could be dangerous. Students will learn to be prepared, check for safety, call for help and care for a person in an emergency situation such as choking or injury with first aid skills. Instructor: Kelly Kimball. Children should not be left alone under the age of 12. Even though they may have taken the Home Alone People Savers Course, parents should make arrangements to have any child under 12 supervised at all times.

**Tuesday October 16th 2018**

6:00-8:30 p.m. at Stonewall Collegiate

• Fee: \$35

### F18/48 BADMINTON - Grade 8 and under

This class is for the beginner badminton player as well as for students who want to improve their skills or want to work towards more competitive play. Emphasis is on learning the game of badminton, basic skills, and having fun. Bring your own racquet. Racquets may be purchased from the instructor. Instructor: Dale Kinley.

**9 or 10 Sundays starting September 16th, 2018.**

12:00 – 1:30 p.m. at Stonewall Collegiate,

Fee: \$70. Sign up for ALL YEAR \$200

### F18/49 FUN BASKETBALL (13 - ADULT)

Come out for a fun night of basketball! This is suitable for any player, whether you are looking to get together with friends or meet new ones, try something new or play something you already love! Join this friendly fun league where you can play even if you are relatively new to the sport. Please bring indoor shoes with non-marking soles. League Coordinator – Darrell Vesa.

**Sundays September 24 – December 16th, 2018,**

8:00-9:00 pm

at École Stonewall Centennial School.

Fee \$ 25

(Sign up for Fall and Winter - \$40)

### KIDS CAN COOK - THE HEALTHY WAY! (AGES 8-12)

This class is a great way for your kids to learn, create and have fun in the kitchen! In this course your kids get to be the chefs! Just imagine the fun of preparing the food, learning while cooking and then eating your creations! All supplies included in the registration fee and the Canada's Food Guide will be followed. Please advise any food allergies on your registration form. Instructor: Meechelle Best.

**F18/50 6 Tuesdays starting October 16, 2018**

4:00 - 5:30 p.m. at Stonewall Collegiate.

Fee: \$8

**F18/51 6 Thursdays starting October 18, 2018**

4:00 - 5:30 p.m. at Stonewall Collegiate

Fee: \$8

### F18/52 ACTING AND PERFORMANCE CLASSES - AGE 6-13

Manitoba Theatre for Young People Build your acting skills as you play fun drama games, learn character exercises, and collaborate with your classmates to create an original performance for the final class. Instructed by Manitoba Theater for Young People.

**8 Thursdays October 4 – November 22, 2018,**

5:15-6:30 at Stonewall Centennial School

• Fee: \$190



Contact Info:

Laine Wilson Phone –

204-886-0505 or 204-861-0341

Email – [teulonrockwoodrec@gmail.com](mailto:teulonrockwoodrec@gmail.com)

Twitter - @teulonrockwood

Facebook –

<https://www.facebook.com/teulonrockwoodrec>



Contact Info: Kelly Kimball

Phone - 1-204-461-4040

Email - [rosserwoodlandsrec@mymts.net](mailto:rosserwoodlandsrec@mymts.net)

Twitter - @RWRecComm Facebook - "Like"

Rosser Woodlands Recreation Commission

Monthly E-news - Message any of the above to sign up for the R&R Newsletter





# fall registration 2018-2019

**Stonewall Community Registration Evening, Tuesday, September 11, 2018, 6:00-8:00 p.m. at the Sunova Curling Rink**

## 6 benefits of music lessons

Learning to play an instrument can help your child fine-tune her ear and enhance skills needed for education and social interaction.


Between soccer and scouts, your school-age kid's schedule is loaded with fun activities. If you're on the fence about adding music classes to the list, take note of the benefits that come with signing your little one up for violin or piano lessons. Maybe she won't be the next Beethoven, but she may have an easier time learning math, practising good manners (including patience!) and becoming a team player.

It improves academic skills.

Music and math are highly inter-

twined. By understanding beat, rhythm and scales, children are learning how to divide, create fractions and recognize patterns. Musical instrument classes also intro-

Continued on page 22




# Stonewall Skating Club

## Registration for the 2018 - 2019 Season

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**All programs are taught by certified professional coaches**

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### Learn to Skate - October 11 to March 14

(For children ages 4 and up) Born 2014 or earlier

\*\*All skaters registered for Canskate will have their name entered into a draw to win back their registration fee of \$225.00. Draw will take place on October 11, 2018 at 6:45 p.m.\*\*


**Canskate:**

- Provides kids with the best foundation for figure skating, hockey, speed skating and ringette
- Introduces a healthy, lifelong activity at an early age
- Promotes fun, fitness and participation

CSA approved helmets and mittens are required.  
 Skate Canada insurance fee of \$35.65 is not included in Canskate Registration fee.

<b>Canskate</b> Thursdays (20 - 45 minute sessions)	6:30 - 7:15 PM	\$225 + <u>35.65</u> <b>\$260.65</b>
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Would your child like to learn figure skating? Join the

### Skate Canada Star Program.

<b>StarSkate 1</b>  Mondays Thursdays	Sep 17/18 to March 21/18 4:45 – 5:45 PM 4:45 – 5:45 PM	Program details available at Registration or email the Club
<b>StarSkate 2</b>  Mondays Thursdays Saturdays	Sep 17/18 to April 18/19 4:30 - 6:00 PM 4:30 - 6:00 PM 8:30 - 10:00 AM	Program Details available at Registration or email the Club

**Star 3 and higher programs - Sep 17/18 to April 18/19.**  
 New Program Format and Registration Fee information for Star 3 and higher is available from your coach or email [stonewallskatingclub@gmail.com](mailto:stonewallskatingclub@gmail.com).

Mondays* Thursdays* Mondays** Saturdays**	4:15 – 6:00 PM 4:15 – 6:00 PM 6:15 – 7:15 PM 8:00 – 10:00 AM	*Group lesson format*  **Purchase of ice time only. Private/semi-private coaching separate**
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**Skate Canada Insurance Fee is non-refundable - Time payments are available - Fundraising deposit of \$120 per family is payable at registration \*\*PLEASE BRING A MINIMUM OF 3 CHEQUES TO REGISTRATION\*\*\***

*Programs may be cancelled if registration does not meet minimum requirements.*

---

**For further information, or if you cannot attend registration night, contact [stonewallskatingclub@gmail.com](mailto:stonewallskatingclub@gmail.com)**

# Highway 6 Youth Soccer

## Warren

**Registration for**  
**kids ages 3-12 is \$50**  
Plus a \$50 refundable volunteer fee

*August 28th 6:30-7:30 pm  
and September 5th 7-8 pm  
at the Warren Curling Club*


---

**Season begins September 11th and runs**  
**Tuesday's and Thursday's at 6:15 - 7:15 pm**  
(September 11, 13, 18, 20, 25, 27 & October 2, 4, 9, 11)

***We are also looking for volunteer coaches for all age groups.***

**For info please contact Karen at [tristram@mts.net](mailto:tristram@mts.net) or 204-227-9738**

The logo for Interlake Bujinkai Karate Club is a circular emblem with a blue background. Inside the circle is a white, stylized tiger head facing forward. The tiger has large, pointed ears, whiskers, and a small, open mouth showing its tongue. Below the tiger's head is a small, white, stylized karate gi (uniform) with a belt.



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Restore the body  
Calm the mind  
Renew the spirit

Heather McDermid

Fall Session starting soon

Classes for all levels!

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Classes

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[www.heathermcdermidyoga.com](http://www.heathermcdermidyoga.com)  
or Call 204-467-7949

# STONY MOUNTAIN

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[info@skistony.com](mailto:info@skistony.com)



**2018/2019 Season Passes  
on Sale Now!**

**Buy before October 10th!**

Season Passes	Regular Rate	Fall Sale
Junior (12 & under)	\$325.00	\$265.00
Adult/Student	\$350.00	\$299.00
Family	\$750.00	\$599.00

**Opening Day**  
**Saturday**  
**December 1**







# fall registration 2018-2019

**Stonewall Community Registration Evening, Tuesday, September 11, 2018, 6:00-8:00 p.m. at the Sunova Curling Rink**

Continued from page 21

duce young children to basic physics. For instance, plucking the strings on a guitar or violin teaches children about

harmonic and sympathetic vibrations. Even non-string instruments, such as drums and the vibraphone, give big kids the opportunity to explore these

scientific principles.

It develops physical skills.

Certain instruments, such as percussion, help children develop coordination and motor skills; they require movement of the hands, arms and feet. Enhancing co-ordination and perfecting timing can prepare children for other hobbies, like dance and sports.

It cultivates social skills.

Group classes require peer interaction and communication, which encourage teamwork as children must collaborate to create a crescendo or an accelerando. If a child is playing his instrument too loudly or speeding up too quickly, he'll need to adjust. It's

important for children to know and understand their individual part in a larger ensemble.

It refines discipline and patience.

Learning an instrument teaches children about delayed gratification. The violin, for example, has a steep learning curve. Before you can make a single sound, you must first learn how to hold the violin, how to hold the bow and where to place your feet. And in waiting for their turns and listening to their classmates play, kids learn to show their peers respect, to sit still and be quiet for designated periods of time, and to be attentive.

