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# Stonewall Teulon Tribune

VOLUME 10 EDITION 36

THURSDAY,  
SEPTEMBER 5, 2019

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## Holy cats

Stonewall's Austin Gabor and CatDaddy owner/operator Paul Munroe show off one of the large channel fish they caught on the Red River on Aug. 26.

TRIBUNE PHOTO COURTESY OF CATDADDY

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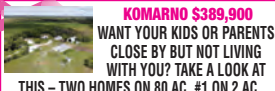
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# Community Living Interlake clients take on the big cats in the Red

By Patricia Barrett

The Association for Community Living Interlake and CatDaddy Fishing Guide Services teamed up last week to take people living with intellectual challenges on a catfishing adventure that was made possible through a generous grant from outdoor retailer Cabela's.

Sixteen clients who participate in Community Living's day program, accompanied by a few staff members, reeled in the big cats Aug. 26 on the Red River near Selkirk.

Austin Gabor, who takes part in the day program and knows CatDaddy's owner, said he had a good time.

"I liked fishing," said Gabor, who held the catfish before releasing them. "It was hard reeling in."

Community Living executive director Jimm Simon said this was the first time they've taken their clients fishing and they "loved it."

"I wasn't with them, but the next morning I got inundated with comments. All of the clients had a great time," said Simon. "I heard stories about people holding fish and kissing fish, and one person even caught a 38-inch fish!"

He said one boat caught about 26 catfish, which were all released back into the water. But the whiskery giants, which are known for putting up a tremendous fight, managed to evade another group of participants. However, they earned a prize — hats and other items — for catching no fish.

Community Living Interlake, which is based in Stonewall, provides support services to individuals living with intellectual disabilities. The non-profit organization offers job training, skills development and helps clients get jobs. Enabling clients to live a fully inclusive life in the community is part of its mission, along with promoting personal growth and providing social activities.

Community Living provides six houses and eight apartments in Stonewall, said Simon. Its day program serves people from the Stonewall area and brings in others by handivan from surrounding communities, including Warren and Teulon.

Simon said the owner of CatDaddy



Guide Kevin Christiansen and Kyle Soroka with a channel cat.

made special arrangements to accommodate their group, including operating at a convenient time for the clients and taking out small groups in each boat.

The outing was made possible through a grant Community Living applied for and received from Cabela's through its Outdoor Fund, said Simon. The grant covered the entire cost of the one-day expedition, including a hearty lunch provided by Danny's Whole Hog, a Stonewall-area caterer.

"I want to thank Cabela's for supplying us with the funding to do that," said Simon.

The clients weren't the only people who had a fabulous time. CatDaddy owner and operator Paul Munroe, who formerly worked as an activity director for people with disabilities, said he had a great day with the clients and staff.

"So far for me, this trip was the highlight of the year," said Munroe.

He had to help some of the clients with the gear, the reeling in and netting of the fish, but most of them were able to land fish on their own, he said. In all, they caught 52 catfish over the course of four hours.

"There was one girl who could not do too much because of her disability, but she held every fish and had her hand on the rod helping bring them in," said Munroe. "Some people were afraid to hold the fish and some weren't."



TRIBUNE PHOTOS COURTESY OF CATDADDY Kelly Rinn, CatDaddy owner/operator Paul Munroe and Dusty Barbour showing off their catfish that were released after the photo was taken.



Paul Munroe of CatDaddy Fishing Guide Services took clients from Community Living Interlake on a catfishing adventure on the Red River last week.

The success of the trip was evident at the picnic lunch they had at a Lockport park, he said, when the clients started yelling out, "CatDaddy, CatDaddy!" Sixty-four people, including clients, staff and crew, enjoyed a meal of pulled pork, coleslaw, buns and refreshments.

Munroe is a licensed outfitter who's been operating out of Selkirk for about nine years. In addition to taking people on the Red for its world-renowned massive catfish, he takes people walleye fishing on Lake Winnipeg.

After serving in the military for about 20 years, Munroe said he started CatDaddy to take veterans with disabilities and kids on fishing adventures. He has special harnesses for

people who have lost limbs and for those with mobility issues. He even sponsored a fishing trip for a young African boy, who now resides in Winnipeg, and was undergoing dialysis treatment. Although the boy was blind, he reeled in 24 fish.

Community Living day program coordinator Janice Kowerko had reached out to him after Cabela's stepped up with the grant, he said, and he made arrangements to get a one-day fishing pass from Sustainable Development.

Munroe said he'd love to do it again. So would Community Living.

"Most of this week people have been asking, 'When can we go back?'" said Simon.

ON SEPTEMBER 10<sup>TH</sup> RE-ELECT



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## MLA Lakeside



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# Kids thrive at Prairie Oak Regional Arts summer camp

By Jennifer McFee

Budding artists drew on their inner creativity during a recent day camp in Stonewall.

This summer, the Prairie Oak Regional Arts Council hosted two week-long summer arts camps at the Heritage Arts Centre for kids aged four to 12. In total, 35 kids attended the camp in July and 42 attended in August.

For the past 20 years, the organization has offered summer arts camps for youngsters.

This year, kids honed their creative talents under the guidance of three instructors. Fred Gross taught beginner's woodcarving, including how to hold and work with a carving knife without injury.

In addition, Patricia Anderson taught beginner's felting, and Sandra Wiebe taught clay pottery and sculpture, multi-media art, and drawing and painting.

"Many incredible art works were created by the children of Stonewall and surrounding area — everything from handmade clay lizards to beautiful felted landscapes from dyed sheep's wool to deep sea fish mobiles, carved animals and amazing model magic parrot collages," said Wiebe, the arts enrichment and summer arts camp co-ordinator.

In addition to their summer arts camps, Prairie Oak Regional Arts Council offers Arts Enrichment classes throughout the school year in Stony



TRIBUNE PHOTOS SUBMITTED

The morning class of four- to eight-year-olds, wearing their "fishing hats" that they embellished with sculpee 3 clay fish and under the sea objects. Left to right: Nathan Grenkow, Jake Mulligan, Austin Mulligan, Caris Palmer and Theo Grenkow.

Mountain School, Rosser School, Balmoral School and starting this year at Ecole RW Bobby Bend. "Every year, we provide classes to between 300 and 400 children," Wiebe said. "We are partially funded by Culture and Heritage Manitoba."

Prairie Oak Regional Arts Council encompasses the areas of Stonewall south to Rosser, west to Warren, north to Teulon and east to Stony Mountain. One of its mandates is to provide arts enrichment and art education to these areas.



Photo of clay lizards created by the student in "Clay Class."

The philosophy behind the efforts is simple yet succinct: "Inspired children; Inspired art."

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# A glimmer of good following tragic work accident

By Jennifer McFee

The memory of a much-loved Woodlands man shines on as his family strives to help others in his honour.

It's been nearly one year since 21-year-old Bradley Jackson died in a horrific work-related accident.

On Sept. 5, 2018, the young truck driver was only 15 minutes away from his drop-off point in North Dakota when a rollover caused the hot tar he was hauling to spill through the back window of the cab. With the scorching sticky substance coating his body head to toe, Jackson ran more than 100 feet to a house and pounded on the door, but nobody was home.

He ran back to the accident site and was spotted by a 79-year-old man, who took him back to the home in the back of his pickup truck and began to hose him off with cold water. Later, the man said that Jackson remained calm and never complained. Instead, he expressed how nice the cold water felt.

Emergency responders soon arrived and transported Jackson to Altru Hospital in Grand Forks for treatment. Hospital staff called his mom, Rose Walder, who was at work at the time. Her hands were shaking so hard, she had to ask a co-worker to write down the details.

The medical experts at the Grand



Bradley Jackson is remembered by his family with a photo of his truck and his last Facebook post embroidered on their jackets.

Forks hospital realized the severity of his situation and arranged to have him flown to a major burn centre in Minneapolis.

They sedated and intubated him, filling his body with an abundance of liquids in an attempt to have it reach his organs.

Meanwhile, Walder and her husband, along with her daughter Shay-Lee Jackson as well as Bradley's



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Rose Walder, left, and Shay-Lee Jackson are raising funds for the Firefighters Burn Fund in memory of their son and brother, Bradley Jackson.

girlfriend, drove all night to the Minneapolis hospital.

"The whole time, I was just wondering when can we get him to the Health Science Centre in Winnipeg," Walder said. "They said he had a 20 per cent chance of survival when we arrived in Minneapolis, and I thought that's better than

Continued on page 11

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# Pipe band competes at World Pipe Band Championship in Scotland

By Jennifer McFee

Drumroll please!  
The Lord Selkirk Robert Fraser Memorial Pipe Band travelled all the way to Scotland to compete against other youth pipe bands at the World Pipe Band Championships.

They competed in the Novice Juvenile B category and ranked ninth out of 21 entries in their division.

Along for the adventure were a total of 14 young pipers and 13 young drummers, aged 11 to 18 — including several local musicians. Between Aug. 12 and 26, the group had the chance to perform across the country in places such as Arboath, which is the birthplace of the band's late founder.

"Back in 1957, the band's founder set about to create an environment where any child or youth could learn the bagpipes. Really it was about music, but his special love was the bagpipes because he had emigrated from Scotland and that experience of playing the bagpipes had meant a lot to him in his life," explained spokesperson Kelly Funke.

"So he founded this band with a philosophy that everyone should be included and, as a result, we adhere to that today as much as possible. It's only through tireless fundraising efforts that we are able to go to Scotland



Colby, left, and Natalie Taylor at Arboath Abby.

and it doesn't happen all the time. It's a big deal for the kids who are going."

The band practices every Saturday morning, and they have an extra chanter and drum pad practice on Monday evenings. In addition, they practise on their own to hone their skills.

"Every musician who plays in the band has their bagpipes or their drums provided to them until they are 18. Their uniforms are the same, except for a couple of pieces like their



TRIBUNE PHOTOS SUBMITTED

The Lord Selkirk Robert Fraser Memorial Pipe Band performing at Stirling Castle in Scotland.

shoes and their socks. The band members' trip to Scotland is essentially paid for with that philosophy that no one should be left behind," Funke said.

"So when we go there, we try to take as much advantage of the opportunity as possible. The primary thing is to compete at the Worlds against other similarly ranked and similarly aged bands. Even just to be immersed in that environment is pretty thrilling."

Balmoral siblings Colby and Natalie Taylor embarked on the overseas adventure. Colby, 17, started playing drum kit six years ago with the Bal-

moral Elementary school band and also took private lessons with Peter Stafford. For the past two years, Colby has also been playing the tenor drum with the pipe band.

"I like it because I got to continue playing music and it helped to discover my heritage," said Colby, who recently graduated from Stonewall Collegiate Institute and will be going to Lethbridge College in September.

"It also allowed me to compete at a world level and presented an opportunity to travel across Manitoba, Can-

Continued on page 10



The band with Lord Selkirk at his Lennoxlove residence.

THE

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## Manitoba's many maligned gems

By Evan Matthews

From Winnipeg, a short drive up Highway 6 and then cutting across PR 227, one will arrive at Highway 16. A little further to the northwest, and you'll find one of Manitoba's most popular summer spots.

Riding Mountain National Park.

Clear Lake is probably the park's most notable attraction, seen in Instagram posts and tourism marketing materials quite frequently.

But Lake Audy, or Moon Lake, provide serenity and calm unbeknownst to most Manitoban's, and they're typically within three hours of most people's front door.

Really, these beautiful places make up our backyard.

For my the betterment of my career, I've lived in the British Columbia's southeast Kootenay Valley (Fernie), the northwest Robson Valley (Valemount) and Alberta's Yellowhead region (Jasper).

These places are home to some of

Canada's most popular tourist destinations — summer and winter — for reasons including, but not limited to, skiing and heli-skiing, snowshoeing, hiking, whitewater rafting, photography, hunting, snowmobiling, etc.

Many ex-Manitobans visit these regions, whether it is a temporary, semi-permanent or permanent visit.

Many of the Manitobans that I met, we would often spend time talking about how fortunate we were to be experiencing something so different away from home, so much more beautiful.

Which is a complete falsity.

While spending time in Jasper National Park and taking in all its wildlife and nature, its sheer beauty, I had an epiphany.

"I'm taking this in because I'm here, and I want to make the most of my time. I want to remember this," I thought. "But why didn't I ever see my home in this light?"

Because we are from this region,

sometimes we forget about how lucky we are.

We can become stuck in our routine, our life, and life can become a little bit grey.

After assembling the tent, putting some food on the camper stove, and enjoying the fire atop Lady Audy, one's perspective can be refreshed.

The wind rustling through the poplars and the jack pines.

Whitecaps off the lake crashing ashore.

Bald eagles flying over head.

A moose call from the distance.

The heavy breathing of the black bear, who roams through the campground foraging for food.

We are fortunate here in Manitoba, even more so in the Interlake, which offers much of what's been described here.

We have a paradise all our own, if one is willing to use the right lens. It's worth a look.

## Letters to the editor

Letters to the Editor:

letters@stonewallteulontribune.ca

### Winners and Losers

Municipalities across the province sent out letters to homeowners earlier this year letting them know of an upcoming change. Ours read in part, "Budget 2018 announced that effective for the 2019 tax year, the calculation of the Manitoba Education Property Tax Credit (EPTC) will be based on school taxes and the \$250 deductible will be eliminated. The Seniors' Education Property Tax Credit will also be calculated on the school tax portion."

The letter included a couple of examples showing how this could impact homeowners. By now most of you should have received your 2019 property tax bill and I'd encourage you to do a comparison with last year's.

Pay particular attention to the amount listed as "Manitoba Education Property Tax Credit Advance." Your 2018 bill likely split that amount into two separate lines that together added up to \$700, the maximum rebate you're eligible for. This year, it's been capped at the amount in the

pink "School Taxes" section. The difference between the two years is what this change is costing you.

As the two examples in the above-mentioned letter suggest, many people will see their net taxes increase up to \$500 because of this change. When I wrote to our MLA, Blaine Pederson, he sent it on to the Finance Department and I received the following reply.

"The changes to the calculation of the EPTC are estimated to be reve-

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# get informed

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TRIBUNE PHOTO BY JO-ANNE PROCTER

A sure sign of a change in the season is not only the weather but the movement of Canada geese en masse. As the heat of summer is replaced with crisp fall air, the iconic flying "v"-formation of Canada geese becomes a common sight overhead and the sound of honking as they land in fields to feed. Autumn is a time of change: migration and transformation with wildlife on the move, trees shedding their leaves, students heading back to school and days becoming shorter.

## We must manage the Internet of things with care

By Eamonn Brosnan

Back in the early 1990s, I came across a story about a Coke machine that you could query from anywhere on the Internet and it would tell you the temperature of the drinks, the last time it was stocked and how full it was.

The machine was in the computer science department of Carnegie Mellon University in Pittsburgh. Computer programmers live on caffeine, but who wants to walk all the way to the machines only to find that they're empty or the contents are warm?

These days, a multitude of devices created by programmers and hardware designers similarly benefit our lives. Everything from smartphones to social media to home computers to your fridge to your car, and from home security to your furnace.

This is the future — the Internet of things or IOT — in which the items in our lives communicate and share information with other everyday things.

Today's security systems will notify you via an app on your phone of the status of your home — without paying for pricey monitoring companies. Video cameras can be rotated by the app to allow you to view your house from various angles while you're away.

You can lock and unlock doors remotely and similarly adjust the temperature in your home. You can turn

lights on and off, check to see if you left your oven on make certain you locked your car.

And all of these conveniences — and more — will only become more prevalent as the technology becomes more affordable. The progression to the fifth generation of cellular technologies (5G) will allow even more data from more sources to be exchanged.

Cars will exchange information with traffic control centres, allowing authorities to respond to slowdowns and accidents more quickly. Those traffic control centres will direct cars (self-driving or otherwise) to take alternate routes when needed.

Medical devices already communicate wirelessly. Machines used to treat sleep apnea can be accessed by professionals to monitor the user's sleep quality. Pacemakers and insulin pumps can track the history of events and have the information downloaded for review.

As we continue to improve and shrink devices, as well as communicate robustly with them, we'll be able to solve a multitude of health issues. The potential is immense.

But — and there is always a but — there are serious questions about malfunctions, privacy and security.

Should employers or insurance companies be allowed to review our driv-

ing history, as recorded in our cars? Should they be allowed to review the logs of our sleep apnea device to determine how often we fail to use it, or our pacemakers to determine our current health conditions?

Who will ensure such devices have been tested thoroughly? Who will ensure our privacy is protected? Who will ensure these devices are secure and can't be breached?

Ultimately, it's up to us to ensure that governments do enough to protect us. We need to demand our rights and safety are protected through laws, not just by the manufacturers.

Insulin pumps have been recalled because of weak security. Some pacemakers contain security flaws that could result in tragedy; they too have been recalled.

Ultimately, we're all responsible for the devices we use. But we can't be expected to know or understand how everything works. So we rely on others, from doctors to salespeople. They in turn rely on information from manufacturers and certifying agencies.

We need to ensure that this information is as accurate, and as thoroughly tested, as possible. I would hate for my car to crash as often as my computer.

Eamonn Brosnan is a research associate with the Frontier Centre for Public Policy.

## worship

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### Everything Old is New Again

*"Do not remember the former things, or consider the things of old.*

*I am about to do a new thing; now it springs forth, do you not perceive it?*

*(Isaiah 43:18-19)*

That time of year is here already. Students, teachers, instructors and professors are back to school this week. This is a season when transformations and new beginnings take place.

For some, it may be the first day of school. This is a big transformation for any child, making that shift to a more structured way of learning. For others, there may be a move to a new level of schooling. Even for college or university students, each year brings new realities.

The natural world is also undergoing a transformation. With each harvest, our farmers mark the changes they see in their yield and in the conditions they have faced. This year has been tough for many in our farming community.

What do we bring to this season? In this season of harvesting what we have planted, how will we find new food for our bodies, spirits and souls?

The prophet Isaiah encourages us to be forgetful in order to fully embrace the new things happening around us. He doesn't tell us not to honour the past or to learn from it, but there is wisdom to be found in his advice to not let it determine our future.

It's hard to fully embrace the present, when our eyes are focussed on the rear-view mirror. When our teachers have wisdom to offer, we need to be looking forward in order to experience the transformation they plant through their words and actions.

Fall is also a great season to open our spirits to the newness God offers us. Transformations of the spirit invite us to look for signs that God is just waiting for us to discover the blessing of the new.

Let's embrace this season of transformations!

