

<p>JUST LISTED</p> <p>FOR SALE</p>	<p>JUST LISTED</p> <p>OPPORTUNITY KNOCKING! Gorgeous 10 acres with a house that needs a major reno inside & out, North of Stonewall - \$220,000 - Brandt</p>	<p>JUST LISTED</p> <p>DON'T MISS THIS ONE! Great location, super layout, private lot in Stonewall \$334,900 - Meagan</p>	<p>JUST LISTED</p> <p>A BARGAIN! Highly sought after condo complex in Stonewall w/ attached garage - \$294,900 - Matt</p>	<p>JUST LISTED</p> <p>YOUR FOREVER HOME AWAITS! - Quality built custom ranch bungalow offers 1800 sqft built in 2012 - Warren - Matt</p>	<p>JUST LISTED</p> <p>YOUR OWN PRIVATE WORLD! 2 MILES NORTH OF THE PERIMETER ON PAVEMENT! 6.80 acres, 1866 SQ. FT BUNGALOW, 30 x 40 barn, \$479,900-SUSAN</p>	<p>THE MCKILLOP TEAM RE/MAX TOWN & COUNTRY</p> <p>204-467-8000 mckillop.ca</p> <p>15,000 FREE WARRANTY</p>
--	--	--	---	--	---	---

See inside for the *Fall 2017*

Interlake Continuing Education Program

Stonewall Teulon Tribune

VOLUME 8 EDITION 35
THURSDAY, AUGUST 31, 2017

SERVING STONEWALL, BALMORAL, TEULON, GUNTON, FRANCIS, WOODLANDS, ASLE, ROSSER, STONY MOUNTAIN, ST. LAURENT & KOMARNO



Turn and burn

TRIBUNE PHOTO BY ROBERT E. WILSON

Leanne Plett of Grunthal takes a tight turn on her quarter horse Tazz in the ladies' barrel race during the Teulon Rodeo last weekend.

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

MELEB \$111,000
SIMPLY LIVING SIMPLE!
Perfect country retreat 2000SF year-round family getaway! 4+ BDRM's, 2 generous gardens. HARVEST AT HOME!

KOMARNO \$229,000
BEAUTIFULLY RENOVATED
1600SF, 3 BR,
2 Bath very private w/fenced yard for kids & pets on 1 AC. Over-sized dble garage w/ insul wrkshp IMPRESSIVE!! 40 min from the Perimeter!! MAKE THE MOVE TODAY!

SILVER \$169,900
FABULOUS MANCAVE!
2 BR, Oversized
Gar. Awesome Fieldstone F.P.lace, Kitchen w/ maple cabinetry! PVC Windows, newer appl, dev bsmt - SO MUCH MORE!

TEULON \$250,000
HERE IS YOUR CHANCE to own the affordable home and acreage you've always wanted. Well-built 1000 sf 3 bedroom bungalow on a private yardsite with 67 acres off of pavement.

TEULON \$249,900
PRIVATE PARK
75'x300' yard w/spacious & well-loved 1080 SF bungalow incl's 2 BDRM's, 2 BATH, sunroom & fully finished basement. Insulated o/s single garage

PINAWA - \$179,000
HARVEST IN YOUR OWN BACKYARD -
with this lovingly maintained 1175 SF, 3 Bedroom, 1.5 Bath gem with fully insulated and dry walled basement. ACT NOW!

TEULON \$298,000
LOCATED A PUTT FROM THE GREEN!!!
Stunning and Architecturally Designed 3 BR, 2 Bath home on luscious 1 acre property. Incl stone fp, sunroom, balconies, wall-to-wall windows. IT'S A WOWSER! SCORE A HOLE IN ONE!!

TEULON \$319,000
WHERE FIRST CLASS & QUALITY MEET
is where you will find this gorgeous 2000 SF bungalow, located on a very private and mature, treed property and close to Green Acres Park. Don't miss your chance with this great home & property!!

Experience Counts

The **Claudette GRIFFIN** Group

L.J. BARON REALTY EST. 1953

Past Director - Winnipeg Realtors®
Past Chair - Professional Standards

Family owned & operated over 64 years!

A Real Estate Boutique Practice with Concierge Service

204-886-2393 Toll Free 888-629-6700 baron@mts.net www.ljbaron.com

Fly-in BBQ lunch

By Jo-Anne Procter

Manitoba pilots flew in to Oak Hammock Air Park last Saturday to enjoy a barbecue lunch.

The Oak Hammock Flying Club hosted their annual fundraising event

to give pilots an opportunity to take a flight, show off their planes and socialize with others interested in aviation. The club has hosted the barbe-

Continued on page 7



TRIBUNE PHOTOS BY JO-ANNE PROCTER

A bird's-eye view of the Oak Hammock Air Park during the annual fly-in barbecue held last Saturday.

It's an *Inside* Job

An experience unlike anything you've done before.

Early Bird Registration
\$199 +GST

"I would have paid \$1,000 for this workshop!"

C. Schellenberg

WORKSHOP

- Two-day full admission to the workshop
- Participants Workbook • Refreshments
- Activating Your Brilliance Goal Card
- Individualized take-away positive message for your desk, night stand or favorite room in your home.
- Copy of International Best Selling Book "Path to Abundance ~ It's Your Time"

This workshop is all about YOU!

Listen, isn't it YOUR time to get the most out of your life? After all, this is YOUR life and you deserve and CAN HAVE the very best. Don't just settle for what you think you can get...don't let fear derail you from achieving your innermost dreams and goals... don't let overwhelm or bad habits stop you. By the conclusion of the workshop, you will have a crystal clear vision of how to achieve all the things you REALLY WANT in life. It's much closer than you think but understand this, understanding precedes change. **SO SIGN UP FOR THIS WORKSHOP TODAY!**

- **Imagine** yourself liberated from the day-to-day grind - freedom with both time and finances to really enjoy life.
- **Imagine** having the confidence to create the life you really want, to go after your biggest goals and to take charge of your life.
- **Imagine** experiencing true fulfillment - like you're not just going through the motions, but you're living a life of purpose and meaning.

Saturday & Sunday - September 30th & October 1 at Quarry Park Heritage Arts Centre

"Emotional, motivating, exciting. It was all of that and more. I highly recommend this workshop to everyone!" - S. Duncan



To register or for more information
activatingyourbrilliance.com



Kalennah Tonner, left, and her co-pilot Saige Munroe sit in her father Tom's Murphy Super Rebel plane. Tonner has flown many trips with her father and is very familiar with all the controls.



Greg Ross from Stonewall spent one and a half years building this ASAP Chinook Plus2 ultra-light plane with his father.



What are you saving for?
Discover your path to financial security. Let's talk.

Versatile Portfolios
NAVIGATOR



A Better Place For You®



Inview Insurance Services
344 Main St | Stonewall
204-467-8927

www.cooperators.ca/Inview-Insurance-Services

Home Life Investments Group Business Farm Travel

Gimli MS Bike event raises over \$320,000

By Patricia Barrett

Hundreds of people took part in last weekend's Gimli MS Bike event, raising over \$320,000 that will help researchers find a cure for multiple sclerosis and provide essential services for those living with the disease.

The two-day fundraising event for the Multiple Sclerosis Society set a fundraising goal of \$403,000. As of Aug. 28, contributors had raised \$322,869.

Currie Gillespie from Woodcock Cycle Works, a Winnipeg-based bike store that has partnered for several years with the MS Society, provided cyclists with a few safety tips before they set off, including riding as close to the road edge as possible and not watching the wheel of the rider in front in order to avoid a crash.

Made up of 65 teams, 439 cyclists set off from the Gimli Recreation Centre to complete a 135-kilometre journey that stretched from Camp Morton to Dunnottar.

A number of teams raised significant amounts of money for the MS Society. The Industrial Pedalers team was No.1 out of the Top 10 teams, raising \$29,510, and the Greatful Tread team



Not all participants ride the traditional two-wheel bike.

from Great West Life raised \$20,712, according to the MS Bike website (as of last Monday).

Cyclists were treated to supper Saturday night, a beer garden and a massage therapist.

The MS Bike cycle fundraiser began in 1989 with events held across Canada.

MS is an autoimmune disease of the central nervous system that damages the protective covering of nerves. It can cause extreme fatigue, lack of coordination, weakness, tingling, impaired vision, compromised



TRIBUNE PHOTOS BY PATRICIA BARRETT

A participant in the annual Gimli MS Bike fundraiser wheels away from the Recreation Centre on a 135-kilometre ride that raised \$328,000 for MS research last weekend.

sleep, cognitive difficulties and mood changes.

Canada has the highest rate of MS in the world with an estimated 1 in 340 Canadians living with the disease, according to the MS Society's website. More women than men are likely to

develop the disease. To date, the cause of is unknown and there is no cure.

The MS Society is dedicated to finding a cure for the disease by funding

Continued on page 6

Remember Your Loved Ones
Fri., Sept 22
at the SCI Track

Pick up your bags at the Tribune office at 74 Patterson Drive or Global Garage 307 Main St. **\$500**
 Stonewall - Call 204-467-5836 for details

RELAY FOR LIFE
 Canadian Cancer Society

Imagine your home...

<p>JUST LISTED- YOU'RE NOT JUST BUYING A HOME, YOU'RE BUYING A LIFESTYLE! 75' of waterfront and your own private beach. Stunning views of Lake Manitoba, The Narrows \$259,900 - Ryan</p>	<p>BRIGHT & INVITING! Calling all first time home buyers or empty nesters! Fresh and recently updated. Stonewall - \$109,500 Matt</p>	<p>THE PERFECT HOME FOR YOU AND YOUR ACTIVE LIFESTYLE! Snowbird Special, Room for Your RV Stonewall - \$249,900 - Brandt</p>
<p>YOUR OWN PRIVATE WORLD! Awesome Shop/Man Cave. Snuggled on a wooded 4.27 acres just a few minutes from Stonewall. \$499,900 - Brandt</p>	<p>FLEXIBLE SPACE ON MAIN ST. Fabulous location, high traffic area, newer building. Stonewall - Brandt</p>	<p>LIVE HERE! WORK HERE! ENJOY RENTAL INCOME! This is it - Stony Mountain - \$435,000 - Ryan</p>

THE MCKILLOP TEAM
 REALTOR TOWN & COUNTRY
 204-467-8000 mckillop.ca

Heartland rodeo spurs on competition



TRIBUNE PHOTOS BY ROBERT E. WILSON
Cowgirls and cowboys showed their stuff this past weekend at the Teulon Rodeo competing in a number of events. Riders earned points towards the Heartland Rodeo circuit competing in bareback, calf roping, goat tying, saddlebronc, team roping, breakaway roping, barrel racing, steer wrestling, bull riding and junior steer riding. But it was the goat dressing that created a lot of excitement to see who could put a pair of underpants on a goat in the fastest time.



THE LUMBERZONE

TIMBER MART

AIR MILES
Travel miles Made

YOUR DECKING
SPECIALISTS!

111 Commerce Drive **Steinbach** 391 Main Street **Stonewall** 309 Bond Street **Transcona**

SUMMER INCENTIVE

**OFFER ENDS
AUGUST 31ST**

Spend \$2500 or more on Micro Pro Sienna Brown Treated or Trex Decking and get a \$100 credit towards any future purchase of Cloverdale Paint, Stain or Water Sealant Products.

See store for details. Cash transactions only - not valid on charge account purchases.

1-888-346-1633 info@thelumberzone.ca www.thelumberzone.ca



THE Flicks  **CINEMA**

SHOWTIMES:
Please check individual listings
Due to various picture lengths showtimes vary

319 First Street E., Stonewall, Man.
467-8401

PROGRAM SUBJECT TO CHANGE WITHOUT NOTICE
Cash only


LAST DAYS:
WED & THURS
AUG 30 & 31
AT 8:00 PM

THE HITMAN'S BODYGUARD

Adult Accompaniment Under 14;
Coarse Language; Violence **14A**


FRI-SAT-SUN ONLY SEPT 1-2-3
CLOSED MON TO THURS SEPT 4-7

GET READY. GET SET. GET NUTS! **AT 7:30 pm EACH NIGHT**

 **Animated**

FRI-SAT-SUN-MON SEPT 8-9-10-11
(CLOSED TUES) AND WED-THURS SEPT 13-14

FRI & SAT AT 7:30 & 9:30 pm
SUN-MON, WED-THURS AT 8:30 pm

 **Stephanie Sigman**
Alicia Vela-Bailey

Adult Accompaniment Under 14; Gory Scenes; Frightening Scenes **14A**

Join us for
Prime Rib Dinner
Saturday, September 9th

ROCKWOOD Motor Inn 390 Main St. Stonewall **467-2354**

 **Dufresne** A Better Experience

FURNITURE · MATTRESSES · APPLIANCES · HOME ACCENTS

**BIGGEST
LABOUR DAY SALE
EVER**
PLUS
BUY MORE SAVE MORE
UP TO \$500!

AUGUST 31 - SEPTEMBER 3



SAVE
DOUBLE THE TAX
OFF FURNITURE &
HOME ACCENTS*

— PLUS —

**BUY MORE
SAVE MORE**



**KitchenAid®
& LG**
ALL
APPLIANCES
ON SALE*

— PLUS —

**BUY MORE
SAVE MORE**

Sealy® Serta® Beautyrest®

UP TO 55% OFF*

— PLUS —

**BUY MORE
SAVE MORE**

**NO PAYMENTS FOR
15 MONTHS****

 A Better Experience™
SELKIRK | 374 EVELINE STREET | 204.785.8191

 | SHOP DUFRESNE.CA

*Selection may vary by store. Does not apply to previous orders, Clearance, Power Buys, Special Buys and Sale items. Not to be combined with any other offers and cannot be applied to past purchases or sale items. See store for details. Aug. 31 - Sept. 3, 2017 only.
** On approved credit. Certain terms and conditions apply. See store and Account Agreement for full terms. Aug. 31 - Sept. 3, 2017 only.

> **GIMLI MS BIKE, FROM PG. 3**

research. It holds a number of fund-raisers across the country, including the MS Walk, MS Golf and Women Against MS Gala Luncheon.

The second Manitoba MS Bike event — the Riding Mountain Challenge (150 kilometres) — will take place Sept. 9-10 in Dauphin.



The Greatful Tread team from Great West Life raised over \$20,000.



TRIBUNE PHOTOS BY PATRICIA BARRETT
Over 400 cyclists took part in the 2017 Gimli MS Bike Tour.

Welcome back!



KIDS' KORNER
at Korner Kuts
NOW OPEN!

Dana Lischka
Come see Dana for a fun haircutting experience!
Book your appointment now or pop in & see us!

364 MAIN STREET, STONEWALL 204-467-5222

MPI and RCMP partner to promote road safety

Submitted

On average, nearly 500 people are injured in crashes on gravel roads in Manitoba annually, according to Manitoba Public Insurance. Sadly, about 14 people are killed yearly in crashes which occur on Manitoba gravel roads.

In efforts to reduce those numbers and heighten road safety awareness, Manitoba Public Insurance and the RCMP have partnered in a joint public awareness and enforcement campaign specific to gravel roads, which began in April and is continuing into the fall.

As of the end of July, 460 Highway Traffic Act offences notices have been issued by the RCMP, highlighted by 190 speeding, 21 non-seatbelt and 16 short-term roadside suspensions. In addition, 10 impaired driving charges have also been laid under the Criminal Code of Canada.

"Police presence on our roadways sends a strong road safety message to those drivers who may be inclined to exhibit high-risk driving behaviour," said Cliff Cullen, minister of Crown Services. "Through road safety partnerships such as this, the ultimate goal is to reduce fatal crashes and injuries, not only on major roadways

but on secondary, less travelled gravel roads as well."

In efforts to heighten awareness about the challenges associated with driving on gravel roads among new drivers, Manitoba Public Insurance has also announced plans to enhance its high school driver education program starting in September.

"Driving on gravel roads can present unique challenges for all drivers, but particularly for new drivers who may not be accustomed to how even small steering wheel movements can result in loss of control," said Ward Keith, vice-president, of business development and communications and chief administrative officer for Manitoba Public Insurance.

"Enhancements to the high school driver education program will expose all new teen drivers to both in-class instruction and practical on-road training on how to properly control

their vehicle on gravel, and the importance of driving to road and weather conditions."

On average, 38 per cent of gravel road fatal crashes in Manitoba are alcohol related, while speed is attributed to nearly 20 per cent of gravel road fatal crashes. There are about 3,200 crashes reported annually on gravel roads based on Manitoba Public Insurance data.

Another very important reminder is to ensure that all vehicle occupants are properly restrained with seat belts or child occupant restraints. While use of occupant restraints is mandatory at all times, failure to wear seatbelts on gravel roads can literally make the difference between life and death in a serious vehicle collision, particularly if the collision involves loss of control and vehicle rollover.

"The margin for error is razor thin when drivers make mistakes on a gravel surface," said Insp. Ed Moreland, officer in charge, RCMP traffic services unit. "Much like ice, failure to adjust to conditions can have dire

consequences."

Safety tips for gravel road driving:

- Always wear your seatbelt and make sure your passengers are also properly restrained. People not using their seatbelts are 26 times more likely to be killed and two times more likely to be seriously injured in a collision than people using their seatbelts.
- Slow down when you're moving from a paved road to gravel. Make sure you have control and know how your vehicle handles on the new surface.
- Avoid any sudden changes in direction. Swerving can be particularly dangerous and may cause you to lose control.
- If you do lose control, take your foot off the gas and look and steer in the direction you want to go. Do not make any sudden changes in direction or speed.
- Avoid losing control by driving in the tracks of other vehicles.
- Keep a good distance between you and the vehicle ahead to prevent dust from obscuring your vision.

"THE MARGIN FOR ERROR IS RAZOR THIN WHEN DRIVERS MAKE MISTAKES ON A GRAVEL SURFACE."

> FLY, FROM PG. 2

cue for 14 years as a club fundraiser and is always happy to see new faces attend the event.

Martin Carriere from Stonewall has had his pilot's licence for 35 years and had his advanced ultra light 1996 Quad City Challenger at the event.

"The ultra lights are the same as a conventional plane but more sensitive to wind," said Carriere.

He told the *Tribune* on a good day he can get 2.5 miles/gallon/hour flying at 55/60 miles per hour.

"They are a lot of fun to fly," he said. "You just have to pay a lot of respect due to the weight."

Carriere also said that the age of an aircraft isn't a big deal as maintenance is very regulated.

nance is very regulated.

Greg Ross also from Stonewall had his ASAP Chinook Plus2 ultra-light plane on display, which he built with his father who lives in Grandview. It took the duo approximately 1.5 years to build, and they have recently started building a Zenith CH750 plane. When asked if took the first flight in his "homebuilt" ultra-light, he replied, "They say it is not recommended as you have an emotional connection and sometimes emotion can override common sense."

Cub president Ed Gulay was happy to take this very nervous reporter, who is afraid of heights, on a flight to snap a few photos. "Just don't think about it — just do it" was a comment from a friend who overheard the of-



Martin Carriere from Stonewall with his Quad City Challenger that was built in 1996 in Quebec.

fer, and Gulay ensured me it would be like "sitting in a rocking chair" — and he was correct! It was a great experience and now I understand the passion these pilots have.

The club is 25 members strong and has 17 active aircraft on the facility. For more information on the club, check out www.oakhammockflying-club.com and be sure to stop in next year as they celebrate their 15th annual fly in.

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

JOIN US FOR
CHASE THE QUEEN
WEDNESDAY NIGHTS

POT IS \$1443.50 AS OF AUG 23/17

ALL ARE WELCOME

You have options.

kl
KEN LOEHMER
 FUNERAL SERVICES

55 Main St, Teulon Call 204-886-0404 or visit www.klfuneralservices.ca

STARTING
BLOCKS

Welcome Back/Welcome to
Nursery School Bar-B-Q
& Annual General Meeting
Sept 7, 2017

BBQ starts at 5:30 pm
AGM starts at 6:15 pm
 510 3rd Street West

All parents & children from all programs are welcomed to attend

For more information please call Brenda at 467-5522

Stonewall Teulon
Tribune



PUBLISHER
Lana Meier



SALES
Brett Mitchell



REPORTER/PHOTOGRAPHER
Jennifer McFee



SALES
Stephanie Oland Duncan



REPORTER/PHOTOGRAPHER
Natasha Tersigni



DISTRIBUTION
Christy Brown



SPORTS EDITOR
Brian Bowman



PRINT
Dan Anderson



PRODUCTION
Nicole Kapusta



ADMINISTRATION
Allana Sawatzky



ADMINISTRATION
Carrie Sargent



PRODUCTION
Debbie Strauss



ADMINISTRATION
Tracy Farmer



ADMINISTRATION
Jo-Anne Procter

get fishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL **Another jack that slipped away**

Hi guys and gals.

There was no reason to think our camper-angler friends at Norris Lake wouldn't give us an entertaining fishing story when I was there last week-end until I got side-tracked by a lovable loon.

I idled slowly through the dusty gravel lanes, stopping occasionally to talk fishing with folks, and I almost missed something special.

At the end of the pier, I noticed two young guys fishing with a pal, who happened to be a loon squatting between them. This goose-necked, raptor-beaked, swept-back winged creature in a dark brown-black coat of feathers was acting almost human. It quickly became evident that "Herbert," we'll call him, liked people.

Herbert clearly seemed to have no patience for Alex and Tyler Robinson's ability to catch fish. I watched as he looked up sideways at Alex, then Tyler. Then, seemingly in exasperation, he jumped off the pier and disappeared under the water, coming up with a small fish. He wiggled his head, squawking as if to say, "See, this is how you do it."

It soon became apparent the loon considered campers to be his buddies and the Norris campground his summer home. Campers told me he would waddle or fly from one camp lot to the other, picking up morsels of food, checking out the campers and sometimes just sitting beside them for company. At night, he would honour some boat owners by perching on their boat for the night.

Persnickety, smart Herbert, the Norris Lake mascot, if you come to camp here, he'll probably come say hi.

I mentioned last week anglers who fish in still waters seem to be luckier



TRIBUNE PHOTO BY ARNIE WEIDL Bernard Mendoza of Steinbach with his catch from the Winnipeg River by Powerview.

than others lately. Fish hiding in still waters happened again last Thursday with folks on the Winnipeg River by the Powerview Dam.

On the south side, there is a large, flat rock outcrop harbouring a little bay. There I met Bernard Mendoza from Steinbach who was catching one fish after another while no one else along the bank were getting a bite.

Not long ago, I met a very interesting chap by the name of Shayn Peitash of Beausejour with a fishing story of theft — as far as he's concerned. Shayn was a tall, well-built guy with short brown hair, a strong jaw and tight lips set as he cleared his throat before each sentence. He was riverbank fishing with dad on the Red years ago when nature called. He asked Pop to watch his line while he had a quick talk with a willow bush. Coming back, he saw dad reel-

ing in his line with a master pickarel on the hook. Shayn felt it should be his fish, but dad insisted he would keep it to have it mounted. Shayn didn't want to cause trouble, so the fish wound up on dad's wall. Days later Shayn went to Sunday school and when the teacher asked if anyone had a summer story, Shayn jumped up and told how dad stole his giant fish. The teacher was convinced Shayn was lying about the size of the fish and that father had taken it, but Shayn stood his ground and kept on insisting his story was true.

Finally the teacher got mad and threw Shayn out of Sunday school. Father and son still argue over who owns that fish.

A few days ago, I met a very unusual character. He was tall, portly and one of the nicest guys I have ever come across. He put you in mind of a very cool Santa Claus with his snow white beard and hair, spectacles half off his nose and a talent for telling one story after another in a hearty, bellowing voice. He's Larry Gillings from Monominto (I bet you can't find where that is) and he told of a time fishing on the Red upstream of Selkirk when he saw a bunch of small frogs by the water's edge.

He caught a couple and set them on his double hook pickarel rig, cast out and immediately got a strike of two jackfish. Larry sat in his chair astonished at the frenzy before him. The jacks mindlessly attacked the frogs, pushing each other away by reflex. The water became frothing foam. Larry, being a joker by his own admission, yelled at the jacks, "To heck with you guys, you figure it out."

Well, they did. They took the frogs, slipped the hooks and left!

See you next week.

> CONTACT US

Stonewall Teulon Tribune - Interlake Graphics
74 Patterson Drive, Stonewall Industrial Park Phone 467-5836 Fax 467-2679
Letters to the Editor: letters@stonewallteulontribune.ca
Classified: classifieds@stonewallteulontribune.ca
Advertising: ads@stonewallteulontribune.ca
News: news@stonewallteulontribune.ca



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

Stonewall Teulon
Tribune

The **Selkirk Record**

The **Winkler Morden Voice**

> CONTACT US

By phone: **204-467-5836**
fax: 204-467-2679
Find us: **74 Patterson Dr.,
Stonewall, MB R0C 2Z0**
Office Hours: Mon. - Thurs.: 8:00am-5pm
Friday: 8:00 a.m. - 4:00 p.m.