Continued on page 23

## LEARN TO CURL THIS SEASON

## DID YOU KNOW

Our online registration system will be available to use in early September

Tues. Sept 11th is registration night at the Sunova Curling Rink 6-8 pm

We offer an Adult Learn to Curl Program

We offer Junior Programs for all ages 5-17

We offer Men's, Women's, Mixed, Seniors and Stick Leagues

Details can be found on our website

Stonewall Curling Club

[www.stonewallcurling.com](http://www.stonewallcurling.com)

## Jazz Acro Hip Hop Tap Pre-School Lyrical Ballet

**Now Offering Boys Only Hip Hop Class**

# Jansen School of Dance

Stonewall Location

Ages 3-Adult

Registration for 2018-2019

Tuesday, September 11, 2018

6:00 - 8:00 pm

Sunova Curling Club

Under the direction of Patsy Newman

Classes run Saturdays from October to May

Year End Recital

For information

Call 831-0760

[patsynewman@gmail.com](mailto:patsynewman@gmail.com)

## Stonewall Karate

### Veterans Memorial Club

(White Stucco Building beside the soccer fields)

Stonewall, MB

Contact: Sensei Deborah Hinds

Phone: 467-5787 email: [drhinds@mts.net](mailto:drhinds@mts.net)

[www.ikdmanitoba.ca](http://www.ikdmanitoba.ca)

### Benefits:

- Physical Conditioning — endurance, strength, speed, flexibility
- Mental — concentration, stress control, perseverance
- Social — friendly supportive approach, \*\*family oriented\*\*

**Shotokan Karate:** family oriented, lifetime activity non-contact, men, women, boys, girls, all ages (8 to 65)

**First Regular Class Free!**  
(Please arrive 10 minutes before class)

**Membership in Budo IKD MB**

### Little Tigers:

Tuesdays for 7 weeks

Girls & Boys ages 4 - 7

Starts Sept. 18th - Nov. 6th

**SIGN UP NIGHT AT THE SUNOVA CURLING RINK TUESDAY SEPTEMBER 11TH SEE YOU THERE.**

**Attire:** Shorts, T-Shirt, sweats or Karate "gi" (no shoes)

## Keyboard Ventures Music Centre

Exercise your mind, coordination, concentration and motor skills.

**6 Week Introductory Offer - \$95**  
Free use of Keyboard

**ONSITE or MOBILE Music Lessons for Children, Adults & Seniors**

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  - fireplaces,
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**Join Us Sept 11th 6-8 pm Registration Night at Sunova Curling Club**

**Celebrating 26 Years in Business!**

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# fall registration

**Stonewall Community Registration Evening, Tuesday, September 11, 2018,  
6:00-8:00 p.m. at the Sunova Curling Rink**

Continued from page 22

It boosts self-esteem.

Lessons offer a forum where children can learn to accept and give constructive criticism. Turning negative feedback into positive change helps build self-confidence. Group lessons, in particular, may help children understand that nobody, including themselves or their peers, is perfect, and that everyone has room for improvement.

It introduces children to other cultures.

By learning about and playing a variety of instruments, kids can discover how music plays a critical role in other cultures. For instance, bongos and timbales may introduce children to African and Cuban styles of music. Although the modern-day violin has roots in Italy, learning to play it exposes children to classical music popularized by German and Austrian musicians. It's important to familiarize children with other cultures at a young age because this fosters open-mindedness about worlds and tradi-

tions beyond the ones they know.

*\*files from parents.com*

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COUNTRY  
SKI CLUB**

SINGLE ADULT: \$65 FAMILY: \$85

Jackrabbit Program \$20 per child



# fall registration 2018-2019

Visit the following advertisers  
at our FALL REGISTRATION NIGHT  
**TUESDAY SEPTEMBER 11th 6:00pm-8:00pm**  
at the Sunova Curling Rink in Stonewall

**Backcountry Fitness & Conditioning**  
**Balmoral Judo**  
**Balmoral Powerskating**  
**Balmoral Rec Hockey**  
**Heather McDermid Yoga**  
**Interlake Bujinkai Karate Club**  
**Jansen School of Dance**  
**Jordan Riley Music**  
**Keyboard Ventures**  
**Quarry Choristers**  
**Royal Canadian Air Cadets**  
**Stonewall Curling Club**  
**Stonewall Girl Guides**  
**Stonewall Karate**  
**Stonewall Powerskating**  
**Stonewall Scouts**  
**Stonewall Skating Club**  
**Stony Mountain Run**  
**Stony Mountain Ski Area**  
**Teulon Cross Country Ski Club**

Sing with the  
**Quarry  
Choristers**

**Registration Night**  
**Sun, Sept 16th 6:30 pm**  
Stonewall United Church  
**Visit our table on Info Night**  
**Tues, Sept 11th 6:00-8:00 pm**  
Sunova Curling Club  
**Any questions call 204-470-8735**

**Warren Curling Club**  
**2018/2017 Season**  
**Registration**

PLEASE CALL

**Ladies League**  
Nadine 322-5260  
**Mens League**  
Lawrence 383-5005  
**Mixed League**  
Joan 322-5257 or  
Karen 383-5808  
**Stick League**  
Jim 461-2477  
**Juniors (Gr 4-8)**  
Rick 322-5477

Or call Vernon at 322-5257 or  
email [vernon.mankewich@mymts.net](mailto:vernon.mankewich@mymts.net)

**The Warren Curling Club is also looking to hire for the tendered positions of**

**Bar Manager**  
**Ice Maker**  
**Club Cleaner/**  
**Kitchen Manager**

*All tenders to be submitted no later than September 15th, 2018.*

Send via email to  
[vernon.mankewich@mymts.net](mailto:vernon.mankewich@mymts.net)

**Jordan Riley**

Guitar & Piano Lessons

204-513-0643

Call now for a FREE consultation

**Warren Skating Club**

4:30 - 5:15 - Level 3 (ages 9 & 10 year olds)  
5:15 - 6:00 - Learn to Skate  
6:00-6:45 - Level 1 (ages 5 & 6 year olds)  
6:45-7:30 - Level 2 (ages 7 & 8 year olds)  
*(ages are a guideline, skaters will be evaluated at first class)*

**Wednesday Evenings**  
**Oct. 17 - March 13**  
**\$250 for 20 weeks**  
**(45 minute classes)**

**REGISTRATION**  
**Wednesday, Sept. 12 7:30-8:30 p.m.**  
**at the Sunova Warren Arena**  
or call Tara-Lee 204-383-5262  
or email [tara-lee@mymts.net](mailto:tara-lee@mymts.net)  
or call  
Brette 204-461-1705  
or [brettepark@gmail.com](mailto:brettepark@gmail.com)  
*Sticks and helmets with a mask are mandatory for this program*



Soar the skies with 301 Air Cadets.

Air Cadets are for boys and girls ages 12 to 19 years of age. We offer a dynamic youth program emphasizing on Citizenship, Leadership and physical fitness. We offer Scholarships for Gliding and Power flying and fun summer training in Gimli MB, British Columbia, and Cold Lake AB. We parade on Thursday nights between 6:30 and 9:30 pm at the Stonewall Legion Hall. There is no cost to join cadets. If you would like more information, please call 995-1502 (after 5pm please), or come on down Thursday nights and check us out. (cadets start up on September 6)



> TRIANGLE IN THE SKY, FROM PG. 7

**Manitoba Communities in Bloom**

**20<sup>th</sup> Annual Conference & Awards**

**September 7<sup>th</sup> and 8<sup>th</sup>, 2018**

**Hosted by The Town of Morris**

**Special Guest Speaker**  
Canada's Gardening Guru  
**Mark Cullen**

**Friday, Sept. 7<sup>th</sup>, 7pm**

**Mark's book available \$20**  
Proceeds to Highway of Heroes

**SATURDAY CONFERENCE \$50**  
INCLUDES LUNCH, Pre-registration required  
Call Stephanie, Town of Morris 204-746-2531

**Guest Speaker Topics:**

- City of Morden's Urban Forest Plan and Ash Strategy
- Tree Diversity
- Composting Program Options for Communities
- Control Weeds without Herbicides
- Community Landscaping with native wildflowers and grasses
- Manitoba's "Non-Essential Pesticide Regulation"
- 20 Years of CIB in Manitoba
- Community Murals

**\$10 at the door, RUSH SEATING**  
Friday's proceeds to Highway of Heroes

**ALL WELCOME!**  
For tickets and more info:  
[www.townofmorris.ca](http://www.townofmorris.ca)

[www.mbcommunitiesinbloom.ca](http://www.mbcommunitiesinbloom.ca)

stars, under dark skies and steady seeing conditions, will split both into two stars hence a "double-double" star system.

The next brightest star of the Triangle is Altair in the constellation of Aquila. This is a white star glowing at a magnitude of 0.7, a bit fainter than Vega. Altair is closer than Vega, its light needing only 17 years to reach us. Altair is similar to our sun in size.

The third corner of the Triangle is marked by the star Deneb in the constellation of Cygnus. This star is slightly fainter than the other two glowing at a magnitude of 1.3. While the other two stars are close to us Deneb is much more distant. Its light must travel over 1,500 years to reach Earth. To appear this bright at that distance means Deneb must be a supergiant star shining about 60,000 times that of our sun. Our sun seen from Deneb would be magnitude 13.3 (the dwarf planet Pluto is magnitude 13.9). The faintest stars that can be seen from a dark sky site without optical aid are about sixth magnitude. Deneb also marks the top of the asterism known as the Northern Cross. The bottom of the Northern Cross is marked by the star Alberio (Beta Cygni). It is one of the most beautiful double stars in the sky. A small telescope reveals the brighter component (magnitude 3.1) as a pale golden yellow and the companion (magnitude 5.1) as a sapphire blue. The similar brightness and the contrasting colours of these two stars make this one of my favourite multiple star systems in

the night sky.

A waxing crescent moon can be seen above Venus on September 12 just after sunset. The next night the moon has moved to the upper right of Jupiter. By September 17 the first quarter moon is just past Saturn on its eastward trek through the night sky. A waxing gibbous moon will make its way above and to the left of Mars the night of the 19th. Mars is now falling behind the Earth in its orbit around the sun and continues to fade in brightness throughout September. The dust storms on the planet Mars are currently subsiding allowing glimpses of patchy dark and bright surface markings. These can be seen during moments of good seeing through a telescope. The smoke laden skies we have been experiencing tend to degrade observations as well.

The autumnal equinox for 2018 occurs on September 22 at 8:54 p.m. CDT. This event marks the first day of the autumn season for us in the northern hemisphere. Those residing south of the equator bid farewell to winter and welcome the return of spring.

As a community service I am available to do talks on astronomy or related subjects to teachers, students, scouts, guides or any community groups who would be interested. I can be contacted at e-mail: [bronsont@mymts.net](mailto:bronsont@mymts.net) to schedule a presentation.

Clear Skies!

Ted Bronson is an avid local astronomer who has been observing the sky since 1964. This column "Guide to the Galaxy" appears monthly in the Tribune.

