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VOLUME 9 EDITION 36

Stonewall Teulon Tribune

THURSDAY,
SEPTEMBER 6, 2018

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Horsin' around

TRIBUNE PHOTO BY LANA MEIER

Friday afternoon was perfect weather to enjoy an end-of-summer ride from Balmoral to the Kiln. Pictured from left to right: Grace Stewart on Tora, Renee Bourque on Tony, Jaime Margetts on Decky and Sam Holyk on Mia.

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

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Local entrepreneur comes full circle with healthy smoothie

By Jennifer McFee

A local entrepreneur had been thirsting after a way to improve her own health and ended up on the forefront of a raw food revolution across North America.

Thirteen years ago, Christina Paganelli of Stonewall faced more hurdles than most people can even imagine. She was diagnosed with both Stage 4 thyroid cancer and multiple sclerosis while she was pregnant.

Doctors took out her thyroid and she underwent radiation twice after giv-

ing birth.

"They gave me the most radiation they could give anybody but it didn't work because it was in my lungs," she said. "So they said, 'You have to find a way to suppress this using diet and lifestyle.'"

With everything to gain, she drew on her background as a chemist to embark on a new approach.

"I started eating raw fruits and vegetables, not knowing what I was doing and really navigating through that diet. I started seeing incredible healing, but I knew I wasn't gaining and absorbing nutrition because I was losing tons of weight," she said.

"I got pregnant again during this time and I had to eat more, so I started taking everything I was eating and throwing it in a blender so I could eat double. Then when I started eating double, I started putting weight on."

She created a smoothie made entirely of fruits and vegetables, with the main focus on kale, which is known to have significant nutritional benefits. As her health continued to improve, people around started noticing the improvements and requesting a batch of the Elixir, so she wanted to find a way to share her innovation with others.

In 2007, she founded a company



TRIBUNE PHOTO BY JO-ANNE PROCTER
Christina Paganelli was at Quarry Days with her drinkme products.



**ADRENALINE
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SPECIAL**

To introduce our new personal trainer **Rick Williamson** **HE WILL BE OFFERING**

The 1st Training Session for FREE to new clients

To him with a valid gym membership during the month of September.

Rick is a Canadian Fitness Professional, Certified Personal Training Specialist and has been working with clients and doing gym orientations for many years. He enjoys helping people achieve their fitness goals, whether it be one on one in the gym or designing a program tailored to meet their goals. Adrenaline Fitness will be resuming regular hours for

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Tues & Thurs 4-7 pm and Sun 1-4pm
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(West Side Entrance)




**WES
TAPLIN**

On October 24th
– ELECT –
WES TAPLIN
REEVE
RM of Rockwood

About me...

I am a lifetime resident of the RM of Rockwood. I am a proud 4th generation Taplin, the original farmstead lies a half mile away, which was established in 1888, just 8 years after the municipality was formed. My respect of agriculture came early. My father Fred owned Argyle Transfer for 35 years, and I grew up next to him hauling livestock from all corners of the municipality. I own and operate Taplin Transport and when I'm not hauling gravel from the quarries north of Stonewall I'm helping on the farm. I am a proud father to my two daughters, Jenn and Lisa, father-in-law to Ryan and Clint and grandfather to their children Iver, Parker-Lynn and Greyson.

My focus...
Housing • Agriculture • Quarry • Utilities • Recreation • Taxes • Growth

Questions or concerns? Contact me at 204-404-3000 or taptrans1@gmail.com

GROWTH • TRANSPARENCY • FRESH PERSPECTIVE • COMMON SENSE

called "drinkme," which she ran from home. She entered the Manitoba Food Competition and won first place, earning her a commercialization grant, to conduct research at the Richardson Centre for Functional Foods and Nutraceuticals. Paganelli began her research into the benefits of her products.

After that, she continued entering and winning business contests, such as the Manitoba Venture Challenge. In 2012, was even named as a finalist in the prestigious Ernest C. Manning Innovation Awards of Canada.

Some Alberta-based advisors urged her to consider a more global scale, so she started looking into ways to preserve her product without pasteurization. In Alberta, the government was in the final stages of bringing in new technology to the Food Processing Development Centre in Leduc, Alta. Paganelli moved production to Leduc and continued to upscale, commercialize and conduct research through federal initiatives with the National

Continued on page 8



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Canadian Water Music House Concert coming to Stonewall

By Kal Franchuk

Music lovers in Stonewall won't have to travel far for an unforgettable performance this September.

Judy Oatway, who grew up in Stonewall, will bring colleagues, musicians, and friends together for a fun afternoon of music. The Canadian Water Music House Concert will take place Sept. 16 and everyone is welcome to attend.

Oatway won't be performing alone; she is joined by vocalist colleagues Dawn Bruch and Paul Wiens, as well as Lisa Rumpel on piano. Oatway, who specializes in opera and teaches vocal lessons, will also be singing.

Recently, Oatway and her colleagues performed The Canadian Water Music House Concert in Sioux Narrows but felt it was deserving of a wider Manitoba audience. Oatway chose Stonewall so she could return to the place she grew up and her musical career began, as well as to share her music with family, friends and music lovers in the area.

Oatway says the concert will have something for everyone.

"A bit of opera, a bit of comedy and some familiar Canadian tunes all connected to the waters that surround us," she explains.

Some of those "familiar Canadian tunes" include The Log Driver's Waltz, a Canadian folk song; River, originally by Canadian artist Joni Mitchell; and Song for the Mira, originally by Allister MacGillivray, among others.

The musical selection was inspired by a composition by Canadian composer John Greer titled "Canadian Water Music" and includes a variety of songs and compositions chosen by Oatway and her colleagues to fit with that theme.

Not only do Oatway and her colleagues perform together in concerts, they are also involved with the Winnipeg based non-profit vocal arts performance organization Flipside Opera. The proceeds from the house concert will go towards the 2018-2019 season at Flipside Opera as well as support some of their upcoming events. These include ways to make opera accessible to more people, such as an Opera Idol game-show-inspired competition and a Opera by the Pint event at a Winnipeg pub. More information about Flipside Opera can be found on their website at www.flipsideopera.com.

"A BIT OF OPERA, A BIT OF COMEDY AND SOME FAMILIAR CANADIAN TUNES."

The Canadian Water Music House Concert in Stonewall won't be the last for this group. Oatway and her colleagues plan on performing in more Manitoba towns that typically don't get to enjoy musicians who are willing to come to them and put on a show.

If you'd like to attend the Sept. 16 performance seating is very limited. The concert is being held at a private



TRIBUNE PHOTO BY DAVID GREISMAN

Judy Oatway, middle, Dawn Bruch and Lisa Rumpel will be performing the Canadian Water Music House Concert at a private residence near Stonewall on Sept. 16.

residence near Stonewall and all ages are welcome to attend. Tickets can be purchased for \$20 and reserved by phone or email by contacting Judy Oatway at 204-898-8418 / oatway.



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



Teulon - St. Cyprian's Anglican Church Hall **Sept. 15** 4:30-6:30pm

Warren - Warren United Church **Sept. 16** 3:00-6:00pm

Argyle - Argyle Curling Rink **Sept. 23** 3:00-6:00pm

Gunton - Gunton Greenwood Community Hall **Sept. 29** 4:00-6:00pm

Meadows - Meadows Community Hall **Sept. 30** 4:00 or 6:30pm

Sittings, Reservations 204-322-5637

Grosse Isle - Grosse Isle Community Centre **Sept. 30** 3:00-6:00pm

Woodlands - Woodlands Hall **Oct. 8** 3:00-6:00pm

Stonewall - New Life Church **Oct. 20** 3:00-6:00pm

Stonewall - Red Barn **Nov. 4** 3:30-6:30pm

Reservations 204-633-2238

Teulon ALUR Fellowship Circle

FALL SUPPER

Saturday, September 15, 2018

St. Cyprian's Anglican Church Hall 60-2nd St. S.E. - Teulon

4:30 p.m. & 6:30 p.m.

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and 7:00 Sunday, Sept 23 at 2:00 & 4:30
Doors open one hour prior to the show.

Stonewall teen enjoys cadet camp in Whitehorse

By Jennifer McFee

When anyone asks Skylar Kopec how she spent her summer, she'll have no shortage of stories to tell them.

The 14-year-old Stonewall resident recently returned from six weeks in Whitehorse, where she participated in a cadet camp that provided training to become an air rifle marksmanship instructor.

As part of the 301 Alan McLeod Squadron in Stonewall, Kopec has the chance to apply for camps every year. This year, the Yukon destination was her first choice, and she was pleasantly surprised to be selected for that one.

"I learned how to instruct and lead air rifle marksmanship activities and how to coach and improve other cadets' techniques," said Kopec, who is starting Grade 10 at Stonewall Collegiate Institute.

"I did get my distinguished marksman, which is the highest proficiency badge you can get in air cadets. I was also awarded cadet of the week, and I got top biathlete and top cadet in my platoon as well."

She estimates that about 200 people attended the camp for durations of two weeks, three weeks and six weeks.

"We'd wake up at 5:30 every morning to do morning physical training. We did games to warm us up, so it was lots of fun. And we got time in the morning to make our bed because every day we had an inspection," she said.

"Our beds had to be good and our barracks had to be clean. I was in a barrack that was a room with 40 girls and we had the GTs, which is the general training for the first year of cadets. They go there for two weeks, so we got three sets of those and they were also in our barracks."

After that, the campers had breakfast, which Kopec thought was a pretty good meal.

"Usually we would either have a class in one of the classrooms or we would go down to the range and learn some new techniques or we would do on-the-job training," she said.

"We would teach the basic marks-

Continued on page 13



TRIBUNE PHOTO SUBMITTED

Skylar Kopec received the Cadet of the Week honours for best displaying attributes in drill, dress, deportment, leadership and a positive attitude at the Whitehorse Cadet Training Centre on July 21.

Join us for

Prime Rib Dinner

Saturday, September 8th

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



Manitoba Electoral Divisions
BOUNDARIES COMMISSION

PUBLIC HEARINGS ON PROPOSED ELECTORAL BOUNDARIES

Every 10 years, Manitoba's provincial electoral boundaries are reviewed. This ensures effective representation for all Manitobans.

The Electoral Divisions Boundaries Commission invites public participation in the review process.

Public hearings will be held in your area:

Norwood Hotel, 112 Marion St., Winnipeg	Mon. Sept. 10, 2018, 10:00 am
Best Western Plus Pembina Inn & Suites, 1714 Pembina Hwy., Winnipeg	Wed. Sept. 19, 2018, 5:00 pm
Lakeview Hotel, 10 Centre St., Gimli	Thurs. Sept. 20, 2018, 10:00 am
Canad Inn Garden City, 2100 McPhillips St., Winnipeg	Thurs. Sept. 20, 2018, 5:00 pm

Register to attend or present your submission:

Online: boundariescommission.mb.ca
Phone: **204-945-5755**
Toll-free: **1-866-628-6837**

If you require any disability accommodations to attend or present, please provide your requirements when you register.

Visit boundariescommission.mb.ca to see a complete list of hearing locations and dates as well as the proposed electoral boundaries and names.

Submissions can also be sent to the Commission:

Email: info@boundariescommission.mb.ca
Fax: **204-945-6011**
Mail: **120-200 Vaughan Street, Winnipeg, MB R3C 1T5**

The Manitoba Electoral Divisions Boundaries Commission is non-partisan and independent in its actions. Membership of the Commission and the process for review are set out in *The Electoral Divisions Act*.

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AT
8:00 pm
EACH NIGHT

Constance Wu
Henry Golding

Coarse Language;
Nudity

PG

**FRI-SAT-SUN-MON SEPT 14-15-16-17
(CLOSED TUES) AND WED-THURS SEPT 19-20**



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

Mark Wahlberg
John Malkovich

Adult
Accompaniment
Under 14;
Coarse Language;
Frequent Violence

14A

Stonewall Teulon
Tribune



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TRIBUNE PHOTO BY JO-ANNE PROCTER

With the change in seasons, comes a change in eating habits for whitetail deer. Deer are herbivores and live on a diet of grass, bark, twigs, berries, young shoots and other vegetation. Deer shift what they eat mid and late summer to include plants and early fruits, such as grapes and berries. As fall approaches, whitetails must find and consume large quantities of carbohydrate rich foods such as acorns, chestnuts, apples and pears. Deer eat about two pounds of dry food each day for every 100 pounds of body weight.

letter to the editor

Letters to the Editor:
letters@stonewallteulontribune.ca

How will the carbon tax affect you?