TO PLACE AN AD or for COMMERCIAL DESIGN & PRINTING

Stephanie Duncan 204-461-4771
ads@stonewallteulontribune.ca
Branden Meier 204-641-4104
ads@expressweeklynews.ca

or call our office at 204-467-5836

OUR EDITORIAL STAFF

Jennifer McFee 204-461-5352
jen@stonewallteulontribune.ca
Natasha Tersigni 204-558-2772
natasha@stonewallteulontribune.ca
Brian Bowman Sports Reporter
sports@stonewallteulontribune.ca

View the Stonewall Teulon Tribune online at
www.stonewallteulontribune.ca

TROUBLE WITH PAPER DELIVERY?

Christy Brown, Distribution Mgr.: 204-467-5836

The Stonewall Teulon Tribune is published Thursdays and distributed thru Canada Post to 7600 homes by BigandColourful Printing and Publishing, a division of Interlake Graphics. Republishing in whole or part without permission is strictly prohibited. Printed in Canada by Prolific Printing.

The newspaper is supported 100% by advertising dollars. If you enjoy the paper and would like to see the newspaper grow and prosper visit any of the advertisers and businesses in our rural communities. Keep your dollars working at home and shop locally. Notices, classifieds and advertisements can be purchased by calling our Office at 467-5836 or emailing ads@stonewallteulontribune.ca. Our commitment to you, the reader - we will connect our people through articles in the paper to build stronger communities.

Grosse Isle's history celebrated with St. Michael's Church

By Frances Holm

St. Michael's Anglican Church held a special service last Sunday celebrating 125 years in the community.

The community joined in celebrating Canada's 150 with the various flags that have flown over our great country through the years. In 1763, following the defeat of the French in North America, the Royal Union flag, better known as the Union Jack, flew over Canada until 1946.

In 1814, the Métis flag was received as a gift from Alexander MacDonnell of the North West Company. It shows a white infinity on a field of blue or red with two meanings, "The joining of two cultures" and "the existence of people forever."

On Sept. 5, 1945, The Red Ensign was approved to fly over government buildings and parliament until 1965. Canada adopted the maple leaf as the National Flag of Canada in 1965.

The mound located on NE 19-12-1E is on a sandy ridge along an Indian trail, where ox cart marks are still visible. It was reported to be four feet high and a diameter of 60 feet. Some young interested residents decided to excavate in search of buried treasures.

About four or five feet down, they discovered knives, flints and shells. After digging a little more, the bones of an Indian were discovered. The remains were taken home and kept for some time before deciding to return them to their grave. Soon after the residents noticed the grave had been opened again and the bones and skull had been removed. The writer of this had no doubt the remains went to Winnipeg for research and later the museum had a display of these articles.

On May 28, 1852, the Red River flooded. The river rose to a distance of eight miles wide caused by ice. The residents at Red River had to leave immediately and took safety on the high ridges of Grosse Isle and near Stony Mountain. While here, they called the location Grosse Ile.

The Grosse Isle story states in the 1860s a "stopping place" was established along the Oak Point trail by William Inkster (a well-known member of the Selkirk Settlers) on 12-13-1W.

This was known as the "The Inkster Ranch" and was one of many locations used by himself and other traders and freighters who travelled the cart trails in their expeditions to the outposts along the shores of Lake Manitoba and further north. The Inkster Ranch is now owned by Sharon and Bernie Van Kemenade.

Following the Dominion Land Sur-

vey, the Prime Meridian of Canada (the middle of Canada) was established and settlers began taking up property. These pioneers had a strong faith and began meeting in homes in 1889. On Oct. 23, 1890, Rev. James H. R. Wood called a general meeting to discuss building a church. Plans were made to form the Parish of St. Michael and begin construction of the church in 1891.

Walter John Thurlow James donated one acre of land in 36-12-1W of the prime meridian of Canada for the location, and this was accepted. The Consecration service was conducted Aug. 28, 1892, of the Church and Burial Grounds. Over the years, there have been several religious groups; however, at present St. Michael's has remained in operation and is now a Municipal Heritage site. It has been there for 125 years of the 150 years we are celebrating.

There were no roads or railways existing other than native Indian trails, until 1881, when the Canadian Pacific Railway main line was constructed and opened for business on Dec. 20, 1881.

The first school was opened in August 1892 east of the village, on property supplied by Joseph Hagerman. Kensington School was formed in 1894 on land donated by Walter James.

A four-room consolidated school was built in the village, which opened in September 1920, with the official opening Oct. 20, 1920. Many changes have taken place over the years from black boards to computers; however, the leaders in this district have always tried to educate our young people to prepare them for the future.

Rosser municipality was formed, and on June 21, 1893, the first meeting of council was held in Little Mountain School.

Until 1903, when the Canadian Northern, later the Canadian National, was built this area was referred to as Rosser North, but the pioneers wished for a name and amongst themselves came up with the name Grosse Isle.

At the time of the flood in 1852, the



TRIBUNE PHOTO SUBMITTED

Frances Holm provided the history of Grosse Isle during the 125th anniversary of the St. Michael's Anglican Church last Sunday.

name was given Gross Ile. This was forwarded to premier R. P. Roblin, and after presenting the name to council, the name was accepted for our settlement.

The advances over the years are unbelievable and everyone at the service was encouraged to take a moment to be thankful for all our blessings that have been lovingly planned and brought about by our ancestors.

Frances Holm challenged each one with these

parting words: "Do your best each day of your life to love your family, your neighbours and your community and to leave everything as good or better when you go."

ROYAL LEPAGE
Dynamic Real Estate
INDEPENDENTLY OWNED AND OPERATED

Wondering what your house is worth?
WE CAN HELP

THE PRESTON-BERENHAUT TEAM
Your Family's Comfort is our Family's Business
RESIDENTIAL | COMMERCIAL | FARM REAL ESTATE

204-467-2455 360 Main St. Stonewall, MB

LOCAL ROOTS, CITY CONNECTIONS

Stonewall Odd Fellows Lodge

The presents
Occasionals

Featuring...
Andy Goertzen,
Kari Kinley,
Robert Heide,
Wes Goertzen &
Wayne Wazsny

Friday, September 8th

7:00 pm

Odd Fellows Hall
374- 1st St. West., Stonewall

Tickets: \$15
Available from:
Alice 204-757-7318 or
Larry 204-467-8882

50/50 Draw • Refreshments Available

South Interlake Seniors Resource - Stonewall

SUPPORT SERVICES FOR SENIORS

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

www.sisrc.ca

DON'T FORGET.....

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

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 19th @ 5:00
 Church of the Ascension Parish Hall, 435 - 1st Ave. N.
 For transportation, please call 204-467-2234 or 204-467-2207

VOLUNTEER OF THE MONTH

Congratulations to Elsie Murray for being named Volunteer of the Month! Elsie has been a volunteer for SISRC for 2 years as a volunteer driver. Thanks so much for your contributions Elsie!

Elsie will enjoy lunch at

Join us for homemade lunches & desserts
 Tues-Fri 10-5, Sat 10-4 • 292 Main St., Stonewall 204-467-2303



Equipment Lending Service

This program provides people of Stonewall and the surrounding area the ability to borrow on a short term (3 months) basis, medically necessary mobility aid equipment including wheelchairs, walkers, canes and crutches. The equipment is located in our office and the borrower pays a refundable \$20 deposit. You can contact our office to borrow items or enquire about other equipment.

For more information call 204-467-2719

September Calendar of Events!

SOUTH INTERLAKE 55 PLUS, 374 FIRST STREET WEST

Clip & Save



- | | | | |
|---------|---|-----------------------|--|
| Sept 4 | Labour Day - Office Closed | Sept 21 | Casino Trip - Club Regent @ 9:45 am |
| Sept 5 | Hop Drop and Shop @ 10:00 am | Sept 21 | No Bingo |
| Sept 5 | Book Club @ 9:30 am | Sept 22 | 55 Plus & Legion Alzheimer Presentation, Bake Sale & Tea |
| Sept 7 | Fort Whyte Bus Trip @ 10:30 am | Sept 23 | Elvis and Johnny Cash Tribute Concert by Corney Rempel @ 7pm |
| Sept 8 | Travel Club Meeting @ 1:00 pm | Sept 26 | Showtime: Going in Style @ 1:00 pm |
| Sept 11 | Pickleball moves to Centennial School @ 7:15 pm | October Events | |
| Sept 11 | Crib Tournament @ 1:00 pm | Oct 2 | Crib Tournament @ 1:00 pm |
| Sept 12 | Active Wellness Fall Session Starts | Oct 4 | Felting Class @ 12:30 pm |
| Sept 13 | Luncheon @ 12:00 pm | Oct 11 | Luncheon @ 12:00 pm |
| Sept 20 | One Stroke Painting @ 12:00 pm | Oct 17 | Card Making Class #1 @ 1:00 pm |
| | | Oct 24 | Card Making Class #2 @ 1:00 pm |



LUNCHEON

Cold Plate
 With Salads, Vegetables,
 Dessert, Tea & Coffee
September 13th @ Noon



ACTIVE WELLNESS CLUB FALL PROGRAMMING

The fall session runs September 12 to December 1, 2017
STAY ACTIVE! STAY HEALTHY!



- | | |
|--------------------------------|---|
| Monday - 4:30 pm - Funfit | Thursday - 5:30 pm - Ultimate Mix |
| Tuesday - 4:30 pm - Yoga | Friday - 9:00 am - Gentle Yoga |
| 5:45 pm - Pound & Pump | |
| Wednesday - 5:30 pm - Dancefit | <i>Check our newsletter or facebook page (S155Plus) for further information, or drop into our office.</i> |

Elvis/Johnny Cash Tribute Concert

Featuring **Corny Rempel**



Saturday
September 23rd
7:00 pm

Rush Seating!!

Location: OddFellows Hall,
 374 1st Street West, Stonewall
 Tickets available at 55 Plus Or Korner Kutz

AFTERNOON CRIBBAGE TOURNAMENT

Monday, Sept. 11th
@ 1:00 pm



Door Prizes!!
 Cash Prizes!!!!
 \$0-\$0 Draw

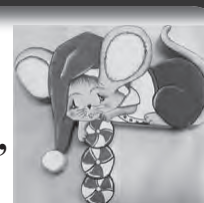
BUS TRIPS



- Hop, Drop & Shop - Tuesday, September 5th
- Fort Whyte Bus Trip - Thursday, September 7th
- Club Regent Casino - Thursday, September 21st
- WSO Trips - Sept 13 deadline:
- Music of the Mad Men Era - Nov 12
- A Night in Spain - Feb 23/18

To Register Call 55 Plus @ 204-467-2582

One Stroke Painting... "Christmas Shelf Mouse"



Wednesday,
 Sept 20 @ 12:00pm

Call 55 Plus for more information & to Register!

For more information call 204-467-2582



Teulon & District Seniors Resource Council Inc. Find us at 54 Main St, Teulon 204-886-2570

PROVIDING FREE SERVICES TO SENIORS: TELECHECK • FRIENDLY VISIT • ESCORTS • INFORMATION/FORMS • ADOPT A GRANDPARENT • COMMUNITY VOLUNTEER INCOME TAX PROGRAM • RED CROSS • MEDICAL EQUIPMENT • LOANS • SERVICES • MENS CHAT GROUP • CAREGIVERS SUPPORT GROUP

Teulon Senior Resource Drop in Center is available Mondays 1:00pm - 3:00pm, Tuesday Wednesday, Thursday and Friday 9:00 - 12:00, and 1:00- 3:00 closed every 2nd and 4th Thursday mornings of each month.

Transportation Options Network for Seniors and MPI will be providing a

DRIVE SAFELY WORKSHOP

September 13 2017 at 11am

at the Anglican Church Hall (2nd Ave SE Teulon)

RSVP Teulon Senior Resource 204-886-2570. Refreshments will be provided.

LAST BBQ OF THE SEASON September 18

FLU CLINIC October 25

at the Teulon Centennial Hall 10-3 refreshments will be available.

Yabba Dabba Doo at Arnes Farmer's Market

Flinstones-inspired park attracts children, adults reminisce

By Ligia Braidotti

If you ever dreamed about driving Fred Flintstone's car and just having a little taste of the stone era, a Gimli artist has just made that possible.

When Daniel Van Cayezeele retired from being a mechanic, stopped working full-time at his shop in West St. Paul and moved to Gimli a year ago, he found carving wood a fresh and stimulating hobby.

"The first bear I did, I hated it and burned it," Van Cayezeele commented, adding he didn't give up after his first try. "I got good at it. I made five, six bears and I got good at it."

And, indeed, he got so good at it that this year he built a park at the Arnes Farmer's Market property that is as distinctive as the farmer's market itself. On the south side of owner Dennis Bobrovich's property, Van Cayezeele built a Flintstones-inspired park for kids but said the parents seem to have enjoyed it more.

"Kids these days don't know who the Flintstones are. I just want to have comic characters from the '50s and '60s and '70s. I see a lot of adults getting their pictures taken, and a lot of them come back and say 'I showed my kids the Flintstones, and they loved it.'"

Van Cayezeele and Bobrovich met while hunting 12 years ago and have been friends ever since. In fact, it was Bobrovich who introduced and encouraged Van Cayezeele to start wood carving. Together they have embarked on several projects together for the park.

While the farmer's market is going on, Van Cayezeele takes the opportunity to make and sell some of the bears he carves, which he calls Yogis. His bears don't have a perfect face. He said he prefers to make them comic style, looking at people with a smile on their faces.

"I can do a nice face. I can do a real bear, but I don't want to. I want a character bear smiling at you or whatever," said Van Cayezeele.

Each bear, Flintstone-inspired object, bench and the attempt of a Dino were made using tamarack, spruce and some poplar, resources he gets from Bobrovich's farm.

"I get all the wood from here, and we help each other and whatnot. It just works so great."

Van Cayezeele said selling wood artwork is not easy because the material



Daniel Van Cayezeele and his wife Iris with one of his "Yogis" at the Arnes Farmer's Market park.

and time cost a lot. He takes a whole day of carving to make a bear, then a few more days for the wood to dry, sand and paint. But selling is a plus for him, not his primary focus.

"It's a retirement thing for us. We don't care if we are selling. I just love



The Flintstones car is one of the attractions at the Arnes Farmer's Market park.

to do this kind of stuff. I enjoy watching the people come here," he said.

Although the farmer's market is only open during weekends, the park is open all week for everyone to enjoy a little taste of Bedrock. The Arnes Farmer's Market is located on PR 222,

16 kilometres north of Gimli.

Van Cayezeele and Bobrovich said they plan on expanding the park and making wood dinosaurs to place in the bushes, referring to Jurassic Park.

TRIBUNE PHOTOS BY LIGIA BRAIDOTTI



Interlake-Eastern
Regional Health Authority

Office régional de la santé
d'Entre-les-Lacs et de l'Est

Please join us for our Annual General Meeting:
Monday, October 2, 2017
École Powerview School
33 Vincent Street, Powerview-Pine Falls

5:30 p.m. Tradeshow

The health programs and services available in our region will be featured. Our Mobile Wellness Team, our program staff and our community partners will be available to provide expert advice and to offer healthy lifestyle ideas.

6:30 p.m. Annual General Meeting

There are changes underway in health care. Join in a conversation between Dr. Brock Wright, president & CEO of Shared Health Services Manitoba, and Dr. Myron Thiessen, vice-president primary health care and chief medical officer of Interlake-Eastern RHA, as they explore health care change, why it's necessary and how you stand to benefit. A review of Interlake-Eastern RHA activities; presentation of the Community Leadership Award; and a question and answer period.

Everyone welcome. Refreshments will be served.

For more information call 1-855-347-8500,
e-mail info@ierha.ca, visit www.ierha.ca

Veuillez vous joindre à nous le **lundi 2 octobre 2017**
à l'occasion de notre Assemblée générale annuelle
École Powerview School
33 rue Vincent, Powerview-Pine Falls

17h30 Expositions de santé et de bien-être

On présentera des programmes et des services en matière de santé offerts dans notre région. L'équipe mobile du mieux-être et nos partenaires communautaires seront sur place pour vous offrir des conseils professionnels et des idées sur des modes de vie sains.

18h30 Assemblée générale annuelle

De nombreux changements sont en train de se produire dans les soins de santé. Participez à une conversation entre le Dr Brock Wright, président et chef de la direction de Shared Health Services Manitoba, et le Dr Myron Thiessen, vice-président des soins de santé primaires et médecin hygiéniste en chef de l'Office régional de la santé d'Entre-les-Lacs et de l'Est, alors qu'ils examinent les changements prévus aux soins de santé, la raison pour laquelle ils sont nécessaires et la façon dont vous en bénéficiez. Le rassemblement comportera un examen des activités de l'ORS d'Entre-les-Lacs et de l'Est, la remise du Prix de leadership communautaire, et une période de questions.

Bienvenue à tous. Des rafraîchissements seront servis.

Renseignements : Ligne sans frais : 1 855 347-8500
Courriel : info@ierha.ca Site web : www.ierha.ca

CleanFarms looking to manage agricultural plastic and inorganic waste

Rockwood council news in brief

By Jennifer McFee

An environmentally friendly farming initiative has cropped up that will allow farmers to make their operation cleaner and greener.

Funded by Green Manitoba, CleanFarms is a not-for-profit industry stewardship organization that aims to properly manage agricultural plastic and inorganic waste.

One of its pilot programs allows farms to recycle bale and silage wrap, twine and grain bags at 16 different collection sites.

Green Manitoba has secured three more years of funding to grow the program, and CleanFarms pays for the bags and distribution. They need help to find a way to distribute the bags to the farmers through a local drop-off site or through a municipal office. They are also asking municipalities to help get the information out to farmers through their websites, social media, tax mailings and so on. The organization can provide posters and outdoor signs to draw attention to the opportunity.

At the Aug. 23 committee-of-the-whole meeting, REACT vice-president Heather McDermid spoke to Rockwood council along with Shane Hedderson from CleanFarms, who called in to provide information on the logistics of the program.

More information about the program is available at <http://cleanfarms.ca/plasticfilmtwinecollection.html>.

In other council news:

- RCMP Sgt. Kelly Glaspey provided a yearly report to council and spoke about ATV use in the area and high-

way traffic violations. By October, they hope that the detachment will be fully staffed.

- Daniel Broker of Atlis Geomatics would like to provide the RM with Li-DAR data, which can be used to help solve potential problems related to spring thaw, flooding and drainage.

- Bylaw enforcement officer Justin Sowa updated council on non-compliance issues in Rockwood. As well, he would like council to review a bylaw related to unsightly properties so that they can be cleaned up quicker.

- At the Aug. 9 meeting, council agreed to forward a request to Manitoba infrastructure for "Watch for Wildlife" signs on Road 10E, also known as Old Highway 7.

- Council defeated a variation request from Adam and Jill Campbell, who wanted to vary the height of their garage door to 12 feet from the permitted 10 feet, as well as the accessory building height to 16.6 feet from the permitted 15 feet and the total accessory building area to 4,320 square feet from the permitted 800 square feet. The couple had wanted to build a garage for personal storage. Reeve Jim Campbell and Coun. Terry Hartle voted in favour, while councillors Mark Hidlebaugh, Bill Matheson, Willy Pinchin and Lyle Willis voted against. Coun. Art Goudy abstained from the vote.

- Council granted a variation request made by Mark Kessler, who wants to build a new accessory building on his property. He requested to vary the minimum rear yard setback to 10 feet from 25 feet and the side yard setback



TRIBUNE PHOTO BY SANDRA SMITH

Not-for-profit industry stewardship organization CleanFarms representative Shane Hedderson and REACT vice-president Heather McDermid spoke with Rockwood council to discuss how to properly manage agricultural plastic and inorganic waste.

to seven feet from 25 feet.

- Council granted a variation request made by Scott Gemmill, who wants to put a 14-foot garage door on an existing detached garage to be converted to a single-family residential dwelling with an attached garage. With the variation, the conversion will meet the RM's bylaw requirements.

- Council approved a subdivision proposed by Russell and Jean Finnbo-gason of Stony Mountain, as long as they meet conditions.

- Council approved a subdivision proposed by Meridian Acres owners Gerry and Laura Anderson, as long as they meet conditions.

- Council approved a request by Cameron Kleinsasser to move a used mobile home from its current location to Jenny Avenue in Gunton. The approval is subject to conditions.

- Council approved a resolution to request that the provincial gov-

ernment improve and maintain the Grassmere Drain to accommodate its changing demands and to offer a controlled water outlet to East Shoal Lake.

- Council approved a request by Scott Beaton to build a second dwelling on property owned by Clara Anderson. The approval is subject to conditions, including that the new dwelling will become the permanent dwelling and the existing dwelling will be considered a temporary dwelling. When Clara Anderson is no longer living in the temporary second dwelling, it must be removed within one year.

- Council approved a request by New Haven Holding Co. Ltd. to build a multi-unit residential building on a property on Road 1E, subject to conditions.

Headingley RCMP respond to intersection collision

Submitted

On Aug. 28 at 7:40 p.m., Headingley RCMP responded to a report of a two-vehicle collision at the intersection of the Trans-Canada Highway and Highway 248 at Elie.

A semi-truck was stopped at the

westbound red light on the Trans-Canada Highway when a pickup truck towing a trailer collided with the backend of the semi's trailer.

The two occupants of the pickup truck, a 16-year-old male passenger and 41-year-old male driver from

Warren, were trapped inside the vehicle. Once extricated, they were transported to hospital with non-life-threatening injuries. The 36-year-old male driver of the semi was uninjured.

The driver of the pickup has been charged with driving carelessly.

"In the past few weeks, we have been attending far too many serious collisions, and many of those are occurring at intersections," said Sgt. Mark Hume, RCMP Manitoba west traffic services unit commander. "Intersections are inherently more dangerous than straightaways — you have traffic going in all different directions, doing different speeds and having different right of ways. Drivers absolutely need to be alert when on the road, and especially at intersections. We could have had two more deaths last night."

When approaching an intersection, slow down, drive defensively and ensure your path is clear before you proceed, and leave lots of room between your vehicle and the vehicle in front of you to allow for sudden stops.

We specialize in celebrating life

MacKenzie
FUNERAL HOME

info@mackenziefh.com
204-467-2525

Gauthier
Cadillac BUICK GMC

2400 McPHILLIPS ST.
Call
JERRY VANDE
Sales Manager
Ph: **204-633-8833**
SHOP ONLINE AT
WWW.JIMGAUTHIERGMC.COM

Children's book offers inspiration for the future

Indiegogo campaign underway to help with publishing costs

By Jennifer McFee

A former Stonewall resident is creating a children's picture book that kids can leaf through for environmental inspiration.

Entrepreneur and educator Sue Holloway has spent the last several years working on a book entitled *A World Worth Imagining*, which aims to inspire hope for the future of our planet.

The idea began to bubble at The Forest School, an alternative-learning centre that Holloway runs in South Gillies, Ont. On Earth Day one year, she went down to a pond and asked the kids to imagine what the world would look like in 100 years. She anticipated answers about towering trees and lovely landscapes.

"But one of the girls got really sad and said that she didn't want to do the activity because she didn't want to imagine a world that we would have destroyed by then," said Holloway.

"On that day, I decided that I really want our kids to be hearing a different kind of story. They all understand that the world is not in the best place right now because there are a lot of crummy things going on and the planet is sick. But they're not getting messages of hope for a better future, one that they could look forward to instead of worrying about what's going to be left when they grow up."

So Holloway decided to tackle the task of penning a tale with a hopeful vision.

"Originally, I found an author to do it and she said it sounds like a project I should do because I have passion. It's important to me, which was the driving force," she said.

"It took four years. I would read it

every Earth Day to the Forest School kids, and they would give me feedback and ideas and suggestions. This Earth Day, we all decided it was ready. I wanted to publish it on my own so I could keep a bit more control over everything."

She partnered with artist Amanda Clark to do the illustrations, since Holloway felt it was equally important to include inspiring images.

To help cover the costs for the illustrations, editing, cover and design, she started an Indiegogo campaign with a goal of raising \$13,000. The printing costs will be in addition to that amount.

"I'm hoping to have it out for December so it can be a Christmas gift. The illustrations need to be done by the end of September. I've hired a local design person to do the layout, formatting and book cover," she said.

"The cost of publishing your own children's book is way bigger than I imagine, but I'm just going for it. I'm hoping that people will share the information with others so the word gets around."

Her students are equally excited to see the project come to fruition.

"It's been fun having them look at the images and say they're beautiful," Holloway said.

"It felt really important and really fun to have them all involved along the way. It's not just my book — it's ours."