**THE LILIANE BARON - SOUTH INTERLAKE BREAST CANCER SUPPORT GROUP**

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**BREAST CANCER WALK AND FAMILY FUN DAY**

**SUNDAY, SEPTEMBER 9TH, 2018**

**Registration at 12 Noon at L.J. BARON REALTY**  
**62 Main Street - Teulon Walk follows at 1:00 p.m.**



**\*Prizes for the Best Dressed in Pink, Best Dressed Wagon or Bike, and Best Dressed Pet**



**Teulon Handivan Available**

**ENTERTAINMENT BY Stonewall's STAY TUNED BAND**

**Join us for a BBQ Cake & Refreshments**

Funds raised will be used to offer support & resources to South Interlake residents with Breast Cancer Pledge form available on back of this flyer or at L.J. Baron Realty 62 Main Street - Teulon. Info call Claudette 886-2393 or Joyce 467-2473.

You can also donate the day of the walk and join in the fun!

**OCTOBER is Breast Cancer Awareness Month Together We'll Help Find a Cure!**

**THE 1ST ANNUAL STONEWALL-TEULON RCMP**

**COMMUNITY GOLF TOURNAMENT**

**IN SUPPORT OF LOCAL YOUTH ORGANIZATIONS**

**Friday, September 14, 2018**  
**Bel Acres Golf & Country Club**

**12:30pm Shotgun start**  
**4 person texas scramble**



**HOLE in ONE PRIZE**

**2018 Toyota Rav4**

\*Picture shown for illustration purposes only, actual prize may vary\*

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**For information please contact:**

**Cpl. Lacey Clarkson @ [Lacey.l.clarkson@rcmp-grc.gc.ca](mailto:Lacey.l.clarkson@rcmp-grc.gc.ca)**

**or Danelle Guenther @ [danelle.guenther@rcmp-grc.gc.ca](mailto:danelle.guenther@rcmp-grc.gc.ca)**

**or Stonewall RCMP Det. @ 204-467-5015**





## Plymouth Brethren to build new church



TRIBUNE PHOTO BY JENNIFER MCFEE  
Representatives from the Stonewall Gospel Trust attended a public hearing on Aug. 22.

By Jennifer McFee

Prayers were answered for Stonewall Gospel Trust, which got the go-ahead from Stonewall council to build a church on 12th Street West.

At a public hearing on Wednesday, Aug. 22, council learned about the request to build a small church at 190 12th St. West for the Plymouth Brethren Church to assemble in to fulfill their church calendar.

In the letter of intent, the applicant explained that the new church would be used mainly for smaller gatherings such as prayer meetings and the Lord's Supper.

"The Trust feels that the location chosen will be of least concern to those nearby and around," states the letter of intent.

"At the time of the gatherings, typically 10 to 15 households will be meeting at this church. Typically, each household will travel in one vehicle; however, some households are within walking distance to the proposed church."

Community members and church members own the residential properties to the north and west of the proposed church, while the Stone Ridge Meadows development is to the south.

The design and construction of the building will be consistent with the area, and the drainage will be designed to minimize impacts on nearby properties.

At the public hearing, one person spoke in opposition to the proposal with concerns about traffic and pedestrian access since there is currently no sidewalk on 12th Street West.

The South Interlake Planning District expressed no significant concerns with the proposal. Council approved the proposal with conditions.

## worship > FAITH with us

# The impossible commandment

Jesus commanded us in John 15:12 **"This is My commandment, that you love one another, just as I have loved you."** So here's GOD saying "I want you to LOVE just like GOD LOVES." That's like Sidney Crosby saying "I want you to play hockey like Sidney Crosby plays hockey." Good luck with that. It's impossible. God's not only an expert at love — the Bible says HE IS LOVE. If we think we can love like God on our own strength, we're not Christian, we're crazy. We put the "mental" in fundamental. And it's a train wreck. We see it time and time again, especially in the world news.

You see, Jesus told us how to tell

real Christians from fake crazies. John 13:35 says **you can tell true Jesus followers by how they love.** Simple. A God of love with a law of love should have a people of love. Think. What would the world look like if everyone loved like Jesus? Would we have less terrorism, war, hunger, suicides, school shootings, etc? You bet. Would we have happier people, better marriages and stronger communities? No doubt. But we're left with the question. How do we love like God? **With us it's impossible, but with God all things are possible.**

It has to be HIM living in us and through us. In John 15:5, Jesus says

that if we ABIDE IN HIM and HE ABIDES IN US that we'll BEAR MUCH FRUIT (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control). In Galatians 2:20 Paul writes **"I am crucified with Christ; and it is no longer I who live, but it is Christ who lives in me."** It's a supernatural thing. Jesus in us. A miracle. But it's also a gift God wants to give YOU. The gift of Himself. **His presence. His power. His love. In your life.** Jesus wants to help you achieve the impossible. Will you let Him?

CallPaul@Gmail.com.

## SERVICE CLUBS - Serving our Communities

Stonewall Teulon  
Tribune

<div><p><b>Royal Canadian Legion Branch No. 52</b></p><p>Reg. Dues are \$45/year Members 70+ \$40/year</p><p>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. The legion meeting is the 2nd Tuesday of the month at 8 pm at Stonewall Legion Club Room.</p></div>	<div><p><b>South Interlake Ag Society</b></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></div>	<div><p><b>Teulon Women's Institute</b> 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></div>	<div><p><b>1 Snow Goose Bay on Hwy 220 Stonewall, Manitoba</b> <b>1-888-50MARSH (62774)</b> 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></div>	<div><p><b>Quarry Toastmasters</b></p><p>Brenda 467-5088</p><p>We have moved. Come join us for a visit or two. Quarry Toastmasters will be at the Chicken Chef in Stonewall 7:15-8:45 pm on Tuesday night. Our group helps you with speaking in front of people, grow's confidence, how a meeting should be run. We have an agenda, slow steps to get you to do speeches. We support each other and we also have fun.</p></div>	<div><p><b>Kin Clubs of Stonewall Motto</b></p><p><b>"Serving the Communities"</b></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 Martin Mailman 204-467-8359 Kinette President Edith MacMillan 204-375-6691</p></div>
<div><p><b>Teulon &amp; District Agricultural Society</b></p><p>Lana Knor, President 467-0740</p><p>The Teulon &amp; 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 &amp; District Ag Fair and the Annual Teulon Pumpkinfest.</p></div>	<div><p><b>Interlake Community Foundation, Inc.</b> 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></div>	<div><p><b>Stony Mountain Stonewall Masonic Lodge #12</b></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></div>	<div><p><b>Stonewall Ladies Auxiliary</b></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></div>	<div><p><b>South Interlake Seniors Resource Council Inc.</b> 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></div>	<div><p><b>The Liliane Baron South Interlake Breast Cancer Support Group</b> 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></div>
<div><p><b>Knights of Columbus Stonewall</b></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></div>	<div><p><b>South Interlake 55+ Inc</b></p><p>467-2582 www.si55plus.org \$20/member/year si55plus@mts.net</p><p>This non-profit organization provides education and activities for persons age 55 plus. Many activities and events are held on a regular basis. Newsletters are published monthly and available to pick up at the 55+ Centre in Stonewall.</p></div>	<div><p><b>Stonewall &amp; District Lions</b></p><p>Ralph Sinclair 622 Centre Avenue, Stonewall 467-9600 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 are every 4th Wednesday of the month at 7:15 pm September thru June.</p></div>	<div><p><b>Independent Order of Odd Fellows Stonewall Lodge #49</b></p><p>Larry O'Dell 467-8882 Ross Thompson 467-2438 www.ioofmb.ca</p><p>Yearly nominal membership fee</p><p>The Odd Fellows Lodge is a fraternal organization based on the fatherhood of God and the brotherhood of man. We do charitable work through various projects in the local community, the province and internationally. We seek to elevate the character of man and thereby make the world a better place to live. Meetings every 1st and 3rd Monday of the month at 8:00pm at the Odd Fellows Hall.</p></div>	<div><p><b>Stonewall &amp; District Health Centre Ladies Auxiliary</b></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. Meetings are held the first Monday of each month at Rosewood Lodge. New members welcome.</p></div>	<div><p><b>Grosse Isle Women's Institute</b> Phone 204-467-9376</p><p>Motto: "Home and Country"</p><p>The GIWI has approximately 14 members that work hard to raise money throughout the year to donate to local and regional charities and community projects. Meet 2nd Tuesday of the month 7:00pm Grosse Isle Hall. New members always welcome.</p></div>
<div><p><b>Warren Horizons District Lions Club</b> President: Irene Tully 204-375-6522</p><p>Meetings are held the first and third Wednesday of each month at the Warren Fire Hall</p><p>Sept. thru June.</p></div>	<div><p><b>Warren &amp; District Lions</b> President Stu Bangle 204-322-5381</p><p>"We Serve" Membership is open to anyone over 18 interested in giving something back to their community through direct action, meeting humanitarian needs, encouraging peace, and promoting international understanding. Meetings are held the 1st and 3rd Wednesday of the month at 7:00pm at the Warren Fire Hall from Sept-June.</p></div>	<div><p><b>Unity, Steps of Courage (AA)</b></p><p>United Church, 369 1st Ave., N., Stonewall Fridays at 7:30 pm Info Call Bryce 204-430-6787</p></div>			



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Cockerill enjoying time on Mackenzie Tour

By Brian Bowman

Aaron Cockerill had some rare time off from competitive golf last week.

With a tournament in Nova Scotia being cancelled due to a sponsorship loss, Cockerill's next stop won't be until Sept. 6-9 in Montreal.

"There's some off time right now and then we're headed to Montreal," said Cockerill last week. "In the three years that I have played (on the tour) I don't remember ever having that before so it's kind of nice to have some time at home."

Cockerill was among eight Manitobans competing in The Players Cup at Southwood Golf and Country Club earlier this month.

The Players Cup featured a field of 156 players and a purse of \$200,000, which included \$36,000 for the champion.

Cockerill carded rounds of 72 and 68 but missed the cut.

Still, he really enjoyed the local support from family and friends and not having to travel.

"That's my favourite event every year and the one I'm most excited to play in," said Cockerill, who now lives in Winnipeg.

"I wish it would have gone a little better. There was no wind down in Southwood so there was no separation in the field. Scores were very similar, there was like 15 guys at every number.

"I played OK but I didn't putt very good. I had some of the better ball striking that I have ever had but my putting was pretty pathetic."

There's no room for error amongst

the talent-laden field on the Mackenzie Tour. A couple of missed putts can make the difference if a player gets a chance to compete on the weekend.