Rev. Mona Denton  
Stony Mountain &  
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stonymountainlilyfieldpc@gmail.com  
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at Stony Mountain-Lilyfield Pastoral Charge



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## Gram's golden lure more than a fish tale

Welcome, my friends.

For a brief moment, standing on the riverbank at Breezy Point, I thought I was in one of those movies somewhere in Asia where people use those small boats driven by "long tail," high-perched swivel motors with propellers that spin just below the waters' surface. Coming into land, a young chap with his legs spread for stability held the long thin tiller of just such a boat. He swivelled the drive assembly, running his flat bottom craft onto the boat launch pad. As he jumped out of the boat to get his truck and trailer, I walked over to him and asked, "Where did you get that unique boat?"

"I made it," this spry, wide-smiling fellow replied. He turned and bent over the side of his boat, arranging gear in preparation of loading it while continuing to talk to me.

Apparently two of his friends in Winnipeg, who were also avid fishermen and duck hunters, became upset with the constant damage to the low ends of their outboard motors from hitting rocks and sunken trees. They did some research and found plans for these shallow draft "long tail" boats.

Our new friend, Riley Korol, was so impressed he got to work and built one of those rigs for himself.

You know, that kind of boat might just catch on around here.

Not long ago a lady by the name of Katelin Pollock contacted me with a fishing story that I must admit unsettled me. Initially she sent me a picture of herself holding a musky as long as she was tall, which she had caught at

Big Narrows in the Lake of the Woods. As her story goes, she and her significant other, Jeff, were out in a small rented boat when she grabbed a lure from her tackle box and without really looking at it fastened to her line and cast out. They sat rocking with the waves jostling the boat, enjoying the warm, gentle August wind in their faces.

Kate's thoughts turned to her grandmother who had just passed away as she reeled in her lure. Her "Gram" had always been so supportive of her, and although she didn't fish like Kate did, she took great delight in buying her fishing gear.

One particular special gift was a golden lure. Suddenly Kate came to her senses in the boat seeing the long grey flat nose of a musky break just above the water after her lure. It can't be, she thought. Muskies are a rare catch!

Slowly she began reeling in her lure and unbelievably the musky was following it breaking above water sporadically. She sat rigid in the boat reeling her lure closer. Then she saw the monster. It had to be half the length of the boat. Kate being a hardy angling girl was not easily frightened. She grinned as she began playing her lure just under the water in a figure eight with this huge fish slowly swimming after it like a playful cat. Then it reverted to kind and struck the lure, the fish's side thumping against the boat. Seemingly enraged the fish sped off doing a tail dance on top of the water with Kate leaning backward from



TRIBUNE PHOTO BY ARNIE WEIDL

Riley Korol of Winnipeg with a nice walleye he caught in his unique shallow draft boat.

the fighting fish, her feet locked under the boat bench seat. She played it, letting it whip up sparkling waves. It jackknifed sideways showing its silky grey-white sides as it dove for the bottom and stopped. There was silence in the boat as Kate, still in control, very gently reeled in actually drawing the boat directly over the musky. She hauled up on her line and the fish tore away again. She let it have all the line it wanted and when it stopped she reeled in again ever so slowly. Without warning, the musky rose from the depths right beside the boat. Kate and Jeff didn't give it a chance to run again. They gaffed and landed it for pictures then released it.

Tired, the duo made for the boat dock where Jeff got out to tie it up. Kate sat alone in the boat taking the lure off her line and was startled to see it was the special golden lure with "Grandma" inscribed on the front leader of the lure that her Gram had given her.

All the memories of loving closeness with that fine old lady, now gone, overwhelmed her. She cradled the golden lure in her hands brushing some dirt from it as she wept for her grandmother. Shaking and sobbing, she placed the golden lure in a special spot in her tackle box. It would never to be used again. Till next week, my friends. Bye for now.

## Association of Bookmobile and outreach services announces 2019 Carol Hole award

### Submitted

The Association of Bookmobile and Outreach Services (ABOS) is pleased to announce the 2019 winners of the Carol Hole Award. The Carol Hole Conference Attendance Award is given to public library staff members working in outreach or bookmobile services to attend the Association of Bookmobile and Outreach Services (ABOS) annual conference. The 2019 conference will be held Oct. 23 to 25 in Omaha, Neb.

Carol Combs Hole provided exemplary leadership on behalf of librarians,

bookmobile and outreach services throughout her 32-year career as a professional public librarian. She retired from distinguished service to the Alachua County Library District on March 1, 2006, and died on Oct. 1, 2007. The six travel awards include free registration for the conference and reimbursement up to \$500 for travel and accommodations. These are awards are sponsored in part by Acore Shelving and Products of Florida. Acore is a long-time sponsor of ABOS.

Pam Palcat of the South Interlake Regional Library is among the 2019

winners chosen from a field of over 25 applicants. Palcat is a Bookmobile librarian.

"As the only Bookmobile librarian in the province of Manitoba, Canada, I am hoping to have the opportunity to attend my first Association of Bookmobile and Outreach Services (ABOS) Conference. Currently our Bookmobile services approximately 1,800 people per month at schools, Hutterite colonies, senior homes and community stops and I have an average circulation of 36,000 items. As the Bookmobile librarian, I take great

pride in providing exceptional service to all of my patrons and would appreciate this opportunity to network, learn and grow to further benefit those I serve. I am responsible for all aspects of the day-to-day running of our Bookmobile, from maintenance, stocking the collection, driving, scheduling, filling requests, programming, special events and more. I feel the experiences and contacts gained by attending the conference will assist me in providing fresh, new ideas to go along with our new Bookmobile."



> **LETTER, FROM PG. 6**

nue neutral. An estimated 93 per cent of homeowners will see no change in the amount payable, seven per cent are estimated to see an increase, and over four thousand homeowners will see a decrease (as a result of the elimination of the \$250 deductible)."

Note the change from using percentages to "four thousand homeowners." That's known as spin, selectively presenting information that biases the reader. Those 4,000 homeowners might represent less than one per cent of the total but that wouldn't sound as good.

Regardless, the numbers don't add up. Ninety-three per cent won't see a change and seven per cent will see an increase. My math tells me that adds up to 100 per cent, so I'm perplexed as to who those 4,000 people are who will see a decrease in taxes.

## Manitoba Country Music Awards nominations

**Staff**

The Interlake is well-represented in the list of nominees for the 2019 Manitoba Country Music Awards.

Past the Perimeter is nominated nine times: Fans' Choice; Single of the Year for "Easy"; Song of the Year (Songwriters) for "Easy" written by Derek Peters; Group or Duo of the Year; Music Video of the Year for "Easy"; All Star Band of the Year Bass for Evan Taplin; All Star Band of the Year Drums for Devin Biy; All Star Band of the Year Guitar for Lachlan McLean and Derek Peters.

Rhianna Rae Saj is nominated in three categories: Album of the Year for "Begin Again", Female Artist of the Year and Emerging Artist of the Year.

Ben Mak-Wiebe is nominated in the All Star Band of the Year Bass category.

Two Crows for Comfort is nominated for the Roots Artist, Duo or Group of the Year.

Stonewall Quarry Days is also nominated in the Event of the Year category.

Voting for the Fans' Choice Award is open until Sept. 28 at [www.manitobacma.com](http://www.manitobacma.com).

The 2019 Manitoba Country Music Awards will be held on Nov. 10 at the Metropolitan Entertainment Centre by Canad Inns in Winnipeg.

In my many years of experience with the income tax system I've reviewed plenty of property tax bills. The negative effect of this change on those of us who live in modest homes in rural areas seemed disproportionately large.

I spent some time at the local municipal office and put together a spreadsheet of the properties in the village of Crystal City from publicly available information. Using the current assessments and the 2019 mil rates, I estimated each homeowner's two categories of property taxes: general municipal and school division.

What I found confirmed my suspicions. The seven per cent of people who the province estimated would see an overall increase in their property taxes are those of us in smaller rural communities. My analysis did not come up with even one property that would see a tax decrease due to a larger EPTC. An unintended consequence perhaps, but one that could have been foreseen considering the analysts and accountants that the province must have at its disposal.

The assessed value of the 180 home properties in Crystal City averages about \$94,000. In 2019, I estimate that average home's property tax bill would include general municipal taxes of \$1,488 and school taxes of \$412. Under the old rules, the EPTC rebate would have been \$700 and this homeowner would be writing the municipality a cheque for  $1,488 + 412 - 700 = \$1,200$ .

Now, though, that same homeowner will see a rebate of only \$412 and will be paying a total of \$1,488, which is \$288 more than under the old system. Perversely, this will disproportionately impact residents in homes with lower assessed values, often seniors or those with less disposable income. A few hundred dollars may not seem like a lot to many, but it is certainly significant to those on fixed

incomes.

My estimate is that this change will transfer \$52,000 this year out of our local economy based on the properties in Crystal City alone. Add in Pilot Mound and the rural properties in our municipality, and the total hit to our area could be close to \$200,000 — each year! Assuming Mr. Pallister wins this election, this policy will remove \$800,000 from our trading area during his next four-year term.

Other rural communities will be in the same boat. It's unfortunate that more of a fuss hasn't been raised about this issue but it's one that takes a bit of analysis and can't easily be explained in a sentence or two.

The finance minister's response to me attempted to paper over my concerns with his assurances that this isn't a tax grab. That may be true, but it certainly creates winners and losers and, as we've seen with neglected highways, closed bridges, and consolidation of paramedic and ambulance services, our rural residents are taking the brunt of this government's ham-fisted attempts at austerity.

- Bill Tiessen, Crystal City



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ANNUAL GENERAL MEETING

**2019 AGA**  
ASSEMBLÉE GÉNÉRALE ANNUELLE

**When:** Monday, October 7, 2019  
6:00 – 9:00 p.m.  
(Doors open at 5:30 p.m.)

**Where:** École communautaire  
Aurèle- Lemoine  
81, chemin des Vétérans,  
Saint-Laurent, Manitoba

- Reflection on the past year and what lies ahead with Shared Health
- Board of Directors review the past year
- Award presentations
- Question period

**All are welcome!**

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**Date :** Le lundi 7 octobre 2019  
De 18 h à 21 h  
(Les portes ouvrent à 17 h 30)

**Lieu :** École communautaire  
Aurèle- Lemoine  
81, chemin des Vétérans,  
Saint-Laurent (Manitoba)

- Réflexion sur l'année écoulée et perspectives d'avenir par Soins communs Manitoba
- Bilan des activités de l'année dernière par le Conseil d'administration
- Remise de prix
- Période de questions

**Bienvenue à tous !**

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# Meet your Lakeside candidates for the provincial election

The following candidates have been nominated under the Election Financing Act for the upcoming general election on Sept. 10 and will be representing the Lakeside electoral district.

We have asked each of the candidates the same six questions to help our readers get to know our candidates. The candidates are listed in alphabetical order.



Ralph Eichler - Affiliation - PC

I was first elected in 2003 as the Lakeside MLA. I served in opposition for 13 years, and three and a half years as the Minister of Agriculture.

Eichler served for eight years as the Interlake School Division's administrator. He also owned and operated Prairie Farm Ranch Supply, a livestock handling equipment exporter.

**Q. What community do you live in? How long have you lived there?**

I've lived in Teulon since 1970, 49 years.

**Q. What are some of the major issues currently impacting the constituency?**

We need jobs, but healthcare issues are number one in Lakeside, and in all of Manitoba. We want to make sure we have access to emergency services, and have doctors in local communities. But of course, we want jobs for our kids. We want to create opportu-

nities to add value.

**Q. What made you want to run in this election?**

I have a lot of unfinished business, and my health is still good. I'm honoured to be able to serve as Lakeside's MLA, and I'd like to finish what I started.

**Q. If elected, what do you hope to achieve during the upcoming term?**

More value added for agriculture. We've been trying to get finished products leaving the province, as opposed to raw products. We want to keep those jobs here, locally. It's important to me.

I want to continue on with fixing the (Province's) finance.

We want to fix our healthcare system.

**Q. Have you ever run in a political election before? If so, when?**

This will be my fifth provincial election. 2019, 2016, 2011, 2007, and 2003.

**Q. Why should voters support you?**

I've done a good job. I listen to my constituents, and I react in their best interest. I work to ensure their voices are heard, not only at the government level, but at the cabinet level as well.



Ilsa Regelsky - Affiliation - Liberals

Did not respond to our questions by press time.



Dan Rugg - Affiliation - NDP

I am a resident of Elie, for the last 12 years, and served the LUD of Elie for a three-year term from 2015-2018.

I grew up in (St. Francois Xavier), a small country atmosphere until my family moved back to Winnipeg.

I married my wife, Tracy, in 2005, and we started a family.

I have two daughters, Makaela and Brooke. We moved out to Elie so we could have the country atmosphere that I had growing up.

We then had a third daughter, Peyton, in 2013.

**Q. What community do you live in? How long have you lived there?**

I live in Elie in the RM of Cartier. I've lived there since January 2007.

**Q. What are some of the major issues impacting the constituency?**

- Infrastructure maintained
- The review of the education tax model for farmers
- Healthcare
- Rural childcare availability

**Q. What made you want to run in this election?**

As a family man living in a smaller community I feel we need better rep-

resentation involving our needs with regards to local services and infrastructure. I am also concerned about our education system. Pallister's agenda towards cutting supports for the education and healthcare are very worrisome for communities outside of Winnipeg.

**Q. If elected, what do you hope to achieve during the upcoming term?**

I will help the NDP to deal quickly with the healthcare crisis as it relates to our rural areas. I will work to get the infrastructure funds in this area, so we can maintain our roads and bridges to be safe and secure, not like the last three years where the highways and bridges have been slowly disintegrating until just recently; just before the election. I also hope to increase childcare availability for these rural areas.

**Q. Have you ever run in a political election before? If so, when?**

Yes, in the Local Urban District of Elie in 2015. (2015-2018)

**Q. Why should voters support you?**

Because I believe the existing PC government has not addressed the growing needs of our rural communities. I feel we need to make life for the average person more affordable and the services we all need accessible and accountable. I want to help first time homebuyers with \$1,000 toward a first home; this makes rural areas even more affordable for families. Keeping Autopac rates low helps rural constituents to have better mobility and a better quality of life. Giving Manitobans a rebate of \$350 on their Hydro bills will allow life to remain affordable, while using clean, made in Manitoba, electric power. The next time you buy a new furnace or new windows or a new hybrid vehicle, everyone can choose a Greener option.

## > PIPE BAND, FROM PG. 5

ada and to Scotland."

Natalie, 14, started playing the tenor drum in the band last October.

"I like it because I get to hit the drum and make loud noises," said Natalie, who is starting Grade 9 at Stonewall Collegiate Institute.

"I also like it because I got to go to Scotland and compete in the World's. I like going on bus trips and hanging out with my friends."

While in Scotland, the local band performed six times and participated in Piping Live.

"The band started playing outside the Glasgow Royal Concert Hall on Buchanan Street, and then they would walk down a block and play again," Natalie said.

"They had four stops on Buchanan Street and they gathered quite a crowd around them."

In addition, the band also performed at Loch Lomond for people coming off a boat cruise and they performed for visitors at Stirling Castle. They had the chance to play for Lord Selkirk at his Lennoxlove residence. For sight-

seeing, they visited Dunvegan Castle, Eilean Donan Castle, Scone Palace, the Isle of Skye and much more.

For Natalie, one of the highlights was travelling to all the different cities and competing at the world championships.

Colby also liked the competition, as well as all the activities and the trip to the Highlands.

Their mom, Sheryl, shared their enthusiasm for the excursion.

"As a parent it was quite a sight to watch your children playing at such a beautiful place with so much history. I found myself thinking about all of the

pipe bands that had played there over the centuries," she said.

"The band played very well at the World's and we are very proud of all of the band members and all their instructors who worked so hard to get them ready for this competition."

The band welcomes new members, including any interested potential musicians age eight and up.

"Pipe Band is lots of fun, and if you want to join one, come to ours," Natalie said. "We need some more pipers!"

For more information about the Lord Selkirk Robert Fraser Memorial Band, visit <http://lsrfmpb.ca>.



## > ACCIDENT, FROM PG. 4

nothing.”

She learned that 97 per cent of his body had been burned, except for three little patches the size of a loonie or toonie.

“We weren’t even living day by day,” Walder said. “We were living moment by moment. It all happened so fast.”

Doctors discussed booking him for surgery on his legs, but less than 24 hours later, all of his burns worsened to third degree.

“There was nothing anybody could do. Third-degree burns will not heal on their own. They called a meeting and that’s when they told us that he now had a zero per cent chance. I don’t even know how to explain how I felt,” Walder said.

“I didn’t want to give up on him because he wouldn’t have given up on me, so I kept fighting for him. Then the burn surgeon said I wouldn’t have to make this decision for Bradley because he was making it for me. His organs were starting to shut down at that point.”

Surrounded by his family, Jackson died at the Hennepin Healthcare Burn Center in Minneapolis on Sept. 8, 2018.

As the date rolls around on the calendar this year, Walder and her daughter Shay-Lee Jackson are endeavouring to help others who are recovering from burns.

Together, they have sold three Chase the Ace boards as a fundraiser for the Firefighters Burn Fund Inc., raising a total of \$3,120 from card sales. The winners will be revealed on Sept. 8, and they will each receive \$520, with \$1,560 being donated to the Firefighters Burn Fund. More information is posted on a Facebook event page called “Chase the Ace in Honour of Bradley Jackson.”

The mother-daughter duo is also placing donation tins at local businesses and organizations to collect change for the Firefighters Burn Fund. Currently, the tins are set up at the *Stonewall Teulon Tribune* office, Warren Food Mart, Warren Hardware, Stonewall Vision Centre, CCL Woodlands, Lawsons Sales Ltd. and Brydges Property Management — and the family hopes to get more businesses involved in the effort.

“The reason we picked the Burn Fund is because if Bradley had been able to pull through, we would have been relying heavily on the Burn Fund,” Walder said.

“Bradley would want us to try to help others. That’s what he was about. He was not a typical 21-year-old. He was much more mature than his age. Several people have said that he has an old soul. Everybody liked him. He loved his job and he was loving his life.”

Looking ahead, Walder also plans to organize an annual floor hockey tournament and social, starting in July 2020. She will be seeking prize donations for the silent auction and she’s hoping to find a band that will volunteer to perform. Again, all of the proceeds will go towards the Firefighters Burn Fund.

“We’ll never forget him. We want his memory to live on,” Walder said. “This cause is very important to us. We want to find just a glimmer of something good.”