Manitobans have questions about the carbon tax that is coming in a few months. You want to know how it will impact you, your family and our economy. And, of course, you want to know why it is coming in the first place. Your concerns are sincere and deserve a response, so let's start by

understanding how we got here.

Justin Trudeau's Liberal government in Ottawa has decided that there must be a nationwide carbon tax. They have repeatedly threatened to force such a tax on provinces that do not implement their own. As Saskatchewan and Ontario are now

doing, our government considered taking legal action to fight the tax. We obtained a legal opinion regarding the legality of the federal government's approach. The conclusion was that Ottawa has the power to impose a carbon tax on provinces that do not introduce their own.

Continued on page 7

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getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL

Quick reflexes save the fish and rod

Hi friends. How's it going?

Soon our kids will be heading back to school, which sadly means many will have to hang up their fishing rods till winter and take up school books.

How appropriate it was, then, that two fellow anglers I met last week wished to share their boyhood memories of carefree summer fishing. Last Tuesday, quite by chance, I met Wes Peters from Steinbach, an average, well-toned guy with a light brown short beard which did not hide his ready smile. I marvelled at his preoccupation with the outdoors and his love for fishing that started when he was a young lad. He told me that as soon as school was out in the spring in his then-hometown of Landmark, he and his buddy Lance Barkman would load up their bikes everyday with rods, tackle boxes, a tiny cook stove and frying pans, then pedal to the diversion channel four miles north of town. There they spent their summer living off the fish they caught and playing along the channel's banks.

Wes remembered one time he and Lance were just standing beside the water talking and Lance's baited hook happened to be hovering a few feet above the water when a two-foot jack jumped out of the water, catching itself on his hook and grabbing the bait. That jack became brunch.

About midweek I came across another very interesting chap fishing on the Red River by Selkirk who had a boyhood fishing story. I found him relaxing in a folding chair beside his truck, rod in hand. His pure white hair, sideburns, moustache and goatee accentuated his bright-eyed pleasant face. As we talked about fishing when we were kids, an alerted look came over his face as the end of his rod snapped down.

"Just a nibble," he said in an easing voice. "There's something down there taking one minnow of mine after another all morning," he joked as he reeled in,

rebailed and cast back out into the Red's slow-moving muddy water.

"Who taught you to fish?" I asked our new friend, Andy Chodachek.

"My older brother," Andy responded. "When I was about eight, there were 12 kids in our family and brother John would take some of us in the spring to a bridge over a drainage ditch a few miles from our home in Ile des Chenes where there were saugers and suckers. We used the same snare wire we used in the winter to catch rabbits to catch fish in the spring. We would find sticks for rods and fasten a few feet of wire on it making a noose at the wire's end. We would lower the noose into the clear ditch water ahead of a fish then slowly pass it over its head back to the end of its gills and then we would pull up quick snaring the fish.

Just as Andy finished his story, his rod tip bent down again. This time we could tell he had something. I waited silently as he reeled in slowly as the fish ran just under the water every which way.

"If it's an eater, I have to raise it gently. I don't have a net," he said cautiously. Then his catch, a bullhead, broke water. Andy chuckled as he flicked his rod and the fish slipped the hook. "Go on back in the water. I want a pickerel," Andy shouted good-naturedly at the disappearing fish.

It was another perfect windy, sunny, fall day as I drove up to Hecla Village last Saturday. The brightly painted houses set back along the town's winding road looked out across Lake Winnipeg's waters to the mysterious Black Island. Magical Hecla has always lifted my spirits. Maybe it's because of the Icelandic blood coursing through my veins. There were a handful of anglers on the high, wide concrete pier ducking intermittently from the overspray of the violent waves slamming the pier as I walked past them.



TRIBUNE PHOTO BY ARNIE WEIDL
Daughter Stella, left, and her dad Charlie Mangiliat with their catch off the Hecla pier.

"Has anybody caught anything? I called out. They all pointed to a tall chap and a girl at the end of the pier. I made my way down to them and asked, 'I hear you've been lucky today. Would you hold up your catch and I'll take a picture for the newspaper?' The guy pulled a large bass and a couple of pickerel out of a pail. He called his daughter over to help.

"I'm Charlie Mangiliat and Stella, here, almost lost that bass," he joked. "Oh pop," she anguished. "Yeah," he continued, "she was playing around on her phone and got a bite." In a flash, the fish took her rod for a ride clinking and clunking against the big pipe guard rail on the pier with Stella running after it. She was quick, though. She dove for her rod, grabbed it and landed her fish.

See you next week. Bye now.

> LETTER, FROM PG. 6

In other words, Manitoba gets the Trudeau tax if we don't have our own plan. If we say no, we get Trudeau. It's either made-in-Ottawa or Made-in-Manitoba. Under the Trudeau plan, however, the tax would be collected by the federal government — more than \$1 billion over four years, at rising rates set by Ottawa — with no guarantee Manitobans would get any of that money back.

Doing nothing is not an option. Our government is not prepared to send a billion dollars to Ottawa and hope it comes back someday. We have a duty to defend the interests of Manitobans,

and that is what we are doing.

After more than a year of consultations with Manitobans like you, environmental experts, farmers, business owners and other stakeholders, we have designed a Made-in-Manitoba Climate and Green Plan. It recognizes that we all share a responsibility — an obligation — to better protect our environment; to make changes that will benefit not only ourselves, but also our children and future generations. It will protect our environment better than the federal plan, and it will also better protect our economy.

While the Trudeau tax will increase

to \$50 per tonne over five years, and possibly much higher after that, our plan will have a rate of \$25 per tonne. That rate will not change. It's flat like the prairie horizon, and will be among Canada's lowest. Compared to Ottawa's tax, our flat, fixed rate will save Manitoba families and businesses over \$260 million over the first five years. It will provide certainty and stability to consumers, business, industry and agriculture.

Most importantly, all money collected under our made-in-Manitoba plan will be returned to Manitobans in the form of tax reductions, with lower income tax, lower sales tax and a lower small business tax. As indicated ear-

lier, we have no control over whether a tax is brought in. However, what we can control is that, by having our own plan, we can ensure the money collected will be returned to you.

In short, the carbon tax is being forced upon Manitobans by the Trudeau government, which has the constitutional power to do so. In response, our government is standing up for you and your family, with a Made-in-Manitoba plan that is better for your wallet, and better protects our economy and our environment.

- Honourable Rochelle Squires
Minister of Sustainable
Development

Manitobans living with aphasia invited to go camping

March of Dimes Canada to host day-long aphasia camps this fall

Submitted

March of Dimes Canada has partnered with SpeechWorks Inc. and Camp Massad to host two one-day camps for people with aphasia, called the Manitoba Aphasia Camp. These will take place at Camp Massad, Sandy Hook on Saturday, Sept. 8 and one on Sunday, Sept. 9 respectively. We are grateful for the funding support we have received from the Winnipeg Foundation and the India Association of Manitoba.

Though the camps will focus on aphasia, they are open to those with other communication disorders that arise from stroke or other traumatic brain injuries. Registration is \$65 per person per day. This includes transportation from a central pickup and dropoff point in Winnipeg. For those who are residing outside of Winnipeg, we plan to stop for pickup at a central point in Selkirk.

March of Dimes Canada is a not-for-profit charitable organization that has provided services to people with physical disabilities and their families for 67 years, including camps for people living with aphasia, their fami-

lies and caregivers in other regions of Canada. In partnership with local rehabilitation organizations and universities, March of Dimes Canada operates annual aphasia camps in Ontario, Nova Scotia, Alberta and British Columbia.

The goal is to provide those we serve with opportunities to integrate back into the community.

About Aphasia

Communication is vital to our daily lives. We use it to navigate our environment, share information, express needs and make connections. It's a fundamental human activity and most of us take it for granted. Did you know, there are than 100,000 Canadians live with aphasia, a language disorder most commonly caused by a stroke or other brain injury. Aphasia does not affect intelligence, but it does impair speaking, reading, writing and comprehension. Those affected may become isolated, while family and friends do their best to meet the challenges of supporting someone with a disability.

Aphasia is a language disorder brought on by stroke or brain injury. While people with aphasia remain the intelligent individuals they have always been, they can lose their ability to communicate effectively. This often results in experiencing difficulties with speaking, understanding speech, reading and writing, leaving them cut-off from their families and communities. Family members and caregivers can also become isolated or stressed as they address the issues and challenges of taking care of a loved one with a disability.

The benefits of Manitoba Aphasia Camp

Most communities lack programs to support people with aphasia as they reintegrate into their communities after leaving the hospital. There are few recreational opportunities or other activities that happen in an environment where their communication difficulty is not a barrier. They're even less likely to be able to travel and find these opportunities elsewhere. Manitoba is no exception.

These camps are a chance for participants, family, caregivers, volunteers and staff to enjoy recreational, educational and informational activities, as well as develop relationships and

a strong support-network, in a beautiful setting.

The Manitoba Aphasia Camp gives both people with aphasia and their caregivers and family member a break. It also provides an environment where they can interact with others who are facing similar issues and challenges. The camp allows participants to enjoy a weekend retreat in an aphasia-friendly environment while:

- Enjoying a range of recreational activities
- Affirming their experiences and participating in new experiences
- Developing and strengthening relationships
- Meeting and sharing with other caregiver
- Developing professional and personal experiences and skills
- Beginning to build a support system and a sense of community

While the camp will focus on aphasia, it's open to people living with other communication disorders as well.

Information on March of Dimes Canada's other programs and services can be found at: marchofdimes.ca

To register for an aphasia camp, contact Anupam Sharma, manager of regional development, at 204-430-6453 or email asharma@marchofdimes.ca.

> SMOOTHIE, FROM PG. 2

Stonewall Odd Fellows Lodge #49

Fifth Annual Golf Tournament



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

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

Research Council of Canada. In 2014, Paganelli received the first beverage licence in Canada for High Pressure Processing (HPP) through a novel food application to the CFIA.

During this process, she got a call from Whole Foods Market in Texas, which wanted her to pioneer her raw smoothies across the country, starting in Southern California.

"What an opportunity of a lifetime," she said, "only I had to manufacture locally in Southern California to get the recognition through their LOCAL initiative."

By that time, she had outgrown capacity in Leduc, so she moved to Los Angeles and set up production of her cold-blended beverage there.

"I just kept expanding and expanding and expanding," she said, "so I got my global wish, which came with many unanticipated hurdles."

Eventually, Amazon bought Whole Foods Market and Paganelli made the difficult decision to pull her product from the shelves, even though they were in 200 Whole Foods stores and over 1,000 other stores across the U.S.A. and Canada.

"A lot of competitors were struggling to survive because Whole Foods Market changed into more of a ware-

house type of structure instead of doing business with local and promoting small businesses, as they had done for 30 years," she said.

She stopped operating for two years and spent time coaching competitive swimming instead.

"It was pretty emotional to lose my business after I grew it from the ground up and paved the way for an entire grocery category in two countries," she said.

"Then I came home because I still live in Stonewall. Over the past couple years, we have been busy preserving our production equipment, rebranding and reorganizing our business model, and strategizing on a relaunch into stores. I may have lost sight of what the mission was. I was trying to get a healthy product to people. Then through growing big, I stopped servicing people. Now it's back to basics."

While she was in Stonewall, Paganelli set up a booth at Quarry Days, where she started in 2008, and reconnected with her home community.

Coming full circle, she is in now making arrangements to head back to setting up the manufacturing process in Canada.

Until her drinkme products are available in stores again, she will

continue to offer her three original flavours — Green (kale, oranges and bananas), Green 3 (triple kale and oranges) and Ruby (kale, beets, oranges and raspberries — to locals that helped her build a global brand from the ground.

"All three of them are full meals because they are smoothies (not juices) that have complete fibre, carbohydrates, high nutritional content and plant protein," said Paganelli.

And as her product continues to gain momentum, Paganelli's health continues to improve.

"I see an endocrinologist once a year and we do an ultrasound ever two years — and everything looks good. It's been 13 years, and as long as it's not growing, then there's no reason to re-test it," she said.

"With the MS, I've never had another attack. I just try to stay away from chemicals because I do notice some pain whenever I have something with chemicals. Otherwise, I've never had any relapse."

Anyone who is interested in placing an order at original prices can contact Paganelli at 877-797-9003 or info@drinkmeraw.com. More information is also posted on the company's website at www.drinkmeraw.com.

WCI's class of '68 take a stroll down memory lane

By Jo-Anne Procter

When the Class of '68 walked out the doors of Warren Collegiate Institute for the last time, the hallways would never be the same — and neither would the classrooms or the gymnasium.