"The margins are just so small with being in contention or missing the cut," Cockerill admitted. "If you miss a couple, then the next thing you know you're not playing the weekend and the scores have been so low.

"If you have a cold putter for nine holes, you're behind the eight-ball."

Cockerill's best finish this summer was at a tournament in Victoria where he finished tied for 14th overall.

"I was with the last group on Saturday and was in contention pretty much the whole weekend," he recalled. "That's kind of been the highlight of the year, I guess, so far.

"That showed me that if I play well and make some putts, I can pretty well win out there.

"It's just doing it on a more consistent basis."

He is currently 92nd on the order of merit ranking with \$5,166. Cockerill feels, at times, he can play better.

"This year hasn't been great, it's probably my worst year but, overall, my game feels like it's OK," said Cockerill.

The 26-year-old isn't quite sure what the game of golf holds for him in the future. But he is really enjoying traveling to different cities.

"When I started this I had a five-year plan and I still have a little bit more time to see what I can do with this game," he said. "I'm heading to the European Tour qualifying school this fall in France and in Spain in October



TRIBUNE PHOTO SUBMITTED

Aaron Cockerill is heading to the European Tour qualifying school this fall in France and in Spain in October and November.

and November."

It's been a pretty wild ride for the talented Cockerill, who had a late start playing competitive golf as a youngster.

"I didn't start playing tournaments until I was about 15," he remembered. "I never would have imagined that this is what I would be doing. At 15, 16, I thought baseball was the goal

and I just progressed to where I'm at now.

"I'm just thankful for the opportunity I've had these last three years and the places I've gone to. I've been super fortunate and it's been a pretty cool life experience."

## Manitoba winless at 13U baseball nationals

By Brian Bowman

Team Manitoba finished with an 0-4 record at the 2018 13U National Baseball Championship in Woodstock, Ont., last weekend.

Manitoba started the tournament with an 11-5 loss to B.C. last Thursday.

The teams were tied at 3-3 after the first inning and then Manitoba added a run in the third to take a 4-3 lead.

But B.C. responded with three runs

in both the fourth and seventh innings while adding singles in the fifth and sixth.

St. Andrew's Andrew Hladun had a single and scored a run while St. Andrew's Rylan Sliworsky belted out a pair of hits, scored a run, and added an RBI.

On Friday morning, Manitoba lost a tough 8-7 decision to Ontario.

Manitoba took a 7-6 lead in the top

of the seventh with a run but Ontario came back with a pair in the bottom of the inning for the walk-off win.

Balmoral's Bryce Meyers had a great game with two hits and three runs scored.

St. Andrew's Colson Smith drew a walk and scored a run while Stonewall's Rylan Slatcher knocked a hit and scored a run.

Sliworsky drew a walk in four plate

appearances.

Later that day, Manitoba lost 11-8 to Quebec Grey. The difference in the game was Quebec's four-run fifth inning.

Smith was 2-for-2 with a run scored while Slatcher had a hit and RBI.

On Saturday, Manitoba was shutout 5-0 Prince Edward Island.

Hladun had a hit and was hit by a pitch in three plate appearances.



# Woods striving for spot on Team Canada

By Brian Bowman

These days, it's rare for a Manitoban to compete at the Softball Canada Men's Fastpitch Nationals.

But Brady Woods will get that rare opportunity when he plays for Prince Edward Island at the nationals in St. Croix, N.S., this week.

The captain of the Canadian national team, Jeff Ellsworth, a former Winnipegger, invited Woods to play for P.E.I. at nationals.

"When the captain of the national team asks you to play, you say yes," Woods reasoned.

Woods just returned home from the ISC Championship in Kitchener where his Kegal Black Knights (based out of Fargo, N.D.) finished in a three-way tie for ninth.

Woods pitched in three games, compiling a 1-2 record with a 2.72 earned-run average. He had a whopping 32 strikeouts in just 18 innings.

That tournament was a great tuneup for Woods heading into nationals.

"I've played against all of those guys before so we all know who each other are," Woods said. "All 40 guys on the national team will be there and all of

the coaches will be there.

"It will be my first experience throwing at a men's national championship because Manitoba hasn't had a chance to represent with the game dying so bad (in our province)."

The nationals are very important for Woods as he would love to get another opportunity to play for Team Canada. He is currently on Canada's 40-man roster.

"This is the big one," he stressed. "The coaches were there last week and they watched me at all of the games that I threw there and they were all very happy."

"But this where they will probably pick the team the week after nationals. We'll know probably by mid-September who is going to the Czech Republic."

The 31-year-old Woods was last on Team Canada back in 2012. He was left go from the national team in 2013.

"I wasn't playing enough," he explained. "The family life kind of got in the way. I have had two kids since then and a wife — that kind of takes over your life."

Woods started playing high-level

fast-pitch again in 2016 when he finished on the All-World Team.

He had a tremendous arm in his 20s but Woods strongly feels he is a better pitcher now than six years ago.

"To be honest, I think it was a maturity level that I hit once I had kids," he admitted. "When I was 25, 26 and I was on the national team, I wasn't anywhere near mature yet. When I returned in 2016, things changed. I didn't have the attitude on the diamond anymore and it resulted in a better pitching performance."

"2016 was probably the best year I ever had and it was my first year after taking two, three years off."

Woods is now more of a pitcher rather than just a thrower looking to blow guys away with pure speed.

"That's 100 per cent the case," he said. "When I was 24, 25, I was obsessed with throwing the ball by people but now I get more joy making guys look foolish with changeups and stuff out of the zone."

The men's nationals will begin Wednesday and wrap up on Sunday.



TRIBUNE PHOTO SUBMITTED

Brady Woods

# Stonewall United playing sound soccer in August

By Brian Bowman

The Stonewall United have been playing some real good soccer this month.

And they have been rewarded in the standings.

Stonewall now sits in sixth place in the 10-team MMSL Division 5 standings after a win and a tie last week.

The top six teams advance to the post-season.

On Aug. 21, Stonewall blanked a very good Interlake Impact team 1-0.

"The win against Interlake, who are high up in the standings, was good for us," said the United's Jason Ferris. "Interlake has a lot of young kids and a lot of hustle, so it's a little bit tougher for us."

It looked like it was going to be a scoreless game until the Impact's goalkeeper dropped the ball, allowing Stonewall's Dylan Felgueiras to pounce on a loose ball and score the game winner with about eight minutes remaining in the game.

"It was one mistake and we capitalized on it," Ferris said. "But, other than that, it was a 0-0 close game."

The United carried the momentum from that win into Saturday where

they played to a 3-3 draw with Carmania SC.

Carmania SC led 2-0 in the first part of the opening half but Stonewall answered with three goals to take a 3-2 lead.

Carmania SC tied the score, however, with about five minutes remaining in the game.

Chris Thompson scored twice for Stonewall while Freddy Attiglah also tallied.

Carmania SC currently has 14 points, two ahead of Stonewall in the standings. The United has played two fewer games, though.

Stonewall has seven more games left in its regular season.

"We have a lot of games to make up," Ferris noted. "A couple of games got cancelled earlier in the season."

Stonewall will be in Portage to battle the Cobras on Thursday (if they have enough players) and then the two teams will clash again next Tuesday (6:45 p.m.) in Stonewall.

That contest will be the first of six games through the first three weeks of this month for Stonewall.



TRIBUNE PHOTO BY LANA MEIER

The United's Dylan Felgueiras battles for the ball during Stonewall's 1-0 win against the Interlake Impact on Aug. 21.



# sports & recreation

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## Klimpke enjoys national baseball experience

Staff

Manitoba finished with a 1-3 record at the 2018 Men's Baseball Championship in St. Thomas, Ont., from Aug. 16 to 19.

But the experience for Stonewall's Emerson Klimpke was a surreal one.

Klimpke, 20, was selected to play for the St. James A's, who were representing Manitoba at the national tournament.

"It was definitely something that I never thought I would be a part of because the way my season went, it wasn't the best," said Klimpke, who plays in the Manitoba Junior Baseball League with the Interlake Blue Jays. "I was definitely thrilled when I was hanging out at the house and my dad sent me a text to check my email.

"Sure enough, it was from the head coach of the St. James A's, Kevin Turney, sending me a message inviting me to go with them and I was super excited ... and the experience was second-to-none."

St. James won the MJBL title a year

ago to earn a spot at this summer's nationals.

Manitoba started the tournament Aug. 17 with a 4-1 loss to Oshawa and then was defeated 8-3 by Newfoundland and Labrador.

The next day, Manitoba blanked New Brunswick 3-0 and before losing 10-5 to Mississauga North.

Klimpke pitched two thirds of an inning against Mississauga North, allowing two hits and a run.

He wasn't disappointed with the scarce playing time.

"I went for the experience and, if I got to play, then I got to play," Klimpke reasoned. "There were a lot of talented guys. That was the true all-star team of Manitoba."

The hitters are a lot tougher to get out at the national level, said Klimpke.

"It was so cool because I pitched against the champions, not knowing they were going to win it all," he said. "I've never experienced anything quite like that. It was different in the fact that the guys at the plate

are skilled to the point and their approaches are amazing.

"Throughout the year, I could place pitches where I wanted and guys wouldn't touch them but some how, some way, these guys would get a piece of something. You had to be spot on against those guys."

Klimpke also earned a walk in his lone plate appearance.

Klimpke played mostly second base this past season with Interlake but he can play a multitude of positions.

"I was basically a utility guy with the odd time that we didn't have the numbers in our favour, Adam Kirk would just look at me and ask, 'Do you feel like playing centre field today?' and I would say, 'Sure, why not?'" he recalled.

"I started all the outfield positions, played at short, second, I pitched. I was all over the map."

Mississauga North won the gold medal after edging Windsor 6-5. New Brunswick took home the bronze after beating Quebec 7-2.



Emerson Klimpke

## Turner competes at Men's National Baseball Championship

Staff

Team Manitoba finished with a 1-3 record at the 2018 Men's National Baseball Championship in Victoria, B.C., last weekend.

Manitoba, whose roster included Stonewall's Kyle Turner, ended their

action Saturday with a 3-1 extra-inning loss to the host Victoria squad.

Victoria, which outhit Manitoba 14-4, scored a pair of runs in the top of the eighth inning.