Anyone who would like more information or to get involved in any of these initiatives can contact Walder by phone at 204-461-2859 or by email to [inmemoryofbrad@outlook.com](mailto:inmemoryofbrad@outlook.com).



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<b>INTERLAKE-GIMLI</b>		
<b>BOURGEOIS, Mary Lou</b> - 1522-555 ST. MARY AVE., WINNIPEG	Lib.	Cecilia Connelly
<b>HARFIELD, Dwight</b> - 5172 HIGHWAY #9, ST. ANDREWS	GPM	Dirk Hoepfner
<b>JOHNSON, Derek</b> - 1 SOUTHSORE DR., ST. LAURENT	PC	Abe Reimer
<b>PINSENT, Sarah</b> - 21 MIDDLE DRIVE, WINNIPEG BEACH	NDP	Stephen Troubridge
<b>LAKESIDE</b>		
<b>EICHLER, Ralph</b> - 40 THIRD STREET S.E., TEULON	PC	Barry Jeske
<b>REGELSKY, Ilsa</b> - 0132E 81N, ARGYLE	Lib.	Cecilia Connelly
<b>RUGG, Dan</b> - 34 ELIE STREET WEST, ELIE	NDP	Janice Chase
<b>MCPHILLIPS</b>		
<b>CACAYURAN, John</b> - 167 NEWTON AVE., WINNIPEG	Lib.	Michelle Reader
<b>MARTIN, Shannon</b> - 42 RIVER HEIGHTS DR., LA SALLE	PC	Maxine Diamond
<b>MCFARLANE, Greg</b> - 6 RIGA COVE, WINNIPEG	NDP	Wendy Carriere
<b>SMITH, Jason</b> - 280 ALFRED AVE., WINNIPEG	GPM	Dirk Hoepfner
<b>WHEELER, Dave</b> - 10 SHANNON BAY, WEST ST. PAUL	MF	Moe Salaam
<b>ROBLIN</b>		
<b>BAZAK, Michael</b> - 75 MEADOWBANK RD., WINNIPEG	Lib.	Carolyn Shimmin
<b>BRANDT-MURENZI, Sophie</b> - 14-745 WOLSELEY AVE., WINNIPEG	NDP	Kevin Dearing
<b>DRIEDGER, Myrna</b> - 183 BARKER BLVD., WINNIPEG	PC	Catherine Cronin
<b>NICHOLS, Kevin</b> - 710 BUCKINGHAM RD., WINNIPEG	GPM	Dirk Hoepfner

**Registered Parties in Manitoba**

- CPC-M** – Communist Party of Canada – Manitoba
- GPM** – Green Party of Manitoba
- Ind.** – Independent
- Lib.** – Manitoba Liberal Party
- MF** – Manitoba First
- MBFWD** – Manitoba Forward
- NDP** – New Democratic Party of Manitoba
- PC** – The Progressive Conservative Party of Manitoba

To see all candidates, visit: [electionsmb.ca](http://electionsmb.ca).

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# Interlake municipalities declare 'ag disaster'

By Evan Matthews

Twelve municipalities up Highway 6 have declared this season an "agricultural disaster" as they look to the province for some relief.

A news release sent collectively by the RMs of Alonsa, Armstrong, Bifrost-Riverton, Coldwell, Ethelbert, Fisher, Grahamdale, Lakeshore, McCreary, Ste. Rose, West Interlake and Woodlands declare a "State of Agricultural Disaster due to a severe drought situation."

"The lack of volume and frequency of precipitation in 2019 has caused considerable damage to the agriculture industry within the Interlake and Parkland regions," the press release reads, which lists Devan McCoubrey from the RM of Grahamdale as the media contact.

"Due to the extremely dry conditions, grain, hay and straw producers have faced severely reduced crop yields, and pastures have also been adversely affected throughout the growing season. These factors have led to diminished feed resources," it reads.

The feed shortage is also being attributed to, and compounded by, a depleted inventory of carryover feed from 2018 due to last year's dry conditions and a "long, cold," winter.

Affected livestock producers are now faced with "extraordinary" expenses to purchase and transport feed for their livestock.

Those producers are further incurring unplanned expenses to drill additional wells to provide water to their animals because dugouts have dried up.

Some producers are facing the prospect of having to sell a large portion of their livestock because of the high cost of providing feed. There is increasing desperation among farmers in the Interlake and Parkland regions, with some farmers predicting a "mass exit" by the industry's producers at season's end.

The various RMs' rationale for declaring the "ag disaster," according to the press release, is to call on the pro-

vincial government to start conversation with the federal government to do an assessment of the situation under the AgriRecovery Framework.

The AgriRecovery Framework is part of a suite of federal-provincial-territorial (FPT) Business Risk Management (BRM) tools under the Canadian Agricultural Partnership, according to the federal government. AgriRecovery is intended to help agricultural producers recover from natural disasters.

The RMs are also asking that an AgriRecovery program be considered to provide immediate feed and freight assistance and compensation for drilling additional wells or hauling of water to livestock, according to the press release.

The RMs are now asking the Manitoba government to prioritize a meeting with local producers, along with other industry stakeholders, to discuss the shortcomings of existing BRM programs and possible areas for improvement.

A provincial election happens on Sept. 10.

"Farming is a critical component of our local economies," the press release reads.

"The impact of an agricultural disaster of this magnitude has the potential to negatively affect not only the small towns within our municipalities but the entire provincial economy," it reads.

## Background on the ag disaster

On Thursday Aug. 22, the Lundar community hosted a meeting to discuss current seasonal conditions, current relief and aid programs, and how the industry can move forward, sources at the meeting told the *Tribune*.

Originally, the meeting strictly invited CAOs and municipal council members, with the meetings secondary purpose being a discussion about how to use upcoming provincial and federal elections to the region's advantage, sources said.

"We wanted to establish, is this just a really dry summer or is this an actual drought? Can we define this year's conditions? Can this be labeled an ag-

ricultural disaster?" The source asked.

"Then we went over what works and what doesn't work with our currently available programs, and what about them could be changed or innovated," the source went on.

The idea for the collaborative meeting sparked when an unnamed RM sent a letter to the province about seed and freight assistance, according to a source, who said farmers are buying hay at "a ridiculous price" and then paying that price a second time to have it shipped.

When the unnamed RM sent a letter to the province asking about partial — or, ideally, full — reimbursement in situations similar to what this year has presented, the province's response redirected the concerned RMs to existing relief and aid programs, the same programs many farmers continue to say, simply, don't work.

The *Tribune's* source named Agricultural Minister Ralph Eichler in the provincial response that directed farmers to existing programs.

A number of farmers have told the *Tribune* off the record that they believe there will be a large number of Manitoba Beef Farmers who attempt to exit the industry at year's end.

## MBP at the meeting

The Manitoba Beef Producers (MBP) also had representatives at the meeting including president Tom Teichroeb.

Teichroeb downplayed MBP's role at the meeting, as he said his organization was invited to and attended the meeting "in support of producers."

"We were invited to participate to have a listen and to see what the perspective is from the RMs. We talked about where we'd like to see adjustments (to funding aid), lobbying efforts, etc.," said Teichroeb.

"It was very constructive relating to what the situation is and is not."

## Background on this year's conditions

The agricultural and livestock production disaster, as it stands now, is best defined as an extreme shortage of

feed for beef cattle due to the dry season. Hay, specifically, has increased in price as a result of the shortage, while at the same time the cost associated with livestock sales is currently very low, according to the MBP.

This has tied the hands of many farmers in that there is no money to be made on the sale of their herds for the time being, while at the same time it is costing farmers more than ever to feed their herd.

This situation has led to many farmers potentially running the risk of being unable to feed their livestock, but also unable to sell, which translates to a mass slaughter using a "kill facility" as a last resort.

Economically, it translates to a waste of livestock and capital funds, according to the MBPA.

Of anywhere in the province, the rural municipalities of Coldwell, Armstrong and Woodlands — the northwest Interlake — are some of the most affected areas, according to MBPA president Tom Teichroeb.

In the RM of Armstrong, for example, beef production is a large part of the Fraserwood and Inwood economy, according to MBP.

According to the MBP, some local farmers expressed interest in having the review of programs like Agro Stability, Crop Insurance, and Livestock Price Insurance as part of politicians' campaigns, as both a federal and provincial election are just around the corner.

Having said that, Teichroeb re-iterated he believes in Manitoba's potential as a beef production market, and in the potential of Business Risk Management (BRM) programs.

The aforementioned funding programs — Agro Stability, Crop Insurance and Livestock Price Insurance — are a combination of Federal and Provincial Government funding, as Manitoba's Minister of Agriculture Ralph Eichler said the feds have control over the policies and legislation, while the province is left to administer the application and funding processes.

# Kinsmen Krushers seek players for Leafs alumni match

By Jennifer McFee

The Kinsmen Krushers are hoping to score some support to reach their fundraising goal through an upcoming game versus the Toronto Maple Leafs alumni team.

On Oct. 27, the two teams will face off at the Veterans Memorial Sports Complex as the final fundraising

event for the long-anticipated splash pad project.

"The Krushers are looking for players 35 and older to join the team," said spokesperson Chris Luellman.

"There are also two Thrill of a Lifetime spots available for anyone who wants to play with and hang out with the Maple Leafs."

An opportunity to play costs \$800, and the player will receive tickets to sell to help offset the cost. The Thrill of a Lifetime spots cost \$1,500 for players who would like to join the Leafs team. One assistant coach position is available at a cost of \$1,000.

The funds will go towards the Kinsmen splash pad, which is a \$250,000

recreational facility that the organization is gifting to the Town of Stone-wall.

For more information or to get involved in the alumni game, contact Kerry Hendry by calling or texting 204-793-9428 or emailing benbow@mymts.net.



# Stonewall's Terry Fox Run set for Sept. 15

**Staff**

The legacy of Terry Fox lives on, and the community has the chance to contribute to his crusade to find a cure for cancer through the upcoming annual run.

For the 39th year, the Terry Fox Run will take place in Stonewall to raise funds for the Terry Fox Foundation. This year's event is set for Sunday, Sept. 15 at Quarry Park. The five-kilometre event is pet-friendly and is accessible for wheelchairs, bicycles and rollerblades.

Cathy Goresky, who chairs the event, said that the local event is open to everyone.

Registration begins at noon at the Heritage Arts Centre, and the event kicks off at 1 p.m. Cancer survivors will be wearing pink. T-shirts are available for purchase for \$20.

There will be a warm-up before participants head up town lead by bagpipers. The route will be marked with Terry Fox signs.

Terry Fox viewed himself as an ordinary Canadian but his extraordinary

story of incredible personal sacrifice has spread to every corner of the globe. Every year Canadian ex-pats work together with the local population in 33 countries to organize Terry Fox Runs, with the support of Canadian Forces, Embassies and High Commissions. These events not only raise funds for cancer research but they also provide something intangible: an inspirational example of a man whose effort and legacy transcends language, culture and politics.

To date, more than \$750 million has been raised in Terry Fox's name for cancer research. Each year, more than 9,000 Canadian communities host Terry Fox Runs in an effort to raise funds for the cause.

Anyone who would like more information or to get involved as a volunteer can contact Goresky at 204-467-5842.

For those who are unable to attend the event, they can make donations through the Terry Fox Foundation website at [www.terryfox.org](http://www.terryfox.org).



TRIBUNE PHOTO SUBMITTED

The 39th annual Terry Fox Run will take place in Stonewall on Sunday, Sept. 15. Registration is noon at the Quarry Park Heritage Arts Centre.

## Manitoba Open Farm Day – hosted by Manitoba Association of Agricultural Societies

**Submitted**

Plan to bring your family, your friends, your neighbours and attend the 10th Manitoba Open Farm Day event on Sunday, Sept. 15, 2019. There are 56 diverse host sites across the province to visit and learn from.

What is Open Farm Day? Open Farm Day is a unique opportunity for urban and rural Manitobans to improve their knowledge, understanding and increase their appreciation of our very vibrant agriculture industry. The many opportunities include choosing to participate in a value added industry — a brewery, tour one of six dairy farms, attend one of the four agricultural societies planned events, bison ranches, mixed farms, grain/oilseed farms, agriculture museums and oh so much more across the province. Other activities can include a stroll through one of two greenhouses, experience agri-tourism, a tour of the Bruce Campbell Discovery Centre to learn where our food comes from and how it gets from the farm to your plate, to see and engage with producers and the local Conservation Districts on their unique partnerships in addressing environmental and water issues, learn how produc-

ers partner with other organizations to help protect and preserve wildlife, and increase the awareness of the impact of forage and grasslands upon our environment.

Come and visit one or a number of farms — to see a sneak preview of different sites — check out the Manitoba Open Farm Day Facebook page or Travel Manitoba Facebook page and then go to [www.openfarmday.ca](http://www.openfarmday.ca) and click on Host Sites to plan your day. Information is available per regions and includes directions to sites, the hours open and the various events and activities taking place at each Host Site on Sunday, Sept. 15.

If you wish not to drive, you can take advantage of a tour by contacting Heartland Travel Tours and visit four Open Farm Day Host Sites in and around Portage la Prairie. You may call Heartland Tours at 204-989-9630 to book your spot on the bus.

You may also consider staying overnight in the area to experience a full day in rural Manitoba. For locations, fees and bookings, visit [www.bedandbreakfast.mb.ca](http://www.bedandbreakfast.mb.ca). To take in a Manitoba fall supper, check out the Manitoba Fall Suppers Facebook page to see what communities are hosting a fall supper.



TRIBUNE FILE PHOTO BY NATASHA TERSIGNI

Natalie Hornby pets a calf at Mission Trails Farms during Open Farm Day last year. The Porteous family will be offering tours of their farm this year on Sept. 15. Visit [openfarmday.ca](http://openfarmday.ca) to see a full listing of participating farms.

Open Farm Day is hosted by Manitoba Association of Agriculture Societies (MAAS).

**All Saints Victoria Church**  
**Harvest Service**  
**Sunday, September 15th**  
**at 2:00 pm**  
**For info call 204-461-1734**  
**Everyone Welcome**

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# Mark your calendar for 18th annual Breast Cancer Walk

Liliane Baron South Interlake Breast Cancer Support Group annual event Sept. 8

By Jennifer McFee

It's nearly time to get decked out in pink for the 18th annual Breast Cancer Walk and Family Fun Day.

On Sunday, Sept. 8, the Liliane Baron South Interlake Breast Cancer Support Group will host the annual event. Registration is at noon at L.J. Baron Realty (62 Main St. in Teulon), and the event begins at 1 p.m.

Attendees can look forward to prizes for best dressed in pink, best-dressed wagon or bike, and best dressed pet.

The event will feature a barbecue, cake and refreshments, as well as music by 2ManBand and a comedy by John Dear "Green Neck."

All funds raised will go towards support and services for South Interlake residents with breast cancer.

For Lorrie Kratzer, the cause is close to her heart.

"In November 2017, I was diagnosed with breast cancer and it was a little bit of a life changer, that's for sure. It was triple negative breast cancer, so it's not as common as some breast cancer," said Kratzer, who lives just outside of Stonewall.

"But it is what it is. You have your moment of feeling sorry for yourself and then you say 'OK, let's deal with it.'"

She received a phone call to let her know about the local breast cancer support group, which serves Teulon, Stonewall, Stony Mountain, Argyle, Balmoral, Gunton, Warren, Woodlands, Komarno and Inwood.

"The support group was there if I needed it. If I wanted to join up and talk with women who were going through similar situations, they were there to provide support for me," she said.

"I didn't go to the first few meetings because I was having some rough times with chemo, which was coinciding with their meetings. Eventually, I decided to go and just fell in love with every single one of them. They are just an amazing, strong and supportive group of women."



TRIBUNE FILE PHOTO BY NATASHA TERSIGNI  
The Liliane Baron South Interlake Breast Cancer Support Group will host the annual walk on Sunday, Sept. 8.

The group brings in guest speakers and provides information about how to improve life during difficult times, she added.

"It's a group you can go to and not talk if you don't feel like it. Other times, we laugh and talk and cry together," Kratzer said.

"What I really like about this group is that we don't spend the whole time talking about our medical issues. We talk about many, many other things — about life and how to get ourselves healthy and keep ourselves healthy."

To top it all off, the group hosts the annual walk and uses the funds to provide support directly to Interlake residents who have breast cancer.

"We provide moral support or infor-

mation and invite them to the group if they need some encouragement. We also provide services, so if a women is going through her treatments and she's just unable to clean her house or make meals or whatever the case may be, then we can do that with the funds that we raise through this Breast Cancer Walk," Kratzer said.

"There are some things that Cancer-Care doesn't provide that we can provide. So we're not only providing the mental support, we're providing some financial support for women who are unable to do it themselves as well."