Fast-forward 50 years, 28 former Class of 1968 students and their spouses re-entered the school for a tour as part of their 50-year high school reunion celebrations last Saturday. The reminiscing began as they strolled the hallways once again discussing the many laps they did "back in the day." They talked about sock hops, how the classrooms have changed, where the old gym used to be and the stage where performances took place. And, of course, they discussed old teachers, and one former student commented if he turn back the clock, he would have taken typing class instead of British History.

Many were thankful for the name tags with school photos on them that they received at registration at the



TRIBUNE PHOTO BY JO-ANNE PROCTER

Twenty-eight members of the WCI class of '68 took part in 50 year reunion celebrations last weekend.

community hall. Guests enjoyed the memorabilia table that displayed many items from their high school years, including photos, yearbooks and school rings.

Before dinner was served, each classmate was introduced and those that were unable to attend were ac-

knowledgeled along with seven classmates that had passed away.

Doug McRae and Wayne Stewart's band played music for the evening that took them back to their high school days.

There was a Sunday brunch held at the Warren Golf Course. Some golfed

nine holes and many wrapped up the reunion by attending a luncheon at Lions Park.

Organizers Barb Fairlie, Sharon Riddell and Lynne Domenco agreed they will not wait another 50 years before hosting the next reunion.

> COFFEEHOUSE, FROM PG. 4

dise table, variety auction and a photo booth. Procter also welcomed back the Bond family who sold Christmas merchandise for Keira's Krusade with all proceeds being donated to pediatric brain tumour research in memory of their daughter and sister.

Procter paid special tribute to the family that inspired her eight years ago to start raising funds to find a cure.

In the fall of 2010, beloved members of Procter's community of Grosse Isle, Gordie Harris and his father Jim "Grampa Jim" Harris, were both diagnosed with different forms of cancer.

"Upon hearing the news, I was overwhelmed with both sadness and inspiration as these men were very important in my life — Gordie, being a second father and Grandpa Jim being an adoptive grandfather."

Unfortunately, Gordie's cancer was very aggressive and he passed away in December 2011. He is missed so much by his family and community.

"A lot of wonderful milestones have taken place in the last few years that he would have been so proud to witness," Procter explained.

"His kids have pursued careers, bought houses in their home town and married wonderful spouses. But the greatest joy they could ever give him was making him and his wife Daphne grandparents to three amazing little boys, Brooks, Rhett and JR."

Procter said that although it is heart-breaking that he is not here to watch them grow up, his presence is still felt

so strongly within their family.

"His three grandsons will grow up knowing that their grandpa's legacy is the reason that thousands of dollars have been raised to improve cancer research in Manitoba. The money raised in his honour is part of the reason why chemotherapy has improved so much that eight years later, their great-grandpa Jim's scans are coming back cancer-free," she said.

Procter promised that her and her group of dedicated volunteers will continue to drive this event to raise money in his remembrance, to help get one step closer to a world where Brooks, Rhett and JR can grow up without the fear of cancer taking their loved ones.

"We wish more than anything that Gordie could be here tonight, but in his absence, we are so grateful to be able to honour his legacy by making a difference in the lives of others."

QX104 morning show host Brody Jackson, who has been a guest in the past at the coffeehouse, thanked

Procter and announced bid auction prize winners. For Jackson, fundraising for CancerCare is near and dear to his heart as he lost his grandfather to prostate cancer and currently has a close friend battling.

"If you think of how much and how far we have come along in the fight against cancer you will really be blown away," Jackson stated.

Prostate cancer death rates from 1993-2015 have declined 52 per cent. Colorectal cancer death rates declined 52 per cent from 1970 to 2015 for both men and women. Breast cancer death rates declined 39 per cent from 1989 to 2015 amongst women. The mortality rate for all cancers combined continues to decline by two per cent every single year.

"We are making a difference. You are making a difference by being here tonight," he said. "Two per cent is hundreds of thousands of people who have their lives saved because of the things you are doing tonight."

With 100 per cent of proceeds be-

ing donated to CancerCare Manitoba, artists all raise money through pledges. Brad Lang from LA Studio Productions, whose family has also been affected by cancer, graciously donated the grand prize of a \$1,500 recording session for the entertainer that raised the most money in pledges. Grade 12 Westwood Collegiate student Miranda Holod from Grosse Isle raised \$645.

To conclude the evening, after the announcement made by deLaroque, Procter thanked all in attendance.

"These numbers are numbers I never imagined I would see eight years ago, let alone did I ever dream that eight years later I would still have a show to host at all. It is the support and determination of our community that cannot be put into words."

"Because of Paige and her genius idea eight years ago, we have crossed that threshold. Today we raised \$18,806.55 bringing our total to \$105,315.55. Thank you to everybody," said deLaroque.

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Back-to-school news

By Jennifer McFee

Students have donned their backpacks and are back to the books for a brand new school year.

"We are looking forward to approximately 2,920 students walking through the doors of our 13 public schools, nine colony schools and one off-campus facility," said Interlake School Division Supt. Margaret Ward.

"Custodians have worked hard over the summer to ensure our spaces are ready to go, and teachers and administrators have spent hours preparing to receive new and returning students for another exciting year of learning."

At this time last year, the Interlake School Division had embarked on a consultation process with staff, students and communities to gather opinions for a new Continuous Improvement Plan.

"All of this input, together with student achievement data and direction from the province, served to identify areas of focus for our plan. Our plan for continuous improvement will provide high-quality experiences for students through intentional teaching and learning for literacy, numeracy and wellness," Ward said.

"The areas of focus in the first year of implementation will be numeracy at the kindergarten to Grade 8 level and wellness at the Grade 9 to 12 level. Continuous reflection on our plan will provide evidence of progress, define additional needs and support clear areas of focus throughout the duration of the plan."

Along with the Continuous Improvement Plan, a professional learning plan will launch with the division's first in-service day on Oct. 5.

"We will also be returning to our communities to provide learning opportunities in the focus areas of numeracy and wellness. The first of these learning opportunities will take place at the end of September with Tech Talk presentations," Ward said.

"Students will hear presentations at school during the day, which will be followed by evening presentations for parents, caregivers, teachers and community members — really, for anyone who is interested in what and how our young people are accessing information online and how we can help protect them."

Ward said they are looking forward to the first year of a three-year plan that will bring better technological access to schools. Kindergarten to grade 4 will see improvements this year, followed by grades 5 to 8 and 9 to 12 in following years.

In addition, the Interlake School Division website has undergone recent updates at www.interlakesd.ca. The division's three high schools will have a similar look early in the school year, followed by other schools throughout the rest of the year.

In the transportation department, staff have been busy working on route efficiencies throughout the summer, and they have also installed a new GPS system on all of the division's buses.

"These units will provide live monitoring of our 36 bus routes in order to provide enhanced response time in the case of emergencies or breakdowns as well as improved mechanical management," Ward said.

"This GPS system will allow us to provide a free Safe Stop mobile app to parents and students, offering real-time updates on buses as they travel to and from schools."

During the upcoming school year, several projects funded by the Public Schools Finance Board will be completed. These projects include a boiler replacement and some foundational repairs at Teulon Elementary School and a roofing project at École RW Bobby Bend School.

Meanwhile, in the maintenance department, which included seven young people who were employed



TRIBUNE FILE PHOTO BY JO-ANNE PROCTER

Interlake School Division Superintendent Margaret Ward and Assistant Supt. Tyler Moran are looking forward to the 2018-2019 school year that officially saw students return to classes on Sept. 5.

for the summer, staff members have been working on improvements in each school.

"We are very excited to have made significant progress on a science lab renovation at both Teulon Collegiate and Warren Collegiate. Staff and students at TCI and WCI can look forward to substantial improvements in their learning environment for high school science classes."

"Another visible improvement at each of our schools will be the beautiful benches received as gifts from Danica's Village. Danica deLaroque was a student at Brant-Argyle School who had an observant, kind, gentle and generous spirit. Children of all ages loved her very much as she often invited others to play or happily included them in a game already started."

If a child is sitting on one of Danica's benches, the other students will know that it is an opportunity to invite that child to join them to play.

This school year also marks the beginning of a new initiative for the youngest learners. Families with wee ones born in 2014 will be register-

ing for 2019 kindergarten during the month of September in each Interlake School Division community. While registering for kindergarten, they will be offered information regarding the division's new Junior Kindergarten (JK) program, which will run from November 2018 to April 2019.

"Junior Kindergarten will be offered one half-day per week in all ISD communities. Specific days for each community will be determined once kindergarten registration is completed in September and families have expressed their interest in the JK program," Ward said.

"This program is a free of charge, drop-off program that will take place within ISD schools to help students and their families with the transition to kindergarten."

The first step in the new Junior Kindergarten process is to watch for dates in September for kindergarten 2019 registration. These dates will be posted on the ISD website, along with a wealth of other information for students and their families.

Work begins for follow-up film *A Dog's Journey*

By Jennifer McFee

Local areas are once again in the limelight for the sequel to the 2017 Hollywood film *A Dog's Purpose*.

The follow-up film, called *A Dog's Journey*, reunites Dennis Quaid as Ethan with his be-loved pooch Bailey. The movie highlights the special bond between humans and their dogs.

Other actors who have joined the

film include Marg Helgenberger, Betty Gilpin, Henry Lau and Kathryn Prescott.

Like *A Dog's Purpose*, this second film is based on the best-selling book by award-winning author W. Bruce Cameron. Gail Mancuso (renowned for working on TV's *Modern Family*) is the director while Gavin Polone is the producer of the film, which will be

distributed by Universal Pictures.

Amblin Partners, led by Steven Spielberg, announced last week that principal photography has begun for *A Dog's Journey*. Work that was underway in areas of Rockwood last month under the name "Max and Molly" is actually for this movie.

Through a new partnership with Alibaba Pictures, the plan is to bring the

film to audiences in China.

Film trucks were parked on Road 85N between Road 5E and Balmoral, and this section of gravel road was closed from Aug. 13 to Aug. 15 at 10 p.m. As well, Highway 236 was closed between Highway 7 and Road 8E on Aug. 14 and Aug. 15 for the film.

Stonewall air cadet returns home after teaching in Alberta

By Kai Franchuk

Balmoral resident Beth Ladyka is heading to Grade 12 this September. While many students her age spent their summer vacation hanging out with friends and enjoying the break from their studies, Ladyka was in Cold Lake, Alta., for seven weeks working with the Royal Canadian Air Cadets.

Two years ago, Ladyka spent the summer in the same training camp learning a variety of healthy living skills. These classes included mentorship from other cadets in areas of nutrition and physical fitness. Instead of just teaching about these things, though, the focus of the classes was to train cadets on how to instruct nutrition and fitness to others. This included the four food groups, leading stretches and how to be a good role model.

Ladyka brought those skills back to her home unit, 301 Alan McLeod Squadron in Stonewall. As a cadet, she's been applying what she learned to their monthly sport nights and mentoring others in her unit, but Ladyka says the skills apply to all areas of her life, like playing softball and

living a healthy lifestyle.

This summer, Ladyka attended as a teacher. As a staff cadet, she spent seven weeks training cadets in the same skills she learned two years prior. Her day started at 5 a.m. and often ended at 11 p.m. Although official hours were shorter, being a member of the staff meant she was always working in some capacity during her waking hours.

Some of Ladyka's responsibilities included teaching classes, as well as mentoring in areas the cadets needed help with and ensuring they were all fed. The cadets ranged in age from 14 to 18 years, with Ladyka being 17 herself.

It wasn't all hard work, though. Ladyka was able to use her off time to explore the community and visit some local attractions, such as the beach, local coffee shops and the Col J.J. Parr Sports Centre located on CFB Cold Lake. She didn't have to do it alone, either — Ladyka said that when working together with people as closely as she did, you get close with everyone and make lifelong friends.

Ladyka still has another year of high



TRIBUNE PHOTO SUBMITTED

Beth Ladyka, back row, fourth from the left, spent seven weeks training cadets in Cold Lake, Alberta with the Royal Canadian Air Cadets.

school before she has to make any major decisions about her future career, but that doesn't mean she hasn't given it some thought. She is considering Royal Military College of Canada, as an option and might see a career with the Canadian Armed Forces in her fu-

ture. If she joins, she hopes to become a medical officer or logistics officer. With her dad being a senior-ranking Canadian Armed Forces member, she might have some big shoes, or perhaps boots in this case, to fill.