For more information about *A World Worth Imagining* or to contribute to the Indiegogo campaign, visit <https://www.indiegogo.com/projects/a-world-worth-imagining-a-childrens-book-hope>. As of Tuesday, Aug. 29,

the campaign had raised \$4,800.

The link to the Indiegogo campaign is also posted on The Forest School website at www.theforestschool.ca.



Sue Holloway



TRIBUNE PHOTOS SUBMITTED

Holloway has spent the last several years working on a book entitled *A World Worth Imagining* and is hoping to raise \$13,000 to help cover the costs to have the book published.

Donations welcome for memorial cancer fundraiser

Annual Shirley Fleury Memorial Slo-Pitch Tournament Sept. 8-10

By Jennifer McFee

An annual slo-pitch tournament will take another swing at raising funds for CancerCare Manitoba.

The 8th Annual Shirley Fleury Memorial Slo-Pitch Tournament is set for Sept. 8 to 10 at the Warren ball diamonds.

Last year, the event raised \$13,500 for CancerCare Manitoba, bringing the grand total over the years to \$72,545.

Shirley Fleury and her husband Carl

raised their three children on their family farm in Marquette. She lost a battle with colon cancer on Sept. 14, 2009.

Fleury was actively involved in her church, in her community and in her children's extra-curricular activities. She was well known for her cheering and enthusiastic support from the sidelines at various sporting events.

That's how she got to know Meagan McCrae, a family friend who is help-

ing to organize the upcoming fundraiser.

"We play for a ball team called Ruff-necks out of Woodlands. Her daughter and son still play on our team, and Shirley was always at the sidelines always scorekeeping for us and cheering us on," said McCrae, who grew up in Marquette and now lives in Stony Mountain.

"So we thought the best way that we could contribute to her was to put on a slo-pitch tournament because we knew that if she was still here with us, she'd still be cheering for us on the sidelines."

The team entry deadline is Sept. 4

and the entry fee is \$300. There are 24 spots available, and teams must have at least four women.

The family-friendly event will feature beer gardens, a canteen, a silent auction, T-shirt sales and bounce-rooms.

Silent auction donations will be gratefully accepted and pickup can be arranged. Pledge sheets are also available for anyone who would like to make a monetary donation. All proceeds will go directly to CancerCare Manitoba.

For more information, contact McCrae at 204-461-2559 or Michael Fleury at 204-461-0701.

Finding healing in nature

How the Selkirk hospital's landscape is benefiting both patients, employees

By Lindsey Enns

When you step onto the grounds of the Selkirk Regional Health Centre, you almost have to remind yourself that you're at a hospital.

Lush with Manitoba-grown wild prairie grasses and flowers, rooftop gardens and multiple outdoor seating areas, the site's landscape design is helping transform the new regional hospital into a healing environment.

"One of the first things we did ... was to try to define sort of what health and well-being meant for people living in the Interlake," said Monica Giesbrecht, principal at HTFC Planning and Design and the project's lead landscape architect. "So no matter where you are in the hospital, there is some sort of glimpse or connection to that landscape."

Giesbrecht added the prairie-inspired landscape, down to the outdoor railings, decks, benches, lighting and the hospital's walls of sea blue windows, were all made to mimic the feeling of being in cottage country.

"Studies show that when you feel more at home at a place, you're likely to be more calm and less stressed out so this feeling of familiar was very important."

Some of the 28-acre site's design details include a nearly 1.5-kilometre walking trail, 3.6 acres of stormwater management systems, 14.8 acres of native grasslands and park space, as well as 30,000 square feet of gardens, 360 trees, 1,300 shrubs and 2,400 perennials.

The main floor consists of a "central healing courtyard," which includes seating areas, a large shade tree, elevated deck and donor wall as well as a green vine shade wall. A family courtyard with an outdoor kitchen, decks, grassy hills, native and adaptive plantings and seating is also located in the back of the hospital.



Monica Giesbrecht of HTFC Planning and Design, pictured top left, overlooks the new Selkirk Regional Health Centre's landscape she helped design from the second floor during a tour of the centre's outdoor spaces last Thursday afternoon. The site's landscape design is helping transform the new regional hospital into a healing environment for both patients and staff.



TRIBUNE PHOTOS BY LINDSEY ENNS

Up on the second floor is a 850-square-foot therapy and meditation balcony, two rooftop gardens and visitor terraces overlooking the central and family courtyards.

"Many studies show that a view to the outside increases patient recovery by nearly 50 per cent, that they mentally feel better, that it reduces stress in staff in a hospital and it helps families that are dealing with not-so-great things, cope with stress," Giesbrecht said. "So the architect and the regional health authority really bought into that idea."

Lita Savage-Murray, a spokeswoman with the Interlake-Eastern Regional Health Authority (IERHA), said the centre's landscape design was an important part of the new hospital's build. She added the total cost of the landscaping project is factored into the building's budget, which was \$111 million.

The 180,750-square-foot facility officially opened its doors on June 25.

With the idea of wellness in mind, the hospital is home to floor-to-ceil-

ing windows, open-air terraces, rooftop green spaces, natural paint colours and locally quarried limestone walls.

The IERHA is currently working with hospital staff to organize local community garden groups to help maintain the landscaping, which will give the community a chance to be part of their new health centre.

Giesbrecht said studies show that other advantages to introducing views and access to nature at hospitals include reduced pain and depression in patients, a better quality of life for the chronic and terminally ill, increased mobility and independence for patients as well as creating a better overall atmosphere for staff.

For Giesbrecht, who has been working on this project since 2007 along-



side LM Architectural Group and EllisDon, said being able to see their vision come to life is difficult to put into words.

"The reason I am a landscape architect is to promote human health and connection to land and I get goosebumps because this is exactly what this does," she said, adding they have already heard lots of positive feedback about the site's design. "It's a once-in-a-lifetime project."

Stonewall Teulon
Tribune

What's *Your* story?
Call **467-5836**



Golf funds fore charity

TRIBUNE PHOTO SUBMITTED
Lakeside MLA and Minister of Agriculture Ralph Eichler presented cheques totalling a \$9,753.34 to the Interlake Community Foundation and the South West District Palliative Care. The record-setting funds were raised at the Ralph Eichler Golf Tournament held in June. Eichler and the committee thanked the supporters and volunteers for their generosity. Pictured left to right: Interlake Community Foundation's treasurer and golf committee co-chair Chad Willis, Lakeside MLA Ralph Eichler and South West District Palliative Care and golf committee co-chair George Willis.

Colony Market
Fresh Veggies, Jam,
Pickles and much more!
Open Fridays 2 pm to 6 pm
LAST MARKET OF THE SEASON SEPT 15
at Rock Lake Colony
2 km west of Grosse Isle off Hwy #6



Oracheski
FINANCIAL
204-467-8490

Linda Oracheski
Independent Insurance Broker

Life and Mortgage Insurance
Critical Illness and Long Term Care
Income Replacement Plans
Business Insurance Solutions
Health & Dental & Travel

lofinancial@shaw.ca www.oracheski.com



**15th Annual
South of the Lakes
Art Tour 2017**

**Saturday Sept 16th 10-5
Sunday Sept 17th 12-4**

Admission & Maps are FREE
Pick up maps at Hallmark and other stores around Rosser,
Grosse Isle, Stonewall, Balmoral, Teulon and Selkirk
**For more information call
Dolly 204-467-2766**

facebook instagram

POLARIS
FACTORY
AUTHORIZED
CLEARANCE

**REBATES UP TO
\$1,200**

SPORTSMAN
2017 SPORTSMAN 570 SP



BIGGEST SALE OF THE YEAR

FINANCING
- AS LOW AS - **3.99%** FOR 60 MONTHS + **1 YEAR** EXTENDED WARRANTY

WESTSIDE
HONDA POLARIS
of Selkirk

6837 HWY 9, SELKIRK
www.westsidehonda.ca

204-482-7782
Toll Free 1-888-482-7782

POLARIS
VISIT **POLARIS.COM** FOR MORE OFFERS

Offers not applicable in Quebec. *Offers vary by model. Rebate offers valid on select 2014-2017 new and unregistered Polaris 'RZR', 'RANGER', 'Sportsman', 'General', and 'Ace' models purchased between 7/26/17- 9/30/17. Financing offers valid on select 2014-2018 new and unregistered Polaris 'RZR', 'RANGER', 'Sportsman', 'General', and 'Ace' models purchased between 7/26/17- 9/30/17. Maximum rebate of \$5,000 applies to the purchase of a new 2017 RZR XP TURBO EPS, and will be deducted from the negotiated selling price before taxes. See your dealer for details. *Limited time purchase financing offer provided through TD Auto Finance on approved credit, valid on select 2014-2018 new and unregistered models purchased between 7/26/17 and 9/30/17. Representative finance example based on a 2017 RANGER XP 1000 with an MSRP of \$17,499. Down payment may be required. \$17,499 financed at 3.99% APR with \$0 down payment equals \$322.19 per month for 60 months. Cost of borrowing is \$1,832.51, for a total obligation of \$19,331.51. Taxes, license, insurance, registration, freight and PDI and in-dealer and other applicable fees are extra. Dealers may sell for less. Applicable fees may vary by region and dealer. Dealer order/trade may be necessary - but, may not be available in all cases. See a participating authorized dealer for full details, eligible models and other offers. Offers are subject to change, extension or cancellation without notice. Minimum Amount Financed \$1,500; Maximum Amount Financed \$50,000. Other qualifications and restrictions may apply. Errors and omissions excepted. Free one-year extended warranty valid with purchase of select new 2017 Polaris Off-Road Vehicle models. Free one-year coverage consists of 6 months' factory warranty, plus 6 months Polaris promotional Limited Warranty for a total term of 12 months. Cannot be combined with any other Extended or Limited Warranty offers. Coverage may be extended at the time of vehicle purchase, see dealer for details. Offer excludes 2018 RANGER models with 1-year factory warranty, and all model years of High Lifter Edition models, RANGER EV models, race, fleet and modified vehicles. Including Alberta, this is given as a free of charge Limited Warranty. Offers may be modified or discontinued at any time in Polaris' sole discretion.

Warning: Polaris' off-road vehicles can be hazardous to operate and are not intended for on-road use. Driver must be at least 16 years old with a valid driver's license to operate. Passengers, if permitted, must be at least 12 years old. All riders should always wear helmets, eye protection, and protective clothing. Always use seat belts and cab nets (as equipped). Never engage in stunt driving, and avoid excessive speeds and sharp turns. Riding and alcohol/drugs don't mix. All riders should take a safety training course. Call 800-942-3784 for additional information. Check local laws before riding on trails. ©2017 Polaris Industries Inc.



fall registration 2017-2018

Stonewall Community Registration Evening, Tuesday, September 12, 2017, 6:30-9:00 p.m. at the Sunova Curling Rink

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)

\$260 - 20 weeks

Balmoral Recreation Centre
October 14, 2017 to March 10, 2018

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.

Age-appropriate activities

The best way for kids to get physical activity is by incorporating physical activity into their daily routine. Toddlers and preschoolers should play actively several times a day. Children six to 17 years should do 60 minutes or more physical activity daily. This can include free play at home, active time at school and participation in classes or organized sports.

Here's some age-based advice:
Preschoolers: Preschoolers need play and exercise that helps them continue to develop important motor skills — kicking or throwing a ball, playing tag or follow the leader, hopping on one foot, riding a trike or bike with training wheels, freeze dancing or running obstacle courses.

Although some sports leagues may be open to kids as young as four, organized and team sports are not recommended until they're a little older. Preschoolers can't understand complex rules and often lack the attention span, skills and co-ordination needed to play sports. Instead of learning to play a sport, they should work on fundamental skills.

School-age: With school-age kids spending more time on sedentary pursuits like watching TV and playing computer

games, the challenge for parents is to help them find physical activities they enjoy and feel successful doing. These can range from traditional sports like baseball and basketball to martial arts, biking, hiking and playing outside.

As kids learn basic skills and simple rules in the early school-age years, there might only be a few athletic standouts. As kids get older, differences in ability and personality become more apparent. Commitment and interest level often go along with ability, which is why it's important to find an activity that's right for your child. Schedules start getting busy during these years, but don't forget to set aside some time for free play.

Teenagers: Teens have many choices when it comes to being active — from school sports to after-school interests, such as yoga or skateboarding. It's important to remember that physical activity must be planned and often has to be sandwiched between various responsibilities and commitments.

Do what you can to make it easy for your teen to exercise by providing transportation and the necessary gear or equipment (including workout clothes). In some cases, the right clothes and shoes might help a shy teen feel comfortable biking or going to the gym.

music lessons

VIOLIN | PIANO | GUITAR | & MORE!

carolina nagy
 (204) 404-7273 | VIVALAMUSICA22@GMAIL.COM
 WWW.VIVALAMUSICA.CA
 STONEWALL

children's choir

register now!

SINGING | MOVEMENT | BODY PERCUSSION

SATURDAY | STARTS SEPT. 16
 ODD FELLOWS HALL, STONEWALL
 AGES 5 - 17

BACKCOUNTRY FITNESS & CONDITIONING

Inspiring Lives, One Body At A Time

BOOTCAMP

FALL CLASSES

We start Bootcamp on September 11!

Fall weekly Schedule:

Monday: 9:00-10:00 am
 10-10:45am (mom & baby only class)
 6:00 - 7:00 pm
 7:30 - 8:30 pm

Wednesday: 9:00-10:00 am
 10-10:45am (mom & baby only class)
 6:00 - 7:00 pm
 7:30 - 8:30 pm

Saturday: 8:30 - 9:30 am

- Certified personal trainer- Christina Hooper
- All fitness levels welcome
- Ask us about our affordable membership rates & amazing referral program

Email us to get registered:
Backcountry4fitness@gmail.com
Call 1-204-899-8660
 www.backcountryfitnessandconditioning.com

Clients tell us:

"I recently joined this session, and I am so impressed! I not only feel myself getting stronger, but I am 10x more motivated. Christina is a great instructor and she makes the workouts fun and energetic! I was worried about feeling intimidated but everyone is so welcoming. Everyone is at a different level but we are all here to get fit."

"I couldn't be more happy with Backcountry Fitness programs overall, and for bringing this amazing program to the Interlake!"



Stonewall Community Registration Evening, Tuesday, September 12, 2017, 6:30-9:00 p.m. at the Sunova Curling Rink

Kids' fitness personalities

In addition to a child's age, it's important to consider his or her fitness personality. Personality traits, genetics and athletic ability combine to influence kids' attitudes toward participation in sports and other physical activities, particularly as they get older.

Which of these three types best describes your child?

1. The non-athlete: This child may lack athletic ability, interest in physical activity or both.

2. The casual athlete: This child is interested in being active but isn't a star player and is at risk of getting discouraged in a competitive athletic environment.

3. The athlete: This child has athletic ability, is committed to a sport or activity and likely to ramp up practice time and intensity of competition.

If you understand the concepts of temperament and fitness types, you'll be better able to help your kids find the right activities and get enough exercise — and find enjoyment in physical activity. Some kids want to pursue excellence in a sport, while others may be perfectly happy and fit as casual participants.

sual participants.

The athlete, for instance, will want to be on the basketball team, while the casual athlete may just enjoy shooting hoops in the playground or on the driveway. The non-athlete is likely to need a parent's help and encouragement to get and stay physically active. That's why it's important to encourage kids to remain active even through they aren't top performers.

Ashley Teichrib
Private piano/theory lessons and group MYC classes!
myc music for young children®
Blue Daisy Music Studio
bluedaisymusicstudio@gmail.com
204-461-3194

Whatever their fitness personality, all kids can be physically fit. A parent's positive attitude will help a child who's reluctant to exercise.

Be active yourself and support your kids' interests. If you start this early enough, they'll come to regard activity as a normal — and fun — part of your family's everyday routine.

*files from kidshealth.org

BALMORAL JUDO CLUB

IN-CLASS REGISTRATION:

STONEWALL COLLEGIATE GYM

Thursday September 14 &

Monday September 18

7:00 to 8:30 pm

SUNOVA CURLING CLUB

Tuesday, September 12

6:30 - 9:00 pm

Ages 7 years and up



For further information please contact:

Milton Good 467-8854 or Jason Rogowsky 467-9869

BALMORAL REC HOCKEY PROGRAM

Open to Boys & Girls – Birth Years 2000 - 2012

\$170 per player. One hour once a week in Balmoral.



Starting mid October and ending in mid March.

REGISTRATION NIGHT

Sunova Curling Club
Tuesday, September 12th, 2017
6:30 - 9:00 pm

For more information email balmoralrechockey@mymts.net

Join Now

Visit us at Registration Night
Sunova Curling Rink, Stonewall
Tuesday, September 13th 6:30 - 9 pm

Sparks K-Gr. 1 ♦ Brownies Gr. 2 & 3
Guides Gr. 4-6 ♦ Pathfinders Gr. 7-9

• Adult Volunteers Needed •

1-800-565-8111

www.girlguides.ca



Girl Guides of Canada
Guides du Canada

Units meet in Stonewall, St. Andrews & Clandeboye

fall registration 2017-2018

Visit the following advertisers

at our FALL REGISTRATION NIGHT

TUESDAY SEPTEMBER 12th 6:30pm-9:00pm

at the Sunova Curling Rink in Stonewall

Backcountry Fitness & Conditioning

Balmoral Judo

Balmoral Powerskating

Balmoral Rec Hockey

Blue Daisy Music Studio

Erika's Fitness Club

Heather McDermid Yoga

Jansen School of Dance

Jordan Riley Music

Keyboard Ventures

New Life Church

Prairie Creative Dance

Quarry Choristers

Royal Canadian Air Cadets

Stonewall Curling Club

Stonewall Girl Guides

Stonewall Karate

Stonewall Powerskating

Stonewall Scouts

Stonewall Skating Club

Stonewall Youth Drop-In Centre

Stony Mountain Run

Stony Mountain Ski Area

Teulon Cross Country Ski Club

Viva la Musica



Erika's Fitness Club

Classes starting September 19th

To register:

Call: 204-294-8620

Email: zumbawitherikariley@gmail.com

www.erikaszubafitnessclub.com





STONEWALL SCOUTING

Beavers (Co-Ed ages 5-7) Meet Wednesdays 6:30-7:30
 Cubs (Co-Ed ages 8-10) Meet Mondays 6:30-8:00
 Scouts (Co-Ed ages 11-13) Meet Thursdays 6:30-8:30
 Venturers (Co-Ed ages 14-17) Meet Tuesdays 7:00-9:00

REGISTRATION NIGHT

Fall Registration Tuesday, September 13, 2016
 6:30 - 9:00 p.m. - Sunova Curling Club



fall registration 2017-2018

Stonewall Community Registration Evening, Tuesday, September 12, 2017, 6:30-9:00 p.m. at the Sunova Curling Rink

Singing has many surprising benefits for children

As children, we use our voice and other instruments to express feelings, but they also serve important learning functions — they teach us pattern, pulse, rhyme and structure, without the complication of language; they teach us the way humans bond and express emotion; they give us pleasure and encourage imagination and storytelling.

The meaning of music or dance is not dependent on language. Our first response to music is through the movement of the body. Babies create their own choreography (in the womb, they are practising stretching, kicking and hitting movements) and small children become totally absorbed in the physical sensation of movement.

Singing is also an aerobic exercise that improves the efficiency of the cardio-vascular system, increasing the oxygenation of the blood and improving alertness. It is linked to stress reduction, longevity and general health. Improving airflow in the upper respiratory tract impedes the bacteria that can cause colds and flu.

I have observed that singing together improves children's behaviour. It helps them bond — whatever the song or language. They can express their feelings of joy or excitement, of being scared or proud. Musical activity involves many different parts of the brain, so singing helps develop these areas, as neurological studies from the U.K., Germany and the U.S. have found.

Sing with the Quarry Choristers

Registration Night
 Sun, Sept 17th 6:00 pm
 Stonewall United Church

Visit our table on Info Night
 Tues, Sept 12th 6:30-9:00 pm
 Sunova Curling Club

Any questions call 204-470-8735



Two Registration Nights!

A mass registration with other community groups at the Teulon Rockwood Centennial Centre, Wed, Sept 6, 5-8pm (to coincide with the TES Open House)
 A second registration at Green Acres Art Centre, Thurs, Sept 14, 5-7pm.

For Full Program Details:
www.greenacresartcentre.org • 204-886-3192 • gaac@mymts.net
 Facebook at GAAC Teulon



2017-18 PROGRAMS:

Dance with Ms. Alycia and Miss Elena

Little Stars Ballet Lyrical Hip Hop
 Jazz Boys Funk Hip Hop

Yoga with Heather McDermid

Restore the body
 Calm the mind
 Renew the spirit

Fall Session starting soon
 Classes for all levels!

Register at
www.heathermcdermidyoga.com
 or Call 204-467-7949



STONY MOUNTAIN RUN

23.09.2017

ABAS AUTO

MORE INFO & REGISTRATION:
STONYMOUNTAINMB.CA

10K QUARRY FAB 30
 5K RACE
 DEPREZ & ASSOCIATES WHAT THE HILL
 SUNOVA STONY SCAMPER
 3K WALK/RUN
 TOONE RUN
 THE MCKILLOP TEAM MOUNTAIN PRELIM MILE

Highland Dance with Miss Lesley Bond

Theatre with Angela from Manitoba Theatre for Young People




MTYP Manitoba Theatre for Young People

Guitar, Bass and Drum Lessons with Shane Taite
 Piano Lessons with Ashley Teichrib
 Music for Young Children (Ages 2-3 accompanied with an adult) –
 Sunrise Program with Ashley Teichrib
 Adult Painting with Graham Clarke
 Fitness with Patsy Duncan
 Yoga with Heather McDermid




Thank you for making our programming possible:
 MB Tourism, Culture, Heritage, Sport and Consumer Protection – Community Arts Councils Operating Support
 Community Places Program – Manitoba Housing and Community Development
 Manitoba Children and Youth Opportunities and Manitoba Culture, Heritage and Tourism, the School and Community Arts Program
 Interlake Community Foundation, Teulon Collegiate Institute Youth in Philanthropy Group with Interlake Community Foundation,
 RM of Rockwood, Town of Teulon

Join us for our AGM on Sun, Nov 26, 2017, 3pm. New board members always welcome.

Fall 2017 PROGRAM



*Interlake School Division
Continuing Education*

FALL 2017 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 11:00-6:00 (during peak registration)

Tuesday – Friday 8:30 – 4:30

Jocelyn Derksen – Program Coordinator

- All classes run subject to enrollment.
- Please register early to avoid cancellation and disappointment.
- All evening classes held in the schools are cancelled if the schools have been closed for holidays, in-service days 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.

REFUND/CANCELLATION POLICY

- Refunds must be requested three days prior to course start date, less admin fee \$15. No refunds following the first class except in exceptional circumstances where a course credit may be issued.
- For courses cancelled due to insufficient enrollment you will be notified and money will be refunded in full.
- Please note start date, time and location of course. You will not be sent a confirmation of registration. You will be contacted only if the course is cancelled due to insufficient registration.

CLASS LOCATIONS

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
 Balmoral Elementary Gov't Rd Allowance - Balmoral



Gifts are received from Welcome Wagon For:
 NEW TO STONEWALL & AREA,
 A NEW BABY
 BRIDES PLANNING A WEDDING
 to request a visit... contact Norma
 Phone: 204-951-1925
 Email: mocha3@mymts.net

Phone 204-467-2956 www.isd21.mb.ca/coned

Check out our WEBSITE www.isd21.mb.ca

Fall 2017 PROGRAM

SPARK FITNESS

With Sarah Todd, FIS, HWL CANFITPRO Certified
www.SparkFitnessandNutrition.ca
**SPECIAL DISCOUNT One for \$60 Two for \$100
 Three for \$135**

F17/01 TABATA (HIIT CLASSES)

High intensity Interval Training (H.I.I.T) is one of the most effective workouts to build up your strength and cardiovascular systems. Not only will this work out immediately boost your metabolism, you will feel the 'burn' from the workout for hours after! Ideal for fat loss, cross-training and athletes. Through a variety of simple, yet intense timed exercises, each class will blast the calories and provide noticeable results in a short amount of time. Whether your goal is muscle tone, weight loss, or both, this class will provide what you are looking for. This class is suitable for all levels because you get to decide the intensity you want to put into each class, so you must be aware of your own minimum AND maximum limits. Please bring: indoor runners, yoga mat, water bottle and 5-8 lb weights.

8 Mondays starting September 11th, 2017
 6:15 – 7:15 at École R.W. Bobby Bend Gym
 Fee: \$60

F17/02 YOGA FLOW

Establishing the mind, breath and body connection is key for healing the body. Join in for the joyful practice of yoga. This class uses a combination of movement, postures and breath to work on strength, flexibility and balance. An all levels class with focus on alignment, beginners will safely learn the basics while more experienced students can take postures to a deeper level. This class is suitable for all levels because we will introduce you to all the moves progressively and modifications will always be offered. Please wear comfortable clothing and bring a water bottle, yoga mat, blanket and a couple pillows.