The fundraising walk is also an opportunity to create a bond with other women and their families who might

Continued on page 25



Teulon - St. Cyprian's Anglican Church Hall	Sept. 14 4:30 & 6:00pm
Warren - Warren Memorial Hall	Sept. 15 3:00-6:00pm
Argyle - Argyle Curling Rink	Sept. 22 3:00-6:00pm
Gunton - Gunton Greenwood Community Hall	Sept. 28 4:00-6:00pm
Meadows - Meadows Community Hall	Sept. 29 4:00 or 6:30pm
<i>Sittings, Reservations 204-322-5637</i>	
Grosse Isle - Grosse Isle Community Centre	Oct. 6 3:00-6:00pm
Woodlands - Woodlands Hall	Oct. 14 3:00-6:00pm
Stonewall - New Life Church	Oct. 26 3:00-6:00pm
Stonewall - Red Barn	Nov. 3 3:30-6:30pm

**Teulon ALUR Fellowship Circle FALL SUPPER**  
**Saturday, September 14, 2019**  
 St. Cyprian's Anglican Church Hall 60-2nd St. S.E. - Teulon  
**4:30 p.m. & 6:00 p.m.**  
**TICKETS REQUIRED AND AVAILABLE AT:**  
 Kozy's Productions 92 Main St. - Teulon  
 Bev 886-3374 or Debbie 886-2378  
**Adults \$15 Ages 5-10 \$8 Under 4 Free**

Only 50 Take Out Tickets Available

Watch for details with important dates

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**Fall 2019**

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**JUST LISTED - Affordable 2.87 acres** redone its a beauty and only **\$279,900**, 1800 sqft, North of Warren - Matt



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**Just Listed - 5 acres, gorgeous private yard with pond**, 1000+ sqft bungalow - Balmoral Area - **\$304,900** - Alycia



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**If you dare to dream**, exquisite, brand new, 1994 sqft with everything imaginable - Stonewall - **\$479,900** - Ryan



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**Seeing is believing! 40 acres of love**, fantastic 5824 sqft bungalow, year round in home pool and hot tub, 30x50 - 4 door shop, barn, -Stonewall area - **\$649,900** - Brandt



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**Country chalet on 10 acres** just off Hwy with 60x40 shop, 14' overhead doors - 1660 sqft - Just off 67 - **\$519,900** - Matt



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**Prime 40 acre treed property** - 10 acres groomed trails, heated shop 22x30, 2318 sqft, just west of Stonewall - **\$469,900** - Susan



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**Meticulous family home inside and out!** 1202 sqft - Stonewall - **\$369,900** - Matt



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**Rarely offered - walk out basement bungalow**, large treed property with a good home and good neighbours in the small town of Stony Mountain - 1872 sqft - **\$279,900** - Blair



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**The open plan design allows the cook to chop, stir and socialize all at once**, 1224 sqft, garage - Stonewall - **\$319,900** - Brandt



You Tube

**Nothing left untouched - its a beauty, time to enjoy family and friends** - 1354 sqft - **\$324,900** Teulon - Matt



**SOLD**

RM OF ROCKWOOD



You Tube

**10 years young and built to pamper family and friends**. Super bright, cherry cabinets, 2047 sqft - Argyle - **\$329,900** - Blair



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**Live the good life, country style 2.26 acres** in small subdivision - shop, 1634 sqft - south of Stonewall - **\$499,900** - Susan



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**For the large family, 2 floors ideal for teenagers** - 4 bedrooms, 2490 sqft, Bi-level in Warren - **\$309,900** - Matt



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**Enjoy the fresh air country living 10 minutes from Winnipeg in Grosse Isle**. 2219 sqft, **\$249,900** - Brandt



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**SOLD**

RM OF ROCKWOOD



**SOLD**

STONEWALL



**SOLD**

STONY MOUNTAIN

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# fall registration 2019-2020

Stonewall Community Registration Evening, Tuesday, September 10, 2019, 6:00-8:00 p.m. at the Sunova Curling Rink

## The Cadet Program

\*files from Government of Canada  
The Cadet Program is one of the largest federally sponsored youth programs in Canada that includes:

- The Royal Canadian Air Cadets.

It is a national program for young Canadians aged 12 to 18 who are interested in participating in a variety of fun, challenging and rewarding activities while learning about the Sea, Army and Air activities of the Canadian Armed Forces.

Cadets are encouraged to become active, responsible members of their communities. They make valuable contributions to Canadian society on a daily basis in terms of environmental, citizenship and community activities.

Cadets also learn valuable life and work skills such as teamwork, leadership and citizenship.

**Cadets are not members of the Canadian Armed Forces**, nor are they expected to join the military. While they are introduced to Sea, Army and/or Air activities of the Canadian Armed Forces and certain traditions, they are also introduced to many other respectable career choices that are available to them.

Through the Cadet Program, the Government of Canada is investing in today's youth and Canada's future.

The Cadet Program is community-based. The program succeeds through strong community support and involvement. Cadets in turn make valuable contributions to their communi-

ties.  
What do we do?  
Cadets choose to join either the Sea, Army or Air Cadet Program. Sea Cadets learn seamanship skills and how to sail. Army Cadets focus on adventure training activities such as outdoor activities and international expeditions. Air Cadets learn the principles of aviation, while some learn to become glider pilots, pilots of engine-propelled aircraft or both.

Why do youth aged 12 to 18 years old join cadets?

- To have fun;
- To be with their friends or to make new ones;
- To partake in interesting and unique challenges;
- To participate in diverse training at no cost;
- To learn valuable life skills (work and personal);
- To improve their self-confidence and sense of responsibility;



- To pursue an interest in the Canadian Armed Forces; and to be part of a program that is both welcoming and nurturing, where they feel included and have a sense of belonging.

Five things to remember about the Cadet Program

- Invites all Canadian youth aged 12 to 18;
- Instills Canadian military values;
- Develops in youth attributes of citizenship, leadership and fitness;
- Balances safety and challenge; and
- Leaves a positive life-long impact through a set of

positive youth outcomes.

Five things to remember about Cadets

- Cadets are proud Canadians and proud citizens;
- Cadets are healthy in mind and body;
- Cadets contribute to Canada's future;
- Cadets seek and appreciate healthy discipline; and
- Cadets represent Canada in a positive light

**JOIN NOW**

Visit us at Registration Night Sunova Curling Rink, Stonewall  
Tuesday, September 11th 6:00 - 8:00 pm

**Sparks K-Gr. 1 ♦ Brownies Gr. 2 & 3**  
**Guides Gr. 4-6 ♦ Pathfinders Gr. 7-9**  
**♦ Rangers Ages 15-17**  
**• Adult Volunteers Needed •**


**1-800-565-8111 www.girlguides.ca**

 **Sparks & Brownies meet in Stony Mountain**  
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**Ages 3-7 (2012-2016)**

**Practises at Balmoral Rec Center**  
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**Games on weekends.**

To register or more information: [www.interlakeringette.ca](http://www.interlakeringette.ca)  
Registration Questions: [interlakeringetteregistrar@gmail.com](mailto:interlakeringetteregistrar@gmail.com)  
R4U related questions: [interlake.r4u@gmail.com](mailto:interlake.r4u@gmail.com)



**Interlake Bujinkai**  
**Karate Club**

**Open to all ages**

Join us at Registration Night  
on September 10 for more info.

 **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 10th, 2019  
6:00 - 8:00 p.m. - Sunova Curling Club

REGISTER AT [WWW.SKITEULON.CA](http://WWW.SKITEULON.CA)

COME JOIN THE  
**TEULON**  
**CROSS**  
**COUNTRY**  
**SKI CLUB**

SINGLE ADULT: \$65 FAMILY: \$85





**Stonewall Community Registration Evening, Tuesday, September 10, 2019, 6:00-8:00 p.m. at the Sunova Curling Rink**

# How to help a child who struggles to make friends

Realizing that your child is never invited to classmates' birthday parties and seems to spend their days alone at school can be upsetting. Here's what you can do to help.



## UNDERSTAND THE CAUSE

Try to understand why your child is isolated. Perhaps they're aggressive, shy or arrogant. Or maybe they're being bullied. If you can't find an explanation, talk with their teachers to get more insight into the matter.

Ask your child about how they perceive their social situation and what they feel about it. They might be sad, angry or confused. However, some kids enjoy solitude.

If your child doesn't appear bothered by the situation, don't force them to make friends. But if they're lonely or feel excluded, try to help them come up with solutions.

## PROVIDE ASSISTANCE AND SUPPORT

Sometimes kids need help bonding with other children. If this is the case with your child, bring them to the park or organize family outings that include kids in the same age group.

Additionally, participating in extra-curricular activities might allow your child to build confidence and meet others who share their interests.

Above all, the most important thing to do is to communicate with them. Listen to what they have to say about their attempts to make friends. When they're ready, allow them to forge bonds with others on their own terms.



**Stonewall Skating Club  
Registration for the  
2019 - 2020 Season**

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

**CanSkate Learn to Skate - October 7 to March 12**  
(For children ages 4 and up)  
\*\*All skaters registered for Canskate will have their name entered into a draw to win back their registration fee. Draw will take place on October 7, 2018 at 6:45 p.m.\*\*  
**CanSkate is now a TWO DAY PROGRAM:**

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

CSA approved helmets and mittens are required.  
Skate Canada insurance fee of approx. \$43.65 is not included in Canskate Registration fee.

<b>Canskate</b> Mondays/Thursdays (45 minute sessions)	6:30 - 7:15 PM	Program details available at registration
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**StarSkate** Would your child like to learn figure skating? Join the **Skate Canada Star Program.**

<b>StarSkate 1</b> Mondays Thursdays	Sep 16/19 to March 20/20 4:45 - 5:45 PM 4:45 - 5:45 PM	Program details available at Registration or email the Club
<b>StarSkate 2</b> Mondays VMSC Thursdays VMSC Fridays Ice Palace	Sep 16/19 to March 20/20 4:30 - 6:00 PM 4:30 - 6:00 PM 4:30 - 6:00 PM	Program Details available at Registration or email the Club

**Star 3 and higher programs - Sep 16/19 to March 20/20.**  
New Program Format and Registration Fee information for Star 3 and higher is available from [stonewallskatingclub@gmail.com](mailto:stonewallskatingclub@gmail.com).

Mondays Thursdays Mondays Fridays	4:15 - 6:00 PM 4:15 - 6:00 PM 6:15 - 7:15 PM 4:30 - 6:00 PM	*Group lesson format*  **Purchase of ice time only. Private/semi-private coaching separate**
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Skate Canada Insurance Fee is non-refundable - Time payments are available - Fundraising deposit per family is payable at registration Programs may be cancelled if registration does not meet minimum requirements.

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



**Visit the following advertisers  
at our FALL REGISTRATION NIGHT  
TUESDAY SEPTEMBER 10th 6:00pm-8:00pm  
at the Sunova Curling Rink in Stonewall**

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Blue Daisy Music Studio  
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Interlake Bujinkai Karate Club  
Interlake Ringette  
Jansen School of Dance  
Keyboard Ventures  
Quarry Bowling Lanes  
Quarry Choristers  
Royal Canadian Air Cadets  
Stonewall Curling Club  
Stonewall Girl Guides  
Stonewall Karate  
Stonewall Powerskating  
Stonewall Scouts  
Stonewall Skating Club  
Warren Power Skating**

**Warren Power Skating**

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

**Wednesday Evenings  
Oct. 16 - March 11  
\$280 for 20 weeks  
(45 minute classes)**



**REGISTRATION**

**Tuesday, Sept 10 6-8 pm at the  
Stonewall Sunova Curling Club**  
or call Tara-Lee 204-383-5262  
or email [tara-lee@mymts.net](mailto:tara-lee@mymts.net)  
*Sticks and helmets with a mask are mandatory for this program*





# fall registration 2019-2020

Stonewall Community Registration Evening, Tuesday, September 10, 2019, 6:00-8:00 p.m. at the Sunova Curling Rink



Whether you're a beginner or advanced, music lessons can be a lot of fun.

## Let the music begin!

Some people fall in love with music during a particularly moving live performance or by spending uncountable hours playing a musical video game, such as Rock Band or Guitar Hero. Others discover that they have an innate sense of rhythm or perfect pitch.

No matter what triggers a person's interest, every reason is a good one for taking a music class.

Many different kinds of music lessons are available, with either a private tutor

Continued on page 20

### IT'S TIME TO START CURLING

### DID YOU KNOW

Our online registration system is now open

We offer an Adult Learn to Curl Program

We offer Junior Programs for all ages 5-17

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

Details can be found on our website

Stonewall Curling Club  
www.stonewallcurling.com

## Stonewall Karate

**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)

Regular Classes  
Start September 3rd

### Veterans Memorial Club

(White Stucco Building beside the soccer fields)  
Stonewall, MB

Contact: Sensei Deborah Hinds  
Phone: 467-5787 email: drhinds@mts.net

### Little Tigers

Tuesday  
Girls & Boys ages 4-7  
Classes start Sept. 17  
Sign up at  
**REGISTRATION NIGHT**  
TUESDAY, SEPTEMBER 10<sup>TH</sup>  
Sunova Curling Rink

**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 • Songwriting

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

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

### 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

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

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

**Celebrating 27 Years in Business!**

Join Us Sept 10th 6-8 pm  
Registration Night at Sunova Curling Club

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

## FALL BACKCOUNTRY FITNESS & CONDITIONING

Inspiring Lives. One Body At A Time

# BOOTCAMPS

### LETS GET YOU REGISTERED

**Fall schedule (Begins Sept 9)**

**Co-Ed class schedule:**

**Monday:**  
9:30 am - 10:30 am (Warren hall)  
6:15 pm - 7:15 pm (Warren E school)  
7:30 pm - 8:30 pm (Warren E school)

**Tuesday (Starting October 8)**  
9:30 am - 10:30 am (St. Laurent)

**Tuesday:**  
6:30 pm - 7:30 pm (St. Laurent school)

**Wednesday:**  
9:30am - 10:30 am (Warren hall)  
6:15 pm - 7:15 pm (Warren E school)  
7:30 pm - 8:30 pm (Warren E school)

**Thursday:**  
6:30 pm - 7:30 pm (St. Laurent school)

**Saturday:**  
8:30-9:30 am (Warren E school)

**Moms and kids class!**

**Members receive:**  
Exclusive access to a members FB group, chance to participate in monthly fitness challenges, win prizes and exclusive member only deals for our online wellness programs (starts in fall 2019)

**Class punch cards available (no expiry date on classes).**

Email backcountry4fitness@gmail.com  
**TO BOOK YOUR SPOT & Get registered for your fall health and wellness program.**

Sincerely your local trainer & lifestyle coach,  
**Christina Hooper**





# fall registration 2019-2020

**Stonewall Community Registration Evening, Tuesday, September 10, 2019, 6:00-8:00 p.m. at the Sunova Curling Rink**

**COME DANCE WITH US**

**NO EXPERIENCE REQUIRED**

**FOR INFORMATION: WWW.SDUKRAINIANDANCE.COM  
EMAIL: SDUKRAINIANDANCE@GMAIL.COM**

**CLASSES HELD MONDAYS AT HAPPY THOUGHT SCHOOL. BEGINNING SEPTEMBER 9TH REGISTRATION DATE: MONDAY SEPT 9TH 6PM-7PM**

SELKIRK & DISTRICT UKRAINIAN SCHOOL OF DANCE INC.



## > MUSIC, FROM PG. 19

or in a music school. Choosing a musical instrument to learn can be daunting, but just remember that you can always change your mind later.

Instruments are classed into three main categories, depending on the way they produce sound. The first comprises string instruments — guitar, harp, harpsichord (plucked strings), piano (strings hit by a hammer), and violin (drawing a bow across the strings). Some instruments, such as the double bass, can be played by plucking the strings for a jazzier style, or by drawing a bow across them for a more classical style. The voice can also be considered as a string instrument.

The second category includes wind instruments, which are divided into two sub-categories: woodwinds (i.e., flute, clarinet, saxophone, oboe, bassoon, harmonica, and accordion) and brass (i.e., trumpet, trombone, tuba, and horn).

The third category consists of percussion instruments, such as drums, timbales, djembe, bongos, conga, xylophone, maracas, triangle, claves, castanets, rattles, spoons, tambora, and tambourine.

Most music schools offer exploratory courses, which allow students to try a wide range of instruments in order to discover the one that suits them best.

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

# Jansen School of Dance

**Stonewall Location**

**Ages 3-Adult**  
Registration for 2019-2020  
Tuesday, September 10, 2019  
6:00 - 8:00 pm  
Sunova Curling Club  
*Under the direction of Patsy Newman*

*Classes run Saturdays from October to May  
Year End Recital*

**For information  
Call 204-471-2345  
patsynewman@gmail.com  
www.jansenschoolofdance.com**

## Power Skaters Wanted

**Are you interested in becoming a powerful, agile skater?**

**Registration Night Tuesday, September 10th  
6:00-8:00 p.m. at Sunova Curling Rink**  
Session to run October 15 to December 17, 2019 and January 7 to March 10, 2020 (Total of 20 weeks)

**BEGINNER • INTERMEDIATE • ADVANCED LEVELS**

**TUESDAYS**  
Level 1... 4:00 to 4:45 (7, 8 & 9 yrs)  
Level 2... 4:45 to 5:15 (8, 9 & 10 yrs)  
Level 3... 5:30 to 6:15 (9 & 10 yrs)  
Level 4... 6:15 to 7:00 (11 & 12 yrs)

\*ages are only a guideline, skaters are evaluated & classed on ability  
**Cost: \$280 for 20 weeks / \$180 for 10 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**





**Stonewall Community Registration Evening, Tuesday, September 10, 2019, 6:00-8:00 p.m. at the Sunova Curling Rink**

# fall registration 2019-2020

## Discovering martial arts: which discipline to choose?

You'd like to build some muscle or improve your cardiovascular capacity and flexibility? Martial arts are ideal for those and all kinds of other benefits. And it goes far beyond the physical realm. Martial arts improve self-control, self-discipline, respect for others, self-confidence and concentration. Best of all, these practices reduce personal stress. What's more, you're sure to find a discipline that suits you because martial arts are as numerous as they are varied.

To choose a martial art, you should first determine your budget: kendo armour, for example, costs more than a karate kimono. You should also

think about what your interests and motivations are: personal mastery, self-defense, weapons training or competition? If you're looking for better inner balance or spiritual development, tai chi, qigong and aikido are ideal, as are the martial arts taught by masters, such as karate or judo. Why is a master important? Because your instructor will teach you the philosophy behind the discipline at the same time as the technique.

You'll need to take into account your physical limits when choosing. If you suffer from back pain, for example, avoid martial arts that involve a lot of flips and falls, such as jiu-jitsu or judo. Dis-

ciplines that involve a lot of jumps, such as taekwondo, should also be avoided.

If you're not sure which martial art is best for you, check with the various clubs about the possibility of a few trial sessions.



Martial arts improve cardiovascular capacity and self-confidence, among other things.

### BALMORAL JUDO CLUB

**IN-CLASS REGISTRATION:**

**STONEWALL COLLEGIATE GYM**  
Thursday September 12 &  
Monday September 16  
7:00 to 8:30 pm

**SUNOVA CURLING CLUB**  
Tuesday, September 10  
6:00 - 8:00 pm

Ages 7 years and up

*For further information please contact:*  
**Milton Good 467-8854 or Jason Rogowsky 467-9869**

## Balmoral Power Skating

### Saturdays

9 a.m. - Learn to skate (3-5 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)

**\$280 - 20 weeks / \$180 - 10 weeks**

**Balmoral Recreation Centre**

**October 19, 2019 to December 21, 2019**  
**January 11, 2020 - March 21, 2020**

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 10 at VMSC 6:00-8 p.m.

## BALMORAL REC HOCKEY PROGRAM

Open to Boys & Girls – Birth Years 2002 - 2014  
\$185 per player. One hour once a week in Balmoral.  
Starting mid October  
and ending in mid March.

**NEW Merchandise  
to try on & order!**

*For more information email*  
**recbalmoralhockey@gmail.com**

Registration Night Tues, Sept 10 6-8 pm Sunova Curling Rink

## fall registration 2019-2020

**Stonewall Community  
Registration Evening,  
Tuesday, September 10, 2019,  
6:00-8:00 p.m.  
at the Sunova Curling Rink**

**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 204-515-7418, or come on down Thursday nights and check us out.

**JOIN US FOR REGISTRATION ON**  
Tues., Sept. 10 6-8 pm at Sunova Curling Rink  
or Thurs., Sept. 12 7-9 pm at Stonewall Collegiate,  
with regular parades at the Legion after that.