Stonewall's laundromat closes its doors

Staff

Stonewall's laundromat has closed its doors permanently due to ongoing problems at the business.

The owner posted a comment on Facebook that said they have put more than \$50,000 into the laundromat for customers to destroy it.

"[O]ver the last few years, we even did a complete reno.... People stole our stuff, wrote on our machine, washed things that don't belong in a washer ... horse blankets, hunting gear and over stuffing," the Facebook post said. "[P]eople use our machines for things that wouldn't do at home. we have done our best, we even put up cameras and those too were stolen. Its not a matter that we don't care it's a matter of the people using it didn't care. Sadly to say there will no longer be a laundromat in Stonewall as of tonight."

The owners thanked patrons for their business for the past 20 years and said the laundromat will not be reopened.

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Thurs:	Body Blast	5:30 pm
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St. Laurent mechanical shop to hold grand opening celebration

By Jeff Ward

Big Interlake Mechanical is hosting a grand opening celebrating on Monday, Sept. 10 and is inviting everyone to drop by for a small snack and to learn more about their new business.

Jessica Chartrand and Wayland McKay are set to officially open Big Interlake Mechanical in just under a week. McKay is a diesel mechanic by trade and will be taking in all kinds of heavy equipment to fix as well as recreational and aquatic vehicles.

McKay and Chartrand purchased land just north of St. Laurent two and a half years ago in preparation for their future business site and have spent the last year planning on this idea. Chartrand said that they both went through a wide variety of ideas of what they wanted their business to be, including a fireworks store and even a Bombardier tourism company. The pair eventually settled on something that they felt would be the most successful.

"We heard from the community that this was something that was needed, and it made sense," said Chartrand.

"I quit my job to do this and we're very excited about being a part of the community and we want this celebration to be about us thanking those who helped us get this far. We want to celebrate those who helped us reach our dream."

The event begins at 11 a.m. at the new shop which is at the corner of Highway 6 and Sheringham Road. The new building is a large copper-coloured structure right across the highway from the Hydro station. There will be a door prize valued at \$200 and a 50/50 draw with the proceeds going towards the St. Laurent Senior Resource Council.

Chartrand explained that as new business owners and as new St. Laurent residents it's very important for them to be involved in the community. She said that the community has helped them grow and in return she wants to help do the same for the community. Chartrand credits the help of Community Futures West Interlake and the Louis Riel Capital Corporation for helping them build the business. The couple have a five-month-old son Oliver, so their hands will be full when the business opens. But they are prepared for the challenge.

"It's an unreal feeling, absolutely incredible to be so close to seeing our dream come true. It will be an overwhelming moment for us but we're very happy and excited," said Chartrand.

Those wanting more information about the event or the business can call Jessica Chartrand at 204-899-0256 or Wayland McKay at 204-330-8199.



TRIBUNE PHOTO BY JEFF WARD

Wayland McKay, left, Jessica Chartrand and their five-month-old son Oliver are looking forward to opening the doors of their new business, Big Interlake Mechanical. They are hosting a grand opening celebration on Sept. 10.

Summit Café enters own creation in Le Burger Week

By Jennifer McFee

Summit Café is biting into the opportunity to offer a unique menu item during Le Burger Week once again.

This year's creation is called the "RHU-BAR-BOR-E-ALIS," which is available during Le Burger Week from Sept. 1 to 7.

Every year during the first week of September, restaurants across Canada and the U.S. can create a special burger just for Le Burger Week, and then burger lovers have the chance to vote for their favourite creation. The initiative is co-founded by Na'eem Adam and Thierry Rassam of Montreal, who also co-founded La Poutine Week.

"When trying to decide on what we would feature this year, we kept coming back to our new and extremely popular Southern Belle that we created for January's Fried Chicken Fest," said owner Nadine Dannenberg.

"So we decided to play on this burger and create the 'Canadian Cousin' version of our Southern Belle."

They brainstormed on their creation and came up with burger that is bursting with unexpected flavours.

"We thought about what was Canadian and, of course, cheese curds (poutine) and bacon popped

up," Dannenberg said.

"Then we wanted to add a fruit element to this burger as well, so what is found in most gardens — rhubarb!"

They started with these ingredients and went from there to create the RHU-BAR-BOR-E-ALIS. This limited-time burger features a toasted potato scallion bun, a crispy fried Angus beef patty stuffed with cheese curds and topped with their bacon marmalade, rhubarb relish, chorizo patty, garlic mayo and mixed greens.

"We were very fortunate that several of our clients allowed us to help ourselves to their gardens filled with rhubarb," Dannenberg added.

"Those who had donated rhubarb will be given a jar of our rhubarb relish made from their delicious rhubarb."

Summit Café is located at 23 Main St. in Stony Mountain. During Le Burger Week, their hours will be Saturday from 11 a.m. to 8 p.m., Sunday from 11 a.m. to 7 p.m., and Monday to Friday from 11 a.m. to 8 p.m.

For more information, visit www.summitcafe.ca or call 204-344-0205. To vote for your favourite entry in Le Burger Week, visit <https://leburgerweek.com>. There are 121 burgers in the "Winnipeg and Kenora" category, which includes Summit Café's entry.



TRIBUNE PHOTO SUBMITTED

The RHU-BAR-BOR-E-ALIS is available at Summit Café during Le Burger Week from Sept. 1 to 7.

Lundar Chicken Farm opens its doors to visitors for Open Farm Day

By Jeff Ward

A high-tech broiler chicken farm just south of Lundar will open its doors in a few weeks to allow visitors a chance to see the operation in action. Pleasant Oak Farm and Ranch Ltd. run by Stuart and Theresa Nikkel houses 20,000 chickens in their facility located just south of Lundar on Highway 229.

Open Farm Day 2018 is Sept. 16 and Stuart Nikkel said he is looking forward to seeing people come by and experience what his farm is like. This year there are 43 farms participating in the annual event organized by the Manitoba Association of Agricultural Societies with four of those locations are in the Interlake.

The gates open at 10:30 a.m. and there will be a lunch made with Manitoba-grown chicken. Nikkel said visitors can expect to see young chickens and will get a tour of the facility. The viewing will be done behind glass as the site is under biosecurity measures to ensure the animals remain healthy.

Last year, he and his family toured some of the other farms for Open Farm Day and was asked by Manitoba Chicken Producers, where he also serves as vice-chair, if he would host.

"I asked my daughter, she's nine next week, and she said yeah because we went to a couple spots last year and thought it was fun," said Nikkel.

"The broiler chickens are generally a fryer bird from 1.75 kilograms to maybe 2.2. It's the most popular choice for processors, retailers, restaurants, that seems to be the size of birds they want the most."

Every seven weeks, birds will be

transported to processors and new chicks that are between 18 and 20 hours old are brought in. Nikkel said that the chickens are primarily of the Ross breed and that sometimes he'll get Cobb chickens from the hatchery.

It takes some time to clean the facility before the new chicks are brought in and Nikkel's farm could see close to 100,000 chickens a year. The process of how they're raised, how the building is climate controlled and what the day-to-day duties are will all be explained to visitors.

Nikkel said that his farm is very transparent and while visitors will be viewing the operation from behind glass, he'll answer any questions people have and educate visitors about what chicken producers do.

"We'll let people see how the birds are raised. They're roaming free in the entire barn. They're not in a certain sized compartment. They have good bedding straw that they're running on and people will get to see all of that," said Nikkel.

The other Interlake farms participating in Open Farm Day include

Overby Bison Farm, Mission Trail Farms and Lundar Ag Society.

Overby Bison in Inwood will open their gates with hosts Ken and Iris Overby providing tours of their bison pasture at 1 p.m. and 3 p.m. They will be open from 1 to 4 p.m.

Mission Trail Farms in Gimli, run by the Porteous family, will open their dairy farm for tours and a milking demonstration. They will be open from 10 a.m. to 4 p.m.

The Lundar Agricultural Society will host a variety of events like a petting zoo, horse and wagon rides and farm equipment display. This will take

"WE'LL LET PEOPLE SEE HOW THE BIRDS ARE RAISED. THEY'RE ROAMING FREE IN THE ENTIRE BARN. THEY'RE NOT IN A CERTAIN SIZED COMPARTMENT."



TRIBUNE PHOTO BY JEFF WARD

Pleasant Oak Farm and Ranch Ltd. owner Stuart Nikkel will open their barn doors on Sept. 16 for Open Farm Day.



TRIBUNE PHOTO BY STUART NIKKEL

New chicks that are only 20 hours old will spend approximately seven weeks inside Pleasant Oak Farm and Ranch Ltd. before being shipped to processors.

place at the Lundar Agricultural Society ground in Lundar from 10 a.m. to 2 p.m.

> CADET CAMP, FROM PG. 5

men or basic drill and ceremonial cadets how to improve their marksmanship skills too."

After dinner, the campers would have some free time until roll call. And on Sundays, they would get the whole day off to explore the area with new friends.

"We would get to go to town for a few hours. Then all of my friends and I would go shopping and go to Starbucks and we would do so many

things. We were having so much fun. Those were always my favourite days," she said.

"Whitehorse was really beautiful. Our camp was surrounded by mountains. I love mountains because in Manitoba we don't usually see much of those. It was awesome, and it was bright all the time."

But the best part of all was creating connections with people from across the country.

"I met so many people. It's great to have friends from everywhere in Canada. I hope that we stay in touch because I met some pretty amazing people," she said.

"Lots of my friends were really homesick but I was just so excited to be there that I was just happy to be surrounded by new friends. There was never a boring moment."

For anyone who is considering joining cadets, Kopec encourages them

to get involved.

"I really recommend joining because we get to do all of these awesome things, like you could go to Vernon or Whitehorse like I did," she said.

"There are places all over Canada and you get these really great experiences by joining. I just think every kid should do that."

Bright lights celebrate sister-city anniversary

By Jennifer McFee

Prepare to be dazzled by Canada's largest light lantern festival that celebrates the 30th anniversary of the sister city twinning between Winnipeg and Chengdu, China.

Lights of the North launched at the Red River Exhibi-

tion Park on Friday, Aug. 31 and it will provide a luminous outing for the next six weeks until Oct. 14.

The festival is the largest show of its kind ever displayed in Canada, featuring more than 50 lantern exhibits. In many traditional Chinese festivals, lanterns symbolize luck and hope.

In addition, dozens and dozens of artisans travelled from China to set up the local exhibit, which spans nearly 10 acres. Must-see displays

include a larger-than-life polar bear made entirely out of ping-pong balls and surrounded by a background created out of water bottles. As well, a sprawling Chinese dragon is constructed primarily out of plates.

The atmosphere is ideal for families, since children will love to take in the sights and sounds Dinosaur World, complete with a mosasaur in

Continued on page 15



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TRIBUNE PHOTOS BY JENNIFER MCFEE

Lights of the North features dazzling displays and awe-inspiring acrobat shows.

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

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Relay For Life walk

FRIDAY SEPT 21st 2018 **6PM to midnight**
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To register call Lana or Corrie at **204-467-5836**

RELAY FOR LIFE
Canadian Cancer Society

> BRIGHT LIGHTS, FROM PG. 14

honour of Morden's museum, as well as a brightly lit dinosaur maze.

Illuminated by millions of LED lights, the exhibits include replicas of Manitoba must-see destination such as the 15-metre-high replica of Manitoba Museum for Human Rights and the legislative building, along with other exhibits of iconic Chinese images.

Since Winnipeg's twin city relationship with Chengdu brought two giant panda bears to the zoo in 1989, the light show also includes a bright and beautiful panda display.

In addition to the spectacular light displays, Lights of the North also features vendors of traditional arts and handicrafts along with authentic Sich-



uan and Canadian food for purchase.

Of course, no visit would be complete without watching a live performance by Chengdu acrobats and dancers, who demonstrate their jaw-dropping skills on an outdoor stage.

Winnipeg is the first city in Canada



to host this light show, which has lit up smiles in China, South Korea, Europe and the United States. This lantern light festival also acts as an unforgettable way to celebrate the Canada-China Year of Tourism in 2018.

For more information about Lights

of the North, visit www.lightsofthenorth.ca, call 204-940-2702 or email info@lightsofthenorth.ca.

Tickets are available online at a cost of \$25 for adults, \$20 for seniors or kids aged four to 12, and free for kids age three and under.



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Suite sizes range from 800–1,180 square feet with open floor plans and spacious balconies.