8 Wednesdays starting September 13th, 2017
 7:15 – 8:30 at École R.W. Bobby Bend Music Room
 Fee: \$60

F17/03 BOOT CAMP

Get in shape 'boot camp' style! This popular interval class mixes calisthenics and body weight exercises with cardio and strength training. They are designed in a way to be different all the time, push our participants harder than they'd push themselves and to achieve the best results possible. We want to keep you guessing and challenge you in a different way every class! Although we may push you, our goal is to offer encouragement and to help you find your own personal upper limits. We want you to have tons of fun while you train hard! This class is suitable for all levels because we introduce you to all the moves progressively and modifications will always be offered. Please bring: indoor runners, yoga mat, water bottle and 5-8 lb weights.

8 Thursdays starting September 14th, 2017
 6:15-7:15 at École R.W. Bobby Bend School Gym
 Fee: \$60

Anyone taking a class that requires physical exercise should have a check-up by their physician. Our fitness programs are designed to provide exercise sessions that are both physically challenging and fun for a variety of different fitness levels

F17/VBM VOLLEYBALL

INTERMEDIATE LEVEL (CO-ED) AGE 18+
 Monday nights at Stony Mountain School from 7:10 – 9:40 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 11th, 2017
 (no volleyball October 9th)
 7:10-9:40 at Stony Mountain School
 Fee: \$30

W17/VBF VOLLEYBALL - RECREATIONAL/ BEGINNER LEVEL (CO-ED) 16+

Friday nights at Stony Mountain School from 7:00 – 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 15th, 2017
 7:00-9:30 at Stony Mountain School
 Fee: \$30

Register for both for \$45

F17/05 KICKBOXING

Whether you are wanting a killer workout to burn some calories or you're looking at improving your techniques, this class is for you! This class is designed for the beginner to intermediate student. Classes involve warm up, drills, technical work and conditioning for a full body workout. Participants will be required to bring their own gloves and shin pads (Kwest will offer a discounted price to either purchase or rent) Kick pads will be provided for the duration of the 8 weeks. *Instructor: Kwest Muay Thai & Kickboxing.*

8 Mondays starting September 18th 2017
 (no class October 9)
 7:30 – 8:30p.m. at École R.W. Bend School
 Fee: \$145

F17/06 BADMINTON

GRADES 9 – 12 & ADULTS OF ALL AGES
 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). The instructor will place each student into the appropriate groups at class. Bring your own racquet. Racquets may be purchased from the instructor. *Instructor: Dale Kinley.*

Sundays starting September 17th 2017
 1:30-3:00 p.m. at Stonewall Collegiate
 Fee \$55

F17/07 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 17th, 2017
 8:00-9:00 pm at École Stonewall Centennial School
 Fee \$ 25 - pay for fall and winter - \$35
 (winter program runs January 21 – April 8)

F17/08 FUNDAMENTALS OF TABLE TENNIS

ACTIVE 4 LIFE (11 – ADULT)
 Come out and learn the basic skills of playing ping pong; forehand counter, backhand counter, forehand push, backhand push, and different kinds of serves. Lots of drills and of course lots of friendly matches with other participants! Please bring your own paddle. (if you don't have one, some will be available to use) No experience necessary, all are welcome! *Instructor: Raul Bernales, member of Manitoba Table Tennis Association and plays at Active4Life club held at Dufferin School in Winnipeg.*

9 Saturdays starting September 23rd 2017
 (no class Oct 7, Nov 11)
 10:00 am – 1:00 pm at Stonewall Collegiate
 Fee: \$25

F17/BF BARRE FITNESS CLASSES

Use a combination of postures inspired by ballet and other disciplines like yoga and Pilates. The barre is used as a prop to balance while doing exercises that focus on isometric strength training (holding your body still while you contract a specific set of muscles) combined with high reps of small range-of-motion movements." The class also incorporates light handheld weights to bring the burn during all those reps, as well as mats for targeted core work. Please bring a yoga mat, light weights (2-5 lbs), water and grip socks. For all fitness levels. *Instructor Brooke Rutledge.*

6 Wednesdays starting October 4th
 6:00-7:00 pm at École Centennial School
 Fee: \$45

ZUMBA

Samara Robertson - Zumba Fitness® Licensed Instructor
 Basics 1 Trained in First Aid / CPR

**SPECIAL DISCOUNT One for \$70 Two for \$130 Three for \$180
 10 weeks – no classes September 28, October 3, October 4 and October 5**

6:00-7:00 P.M Stony Mountain	Tuesday starting Sept 12			F17/09
6:00-7:00 P.M Ecole R.W. Bend		Wednesday starting Sept 13		F17/10
6:00-7:00 P.M Warren Elem			Thursday starting Sept 14	F17/11

BLOCK THERAPY

Block Therapy is a revolutionary bodywork practice that releases restrictions in tissue by "melting" through adhesions that develop over time. The Block Buddy, a handcrafted therapeutic wooden tool made from cedar, is the medium used to facilitate this. Block Therapy is a simple to follow, safe and effective program that can also be done in the privacy of your own home as well as in the class setting, and provides the vehicle to allow the body to reconstruct damaged, dormant cells, bringing life and health back to our tissue, increasing blood flow and oxygen throughout the entire body. If you suffer from chronic pain, or health issues, Block Therapy can very naturally allow the body to help its self to reach optimum health. Blocks are available to use during these classes. You also can purchase a block through the instructor: Heather Whitla. *Some of the key healing benefits that many people have experienced with Block Therapy include: Relief from Chronic Pain • Improves Circulation • Relief from Carpal Tunnel Syndrome, Arthritis • Relief from Lung issues such as Asthma, Allergies, and faster recovery of colds and flu and more! Visit <http://blocktherapy.com/fluid-isometrics/> for more information*

F17/12A 3 TUESDAYS,
 SEPTEMBER 12, 19
 AND 26TH 2017
 6:30-8:00 at R.W. Bobby Bend School • Fee: \$75

F17/12B 3 TUESDAYS
 OCTOBER 3, 10 & 17, 2017
 6:30-8:00 at R.W. Bobby Bend School • Fee: \$75

STONY MOUNTAIN BOOT CAMP FITNESS CLASSES

*rstfitness@gmail.com. With Rhonda Steffan, Canfitpro Certified
 Fitness Instructor & Healthy Eating & Weight Loss Coach Certification*
CLASS DISCOUNTS - One for \$60; Two for \$110; Three for \$145

NEW! EARLY MORNING WORKOUT!

Get up bright and early and feel energized to get on with your day!
 This class will be a Tabata Interval Boot camp

F17/13 9 MONDAYS STARTING
 SEPTEMBER 18TH 2017 (no classes Oct 9, Nov 20)
 5:45 AM – 6:30 AM at Stony Mountain School

F17/14 9 THURSDAYS STARTING
 SEPTEMBER 21ST 2017
 5:45 AM – 6:30 AM at Stony Mountain School

TABATA INTERVAL BOOT CAMP

Tabata is a High Intensity Interval Training (HIIT) fitness class that challenges your Cardiovascular and Muscular Systems, and is known as an incredibly intense fat burning workout. Your metabolism will stay at an 'increased level' during the workout, and for hours after the workout, continuing the 'fat burning' process. Tabata training is excellent for any fitness enthusiast and for athletes who need to increase your speed and endurance. THIS CLASS IS SUITABLE FOR ALL FITNESS LEVELS. You decide your own personal level of intensity that you will put into the class. Please bring: indoor runners, a water bottle, towel, yoga mat, resistance band and hand weights.

F17/15 9 MONDAYS STARTING SEPTEMBER 18TH 2017
 (no class October 9 and November 20) 6:00-7:00 p.m. at Stony Mountain School

F17/16 9 THURSDAYS STARTING SEPTEMBER 21ST 2017
 6:30-7:30 p.m. at Stony Mountain School

F17/17 CIRCUIT INTERVAL BOOTCAMP

Suitable for ALL FITNESS LEVELS, circuit boot-camp training will alternate strength training exercises with aerobic activities to provide you with the ultimate circuit workout. This is one of the most FUN ways to get fit no matter what your level. Expect a full body workout with lots of variety which will improve your cardiovascular and muscular strength and endurance. Please bring: hand weights, a water bottle, yoga mat, & indoor runners

9 Wednesdays starting September 20th 2017 - 6:00-7:00 p.m. at Stony Mountain School

YOGA WITH CARLA

'RELAX THE MIND; RENEW THE BODY; REVIVE THE SOUL'

Experience the benefits and power of simple and gentle Yoga stretches to help you relax and improve your physical strength, flexibility and balance. This class offers a reflective and spiritual approach to Yoga that integrates body, mind and spirit, leaving you feeling calmer, more stable and peaceful. Please bring a yoga mat and blanket. *Instructor: Carla Kummén*

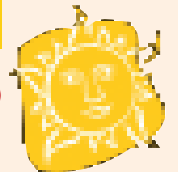
F17/27 8 Wednesdays
 September 20 – November 8th 2017
 6:00 – 7:30 p.m. at Argyle School

YOGA WITH MARNI

"LET YOUR INNER RADIANCE SHINE FORTH"

Come experience yoga through sound, breath and movement. In this 8 week session, we will combine asana with a variety of energetic tools to remove emotional blockages, raise our vibration and connect with our authentic selves. Please bring a mat, belt, and blanket. *Instructor Marni Daun*

F17/28 8 Tuesdays September 19 – November 7th 2017
 7:15 – 8:15 p.m. at Stony Mountain School • Fee: \$65



Fall

2017 PROGRAM

INSTRUCTORS: SHELLEY SCHAEFFER, BA, B ED

Certified in Group Fitness, Resistance Training, Active Older Adults. Zumba®, Zumbatonic®, Zumba Gold®, Bellyfit® and Drums Alive, Fit Flow Yoga and in Maureen Rae's Yoga Training (Level 1 & 2)

CELINE DOLL, B ED Can Fit Pro Fitness Instructor Specialist

**SPECIAL DISCOUNT ONE FOR \$55 - TWO FOR \$95 THREE FOR \$125 - FOUR FOR \$145
8 WEEK SESSION STARTING SEPTEMBER 11TH**



F17/18 CARDIO COMBO MONDAY AM

Cardiovascular training combinations to make up the perfect calorie burning combination. Cardio intervals will be any combination of low bounce aerobics, step aerobics, kick boxing and boot camp. Yoga mat required.

8 Mondays starting September 11, 2017
5:40 am – 6:25 am at École Stonewall Centennial School

SHRED, SHAPE AND SCULPT WEDNESDAY / FRIDAY / SATURDAY AM

A 10-10-10 format combining cardio, interval training and toning. Yoga mat and weights (3-10lb) required.

F17/19 AND 20 8 CLASSES

Wednesdays and Fridays Starting September 13th/15th, 2017 5:40 am – 6:25 am at École Stonewall Centennial School.

F17/21

8 Saturdays starting September 16th, 2017. 8:45 am – 9:30 am at École Stonewall Centennial.

F17/22 TOTAL TONER - MONDAY PM

This class is a combination of anything and everything to strengthen, tone and tighten all areas of the body. Weights and Yoga mat required.

8 Mondays starting September 11th, 2017
6:15 – 7:00 pm at École Stonewall Centennial School

F17/23 DRUM'S ALIVE® - TUESDAY PM

Discover the drummer in you! Drum's Alive combines movement with the powerful beat and rhythms of drumming for an amazing brain and body workout! Have a ball and relieve stress with a great cardio workout to music you'll love. This is a very popular class and space is limited. Yoga mat and anti-burst exercise ball required.

8 Tuesdays starting September 12th, 2017
6:15 – 7:00 pm at École Stonewall Centennial School

F17/24 HEAVY METAL YOGA - THURSDAY PM

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, weights (3-10 lb.) and resistance band required.

6 Thursdays starting September 14th, 2017
6:15 – 7:00 pm at École Stonewall Centennial School

YOGA AND MEDITATION WITH ANGELA

SIGN UP FOR BOTH YOGA AND MEDITATION AND SAVE \$5.00

YOGA

Angela is a natural intuitive and energy healer who combines yoga poses, breath work and crystals with source energy to provide a unique yoga experience. No experience is necessary to feel the profound benefits to your body and bring it back to a holistic state. Please bring a mat, water bottle and blanket. *Instructor: Angela White. B.Ed, YTT 200.*

F17/29A 8 Thursdays September 21 – November 9, 2017
6:30 – 7:30 pm at École R.W. Bobby Bend (music room)
Fee: \$75

BEGINNER MEDITATION

You are more than your thoughts and emotions. Over 4 weeks, Angela, an energy practitioner with over 20 year of meditation experience, will guide you to focus your thoughts and calm your mind. Each session will explore a different technique, beginning with 5 minute mini-meditations and working up towards lengthier adventures! There will be time to ask questions and explore how mindfulness can be developed in the context of our busy lives. Please bring a cushion or blanket and an open mind. *Instructor: Angela White. B.Ed, YTT 200.*

F17/29B 4 Thursdays October 5- October 26th 2017
7:45 – 8:30 pm at École R.W. Bobby Bend (music room)
Fee: \$45

ESSENTIAL FLOW YOGA

Learn how to incorporate therapeutic grade essential oils into your normal yoga routine to enhance and uplift your mind, body and soul. You will learn and sample which oils to use to ground yourself, quiet the mind and enhance flexibility. Janice will gently run you through the sun salute routine. No experience is necessary. *Instructor: Janice Burbella.*

F17/58C Saturday, September 23, 2017
4:30 pm – 5:30 pm at Stonewall Collegiate • Fee: \$25

F17/58D Saturday October 21, 2017
4:30 pm – 5:30 pm at Stonewall Collegiate • Fee: \$25

BALMORAL FITNESS WITH MYLES TAYLOR, FIS CANFITPRO CERTIFIED

F17/25 HARDCORE HIIT

This HIIT class (high intensity interval training) is a 1 hour series of specialized intervals that focus on muscular endurance, and will have your body exhausted, but feeling energized by the time we are done. This involves short intervals of maximum intensity exercises separated by longer intervals of low to moderate intensity exercise. Because it involves briefly pushing yourself beyond the upper end of your aerobic exercise zone, it offers you several advantages that traditional steady-state exercise (where you keep your heart makes it different from other forms of training is that the high intensity intervals involve MAXIMUM effort, not simply a higher heart rate. Designed to accommodate most fitness levels by using a variety of difficulty variations, this is an exceptional program for athletes, and those looking for a hard-core, push it to the limits workout. Equipment required: 2 water bottles, 3 – 5 lb hand weights, hand towel, a yoga mat, and a warrior spirit.

10 Mondays starting September 25th, 2017
(no class October 9)
6:00 – 7:00 p.m. at Balmoral School
Fee: \$60

F17/44 KIDS CRAFTY GROUP

Do you need a relaxing and creative break each week? How about joining a 5 week craft group where you can learn and express yourself with some crafty and artsy fun. Each week we will look at new basic craft techniques, explore various materials and work on projects. Classes will be guided but students are also welcome to work on creations of their own imagination. All supplies included. Weekly examples (wood projects, felt projects, paper projects, fabric projects and more) *Instructor: Nichol Marsch*

4 Saturdays November 18th – December 9, 2017
12:30 – 2:00 at Stonewall Collegiate
Fee: \$65

PERSONAL INTEREST & FITNESS FOR CHILDREN & YOUTH

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.*

F17/30A Saturday September 23, 2017
9:00 – 5:00 p.m. at Warren Collegiate
Fee: \$60

F17/30B Saturday October 14, 2017
9:00 – 5:00 p.m. at Stonewall Collegiate
Fee: \$60

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.

F17/31 Tuesday October 3, 2017
6:00-8:30 p.m. at Warren Collegiate
Fee: \$35

F17/32 Tuesday October 10, 2017
6:00-8:00 pm at Stonewall Collegiate
Fee: \$35

F17/33 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. *Instructors: The Kinleys.*

10 Sundays starting September 10, 2017
12:00 – 1:30 p.m. at Stonewall Collegiate
Fee \$55

F17/34 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.*

6 Tuesday October 17 – November 21, 2017
4:00 - 5:30 p.m. at Stonewall Collegiate
Fee: \$70

F17/35 KIDS CAN COOK PART 2 MENU PLANNING (GRADES 5-7)

This class will focus on teaching students to prepare meals for breakfast, lunch and supper. Recipes and worksheets will be handed out to be added to the cookbook from the Kids Can Cook beginner class. To register students must be in Grade 5, 6 or 7 and have completed the Kids Can Cook beginner class. Please bring your cook book. *Instructor: Meechelle Best. No outside food or drinks. Please indicate any food allergies at time of registration.*

3 Thursdays November 9-23, 2017
4:00 - 6:00 p.m. at Stonewall Collegiate
Fee: \$45

MTYP (MANITOBA THEATRE FOR YOUNG PEOPLE)

F17/45 CREATIVE DRAMA AGE 4-6

A fun and encouraging introduction to theatre and drama. Students develop their imaginations and powers of self-expression through drama games, music, story theatre, and role playing. A great class for anyone who loves to make believe! Manitoba Theater for Young People.

Wednesdays starting September 20, 2017
4:30-5:30 at Stonewall Centennial School
Fee: \$125

F17/46 ACTOR'S WORKSHOP AGES 8-11

Are you serious about acting? If you said "Yes", the Actor's Workshops is right for you! You'll work with a teacher on everything from audition monologues and voice training to mime and movement. It's a unique opportunity to bring your skills to the next level.

6 Wednesdays starting September 20, 2017
5:45-6:45 at Stonewall Centennial School
Fee: \$125

KIDS ART CLASSES (AGES 8-12)

Do you want an opportunity to express your creativity, and learn new art and craft techniques? Come create something beautiful, in these one – two day art classes. Choose one or all. Classes will be guided but students are also welcome to work on creations of their own imagination. *Instructor Nichol Marsch.*

Fee: \$30.00 for one; two or more \$25 each

F17/36 Painting /Watercolour – One day workshop where students will learn the basic techniques of watercolour, and practice on various types of paper. Nature theme!
Saturday September 16th 10:00am - 12:00pm. Stonewall Collegiate Institute.

F17/37 Illustrated Dictionary Pages (painting/drawing) - One day workshop where students will be able to experience painting, drawing and collage inspired by words from dictionary pages.
Saturday September 23rd 10:00am - 12:00pm. Stonewall Collegiate Institute.

F17/38 Modern Dream Catchers – One day workshop where students will be able to create a one of a kind dream catcher.
Saturday September 30th 10:00am - 12:00pm. Stonewall Collegiate Institute.

F17/39 Basic Ceramics and Painting – Two weekend workshop. Day one come ready to get your hands dirty and learn the basics for making clay art. Students will return the following weekend to finish their fired clay artwork!
Saturday October 21st and 28th 10:00am - 12:00pm. Stonewall Collegiate Institute.

F17/40 Painting (watercolour) – One day workshop where students will learn the basic techniques of watercolour, and practice on various types of paper. Underwater Theme!
Saturday November 4th 10:00am - 12:00pm. Stonewall Collegiate Institute.

F17/41 Printmaking – One day workshop where students will learn the basic techniques of printmaking.
Saturday November 18th 10:00am - 12:00pm. Stonewall Collegiate Institute.

F17/42 Drawing in Pastels – One day workshop where students will be able to learn and create in oil pastels.
Saturday November 25th 10:00am - 12:00pm. Stonewall Collegiate Institute.

F17/43 Snowman Wall Hanging (wood)– One day One day workshop where students will be able to create a one of a kind dream catcher.
Saturday December 2nd 10:00am - 12:00pm. Stonewall Collegiate Institute.

PERSONAL INTEREST/LEISURE/HOBBIES

F17/47 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 16, 2017
9:00 a.m. – 5:00 p.m. at Teulon Collegiate
Fee: \$73

COMPUTER COURSES F17/49 COMPUTERS FOR BEGINNERS

Do you know basically how to use your computer and would now like to take the next step? Your instructor will review Windows, word processing and the internet in a relaxed, easy-going setting. These classes will move at a slower pace so everyone can learn and review the basics together. *Instructor: Jim Robertson.*

6 classes (Tuesdays & Thursdays)
September 19-October 5, 2017
6:30 – 8:30 p.m. at Stonewall Collegiate
Fee: \$70

F17/50 MS OFFICE 2010

This class will be taught at the beginner level, introducing you to Word, Excel and Power Point. Word skills include formatting, spell check, tables, bullets, labels, envelopes, tabs and mail merge. Excel skills include tips for entering data, formulas, functions and charts. Power Point skills include creating presentations with pictures and animation. Participants should have beginner computer knowledge and be familiar with the Windows environment. *Instructor: Jim Robertson.*

6 classes (Tuesdays & Thursdays)
October 10 – 26, 2017
6:30 – 8:30 p.m. at Stonewall Collegiate
Fee: \$70

LANGUAGE

F17/51 BASIC FRENCH
Converse in French by learning thematic vocabulary, basic dialogues and by viewing comical video skits. This course is also ideal for those who have children in the French Immersion program or for school staff! *Instructor: Maria Shinnie.*

6 Tuesdays
September 19 – October 24, 2017
6:00-7:30 at École Stonewall
Centennial School
Fee: \$65

SPANISH – LEVEL 1 AND CONTINUING (AGES 16 AND 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.*

F17/SPB Beginner Spanish
8 Wednesdays starting
September 27, 2017
6:00-7:30 at Stonewall Collegiate
Fee: \$100

S17/SPC Continuing Spanish
8 Wednesdays starting
September 27, 2017
7:40 – 9:10 pm
Fee: \$100

All evening classes held in the schools are cancelled if the schools have been closed during the day for any reason (i.e. storms, holidays, in-services)

PAINTING / SIGN / WREATH PARTIES

PARTILIFE

PartiLife (formerly known as TD Fine Arts) is a Canadian grassroots company that started in rural Manitoba. They have since grown and now offer events in Manitoba and Alberta. As Canadians, they support other Canadian businesses. All our paint & canvases are hand-made in Canada.

Join us for an evening of laughing and creativity. Everyone leaves with their very own 16 x 20 painting! All materials are supplied!



**F17/59 SIGN PARTY
'HOME SWEET HOME 16X20'**
Wednesday September 20, 2017
6:00-800 pm at Stonewall Collegiate
Fee \$42

F17/60 SIGN

**PARTY
LOVE OF FAMILY 16X20**
Wednesday November 8, 2017
6:00-8:00 at Stonewall Collegiate
Fee \$42



**F17/61 PAINT PARTY
SUNFLOWER 16 X 20**
Wednesday, October 18, 2017
6:00-7:30 pm at Stonewall Collegiate
Fee \$42

F17/62 WREATH PARTY
Wednesday, November 29, 2017
6:00-7:30 pm at Stonewall Collegiate
Fee \$42

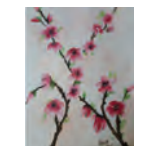


WATERCOLOR PAINT PARTY

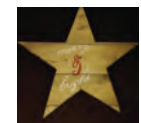
F17/62A BIRDS ON A TWIG
Wednesday, October 4, 2017
6:00-7:30 pm at Stonewall Collegiate
Fee: \$42



F17/62B CHERRY BLOSSOM
Wednesday, September 27, 2017
6:00-7:30 pm at Warren Collegiate
Fee: \$42



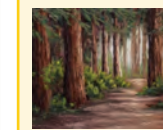
**F17/STAR
WOODEN STAR PARTY**
Wednesday, November 22, 2017
6:00-7:30 pm at Stonewall Collegiate
Fee: \$42



PAINTING / ART

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



**F17/63
12X16 'FOREST PATH'**
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.

Saturday October 28, 2017
9:30 – 4:30 p.m. at Stonewall Collegiate
(class end time is approximate) • Fee: \$94
Image is copyrighted

F17/64A INTRO TO DRAWING WITH PEN AND INK

Learn the techniques needed to create black and white drawings. Enjoy step by step instructions to produce a finished drawing of a wolf and a horse. No previous sketching ability required. A \$10 supply fee to be paid to the Instructor Linda Gillies.

3 Thursdays September 21, 28 and October 5, 2017
6:30 – 8:30 pm at Stonewall Collegiate
Fee: \$45

F17/64B PORTRAITS WITH PEN AND INK

Learn the techniques needed to create character in portraits of people. Step by step instructions will be given to produce a finished character portrait. No previous sketching ability required. A \$10 supplies fee to be paid to the Instructor Linda Gillies.

3 Thursdays October 26 and November 2nd, 2017
6:30 – 8:30 pm at Stonewall Collegiate
Fee: \$35

WELLNESS

Instructor: Janice Burbella DoTERRA Essential Oil Educator, Certified Aroma Touch Technique practitioner. www.mydoterra.com/janiceburbella

ESSENTIAL OILS 101

In this informative class, you will sample and learn the basics of essential oil use to help transform your health and wellness naturally. Topics include: quality/purity, brief history, safety and usages of 10 of your most versatile oils to have on hand for several conditions. Everyone will go home with a sample and a guide book to start their collection!