Manitoba began the nationals with an exciting 8-6 extra-inning win over New Brunswick Thursday afternoon.

Manitoba scored three runs in the top of the eighth inning while New Brunswick added just one in their half of the inning.

Turner had a very good game, finishing with three hits, a walk, and two runs scored.

Manitoba then lost 6-5 to Nova Scotia on Friday.

Nova Scotia led 5-3 after the first in-

ning and 6-3 in the top of the seventh before Manitoba rallied for a pair of runs to make the game interesting in their final at-bat.

Turner was 1-for-4 with an RBI. Manitoba then saw its record dip to 1-2 after a tough 7-1 loss to a team from Tecumseh, Ont., on Saturday.

Turner doubled and walked in three plate appearances.

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Sprague named Fearless offensive MVP

By Brian Bowman

Making a position change in football isn't easy.

In fact, it's pretty hard.

But Julie Sprague made her switch from offensive lineman to fullback with ease.

The Grosse Isle product was very, very good for the Manitoba Fearless this past season. As a result, she was named the team's most valuable offensive player earlier this summer.

"It was nice, I didn't expect it at all," said Sprague last Sunday. "Our tailback was amazing and essentially our whole offence but it was nice to get a little recognition."

Manitoba's talented tailback Hallie Eggie was named the team's MVP this past season.

"She'll just hit a seam if you could open up a hole, which is really nice," Sprague said.

Sprague, 20, loves to block but she does get the ball on occasion in Manitoba's run-first style of offence. Being a fullback is different than being a lineman.

"It wasn't the easiest transition," Sprague admitted. "But they are similar in many aspects. It took a little bit of time but it wasn't too bad."

Manitoba had a great offensive line this past season, said Sprague, and it was the best they have ever had.

"We're a super run-heavy offence," said Sprague, who has played five seasons with the Fearless. "Our passing game isn't necessarily there yet but it's getting a lot better and improving a ton."

The Fearless compete in the Prairie Conference of the Western Women's Canadian Football League.

Manitoba's competitors in that conference include the Regina Riot, Saskatoon Valkyries, and Winnipeg Wolfpack.

The Fearless finished this past season with a 2-2 record to place third in their conference.

"The way we played this year was better than it ever has been," Sprague said. "We've never been competitive with Saskatchewan but we were this year. Our defence has been stellar the last couple of years and our offence really stepped it up this year."

The Western Conference of the league features the Calgary Rage, Edmonton Storm, Lethbridge Steel and Northern Anarchy.

The level of play in the league is continually getting better. Players have to be at least 16 years of age to compete in the league.

"Every year, women's football is increasing and getting more popular," Sprague said. "There were amazing players when it started but it's starting



TRIBUNE PHOTO BY CARMEN MATTHEWS

The Manitoba Fearless' Julie Sprague was named the team's most valuable offensive player earlier this summer.

to grow and the numbers are growing.

"A lot of that is because of the awesome work of people starting minor

programs. The word is getting out more, which makes a huge difference."

## Manitoba places seventh at 16U Girls' Invitational Baseball Championship

By Brian Bowman

Team Manitoba finished in seventh place at the 16U Girls' Invitational Baseball Championship in Bedford, N.S., last weekend.

Manitoba's squad featured Stonewall's Megan Humeniuk and Teulon's Jacey Ledochowski.

Manitoba won the seventh-place game, defeating Quebec 2 by a 13-5 score on Sunday.

Manitoba led 2-1 heading into the bottom of the third and then the home side exploded for 10 runs.

Humeniuk belted a pair of hits, scored a run, and had two RBI. Ledochowski also had two hits, scored a run, and added an RBI.

Humeniuk earned the win on the mound, going four innings while striking out six.

Manitoba wrapped up play on Saturday with a solid 8-2 win over Nova Scotia 2.

Manitoba plated five runs in the top of the third inning and then added three more in the seventh.

Ledochowski contributed offensive-

ly with a single and two RBI.

Manitoba had a tough start to the tournament with a 22-4 loss to Alberta Thursday morning.

Alberta led 11-0 after the first inning and 18-1 after two in the four-inning game.

Megan Humeniuk was 0-for-1 while Ledochowski was 0-for-1 but was hit by a pitch and later scored.

Later that day, Manitoba was defeated 13-3 by Quebec 1 in a five-inning game.

Quebec, which scored in every in-

ning, outhit Manitoba 10-6.

Humeniuk hit a single and scored a run while Ledochowski had a base hit.

Humeniuk also pitched an inning and a third, allowing a hit and a run while striking out three.

On Friday, Manitoba lost 17-3 to Ontario as the winners ended the game with a seven-run sixth.

Humeniuk earned a walk in the loss.



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Experienced farm operator looking for fall tractor field work for large grain operator for the duration of fall. Call 204-918-0765.

## HELP WANTED

HOTLINE cook req'd. Seeking part time breakfast, lunch & dinner cook. Must have some kitchen experience. Call CRAVINGS RESTAURANT 204-467-9078 or [cravingsrestaurant@hotmail.com](mailto:cravingsrestaurant@hotmail.com)

Pizza Den is hiring a part time cook. Previous cooking experience req'd. Exposure to Pizza Den style menu, go to [pizzaden.ca](http://pizzaden.ca) for style. Self-starter, able to multi-task, team player. Call or text 204-799-2423 or email resume to [robert.magnifico@gmail.com](mailto:robert.magnifico@gmail.com)

Cook req'd in restaurant at Warren Esso, as well as some light paperwork duties. Call 204-322-5556 or drop off resume.

PT Office Assistant and PT/FT Waitress required at the Rockwood Motor Inn, Stonewall. Call Sheri at 204-467-2354.

We are currently seeking a licensed automotive technician or apprentice for full time position. We are a full service automotive repair shop. Duties include all aspects of vehicle repairs. Must be able to work with min supervision. Must be honest, reliable and hard working. Wage negotiable. Apply: Stonewall Tire & Auto Repair, 377 1st Street East Stonewall. Email resume: [stone walltire@mts.net](mailto:stone walltire@mts.net)

Medical Transcription! In-demand career! Employers have work-at-home positions available. Get online training you need from an employer-trusted program. Visit: [CareerStep.ca/MT](http://CareerStep.ca/MT) or 1-855-768-3362 to start training for your work-at-home career today!

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## THE RURAL MUNICIPALITY OF ROCKWOOD



### PUBLIC NOTICE BOARD OF REVISION 2019 GENERAL ASSESSMENT, BUSINESS ASSESSMENT AND PERSONAL PROPERTY ASSESSMENT

PUBLIC NOTICE is hereby given that the 2019 General Assessment, Business Assessment and Personal Property Assessment Rolls to be revised was deposited in my office on May 17, 2018 and is open to Public Inspection.

THE BOARD OF REVISION will sit to hear complaints of the various assessments on **WEDNESDAY, OCTOBER 3, 2018** at the hour of **3:00 p.m.** in the Council Chambers of the Rural Municipality of Rockwood at 285 Main Street, Stonewall, Manitoba.

ANY PERSON who believes that an assessment ought to be revised may make application in accordance with Sections 42 and 43 of The Municipal Assessment Act hereinafter referred to as "The Act" which provides as follows:

#### APPLICATION FOR REVISION:

Section 42(1) A person, including an assessor, may make application for the revision of an assessment roll with respect to:

- liability to taxation;
- amount of an assessed value;
- classification of property; or
- a refusal by an assessor to amend the assessment roll under Subsection 13(2).

Before filing an application against the amount of the assessment, liability to taxation, or classification of the property, Applicants should:

- examine municipal assessment rolls for comparable properties;
- select comparable properties from the rolls; and
- discuss the matter with the Provincial Assessment Branch, Selkirk, 204-785-5092.

#### APPLICATION REQUIREMENTS:

Section 43(1) An application for revision must:

- be made in writing;
- set out the roll number and legal description of the assessable property for which a revision is sought;
- state the grounds on which the application is based; and
- be filed by
  - delivering it or causing it to be delivered to the Municipal Office indicated in the Public Notice given under Subsection 41(2); or
  - serving it upon the secretary,

**AT LEAST FIFTEEN (15) DAYS BEFORE THE SCHEDULED SITTING DATE OF THE BOARD AS INDICATED IN THE PUBLIC NOTICE; DEADLINE FOR APPEALS IS 4:30 P.M., LOCAL STONEWALL TIME. MONDAY, SEPTEMBER 17, 2018 - NO LATE EXCEPTIONS WILL BE ALLOWED. PURSUANT TO SUBSECTION 43(2), APPLICATIONS WHICH DO NOT COMPLY WITH THE ABOVE WILL NOT BE CONSIDERED BY THE BOARD.**

Applications should be addressed to the Secretary, Board of Revision, the Rural Municipality of Rockwood, Box 902, Stonewall, Manitoba R0C 2Z0, email to [info@rockwood.ca](mailto:info@rockwood.ca), or fax to: 204-467-5329. Where an application is received in accordance with this Notice and of The Municipal Assessment Act, applicants will be notified in writing of the date, time and place of the hearing of their application.

Roberta Van Caeyzeele, Secretary  
Board of Revision  
The Rural Municipality of Rockwood  
Box 902  
285 Main Street  
Stonewall, Manitoba R0C 2Z0  
DATED this 16th day of August, 2018.

## The Rural Municipality of Woodlands



### PUBLIC NOTICE BOARD OF REVISION

NOTICE IS HEREBY GIVEN THAT the 2019 Assessment Roll for the Rural Municipality of Woodlands has been delivered to the Municipal Office, 57 Railway Avenue, in the Village of Woodlands, Manitoba and is open for public inspection during regular business hours.

The Board of Revision shall sit to hear complaints on Tuesday, the 9th day of October, 2018 at 12:00 p.m. in the Council Chambers of the Rural Municipality of Woodlands, 57 Railway Avenue, Woodlands, Manitoba.

Any person who believes that an assessment ought to be revised may make application in accordance with sections 42 and 43 of The Municipal Assessment Act.

#### APPLICATION FOR REVISION

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under subsection 114(1) of The Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, the authorized agent of the person, mortgagee or occupier, or the assessor may make application for the revision of an assessment roll with respect to the following matters:

- liability to taxation;
- amount of an assessed value;
- classification of property; or
- a refusal by an assessor to amend the assessment roll under subsection 13(2).