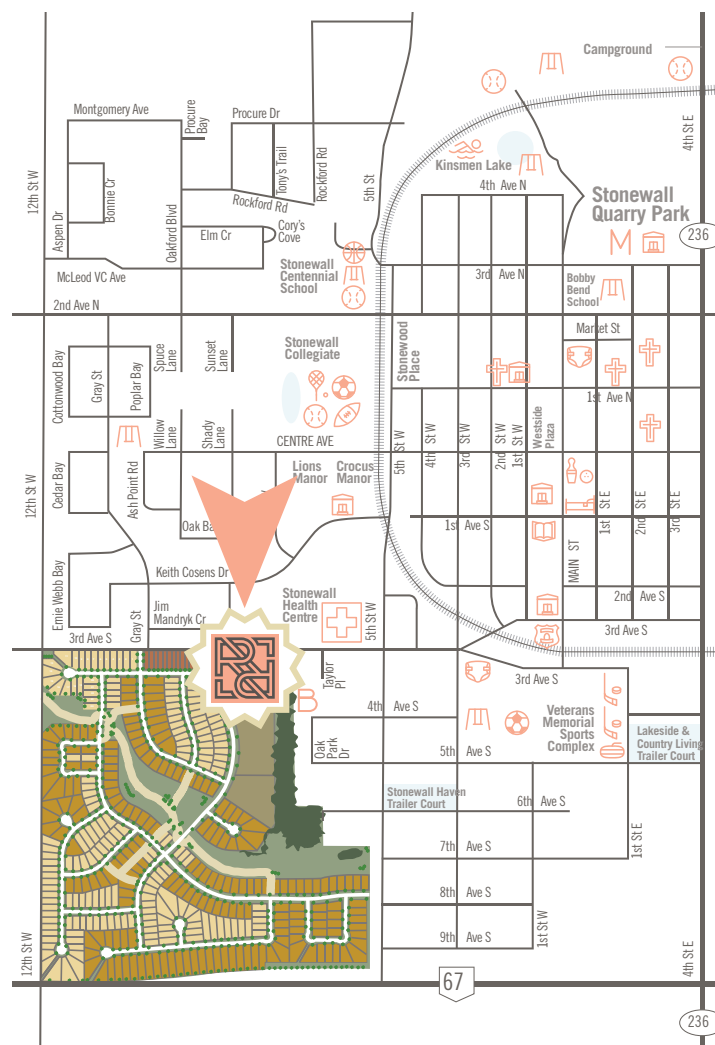
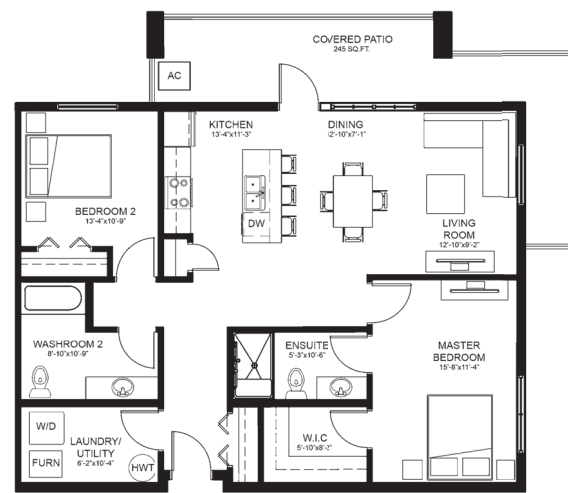
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Stonewall Community Registration Evening, Tuesday, September 11, 2018, 6:00-8:00 p.m. at the Sunova Curling Rink

How to improve flexibility

Improving flexibility is a goal for many athletes, whether they're daily exercise devotees or weekend warriors. Taking steps to improve and maintain flexibility has numerous benefits that can pay dividends for athletes of all ages.

According to the Harvard Medical School, well-stretched muscles more easily reach their full range of motion. That benefits athletes by improving their performance, and it can also improve daily life for non-athletes by making it easier to reach, bend or stoop to perform everyday tasks.

As beneficial as being physically flexible can be, many people, no matter how hard they try, struggle to improve or maintain their flexibility. Fortunately, there are some ways that devoted men and women can improve their flexibility and enjoy all of the benefits that increased flexibility provides.

· Choose the right activities. Harvard Medical School notes that activities

that lengthen and stretch muscles can help active men and women reduce their risks for injury while potentially preventing back pain and issues that may affect their balance. When done correctly, yoga can improve balance and flexibility. In addition, numerous studies have linked yoga to additional health benefits, such as stress reduction, that can make people less tense, thereby improving their flexibility.

· Drink more water. Drinking water helps to prevent tightness and muscle cramps. In fact, tightness or muscle cramps in the large muscles of the leg may be indicative of the early stages of dehydration. Drinking plain water is the most effective way to stay and remain hydrated. Don't count coffee, tea or sports drinks as water, as such beverages many contain caffeine. Caffeine is a diuretic, and while diuretics cause the increased passing of urine, they also decrease the amount of water that is absorbed by the kidneys, potentially contributing to dehydra-

tion. Drink plenty of water before, during and after workouts.

· Start over after an extended break. If it's been awhile since you last worked out, resist the temptation to push yourself when returning to the gym. Depending on how long it's been since you last exercised, you may need to start back at square one, which means reducing the amount of weight you lift and decreasing the resistance during cardiovascular exercises. Putting too much strain on muscles that have been sedentary for an extended period of time can cause aches, pains and even injury. Muscle tightness also may develop if you go too hard too quickly, greatly reducing flexibility.

· Get up and go. Poor flexibility may be a byproduct of your lifestyle. Men and women who live sedentary lifestyles are less likely to enjoy the full range of motion from their muscles



than those people who are more active. Get off the couch when spending time at home, and if you work in an office, take routine breaks to stand up and walk around.

Poor flexibility can be painful and inconvenient, but there are many ways for men and women to improve their flexibility and, as a result, their quality of life.

Location of All classes:
 Warren, MB
 Mon & Wed - Mom & Baby
 - Warren hall
 Mon & Wed evening /Saturday am
 - Warren Elementary School

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

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

Saturday:
 8:30-9:30am(school)

MEMBERS RECEIVE:

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

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

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

Email backcountry4fitness@gmail.com
TO SECURE YOUR SPOT
 Or call: 204.899.8660

Your Trainer & Lifestyle Coach,
 Christina Hooper
<http://backcountryfitnessandconditioning.com/>

Power Skaters Wanted

Are you interested in becoming a powerful, agile skater?

Registration Night Tuesday, September 11th
6:00-8:00 p.m. at Sunova Curling Rink
 Session to run October 16 to December 18, 2018 and January 8 to March 12, 2019 (Total of 20 weeks)

BEGINNER • INTERMEDIATE • ADVANCED LEVELS

TUESDAYS

Level 2... 4:30 to 5:15 (7, 8 & 9 yrs)

Level 3... 5:15 to 6:00 (8, 9 & 10 yrs)

Level 4... 6:15 to 7:00 (9 & 10 yrs)

Level 5... 7:00 to 7:45 (11 & 12 yrs)

*ages are only a guideline, skaters are evaluated & classed on ability

Cost: \$275 for 20 weeks / \$175 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 11, 2018, 6:00-8:00 p.m. at the Sunova Curling Rink

Strategies parents can use to motivate students

Students may need some time to adjust at the beginning of a new school year. Summer vacations typically lack the



structure of the school year, and it might be unfair to expect kids to seamlessly slip back into their more regimented lives as students.

While some early school year sluggishness might be normal that should wear off pretty quickly. If not, and students appear to be struggling to get motivated for their

schoolwork, parents can try various strategies that should help reignite youngsters' passions for learning.

- Make your home more school-friendly. Summer is a relaxing time of year when parents have a tendency to relax rules around the house. But come the school year, parents must make sure their homes are as conducive to studying as possible. Resist the urge to turn the television on each night so students are not distracted from their studies. Keep the home quiet so students are motivated to focus on their studies.

- Encourage participation in extra-curricular activities. Various studies have examined the relationship between extracurricular activities and academic performance. A 2002 study published in the journal *Sociology of Education* found that participation in extracurricular activities is associated with improved grade point average, increased college attendance and reduced absenteeism. The link between participation in extracurricular

Continued on page 20

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
• **Adult Volunteers Needed** •

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

Sparks & Brownies meet in Stony Mountain
All levels meet in Stonewall, St. Andrews & Clandeboye

BALMORAL REC HOCKEY PROGRAM

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

Starting mid October and ending in mid March.

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

For more information email balmoralrechockey@mymts.net

Balmoral Power Skating

Saturdays

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

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

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

A stick and helmet with a mask are required for this program.

To register contact Kelly Farmer @ 204-467-8884
or send text message to 204-791-9856
or register September 11 at VMSC 6:00-8 p.m.

Yoga

Restore the body
Calm the mind
Renew the spirit

with

Heather McDermid

Fall Session starting soon
Classes for all levels!
Daytime and Evening Classes

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

BALMORAL JUDO CLUB

IN-CLASS REGISTRATION:

STONEWALL COLLEGIATE GYM
Monday September 10 &
Thursday September 13
7:00 to 8:30 pm

SUNOVA CURLING CLUB
Tuesday, September 11
6:00 - 8:00 pm

Ages 7 years and up

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

Erika's Fitness Club

Classes starting this fall

1st Class for New Member is FREE

To register:
Call: 204-294-8620
Email: zumbawitherikariley@gmail.com

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



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

Benefits of being active

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

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

Physically active kids also are more likely to be motivated, focused, and successful in school. And mastering physical skills builds confidence at every age.

What Motivates Kids?

1. **Choosing the right activities for a child's age:** If you don't, the child may be bored or frustrated.
2. **Giving kids plenty of opportunity to be active:** Kids need parents to make activity easy by providing equipment, signing them up for classes or sports teams, and taking them to playgrounds and other active spots.
3. **Keeping the focus on fun:** Kids won't do something they don't enjoy.

When kids enjoy an activity, they want to do more of it. Practising a skill — whether it's swimming or riding a tricycle — improves their abilities and helps them feel

accomplished, especially when the effort is noticed and praised. These good feelings often make kids want to continue the activity and even try others.

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

*Files from kidshealth.org

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2018/2019 Season Passes on Sale Now!
Buy before October 10th!

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

Opening Day Saturday December 1

Highway 6 Youth Soccer Warren

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

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

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

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

Interlake Bujinkai Karate Club

Tuesdays 6:30-8pm

Ecole R. W Bobby Bend School

Come and meet us at registration night September 11th for details on the club and training packages.
Or visit our facebook page @bujinkaikarate

STONEMOUNTAIN 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 11th, 2018
6:00 - 8:00 p.m. - Sunova Curling Club

Stonewall Skating Club Registration for the 2018 - 2019 Season

All programs are taught by certified professional coaches

Learn to Skate - October 11 to March 14
(For children ages 4 and up) Born 2014 or earlier
All skaters registered for Canskate will have their name entered into a draw to win back their registration fee of \$225.00. Draw will take place on October 11, 2018 at 6:45 p.m.
Canskate:

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

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

Canskate Thursdays (20 - 45 minute sessions)	6:30 - 7:15 PM	\$225 + 35.65 \$260.65
---	----------------	-------------------------------------

Would your child like to learn figure skating? Join the **Skate Canada Star Program**.

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

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

Mondays* Thursdays* Mondays** Saturdays**	4:15 - 6:00 PM 4:15 - 6:00 PM 6:15 - 7:15 PM 8:00 - 10:00 AM	*Group lesson format* **Purchase of ice time only. Private/semi-private coaching separate**
--	---	--

Skate Canada Insurance Fee is non-refundable - Time payments are available - Fundraising deposit of \$120 per family is payable at registration **PLEASE BRING A MINIMUM OF 3 CHEQUES TO REGISTRATION***

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

For further information, or if you cannot attend registration night, contact stonewallskatingclub@gmail.com



fall registration 2018-2019

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

> MOTIVATE, FROM PG. 18

ular activities and improved academic performance is still in need of study, but such participation may help children acclimate to the structure of the

school year more quickly than they might if they do not participate in such activities.

· Encourage curious youngsters. Kids are curious, and fostering that curiosity can be a great way for parents to get their kids excited about learning. Whether it's during the school year and part of their curriculum or on summer break, encourage kids to engage in subjects that interest them. As kids learn more about the topics and subjects that interest them, they may develop a passion for learning that they can then take with them to the classroom.

· Express an interest in the subjects children are studying. Another way

to motivate students at the dawn of a new school year is to express an interest in the subjects they're studying. Ask questions about their studies and encourage them to share their thoughts and opinions. Engaging students about the subjects they're studying can motivate them to explore those subjects more deeply than they otherwise might.