F17/55A Saturday, September 23, 2017
9:30 – 10:30 am at Stonewall Collegiate • Fee: \$25
F17/55B Saturday October 21, 2017
9:30 – 10:30 am at Stonewall Collegiate • Fee: \$25

MAKE AND TAKE NATURAL CLEANING WITH ESSENTIAL OILS

In this informative and hands on class, you will learn how you can easily create a toxin-free household by using nature's most powerful and potent agents: Essential Oils. You will make and go home with a sample of an easy multi-purpose cleaning spray, cleaning paste and a toilet bomb. Recipes are provided!

F17/56A Saturday, September 23, 2017
11:00am – 12:00 pm at Stonewall Collegiate • Fee: \$25
F17/56B Saturday October 21, 2017
11:00am – 12:00 pm at Stonewall Collegiate • Fee: \$25

EMOTIONAL AROMATHERAPY MAKE AND TAKE

In this informative and hands on class, you will learn how to use therapeutic grade essential oils to soothe, uplift and heal emotions. Topics include: enhancing the 3 brains, how to stay mentally healthy and which oils to use for certain feelings and emotions. You will create your very own emotionally soothing roller ball blend to take home with you.

F17/56A Saturday, September 23, 2017
1:00 pm – 2:00 pm at Stonewall Collegiate • Fee: \$25
F17/56B Saturday October 21, 2017
1:00 pm – 2:00 pm at Stonewall Collegiate • Fee: \$25

MEDITATIVE CHAKRA BALANCING WITH ESSENTIAL OILS

In this peaceful class you will learn how to balance and increase the frequency of the 7 energy centers within the body called chakras using therapeutic grade essential oils. Janice will guide you through a meditation to quiet the mind and open up the chakras.

F17/58A Saturday, September 23, 2017
3:00 pm – 4:00 pm at Stonewall Collegiate • Fee: \$25
F17/58B Saturday October 21, 2017
3:00 pm – 4:00 pm at Stonewall Collegiate • Fee: \$25

ESSENTIAL FLOW YOGA

Learn how to incorporate therapeutic grade essential oils into your normal yoga routine to enhance and uplift your mind, body and soul. You will learn and sample which oils to use to ground yourself, quiet the mind and enhance flexibility. Janice will gently run you through the sun salute routine. No experience is necessary.

F17/58C Saturday, September 23, 2017
4:30 pm – 5:30 pm at Stonewall Collegiate • Fee: \$25
F17/58D Saturday October 21, 2017
4:30 pm – 5:30 pm at Stonewall Collegiate • Fee: \$25

PERSONAL & PROFESSIONAL DEVELOPMENT

Confirmations will not be phoned or mailed. Attend the first session of a course as scheduled unless you are otherwise informed. Please feel free to call 467-2956 to confirm your registration

F17/52 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.*

Saturday September 23rd 2017
9:30 a.m. – 4:00 p.m. at Stonewall Collegiate
Fee: \$110 (re-certification only \$65) Recertification please arrive at 3:00 p.m.

ECSI- FIRST AID/CPR

(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 been taken the first night \$45. *Instructor: Bob Barsi.*

F17/53A 2 classes October 10 & 17, 2017
6:00 – 10:00 p.m. at Stonewall Collegiate • Fee: \$90
F17/53B 2 classes November 9 & 16, 2017
6:00-10:00 p.m. at Stonewall Collegiate • Fee: \$90

WHMIS IS OLD...GHS IS NOW

The old safety information tools or Workplace Hazardous Materials Information System (WHMIS) has been replaced by the Global Harmonization System (GHS), to bring Canada into line with a worldwide system being adopted by our major trading partners. The changes to law are in effect now. This one evening course will bring you up to speed on what you need to know to stay safe in the workplace and give you the certificate your employer will ask for. Certificates and reference materials will be issued. *Instructor: Paul Oliver, Safety Officer – Interlake School Division.*

F17/54A Thursday October 12, 2017
6:00 – 9:00pm at Stonewall Collegiate • Fee: \$45
F17/54B Wed, November 15, 2017
6:00 – 9:00 pm at Stonewall Collegiate • Fee: \$45

Teulon Rockwood

RECREATION COMMISSION

Teulon Rockwood Rec
Commission - Contact Info:
Beth Hutchinson

Phone 204-861-0366
teulonrockwoodrec@gmail.com
Twitter - @teulonrockwood
Facebook
www.facebook.com/teulonrockwoodred

Hunter Education at
Teulon Collegiate
September 16, 9:00-5:00



ROSSER WOODLANDS

RECREATION COMMISSION

Kelly Kimball
Phone 204-461-4040
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

Zumba at Warren Elementary with Sam
Thursday's starting 6:00 – 7:00 pm
Yoga in Argyle with Carla
Wednesday's Sept 20-November 8 6:00 – 7:30
Babysitting course at Warren Elementary with Kelly
September 23 9:00-5:00 pm
Home Alone course at Warren Elementary with Kelly
October 3 6:00-8:30 pm
Watercolour
October 3 6:00-8:30 pm

BUNDLE AND SAVE

Choose either: Make and Take Natural Cleaning or Emotional Aromatherapy and add an additional class for only \$18.00. Add an additional two classes for only \$15 per class. Add 3 for only \$13 per class.
KING OF OILS BUNDLE – ALL 5 classes for \$88.00



fall registration 2017-2018

Stonewall Community Registration Evening, Tuesday, September 12, 2017, 6:30-9:00 p.m. at the Sunova Curling Rink

The importance of movement and dance

I have heard teachers telling small children to "sit still and listen" to a piece of music. I believe this is an impossible demand, and an undesirable one too. Watching children listen to music is a crucial part of assessing their development, and we would hope at such times to see a foot keeping time or hands dancing or sometimes a look of quiet wonder.

Continued on page 25

**Warren Curling Club
2017/2018 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

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 24th, 2017.

Or call Tyson at 461-1409 or email ty12mm@hotmail.com Send via email to ty12mm@hotmail.com

Highway 6 Youth Soccer Warren

Registration for **kids ages 3-10 is \$50** Plus a \$50 refundable volunteer fee

August 30th 7-8 pm and September 5th 7-8 pm at the Warren Curling Club

Season begins September 11th and runs Monday's and Wednesday's at 6:15 - 7:15 pm (September 11, 13, 18, 20, 25, 27 & October 2, 4, 11, 16)

We are also looking for volunteer coaches for all age groups. For info please contact Karen at tristram@mts.net or 204-227-9738

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. 11 - March 14
\$235 for 20 weeks (45 minute classes)

REGISTRATION
Wednesday, Sept. 13 6:30-8 p.m. at the Sunova Warren Arena or call Tara-Lee 204-383-5262 or email tara-lee@mymts.net or call Brette 204-461-1705 or brettepark@gmail.com
Sticks and helmets with a mask are mandatory for this program

Stonewall Skating Club Registration for the 2017 - 2018 Season

All programs are taught by certified professional coaches

Can Skate Learn to Skate - October 12 to March 14 (For children ages 4 and up) Born 2013 or earlier

This program provides basic skating instruction in a group setting. Helmets and mittens are required. Registration fee includes Skate Canada fee.

Canskate Thursdays (20 - 45 minute sessions)	6:30 - 7:15 PM	\$225
---	----------------	-------

Would your child like to learn figure skating? Join the **Skate Canada Star Program**. Registration fee covers Skate Canada fee, ice costs, and group coaching fees for the season.

StarSkate 1 (formerly Jr. Rising Stars) Mondays Thursdays	Sep 11/17 to March 22/18 4:45 - 5:55 PM 4:45 - 5:55 PM	\$550.00
StarSkate 2 (formerly Rising Stars) Mondays Thursdays Saturdays	Sep 11/17 to April 21/18 4:35 - 6:05 PM 4:35 - 6:05 PM 8:30 - 10:00 AM	\$800.00

Star 3 and higher programs - Sep 11/17 to April 21/18. Registration fee covers Skate Canada fee and ice costs for the season. Coaching cost is extra. (Individual day registration for Star 3 and up programs is available)

Mondays Thursdays Saturdays	4:15 - 7:15 PM 4:15 - 6:05 PM 8:00 - 10:00 AM	\$875.00
-----------------------------------	---	----------

Time payments are available - Fundraising deposit of \$120 is payable at registration - Post-dated Volunteer deposit of \$100/family is due at registration. ****PLEASE BRING A MINIMUM OF 3 CHEQUES TO REGISTRATION*****
Programs may be cancelled if registration does not meet minimum requirements.
To REGISTER EARLY or for further information, contact stonewallskatingclub@gmail.com

KIDS connect
LEGO CLUB

Kids Connect is a fun place where your kids can Connect with God + their friends EVERY week!
Build exciting lego creations, and enjoy stories and snacks

WHEN: Tuesday evenings starting September 12th
AGES: Kindergarten to Grade 6
WHERE: New Life Church
WHEN: 6:45-8:00 pm
COST: \$30 per child / \$50 per family
For information or to register call New Life Church 467-5529

TEULON CROSS COUNTRY SKI CLUB

Early Bird Membership
Single Adult \$65 Family \$85 Child \$45

LEARN TO SKI PROGRAMS SATURDAYS 10:30 TO NOON

BUNNYRABBIT (3-5) \$20
JACKRABBIT (6-8) \$20
TRACK ATTACK (9 AND OLDER) \$40
RECREATIONAL (9 AND OLDER) \$40
CCSAM Club of the Year 2017

SEE YOU AT REGISTRATION NIGHT SEPT. 12 IN STONEWALL

301 Air Cadets

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 7)



Cool Since 1966

Snowphone
(204) 344-5977
www.skistony.com
(buy online)
info@skistony.com

2017/2018 Season Passes on Sale Now! Buy before October 1st!

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 2





fall registration 2017-2018

Stonewall Community Registration Evening, Tuesday, September 12, 2017, 6:30-9:00 p.m. at the Sunova Curling Rink

Keeping kids active

Anyone who's seen kids on a playground knows that most are naturally physically active and love to move around. But what might not be apparent is that climbing to the top of a slide or swinging from the monkey bars can help lead kids to a lifetime of being active.

As they get older, it can be a challenge for kids to get enough daily activity. Reasons include increasing demands of school, a feeling among some kids that they aren't good at sports, a lack of active role models and busy working families.

And even if kids have the time and the desire to be active, parents may not feel comfortable letting them freely roam the neighborhood as kids did generations ago. So their opportunities might be limited.

In spite of these barriers, parents can instill a love of activity and help kids fit it into their everyday lives. Doing so can set healthy patterns that will last into adulthood.

Benefits of Being Active

When kids are active, their bodies can do the things they want and need them to do. Why? Because regular exercise provides these benefits:

- strong muscles and bones
- weight control
- decreased risk of developing Type 2 diabetes
- better sleep
- a better outlook on life

Healthy, physically active kids also are more likely to be academically

motivated, alert, and successful. And physical competence builds self-esteem at every age.

What Motivates Kids?

So there's a lot to gain from regular physical activity, but how do you encourage kids to do it? The three keys are:

1. Choosing the right activities for a child's age: If you don't, the child may be bored or frustrated.

2. Giving kids plenty of opportunity to be active: Kids need parents to make activity easy by providing equipment and taking them to playgrounds and other active spots.

3. Keeping the focus on fun: Kids won't do something they don't enjoy.

When kids enjoy an activity, they want to do more of it. Practising a skill — whether it's swimming or riding a tricycle — improves their abilities and helps them feel accomplished, especially when the effort is noticed and praised. These good feelings often make kids want to continue the activity and even try others.



Jordan Riley

Guitar & Piano Lessons
204-513-0643



FALL PROGRAMS? YOU CHOOSE!

Go NOW & vote for the courses/programming you want at the drop in.
www.YFCStonewall.com
(Stuff for Students & Parents)

ACT NOW!



Veterans Memorial Club
(White Stucco Building beside the soccer fields)
Stonewall, MB
Contact: Sensei Deborah Hinds
Phone: 467-5787 email: drhinds@mts.net
www.ikdmanitoba.ca

Little Tigers:
Tuesdays for 7 weeks
Girls & Boys ages 4 - 7
Starts Sept. 19th - Nov. 7th

SIGN UP NIGHT AT THE SUNOVA CURLING RINK TUESDAY SEPTEMBER 12TH SEE YOU THERE.

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


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





Power Skaters Wanted

Are you interested in becoming a powerful, agile skater?

Registration Night Tuesday, September 12th
6:30-9:00 p.m. at Sunova Curling Rink
Session to run October 10, 2017 to March 13, 2018 (20 weeks)

BEGINNER • INTERMEDIATE • ADVANCED LEVELS

TUESDAYS

- Level 2... 4:30 to 5:15 (7, 8 & 9 yrs)**
- Level 3... 5:15 to 6:00 (8, 9 & 10 yrs)**
- Level 4... 6:15 to 7:00 (9 & 10 yrs)**
- Level 5... 7:00 to 7:45 (11 & 12 yrs)**

*ages are only a guideline, skaters are evaluated & classed on ability
Cost: \$260 for 20 weeks

Powerskating teaches skaters how to change direction quickly, maneuver easily and sustain their energy during the game.

HELMETS (WITH MASKS) & STICKS ARE REQUIRED FOR THIS PROGRAM
Questions: Contact Brock Couch at brockcouch@gmail.com



fall registration 2017-2018

Stonewall Community Registration Evening, Tuesday, September 12, 2017, 6:30-9:00 p.m. at the Sunova Curling Rink

Continued from page 23

In many cultures, music, singing and dance have no clear divisions — they are seen as a whole activity. Indeed, in many African cultures, there are no separate words for singing and dancing or music.

Through dance, children develop spatial awareness, become less clumsy and pay more attention to others sharing their space. Children struggling with language can express their feelings with

immediacy through dance and movement.

By communicating freely with the voice, face, and body, children learn to express ideas with confidence, empathise with others from different cultures and backgrounds, and feel at home in their own skin. Song, music and dance can help children become more imaginative, self-aware and collaborative global citizens.

*files from britishcouncil.org



LEARN TO CURL THIS SEASON

DID YOU KNOW?
That you can now register for curling on line

Tues. Sept. 12 is registration night at the Sunova Curling Rink 6:30-8:30 pm

We are offering a 14 week Adult Learn to Curl Program

We have a Junior Program for ages 5-17

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

Details can be found on website

Stonewall Curling Club
www.stonewallcurling.com



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

Keyboard Ventures Music Centre
Exercise your mind, coordination, concentration and motor skills.

ONSITE or MOBILE
Music Lessons for Children, Adults & Seniors
Piano • Organ • Keyboard • Guitar • Voice

- Serving Winnipeg, Stonewall & Selkirk, MB
- Karaoke & Instrument Rentals

We sell... Keyboards, Guitars, Recorders, Music accessories, etc.

NEW! NOW OFFERING **GARAGE BAND LESSONS** on iPad!
And 'Rock & Pop' band group classes.

50 Plus: Ask about **CASUAL LESSONS** at your own pace

COMPUTER SUPPLIES & SERVICE

- USB flash drives, SD cards, CDR's, DVR's, etc.
- Batteries - All types: - hearing aids, - fireplaces, - remote car starters, - etc.
- Printer cartridges
- Computer virus removal

Join Us Sept 12th 6:30-9 pm
Registration Night at Sunova Curling Club

BBB ACCREDITED BUSINESS

Celebrating 25 Years in Business!

Call Terry: 204-955-5428 | terry@keyboardventures.com | www.keyboardventures.com
324 Main Street • Stonewall | 310 Weitzel Street • Wpg




prairie creative arts, dance & adventure

Dance 2017/2018
Balmoral, MB
ages 3-4, 5-7, 8-10 & 11+

Ballet, Lyrical, Jazz, HipHop, Private Lessons, Recreational & Competitive Divisions

Registration Sept. 11 & 12 Contact Jill at:
prairiecreative@icloud.com for more info!



Jazz
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 2016-2017
Tuesday, September 12, 2017
6:30 - 9:00 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

The 2017 Stonewall Quarry Days Committee would like to thank the residents and businesses in Stonewall for their continued support of our weekend activities. Quarry Days weekend takes many people to make it happen. We are organized completely by volunteers that start planning every fall. These committee members are all volunteers that either work or live in our town and surrounding area, and come together to plan an amazing weekend of events to show off our community. Without these volunteers, this weekend would not happen. So, thank you to our committee members - Tanya Swanson, Stephanie Duncan, Sandra Smith, Danelle Guenther, Lana Hintz, Christy Brown, Derek Bodnarchuk, Bonnie Brennan, Gord Goresky, Dustin Davidson, Barb Kaminski, Amanda Extence, Ken Robinson, Lawrence Burt, Brett Chatfield and Charlene McKay. It couldn't happen without you. Also, thanks to Citizens for Safety for the use of their bus and to Murray Chatfield for driving. We appreciate your time and energy you have given to this annual event. A thank you also goes out to all of the Town of Stonewall employees for their many hours of hard work setting up, tearing down and cleaning of Main Street.

We had a weekend of fantastic events, record crowds, and that would not have happened without the support from our sponsors. The very generous businesses listed below enable us to plan a fabulous weekend for our residents and thousands of visitors to Stonewall. We sincerely appreciate your financial support of our annual event and recognize again that without **you**, there is no **us**. For information about joining the Stonewall Quarry Days committee, please email info@stonewallquarrydays.ca



*Thank you,
-The 2017 Stonewall Quarry Days Committee*

EXCLUSIVE LEVEL -



GOLD LEVEL SPONSOR



SILVER LEVEL SPONSOR



EXECUTIVE LEVEL SPONSOR



BRONZE LEVEL SPONSOR



Local teen excels at horse reining

By Jennifer McFee

A local teen has been reining in recognition for her horse riding skills.

Kylie Bond, who lives north of Warren, competes in horse reining through the Central Canadian Reining Horse Association.

With years of experience under her belt, the 16-year-old got her first pony when she was 10 years old. Then she rode at Diversity Horsemanship, which is where she got her start in reining. She still volunteers at Diversity Horsemanship but she now keeps her horse at Guy Robinson's Performance Horses in Oak Bank.

In reining, riders guide horses through pre-determined patterns of circles, spins and stops.

"It's scored based on the horse's willingness to be guided," explained Lara Forchuk, Kylie's mother.

"Everything should look like it's effortless and you're not doing anything. It should all look seamless and very willingly guided."

To perfect her skills, Kylie goes to

Oak Bank to train about four to five times per week during the summer since there is about one competition per month, usually in Pineridge or Brandon. In addition, Kylie has also competed in Minneapolis twice this year. She works well with her horse Remi, also known as Shadow in the Smoke, a 14-year-old registered quarter horse gelding.

"For me, I like the speed and agility," said Kylie, who is about to start Grade 11 at Warren Collegiate Institute. "There's speed, but it's all very controlled."

At the CCRHA Pineridge Summer Sizzler competition last weekend, Kylie ranked first in the Rookie 1 and Youth 14 to 18 categories on Saturday and second in both on Sunday. Only 0.5 points separated her from the first-place winner in each class on Sunday.

Kylie has also qualified for the Western Canadian Affiliate Finals, which will be held in Brandon from Sept. 22 to 24. If she finishes in the Top 10, she will qualify for the National Reining



TRIBUNE PHOTO BY COLBY SPENCE

Sixteen-year-old Kylie Bond of Warren is earning recognition for her horse reining skills.

Horse Association finals in Oklahoma. And even if she doesn't qualify,

she will have the chance to ride in other classes at the Oklahoma event.

FCC contributes \$20K to Teulon-Rockwood Recreation Commission

Staff

The Teulon-Rockwood Recreation Commission recently received \$20,000 from Farm Credit Canada through the AgriSpirit Fund.

The money will be used for improvements to the front entrance of the Teulon-Rockwood Centennial Centre. These improvements will address structural and accessibility issues. The Teulon-Rockwood community hall is used by many groups and is constantly in need of repairs.

Teulon-Rockwood recreation director Beth Hutchinson applied for the grant in March of 2017 and was thrilled to receive the news of our project's approval in July.

"The Teulon-Rockwood Recreation Commission is very pleased to be one of the 78 recipients of this year's Farm Credit Canada funding," said Hutchinson.

FCC is giving \$1.5 million through its FCC AgriSpirit Fund to support rural capital projects.

In honour of Canada's 150th anniversary, the fund was increased from \$1 million.

"The FCC AgriSpirit Fund is an investment in rural Canada," said Sophie Perreault, FCC executive vice-president and chief operating officer. "It's about partnering with individuals and groups who are committing their time and energy for the purpose of bettering their communities."

The FCC AgriSpirit Fund awards between \$5,000 and \$25,000 for community improvement projects, such

as hospitals and medical centres, fire and rescue equipment, playgrounds, food banks, libraries, arenas, swimming pools, recreation areas, and community centres.

Nationally, 1,214 applications were received this year which demonstrates how invested rural Canadians are in their communities. Over the past 14 years, the FCC AgriSpirit Fund has supported almost 1,100 projects, an investment of more than \$12 million.

A complete national listing of selected projects can be found at www.fccagrispiritfund.ca.

The next application period opens in spring 2018. Registered charities and non-profit organizations interested in funding can visit www.fccagrispiritfund.ca for eligibility requirements and to apply online.

In Manitoba, other projects receiving funding are:

Manitoba Beef & Forage Initiatives \$25,000; Norfolk Treherne Volunteer Fire Department \$25,000; Richer Community Club \$20,000; J.A. Cuddy Parent Advisory Council and the Sanford Community Green Space Committee \$15,000; Grandview & District Recreation Commission \$15,000; Rural municipality of Pipestone \$10,000.

FCC is Canada's leading agriculture lender, with a healthy loan portfolio of more than \$31 billion. Our employees are dedicated to the future of Canadian agriculture and its role in feeding an ever-growing world. We provide flexible, competitively priced financing, management software, in-

formation and knowledge specifically designed for the agriculture and agri-food industry. Our profits are reinvested back into agriculture and the

communities where our customers and employees live and work. Visit fcc.ca or follow us on Facebook, LinkedIn, and on Twitter @FCCagriculture.

worship *with us*
> FAITH

Do you believe in miracles?

Karl Rahner was once asked whether he believed in miracles. His answer: "I don't believe in them; I rely on them to get through each day!" Do we look at our lives with an awareness of God's enduring presence and miraculous powers?

We often pray that God will make Himself present to us. "God, come to me now with your saving grace!" While there is nothing wrong with calling upon God in a time of need, it is helpful to remember that God is always present to us. What is often needed is for us to be present to the God who is already a part of our whole human existence. As Sheila Cassidy colourfully puts it, (God) is no more present in church than in a bar, but we generally are more present to God in church than we are in a bar. The problem of presence is not with God but with us.

This is also true when it comes to the actions of God in our lives. God's Grace, that is His life and love are bountiful and continuously present, even within the very ordi-

nary and mundane moments of our lives. What can prevent us from recognizing these times of grace? It can be distractions because of work, family, health or it can be obsessing over money and possessions. It can also be excessive attention given to climbing the ladder or maintaining control over people or situations. It can even be concerning ourselves too much about what people think of us or our reputations.

At times we may think of our lives as lacking a closeness to God or of being uneventful or too bland, but in reality God is forever present to us wishing to engage us and miraculously bring us His Own Divine life and Love. The next time you feel that God is distant or your life is lacking God's special graces you might want to pray, not that God be present to you but rather that you can be present to God.

Reverend Barry Schoonbaert
Pastor of Christ the King, Stonewall; St. Joseph, Stony Mountain; and St. John Vianney, Teulon

Seizing rare opportunities

By Ligia Braidotti

A Stonewall father understands well the meaning of seizing the moment and making every rare opportunity memorable.

When the last total solar eclipse was visible in North America in February of 1979, Paul Turner was only 11 days old and can't recall the event. Fortunately, 38 years later, on Monday, Aug. 21, he and his family had the opportunity to witness this nature's grandest spectacle where the moon completely covers the sun and the corona can be seen.

Turner decided to turn this milestone into a fun family trip to the states. He, his wife Cecilia, his eight-year-old son Nicholas and his five-year-old daughter Gaia drove almost 12 hours to their final destination, DeWitt, Nebraska. It was a first-time experience for the whole family.

"The kids loved it. They thought it was fabulous," Turner said, adding the kids were very curious about the event beforehand.

Turner commented he taught his children about what is an eclipse through videos online before their adventure, which got them excited to see it happening live. The total solar

eclipse was visible in a band across the United States where the totality touched 14 states while the rest of the country had a partial eclipse. Nebraska was the closest state to Manitoba that had the total solar eclipse.