#### APPLICATION REQUIREMENTS

43(1) An application for revision must

- be made in writing;
- set out the roll number and legal description of the assessable property for which a revision is sought;
- set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
- be filed by
  - delivering it or causing it to be delivered to the office indicated below, or
  - serving it upon the secretary,

at least 15 days before the scheduled sitting date of the board as indicated above.

All applicants shall be provided written notice with the time of their hearing. Applicants are responsible to confirm an appeal sent electronically has been received by the Rural Municipality of Woodlands, Telephone 204-383-5679.

Applications for revision or complaints must be received by 4:30 p.m., September 24th, 2018, mailed to the Rural Municipality of Woodlands, Box 10, Woodlands, Manitoba, R0C 3H0 or delivered to 57 Railway Avenue, Woodlands, Manitoba.

Dated this 21st day of August, 2018.

Adam Turner, CMMA  
Chief Administrative Officer

## PULLAN KAMMERLOCH FROHLINGER Requires a LEGAL ASSISTANT

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## MISCELLANEOUS

12x12x7 screen house tent, steel frame & includes all pegs and posts. 6 person cabin tent with poles. 3 pce. bdrm. suite. Call 204-886-3297 or 204-467-5938.

Good 87 gallon Hagen aquarium. Matching sand, glass, sliding top, lights. If interested call 204-918-0765, Teulon area.

Looking for person to purchase sports cards off ebay periodically. Will pay for price of cards and good commission. Will pay cash promptly. 204-918-0765, Stonewall Teulon area.

## MISCELLANEOUS

Registering new members this fall? Need new employees for the fall/winter? Have something to sell or promote? Province-wide classifieds reach over 400,000 readers weekly. Call 204-467-5836 to place your ad or email classified@mcna.com for details.

## MISCELLANEOUS

Batteries for everything. Automotive, farm, construction, ATV, marine, motorcycle, golf carts, phones, tools, radios, computers etc. Re-conditioned, obsolete and hard-to-find batteries. SOLAR equipment. The Battery Man. Winnipeg 1-877-775-8271 www.batteryman.ca

## MISCELLANEOUS

Parts & full trailer repair, trailer safeties & Autopac trailer repair. Sales, Leasing & Financing of flat-deck, dumpbox, cargo, gooseneck & utility trailers & truck beds. Kaldeck Truck & Trailer, Hwy #1 MacGregor, MB. 1-888-685-3127.

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## 4-H is for Everyone

Under the leadership of caring adults, youth will learn the value of belonging and develop many skills which will last the rest of their life.

Go to [www.4h.mb.ca](http://www.4h.mb.ca) or call 204-726-6136 to find out how to become a 4-H member or leader.

## Trouble Walking?

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## TOWN OF STONEWALL

## NOTICE OF NOMINATIONS

NOTICE IS HEREBY GIVEN that on the following days:

**September 12th 13th 14th 17th and 18th**

Between the hours of 9:00 am and 4:00 pm

At the

**Administration Offices, Stonewall Town Hall  
293 Main Street Stonewall MB.**

I will receive nominations for the offices of:

**Mayor and Councilor** of the aforesaid Local Authority.

**The nomination deadline is September 18th at 4:00 pm.  
Nominations cannot be accepted after this day.**

All nominations shall be made in writing and shall be signed by at least twenty-five voters, of the Town of Stonewall. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person at the above location, on the date and hours specified, by an agent, or by fax or email. To obtain a nomination paper, and / or candidate's declaration of qualification, contact the SEO at the telephone number listed below.

**Nomination papers not accompanied by the required documents and not properly filed shall be rejected.**

**Wally R Melnyk** Senior Election Official (SEO)  
Phone 204-467-7979 Fax Number 204-467-7999  
wmelnyk@stonewall.ca

Dated at the Town of Stonewall on August 10th 2018.

## SOUTH INTERLAKE PLANNING RURAL MUNICIPALITY OF ROCKWOOD UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF HEARING

On the date and at the time and location shown below, a **PUBLIC HEARING** will be held to receive representations from any person(s) who wish to make them in respect to the following matter:

**R.M. OF ROCKWOOD BY-LAW NO. 08/18  
Being an AMENDMENT to the R.M. OF ROCKWOOD  
ZONING BY-LAW NO. 17/09, as amended.**

**HEARING LOCATION:** R.M. of Rockwood Council Chambers  
285 Main Street, Stonewall, MB

**DATE & TIME:** Wednesday, September 12, 2018, at 10:00 AM

**GENERAL INTENT:** To add "Public Library and Cultural Exhibit" as a Conditional Use in the "AL" Agricultural Limited Zone.

**FOR INFORMATION CONTACT:** Eric Shaw, General Manager  
South Interlake Planning District, 285 Main Street,  
Stonewall, Manitoba, R0C 2Z0 Phone: 204-467-5587

A copy of the above by-law and supporting material may be inspected at the South Interlake Planning District, 285 Main Street, Stonewall, Manitoba during normal office hours (8:30 AM to 4:30 PM), Monday to Friday. Copies may be made and extracts taken therefrom, upon request.

**Note:** Property owners are responsible for notifying lessee

## PROPOSED QUARRY IN THE RM OF ROSSER Community Consultation Meeting

**The previously advertised September 5, 2018 Community Consultation Meeting for the proposed Lilyfield Quarry has been POSTPONED until October 30, 2018. There will be no meeting on September 5, 2018. Our apologies for any inconvenience.**

Under the authority of the Rural Municipality (RM) of Rosser's Quarry Operations By-law 8-15, Hugh Munro Construction Limited (HMCL) has applied to establish a quarry operation in part of the NE, SE and SW of Section 17-12-2 EPM in the RM of Rosser. Come learn more about the proposed quarry operation and speak with the quarry operator and technical experts.

**DATE:** Tuesday, October 30, 2018 (RESCHEDULED DATE)

**TIME:** 7:00 PM - 9:00 PM

**LOCATION:** Anderson's Hitch n' Post Ranch (2079E Rd 70N, Grosse Isle, MB, near the intersection of PTH 6 & Rd 3E)

**FORMAT:** Formal presentation at 7:00 PM, followed by an opportunity to speak with the quarry operator and technical experts

**APPLICANT:** Hugh Munro Construction Limited

**RSVP:** Please RSVP to lauren.lange@wsp.com or call 204-943-3178

**If you would like to review HMCL's Quarry Permit Application in advance of the meeting, you can access the document:**

- In-person at the RM of Rosser Municipal Office (77E PR 221, Rosser, MB | 204-467-5711)
- Online at [www.rmofrosser.com](http://www.rmofrosser.com)
- Request an electronic copy from [lauren.lange@wsp.com](mailto:lauren.lange@wsp.com)

Prior to the Community Consultation Meeting, in accordance with the By-law, all interested persons are invited, no less than 20 days prior to the Community Consultation Meeting, to provide in writing to the Quarry Operator any comments, recommendations, suggestions, and/or concerns that arise from a review of the Quarry Operator's application.

All written comments, recommendations, suggestions, and/or concerns that arise from a review of the application can be forwarded to Lauren Lange, Planner, WSP Canada Group Limited, at [lauren.lange@wsp.com](mailto:lauren.lange@wsp.com), as WSP will be collecting all input from interested persons on behalf of HMCL. Any comments, recommendations, suggestions, and/or concerns that have already been submitted will be considered for the rescheduled October 30, 2018 Community Consultation Meeting and do not need to be resubmitted.



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## PUBLIC UTILITIES BOARD ORDER NO. 115/18 THE TOWN OF STONEWALL WATER AND WASTEWATER UTILITY ACTUAL OPERATING DEFICIT RECOVERY FOR 2017 & VARY OF BOARD ORDER No. 47/18 FOR ACTUAL OPERATING DEFICIT FOR 2016

As stated in Board Order 47/18 the rate rider of \$18.35 per customer per quarter (effective April 1, 2018) will remain in effect until December 31, 2018. The Board varies the rate rider set out in Board Order No. 47/18 to account for the adjusted 2016 operating deficit, and include the 2017 operating deficit, to \$0.31 per cubic meter over two years, or until the amount of \$361,856 is fully recovered or whichever comes first. This rate rider is effective January 1, 2019.

The approved deficit recovery rates are provided:

	Year 1 2018	Year 2 2019	Year 3 2020
Deficit Recovery per Quarter***	\$18.35	\$0.31	\$0.31

\*\*\* Flat rate \$18.35 per customer per quarter for three quarters for 2018 for deficit recovery.  
For years 2019 and 2020 \$0.31 per cubic metre charge per quarter.

Details of the Town's PUB Order No.115/18 are available for review at the Town office or the Public Utilities Board's office.

**The Public Utilities Board**  
400-330 Portage Avenue  
Winnipeg, MB. R3C 0C4  
email:publicutilities@gov.mb.ca

**The Town of Stonewall**  
Box 250  
Stonewall, MB. R0C 2Z0  
email:info@stonewall.ca



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## PUBLIC NOTICE MUNICIPAL ELECTION October 24, 2018

### REGISTRATION OF PROSPECTIVE CANDIDATES

Prospective municipal election candidates must register with the Senior Election Official (SEO) during the registration period before they may begin to accept contributions, incur expenses, fundraise or borrow money for their campaign.

NOTICE IS HEREBY GIVEN that I will be receiving candidate registrations for the office of head of Council (Mayor) and for the office of councillor until September 18, 2018 at the Town of Teulon office 44 4th Ave SE during regular hours of business.

To obtain a candidate registration form contact the telephone numbers below or attend the Town of Teulon office.

### NOTICE OF NOMINATIONS

NOTICE IS HEREBY GIVEN that on the following days:

Wednesday, September 12th, 2018  
Thursday, September 13th, 2018  
Friday, September 14th, 2018  
Monday, September 17th, 2018  
Tuesday, September 18th, 2018

Between the hours of 8:30 am and 4:30 pm at the Town of Teulon office at 44 4th Ave SE, Teulon, MB, I will receive nominations for the offices of **Head of Council (Mayor)** and **Councillor** for the **Town of Teulon**.

The Nomination deadline is **Tuesday, September 18th 2018 at 4:30 pm**. Nominations cannot be accepted after this date / time.