Motivating kids to be excited about their schoolwork at the dawn of a new school year can sometimes be difficult. But parents can employ various strategies that can help their children readjust to life in the classroom and motivate them to perform to the best of their abilities.

LEARN TO CURL THIS SEASON

DID YOU KNOW

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

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

We offer an Adult Learn to Curl Program

We offer Junior Programs for all ages 5-17

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

Details can be found on our website

Stonewall Curling Club
www.stonewallcurling.com

Jazz Acro Hip Hop Tap Pre-School Lyrical Ballet

Now Offering Boys Only Hip Hop Class

Jansen School of Dance

Stonewall Location

Ages 3-Adult

Registration for 2018-2019
Tuesday, September 11, 2018
6:00 - 8:00 pm
Sunova Curling Club

Under the direction of Patsy Newman

Classes run Saturdays from October to May
Year End Recital

For information
Call 831-0760
patsynewman@gmail.com

Stonewall Karate

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

Benefits:

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

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

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

Membership in Budo IKD MB

Little Tigers:
Tuesdays for 7 weeks
Girls & Boys ages 4 - 7
Starts Sept. 18th - Nov. 6th

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

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

6 Week Introductory Offer - \$95
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Exercise your mind, coordination, concentration and motor skills.

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

Celebrating 26 Years in Business!

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fall registration 2018-2019

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

The benefits of dance for young children

There are the obvious benefits of studying dance: reduced obesity, a fun source of exercise, healthy blood pressure and cholesterol levels, and helping to maintain a balanced lifestyle. There is significant evidence that children who participate actively in the performing arts spend less time sitting in front of a computer screen playing games and therefore are at less of a risk of developing health problems.

While dance is a good source of fun exercise for young children, it is also a creative outlet. Fun exercise is important but the opportunity to release creativity is as important as exercising and maintaining a balanced diet in the development of healthy children, because of the life skills they will learn. Dancing can make a person feel physically refreshed and improve their mood, tackling serious issues including anxiety and depression, and not just in adults. Group dancing is a tool to release daily stress, a distraction from everyday worries and an outlet for imagination and emotion.

There are physical benefits of participating in dance classes as a child.

Through dance, children develop a greater range of movement whilst developing the ability to work within different spaces. They learn to interpret the effect their movement has on the world around them. Dancing also improves a

Continued on page 22

**Warren Curling Club
2018/2019 Season
Registration**

PLEASE CALL

Ladies League
Nadine 322-5260

Mens League
Lawrence 383-5005

Mixed League
Joan 322-5257 or
Karen 383-5808

Stick League
Jim 461-2477

Juniors (Gr 4-8)
Rick 322-5477

Or call Vernon at 322-5257 or
email vernon.mankewich@mymts.net

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

Bar Manager

Ice Maker

**Club Cleaner/
Kitchen Manager**

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

Send via email to
vernon.mankewich@mymts.net

REGISTER AT WWW.SKITEULON.CA

COME JOIN THE

**TEULON
CROSS
COUNTRY
SKI CLUB**

SINGLE ADULT: \$65 FAMILY: \$85

Jackrabbit Program \$20 per child

CORRECTION
We apologize that this was missing in the Aug. 30 edition of the Interlake School Division Fall Continuing Education pages

DANCE

F18/22 BEGINNER BALLROOM DANCE WITH KATARINA

Join Katarina Schilling and her love of dance! In this class you will learn some basics, have fun and socialize with others who also enjoy dancing and music! You will be guided along, and will practice favourites such as foxtrot, swing, polka, waltz and cha-cha. Please bring soft soled shoes (made with any non-marking surface such as leather or suede) Course fee is per person. Couples or singles welcome.

8 Thursdays starting September 20th 2018

6:30 - 8:00pm at École R.W. Bobby Bend School (Gym)
Fee: \$90

FOOD HANDLERS CERTIFICATION

Saturday September 29th 9:30 - 4:00 pm
\$110

Register now at 192 2nd Ave. N, Stonewall
204-467-2596

Jordan Riley

Guitar & Piano Lessons

Call now for a FREE consultation

204-513-0643

Warren Skating Club

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


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

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

fall registration 2018-2019

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

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



Soar the skies with 301 Air Cadets.

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

> BENEFITS OF DANCE, FROM PG. 21

as well as understanding others and the world around them. It encourages children to use their own imagination and ideas to organically grow and create. When a child practises and learns a dance routine they become more confident in their own skin and sense of self and are able to express their personality and emotions without being afraid of the reaction they might receive.



TEULON GYMNASTICS CLUB

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Classes Start
September 12, 2018 to December 15, 2018
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January 16, 2019 to April 27, 2019

- Parent & Tot – Boys & Girls - Ages 2 – 4 – Saturday - 9:15 – 10:00 am
- Kinder Gym – Boys & Girls - Ages 4 – 5 – Wednesday - 6:30 – 7:15 pm
- Rec Girls 1 - Ages 6 – Friday - 6:45 – 7:45 pm
- Rec Girls 2 – Friday - 7:45 – 9:15 pm
- Rec Boys 1 / Competitive Boys- Ages 6+ - Saturday - 10:00 – 11:00 am
- Competitive Division – Pre-Competitive / J01 – Saturday - 11:00 am – 12:30 pm
- Competitive Division – J02 – Saturday - 12:30 – 2:00 pm
- Competitive Division – J03 & J04 - Saturday - 2:00 – 3:30 pm

All classes are based on skill and not age.
See you at the Stonewall Registration Night Sept 11th!

For further information please email
teulongymnastics@gmail.com



How to get your child ready for a new school

No matter how old your kids are, switching schools is always a challenge. As a parent, your role is to guide and reassure your children as they adapt to their new environment. Here are a few tips that will help you achieve a smooth transition.

Elementary and middle school

Don't wait until the last minute to let your children know they'll be changing schools. After giving them the news, answer all of their questions and listen to them with empathy, especially if they are sad, disappointed, angry or worried. Before the start of the school year, take your kids to their new school and walk around the neighbourhood with them. In short, help them get acquainted with their new environment.

If your kids will be leaving all their friends behind, try to get them in touch with other people their age who

will be attending the same school as them. For example, you could go to a park near the new school a few times over the summer.

High school

Is your teen reluctant to change schools? It's normal. If they're closed off to the idea of going to a new school, stay calm and remember that this behaviour is probably only a reflection of their insecurity.

Help your child keep an open mind by discussing the possibilities that their new school might provide, such as extracurricular activities, student radio opportunities, cutting-edge tech equipment, a big library, etc. Stay positive and show your en-

thusiasm about the change. Most of all, don't judge your teen's reactions. That way, they'll know they can count on you, which is very reassuring!

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Get to know Canada's first vertical bank note

Submitted

Canada's new \$10 bank note will begin to appear in cash transactions late this year.

Designed to stand apart, it's the first vertical note issued by the Bank of Canada, and features the portrait of social justice defender Viola Desmond.

Here's what businesses and cash users need to know about this new \$10 bill.

It Pays to Check

As with Canada's other notes, the new \$10 has bold security features, ensuring that Canadians can use it with confidence. That's why the Bank issues new notes — to stay ahead of counterfeiting threats and to keep pace with advances in technology.

But remember, bank notes are only secure if you check them. Routinely checking all notes — no matter which series or value — allows you to intercept counterfeits and keep them out of circulation.

The security features on Canada's vertical \$10 note are quick and easy to check:

- Feel the smooth, unique texture of the note. It's made from a single piece of polymer with some transparent areas.
- Feel the raised ink on the front of the note, namely on the portrait, the word "Canada" and the large number '10' at the bottom.
- Look at the detailed metallic images and symbols in and around the large transparent window.
- Look at the pattern in the eagle feather. Tilt the note to see the colour

shift from gold to green.

• Flip the note to see the elements inside the large window repeated in the same colours and detail on the other side.

The new \$10 note will be rolled out gradually and circulate alongside the other polymer \$10 notes. Unlike the special \$10 note issued for Canada's 150th anniversary in 2017, printed in a limited quantity to mark this historical milestone, the vertical \$10 note will be the regular \$10 note produced for years to come.

Helping Businesses Prepare

Business owners may be wondering what this new \$10 note means for their cash-handling equipment. The vertical \$10 has been designed to minimize the impact on the cash-handling industry and maintains the same functional features as current polymer notes. Equipment owners and renters should contact their suppliers with questions about machine compatibility.

A look ahead – What comes next?

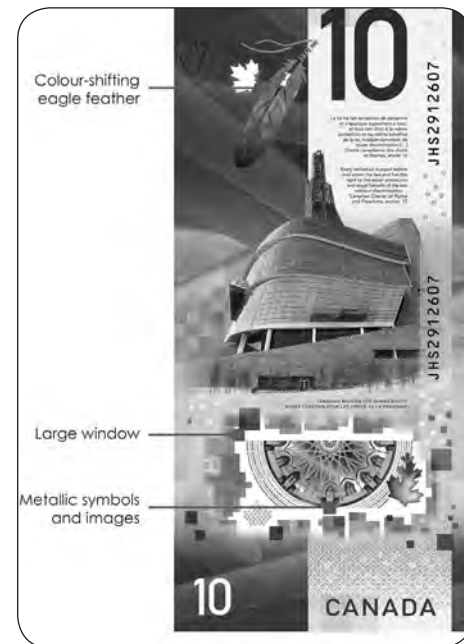
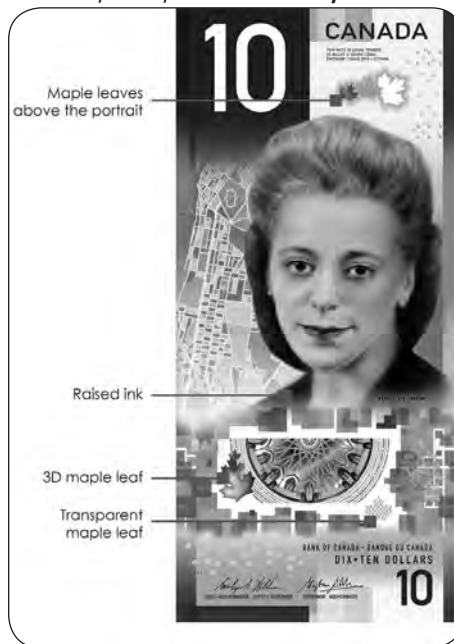
With the release of this new \$10 note, the Bank of Canada's approach to issuing bank notes is changing. Rather than issuing all five denominations within a short time frame, a new note will be released every few years. This will allow the bank to integrate the latest security features each time a new bank note is issued, ensuring that Canadians can continue to use their bank notes with confidence.

For more information, contact us at 1-800-303-1282 or info@bankofcanada.ca.



TRIBUNE PHOTO SUBMITTED

Viola Desmond's sister Wanda Robson helped unveil the new \$10 bill in Halifax, N.S., earlier this year.



worship *with us* > FAITH

"For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror and then on going away immediately forget what they are like." *The Letter of James 1:23-24*

If we were to bring this piece of scripture into the modern context, I would use the metaphor of the "Selfie." I often see people taking their own pictures from a phone camera on the end of a "selfie stick." I see these pictures on Facebook pages; I see people absorbed by their phone screens while driving, bike riding, and walking. Perhaps we are a generation who fears we will forget what

we look like.

narcis-sism, a noun, can be defined as "excessive interest in or admiration of oneself and one's physical appearance." In psychology terms, it is characterized by selfishness, involving a sense of entitlement, a lack of empathy and a need for admiration as characterizing a personality type.

The word comes from one of the Greek myths — the story of Narcissus. One day, after an unhappy love affair, he stopped by a crystal clear pool for he was thirsty. He knelt down to drink and became entranced with his own image. From then on, he never loved anyone else, ever, for

Take another 'Selfie'!

he never moved on from this obsession with his own self. And he died a self-absorbed person looking in the lonely pool of the isolated.

The writer of the Letter of James encourages his readers not to deceive themselves and become self-absorbed people who fall in love with their image but to look into the perfect law that sets people free and set it into practice. While our image might remind us of what we look like, the perfect law of God reminds us of who we are, and how we are to relate to each other, creation and our creator.

So let's put down the cell phones

while driving, riding and walking and not deceive ourselves, for truly it is not safe to be self-absorbed while moving about. If it happens to be an online piece of scripture that has your attention, come to a complete stop in a safe place and give it your full attention before putting it into practice.