# get inspired

> MEAL IDEAS



Recipe courtesy of chef Rob Corliss on behalf of the National Honey Board  
Servings: 4

Honey Leches:

- 2 tablespoons blueberry honey
- 1/4 cup evaporated milk
- 1/4 cup light coconut milk
- 3 large eggs
- 1 teaspoon pure vanilla extract
- 1/2 teaspoon ground cinnamon

Berry Garnish:

- 1/2 cup fresh raspberries
- 1/2 cup fresh blueberries
- 1/2 cup fresh strawberries, sliced

Hot Honey:

- 1/2 cup blueberry honey
- 1/2 teaspoon cayenne pepper

Pound Cake:

- 8 small slices premade pound cake
- nonstick cooking spray

To make Honey Leches: In mixing bowl, whisk blueberry honey, evaporated milk, coconut milk, eggs, vanilla extract and cinnamon to evenly combine. Keep chilled.

To make Berry Garnish: In mixing



## Honey Leches French Toast

bowl, lightly toss raspberries, blueberries and strawberries to evenly combine. Keep chilled.

To make Hot Honey: In small mixing bowl, whisk blueberry honey and cayenne pepper to evenly combine. Keep warm so hot honey is pourable.

Heat electric griddle to 375 F.

Arrange pound cake slices, side by side, flat, in casserole dish or pan with sides. Pour Honey Leches over and around pound cake slices; soak 1 minute.

Lightly coat griddle with nonstick cooking spray. Remove pound cake slices from Honey Leches, allowing liquid to drain off, then place each slice on hot griddle.

On griddle, cook pound cake slices approximately 2 minutes on each side until golden crispy and hot throughout.

To serve, place two overlapping pound cake slices on plate (four plates total). Top each with approximately 1/4 cup mixed berries then drizzle each with approximately 2 tablespoons hot honey.

Photo courtesy of Getty Images (French toast)



## Parenting for Self-Sufficiency

pare meals and learn to change the oil in their car. By the age of fifteen or sixteen they should begin some part time work. They should be taught how to save-even to invest. They also could be responsible for purchasing some of their own products.

Children who are raised to be self-sufficient develop confidence and positive self-esteem. They grow up to be productive adults who take responsibility for their lives, their needs and their finances. They will not collapse under stress looking around for someone to bail them out. Parenting for self-sufficiency creates strong individuals and a strong society.

Gwen Randall-Young is an author and award-winning Registered Psychologist practicing in Sherwood Park, Canada. For information on her books, MP3 recordings and resources go to [www.gwen.ca](http://www.gwen.ca) Follow her on Facebook for daily inspiration.

What is it that makes the difference between being a "survivor" or a "victim" when life challenges us? I reflected upon this recently and came to the conclusion that it was having a sense of self-sufficiency in life. Self-sufficiency means the ability to supply one's own needs.

The development of this quality begins in early childhood, and comes naturally to humans. Think of the two-year old who adamantly insists, "I do it myself!" It starts with feeding oneself, dressing oneself, and progresses to learning to read to oneself.

Children should be encouraged to practice self-sufficiency at every stage-that means we do not do things for them that they are capable of doing themselves. They can learn to help with meal preparation, doing laundry and cleaning. They can help with grocery shopping, and washing the car.

As they get older they can pre-



Recipe courtesy of chef George Duran on behalf of Jarlsberg  
Servings: 4

- 4 thick chunks Jarlsberg cheese
- 1 tablespoon hot sauce
- 1/4 cup mayonnaise
- 1 pound ground beef
- 1/2 pound ground pork
- 1 onion, finely chopped (about 1 cup)
- 1 cup chopped cooked bacon
- 3 tablespoons sundried tomato paste
- 3 tablespoons breadcrumbs
- kosher salt
- freshly ground black pepper
- nonstick cooking spray
- 4 eggs for frying (optional)
- 4 hamburger buns
- 8 thin slices tomato

## Brooklyn Bacon Bonanza Burger

Place cheese in freezer about 1 hour ahead of time.

Heat grill to medium-high heat. In small bowl, mix hot sauce and mayonnaise; set aside.

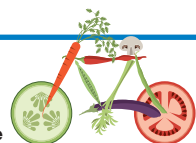
In large bowl, season beef, pork, onion, bacon, tomato paste and breadcrumbs with salt and pepper. Using hands, mix until well combined.

Using hands, form meat mixture into four balls. With thumb, make indentation in centers of balls and place one chunk cheese in center of each. Begin shaping burgers around cheese until patties form.

Spray grill grates with nonstick spray. Grill burgers, turning frequently, until cooked through and cheese begins to ooze out, about 8-10 minutes.

In nonstick skillet, fry eggs, if desired; set aside. Serve burgers on hamburger buns with chipotle-mayo, tomato slices and fried eggs.

Do you have a Health or Wellness Business? Call Stephanie at 204-467-5836 to advertise



## Happy Lunchbox

Recipe courtesy of the National Watermelon Promotion Board

Watermelon, cut into sticks  
yogurt, for dipping berries

Watermelon Kebabs:  
18 cubes (1 inch each) seedless watermelon

6 cubes smoked turkey breast  
6 cubes cheddar cheese  
6 coffee stirrers or beverage straws  
In small plate with dividers, assemble watermelon sticks with yogurt in one section and berries in separate section. To make Watermelon Kebabs: Skewer watermelon, turkey and cheese cubes on stirrers or straws. Assemble in third section of plate.

Live life to its fullest with



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Allana Sawatzky  
[allana333@hotmail.com](mailto:allana333@hotmail.com)

Janice Gulay  
[jkaraim@mymts.net](mailto:jkaraim@mymts.net) (c) 1-204-648-3836

Rose Sawatzky  
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SHARPEN YOUR PENCILS!

# It's back-to-school *time*

## 10 tips to get your children interested in reading



Reading is crucial for academic success, but it's also a great way to help kids develop their imagination and creativity. Here are 10 ways to make reading more enjoyable.

1. Let them choose what to read and help them find books that speak to their interests.

2. Make reading more fun. Change your voice when reading stories out loud, or have your child read every other page. When they're older, share a nice moment by sitting alongside each other as you each read your own book.

3. Engage them. Ask them what they liked, answer their questions about what they read and explain difficult words. Showing interest in the books your kids enjoy will motivate them to keep reading.

4. Set up an inviting reading nook at home.

5. Make reading a part of your child's daily routine. Aside from reading at bedtime, you can also slip notes into their lunchbox and get them to help you read road signs, your grocery list and even your mail.

6. Make time for regular reading in your own routine. Your children will likely want to imitate you. Share your enthusiasm

for what you're reading and demonstrate how fun it can be.

7. Make them read aloud. Be patient and congratulate them when they do well.

8. Listen to audio books. Hearing the words as they follow along in their book facilitates learning.

9. Diversify their reading materials. In addition to books, get them comics, illustrated novels and magazines.

10. Visit a library. Many offer activities for children and they're typically staffed with people who want to share their passion for reading.



### Woodlands Physiotherapy Services

Treatment for Muscle-Joint Pain

Back and neck pain; Sports Injuries  
Arthritis; Post surgery  
Fibromyalgia; Headaches  
Orthotics; Acupuncture

Direct Billing to MPIC, WCB & Blue Cross  
Open Tues & Thurs - Home Appts Available

**78 Porteous Ave. Woodlands 204-383-5465**

## SMILE, It's Back-To-School Time!

**Beat the Rush - Book your Appointment NOW!**

ACCEPTING  
NEW  
PATIENTS

**Dr. Stacey Benzick**

**Dr. Simi Singh**

**Dr. Carolyn Robertson**

**Creating Smiles for the Entire Family**

## QUARRY Stonewall Dental Centre

345 Main Street, Stonewall **204-467-2177**

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PHYSIOTHERAPY  
AN *inMotion* CLINIC

**Stonewall 204-467-9101**  
[inmotionnetwork.ca](http://inmotionnetwork.ca)

## Have you considered a Back to School check-up?

- . Physiotherapy . Chiropractic
- . Nursing Foot Care . Orthotics
- . Massage Therapy . Acupuncture
- . Personal Training . Laser Therapy
- . Occupational Therapy . Athletic Therapy

Direct Billing to most insurances. No referral necessary.



# Activities for Seniors in Your Area



## September 2019 Calendar of Events!

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

Clip & Save

### August 2019

Sept 3 Book Club @ 9:30 am  
Sept 3 Hop, Drop & Shop @ 10:00 am  
Sept 5 Bingo @ 1:30 pm  
Sept 6 Landscape Quilting @ 10:30 am  
Sept 6-8 Pickleball Tournament  
Sept 9 Cribbage Tournament @ 1:00 pm  
Sept 9 Active Wellness Club Starts  
Sept 10 Travel Club @ 1:00 pm  
Sept 11 Luncheon @ Noon  
Sept 12 Bus Trip – Pineridge Hollow @ 9:30 am  
Sept 12 Jive-ercise Class FREE @ 2:30 pm

Sept 17 Presentation – Wild Manitoba Photography with Bill Stilwell @ 1:30 pm  
Sept 17 MTC – The Colour Purple – Registration Deadline  
Sept 19 Casino Trip – Club Regent @ 10:00 am  
Sept 19 Ukulele Club @ Something Beautiful @ 6:30 pm  
Sept 20 Quilter's Corner @ 10:30 am  
Sept 24 Balance and Protection Class Starts @ 1:00 pm  
Sept 25 One Stroke Painting @ Noon  
Sept 25 WSO – The Snowman – Registration Deadline  
Sept 26 Shopping – Grant Park @ 9:30 am  
Sept 27 The Travelling Guardian @ 1:00 pm  
Sept 28 Rewind Concert @ Heritage Arts Centre 7:00 pm

### <<REWIND<< MUSICAL CONCERT

Saturday, September 28th • 7:00 pm  
Heritage Arts Centre  
166 Main Street, Stonewall, MB  
Tickets Available: 55 Plus Office & Korner Kuts  
Fundraiser in Support of the South Interlake 55 Plus!

### Stonewall Pickleball Tournament

September 6th – 8th  
@ Sunova Curling Club  
For more information email:  
STONEWALLPICKLEBALLTOURNAMENT@GMAIL.COM

### ACTIVE WELLNESS CLUB

BEGINNING SEPTEMBER 9TH  
6 OR 12 WEEK SESSIONS  
VARIETY OF DIFFERENT CLASSES:  
YIN YOGA,  
BODY BLAST, F.I.T,  
AND MANY MORE!  
STAY TUNED TO OUR NEWSLETTER AND  
WEBSITE FOR MORE INFORMATION SOON  
WARREN YOGA OCT 1 – NOV 19  
Tuesday's 1:00 @ Warren Community Hall  
CALL 204-467-2582 FOR MORE INFORMATION AND TO REGISTER

55 Plus Fundraiser

save the date  
**QUIZ NIGHT!**  
Friday, October 18th

For more information call 204-467-2582



### Presentations:

Wild Manitoba Photography  
with Bill Stilwell – Sept 17  
The Travelling Guardian – Sept 27  
NeuroMovement – Oct 8  
Care in our Community – Oct 24

### September Luncheon

Wednesday, September 11 @ Noon  
*Cold Plate & Dessert*  
No Advance Tickets Required!  
Everyone Welcome!

### BUS TRIPS

Sept 12 – Pine Ridge Hollow  
Sept 19 – Regent Casino  
Sept 26 – Shopping @ Grant Park  
Nov 6 – MTC – The Color Purple  
(Deadline – Sept 17)  
Dec 8 – WSO – The Snowman  
(Deadline – Sept 25)  
Registration Required!

### Monthly Bingo

Sept. 5th  
@ 1:30 PM

### Cribbage Tournament

\*\*Individual Play\*\*  
Monday,  
Sept. 9th  
@ 1:00 pm

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

### SUPPORT SERVICES FOR SENIORS

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

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

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

SISRC HAS REVISED OUR COMMUNITY HEALTH AND SENIORS RESOURCE GUIDE. THEY ARE AVAILABLE FOR PICK UP FROM OUR OFFICE. THEY ARE FULL OF GREAT LOCAL INFORMATION AS WELL AS GOVERNMENT INFO AND CONTACT NUMBERS.

### Eating Alone? Join us for a once-a-month "POTLUCK PLEASURE AND FELLOWSHIP"

Tuesday, September 17th @ 5:00  
Church of the Ascension Parish Hall  
435 – 1st Ave. N.

For transportation, please call 204-467-2234 or 204-467-8613

### ALZHEIMER SOCIETY FAMILY SUPPORT GROUP

Sometimes it helps to talk to other people who are experiencing the same feelings, frustrations and challenges as you.

Stonewall - Fourth Tuesday of each month, 10:00 am  
Stonewall & District Health Centre

These groups bring caregivers together to talk about their experiences and offer support and advice to each other. For more information contact Samantha Holland, Regional Coordinator at 204-268-4752 or alzne@alzheimer.mb.ca

Thank you to Marlene McMillan for her dedication to our program! Marlene is a volunteer driver and sits on our board of directors. She has been part of our organization for 4 years and we are thankful to have her on our team!  
"Remember that the happiest people are not those getting more, but those giving more." ~ H. Jackson Brown Jr.

### Marlene will enjoy lunch at

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



For more information call 204-467-2719

## Teulon & District Seniors Resource Council Inc.

*Providing a Helping Hand*

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

### PROVIDING FREE SERVICES TO SENIORS:

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

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

## St. Laurent Seniors Resource Council Inc.

"A HELPING HAND WHEN YOU NEED IT"

55+ and people with disabilities

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

St. Laurent Community Health Centre

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

Seniors Resource Coordinator, Darlene McKay

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

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

"Celebrating Seniors in Action"



# Interlake SuperWalk helps fund new program for those living with Parkinson's

## Parkinson's fundraising walk to take place Sept. 8 in Gimli

Submitted by Pam Johnson

Karen Lamb's mother, Doris Olson, was an avid golfer and quilter. At the age of 78, she experienced severe tremors in both her hands and was diagnosed with Parkinson's disease. When her mother passed away in 2012, Lamb wanted to honour her memory and volunteered in co-planning the Parkinson Canada Interlake SuperWalk in Gimli. She recalls how her mother relied on medication several times a day at precise times and if she missed her dose, even by 15 minutes, she was prone to extreme hand tremors. That's why it's vital that people living with Parkinson's receive their medications on time — every time.

Cindy Parker, who volunteers as co-chair of Parkinson Interlake SuperWalk in Gimli and as the volunteer facilitator of the Parkinson Gimli support group, commented, "In Parkinson's, minor changes in medication timing can have major negative effects on symptom management and general recovery. The uneven release

of dopamine can result in a person suddenly not being able to move, walk, or even get out of bed."

Responding to frequent concerns expressed by their clients about medication timing, Parkinson Canada has developed the "Act on Time" program with the following two streams:

1. Through in-service training and communication tools such as information resources, posters and stickers, Act on Time will improve the care provided by health care professionals resulting in easier care for those living with Parkinson's.

2. For the person with Parkinson's and their care partner, tools are available for them to track information they can share at appointments with members of their health-care team (i.e. neurologist, pharmacist, physiotherapist, family physician and other specialists) as communication is key.

On Sunday, Sept. 8, Karen Lamb's and Cindy Parker's families and friends will join other individuals and families in Gimli to participate in the Parkinson Canada Interlake Super-

Walk. This annual fundraising event for people living with Parkinson's helps fund education, support, research and programs like the Act on Time program. The Parkinson Canada Interlake SuperWalk in Gimli will take place on Sunday, Sept. 8 at Johnson Hall - Waterfront Centre (94 1st Ave.). Check in at 9 a.m.; SuperWalk begins at 10 a.m.

The Act on Time program will include resources that highlight that a patient is on Parkinson's medication. This includes:

- My Parkinson's Disease Summary sheet — completed by patient or care partner alerts neurologist and other healthcare professionals to relevant information about progress and symptoms of Parkinson's.

- Tip sheet on how to get the most out of your neurologist visit.

- Hospital notification and alerts

- stickers and magnets that can be attached to MAR charts and hospital bed alerting hospital staff upon admission that the person is on Parkinson's medication, informing other health-care professionals about importance of medication timing as well as pill timers/alarms for staff and patients.

- Medication alert pads — highlight critical information on which medications to avoid and which ones may be substituted.

- Parkinson's Disease Medical Alert Card — Alerts emergency responders and hospital staff to medications and needs relating to patient's Parkinson's disease.

- Act on Time pill cup.

- Parkinson's information booklet.

For further information and to register, please visit [www.superwalk.ca](http://www.superwalk.ca). Other Parkinson Canada SuperWalk locations include Brandon on Saturday, Sept. 7 and Pembina Valley in Morden on Saturday, Sept. 14 and Winnipeg on Saturday, Sept. 14.

**"IN PARKINSON'S, MINOR CHANGES IN MEDICATION TIMING CAN HAVE MAJOR NEGATIVE EFFECTS ON SYMPTOM MANAGEMENT AND GENERAL RECOVERY."**

## Rockwood council news in brief

By Jennifer McFee

At the Aug. 28 committee of the whole meeting, Heather McDermid and Karl Daher explained the Clean Farms program to council. To become a Clean Farm site, the RM of Rockwood would need to enter into an agreement and designate a collection site.

According to the Clean Farms website, the non-profit environmental stewardship organization works collaboratively with members, partner

agencies and the government to ensure that Canadian farmers can actively contribute to a healthy environment and a sustainable future.

Maurice and Tracy Thibodeau also spoke to council during the meeting. They requested that council consider reducing the letter of credit in their development agreement.

No decisions were made at the meeting and many agenda items were forwarded to the Sept. 11 regular council meeting for resolution.

### > BREAST CANCER WALK, FROM PG. 14

be experiencing a similar situation, she noted.

"When you're diagnosed with a disease of any type and you meet people who are experiencing the same things, it really does help you feel better with your challenge that you're going through. It really makes you feel like you're not alone," Kratzer said.

"During the walk last year, I got very emotional. You see all these people that are dressed up in pink with the families and friends supporting the cause. It really hit me emotion-

ally about how all these really crappy things go on in the world and there are still amazing people out there that really care. You kind of forget about all the things that are happening to you. It's quite a feeling and I'm really proud of this group of ladies."