All nominations shall be made in writing and shall be signed by at least nine (9) voters of the Town of Teulon, being 1% of the voters list. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person at the above location, on the date and during the hours specified, by an agent, or by fax. To obtain a nomination form and the candidate's declaration of qualification, please contact the SEO at the telephone number(s) listed below.

Nomination forms NOT ACCOMPANIED by the required documents AND NOT PROPERLY filed shall be Rejected.

### VOTER ELIGIBILITY / ADDITIONS TO THE VOTERS LIST

A person is eligible to have his or her name added to the Voters List if he or she is:

- A Canadian citizen and at least 18 years of age on Election Day (Oct 24, 2018); and
- A resident of the Town of Teulon for at least six (6) months prior to Election Day (Oct 24, 2018) or a registered owner of land in the Town of Teulon for at least six (6) months on Election Day (Oct 24, 2018)

Any person who is eligible to vote in the municipal election of the Town of Teulon may still have his or her name added to the Voters List, or may have information about the voter on the Voters List corrected.

Please contact the Town of Teulon office or the SEO at the telephone number(s) listed below to ensure your name is on the Voters List.

### APPLICATION TO VOTE BY SEALED ENVELOPE

A voter who is unable to go in person to the voting place or vote in advance, may apply in person or in writing, or by fax, to the SEO at:

44 4th Ave SE, Teulon MB, Box 69, ROC 3B0  
Fax: (204) 886-3918

To Vote by Sealed Envelope.

If applying in person\*, a voter may apply between September 26, 2018 and October 21, 2018 during the hours of 8:30 am to 4:30 pm Monday to Friday.

\*A voter applying in person may pick up a sealed envelope ballot package at the time of application

If applying by mail or fax\*\*, a voter may apply between July 26th 2018 and October 21 2018.

\*\*A voter applying by mail or fax will receive a sealed envelope ballot package by regular mail, or by making alternative arrangements with the SEO

Dated August 20th, 2018

Robert Potter, Senior Election Official (SEO)  
Phone (204)461-1664 or (204)886-2314 Fax (204)886-3918  
44 4th Ave SE, Box 69, Teulon MB ROC 3B0



## The Rural Municipality of St. Laurent NOTICE OF NOMINATIONS

NOTICE IS HEREBY GIVEN that on the following days: September 12, 13, 14, 17 and 18, 2018

between the hours of 8:30 a.m. and 4:30 p.m. at the Rural Municipality of St. Laurent office, 16 St. Laurent Veterans Memorial Road, St. Laurent, Manitoba, nominations will be received for the offices of Reeve and four Councillors of the aforesaid Local Authority.

The nomination deadline is September 18, 2018 at 4:30 p.m. Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) of the authority or ward (as the case may be), but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person or by an agent at the above location, on the date and hours specified. To obtain a nomination paper, and / or candidate's declaration of qualification, contact the Local Authority at the telephone number listed below.

**Nomination papers not accompanied by the required documents and not properly filed shall be rejected.**

Local Authority telephone number - 204-646-2259

Dated at St. Laurent, Manitoba on August 22, 2018.

Ernie Epp  
Senior Election Official (S.E.O.)  
Rural Municipality of St. Laurent



## NOTICE OF NOMINATIONS INTERLAKE SCHOOL DIVISION FOR SCHOOL TRUSTEE

NOTICE IS HEREBY GIVEN that nominations for Trustees to serve on the Board of the Interlake School Division will be received by the Senior Elections Officer at the Interlake School Division Office at 192-2nd Avenue North (PTH #67), in the Town of Stonewall, Manitoba on the following days, Wednesday, September 12, Thursday, September 13, Friday, September 14, Monday, September 17, and Tuesday, September 18, A.D. 2018 between the hours of 8:30 a.m. and 4:30 p.m.

I will receive School Trustee nominations for:

**WARD I GROSSE ISLE, MARQUETTE, ROSSER, WARREN, WOODLANDS (Two Trustees to be Elected)**

**WARD II ARGYLE, BALMORAL, TOWN OF STONEWALL, STONEWALL (Rural) (Three Trustees to be Elected)**

**WARD III GUNTON, KOMARNO, TEULON (One Trustee to be Elected)**

**WARD IV STONY MOUNTAIN (One Trustee to be Elected)**

**ALL TERMS FOUR (4) YEARS COMMENCING, October 25, 2018**

Each School Trustee Nomination shall be accompanied by a written acceptance that he or she is a Canadian Citizen, and of the full age of 18 years, that he or she is an actual resident elector as of April 24, 2018 of any ward of the Interlake School Division and not subject to any disqualifications as per P.S.A. Section 22.

All School Trustee nominations shall be made in writing and shall be signed, By at least 25 Electors of the Ward, or Not less than One Percent of Electors of the Ward, Whichever is the lesser, example: 1,000 Electors need 10 signatures

**Nomination papers not accompanied by the required documents and not properly filed shall be rejected.**

**ALLEN W. LEIMAN**  
**SENIOR ELECTIONS OFFICER (S.E.O.)** Interlake School Division  
Telephone Number: 204-467-5100  
Fax Number: 204-467-8334  
Dated at Stonewall on August 22nd, 2018

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**Lockport, MB**

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Turn South on Parkside Drive 1/2 Mile #72120**

**Contact # (204) 757-7116**

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Steer Snow Blower \* Skid Steer Dozer Blade \*  
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\* Walk In Cooler \* Scale \* Hunting Accessories  
\* Tools \* Drill Press \* Upright Air Comp \* Miller  
230 Amp Welder \* Metal Band Saw \* Table  
Saw \* Band Saw \* Air, Hand & Power Tools \*  
Shop Supply \* Misc \* BH 8' Utility Trailer \* 3500  
Watt Generator \* 2" Water Pump \* Shelving \*  
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\* Table \* Scale \* Fern Stand \* Trunk \* Horse  
Brass \* Crock \* Scythe \* Saw \* Crates \* Vintage  
Tools \* Copper Boiler \* Clock \* Pharmacy Scale  
\* Apothecary Bottles \* Coffee Grinder \* Aladdin  
Lamp \* Along w Household \*

**Stuart McSherry - Stonewall, MB**  
**(204) 467-1858 or (204) 886-7027**  
**www.mcsherryauction.com**



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# Announcements

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## UPCOMING EVENTS

**Cluck & Quack Poultry Club Annual Sale** – poultry, small animals, equipment, crafts, vegetables, hobbies, etc. Saturday, Sept. 8 from 10 a.m. – 4 p.m. at Springfield Curling Club in Dugald, MB. For further vendor information contact Bill at 204-755-2347 or email [bhartmann@explornet.com](mailto:bhartmann@explornet.com)

**Dunrea Flea Market** - rain or shine! Antiques, collectibles & more! Over 75 vendors. Admission \$3, 11 a.m. – 4 p.m. Sunday, September 2, 2018, Fair Grounds, Boissevain MB.

## CELEBRATE THE SPECIAL MOMENTS!

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

## CRAFT SALES

**CALLING ALL CRAFTERS** - Tables are available for rent (\$25) at the Odd Fellow & Rebekah Memorial Eye Foundation's Annual Craft Sale on Saturday, October 27 from 10 - 2:30 p.m. For more information and a registration form, please call Margaret at 1-204-888-4433.

## HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewall Elk Ranch Ltd., 204-467-8884 or e-mail [stonewoodelk@mymts.net](mailto:stonewoodelk@mymts.net)

## STRAW

Small square prime wheat straw for sale. Ph. 204-482-5101.

## NOTICE TO CREDITORS

**IN THE MATTER OF:** The Estate of Wray Reginald Jensen, late of the Town of Stonewall, 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 1st day of October, 2018. DATED at Stonewall, Manitoba this 24th day of August, 2018. **GRANTHAM LAW OFFICES** Solicitor for the Executor

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## ANNOUNCEMENT

### BRIDAL SHOWER

Bridal Shower In honour of Kathleen Rouse (Colin Campbell's future Mrs.) At Warren Hall (Warren, Manitoba) On September 11, 2018 At 7 O'clock Everyone welcome!



The family of Brian Brindley would like to thank everyone for your thoughtfulness, support, cards, meals and visits. Your support during this difficult time has been appreciated more than we can ever express. A special thank you to Dr. Prematilake and Teresa at Selkirk Medical for the care and attention given to dad. Thank you to the compassionate staff of the Palliative Care team. Your support and guidance allowed us to care for dad at home and honor his wishes. Thank you to Ken Loehmer for your guidance, and the attention and integrity you have shown our family in the handling of the service arrangements and personal affairs. The family would like to express our heartfelt thanks and appreciation to Jacqui Holod who generously prepared a meal for our family and extended families following a private service. Thank you also to everyone who has taken the time to donate to Cancer Care Manitoba and the Heart and Stroke Foundation. -Thank you again to everyone and with love.. Bev Brindley, Jackie, Val, Mary, Karen and families Anne Brindley, the Tomyk family And extended families

## EDUCATIONAL ASSISTANTS

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Direct inquiries to Michelle Procter, Student Services Administrator, email: [mprocter@isd21.mb.ca](mailto:mprocter@isd21.mb.ca), tel: 204-467-5100. Applications are to include a complete resume and three references. Deadline for receipt is September 6, 2018, 12:00 noon.

Apply to:  
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[hr@isd21.mb.ca](mailto:hr@isd21.mb.ca)



## TOWN OF STONEWALL

### NOTICE OF VOTERS LIST / PERSONAL SECURITY PROTECTION

Notice is hereby given that the copy of the VOTERS LIST may be revised at:

Administration Offices, Stonewall Town Hall  
293 Main Street, Stonewall, MB  
on

Monday to Friday, inclusive during the period  
Tuesday, Sept. 4, 2018 to Tuesday, Sept. 18th, 2018  
between the hours of 9:00 A.M. and 4:00 P.M.

At this time the Senior Election Official (S.E.O.) will be available to update the voters list by:

- adding the names of voters who are entitled to have their names on the list;
- deleting the names of persons who are not entitled to have their names on the list; and
- making such other correction of errors to the list as required.

### VOTER ELIGIBILITY:

A person is eligible to have his or her name added to the Voters List if he or she is:

- 1) a Canadian citizen and at least 18 years of age on election day; and
- 2) a resident of the local authority for at least six months prior to election day, OR a registered owner of land in the municipality for at least six months prior to election day.