Submitted by
The Rev. James Bardsley
Incumbent of the Anglican Church of the Ascension,
Member of Stonewall Ministerial Association

Hnausa General Store owners bringing history to life

Breidavik Nja Island Historic Library & Resource Centre set to open in Hnausa next year

By Caitlyn Gowriluk

A few times every summer since they opened last year, Brian and Donna Austfjord welcome a busload of tourists from Iceland to the Hnausa General Store, their business that has created a community with Canadian and Icelandic culture at its heart.

Brian — a self-described “closet historian” and second-generation Canadian of Icelandic descent — pulls out some of the historical books, maps and charts he keeps at home that help tell the story of New Iceland, a region on Lake Winnipeg that was settled in 1875 with immigrants from Iceland.

Donna — also of Icelandic descent, though her Icelandic ancestors are several generations further removed than her husband’s — brings out coffee for the guests and prepares some traditional dishes to help round out the experience of Icelandic history in Manitoba. Some favourites include vínarterta (a multi-layered Icelandic cake) and pönnukökur (a thin Icelandic pancake similar to the French crêpe).

Since opening the store last May, the Austfjords have provided this experience seven times: twice so far this summer, and five times last year. Each busload, Brian Austfjord said, brings about 50 people to the store. Most of them are middle-aged, he said — and some don’t speak much English — but they all have one thing in common: they have come to Hnausa to learn more about the experience of settlers in New Iceland nearly 150 years ago.

That’s why the Austfjords have a new project in the works: the Breidavik Nja Island Historic Library & Resource Centre, set to open just behind the store in Hnausa sometime next year.

“I’m a proud Icelander,” said Austfjord. “We are very proud, and we are very documented, about who our ancestors were. [There] are all the books that I have, plus all the old Icelandic books that I have, plus all the old maps and charts... This is why I would like to have a museum: so that I could share that with people.”

Although the museum is still at least several months from opening to the public, Austfjord already has a specific vision for what kind of experience people can expect when its doors finally open next year.

“It’s not just a museum where you come in [and] you see an old spinning wheel and a cream can,” said Austfjord. “There will be books, there will be literature, there will be maps, there will be charts.”

Austfjord said he hopes he can help people get more in touch with their Icelandic heritage by bringing their ancestors’ stories to life.

“These books have their life in short: where they lived, what they did, how many children they had [and] some of the hardships that they went through,” said Austfjord. “So that [visitors] can experience not only their lineage and stuff like that, but some of the pioneering spirit that they had.”

While the museum will be a new challenge, Austfjord said that something he has started saying to the busloads of Icelandic tourists at the store has become something of a guiding principle for its mission.

“What I tell them is this: The only thing that separates us as Icelanders here, with you guys in Iceland, is an ocean and 142 years,” said Austfjord. “But your history is my history.”

The Hnausa General Store is located in Hnausa.



TRIBUNE PHOTOS BY CAITLYN GOWRILUK

The Hnausa General Store is located in Hnausa.



Hnausa General Store owner Brian Austfjord stands next to a 10- by 20-foot piece of flooring salvaged from the former community club in Hnausa that he plans to install inside the Breidavik Nja Island Historic Library & Resource Centre now under construction behind the store.

Apply now to be a part of the RCMP National Youth Advisory Committee

Submitted

The Royal Canadian Mounted Police (RCMP) in D Division is recruiting youth for the RCMP’s 2018–19 National Youth Advisory Committee (NYAC). To apply, you must reside in Canada and be 13 to 21 years old. Applications must be received by Sept. 7, 2018.

This is a great opportunity for young

people to get involved in the conversation about community youth topics and solutions in Canada. NYAC members from all over the country interact online and discuss important issues that they face in their respective communities. They provide valuable input to the RCMP’s policies, programs and strategies.

“Youth are a priority for the RCMP,” says Sergeant Doug Lukawy of Community and Aboriginal Policing Programs with the Manitoba RCMP.

“The NYAC ensures young people have a say in RCMP youth initiatives and programs so it’s important that Manitobans apply to ensure their voice is heard at the national level.”

NYAC members are eligible to receive reference letters and volunteer hours and, most importantly, they have an active role in shaping what the RCMP offers young people. For all the details regarding this opportunity, visit the RCMP website.

The Can & Can't of Cannabis campaign educates Manitobans on cannabis laws

Submitted by Liquor, Gaming and Cannabis Authority

The Liquor, Gaming & Cannabis Authority of Manitoba (LGCA) launched the Can & Can't of Cannabis campaign this past Tuesday. The campaign provides Manitobans with information about the new laws in Manitoba that will come into effect on October 17, 2018, when cannabis is legalized across the country.

"The legalization of cannabis is a significant challenge for the Manitoba government," said Justice Minister Cliff Cullen. "In addition to keeping cannabis out of the hands of our kids and away from the black market, it is our job to make sure Manitobans are prepared with the information they need to make responsible choices."

The LGCA will regulate retail cannabis stores in Manitoba to ensure that cannabis is purchased, distributed and sold in a manner that is in the public interest. In addition to licensing and compliance responsibilities, the LGCA is also mandated to develop and support social responsibility initiatives and programs to build public knowledge and promote strategies for safer cannabis use.

"Public education is key for public safety," said Liz Stephenson, chief administrative officer of the LGCA. "Campaigns like this will help us get factual information to Manitobans aged 19 and older who may choose to use this product legally."

The LGCA conducted an anonymous survey of 1,200 Manitobans in 2017, which revealed that Manitobans want clear information about how cannabis can be used legally. The Can & Can't of Cannabis campaign provides direct statements about Manitoba's coming cannabis laws. Messages throughout the province will provide information such as "You can't smoke or vape cannabis in public" and "You must be 19+ years old to buy or consume cannabis in Manitoba."

The LGCA will launch a second campaign shortly before legalization, outlining responsible use strategies.

For more information, visit LG-Camb.ca

Cannabis Regulation and Public Education

- The LGCA is Manitoba's regulator for liquor and gaming. The Safe and Responsible Retailing of Cannabis Act will add the regulation of cannabis stores and distributors to the LGCA's responsibilities when cannabis becomes legal on Oct. 17, 2018.

- The LGCA is mandated to educate Manitobans about responsible gambling and the responsible consumption of liquor. Under the new cannabis laws, the LGA will take on a similar role in educating Manitobans about responsible cannabis use.

- Public education fits well with the LGCA's regulatory mandate, as the organization exists to protect the pub-

lic interest and promote public safety.

The Can and Can't of Cannabis campaign

- This campaign provides direct statements about Manitoba's coming cannabis laws.

- You can't smoke or vape cannabis in public in Manitoba.

- You must be 19+ years old to buy or consume cannabis in Manitoba.

- You can only buy legal cannabis from licensed retailers.

- You can't grow cannabis at home in Manitoba.

- You can carry up to 30 grams of cannabis in public in Manitoba.



TRIBUNE PHOTO BY JO-ANNE PROCTER

The final 2018 Yard of the Week, sponsored by Stonewall's Communities in Bloom and Home Hardware was awarded to Louise and Ken Allan at 3 Cedar Bay. The Allans have called Cedar Bay home for the past 25 years, which is as long as one of the rose bushes bursting with blooms for the second time this season. Ken makes sure the lawn is always kept immaculate, while the couple maintains the rest of the yard together. The CIB committee and Home Hardware in Stonewall thank the residents of Stonewall for participating in the Yard of the Week initiative.

Thunder begin new football season Friday

By Brian Bowman

The Interlake Thunder will be under the lights this Friday when they make their debut in the Rural Manitoba Football League.

Interlake will be heading west to Saskatchewan to battle the Moosomin Generals for a 7 p.m. kickoff.

It's an exciting time for the Thunder as they play for the first time in their new nine-man league.

"We're playing a team here that has been in the final the last two years," said Thunder head coach Mitch Obach Tuesday morning. "They were undefeated until they lost a nail-biter in the finals. We look at them as a tough opponent and they'll probably be as ready as any team in the league for Week 1."

Interlake has been practicing the past three weeks and is eager to play against - and hit - someone in a different jersey.

"This is a good group and our (roster) number is at 35, which is perfect for nine-man football," Obach said. "It gives us depth and guys are still going to find time on the field."

"It's not like we're overloaded with players."

The Thunder is confident they will have a very competitive team this season.

"This is a super-talented team,

which is what you need in nine-man, so we're pretty excited about that," Obach said. "When I look at the defence, you have all these linebackers and db's that seem so interchangeable whether they're playing inside linebacker or corner. If they're in a backup role, any one of these guys can step up and get the job done, which is what we like to have on this team."

Interlake, though, will have a tough test with a road game against Moosomin to begin the season.

Still, the Thunder are more than ready to see how they will fare against one of the league's top teams.

"We have Friday night lights to kickoff the season in Saskatchewan, so we're super excited," Obach said. "We'll have a good week here and we'll see what we can throw at them. They're one of the top teams in the league."

Interlake players don't have a whole lot of experience playing nine-man football. That could be a problem early in the season.

"A couple may have played (nine-man) when they were little kids," Obach noted. "They haven't really played nine man but that has been a big focus of our camp leading up to this point."

"Hopefully, it's making more sense to them every day because there are adjustments and sometimes responsibilities within a position that are a lot different in nine-man compared to 12."

The nine-man game is more wide open than the traditional Canadian game.

"They are seeing the excitement and the upside that nine man brings," Obach said. "It's a bit more of a wide-open game, more of a speed game."

"And, in my experience, it's a ton of fun."

The Thunder's first home game of the season is Sept. 14 when they host the Park West Outlaws at Stonewall Collegiate. Game time is 5 p.m.

Stony Mountain Curling Club

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Comeau begins university football career with Calgary

By Brian Bowman

Carter Comeau has worn a lot of hockey jerseys in his life.

But he wore a different type of jersey for the very first time a couple of weeks ago.

Riverton's Comeau saw his first university football action when his Calgary Dinos defeated the University of Alberta Golden Bears 50-38 on Aug. 22.

"It went really good," Comeau said of his collegiate debut last week. "It was a lot of fun. It was different anyway. There were a lot of older guys and they were stronger, for sure."

Comeau saw a lot of action in his first-ever university game. He moved around on the line, playing right guard, left guard and right tackle.

That's a lot of responsibility placed on a first-year player, who started his junior career as a defensive lineman.

"I wasn't nervous at all," said the 22 year old. "I think it's because I'm older than everybody. I played sports at an elite level so this wasn't anything to be nervous about."

Comeau chose to go to school and play football in Cowtown after excelling with the Okanagan Sun of the British Columbia Junior Football League for one season.

"It was one of the places I really want to go to in the recruiting process," said the mammoth 6-foot-6, 350-pounder. "I talked to quite a few teams, almost every team in Canada, and Calgary got back to me and that made my decision pretty easy."

"It was where I wanted to go in the first place."

Calgary has a very good football program and is the two-time Hardy Cup defending champions. The Dinos are currently ranked second in the Canada West football preseason coaches poll, which was released last week.

"We have top-tier coaches," Comeau said. "If you have a question they always have an answer. You can't ask for more than that - having a helpful coaching staff. All of the staff are top-notch — it's a really good program for young guys ... and they have treated me really well here so far."

Comeau, who grew up playing hockey in the Interlake, has played in the Manitoba Junior Hockey League with the Winnipeg Blues, in the Manitoba Major Junior Hockey League with the Stonewall Jets, and in the Keystone Junior Hockey League with the Arborg Ice Dawgs.

But it was his decision to head west and officiate in the British Columbia Hockey League that led him to play football in Okanagan.

Comeau always enjoyed the contact in hockey and he is relishing his opportunity to hit people in football.

"When I played hockey I was always a physical guy," he explained. "If I had to scrap, I scrapped. I had no problem with that. I really enjoy the physicality (in football) — that's always been my strong point."

"On the line, you're always head-on for contact."

But Comeau almost didn't get a



TRIBUNE PHOTO SUBMITTED

Riverton's Carter Comeau played his first game of university football with the Calgary Dinos defeating the Alberta Golden Bears 50-38 on Aug. 22.

chance to play junior football.

His first text to Okanagan coach Ben Macauley inquiring about an invitation to spring camp went unanswered. But when he sent a second text, revealing his size, Comeau got a response.

Comeau played football and also officiated, which he did as a youngster here in the Interlake. He attended an official's camp in Port Alberni, B.C., and found a job as a linesman.

"I always reffed a lot of hockey ... and I always liked it," he explained. "Once hockey is over, you know it's over. You don't want to know it's over but you know it's over. So, I was thinking what else could I do and still stay at that (junior) level. Not necessarily playing, but still be a part of it."