Manitoba only saw a partial solar eclipse and Turner said he wanted his kids to have the experience of witnessing its totality.

"It's a rare opportunity. It was only 10 hours away. I wanted to give them the chance to see it fully," he said. "The kids were both very interested. Nicholas didn't want to miss it and wanted to see the eclipse."

In DeWitt, the clouds started to cover the sun 45 minutes before the eclipse, so the family drove another 20 minutes south to a town called Beatrice where they put on their special eclipse shades and were able to accomplish their goal, Turner noted. A total solar eclipse is as bright as a full moon, according to NASA, and the only safe way to look at an eclipsed sun is by wearing special shades.

"It was dark, but then it came back, and we saw the diamond ring," Gaia described the eclipse. "It looked like a star."

Turner said although the eclipse only



TRIBUNE PHOTO SUBMITTED

Gaia, 5, left, and Nicholas, 8, wear their eclipse shades to watch the total solar eclipse in Beatrice, Nebraska, on August 21.

lasted for two minutes and 35 seconds and they drove back to Stonewall right after the phenomenon, the 25-hour trip was worth it.

The next solar eclipse is predicted to be visible across 12 states in the U.S.

in August 2024.

The family documented their adventure to the states and posted it on YouTube. To watch their video, go to <https://www.youtube.com/watch?v=sNEaFD3YJrk&feature=youtu.be>.

Why is the solar eclipse such a big deal?

By Jeff Ward

Last week, millions looked into the sky with protective glasses to see something quite rare: a total solar eclipse. For Manitobans, the weather didn't co-operate and clouds obscured most of the Aug. 21 event, so what did we miss?

The eclipse last week wasn't a once-in-a-lifetime experience, and somewhere on Earth there is a solar eclipse every 18 months. However, not all eclipses are created equal and they fall into one of two types: a lunar eclipse and a solar eclipse.

There are three types of lunar eclipses, which is when the Earth's shadow is projected on the moon. Each of these can only happen at night and during a full moon with the most noticeable of the three being a total lunar eclipse, which makes the moon look red. It's sometimes referred to as a blood moon and happens because the light is refracted through the Earth's shadow. The effect is called Rayleigh Scattering and it is the same reason that the sunset looks red. To put it another way, a total lunar eclipse has all of the world's sunsets and sunrises project-

ed on the moon at the same time.

There are also three types of solar eclipses. The partial solar eclipse, which is what we would have been seen in Manitoba last week, is when the moon covers a portion of the sun. The annular eclipse is when the moon only covers the centre of the sun and the edges form a ring of fire. And the most sought-after version of all eclipses is the total solar eclipse, where the moon covers the sun entirely, turns day to night and is an experience many travel the world to see.

The total solar eclipse produces something called totality. Last week, a thin band of the U.S. was in that path where the moon's shadow is projected onto the Earth. As the moon covers the sun and the last bit of direct sunlight falls behind the midnight mirror, you can see the glow of the sun's corona and the pink and red light from the hydrogen gas from the chromosphere. This is possible because from our spot here on Earth, the sun and the moon appear to be the same size in our sky. The sun is actually 400 times bigger than the moon, but coincidentally, the sun also happens to be

about 400 times further away. This is the only time that it is safe to look at the sun with your bare eyes and it is a sight that few will get to experience. But why is it so rare?

The moon orbits Earth every 29.5 days, but we don't get an eclipse every month. This is due to the fact that the moon's orbit is tilted in relation to our own by 5.1 degrees. This means that the Earth's shadow is kept off the moon and vice versa most months.

There are two places called nodes where the moon's orbit crosses the sun's plane. As the Earth orbits the sun, those nodes line up about twice a year. If the moon passes between the sun and the moon at that time, we get a solar eclipse. Calculating those orbits gives astronomers the ability to accurately predict when, where and exactly what time the next eclipse will happen. The next time Canada will be in the path of totality will be April 8, 2024, in New Brunswick.

You're more likely to see a total lunar eclipse in your lifetime than a solar one. The totality of that eclipse can last more than an hour and anyone on the night side of Earth can see it. The to-

tal solar eclipse is more rare because totality will only last a few minutes. Although Earth will see a total solar eclipse every 18 months, it will be viewable by less than half a per cent of Earth's surface. The total eclipse is made even more rare because the moon isn't at a constant distance from the Earth. The moon has an elliptical orbit and its size changes by about 12 per cent throughout the month. When the moon is closer to us is when we can get a total eclipse.

When Apollo 11 landed on the moon on July 21, 1969, astronauts Neil Armstrong and Buzz Aldrin left mirrors on the moon for astronomers to bounce lasers off of. That experiment told us that the moon is actually moving farther away from Earth at a rate of three centimetres every year. So in the far future, approximately one billion years, the Earth will have its final total solar eclipse.

Before that happens, you might want to get out and find yourself in the path of totality — before it's too late.

Keep safety in mind during harvest season: province

Staff

All motorists and farm families are being reminded to be especially cautious and aware on provincial roadways during Manitoba's busy harvest season.

"The harvest season is a very busy and exciting time for farm families in Manitoba," Agriculture Minister Ralph Eichler stated in a release last week. "Now with harvest under way, motorists can expect to see an increase of farm vehicles and equipment moving down provincial roadways. Whether operating or approaching farm vehicles, our government asks all Manitobans travelling at this time of year to exercise caution. We all have an important role to play to help ensure everyone returns home safely."

To help improve safety on and around the farm, Manitobans should:

- take extra precautions when driving past slow-moving farm equipment;
- ensure farm equipment is appropriately lit and has its required permits before travelling on roadways;
- regularly inspect and maintain farm equipment;
- consider having a short nap or take a break to prevent fatigue when working long hours;
- create a safe, separate play area for children on the farm; and
- identify which farm tasks may be appropriate for youth, based on their age, skill levels and the North American Guidelines for Children's Agricultural Tasks at nagcat.org.

If harvest becomes stressful for producers and



TRIBUNE PHOTO BY JO-ANNE PROCTER

The province is reminding farm families and motorists to keep safety in mind as harvest season gets underway.

their families, free confidential support is available through Manitoba Farm, Rural and Northern Support Services at (toll-free) 1-866-367-3276 or online at ruralsupport.ca.

The Manitoba Farm Safety Program provides

training, resources and support to producers to ensure they understand workplace safety requirements and provide a healthy, safe workplace. For more information, visit manitobafarmsafety.ca.

Grosse Isle resident looking to increase internet infrastructure

By Jennifer McFee

Connectivity is key, no matter where you live.

Grosse Isle resident Greg Johnson is hoping to increase the internet infrastructure offered in his community.

At the Aug. 8 council meeting, Johnson and his wife Deanna presented their overall vision for enhancing online abilities by creating a community-owned and operated wireless network.

"We are hoping our community grows in Grosse Isle. I think one of the first steps is making sure that your infrastructure — and I'm including fibre internet as part of infrastructure — is set up to make the place desirable for people to come and set up a life," he told the *Tribune*.

"It's a pretty small community that's split between two municipalities and we sometimes feel a little bit like the forgotten community. So we just wanted to plant the idea that maybe investing in high-end internet would be a big sell for not only families but also businesses to come and set up shop here."

Since he moved to Grosse Isle from Winnipeg, he realized how much he depended on fast and reliable internet service.

"I moved out from the city where internet wasn't really at the top of mind because there are companies to choose from. You have options and it's decent," he said.

"Then you come out here and it's expensive and it's slow. You realize how much you were relying on good high speed internet, not just for day-to-day stuff but for entertainment and school and so on. Nowadays it's a pretty important connectivity tool."

Johnson said the local project could be modelled after a similar venture that is currently underway in Hamiota where the estimated monthly costs will be about \$75 plus tax for businesses and \$60 plus tax for residential services.

"We're looking at what was done over in Hamiota where their RM partnered up with a couple of other RMs and they put in their own fibre network. There's no profit motive," Johnson said.

"It's just to provide high-speed internet to people for the actual cost of the service. You end up with a good service that's at a fair price, which is the goal at the end of the day."

Locally, the idea would be to use fibre optic cables to connect homes and businesses in Rosser, Marquette, Meadows and Grosse Isle. Strategically placed radio towers would connect rural homes, farms and businesses to provide 100 per cent internet coverage throughout the RM.

Since his council presentation, Johnson has been receiving phone calls from internet companies interested in the venture and also from supportive community members who are looking to get on board.

"There seems to be some snowball effect here. Hopefully we'll get some more people interested," Johnson said.

"I'm hoping the two RMs will at least agree to do a feasibility study. To me, that's the first step. I'm going to try to keep raising awareness of it and get more people on board."

Johnson encourages residents to contact their local councillors to express support for the idea. He

also welcomes people to contact him at 204-990-4564 or gregjohnson@gmail.com if they would like more information.

In other Rosser council news:

- The audited financial statement for 2016 is available for inspection by anyone during regular business hours at the municipal office.

- South Interlake Planning District general manager Eric Shaw and Rosser CAO Larry Wandowich received verbal authorization to make minor amendments to the zoning bylaw.

- Gestur Kristjansson of Reimer Soils Ltd. attended the Aug. 8 meeting to discuss and application to remove topsoil at a property. Council approved the application with conditions. The owner/applicant must maintain long-term weed control on undeveloped lots. They can only use the designated haul route when leaving the property, heading east on Bergen Cut Off Road onto Lucas Avenue. From there, they can head north onto Oakpoint Highway or as directed by the municipality in the future. The owner will be responsible to reimburse costs for damage caused to the designated haul route.

- Council excused Coun. Angela Emms from a public hearing on Aug. 8.

- Fire inspector Victor Braun and Meadows Community Club representative Brian Hoas discussed the recent fire safety inspection report.

- Manitoba Hydro will receive permission to complete some natural gas work.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Wadge excelling in exciting sport of motocross

Stonewall racer is Manitoba point leader

By Brian Bowman

Bryce Wadge may only be 12 years old, but his experience on the motocross track is one of a seasoned veteran.

The Stonewall product is currently the points leader in the province and he continues to excel in the exciting – and very popular – sport of motocross racing.

“Bryce has done well this year,” said Clayton Wadge, Bryce’s father. “He’s been leading his classes. He spends a lot of time on the bike practicing during the week.”

Wadge rides a 85cc in age class 12-16 and a Super Mini 112cc in the open class. His success on the track

has led him to gain some sponsorships this year - THRacing out of Fort Worth, Texas, Dubya USA, FXR Canada and a long-time supporter and sponsor, The Decal Den from Prince George, B.C.

Clayton said the family has focused on the Canadian races this summer. There are several tracks scattered across Manitoba

In the past, the Wadge family has travelled south of the border for races. Bryce even spent some time during the winter training in Texas.

In motocross racing, top local riders have the opportunity to compete at the national and international levels.

The popularity of motocross has continued to flourish here in Manitoba. Throughout the summer, hundreds of motocross racers – and their families – load up their bikes and get ready for an exciting weekend of racing.

“It’s a good weekend,” Clayton stressed. “You pack up and either leave on a Thursday or a Friday and get out to where you need to get out to and then you’re camping.”

The Manitoba Motocross Association seasons begins in early May and wraps up at the end of next month. The riders practice on the track on Saturdays and then compete the following day.

It’s a great sport for families to bond. “Race day is pretty hectic and everyone’s emotions and nerves are high,” Clayton admitted. “But after they’re done practicing on Saturday, it’s little bit more open and you’re relaxed. Once it shuts down, there are lots of kids playing baseball or football. It’s a good family event.”

But the weekends are not always perfect. When a bike isn’t doing what it’s supposed to do, there’s not much time to get it working at its optimum level for a race.

“You spend a lot of money on this sport,” Clayton said. So, a lot of time you carry an extra piston or clutch basket or stuff like that. Stuff that you can’t get shorthand but there’s also race support.

“I, myself, have lent out help to people to get them going. It’s a big deal just to get yourself out to the race and set and then to have something little, like a clutch lever or a clutch plate gives you trouble, and not to be able to do a race (can be frustrating).

“There are a lot of people that would help out to get the kids on the track – that’s what it’s all about.”

The MMA is taking a break from racing until Sept. 16.



TRIBUNE PHOTOS SUBMITTED

Bryce Wadge has found a lot of success in motocross.

Stonewall Teulon
Tribune

What's *Your* story?
Call **467-5836**

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Manitoba winless at U21 women's tournament

By Brian Bowman

Team Manitoba found out the hard way that home field isn't always an advantage.

Manitoba finished with an 0-4 record at the 21U Women's Invitational Tournament held last weekend in Stonewall.

"I wanted us to be competitive and we were competitive," said Manitoba head coach Marc Bissonnette on Monday evening. "On that front, I'm happy. I'm not totally disappointed.

"Of course, I wanted us to do better and get into the medal round and if we would have beat Nova Scotia, then we would have been in the medal round."

Manitoba started the five-team tournament last Thursday with a 15-5 loss to Ontario.

The two teams were tied at 5-5 heading into the bottom of the fourth inning. But Ontario broke the game wide open with four runs in that inning and then added six more insurance runs in the sixth.

Both teams made two errors apiece. "Even though we hit good, we couldn't string together hits," Bissonnette lamented. "In the game against Ontario, if you look at the boxscore, they had 16 hits and we had 10 (but they had 15 runs and we had five.

"The score really doesn't say how the game was."

Teulon's Jade Ledochowski took

the loss, giving up nine runs — eight earned — in 3 2/3 innings. Arborg's Jamie Johnson pitched 1 1/3 innings, surrendering two earned runs.

At the plate, Ledochowski had an RBI sacrifice fly.

Garson's Brittney Langlais and Arborg's Laura Kilbrei each were 0-for-3. Johnson was hitless in one plate appearance.

On Friday, Manitoba lost a pair of close games, beginning with a very tough 3-2 decision to B.C.

B.C. scored a run in the top of the first inning and then added two more in the third. Manitoba scored both of its runs in the third as the two teams combined for just eight hits.

"There was a balk called against us that really hurt us," Bissonnette said of the B.C. loss.

Ledochowski and Johnson each had a hit against B.C. while Langlais was 0-for-3. Grosse Isle's Kaitlyn Holod finished the game 0-for-1 at the plate.

Langlais also pitched, going 2/3 of an inning without giving up a hit or walk.

Later that evening, Manitoba was defeated 10-6 by Quebec. Manitoba scored a pair of runs in each of the first, fifth, and sixth innings while Quebec scored six in the third and added two more in each of the sixth and seventh innings.

Holod scored two runs for Manitoba while Langlais and Johnson each had an RBI. Ledochowski finished the



TRIBUNE PHOTOS BY DARRYL GERSHMAN
Teulon's Jade Ledochowski was one of the top catchers at the 21U Women's Invitational Tournament.

game 2-for-2.

Langlais threw two innings on the hill, giving up two earned runs and two hits. Holod was also on the mound for two innings and did not give up any runs.

Manitoba wrapped up play Saturday with a 9-2 loss to Nova Scotia in a must-win game to advance to the playoffs. Nova Scotia led 5-2 after five innings and then added four runs in the bottom of the sixth.

Langlais was 1-for-3 with a run scored while Ledochowski had an RBI. Both players had a stolen base.

Langlais also pitched four innings, allowing three earned runs while striking out two.

Ontario won the gold medal after a wild 16-14 victory over Quebec in the championship game. Nova Scotia edged B.C. 6-5 to take home the bronze.



Pictured from left to right: Kaitlyn Holod (Grosse Isle), Jamie Johnson (Arborg), Jade Ledochowski (Teulon), Brittney Langlais (Garson) and Laura Kilbrei (Arborg).



Grosse Isle's Kaitlyn Holod delivers a pitch.

Stonewall plays super hosts to women's baseball tournament

By Brian Bowman

As the last ball was pitched at the U21 Women's Invitational Baseball Tournament in Stonewall on Sunday, many people echoed the outstanding work done by volunteers to ensure the event's tremendous success.

Team Manitoba head coach Marc Bissonnette was one of those people who wanted to strongly voice his pleasure in how well Stonewall hosted the five-team tournament.

"It was fantastic," said Bissonnette Monday evening. "The organizing committee was fantastic and I spoke with every team, except Ontario just because I didn't get to it, and everybody was super thrilled with how things ran.

"Everything went as exactly as they should have been."

And, as great of a job the committee did off the field, Manitoba was very well represented on the field, too. Despite finishing with a 0-4 record, Man-

itoba proved that they can play with the top teams in the country.

Manitoba fielded a very young team this year — and they will only get much, much better — as they prepare to host the 2018 version of this tournament again next summer in Stonewall.

"The future is looking very good," Bissonnette said confidently. "There is no doubt. The girls did the best that they could and we'll be ready next year.

"We have a bunch of girls that are very young. Next year, we are going to be deeper and I don't think that we will have as big as roster."

Manitoba had 16 young women on this year's roster but Bissonnette felt that was too many. In fact, he predicted Team Manitoba will pare its roster down to 13 for next season.

"Having 16 girls on the bench is fine but, at the same time, it's tough and puts (the coaching staff) in a difficult

position, especially with the young girls," Bissonnette said.

Five players on Team Manitoba's roster this past summer — Garson's Brittney Langlais, Arborg's Laura Kilbrei and Jamie Johnson, Grosse Isle's Kaitlyn Holod and Teulon's Jade Ledochowski — each represented the Interlake extremely well last weekend.

"They all did awesome," Bissonnette stressed. "Jade Ledochowski was probably one of the best catchers that we had there. Jade did super well and Jamie Johnson, who is 17 years old, came in and did a fantastic job.

"I'm proud of those girls."

The players learned a lot from last weekend's major event. And, so too, did the coaches.

"As a coaching staff, we learned that girls' baseball is much different at 90 feet," Bissonnette said. "The thing is, when we practised and had our exhibition games, they were always

against boys. We would always see boys on the field but it's not boys that we play against (at this tournament).

"When you put girls on a 90-foot basepath, it changes the game. We learned a lot and there are some things that we see ourselves doing different next year that we didn't do this year because we didn't understand that."

By hosting this elite event two years in a row, it should be an excellent boost to girls' baseball in Manitoba. Bissonnette said they have already tossed around some ideas to encourage more girls to come out and watch the tournament games next summer.

"We are going to try to bring in younger girls," he said. "We're going to offer if they come in with their jerseys, or something like that, we'll let them in for free. The other thing that we have talked about is doing some kind of camp for younger kids.

"We are going to promote this sport."

The uncertain future of Midget football in Manitoba

By Brian Bowman

As the Midget Football League of Manitoba started its season last weekend with just four teams, many people have to wonder about its future.

The Interlake Thunder will be competing for a league title against just the St. Vital Mustangs, Greendell Falcons and Sunrise Coyotes this season.

Thunder head coach Mitch Obach, who also sits on the league executive, admitted that there is concern about the league's future - and direction - going forward.

"There's definitely some struggles," said Obach Sunday morning. "Both the (North Winnipeg) Nomads and

(Transcona) Nationals were close to fielding teams but it didn't happen.

"Whether it was politics or what, neither was willing to work with the other one to make a team happen, which was unfortunate."

The Thunder and Mustangs are in real good shape numbers-wise this season. Interlake has 42 players on its roster and many of those are considered good football players. In contrast, Sunrise is a program that has struggled to field quality players to compete in the MFLM.

The league may want to consider the option of changing to a nine-man game, said Obach. Other teams, how-

ever, have not been too receptive to the idea, Obach noted.

A big impact to the local Midget league, said Obach, is high school football. The Winnipeg High School Football League is flourishing with three major divisions and two junior varsity ones, including a three-team nine-man league.

"It doesn't really impact us so much, but it impacts Sunrise," Obach said. "But I personally feel that the high school rosters have gotten so large now that you will start to see (low depth-chart) players consider other options."

Another reason that the Midget

league is struggling to attract players is the fact that the Bantam numbers are also down. Parents may not want to risk their kids to injury at a young age, but Obach noted that injuries occur in all sports.

"Concussions pretty much happen in any sport where there are people moving around," Obach noted. "I know having coached for 10 years that the football equipment evolution the last 10 years is amazing. The quality of stuff that the players suit up with now is (a lot better)."

Bantam Thunder showing promise on the gridiron

By Brian Bowman

The Interlake Thunder Bantam football team's record fell to 1-2 after a hard-fought 48-20 loss to the Falcons Football Club last Saturday.

But things are looking very promising for this young football club.

"We had a not a bad showing," said Thunder head coach Ed deLaroque. "Things are actually looking pretty good this year."

Interlake got off to a strong start against the Falcons but the home side eventually took over the game.

The Thunder, said deLaroque, have already finished the tough part of their schedule.

"We've played our two hardest competitors already and we can run with them," he said confidently.

After opening their season with an exciting 24-22 road win over the Eastman Raiders, the Thunder then lost 44-16 to the high-powered St. Vital Mustangs.

"We started the year with a nice win," deLaroque said, noting the Thunder also had a real good effort against St. Vital.

"That was the first time in a year and a half that (St. Vital) didn't beat somebody by more than 30 points," deLaroque noted. "As bad as it sounds, (the score) was actually pretty good. We

got off to a horrible start — they were up 30-0 after the first quarter."

The Thunder battled back from that early 30-point deficit and traded punches with the talent-laden Mustangs.

This year's Thunder Bantam team is made up of players from all over the Interlake. And they're all good football players, said the Thunder head coach.

"I like the fact that we have depth (this year)," deLaroque said. "We're not relying on one or two players. We have a pretty strong core on both sides of the ball."

Greendell and St. Vital lead the six-

team league with 3-0 records, followed by the Fort Garry Lions (2-1), Interlake (1-2), the Transcona Nationals (0-3) and Eastman (0-3).

All of the Bantam teams have a bye this long weekend and the Interlake will resume league play Sept. 10 when it hosts Transcona at 9 a.m.

The Thunder will use the next week or so to practice before their key game against Transcona.

"We'll look to put some more plays in and move around some personnel to positions they know better," deLaroque noted.

Stonewall strikes down Tri-S



TRIBUNE FILE PHOTO

The United's Colin Ross scored to lead Stonewall to a 3-0 win against the Tri-S Strike Force.

Staff

Stonewall United blanked the Tri-S Strike Force 3-0 in MMSL 5th Division soccer action last Sunday evening at the Selkirk Rec Complex.

Chris Thompson, Colin Ross and Noah Lawrie scored in the win.

The victory improved Stonewall's regular-season record to 5-7-2. The United are currently in seventh place in the 10-team division with 17 points.

Stonewall will look to continue its winning ways with its next scheduled game Sept. 22 against Elmwood FC at the Buhler Recreation Park field No. 2.

Game time is 2 p.m.

Stonewall also had a game against the Interlake Impact postponed earlier this month. It was not known at press time, though, when that game would be played.

Noventis donates to Thunder



TRIBUNE PHOTO BY KIM DELAROCQUE

On behalf of Noventis Credit Union, Sylvia Magyar-Brambilla, centre right, presents a cheque in the amount of \$2,300 to Interlake Thunder VP finance Pamela McDonald, centre left, and members of the Thunder Atom and PeeWee football teams. The donation will be used towards the new locker room/storage facility at Stonewall Collegiate.

Thunder strikes down Falcons with late comeback win

By Brian Bowman

The Interlake Thunder showed a ton of character in their first Midget Football League of Manitoba game this season.

And they were rewarded with a thrilling comeback win.

Trailing 19-0 after the first quarter – and 26-0 at the half – the Thunder scored a pair of late fourth-quarter touchdowns to defeat the Greendell Falcons 28-26 on Saturday in Winnipeg.

"It was quite the game," said Thunder head coach Mitch Obach. "It's one of the more exciting games that I probably have coached over the last 10 years. It was a pretty big thrill for the guys."

The wild comeback really caught the attention of the Thunder coaches. Every single player on the Thunder

roster contributed to the victory, said Obach, in some fashion.

"We were really impressed," Obach stressed. "In the pre-season, we really stressed conditioning and being in shape. And it paid off for us in the second half and in the fourth quarter."

Thunder running back Colton Nedotiafko of Fraserwood pulled the Thunder to within 26-21 with a short touchdown plunge with about three minutes remaining in the fourth quarter.

After recovering an onside kick, Nedotiafko later hauled in a TD pass from Selkirk's Carlin Doak with just 1:03 left in regulation time.

Interlake's first touchdown came off Petersfield quarterback Justin Suiters' eight-yard pass to Selkirk's Rory Doak in the third quarter.

Carlin Doak then ran a bootleg play

in for a TD in the fourth.

The Thunder elected to flip flop their two quarterbacks throughout the game and it seemed to work quite well, especially in the second half.

Interlake had 80 offensive plays in the game and sustained several lengthy drives led by a strong running game.

But while the game finished the way the Thunder wanted, it didn't start so well for the visitors. Greendell scored on its very first play from scrimmage and led by 19 points after just one quarter.

They then added a second-quarter major to lead 26-0 at the break.