For more information or to volunteer for the event, contact Claudette at 204-886-2393 or Joyce at 204-467-2473.

"If you're looking for something fun to do," Kratzer said, "just join us on Sept. 8."

**COMMUNITY**  
IS BIGGER THAN CANCER



The Canadian Cancer Society believes no one diagnosed with cancer should have to face it alone. As the only nationwide charitable organization with over 70 offices located in communities across the country, our support services and game changing research help Canadians affected by cancer live their lives more fully. So join us at Relay For Life where you'll walk to raise funds that help us continue our life-saving work. And together, we can prove that life is bigger than cancer.

Make a difference and sign up today at [relayforlife.ca](http://relayforlife.ca)

### Stonewall Relay For Life

Friday, September 20th, 2019

Stonewall Collegiate Track 6pm to 11pm

For more info contact Lana at [news@stonewallteulontribune.ca](mailto:news@stonewallteulontribune.ca)  
call 204-292-2128 or go to [relayforlife.ca](http://relayforlife.ca)



## 'I live with MS. That's why I ride'

By Evan Matthews

Stacey Napoleon rode in her first MS Bike Gimli event last weekend, but for her, MS is nothing new.

Diagnosed with relapsing and remitting MS in July 2015, Napoleon, 25, said hearing her doctor utter the two words "multiple sclerosis," her life changed forever.

Not all for the worse, though.

"It's not just about my MS symptoms, but my attitude has changed too. It gets easier. ... I don't get as upset or emotional," said Napoleon, who used to be very shy.

She addressed a huge crowd on Saturday Aug. 24 at MS Bike Gimli's, as she "made it through the entire speech," she said, laughing.

"The fact I spoke at that dinner on Saturday, it's just not like me. Something about sharing my story with MS, getting the word out and raising awareness, it makes me want to get up and do these things," said Napoleon, adding she's been sharing via social media and raising awareness for MS Bike Gimli since November 2018.

### The MS Gimli ride

MS can cause varying symptoms such as extreme fatigue, lack of coordination, weakness, tingling, impaired sensation, vision problems, bladder problems, cognitive impairment and mood changes, according to the MS Society.

The one symptom Napoleon does struggle with daily is fatigue. She said training in the weeks leading up to her first biking event was imperative.

"I'm learning a lot about listening to my body and not doing too much. Most people can do a five-kilometre walk no problem, but doing 100 kilometres over two days on a bike takes training," said Napoleon, who is from Garson, southeast of Selkirk.

"I had to start training in May, in the spring, but I had to be careful. It's easy to overdo it. As I was training, I felt like anyone following on social media was also following my journey. It's been a bit overwhelming."

Rides like MS Bike Gimli helps to fundraise for MS Society programming and support for those living with MS, according to MS Bike Gimli co-ordinator Jordie Moryl.

"We have a fantastic base of participants, and lots of our top fundraisers are incredible," said Moryl.

"We've had such a longstanding history with Gimli and the Interlake area."

People could be seen lining the highway at the ends of driveways, screaming and cheering, pom-poms waving in the air.

The event raised roughly \$300,000, according to Moryl.

That support isn't something to be understated, according to Napoleon. It's why she first started to volunteer with the MS Walk in 2016, she said.

So many people participate in the bigger MS Walks, Napoleon said, so sometimes it can be hard to connect. But the sense of community at the MS Gimli event this past weekend, she said, was unlike anything she had felt before.

"I can't even put it into words ... how great this weekend was," said Napoleon as she began to cry.

"As much as people think this means a lot to the MS Society — to be raising funds and awareness — those affected and living with MS, to have all that excitement when I crossed the finish line, and the support, it's hard to explain how that feels."

There were two routes, with the longer of the two simply being an extension, according to Moryl.

Participants rode from the Gimli Recreation Centre, south to Sandy Hook to Winnipeg Beach to Ponemah to Dunnotar to Matlock and then back to Gimli for a total of 49.5 kilometres. For the longer route, participants then went to Petersfield and back to Gimli, totalling 81 kilometres.

2019 MS Bike Gimli had 350 participants, Moryl said.



TRIBUNE PHOTO BY EVAN MATTHEWS

Nicky Syganiec, Stacey Napoleon and Nicole Spelchak stand proud after finishing the MS Bike Gimli on Sunday.

### What is MS?

Multiple sclerosis is an autoimmune disease of the central nervous system (brain, spinal cord), according to the MS Society.

The disease attacks myelin, the protective covering of the nerves, causing inflammation and often damaging the myelin, according to the MS Society. Myelin is necessary for the transmission of nerve impulses through nerve fibres.

If damage to myelin is slight, nerve impulses travel with minor interruptions, according to the MS Society. However, if damage is substantial and if scar tissue replaces the myelin, nerve impulses may be completely disrupted, and the nerve fibres themselves can be damaged.

"One day I was playing soccer and I noticed something was wrong with my right eye. I just figured something was in it," said Napoleon, who admitted her diagnosis, which happened over one week, occurred quicker than many other people's.

"I took some eye drops, woke up the next morning and it was worse. It seemed to get worse as the day progressed, too."

Due to a lack of access to specialists, Napoleon said she went to walk-in clinics and ERs, but every doctor she

saw didn't see anything wrong with her eye.

"It was discouraging," said Napoleon.

But within a week of her initial symptom, she decided to go to Misericordia Health Centre, a facility with eye specialists on-site.

"The doctor said he suspected optic neuritis, which is often a first symptom of MS," said Napoleon. "I went for tests the next day. ... They were able to confirm I had MS based on the combination of tests."

Currently there is no cure, but each day researchers are learning more about what causes MS and are zeroing in on ways to prevent it, according to the MS Society.

Napoleon said, thankfully, she hasn't had a relapse since her first incident, and credits her doctor and her prescribed medication for symptom management.

Canada has one of the highest rates of MS in the world, according to the MS Society, with an estimated one in every 385 Canadians living with the disease. Though MS is most often diagnosed in young adults aged 20 to 49, younger children and older adults can also be diagnosed with the disease.

For more information or to donate to the MS Society, visit [mssociety.ca](http://mssociety.ca).

## Phone callers misrepresenting as Interlake-Eastern RHA staff

Submitted by IERHA

Interlake-Eastern Regional Health Authority has learned that residents in the region are receiving phone calls from people who are misrepresenting themselves as members of Interlake-Eastern RHA's wellness team.

In reports to RHA staff, members of the public say callers ask for details about their health conditions and the medications they are taking. The call-

ers then offer to provide medications for a fee.

Interlake-Eastern RHA does not undertake phone surveys of the public to ask information about health conditions and/or medications being taken.

Members of the public are advised that personal health information should only be discussed with trusted family members and known care providers. Divulging personal health in-

formation over the phone to unknown callers is not advised at any time. This includes providing information about health conditions, providing Manitoba Health card information and offering any details about medications being taken.

If you should receive any calls from individuals identifying they are from or working with Interlake-Eastern Regional Health Authority, or from any

other organization/company, and if that call leads to requests to divulge personal health information, please hang up immediately.

You can advise the RCMP of this fraudulent activity by calling the Canadian Anti-Fraud Centre at 1-888-495-8501 or visiting [www.anti-fraudcentre-centreantifraude.ca](http://www.anti-fraudcentre-centreantifraude.ca) and clicking on the tab "Report an incident."



# Flight of a Lifetime for Lockport senior

By Jennifer McFee

The sky's the limit for a Lockport resident who soared above her goal to fly in a helicopter by her 80th birthday.

Mary Hoffman set her sights high and achieved her dream more than one year ahead of schedule, since she'll be celebrating her 79th birthday on Sept. 17.

She enjoyed a bird's-eye view during her first-ever helicopter ride at the Oak Hammock Flying Club's 16th annual fly-in barbecue and lunch on Saturday, Aug. 24.

"It was one of my wishes all my life to fly in a helicopter and it was wonderful. I just loved it. There's freedom up in the sky. You're like a bird," she enthused.

"My husband was in the Air Force and my brother and my uncle flew, so I came from a flying family all the way along. I've flown in military aircraft and fixed wings and a hot air balloon but never a helicopter — and that was the one thing I wanted to do."

With her eyes on the horizon, Hoffman is already planning ahead for her next helicopter ride.

"I love flying but helicopters are a totally different experience. You're like a dragonfly. I watch the dragonflies and they hover. It's quite amazing," she said.

"I know this area, but I've never seen it like that. It was beautiful — the sky and the horizon and the river."

For Hoffman, it's not the first time she's enjoyed an out-of-this-world birthday experience. When she and her twin brother Marshall were approaching their 60th birthday, she convinced him to take a hot air balloon ride with her. But once he got to the field, he opted out of the adven-



Seventy-nine-year-old Mary Hoffman's helicopter flight was a trip of a lifetime.

ture.

"He said, 'I think I'll pass on this one, kid.' He called me kid because I was 15 minutes younger than him," she said, adding that her twin died of cancer in 2011. "So he didn't go with me, but I had a wonderful time anyways."

Her balloon excursion bolstered her confidence to embark on the helicopter flight.

"I knew that it wouldn't be any different than a hot air balloon, only noisier," she said.

"I want to promote flying because it's a good life. My husband flew for more than 40 years all over the world. We had a very busy life, and we still do."

Regardless of age or stage of life, Hoffman encourages others to take a chance and try new things.

"You have to try just once. You can't say no to something you don't know," she said.

"That's my philosophy in life: Don't



TRIBUNE PHOTOS BY LANA MEIER

Prairie Helicopter pilot Jacob Kalturynk helped Hoffman into her seat at the Oak Hammock Flying Club's 16th annual fly-in barbecue on Aug. 24.



Prairie Helicopters Inc. of Gimli is Manitoba's leading charter helicopter service and Manitoba's only turbine helicopter flight school.

say no until you know what you're saying no to."

## RCMP emphasizes safety as new school year begins

By RCMP Const. Paul Human

Fall is fast approaching as is the new school year. RCMP would like to remind the public that safety is paramount as youth begin the 2019-2020 school year.

Is there a reduced speed limit near the schools you live or work by? Look for the signs. Most read "Maximum 30 km/hr between the hours of 7 a.m. and 5:30 p.m. from September to June inclusive."

Please be careful driving vehicles

near and in school zones. Reduce your speed and be on the look out for more pedestrian traffic. School bus traffic will soon be increasing as well and we all must pay attention to them. Look for their warning lights and extended stop signs as this indicates students are getting on or off the bus. Whether you are a family with kids in school or live in a community with schools, we all can do our part for school safety.

RCMP wishes everyone a safe school year!



TRIBUNE PHOTO BY JO-ANNE PROCTER

RCMP are reminding motorists to watch for reduced speed limits near the schools. Students are back in their classrooms as of this week.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Winsnes joins the U of M Bisons football club

By Ty Dillelo

Simon Winsnes, formerly of Stonewall, has recently taken a major step in his young football career by joining the University of Manitoba Bisons football program for the 2019 season.

"I got into football at age 12 playing with the St. James Rods," said Winsnes. "My family moved to Manitoba from Alberta and it was one of the bargaining chips my parents used to get me excited about the entire move."

Winsnes, 19, also spent some time playing for his hometown team in Stonewall.

"When the Interlake Thunder decided they were going to expand into minor football I was very excited to play for the town I had grown up in," recalled Winsnes. "As many kids who played on the team had never played football before I was able to take the opportunity in front of me to improve my leadership skills."

Winsnes spent last season out on the west coast playing junior football in British Columbia. He is now joining the fabled University of Manitoba Bisons men's football program who are historically one of the top university teams in all of Canada. The Bisons football program includes one of only four U Sports football teams to have won back-to-back Vanier Cup cham-

pionships, having won in 1969 and 1970. In total, the Bisons have won three Vanier Cup national championships and 11 Hardy Trophy conference championships.

"I decided to join the University of Manitoba Bisons after one year of junior football in British Columbia with the Chilliwack Valley Huskers. I have always been eager to attend a post secondary school and the University of Manitoba is the perfect spot for me. I am able to live at home with my parents while playing for my province's university football program."

Knowing the challenges that can come with playing for the Bisons, Winsnes is hoping to relish the experience and put his best foot forward as the season is fast approaching.

"Playing football for the Bisons is a great experience for me as football at this level is very different from every other team I have played for. The level of commitment and talent is on another level but it is something that I have always wanted to achieve, and I couldn't be happier with the position I am in my life."

Although he doesn't expect to be playing for the Bisons this season, Winsnes knows that his time will be coming in the near future and just hopes to be a sponge and learn every-



TRIBUNE PHOTO SUBMITTED

Simon Winsnes signed with the U of M Bisons football team earlier this summer.

thing he can from his first year at the university level.

"Training camp was a very eye-opening experience into the world of university football. We have a very

talented team and I am proud to be a part of it. This season I am going to be red-shirting and learning the defence. I am looking forward to many more years on the team."

## Thunder to host Moosomin Generals in season opener Saturday

By Brian Bowman

The Interlake Thunder are eager to get back on the football field for game action to defend their Rural Manitoba Football League championship.

Interlake will begin its regular season this Saturday at 2 p.m. when it hosts the Moosomin Generals in Stonewall.

Teams will be gunning to knock off the defending-league champions.

"You want to see everyone at their best and I think we got a little fortunate last year that we could kind of sneak in and beat some teams that didn't have a lot of background on us," said Thunder head coach Mitch Obach Monday afternoon. "Not that we had anything on them either, but it was probably a little bit of an advantage. We weren't seen as the team to

beat throughout the regular season because there were a few teams all battling for first.

"But this year, yeah, we'll have that target and we will have to be prepared to see everyone at their best."

The Thunder expect all of the teams in the league to be competitive this season although some squads are in rebuild-mode.

"I expect we'll see good football week in and week out," Obach predicted. "We played Swan Valley in the finals last year and I know a lot of their key guys were in Grade 10 and 11 so we expect them to be really strong and they are actually our last game of the regular season. We'll see how the season progresses and that could be a big (game) down the stretch."

Interlake started its training camp

back on Aug. 6, giving them a full month to prepare for the season opener.

"We decided to start a little early and only go twice a week," Obach said. "We decided to go a little lighter and a little longer in camp this year."

The Thunder really liked the number of players that came out to camp. Interlake has seen numbers "in the mid-30s" range come out to camp and the age of players has been a very good mix as well.

"The turnout is as good as any of the previous years," Obach said. "It's perhaps a little easier on the guys (this training camp) because players may have some part-time work or if they have family stuff going on, it's easier for them to plan around it. I think it's worked out pretty well for us."

Besides good numbers, the Thunder has also seen a plethora of talent come out to camp.

"This is an athletic group," Obach stressed. "It's going to be a different look on offence this year. Last year, we leaned on a fullback that could pound the ball and we had a veteran (offensive) line. We're a little younger on the O-Line but they have looked very sharp so far and all of those complementary pieces to our fullback (Colton) Neditafko, most of those guys are back and are a year older."

"They have all picked up what we needed to and I think we'll have a more balanced attack."

After the Moosimin game, Interlake will hit the road to battle the Park West Outlaws on Sept. 13 at 5 p.m. in Shoal Lake.



# Jets on the ice for training camp this week

By Brian Bowman

The cooler temperatures can only mean it's hockey season here in the Interlake.

And the Stonewall Jets were real excited to hit the ice this week for their training camp.

"I've been chomping at the bit for a while here," said Jets' head coach Brock Couch Tuesday morning. "Once Quarry Days wraps up in Stonewall, it's kind of the end of summer so I've been thinking about hockey a lot, actually."

Couch is really looking forward to working with the players. There's a lot

of talent coming back to go along with some very good rookies.

"I think everybody that is still eligible to play and played last year is coming back," he said. "And we've never had this many 'AAA' kids coming up after aging out of their (U18) league and being eligible for junior. That's always a good sign."

There's going to be some stiff competition for roster spots at this year's Jets' training camp.

No spot is guaranteed just because a veteran player filled it a year ago.

"It's not like we have a limit for how many old guys that we can keep but

you always want to look out for the future," Couch said. "There's going to be a lot of coachable kids that have some serious potential. It will be interesting. The first week will just be flow and getting the cobwebs out and we'll get into some more competitive stuff next week and obviously the exhibition tournament is fun."

The Jets recently finished hosting a two-week camp for kids in Stonewall. It was a camp that was very well received by both players and coaches.

"It was really good," Couch said. "We had a lot of local players out helping out and Dale (McClintock) did a great

job along with Matt (Figur) running the first week. We had myself and the rest of the coaching staff Eric and Brett out so I think it was a good experience for the kids. It also gave us a chance to run a practice or two before the real camp starts. I think everybody had fun."

It was the first year that the Jets have held this type of camp. Couch expects they will continue to run it for years to come.

"It's a great idea," he said. "We're going to have to do it every year now - it was such a great turnout - and everybody enjoyed it."

## Rams expect to return to Winnipeg High School Hockey League

By Brian Bowman

The Stonewall Collegiate Rams are expecting to make a return to the Winnipeg High School Hockey League this season.

Stonewall Collegiate's Kyle Nixon confirmed Tuesday afternoon that the Rams have every intention of rejoining the league after a one-year hiatus.

"We did some work in the spring and summer last year to see what kids were around and, with the rookie program last year, there seemed to be some bodies," Nixon said. "I don't want to say 100 per cent that we have a team but it looks really good and we've been planning and have booked ice. I'd be surprised if we don't."

Nixon said 15 players and two goalies would probably be the minimum

required to ice a team this season. The WHSHL team rosters are capped at 20 players.

"We'll probably maximize what we could take this year to rebuild the program and stuff," Nixon said. "Especially if they are younger kids, we would rather not cut too many bodies. If we have big numbers out, that's great."

Nixon is real excited about the possibility of bringing back high school hockey to Stonewall Collegiate.

"It's good and (the league) grows every year," he said. "There's more teams...and it's structured different than when I was a head coach. I think, for the most part, what they're doing is really good for the competitive bal-

ance and for kids that can move on in hockey and also for teams just looking to give guys a place to play.

"I think high school hockey is great and we're excited to hopefully have a team back. It's good for our school... and for our building.

"I think we missed it last year."

Technically, Nixon will be the Rams' head coach but several other individuals are expected to be involved.

Stonewall will hold a meeting during the first week of school and their first skate is scheduled for next Thursday.

The Rams, by design, have decided to start their training camp later than the Interlake Lightning.

"Rather than have kids try out for

both teams and being busy, and for us not really having an idea, it gives those guys a chance to go through the process with the Interlake," Nixon explained. "Those kids are free to make their choice, which is fine. But with us starting a little later, it will give us a more realistic idea of our numbers whereas getting a bunch of maybes, who's going to come back (and) who's going to leave."