### APPLICATION FOR PERSONAL SECURITY PROTECTION:

A voter may apply in writing to the S.E.O. (at the address / fax number below) no later than **Tuesday, September 18th, 2018** to have his/her name and other personal information omitted or obscured from the voters list in order to protect the voter's personal security. The application may be submitted in person, by mail or fax and must include your name, address and include proof of identity.

**All changes to the voters list must be completed on or before SEPTEMBER 18th, 2018.**

Dated at **Stonewall** in the Province of Manitoba, on **August 8th, 2018**.  
Wally R. Melnyk, Senior Election Official (S.E.O.)  
TOWN OF STONEWALL  
293 Main Street, Box 250, Stonewall, MB R0C 2Z0  
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## ANNOUNCEMENT

### IN MEMORIAM

In Loving Memory of  
Merv Rurak

September 16, 1944 - August 31, 2014  
We thank you for the years we shared..  
The love you gave, the way you cared.  
Never selfish always kind..  
These are the memories you left behind.  
If memories bring us closer,  
we are never far apart  
For you are always in our thoughts  
And forever in our heart.  
We will always remember you.  
Love and miss you forever,  
Shirley, Tammy, Shawna, Dylan (Kayla), Daryl,  
Emalia, Lilly and Avery

## ANNOUNCEMENT

### IN MEMORIAM



In Loving Memory of  
Arnold Jansen

Husband, Father, Grandfather  
who passed away September 1, 2012  
The world may change from year to year  
And friends from day to day  
Those we love don't go away  
They walk beside us every day  
Unseen, unheard but always near  
Special memories of the days  
You were here

-Lovingly remembered by your  
wife, children and grandchildren

## OBITUARY

William Everett Baker

It is with great sadness that we announce the passing of our father and grandpa, Bill (William) Everett Baker on August 19, 2018 at Rosewood Lodge, Stonewall.

Father was predeceased by our mom, Alice Baker; by his parents, William and Grace; and by his grandson, Daniel. Also preceding him were his sister, Beverley and brothers-in-law Wayne, Tom, Stephen, and Joe, and sister-in-law Patricia.

Left behind to mourn him and to celebrate his life are his six children and their spouses, Chris and Netty, Wade and Joyce, Dale and Lorna, Barry, Jackie and Martin, and Colleen and Scott. Missing their Grandpa and biggest cheerleader are Chris Jr., Karen (Scott), Roberta, Patricia (Travis), Michael (Marie-France), Derek, Stefanie (Anthony), Robert (Dayna), Duncan (Brittany), Sam (Justine) and Nicholas (Gabrielle). Our Dad was blessed with seven great-grandchildren as well. He will also be missed by his sister Patti and brother Tom (Judy).

Our dad grew up in the north end of Winnipeg and then lived happily with his new family in Stony Mountain for over 55 years enjoying the outdoors, co-hosting the family corn roast, and building projects in his workshop. During most of his working years he was employed by Bulman Brothers. He was a very social person and enjoyed talking with anyone and everyone.

Our parents loved animals, and in particular labrador retrievers and stray cats which at times were too many to count. As a result, flowers are gratefully declined with donations to the Winnipeg Humane Society being appreciated.

A private funeral will be held at a later date with interment to follow in Stony Mountain.

The family thanks the staff of Rosewood Lodge and Teulon Hospital who took such great care of him over the past three years. He considered you his extended family.

*KL*  
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Allan Porter, Peguis.....	\$1,698.00	Allan & Janie Johnson, Riverton.....	\$1,039.00	John Logan, Teulon.....	\$439.00
Peter & Verna Bodnar, Arborg.....	\$1,028.00	Brenda Kayer, Teulon.....	\$399.00	Todd and Lisa Mazur, Fisher Branch.....	\$72.40
Zenith Poole, Arborg.....	\$1,849.00	Wayne & Kathy Kristinnson, Arborg.....	\$499.00	Jason and Sarah Naylor, Arborg.....	\$1328.99
Kevin & Lisa Klym, Arborg.....	\$179.00	Jeff Melsted, Gimli.....	\$120.00	Peter and Lisa Sawatzky, Arborg.....	\$249.00
Joan Hudson, Hodgson.....	\$979.00	Beverly & Bryan Plett, Arborg.....	\$2,148.00	Donna and Jim Skinner, Arborg.....	\$50.94
Leonard & Joyce Jackson, Gimli.....	\$2,427.00	Ray Reimer, Arborg.....	\$1,308.00	Allen Spence, Hodgson.....	\$1199.00
Amanda Rundle, Riverton.....	\$258.00	Donna Votour, Arborg.....	\$399.00	John and Mary Troyan, Arborg.....	\$868.99
Kay Bergman, Arborg.....	\$2,229.00	Richard & Judith Werner, Arnes.....	\$419.00	Boyd Abas, Hodgson.....	\$338.99
William & Ethel Brown, Gimli.....	\$5,000.00	Don Barkman, Arborg.....	\$279.00	Sharon J. Bear, Peguis.....	\$39.99
Mike Budniak, Meleb.....	\$1,504.10	Noreen Barkman, Arborg.....	\$679.00	Sophie Bristow, Gimli.....	\$49.00
Leona Cochrane, Koostatak.....	\$499.00	Mark Bayliss, Arborg.....	\$19.95	Susan & Greg Brown, Lundar.....	\$1,713.00
Ivan & Christine Fridfinnson, Arborg.....	\$737.10	Melvin & Carol Bilinski, Fisher Branch.....	\$999.00	Elaine Bruce, Ashern.....	\$449.00
Jocelyn & Tony Hayka, Arnes.....	\$949.00	Jim & Wanda Brandson, Lundar.....	\$916.00	Linda Foster, Matlock.....	\$408.00
John Hudyma, Fraserwood.....	\$599.00	Paul & Linda Buus, East Selkirk.....	\$338.00	Dan & Nyla Klatt, Grahamdale.....	\$649.00
Alex Klimchuk, FisherBranch.....	\$575.00	Henry T. Friesen, Arborg.....	\$1727.95	Rosemarie Kawalenko, Arnes.....	\$1,929.00
Kevin & Lisa Klym, Arborg.....	\$1,484.00	Jocelyn & Tony Hayka, Arnes.....	\$749.00	Richard & Doris Dueck, Arborg.....	\$369.00
Claudia Krawchuk, Fraserwood.....	\$499.00	Carl Johnson, Riverton.....	\$499.00	Melissa Markusson, Gimli.....	\$399.00
David & Judy McDougall, Ashern.....	\$399.00	Darryl & Jeannette Lazarok, Poplarfield.....	\$599.00	Darrin Mitchell, Riverton.....	\$1,703.95
Tammie McDouid, Arborg.....	\$1,049.00	Jason Loewen, Arborg.....	\$59.90	Bert & Vera Osborne, Arborg.....	\$279.00
John Miller, Broad Valley.....	\$69.95	Janet Porth, Gimli.....	\$1759.00	Ashley Prince, Peguis.....	\$20.00
Ronald Plett, Arborg.....	\$499.00	Candace Sigurdson, Riverton.....	\$499.00	Glen Tamoto, Sandy Hook.....	\$1,179.00
Frank Reimer, Arborg.....	\$658.00	Tracy Sigvaldason, Arborg.....	\$299.00	Rick Weins, Arborg.....	\$649.00
Dave & Eileen Shott, Arborg.....	\$98.00	Della Sinclair, Koostatak.....	\$1599.00	Cornelius Weins, Arborg.....	\$59.00
Fern & Philip Sinclair, Peguis.....	\$279.00				
Philip Thorkelson, Arborg.....	\$599.00				

**GRAND TOTOAL TO DATE \$241,121.69**

**PLUS**  
FOR ONE DAY,  
**EVERYONE**  
WILL GET THEIR PURCHASE  
**FREE!**

**A NOTE TO OUR CUSTOMERS**  
Due to the nature of this sale, we felt a brief explanation is essential.

At closing, 6 p.m. Sat. Sept 29th we will tally the 20 days of paid sales and divide by 20 to get the average daily sale. The day which is closest to this daily average, without going over it, will be the day which ALL purchasers will receive their purchase amount back, taxes excluded.

In the case of credit card (Smitty's, Visa, Mastercard) purchases, we will issue a credit immediately.

As we are tremendously overstocked right now, every item in stock will be included in this sale. No exceptions - clearance, damaged, discontinued, even new arrivals; furniture and appliances.

We must reduce our inventory and to ensure we do, we will even give it away for one day!

Don Smith  
Smitty's

### 6 PC DINING SET

Table  
4 Chairs &  
Double Bench  
Only **\$899**  
Reg \$1169

**ALL PURCHASES QUALIFY!**  
• Furniture  
• Appliances  
• Clearance Items

### 7-Piece Living Room Package

Includes: Sofa, Loveseat,  
3-piece Coffee Table  
Set, Pair of Lamps  
**\$1549**

### FIREPLACES

Charcoal Finish, TV unit  
with glass ember Firebox  
4 ONLY  
**\$859**

**PLUS**

**DON'T PAY FOR 3 MONTHS**  
**0% INTEREST ON EVERYTHING O.A.C.!**  
**FURNITURE, APPLIANCES**

**Frigidaire**  
Easy Clean Range &  
FF 18 cu ft Fridge  
PAIR  
**\$1368**  
**CASH & CARRY**

**BEDS, BEDS, BEDS,**  
**17 Models on Display**  
From  
**\$199-**  
**\$2299**

### SALE RULES

- All sales must be paid in full to qualify for this sale.
- Visa, Mastercard or Smitty's Credit Cards accepted.
- Sale Starts 9a.m. Tues., Sept. 4 and ends Sat., Sept. 29, 6p.m.
- All purchasers on free day will be notified and receive their full refund by Wednesday, Oct. 3, 6p.m.
- All sales tallies and free day will be verified by our accounting firm.
- Commercial sales excluded in tallies and free day.
- All taxes excluded in tallies and refunds.
- No returns or substitutions for these 20 sale days.

**HOURS: 9 - 6  
TUES. - SAT.**



**Smitty's**  
FURNITURE & APPLIANCES

"The largest selection of Furniture & Appliances between the lakes"  
**321 MAIN ST. ARBORG**  
**204-376-5242 TOLL FREE 1-800-361-4156**

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