But the Thunder looked like a totally different team in the second half.

"We have a young team and we didn't get a pre-season game so, in a lot of respects, we approached it as

a pre-season game and I think, quite frankly, it was some nerves," Obach said of his team's slow start.

"We had some cobwebs that needed to be wiped away, in the first quarter, especially."

All of the clubs in the four-team league have a bye this weekend and the Thunder will resume play Sept 10 when it hosts the St. Vital Mustangs.

"It will be great playing at home," Obach insisted. "We will have the younger teams play before us, which is nice. And we'll see what the Mustangs bring. They may not win the championship every year but you kind of go into every year viewing them as the top team and the team to beat."

"And I don't think that that's any different this year, especially after their first game (a 55-0 win over Sunrise)."

Fenske performs well at 15U nationals

Staff

Manitoba finished with a 2-3 record at the 15U Ray Carter Cup boys' baseball tournament in Summerside, P.E.I., last weekend.

Team Manitoba started play with a 5-0 loss to Saskatchewan last Thursday and then was blanked 9-0 by Alberta Friday morning.

Stonewall's Davis Fenske pitched an inning of relief against Alberta, allowing a hit and walk in a scoreless

inning. He also struck out two of the three hitters he faced.

Manitoba then saw its record dip to 0-3 after a 7-2 loss to Newfoundland and Labrador later on Friday.

Team Manitoba finally got into the win column, though, on Saturday after a convincing 8-3 win over Nova Scotia. Fenske earned the complete-game victory on the mound, allowing eight hits, two walks and two earned runs in seven innings.

He also struck out seven.

Team Manitoba then made it two wins in a row after nipping Newfoundland 1-0 on Sunday.

Manitoba, which outhit Newfoundland 4-2, scored its lone run in the top of the sixth inning.

Quebec won the 15U national title after edging New Brunswick 2-1 in the gold-medal game. Saskatchewan captured the bronze after doubling Ontario 8-4.

Stonewall Minor Hockey & Ringette Association

**ONLINE
Registration
NOW OPEN**



Register before Sept 1 to avoid late fee.

**For more info or to register
online visit SMHRA.ca**

Classifieds

Stonewall Teulon
Tribune

Book Your Classified Ad Today - Call 467-5836 or Email igraphic@mts.net

METAL RECYCLING

Autos, farm scrap, brass, copper & batteries wanted. 47 Patterson Dr. Stonewall Industrial Park. Interlake Salvage & Recycling Inc. 204-467-9344.

RECYCLING

Father & son looking for scrap cars & trucks for recycling. Call for immediate removal of one or multiple vehicles. Cash paid. Free removal of loose scrap. Call Dave 1-204-688-8781, Stonewall.

RECYCLING

Buying scrap metal, cars, tractors, combines, farm scrap, any metal material, any farm machinery. Ph Lonnie at 204-886-3407 lve. message or cell at 204-861-2031.

STEEL BUILDINGS

Steel Building Sale ... "Priced to sell!" 20X21 \$6,296 front & back walls included. 25X25 \$6,097 no ends included. 32X35 \$9,998 one end wall included. Check out www.pioneersteel.ca for more prices. Pioneer Steel 1-855-212-7036.

HOUSES FOR SALE

New 2017 manufactured homes now here, starting under \$90,000 delivered! Best Buy Homes Winnipeg/Brandon - www.bestbuyhousing.com - Canada's largest in-stock home selection, quick delivery, custom factory orders! Text/call 204-813-9023.

HOUSES FOR SALE

FREE CUSTOM HOME DRAWINGS! For details contact Henry Vroom, Small Faces Home Construction, 204-295-2866. www.smallfaces.ca

MOBILE HOMES FOR SALE

82 Gunn St., Gunton. 3 bdrm., 2 baths, eat-in kitchen open to living room, central air, large lot. \$147,900. Email boninac@gmail.com

Last chance, 1 only - 16 x 80, 3 bed, 2 bath. Starting at \$92,000. Altona Mobile Homes, 1-800-582-4036, 1-204-324-6776 Email amhl@mymts.net

HOUSE FOR RENT

Roommate wanted for a Stony Mountain home on 2 acres. 3 bdrm., 1 bath, large garage, rec room with pool table in basement. 1st month & last month rent required. \$800 per month. Avail. immed. Call 204-599-1435.

APARTMENT FOR RENT

Seniors residence - bachelor suite available to rent at Oak Park Lodge, Woodlands. Call Lori at 204-383-5478.

NEWS TIPS? CALL 204-467-5836

SHOP LOCAL

ADVERTISE IN THE TRIBUNE

THE RURAL MUNICIPALITY OF ROCKWOOD

PUBLIC NOTICE

BOARD OF REVISION

2018 GENERAL ASSESSMENT, BUSINESS ASSESSMENT AND PERSONAL PROPERTY ASSESSMENT

PUBLIC NOTICE is hereby given that the 2017 General Assessment, Business Assessment and Personal Property Assessment Rolls to be revised was deposited in my office on May 29, 2017 and is open to Public Inspection.

THE BOARD OF REVISION will sit to hear complaints of the various assessments on **THURSDAY, OCTOBER 12, 2017** 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;
- set out 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 18, 2017 - 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 ROC 2Z0, email to info@rockwood.ca, or fax to: 204-467-5329. Where an application is received in accordance with this writing 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 ROC 2Z0
DATED this 21st day of August, 2017.

McSherry Auction
#12 Patterson Drive
Stonewall, MB
Estate & Moving Auction
Wed, Sept. 6 @ 4:00 pm
Estate Quality Auction
Wed, Sept. 13 @ 4:00 pm
Yard * Recreation *
Tools * Misc * Antiques *
Household * Go To Web!
Stuart McSherry
(204) 467-1858 or
(204) 886-7027
www.mcsherryauction.com

McSherry Auction
Service Ltd
RELOCATION AUCTION
ARROWQUIP
LIVESTOCK EQUIPMENT
Saturday Sept 9th @ 10:00 am
Woodlands, MB Jct 518 &
Hwy#6 Go South East 1 Mile
On Hwy 6 Then 2 1/2 Miles
North On Rd 8 W
Partial List - Go to Web!
Contact Jerry (204) 391-0058

McSherry Auction
Service Ltd
RELOCATION AUCTION
ARROWQUIP
LIVESTOCK EQUIPMENT
Saturday Sept 9th @ 10:00 am
Livestock Equip 8)
Squeeze Chute 1) Hyd *
Crowding Tub * 3 Panels
for Tubs * Alley * Palp Cage
* Sort Gate * Self Catch
Head Gate * Over 175
Metal Gates * Calf & Sheep
Tilt Squeeze Table * Trailer
& Building Misc 12 Pace
American 20' Enclosed
Trailer * 10' Snow Pusher
Skid Steer Attach * 68
GMC w 14' B & H * 3) 2016
Canopy Buildings 2) 20'x
50' 1) 14' x 20' * Washex
3000 PSI Heated Pressure
Washer * Frost Fighter Dsl
Fired 500,000 BTU Heater
* Rupp Air Propane Fired
Air Make Up Unit * GFS
16' x 30' Spray Booth *
Screw Compressor * Hyd
Power Pac * Upright Air
Comp * Belt Sander * Parts
Washer * Some Tools *
Metal Banding Crimper &
Cutter * Welding Curtains
* Gooseneck Hitch * Office
Equip * Manufacturing
Items 306) 1 1/2" x 3" x 10"
Oval Rail * 360) 1 1/2" x 3"
x 20' Oval Rail * Welding
Material 1" 2" 4" 8", 4' to
16' * Hyd Cylinder * Trailer
Jacks * Trailer Accessories
* Various Hardware *
Winches * Conveyor *
Pallet Racking * Steel
Racking *
Stuart McSherry Stonewall, Manitoba
(204) 467-1858 or (204) 886-7027
www.mcsherryauction.com

SHOP LOCAL

BU and ACC students:

BU Residence has space available. Single and Double Occupancy for 2017-18 year.

- Secure, comfortable, furnished rooms
- Hundreds of events and programs
- Delicious, nutritious food program.

Call 204-727-9761 or 204-727-7394

McSherry Auction
Service Ltd
AUCTION SALE THE ESTATE OF SANDRA PAYJACK
Sat Sept 2nd @ 10:00 am
Eriksdale, MB
North on Hwy #6, 5 Miles Then
East Entrance 1/8 Mile on Rd 131N
Contact # Brittney (204) 795-2725
Yard & Recreation 81
Bendix 20' RV w 61,000
KM * Cobra 16' Boat w
110 HP & Trailer * EZ-GO
3 Wheel Gas Golf Cart *
2015 Master Spas M5700,
7 Person Hot Tub - New
Never Used * 2002 Honda
500cc 4x4 Quad * Mini
Roto Tiller * Honda 210
Roto Tiller * Houses *
Schwinn Pedal Bike * Misc
36) 10' Metal Corral Panels
* Metal Gate * Bale Feeder
* Electric Fence Posts *
Ritchie Auto Waterer *
Meat grinder * Pressure
Washer * Table Saw *
Scroll Saw * Tool Cabinet *
Hand Tools * Power Tools *
Antiques China Cabinet *
Dresser * Rocking Chair
* Table * Parlor Table *
Sewing Machine * Robert
Bateman Print * Thrashing
Scene Painting * Native Art
* Warehouse Scale * Traffic
Signs * Trunk * Household
4 Pc Pine BR Suite * Table
& Chairs * Coffee & End
Tables * Book Shelves * Bar
Stools * Appliances * Store
Shelving * Electronics *
Various Household *
Stuart McSherry Stonewall, Manitoba
(204) 467-1858 or (204) 886-7027
www.mcsherryauction.com

RURAL MUNICIPALITY OF ROCKWOOD

UNDER THE AUTHORITY OF THE PLANNING ACT

NOTICE OF PUBLIC 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:

RM OF ROCKWOOD BY-LAW NO. 14/17
Being an AMENDMENT to the RM OF ROCKWOOD ZONING BY-LAW NO. 17/09, as amended.

HEARING LOCATION: RM of Rockwood Council Chambers
285 Main Street, Stonewall, MB

DATE & TIME: Wednesday, September 13, 2017, at 3:00 PM

GENERAL INTENT: To re-zone Pt. NE 8-14-2 EPM from "MEH" Industrial Extractive Holding Zone to "ME" Industrial Extractive Zone to accommodate quarry development.

AREA AFFECTED:

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

A copy of the above proposal and supporting material may be inspected at the location noted above during normal office hours, Monday to Friday. Copies may be made and extracts taken therefrom, upon request.

Note: Property Owners are responsible for notifying lessee

Classifieds

Book Your Classified Ad Today - Call 467-5836 or Email igrphic@mts.net

Stonewall Teulon
Tribune

COMMERCIAL SPACE FOR RENT

505 Sophia Street, Selkirk - 675 sq. ft. office with fenced compound. Fresh renovation: paint, furnace, HWT, lights, doors. Central vac and alarm. Perfect for trucking, courier, construction, car dealer, or administrative office on annual lease.

OFFICE SPACE FOR RENT

Office space for rent in Selkirk. Starting at \$160/month plus common area fees. For more info. call 204-485-0010.

GARAGE SALE

Moving/downsizing garage sale. Friday & Saturday, Sept. 1 & 2; 10 a.m. - 4 p.m. 91 First St., Komarno.

GARAGE SALE

Don't miss it - Garage Sale on LABOUR DAY, September 4th. Many new, unused, lightly used items at GIVE-AWAY PRICES. 319 Second Street West, Stonewall - 10 a.m. to 4 p.m.

FIREWOOD

Outdoor Wood Boiler Owners - Firewood Manitoba now has limited quantities of 2 cord loads of 7' and shorter poplar logs. Great for boilers or cut/split for your wood stove. \$275 for 2 cords picked up at our Stony Mountain area yard or we can deliver. 204-453-7788 or www.firewoodmanitoba.ca

ADVERTISE YOUR GARAGE SALE

HELP WANTED

Woodlands Child-care Inc. is hiring. The position involves working part time with children in a team environment. It is essential that eligible candidates are creative, enthusiastic, reliable and love the outdoors. Please send resume to: Woodlands Child-care Inc., Box 270, Woodlands, MB, R0C 3H0 woodlandchildcare@gmail.com

Overland Truck Outfitters is looking for an employee to install truck accessories, training is provided and the successful applicant will have full time employment. Drop off a resume at 102 Aviation Blvd., St. Andrews.

HELP WANTED

Youth to work concession & other duties. Must be 16 years. Hours are mostly weekends with occasional weeknight through school year. Weekends & weeknights July & August. Apply to Flicks Cinema with resume during open hours.

HELP WANTED

Waitress & kitchen help wanted, Mon. - Fri. Bring resume to Sig's Grill, 332 Main St., Stonewall. Ph 204-467-9056.

Don't forget to put in a message for your loved ones

INVITE FOR TENDER

CONTRACT CARETAKER

of Inwood Seniors Lodge
22 Housing Units in Inwood, MB

Responsible for the Building & Yard Maintenance

- TENDER PACKAGE contains a Complete list of Duties
- Interested person(s) must have a VALID Drivers License, reliable vehicle and pass a criminal record check.
- TENDERS will only be accepted on properly completed Tender Packages
- TENDER PACKAGES can be obtained by calling 204-278-3534 or 204-278-3515
- TENDERS ACCEPTED until September 29th, 2017 at 4:00 p.m.
- The Lowest Tender May Not Necessarily be Accepted.

RURAL MUNICIPALITY OF WOODLANDS

2016 Audited Financial Report



Public Notice is hereby given, pursuant to Section 194 of *The Municipal Act*, the Municipal Auditors Financial Report, together with the related Financial Statements, for the year 2016, have been deposited in the Office of the Administrator of the Rural Municipality of Woodlands and are available for inspection by any person or his agent during regular business hours and that any person or his agent, at his own expense, may make a copy thereof or extract therefrom.

Adam Turner
Chief Administrative Officer
Rural Municipality of Woodlands



EMPLOYMENT OPPORTUNITY Recreation Facility Attendant

The Teulon-Rockwood Recreation Commission is seeking a qualified person for the position of Recreation Facility Attendant at the Teulon Rockwood Centennial Centre.

Working under the supervision of the Recreation Director, the Recreation Facility Attendant is responsible for; cleaning and maintaining the facility, set up and take down for events, opening and closing the facility for rentals, monitoring stocks of cleaning and bar supplies, and other duties related to the operation of the facility. The candidate would possess knowledge of facility maintenance, good communication skills, and experience working with the public. Must be available to work evenings and weekends, hours will vary month to month.

Application deadline is 4:00pm September 8th, 2017:

Teulon-Rockwood Recreation Commission
teulonrockwoodrec@gmail.com
Box 69, Teulon, R0C 3B0



CUSTOMER CARE REPRESENTATIVE

Vidir Machine is a leading manufacturer and worldwide supplier of vertical motorized storage carousels, display systems and rolled goods cutting systems. Our highly versatile product lines offer industry solutions for construction, retail, medical, warehouse, government, automotive, printing and manufacturing.

We are currently looking to fill a one-year term position in our Customer Care Department.

Position:

- Provide customer service to ensure their satisfaction;
- Organize and control the installation of product

Qualifications:

- Good organizational and supervisory skills;
- Good computer literacy, analytical, decision making and problem solving skills;
- Effective communication and interpersonal skills;
- Previous customer service experience an asset.

Salary commensurate with qualifications.

Please send resume to hr@vidir.com or
Box 700, Arborg, MB, R0C 0A0
Fax: (204) 364-2454

Closing date for applications September 14, 2017

Only those selected for interviews will be contacted.

www.storevertical.com



EMPLOYMENT OPPORTUNITY Arena Supervisor - Seasonal

Teulon-Rockwood Recreation Commission

The Teulon-Rockwood Recreation Commission is seeking a qualified person for the position of Arena Supervisor at the Teulon Rockwood Arena.

Working under the supervision of the Recreation Director, the Arena Supervisor will be responsible for; arena ice making, routine maintenance of ice equipment, maintenance and cleaning of facility and other duties related to operation of the arena. The candidate would possess knowledge of ice making and ice making equipment, good communication skills, and experience working with the public. Refrigeration credentials would be an asset. If required refrigeration training will be provided to the successful candidate. Must be available to work evenings and weekends.

Application deadline is 4:00pm on September 8, 2017:

Teulon-Rockwood Recreation Commission
teulonrockwoodrec@gmail.com
Box 69, Teulon, R0C 3B0



The
Stonewall-Rockwood
Fire Department



INVITES APPLICATIONS FOR FIREFIGHTER POSITIONS

QUALIFICATIONS:

- Must be a minimum 18 years of age.
- Must provide a valid class 4 drivers' license & air brake endorsement or be willing to upgrade to same.
- Must supply a current driver's license abstract.
- Must supply a criminal record check.
- Must provide a valid, non-expired, Standard First Aid and CPR Level C certificate.
- Must be physically fit.
- Must reside within 5 mile radius of Fire Hall.

We are looking for motivated, reliable, dependable, hard working team members whom want to provide fire protection duties to their community and surrounding area.

Application forms may be obtained at the R.M. of Rockwood office between the hours of 8:30 a.m. to 4:30 p.m. Monday-Friday. Applications are asked to be submitted to Stonewall-Rockwood Fire Committee and dropped off at the R.M. of Rockwood office, 285 Main Street in Stonewall or mailed to Box 902, Stonewall, MB R0C 2Z0 or email info@rockwood.ca

Applicants that progress to the interview process must provide a physician's medical examination report stating applicant if fit for firefighting duties. Successful candidates will be reimbursed for cost incurred in providing the medical exam report.

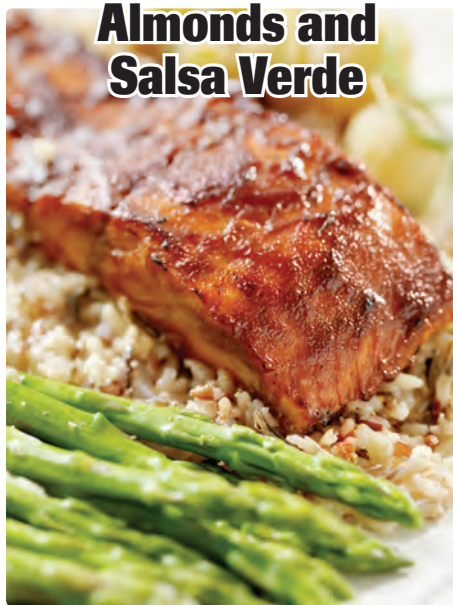
We thank all those individuals who apply, however, only those granted an interview will be acknowledged.

Deadline for applications to be received is 4:00 P.M., Friday, September 15th, 2017.

get inspired

> MEAL IDEAS

Warm Grain Bowl with Wild Salmon, Almonds and Salsa Verde



Total time: 20-25 minutes
 Servings: 8
 8 wild salmon fillets (3 ounces each)
 sea salt, to taste
 fresh pepper, to taste
 2 tablespoons extra-virgin olive oil, divided
 1 cup asparagus, cut into 2-inch pieces
 1/2 cup shitake mushroom caps, sliced
 1 package Seeds of Change Quinoa, Brown & Red Rice with Flaxseeds
 1/4 cup slivered almonds



Salsa Verde (optional):
 1 bunch scallions
 1 clove garlic
 1/2 cup packed cilantro leaves
 1/2 cup packed mint leaves
 1/2 cup packed basil leaves
 1/2 cup lemon juice
 1/3 cup extra-virgin olive oil
 Heat oven to 400 F.
 In oven-proof pan, season salmon with salt and pepper, and drizzle each fillet with olive oil. Bake 12-15 minutes, until cooked through.
 In blender or food processor, combine all Salsa Verde ingredients and pulse until fully incorporated but still rustic and chunky. Set aside.
 In medium saute pan over medium-high heat, heat remaining olive oil. Add mushrooms and asparagus and saute vigorously 3-5 minutes. Add grains and slivered almonds, and continue to saute until heated through, about 5 minutes. Adjust seasoning with salt and pepper, to taste.
 Divide grains among eight plates, place a piece of salmon on each plate then finish with dollop of Salsa Verde, if desired, and serve.
 Substitution: Shitake mushroom caps may be substituted with button mushrooms or other wild mushrooms.
 Photo courtesy of Getty Images

Fingerling Potato Salad



Prep Time: 15 minutes
 Cook Time: 15 minutes
 Servings: 6
 1 1/2 pounds mixed fingerling potatoes
 2 large lemons, divided
 2 cups water
 2 tablespoons coarse kosher salt
 3 tablespoons white balsamic vinegar
 3 tablespoons extra-virgin olive oil
 1 1/2 teaspoons whole cumin seeds
 3/4 teaspoon whole coriander seeds
 pepper, to taste
 4 green onions, thinly sliced
 1/3 cup chopped fresh dill
 salt, to taste
 2 cups baby arugula

In large pot of boiling, salted water, cook potatoes until just tender when pierced with fork, about 15 minutes. Drain and cool slightly.
 Slice one lemon into 1/8-inch-thick rounds. In small saucepan, combine sliced lemon, water and kosher salt; bring to boil. Reduce heat and simmer until lemon slices are tender, about 10 minutes. Drain lemons then coarsely chop.
 Cut remaining lemon in half and squeeze out 2 tablespoons juice. In small bowl, mix chopped lemons, lemon juice, white balsamic vinegar and oil. Coarsely crush cumin and coriander seeds using mortar and pestle. Mix seeds into lemon dressing. Season, to taste, with pepper.
 Cut lukewarm potatoes in half lengthwise. Place in large, shallow bowl. Mix in green onions and dill. Pour lemon dressing over and toss to coat. Season, to taste, with salt and pepper. Add arugula and toss gently. Serve lukewarm or at room temperature.



Right on Right

trying to understand truth, then we create conflict.

Why does this create conflict? Well, it's usually because both sides are right, and so the issue can never be resolved. Seeing and understanding both sides of an issue is the first step towards truth. Acknowledging and behaving on the basis of an understanding and acceptance of the possibility that both sides are right, is the first step towards living in truth. This is not easy.

If she says he's lazy and doesn't do enough around the house, and he says she's always nagging, they are probably both right but could argue about this forever. The truth of this situation is that he does not do as much as she would like, and that he feels as though he's being nagged. Meaningful solutions can be generated if they work together and say, "O.K., here is where we are, and how can we shift things so that we both feel good?"

One of the reasons that it is so difficult to function in this way, is because it means giving up control, and many are very attached to control. Being controlling only creates power struggles and/or resentment, whereas acknowledging the truth of situations honors both sides, and maintains integrity. Ironically, letting go of control and really seeing both sides from our hearts open the way to going beyond being right, to be happy.

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

What does it mean to be right? This is an important question, because so many problem issues boil down to a disagreement over who is right. Factual questions may be answered by checking a reliable information source, but what about those questions that are a matter of opinion, or personal philosophy? In this case, we may feel that we are right if we have others who agree with our point of view. But feeling that we are right, does not mean that we are understanding the truth of situations. This is a very subtle distinction, between being right, and knowing truth, but it affects our lives in profound ways, if we get the two mixed up.

Take, as one example, the issue of homosexuality. The debate has raged for years as to whether it is right or wrong, with much energy expended. Some feel that it is definitely wrong and unnatural, and condemn homosexuals, going so far as to try to prohibit them from teaching in schools, or serving in the ministry. Others say live and let live. Now there has been some research that suggests that homosexuality may be genetic. This puts the whole debate in a different light.

We -would never (anymore) think that it's wrong to be left handed. So it seems that the more information we have, the closer we get to truth, if we spend our time and energy in confirming our own rightness, and trying to convince others of it, rather than

Learn how to create
a safe haven.

We help you radically reduce
chemicals in your home

Norwex

Ask me how

Stephanie 204-896-3980

Independent Sales Consultant
cleanwithwater15@gmail.com

ISAGENIX

Weightloss • Energy & Performance • Healthy Aging

Allana Sawatzky
allana333@hotmail.com

Janice Gulay
jkaralm@mymts.net (c) 1-204-648-3836

Rose Sawatzky
isa.rose1957@gmail.com (c) 1-204-479-8227

www.isaproduct.com

**Watersong Farms Butchery &
Smokehouse New Open Hours**
Fridays 3-6pm and Saturdays 9am-noon



**Fresh Steelhead Trout
Deli Poultry Products**

204-322-5558 info@watersongfarms.com
#117 PTH 67 11 kms West of Stonewall

Classifieds



Announcements

Book Your Classified Ad Today -

Call 467-5836 or Email igraphic@mts.net

HELP WANTED

Winnipeg Livestock Sales requires yard staff. Part time with potential of full time. Cattle handling an asset but not necessary. Drop off resume at Winnipeg Livestock Sales corner of Hwy. 6 & 236 or call 204-299-7509.

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 or 1-855-768-3362 to start training for your work-at-home career today.