The Rams are unsure what division they will be playing in this season. It depends on the talent, said Nixon, that comes out for tryouts.

Last year, 36 teams competed in the league's three divisions. The league begins play in October and wraps up its playoffs in March.

## Midget 'AAA' Female Lightning looking for more wins this season

By Brian Bowman

The Interlake Lightning Midget "AAA" female hockey team is hoping a new season will bring new results.

After struggling to a 3-40 record last season, the Lightning are expecting the improvements they made over the course of last season will continue this year.

This season, Interlake will have a nice mix of 10 rookies and 10 veterans on its roster.

"Last year, we were starting from square one but we had a bunch of team-building activities over the summer," said Lightning head coach Dean Rebeck last week. "The girls would go out camping or do whatever. The drills that we're running, the 10 vets know what we're doing because they know the drills and the system already."

"We're not starting off on a teaching mode. We're starting off with here's our systems and let's run through

them."

Interlake started training camp in Stonewall last week and held practices Monday through Thursday. The Lightning were hoping to get an exhibition game with Westman this month before they head to Portage la Prairie for a tournament that will guarantee them four games.

Interlake held its tryouts back in June.

"The early start is because everybody else is doing it," Rebeck explained. "Winnipeg and Eastman have their tryouts early and we're almost a farm system for them because whoever doesn't make their teams, the two teams in Winnipeg and Eastman, if they want they can get a release and come to our camp and they either make our team or they don't."

The Lightning, obviously, would like to improve on their win-loss record from last season. They would also like

to score more than the paltry 43 goals tallied a year ago.

"The learning curve for the rookies will be a lot faster because we have those vets and the system is already in place," Rebeck said, adding he felt his club was the most improved team over the course of last season.

"We're definitely faster with more goal-scoring compared to last season. We have some offensive talent that have come in as first-year Midgets and they all can skate and have puck sense. They're offensively talented so that's a jump."

In other news, Lightning defenceman Denali Sigurdson committed to Division 1 ACHA Minot State for this upcoming season. The Riverton product scored four goals and had 12 points last year. She was third on the team in both goals scored and points.

"She was our quarterback on the power play and she obviously had

one of the best shots in the league," Rebeck said. "From Christmas on, she was playing at the university level and whenever you can get a player like that on your team, that's (great). "She was our steadiest defenceman and we could put her with anybody and she's going to help that person."

The Lightning would love to see more players move on in their hockey careers and play at either the university or collegiate level.

"We already have a whole whack of teams interested in our other players," Rebeck noted. "Based on the talent and some of the things that we're looking to change in the organization with development, there's going to be a whole lot of girls from the Interlake region that will get scholarship offers ... and that's a good thing."



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Stonewall to hold its first pickleball tournament this weekend

By Kelly Goodman

The South Interlake 55 Plus (si55Plus) pickleball tournament committee members are proud to hold its first ever tournament this coming weekend as a fundraising event.

If you are interested in keeping active but not sure what to do, come to Stonewall's curling rink, south entrance, and check out what Manitobans, aged 55 plus, are doing. This might be your thing.

At least 107 teams (doubles) are registered to play over three days from Sept. 6 to 8. Friday (women's), Saturday (mixed) and Sunday (men's) run from 8 a.m. to 4:30 p.m. each day.

Pickleball is the name, but pickles are not part of the game. This game was developed in 1965 in Washington State by a couple of bored families. There happened to be a badminton

court but not all the equipment for the game. So they improvised and used the existing net lowered to the ground, rounded up some ping pong paddles and a perforated plastic ball. Voila. But they needed a name. The pet dog happened to be called Pickles, and he kept stealing the ball. The rest is history, although there is specialized pickleball equipment now.

It is said to have been brought up to Canada by snowbirds who played the sport at their resorts during the winter. Whoever is responsible, it has become the fastest growing sport worldwide and it is great for all ages, especially for the 55 plus age group. It has even become one of the sports played at the Manitoba 55 Plus Games.

Local play sessions are organized by si55Plus twice weekly at the Stonewall curling rink from April to September,



TRIBUNE PHOTO SUBMITTED

The South Interlake 55 Plus pickleball tournament committee is hosting a tournament in Stonewall this weekend.

and at the high school and Centennial (middle) School during the school season. Cost is only \$3 for members or \$5 for non-members.

Visit [si55plus.org](http://si55plus.org) for more information on this and other programs avail-

able. There are many websites to get more information on the sport: [pickleballmanitoba.ca](http://pickleballmanitoba.ca), [activeagingmb.ca](http://activeagingmb.ca) and [pickleballcanada.org](http://pickleballcanada.org), to name a few. Pickleball Paddles Up!

## Stonewall United suffers a tough loss

Staff

At this time of the season, every game is an important one to see who advances to the Manitoba Major Soccer League's 5th Division playoffs.

Stonewall United lost a tough one last Thursday, dropping a 4-3 decision to Sinjar FC at the Buhler Recreation Park. No goal scorers were available at press time.

With the loss, Stonewall's record

dropped to 6-7-4 on the season. The United has 22 points, which leaves them in seventh place in the 10-team division.

Stonewall is three points behind North Winnipeg United and two back of SC Riot heading into this week's action.

Stonewall is back on the field Sunday when it hosts Kucame FC. Game time is 4 p.m.

## Steelers open preseason with loss to Steinbach

By Brian Bowman

The Selkirk Steelers and Steinbach Pistons had a lot of new faces in their lineups for Monday afternoon's Manitoba Junior Hockey League preseason opener.

The Steelers started their 2019-20 exhibition schedule with a 3-1 loss to the Pistons in Steinbach.

Selkirk's Evan White opened the game's scoring with a power-play goal at 17:39 of the opening period. The goal was assisted by Austin Lourenco and Sam Lagari.

But Steinbach came right back with a Nolan Bettens' power-play marker with just six seconds remaining in the first period. The Pistons then went ahead 2-1 as Ty Paisley scored at the five-minute mark of the middle frame.

Avery Kirkup closed out the game's

scoring at 4:14 of the third.

Ciaran Mcvickar and Cole Plowman shared the goaltending duties for Selkirk.

The Steelers will visit the Winnipeg Blues on Thursday at the RINK Training Centre and Steinbach Friday before hosting the Pistons on Saturday at the Rec Complex. All three games have 7:30 p.m. start times.

Selkirk will continue its exhibition schedule Sept. 12 when it hosts Winnipeg and then the two teams will clash two days later at the RINK Training Centre.

The Steelers will wrap up their preseason Sept. 15 when they host the Blues.

Selkirk's regular-season opener is Sept. 20 when it hosts the Virden Oil Capitals.

## U18 Lightning to compete at Southwest preseason tournament

Staff

The Interlake Lightning U18 hockey team will begin its exhibition schedule in just over a week.

Interlake will take part in the Southwest Cougars' preseason tournament. The Lightning will play Southwest on Sept. 13 (8:15 p.m.) and then will battle the Yellowhead Chiefs the next day at 10:30 a.m.

That evening at 6 p.m., Interlake

will match up with the Central Plains Capitals.

Interlake will begin its Manitoba "AAA" U18 Hockey League regular season Sept. 28 on the road versus the Parkland Rangers and then will play Southwest in Souris the following afternoon.

The Lightning's home opener will be Oct. 5 against the Kenora Thistles in Teulon.

## Ice Dawgs to hit the ice soon

Staff

The Arborg Ice Dawgs will soon be hitting the ice for their second season competing in the Capital Region Junior Hockey League.

Arborg will hold its registration at 12:30 p.m. on Sept. 14 and the cost will be \$40 for new players and \$20 for returning ones.

The team will then practise from 2 p.m. to 3:30 p.m. that day.

Other practice dates will include Sept. 15 (2 p.m.), Sept. 18 (7 p.m.), Sept. 20 (7 p.m.), Oct. 1 (7:15 p.m.)

and Oct. 5 (7:30 p.m.).

All preseason practices will be held at the Gimli Rec Centre.

The Ice Dawgs' exhibition schedule consists of Sept. 21 at 5 p.m. versus the North Winnipeg Satellites in Gimli, Sept. 24 at 8 p.m. against North Winnipeg at the Billy Mosienko Arena, Sept. 27 (8 p.m.) versus the Lundar Falcons in Lundar and then Sept. 28 (7 p.m.) against the defending-league champion Selkirk Fishermen in Lundar.



# Classifieds



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### METAL RECYCLING

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

### SCRAP METAL

Buyer for all farmyard scrap, any autos, appliances. NO ITEM TOO LARGE! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

### STEEL BUILDINGS

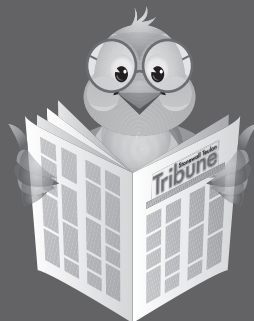
Steel Building Clearance ... "Super Savings Sale - falling prices!" 20X23 \$6,080. 25X27 \$6,640. 28X27 \$7,462. 32X35 \$10,336. 35X35 \$12,576. One end wall included. Pioneer Steel 1-855-212-7036 www.pioneersteel.ca

### APARTMENT FOR RENT

Age 55+ Apartments - INWOOD SENIORS LODGE bachelor & 1bdm suites. RGI & capped rent. Meal program & activities on site. Call Tina for more info 204-278-3534 email: i n w o o d m @ h i g h s p e e d c r o w . c a

### GARAGE SALES

Yard sale - part 2. Komarno, 1st house from south end in town, NEXT Friday, Sept 13 & Saturday, Sept 14 10 a.m. - 5 p.m. Furniture, household misc, dishes, Christmas, weight bench, bathroom vanity, speakers, old trunks, antiques, curtain rods, collectibles, records, books and cookbooks and much more. Rain or shine. All must go!



## Do you have a suggestion for our news team?

Is there someone you would like to see recognized in the newspaper for their accomplishments - athletic, academic or community service.

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### SCRAP METAL

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### SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

#### Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

## CROSSWORD

- CLUES ACROSS**
- Adventure stories
  - Amphetamines
  - Extend the limits
  - Article
  - Socially disoriented
  - Gold
  - Part of the mind
  - "Rubber Band Man" rapper
  - Take by force
  - Football position
  - American cola
  - Risk management plans (abbr.)
  - Narrow channel on the moon
  - Semitic alphabet letter
  - Dorm employee
  - Dessert dish
  - A street where nightmares happen
  - For each
  - Fat from a pig
  - Easily altered
  - Salvador \_\_, Spanish artist
  - The last CEO of Sears
  - One who lades
  - Russian pop duo
  - Fictional free city of Essos
  - Cool!
  - Strong liquor
  - Rural delivery
  - Brews
  - Compound found in hops
  - Where golfers begin holes
  - Third note of a major scale
  - City of Angels
  - Snag
  - Exclamation of surprise
  - Controversial retired wide receiver
  - For example
  - Free to use
  - Carson's sidekick
  - Pirate saying
  - Convulses
  - Semitic gods
- CLUES DOWN**

	1	2	3	4	5		6	7	8	9	10	11	
12						13	14						15
16			17									18	
19			20			21			22			23	
24		25			26			27		28	29		
	30			31			32		33		34		
		35	36					37		38			
									40				
41					42			43					
44				45	46		47				48	49	
50			51		52		53				54		55
56			57	58		59				60			61
62			63		64				65				66
67		68										69	
	70									71			

- Split apart
- Equally
- Mountain passes
- Another name for Thor
- Chinese chess piece
- Helpless
- US army designation (abbr.)
- Micturated
- One to respect
- Small Greek island
- In a thinly dispersed way
- Put two together
- Of the supernatural
- Type of structure in organic chemistry
- Card game
- Feeling of discomfort
- Get free of
- Unit of measurement
- A person who enjoys good food and drink
- Violin maker
- Noted psychotherapist
- Complete
- Ballplayers' tool
- Afternoon illumination
- Points a finger at
- Moved quickly
- '\_\_ death do us part
- Blue jeans
- French Jesuit theologian
- Dissuades
- Eastern European peoples
- Abnormal rattling sound
- Air-breathing land snail genus
- Turfs
- Farewells
- \_\_ mater: one's school
- They \_\_
- Baby's eating accessory
- Priestess of Hera
- Type of railroad



# Classifieds

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### HELP WANTED

The Pizza Den Restaurant in Stonewall has immediate opening for a FT day cook to work 11:15 a.m. - 7:45 p.m. 5 days/week (currently Tues. to Sat.). Pizza Den is a full service restaurant and menus can be viewed at [pizzaden.ca](http://pizzaden.ca) Experience req'd. Competitive hourly wage, tips & flex benefit plan. Send resume to [robert.magnifico@gmail.com](mailto:robert.magnifico@gmail.com) or call 204-799-2423.

### HELP WANTED

Watersong Farms hiring for poultry processing, 8 days, Tuesdays and Thursdays, 8 a.m. - 2:30 p.m. approx., Sept. 17th - Oct. 10th, \$15-\$16/hr. To arrange interview call 204-322-5558.

Experienced PREP & LINE COOKS required immediately at SAKE Japanese Restaurant. Drop resume in person to 380 Eveline St. Selkirk.

### ADULT LEARNING

Selkirk Adult Learning Program, **Upgrading Classes for Adults!** Reading, Writing and Math. Free! Free! Free! For information call Adele at 204-482-7525 or email [aplettbarbel@lssd.ca](mailto:aplettbarbel@lssd.ca)

### BUSINESS OPPORTUNITY

Restaurant and lounge. Totally remodelled. Good sales and net income. Price reduced to \$575,000. Smalley Realty, ph. 204-339-1665.

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Prairie Bookkeeping offers personal & small business income tax preparation. Certified to efile with CRA. 204-998-4789.

### MISCELLANEOUS

Rough cut lumber for sale. 1x6x8' - \$3; 1x6x7' - \$2.50; 4x4x8' - \$8. And more... Phone or text 204-963-5779.

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## TOWN OF STONEWALL NOTICE OF BOARD OF REVISION

### GENERAL ASSESSMENT & PERSONAL PROPERTY ASSESSMENT 2020 AND 2019 SUPPLEMENTAL PROPERTY TAXES

Public Notice is hereby given that the 2019 General Assessment and Personal Property Assessment Rolls for the Town of Stonewall have been delivered to the Town Office at 293 Main Street, Stonewall, Manitoba and are open for public inspection during the regular business hours.

The Board of Revision shall sit to hear applications respecting assessment on **Thursday, October 17th, 2019 at the hour of 6:30 P.M.** in the Council Chambers of the Town Hall, 293 Main Street, Stonewall, Manitoba.

Applications for revision of assessment shall be made in accordance with Sections 42 and 43 of the Assessment Act:

#### APPLICATION FOR REVISION

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

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

#### APPLICATION REQUIREMENTS

- 43(1) An application for revision must:
- be made in writing;
  - set out the roll number and legal description of the assessable property for which a revision is sought;
  - set out which of the matters referred above in subsection 42(1) are at issue, and the grounds for each of those matters; and
  - be filed by
    - delivering it or causing it to be delivered to the office of the Town of Stonewall, Box 250, 293 Main Street, Stonewall, Manitoba, ROC 2Z0, or
    - delivering it or causing it to be delivered to the office of the Secretary of the Board of Revision

The final date on which applications shall be received by the Secretary of the Board of Revision is **Tuesday, October 1st, 2019.**

Dated this 30th day of August A.D., 2019 at the Town of Stonewall in the Province of Manitoba.

Diane Allan, Secretary  
Board of Revision,  
Town of Stonewall  
Box 250, 293 Main Street, Stonewall, MB, ROC 2Z0

## Rural Municipality of Woodlands



### PUBLIC NOTICE BOARD OF REVISION

NOTICE IS HEREBY GIVEN THAT the 2020 Assessment Roll for the Rural Municipality of Woodlands has been delivered to the Municipal Office, 57 Railway Avenue, in the Village of Woodlands, Manitoba and is open for public inspection during regular business hours.

The Board of Revision shall sit to hear complaints on Tuesday, the 8th day of October, 2019 at 1:00 p.m. in the Council Chambers of the Rural Municipality of Woodlands, 57 Railway Avenue, Woodlands, Manitoba.

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

#### APPLICATION FOR REVISION

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

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

#### APPLICATION REQUIREMENTS

43(1) An application for revision must

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

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

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

Applications for revision or complaints **must be received by 4:30 p.m. September 23rd, 2019**, mailed to the Rural Municipality of Woodlands, Box 10, Woodlands, Manitoba, ROC 3H0 or delivered to 57 Railway Avenue, Woodlands, Manitoba.

Dated this 26th day of August, 2019.

Adam Turner, CMMA  
Chief Administrative Officer



# Classifieds



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### MISCELLANEOUS

Caught you looking at the classifieds! Reach over 400,000 Manitoba readers weekly. Fall is coming – do you need Class 1 drivers or staff for your business? Are you having a Sale, a Fall Supper or do you have a Craft Show to promote? Get results. Book now! People rely on these classifieds to find what they need in your area and across the province. Catch them looking at your material in our 48 Weekly Community Newspapers. Call 204-467-5836.

### CRAFT SALES

**CALLING ALL CRAFTERS** - Tables are available for rent (\$25) at the Odd Fellow & Rebekah Memorial Eye Foundation's Annual Craft Sale on Saturday, October 26 from 10 - 2:30 p.m. For more information and a registration form, please call Margaret at 1-204-888-4433.

**ADVERTISE YOUR CRAFT SALES IN THE TRIBUNE**

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### UPCOMING EVENTS

Cluck & Quack Poultry Club Annual Sale – poultry, small animals, equipment, crafts, vegetables, hobbies, etc. Saturday, Sept. 7, 10 a.m. – 4 p.m. Springfield Curling Club in Dugald, MB. For further vendor information contact Bill at 204-755-2347 or email bhartmann@xplornet.com

**DATE CORRECTION** – Friday, Sept. 6 & Saturday, Sept. 7, 2019 visit Manitou for the Honey Garlic & Maple Syrup Festival. For info call 204-242-2703

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### 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. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewood elkbranch@mymts.net

### FARM PRODUCE

Fresh local unpasteurized honey for sale. Sold in various sizes, 1 kg & up. Ph 204-461-1267.