BOOKKEEPING

Prairie Bookkeeping offers bookkeeping solutions to small business 204-998-4789.

INCOME TAX

Prairie Bookkeeping offers personal & small business income tax preparation. Certified to efile with CRA. 204-998-4789.

**HAVE A NEWS TIP?
CALL
204-467-5836**

MISCELLANEOUS

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

Custom cabinetry for the whole house! Cancelled, mismeasured and incorrectly ordered. Top quality cabinets. Build your home to fit and save 75% off retail. Fehr's Cabinet Warehouse 1-800-758-6927 office@fehrcabinets.com

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.

LOST

Lost engagement & wedding ring set. Saturday, August 19th, Quarry Park Ball diamonds. Reward offered. Call 204-467-2600.

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 Products Ltd., 204-467-8428 or e-mail stonewood-elk@hotmail.com

FARM PRODUCE

Local honey for sale. Sold in various sizes, 1 kg. & up. Call 204-461-1267.

Honey for sale. Call 204-278-3504.

HAY

Small square, prime Alfalfa June Courtney grass and small square prime Alfalfa. Leave message 204-482-5101.

Large round & large square bales 1st & 2nd cut of alfalfa & brome grass. Call 204-467-5078 or 204-461-0722.

ANNOUNCEMENT

ANNIVERSARY



Happy 49th Anniversary
August 31, 2017
Norman and Linda Dziadek

-Love from
your children and grandchildren

ANNOUNCEMENT

IN MEMORIAM



Arnold Jansen

A heart of gold stopped beating,
Hardworking hands went to rest,
God took you home to prove to us,
He only takes the best.

We will always remember the way you looked,
The way you walked and smiled,
All the things you did for us,
Will be with us all the while.
Life is but a stopping place,
A pause in what's to be,
A resting place along the road
To sweet eternity.

-Lovingly remembered and forever missed
your wife Willy,
your children and grandchildren

ANNOUNCEMENT

CARDS OF THANKS

LARSON - We thank everyone that attended the Celebration of Life for Brian. Thank you to my son, Daryl for the toast to his Dad. Thank you to Bob Neal and Bill Larson for speaking of memories of Brian. The shared memories, the tears and hugs have meant so much to us. To Bob and Linda Neal and Tom and Carol Killbery; there are not enough words to thank you for all your support and help before, during and after the celebration. Thanks to Gary Smaldon and Billie Cookson for greeting people. Thanks to those who brought dainties to the hall and anyone who helped Krista at the hall. We thank everyone for the visits, food, flowers, cards, calls, texts and messages of condolences in the free press. Brian will be missed and forever be in our hearts!

-Barb, Michael, Madi, Daryl, Krista, Erin and Tynan

CANADIAN PACIFIC (CP) SIGNAL MAINTAINER APPRENTICE - MANITOBA REQUISITION # 61807

Tired of the same old thing?

At CP you can be part of something historic. You have a chance to make a difference, to see Canada, and build a future.

CP is one of Canada's most iconic companies. We move the goods that keep the world turning, and we're on our way to doing it better than anyone else. To get there, CP is looking for some adaptable, hard-working, safety-conscious, and results-driven people to join our force of signal maintainer apprentices.

You don't need:

Railroading experience
Connections

You do need:

Great attitude
Willingness to learn
To work in and around Manitoba

Competition closes on Sept 8, 2017

For additional information on Canadian Pacific and this career opportunity, visit us online at www.cpr.ca.

Only those candidates contacted will be considered. All communication will be directed to the email address you use on your online application form.

The journey has begun but is far from over.



BOOK YOUR ANNOUNCEMENT TODAY

- Birthdays • Notices • Births • Obituaries
- In Memoriams • Thank You
- Engagements • Anniversaries • Marriages



204-467-5836 **Tribune** Stonewall Teulon

Don't forget your loved ones who have passed

Stonewall Teulon
Tribune

Call 467-5836 or
email igraphic@mts.net

Announcements

Book Your Classified Ad Today -
Call 467-5836 or Email igraphic@mts.net

Stonewall Teulon
Tribune

ANNOUNCEMENT

IN MEMORIAM

In Loving Memory of
Merv Rurak

September 16, 1944 - August 31, 2014

You toiled so hard for those you loved,
You said goodbye to none;
Your spirit flew before we knew,
Your work on earth was done.
We miss you now, our hearts are sore,
As time goes by, we miss you more.
Your loving smile, your gentle face,
No one can fill your vacant place.
Your life was love and labor,
Your love for your family true;
You did the best for all of us,
We will always remember you.

-Miss and love you forever,
Shirley, Tammy, Shawna, Dylan (Kayla),
Daryl, Emalia, Lilly and Avery

*Your memory will live forever
Engraved within our hearts*

ANNOUNCEMENT

IN MEMORIAM



In Loving Memory
Matthew MacIntyre

December 18, 1984 - September 6, 2012

Five years have passed and through our pain
we feel your love.

A precious gift you gave us, which will remain
locked in our hearts forever.

Loved dearly and so sadly missed.

-Forever and always,
Mom, Dad, Tracey
family and friends

OBITUARY

William Ivan James (Jim) Buckle
June 5, 1942 - August 21, 2017

Peacefully with his family by his side, Jim passed away at the Stonewall Hospital on Monday, August 21, 2017.

Left to cherish his memory are his children Kimberley (Howard), Jim (Susan), Jack (Ashley), Gerri-Lynne (Trevor); and grandchildren Breanna, Nicole, Chelsey (Calvin), Mitchel (Averie), and Daniel. Along with sister Shirley (Ted), sister-in-law Cathy (Devon); brothers-in-law Dennis (Kerry), Jerry (Tammy), Ed (Dawn), Jack (Rosalie) and numerous nieces, nephews, cousins and friends. Jim was predeceased by his wife Bonnie of 52 loving years; his parents Oscar and Sadie Buckle; brother Ron; in-laws Leon and Evelyn Vandekerckhove; sister-in-law Judy.

Jim was born in Stonewall in 1942. He married the love of his life Bonnie in 1963. With the births of his four children his happiness grew, as his love for his wife, children and grandchildren were his greatest joy!

The family would like to thank Dr. Ventor, nurses and caregivers at Stonewall Hospital.

Memorial Service was held on Friday, August 25, 2017 at 1:00 p.m. at the Stonewall Legion in Stonewall 459 Main Street.

In lieu of flowers, donations can be made to South West District Palliative Care Box 1282 Stonewall, MB R0C 2Z0.

"Dad/Grampa... Forever in our hearts, love you always!"

kl
KEN LOEHMER
FUNERAL SERVICES
204-886-0404

OBITUARY

Jennifer Lee Anne Jensen

December 10, 1989 - August 26, 2017

Peacefully on Saturday, August 26, 2017, Jenn passed away at the age of 27, at St. Boniface Hospital in Winnipeg.

She is survived by her parents Lloyd Jensen and Sue Werner; her beloved Maine Coone Narnia; Auntie Sandy; cousins Kyle, B.J. (Jasmin), Michael, Christine Lodge and family as well as numerous other aunts, uncles, cousins and friends.

Special online friends, Leah of Great Britain and Rowan of Australia. Jenn was predeceased by her tabby Abby; Auntie Donna Jensen; Grandad Lauritz Jensen and Grammer Joan Werner; great-grandparents Ted and Olga Folta and Ernie Werner. Also the grandparents she never met, Georgina Jensen and Walter Werner; and her great-grandmother Adele Werner.

Born 10 December 1989 in Thompson, Manitoba. Jenn and her family moved to Stonewall when she was four years old. She attended primary and secondary school in Stonewall, Manitoba. Her post-secondary education was at Mount Allison in New Brunswick.

Jennifer loved words, books, languages, linguistics, expressing herself with wit and pith, and exploring cultures other than her own. She had traveled to the islands of the United Kingdom and Greece.

In her second year at Mount Allison, January 2009, studying French, German, Spanish and Japanese, she was making plans for a summer in Germany when she became ill. Determined to continue her study of languages in the spring of 2009, she attended Red River College to learn ASL.

At an early age Jennifer was introduced to computer gaming, and was an early subscriber to the MMORPG "World of Warcraft". After she became ill she dedicated much of her time to her online communities including battle.net (Hearthstone, Overwatch and WoW), Sapherna, Solia and support groups for people living with chronic illness.

In keeping with Jennifer's wishes, cremation has taken place, and a private interment will be held at the Stonewall Cemetery.

In lieu of flowers, donations may be made in Jenn's memory to St. Boniface Hospital Foundation or any charity of one's choice.

In honour of Jenn you could play a card, board or online game with your loved ones; teach your pet a new trick; or read a book by J.R.R. Tolkien. You could also watch Peter Jackson /J.R.R. Tolkien movie as long as you promise to snort or swear at the parts that are different from the books.

Jenn's family thank the healthcare professionals at the St. Boniface Hospital; Dialysis, ER and ICU Units. There are far too many medical personnel to name individually with the various team members running into the hundreds over the eight and half years. Your care and compassion in the treatment of Jenn's illnesses and conditions were appreciated beyond what mere words can express.

Pippin: "I didn't think it would end this way"

Gandalf: "End?... No, the journey doesn't end here.

Death is just another path, one we must all take.

The grey rain-curtain of this world rolls back,

and all turns to silver glass,

and then you see it."

Pippin: "What, Gandalf? See what?"

Gandalf: "White shores, and beyond, a far green country under a swift sunrise."

Pippin: "Well, that isn't so bad."

Gandalf: "No....No it isn't."

J. R. R. Tolkien

kl
KEN LOEHMER
FUNERAL SERVICES
204-886-0404

OBITUARY

Patricia McMurray

It is with great sadness we announce the passing of Pat McMurray of Stony Mountain on Tuesday, August 29, 2017 at St. Boniface Hospital.

Arrangements pending.

kl
KEN LOEHMER
FUNERAL SERVICES
204-886-0404

OBITUARY

McLeod, Murray Allister

February 16, 1930 - August 25, 2017

Peacefully with his family by his side, Murray passed away on August 25th at the age of 87.

Beloved husband of Shirley of 63 years. He will be dearly missed by his children Gordon (Jan) McLeod, Allen McLeod (Wendy), Sherri (Harvey) Rebalin, Shannon (Rob) Glennie, and Larry (Janet) McLeod. Loving grandfather to Shaun (Nadine), Stacey, Kristi (Rodney), Jordan, Taylor, Scott, Lindsay and Neil. Cherished great-grandfather to Jaxon, Nash, Shaeden, Sydney, Lukas and Dalton. Special "father-figure" to Donald Adair. Predeceased by his seven brothers and three sisters. Dear brother-in-law of Vi (Lloyd) Neher.

Murray was born in Mather, Manitoba on February 16, 1930 and was the youngest of 11 children. Murray married Shirley Hagborg in 1954, moved to Winnipeg for a short time, and then settled in

Meadows where he proudly resided until his death. It was here they built their own homestead beside Shirley's parents Andy and Henny and farmed for 30 years.

Murray's greatest pride was his family and his favourite times were those spent with everyone altogether at the farm.

Meadows was home for over 60 years and this is where Murray made many life long friends. Murray was a dedicated member of the Marquette Co-Op and Honourary member of the Meadows Community Club. He enjoyed carpentry work, hunting, fishing and happy hour. He loved their big vegetable garden and beautifully manicured yard. He and Shirley enjoyed their trips to Hawaii, Florida, Eastern Canada, and their 15 years in Mesa, Arizona.

Murray will be remembered as a quiet, patient man with a positive outlook on life. His sense of humour was truly cherished by all who knew him.

A special thank you to all the nurses, doctors and staff of 3N Grace Hospital for your special care of Murray over the past weeks.

Funeral service took place on Wednesday, August 30, 2017 at 11:00 a.m. at MacKenzie Funeral Home, Stonewall, MB.

For those wishing, donations to CNIB Manitoba or the charity of your choice would be appreciated.

MacKenzie
FUNERAL HOME

MACKENZIE FUNERAL HOME STONEWALL
(204) 467-2525 • info@mackenziefh.com

Announcements

Book Your Classified Ad Today -
Call 467-5836 or Email igraphic@mts.net



OBITUARY



Helene Jenny Heaps (Tesar)

On Monday, August 28th, 2017 cuddled up to John, Helene took her final breathe and died surrounded by her family.

Helene was the happiest when she was with John or when the whole family was together. Seeing the grandkids and great-grand kids was especially important.

Helene will be lovingly remembered by her husband John (almost 62 years of marriage); daughter Vera Appleyard (George); son John Heaps (Mary Jane); grandson Matthew Appleyard (Jennifer; Lucas, Athan, Izabella); granddaughter Amber Lawrence (Travis); grandson Mackenzie Appleyard (Corrine); brother Joe Tesar; sisters-in-law Isabell Martini, Charlotte Heaps and brother-in-law Jim Heaps. Sadly her first baby Lori Lynn died of SIDS at the age of six weeks.

Helene was born in Winnipeg to Winnie and Frank Tesar, on October 19th, 1935. She lived most of her young life on a farm in Balmoral and later Stonewall. In her late teens her family moved to Winnipeg. During her school days at Victoria School she met her good friend Annie (Tomyk). During one of her visits Annie's mom introduced Helene to the neighbour's big handsome young farm boy. He only lived one and half miles away and was driving for the Rockwood Victoria COOP milk truck. Helene and John married on October 6th, 1956.

Helene worked for MTS on Corydon Ave. and then transferred out to Stonewall. Later Helene started working for Link Hardware which is now Home Hardware. Helene loved fishing with John even though she was scared to death of water. She also loved to dance. Her claim to fame were her dill pickles. She would always make over 50 quarts each year and gladly give them away. She had a meticulous work ethic whether it was cleaning the house, canning, or doing the books for the farm. A visit in the summer meant you were guaranteed a trunkful of garden vegetables each time you left their farm. She loved it all.

No matter how hard the day Helene always had a smile on her face and said everything was fine. Service will be held Friday, September 1st at Stonewall Legion at 11 a.m.



OBITUARY

William Harry Taylor March 2, 1912 – August 16, 2017

On March 2, 1912, Bill was born to English immigrants, Harry and Eva M. He grew up in the south end of Stonewall (formerly known as Fort Rouge) playing with the Hirst and the Chanin kids. He was the eldest of 7 children.

He is survived by his sister, Eva Cameron and several nieces and nephews. He was predeceased by sisters Joyce (Hadley Marshall), Alice (Curtis Waterman) and Gladys (Eddie Pichurski), twins, James and Sarah in infancy and brother-in-law Colin Cameron SR.

Bill married his first wife Bea in 1936. She passed away in 1981. His second wife Doris passed away in 2002.

Bill was an avid hunter, curler and fisherman. He enjoyed his many fishing trips to Snow Lake with Garth and Joan Proctor. He successfully operated Taylor's Food Centre from 1943 to 1970 when he sold out. Bill was extremely proud of Stonewall. Someone once referred to him as "Father Stonewall". He served on several committees such as the Stonewall and District Health Care from 1952- 1977, Honorary life member of the Stonewall Curling Club and Life member of the Stonewall Kinsmen. He served on council from 1960 to 1967, Mayor from 1968 to 1980. His greatest achievement was bringing sewer and water to Stonewall.

A Memorial Service was held on Friday, August 25, 2017 at 1:00 p.m. at the Anglican Church of the Ascension, Stonewall.

In lieu of flowers, please donate to South West District Palliative Care, Box 1282, Stonewall, Manitoba, R0C 2Z0.

MACKENZIE FUNERAL HOME STONEWALL
(204) 467-2525 • info@mackenziefh.com



E.J. SMITH SELKIRK MEMORIALS

A Family Business Making Quality Memorials ~ In Selkirk Since 1974

Browse prices on our website!
www.smithmemorials.ca

Visit us at: **49 Main St. Selkirk**
or call Toll Free: **1-866-475-6025**



Black granite with grey base.
Includes design, lettering & installation.
Single or Companion.
Some restrictions apply.

We deliver and install throughout the Interlake.

*Our company does not sell through local funeral homes or agents.
See us directly for the best price and personal, professional service!*

Biz Cards
Call 204-467-5836

Kyle Scrivens
Comfort Advisor/Sales
AirWise Home
Your Heating, Cooling and Ventilation Specialists
Cell (204) 979-9307
Fax (204) 694-5456
kyle-airwise@mymts.net **204-467-9578**

Interlake Kneads
MASSAGE THERAPY
(204) 461-1918
(Westside Plaza) Stonewall, MB
*therapeutic *relaxation
ACCEPTING NEW CLIENTS

C.A. Lamoureux Stucco & Acrylic
Adam Lamoureux
204-886-3880
204-509-9152
grizzlyadamz@yahoo.ca

stonewall chiropractic centre
Also Acupuncture • Custom Orthotics • Massage Therapy
Billing to Autopac, Blue Cross, WCB
204-467-5523

Ralph Tanchak..Artist -murals
- commission paintings
- art instruction
- caricature parties
phone: 204-461-0160
Colour-Splash Artist Ralph Tanchak

GOETZ SIDING
• 5" Eavestrough • Soffit/Fascia
• Custom Cladding
(204)223-7740 Sheldongoetz@gmail.com

Odd Fellows Hall
• Weddings • Socials • Showers • Meetings
• Capacity 220 persons • Kitchen available
374 1st St. West
Stonewall
Del Phillips 204-791-0564
Text if possible
Hall 204-467-5556

Prairie Earthworks Ltd.
Excavator & Dozer Services
Screened Topsoil For Sale
204 461-0815

STEP UP TREE REMOVAL
FOR A "CUT" ABOVE THE REST...
• Tree Cutting & Removal
• Tree Trimming & Pruning
• Bucket Truck
Will beat any written competitor quote up to 10%
Rob - call or text
204-785-3273 stepuptreeremoval@gmail.com Fully Insured

Advance Exteriors
SUMMER ROOFING SPECIAL
No Interest or Payments for 6 months
Roofing • Eavestroughing • Soffit • Fascia • Siding
204.461.0019 Grosse Isle, Mb
www.AdvanceExteriors.com

ALICE ROOFING LTD
Complete Roofing Services
• Residential • Agricultural
Licensed and Insured
204-757-9092
www.aliceroofing.ca

INTERLAKE TOWING
24 Hour Service
CAA & MPIC Approved
204-278-3444

You'll Be Glad You Called Sure-Clad
for your
siding • soffit • fascia • metal roof & wall sheets
windows & capping • continuous eavestroughing
roof top snow removal • spring gutter cleaning
204-467-5749 • Cell 204-461-0860
surecladconst@gmail.com



Biz Cards

Get The Job Done!

Call 467-5836 ads@stonewallteulontribune.ca

BOONSTRA FARMS
RV Sales
204-941-0228
204-467-8480 • www.boonstrafarms.com

MAXWELL'S
PROFESSIONAL PAINTING
COMMERCIAL/RESIDENTIAL
Cell: (204) 792-0675 or (204) 467-5008
Email: maxpro@mts.net
Box 275, Stonewall, MB R0C 2Z0

Murray's
Painting & Decorating
Mark Murray
Bus. 204-467-5242

FULLHOUSE MOVERS
ALEX FOTTY
HOME: 204-467-2419
CELL: 204-461-2352
NOTHING BEATS A FULLHOUSE MOVE

Balmoral Hall
Catering Available / Capacity 200
Anniversaries • Family Birthdays
Special Occasions
Contact Brenda 467-2730

Stroke of Colour
PAINTING
Every home deserves a stroke of colour
JEFF BAKER
Stony Mountain, MB | 204.223.8441
strokeofcolour@gmail.com

Brandt
Brandt Tractor Ltd.
Bryan Soutter
204-781-3903

SHERLOCK TREE REMOVAL
Pruning • Stump Grinding • Chipper
Licensed Arborists
Fully Insured - Claim Free
30 years Experience
Vince 861-0487
Darren 861-0028

KEN'S CARPENTRY
Smaller Buildings Cottages Decks
Reasonable Prices 204-886-7467

WOODLANDS HVAC
Heating Ventilation Air conditioning
Commercial/Residential
CURTIS OLIVER
1.204.461.1678 • woodlandshvac@gmail.com

Electro Wright
CONTRACTING INC.
24 HR Emergency Services
Derek Fotty
Ph. (204) 467-RITE(7483)
Fax. (204) 467-2000
Email. electrowright@mts.net
Electrical Contractors

GNJ STUCCO and ACRYLIC
Pargings • Garages • Paper & Wire
New & Re-Stucco Repair Work
204-206-0276 FREE ESTIMATES
Teulon, MB

WIRELESS INTERNET
Quick STREAM
Hi-Speed Internet
Broadband Residential
and Commercial Connections
www.quickstream.ca
1-866-981-9769

A King's Comfort
Infloor Heating
A DIVISION OF MELAINE SERVICES INC.
All infloor heating built and maintained for:
Residential, Industrial, Workshops
Darryl Harrison
CIPH Certified Hydronic Designer
Mobile: (204) 461-4216
website: www.akingscomfort.com
FREE Quotes

Rockwood Landscaping & Tree Service
• Complete Landscaping
• Barkman Concrete Products
• Concrete Breaking
• Aerial Tree Pruning & Removal
• Chipping
• Stump Grinding
• Tree Planting
• 24HR Storm Service
• Snow Removal
• Skid-Steer
• Compact Track Loader
• Excavator
• Bucket Truck
467-7646
Free Estimates

McLeod Mechanical Services
RESIDENTIAL & COMMERCIAL
• Plumbing
• Heating
• Gas Fitting
• Air Conditioning
• Backflow Testing & Installations
Grosse Isle, MB 204-513-1154
mcleodmechanicalservices@highspeedcrow.ca

GRANTHAM LAW OFFICES
Lawyer & Notary Public
STONEWALL OFFICE:
#1-278 Main St., Stonewall 467-5527

JONES ELECTRIC
Residential & Commercial
204-981-0542
Call or Text Carlyle Jones
• Journeyman Red Seal Certified
• 15 Years Experience
• Fair & Free Quotes
Serving the Stonewall & Interlake area

SunRise SOLAR INC.
Chris chris@sunrisesolarmb.com
Darryl darryl@sunrisesolarmb.com

NAPA AUTOPRO
Brake Family Auto Sales & Service Ltd.
Auto Service • Maintenance & Repair
Used Vehicle Sales
napaautopro.com
214-2nd Ave North, Highway 67
Stonewall 204-467-9156

LIGHT - HEAVY DUTY TOWING
Proudly Serving Stonewall, Warren & Surrounding Areas
COUNTRY TOWING
CAA MPI
countrytowing@mymts.net 204-990-4718

Ritchie & Perron PLUMBING HEATING LTD.
ritchie_perron@live.ca
Stonewall, MB
Red Seal Certified
Certified gas fitter
Residential/Commercial
Ryan 230-4674 Trevor 232-6263

PLUMBING
Commercial & Residential
New Installation & Service
Plumbing & In-Floor Heating
Water Softener Installations
Water Filtration/
Reverse Osmosis
RILEY PATTERSON
Journeyman Plumber
Cell 204-461-0035

Heating & Cooling • Refrigeration
COMMERCIAL COMFORT INC.
Residential & Commercial
461-HEAT (4328)
commercialcomfort16@gmail.com
Owner: Jeff Meier

Roof Express Ltd.
Complete Roofing Services
Licensed & Insured • Argyle, MB
Residential • Agricultural
204-774-2030
www.roofexpress.ca

Doctor DECAL
204-467-9405
drdecal@mymts.net
ALL WORK DONE LOCALLY ON SITE
330 Main St. Stonewall, MB
www.doctordecal.ca
• Signs • Banners • Posters
• Billboards • Awnings
• Sign Holders
• Vehicle Graphics
• Wraps • Magnetics
• Laser Engraving
• Awards • Medals • Plaques
• Glassware • Rubber Stamps
• Name Plates • Lamacoids
• Promo Items • Personalized Gifts
• A Wide Variety of Retro Trophies (FREE)
Only Pay for Engraving
• Clothing
• Hats • T-Shirts • Uniforms

INTERLAKE EAVESTROUGHING & SIDING INC.
Siding, Eavestroughing, Soffit,
Fascia, Capping, Windows
Free Estimates • 781-0533
www.interlakeinc.ca

PERIMETER DRILLING LTD.
*Water Wells *Pressure Systems
*Repairs *Septic Systems
Phone: 204.632.6426
Email: pdl1@mymts.net
FREE CONSULTATIONS
Servicing the Community for Five Generations

Sudden Impact Construction
SINCE 1997
Mike Simcoe
• Concrete Pads • Framing • Roofing
• Siding • Ag Buildings • Windows/Doors
• Skid Steer Services • Post Hole Drilling
• Custom Building - Homes, Decks, Garages
- FREE ESTIMATES - FULLY INSURED
TEULON, MB PH: 204-886-7743
suddenimpact@highspeedcrow.ca
www.suddenimpactconstruction.com