### ANNOUNCEMENTS

“Hurry, Worry, Bury” has been the epitaph suggested for many people in this century. The increasing number of patients taking drugs; the rising incidents of stress disease; the frequency of attempted suicide; reflect sadly on our modern society and demand an answer. I have no doubt that a proper regard for the Lord's Day would help improve these problems. Speaking as a physician there are good reasons physically, mentally and spiritually why we should set aside the first day of the week as a special day unto the Lord. Professor V. Wright

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## CELEBRATE THE SPECIAL MOMENTS!

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

### THE RURAL MUNICIPALITY OF ROCKWOOD



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

PUBLIC NOTICE is hereby given that the 2019 General Assessment, Business Assessment and Personal Property Assessment Rolls to be revised was deposited in my office on February 18, 2019 and is open to Public Inspection.

THE BOARD OF REVISION will sit to hear complaints of the various assessments on **WEDNESDAY, OCTOBER 2, 2019** at the hour of **3:00 p.m.** in the Council Chambers of the Rural Municipality of Rockwood at 285 Main Street, Stonewall, Manitoba.

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

#### APPLICATION FOR REVISION:

- Section 42(1) A person, including an assessor, may make application for the revision of an assessment roll with respect to:
- liability to taxation;
  - amount of an assessed value;
  - classification of property; or
  - a refusal by an assessor to amend the assessment roll under Subsection 13(2).

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

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

#### APPLICATION REQUIREMENTS:

- Section 43(1) An application for revision must:
- be made in writing;
  - set out the roll number and legal description of the assessable property for which a revision is sought;
  - state the grounds on which the application is based; and
  - be filed by
    - delivering it or causing it to be delivered to the Municipal Office indicated in the Public Notice given under Subsection 41(2); or
    - serving it upon the secretary,

**AT LEAST FIFTEEN (15) DAYS BEFORE THE SCHEDULED SITTING DATE OF THE BOARD AS INDICATED IN THE PUBLIC NOTICE; DEADLINE FOR APPEALS IS 4:30 P.M., LOCAL STONEWALL TIME, MONDAY, SEPTEMBER 16, 2019 – 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 Notice and of The Municipal Assessment Act, applicants will be notified in writing of the date, time and place of the hearing of their application.

Roberta Van Caeyzele, Secretary  
Board of Revision  
The Rural Municipality of Rockwood  
Box 902, 285 Main Street  
Stonewall, Manitoba ROC 2Z0

DATED this 22nd day of August, 2019.

**DO YOU HAVE A NEWS TIP? AN INTERESTING STORY? CALL 204-467-5836**

### THE RURAL MUNICIPALITY OF ROCKWOOD



### PUBLIC NOTICE

The Rural Municipality of Rockwood hereby gives notice that the date of the following Regular Meeting of Council of Council has been changed:

From: Wednesday, October 9, 2019 starting at 9:00 a.m.  
To: **Wednesday, October 2, 2019 starting at 9:00 a.m.**  
Council,  
Rural Municipality of Rockwood



**ANNOUNCEMENT**

**ANNIVERSARY**



If you see these two on September 8th wish them a Happy 40th Anniversary!

**ANNOUNCEMENT**

**IN MEMORIAM**



**Murray Coolidge**

When thoughts go back,  
As they so often do;  
We treasure the memories,  
We have of you.  
These days are remembered,  
And quietly kept;  
No words are needed,  
We shall never forget.  
-Love from all your family

# Announcements

**ANNOUNCEMENT**

**CARDS OF THANKS**

Thank you to Betty-Anne and the residents of Gateway Manor for our surprise 50th Anniversary luncheon, it was a lovely afternoon. Thank you to Sheresa for the cake and coffee evening, to all who attended, and for the flowers, gifts and cards we received.  
To everyone who sent anniversary wishes and phone calls, we feel very blessed.  
-Arnie and Linda Appell

**ANNOUNCEMENT**

**IN MEMORIAM**



**In Loving Memory  
Matthew MacIntyre**

December 18, 1984 – September 6, 2012  
"Though a child's song is over,  
The melody of memories will  
Remain woven in our hearts."  
Forever held close in our hearts.  
Loved dearly and so sadly missed.  
-Love mom, dad, Tracey,  
family and friends

**ANNOUNCEMENT**

**IN MEMORIAM**



**Helen Beauchamp**

A mother holds her children's hand  
For a while...  
Their hearts forever.  
A year has passed,  
Since we last heard your laughter,  
And felt your hugs;  
But precious memories live on forever  
In our hearts.  
Love you Mom/Gramma B.  
-Sadly missed by  
all of your family

**ANNOUNCEMENT**

**IN MEMORIAM**



**Bradley Jackson,  
In loving memory of our son,  
brother and friend**

who passed away September 8, 2018  
One year has passed since we lost you,  
And time has not healed our pain.  
We will always love you, miss you and  
remember you  
With all of our hearts.  
Your memory will stay alive with us for  
eternity.

-Love always and forever,  
Mom, Shay-Lee, and Corey  
"Livin life a mile at a time"

**ANNOUNCEMENT**

**IN MEMORIAM**

**In Loving Memory  
of Dennis Conger  
husband, dad and gramps  
September 6, 2018**

As some people journey through life,  
They leave footprints wherever they go;  
Footprints of kindness and love,  
Courage and compassion,  
Joy and faith.  
Even when they are gone,  
We can still look back and clearly see;  
The trail they left behind  
A trail bright with hope  
That invites us to follow.

-Remembered by Gloria,  
Shelley and David,  
Monica and Donny, Chloé and Kaiden

**ANNOUNCEMENT**

**IN MEMORIAM**

**Pauline Strauss**

To our dearest Mother  
If we could visit heaven,  
On this our saddest day;  
Maybe for a moment,  
Our pain would go away.  
We'd put our arms around you  
And whisper words so true;  
That living life without you,  
Is so very hard to do.  
We cannot bring the old days back,  
When we were all together;  
But loving thoughts and memories,  
Will stay with us forever.

-Loving missed by your family

**Don't forget your loved  
ones who have passed**

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George R. Weibe, Arborg.....	\$1,227.00	Jake Barkman, Riverton.....	\$619.00	Jeroline Smith, Peguis.....	\$1227.00
Janice Sinclair, Peguis.....	\$209.00	Mike & Thelma Blahy, Arborg.....	\$557.00	Sandra Jonasson, Arborg.....	\$549.00
Geraldine & Jamie Stephenson, Riverton.....	\$1,711.00	Elaine Bolter / Geoff Crew, Sandy Hook.....	\$999.00	Melissa & Jeff Abuda, Arborg.....	\$3,339
Dean & Sharmaine Murdock, Dallas.....	\$319.00	Karen Dzaid, Arborg.....	\$499.00	John Paul Avison, Arborg.....	\$679
Theodore Zagowski, Riverton.....	\$119.00	Natalia & Roger Eyoilson, Riverton.....	\$1638.00	Carol & Dan Beauchemin, Inwood.....	\$1,329
Morris Willis, Riverton.....	\$416.13	Randy & Glenda Forster, Hodgson.....	\$1898.00	Jim Dingwall, Camp Morton.....	\$1,038
Glen Syme, Arborg.....	\$59.00	Perry & Genni Hibbert, Arborg.....	\$479.00	Eugene Feschuk, Gimli.....	\$698
Rob & Kelly Selkirk, Peguis.....	\$2,399.00	Kris & Begga Johannesson, Riverton.....	\$909.00	Jason Hudson, Riverton.....	\$1,278
Pete & Mary Platt, Arborg.....	\$599.00	Rick & Sheila Johnston, Arborg.....	\$349.00	Darlene Jonsson, Gimli.....	\$359
Donald Osterlag, Gimli.....	\$1,448.00	Bertha Jonasson, Arnes.....	\$769.00	Ruth Kennedy, Arborg.....	\$549
Peguis Free Spirits Child Care, Peguis.....	\$189.00	Donna Jonasson, Arnes.....	\$399.00	Benita Muzky, Arborg.....	\$388
Brent Melsted, Arborg.....	\$599.00	Jeannette Kist, Gimli.....	\$121.87	Archie Thompson, Arborg.....	\$549
A.W. Mabon, Gimli.....	\$1,027.00	John & Lisa Klym, Arborg.....	\$774.00	Amanda Unger, Riverton.....	\$799
Brian Jonasson, Arnes.....	\$454.00	Kevin & Tina Kornelson, Arborg.....	\$689.00	Evelyn Wallach, Poplarfield.....	\$899
Phyllis Dueck, Riverton.....	\$767.00	Kent & Helena Kostshyn, Lundar.....	\$639.80	Judy Wells, GrandePointe.....	\$119
John & Nellie Burak, Arborg.....	\$599.00	Thomas Kowalchuk, Fraserwood.....	\$489.00	Lynn Bear, Peguis.....	\$239.00
Andrew Barg, Winnipeg.....	\$1,749.00	Layne & Holly Kulbacki, Arborg.....	\$599.00	Hazel Brunen, Eriksdale.....	\$729.00
Crystal Sigurdson, Riverton.....	\$549.00	Edward Penner, Arborg.....	\$619.00	David Chudy, FisherBranch.....	\$1,499.00
Robert & Ellen Martin, Arborg.....	\$1,330.00	Keith Poleschuk, Arborg.....	\$2082.00	Susie and Brian Eyoilson, Riverton.....	\$528.00
Ronald Ostyziuk, Poplarfield.....	\$479.00	Curtis Spence, Hodgson.....	\$479.00	Nelson Hudson, Koostatak.....	\$629.00
Margaret S. Wilson, Peguis.....	\$1,699.00	Tanya & Lytle Thorlissun, Lundar.....	\$329.00	Larry and Valerie Kornelson, Arborg.....	\$799.00
Stacey Leedingham, Riverton.....	\$1,279.00	Nancy Woychysyn, Arborg.....	\$768.00	Jason Loewen, Arborg.....	\$850.00
Wayne Barkman, Arnes.....	\$799.00	Mathew & Gemma Avison, Arborg.....	\$219.00	Rita Milne, Gimli.....	\$1,327.43
Kathy Taylor, Winnipeg Beach.....	\$599.00	Raymond Baznet, Eriksdale.....	\$389.00	Minerva Ladies Aid, Gimli.....	\$650.00
Doreen Steg, Camp Morton.....	\$299.00	Lynn Bear, Peguis.....	\$1,044.00	Sheila Murdoch, Koostatak.....	\$1,018.00
Lloyd Sigurdson, Arborg.....	\$629.00	Ken & Linda Cherepak, Arborg.....	\$49.01	Ruth Otto, Ashern.....	\$1,829.00
Glen & Norma Platt, Arborg.....	\$829.00	Debbie Deveau, Eriksdale.....	\$249.00	Gwen Adams, Matlock.....	\$1499.00
Jeannette Nickols, Riverton.....	\$1,699.00	Dorothy Dubchak, Gimli.....	\$899.00	Buddy Chudy, Fisher Branch.....	\$1298.00
Agnes Furgula, Riverton.....	\$939.00	Sid & Beatrice Dueck, Arborg.....	\$569.00	Dave and Mary Crate, Koostatak.....	\$529.00
Scott McDougall, Ashern.....	\$369.00	Don Firman, Arborg.....	\$529.00	Frank Dziedzic, Stonewall.....	\$859.00
Doug Moroski, Meleb.....	\$399.00	Leslee Gistason, Riverton.....	\$699.00	Heather Fedorchuk, Gimli.....	\$1119.00
John Harper, Hodgson.....	\$799.00	Heather Hamberg, Teulon.....	\$399.00	Ilean Haldane, Winnipeg Beach.....	\$1979.00
Robert & DeLores Jacobson, Arborg.....	\$279.00	Matthew Hamberg, Winnipeg.....	\$749.00	Catalina Janzen, Arborg.....	\$709.00
Brad Bazianik, Riverton.....	\$698.00	Star Johannesson, Arborg.....	\$549.00	Joan Krulicki, Arborg.....	\$1126.99
Allan Porter, Peguis.....	\$1,698.00	Allan & Janie Johnson, Riverton.....	\$1,039.00	John Logan, Teulon.....	\$439.00
Peter & Verne Bodnar, Arborg.....	\$1,028.00	Brenda Kayer, Teulon.....	\$499.00	Todd and Lisa Mazur, Fisher Branch.....	\$72.40
Zenith Poole, Arborg.....	\$1,849.00	Wayne & Kathy Kristinnson, Arborg.....	\$399.00	Jason and Sarah Naylor, Arborg.....	\$1328.99
Kevin & Lisa Klym, Arborg.....	\$179.00	Jeff Melsted, Gimli.....	\$120.00	Peter and Lisa Sawatzky, Arborg.....	\$249.00
John Hudson, Hodgson.....	\$979.00	Beverly & Bryan Platt, Arborg.....	\$2,148.00	Donna and Jim Skinner, Arborg.....	\$50.94
Leonard & Joyce Jackson, Gimli.....	\$2,427.00	Ruce Reimer, Arborg.....	\$1,308.00	Allan Spence, Hodgson.....	\$1199.00
Amanda Rundle, Riverton.....	\$258.00	Ray Reimer, Arborg.....	\$399.00	John and Mary Troy, Arborg.....	\$868.99
Kay Bergman, Arborg.....	\$2,229.00	Donna Votour, Arborg.....	\$619.00	Boyd Abas, Hodgson.....	\$338.99
William & Ethel Brown, Gimli.....	\$5,000.00	Richard & Judith Werner, Arnes.....	\$49.00	Sharon J. Bear, Peguis.....	\$39.99
Mike Budniak, Meleb.....	\$1,504.10	Don Barkman, Arborg.....	\$279.00	Sophie Bristow, Gimli.....	\$49.00
Leona Cochrane, Koostatak.....	\$499.00	Noreen Barkman, Arborg.....	\$679.00	Susan & Greg Brown, Lundar.....	\$1,713.00
Ivan & Christine Fridfinnson, Arborg.....	\$737.10	Mark Bayliss, Arborg.....	\$19.95	Elaine Bruce, Ashern.....	\$449.00
Jocelyn & Tony Hayka, Arnes.....	\$949.00	Melvin & Carol Bilinski, Fisher Branch.....	\$999.00	Linda Foster, Matlock.....	\$408.00
John Hudyma, Fraserwood.....	\$599.00	Paul & Wanda Brandson, Lundar.....	\$916.00	Dan & Nyla Klatt, Grahamdale.....	\$649.00
Alex Kimchuk, FisherBranch.....	\$575.00	Paul & Linda Buus, East Selkirk.....	\$338.00	Rosemarie Kawalenko, Arnes.....	\$1,929.00
Kevin & Lisa Klym, Arborg.....	\$1,484.00	Richard & Doris Dueck, Arborg.....	\$59.90	Lenore Mahase, Winnipeg.....	\$369.00
Claudia Krawchuk, Fraserwood.....	\$499.00	Henry T. Friesen, Arborg.....	\$1727.95	Melissa Markusson, Gimli.....	\$399.00
David & Judy McDougall, Ashern.....	\$399.00	Jocelyn & Tony Hayka, Arnes.....	\$749.00	Stacy Markusson, Gimli.....	\$2,637.00
Tammie McQuoid, Arborg.....	\$1,049.00	Carl Johnson, Riverton.....	\$499.00	Darrin Mitcheel, Riverton.....	\$1,703.95
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Frank Reimer, Arborg.....	\$658.00	Janet Porth, Gimli.....	\$1759.00	Glen Tamoto, Sandy Hook.....	\$1,179.00
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Fern & Phillip Sinclair, Peguis.....	\$279.00	Tracy Sigvaldason, Arborg.....	\$299.00	Cornelius Weins, Arborg.....	\$59.00
Phillip Thorlerson, Arborg.....	\$599.00	Deila Sinclair, Koostatak.....	\$1599.00	Roger and Christine Abuda, Arborg.....	\$849.00
Stanley Wallach, Poplarfield.....	\$399.00	Isabel JToy, Lundar.....	\$469.00	Will and Shelly Ashley, Arborg.....	\$193.98
Phillip Bauernhuber, Arborg.....	\$1,900.00	Cynthia Webster, Gimli.....	\$449.00	Darryl and Doris Bear, Peguis.....	\$2,647.00
Simonetta DeISante, Riverton.....	\$529.00	George & Maria Wiebe.....	\$51.00	Dwight Dilts, Stonewall.....	\$1,828.00
Danielle & John Weedon, Riverton.....	\$1,799.00	Debbie & Adrian Zelenitsky, Gimli.....	\$858.00	Lil Firman, Gimli.....	\$2,068.00
Bev Webb, Fisher Branch.....	\$129.00	Doreen Steg, Camp Morton.....	\$1,474.50	Ruth Kennedy, Arborg.....	\$64.99
Alan McKay, Arborg.....	\$349.00	Darlene Jonsson, Gimli.....	\$529.00	Chris and Jennifer Kristjansson, Gimli.....	\$919.00
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Barb & Menno Friesen, Riverton.....	\$559.00	Brenda & Ed Anderson, Princess Harbor.....	\$529.00	Bruce and Candace McKinnon, Eriksdale.....	\$1,669.00
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Ernie & Lucille Stabner, Eriksdale.....	\$1,349.00	Don & Betty Johnson, Arborg.....	\$1,299.00	Renate Van Der Molen, Eriksdale.....	\$1,632.10
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Will Ashley, Arborg.....	\$479.00	Marvin Olson, Arborg.....	\$29.95	Irene Zazulinski, Fraserwood.....	\$279.00

**A NOTE TO OUR CUSTOMERS**  
Due to the nature of this sale, we felt a brief explanation is essential.  
At closing, 6 p.m. Sat. Sept 28th we will tally the 20 days of paid sales and divide by 20 to get the average daily sale. The day which is closest to this daily average, without going over it, will be the day which ALL purchasers will receive their purchase amount back, taxes excluded.  
In the case of credit card (Smitty's, Visa, Mastercard) purchases, we will issue a credit immediately.  
As we are tremendously overstocked right now, every item in stock will be included in this sale. No exceptions - clearance, damaged, discontinued, even new arrivals; furniture and appliances.  
We must reduce our inventory and to ensure we do, we will even give it away for one day!

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**SALE RULES**

- All sales must be paid in full to qualify for this sale.
- Visa, Mastercard or Smitty's Credit Cards accepted.
- Sale Starts 9a.m. Tues., Sept. 3 and ends Sat., Sept. 28, 6p.m.
- All purchasers on free day will be notified and receive their full refund by Wednesday, Oct. 2, 6p.m.
- All sales tallies and free day will be verified by our accounting firm.
- Commercial sales excluded in tallies and free day.
- All taxes excluded in tallies and refunds.
- No returns or substitutions for these 20 sale days.

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