"It was a good stepping stone and it's a lot faster than the Manitoba Junior Hockey League. It's like a night and day difference."

Hockey Manitoba accepting host provincial applications

Staff

Hockey Manitoba is now accepting applications from minor hockey associations to host a 2019 provincial tournament.

The deadline for submission is Oct. 31. Associations must review the hosting criteria document prior to completing their host application.

Hosts will be confirmed in early November.

Approximately 25 communities across the province host provincial tournaments each year as an esti-

mated 250 teams — and 4,000 players — compete for a chance to win a provincial championship.

Various provincial categories are held in both male and female hockey in the Atom, Peewee, Bantam and Midget age divisions. Host sites in all categories are determined each October and teams enter their appropriate category to compete in February and March.

Hockey Manitoba keeps fans up to date on all the action with draws, scores and statistics available online.

Stonewall forfeits game to Portage

Staff

The Stonewall United lost a game in a rare way last Thursday.

Stonewall had to default its Manitoba Major Soccer League Division 5 game due to a lack of players for their road contest against the Portage Cobras.

"I think all the guys are disappointed they didn't get to play," said Cobras' coach Chad Green on the PortageOnline website.

"From a coaching standpoint, you always want to see the guys play but we have five games to play in the next two weeks, so I'll take this win."

"It helps us out in the standings, so

their default isn't a bad thing as far as I'm concerned."

The United hosted the Cobras this past Tuesday evening in Stonewall but no score was available at press time.

"We have go there on Tuesday, they're not going to be very happy so I'm sure this will be a little motivation for them," Green said. "But I think we should be ready to go."

Stonewall is back in action Thursday (6:30 p.m.) when it plays North Winnipeg United at Buhler Recreation Park in Winnipeg.

The United will continue their busy schedule when they host Red Devils United this Saturday at 2 p.m.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Portage to host 2020 National Junior 'A' Hockey Championship

Staff

Canada's National Junior "A" Hockey Championship is returning to Portage la Prairie in 2020.

The Portage Terriers of the Manitoba Junior Hockey League will play host to the 50th edition of the tournament from May 9 to 17, 2020, at the 1,675-seat Stride Place.

The 2020 National Junior "A" Championship represents a partnership between Hockey Canada, the Canadian Junior Hockey League, the MJHL, and Hockey Manitoba.

"We are extremely grateful for the opportunity to bring Canada's National Junior 'A' Championship back to Portage la Prairie after the success we enjoyed in 2015, and for the continued support from local organizations and community members of our efforts to bring national events to the city," said Dave Patsack, co-chairman of the local host committee on the MJHL website.

"With just under two years until we welcome the event to Stride Place, preparations will begin immediately to ensure the 2020 National Junior 'A' Championship exceeds expectations for all teams and fans in attendance."

Canada's National Junior "A" Championship will celebrate its 50th anniversary with a return to the province

where the original Centennial Cup was created in 1971. It will mark the sixth time Manitoba has welcomed the event.

It was previously hosted in Portage la Prairie (2015), Dauphin (2010), Flin Flon (2001), Winnipeg (1973 and 1992) and Brandon (1973).

The Terriers have appeared in Canada's National Junior "A" Championship five times (1973, 2005, 2011, 2012, 2015) and have captured the national title twice.

The Terriers most recently won in 2015 when Portage la Prairie first hosted the event and claimed their first national championship in 1973 when Brandon and Winnipeg welcomed the championship to the province for the first time.

"The City of Portage la Prairie has proven to be an excellent host for Canada's National Junior 'A' Championship and the Portage Terriers are proven competitors in the national championship with two titles in franchise history," said Brent Ladds, president of the Canadian Junior Hockey League.

"Based on the success of the event in 2015, fans and teams can expect to be treated to an outstanding experience. We look forward to welcoming Can-

ada's top Junior 'A' teams and hockey fans back to Portage la Prairie in 2020."

The championship will bring together the top Junior "A" teams from across the country, along with the host Terriers, to face off for the national championship.

Schedule and ticket information for the 2020 National Junior "A" Championship will be announced at a later date.

For more information on the 2020 National Junior "A" Championship, please visit HockeyCanada.ca or follow along via social media on Facebook or Twitter.

In other news, there will be a few new faces in head-coaching roles for the upcoming MJHL season.

In Selkirk, the interim tag was removed back in April as Nick Lubimiv prepares for his first full season as head coach and manager of hockey operations for the Steelers.

"I'm extremely excited," Lubimiv told MJHL web correspondent Lanny Stewart. "It's been a goal of mine since I started coaching 10 years ago to work in this league and I hope to make the most of it."

Lubimiv, who has been with the Steelers' organization the past three seasons, plans on continuing to im-

plement a puck possession style of play to the team.

"When we get the puck, we have to make sure we're working hard to keep it," he said.

In Winkler, Steve Mullin will take over behind the bench for the Flyers, replacing Ken Pearson. Mullin spent several seasons as the club's assistant coach and it will be his first season as an MJHL head coach.

Up in OCN, the Blizzard have decided to turn to Matt Summers to lead their organization. Summer played with the Blizzard from 2003-06.

Meanwhile, Doug Hedley is back for his third stint with the Dauphin Kings as head coach and GM.

Out west in Waywayseecappo, Taylor Harnett returns for his first full season after taking over as the Wolverines' head coach and general manager near the midway point of last season.

The Steelers will begin their pre-season Friday (7 p.m.) when they play the Blues at the MTS Iceplex in Winnipeg.

Selkirk will then host Winnipeg on Saturday (7:30 p.m.) at the Rec Complex.

Jets announce pair of new assistant coaches

By Brian Bowman

As the Stonewall Jets headed into training camp this week, they welcomed a pair of new faces behind their bench for this upcoming season.

Brett Wur and Eric Swanson will be the new assistant coaches for head coach Brock Couch.

"Brett played over in Germany last year where he won the championship," said Jets' co-general manager Matt Figur on Monday afternoon. "Before that, he played five seasons of college hockey, one in Minnesota and four in B.C."

Swanson is a familiar face in Stonewall, having played for the Jets.

"He played for us two seasons ago and won a championship with us," Figur noted. "He was the leading scorer in the playoffs and he coached with his dad (Dwayne) with the (Midget

Provincial (Interlake Lightning) team last year."

Both individuals should be a real good fit with the Jets' organization as younger coaches.

"I think that's good and what we were kind of looking for," Figur said. "Most of the coaches around the league are younger, For Dale and I as GMs, we wanted to get someone who was fresh out of playing. "We're happy with the direction that we're going with those two guys and, with the leadership of Brock being a coach the last four seasons, (we feel) that they can all work together."

In other news, the Jets completed a deal for the outright playing rights of goaltender Nathan Cvar with the St. James Canucks.

"I literally just got off the phone with their GM," Figur said. "Nathan has

been playing for them the past two years, and they wanted him again. So, what we did was a deal for future considerations up until 2020.

"They only lost one player this season, so they are going to have a tough time filling spots ... so they should have some pretty good prospects coming up."

Stonewall also expects to have some good prospects, and veterans, coming out for this week's tryout camp.

The Jets expect Jared Hulme, a defenceman from MacGregor, Man., to be in camp. He played last season for the Waywayseecappo Wolverines in the Manitoba Junior Hockey League, producing an assist and 21 penalty minutes in 41 regular-season games.

"Jared is a big asset for us," Figur said. "Our back end is shaping up

quite nice ... and we're happy with the way things are going into camp.

"We sent out 90 letters this year so we hope that translates into competition at camp."



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Stonewall Teulon
Tribune

RECYCLING

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

METAL RECYCLING

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

SCRAP METAL

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

PROPERTY FOR SALE

Gunton - large vacant residential lot in town. Mobile homes are permitted on approval. Why pay monthly rent when you can own? \$69,900. Call 204-467-8537.

PROPERTY FOR SALE

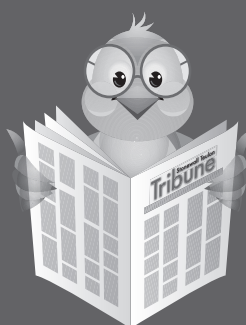
PrairieSky Royalty Ltd. is a publicly-traded company in Calgary that acquires oil & gas fee title and royalty interests at fair market value. To receive a cash offer, call 587-293-4008 or visit www.prairiesky.com/Selling-Your-Royalties.

PROPERTY FOR SALE

Lakefront property \$39,900. Only 10 lake lots left! Price reduced to sell. Sand beach, no building time restrictions. Established area with many cottages. Warren, Royal LePage 204-856-3076. www.lakelifemanitoba.ca

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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.

Call 204-467-5836

take a break

> GAMES

SUDOKU

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

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!

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!

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

Sudoku Answer

G	N	O	B			S	N	O		V	S	S	O
N	E	L	V	E			N	O	I		I	B	O
V	W	E	H	C	S		H	I	W	X	E	B	I
G	O	T	V	N	V		E	L	V		V	O	S
				E	B	U	I		T	V	E	I	T
G	N	I	T	U	H		T	E	L	V	R		
E	R	V	F	R	V		E	O		A			
E	U	E								P	I	R	I
				C	V	T		T	S	I	T	O	I
	W	V	C	C	O		V	E	C	V	N	V	P
	V	I	T	O	C	S	V	A	O	N			
T	I	T	V		E	V	S		T	V	N	I	d
S	D	E	R		B	E	V		V	M	V	r	V
V	N	R	R		E	V	N		E	T	V	A	H
C	I	E			R	P	A			E	H	C	V

Crossword Answer



CROSSWORD

CLUES ACROSS

1. Feel pain
5. Interest rate
8. Long narrative poem
12. Sedimentary rock
14. No (Scottish)
15. Ribosomal ribonucleic acid
16. Sleep gear
18. One who buys and sells securities
19. Cincinnati ballplayers
20. Of the backbone
21. Car mechanics group
22. Iranian village
23. Canadian peninsula
26. For all ills or diseases
30. Known for his "razor"
31. One who plays the viola
32. Resinlike substance
33. Educational association
34. Inappropriate
39. A team's best pitcher
42. The cost of bus travel
44. Badgerlike mammal
46. Popular sport in Ireland
47. Written works
49. Pop
50. Consumed
51. Something comparable to another
56. Wild goat
57. One-time space station
58. Outline of a plan
59. Actress Petty
60. An electrically charged atom
61. Chewed and swallowed
62. Bones (Latin)
63. Central nervous system
64. Type of pipe

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
				39	40	41		42	43						
			44	45				46							
		47						48							
49						50				51		52	53	54	55
56						57				58					
59						60					61				
62						63						64			

1. Vipers
2. Pal
3. One who has been to Mecca
4. Energy and enthusiasm
5. Leaf-footed bug genus
6. Southern belle accessory
7. ___ de Mornay, actress
8. Print errors
9. Preceding
10. Asian nation
11. The people in a movie
13. Liberate
17. Strong laxatives
24. Tub
25. Happening
26. Polyvinyl acetate
27. Small island (British)
28. Neither
29. The G.O.A.T.

35. What Goodell oversees
36. One who engages in Dawah
37. Tall, rounded vase
38. Electroencephalograph
40. Made of clay and hardened by heat
41. Great happiness
42. Chinese surname
43. Supposed emanations
44. Travelers
45. Loss of bodily movements
47. Los __, rock group
48. Seabirds
49. Used to store grain
52. Whale ship captain
53. "Joker" actor
54. Portends good or evil
55. Organized group of criminals

Classifieds

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Stonewall Teulon
Tribune

PROPERTY FOR SALE OR RENT

Land for sale or rent - approximately 430 acres cultivated. RM of Prairie Lakes Belmont area. Highest tender not necessarily accepted. Phone 204-523-6366.

CONDO FOR SALE

#13-15 Keith Consens Dr., Stonewall. \$262,000. 2 bdrm., vaulted ceilings in living & dining room, gas fireplace, low condo fees. Attached garage. Immediate poss. available. Call 204-467-2967 or 204-781-7543.

APARTMENT FOR RENT

Age 55+ Apartments -INWOOD SENIORS LODGE bachelor & 1 bedroom suites. RGI & capped rent. Meal program & activities on site. Call Tina for more info 204-278-3534 email: inwoodm@highspeedcrow.ca

GARAGE SALE

49 Captain Kennedy Rd, St. Andrews. Fri., Sept. 7- 4:30-7; Sat., Sept. 8- 9-7; Sun., Sept. 9- 9-5. Kids collectibles, games, household, clothes, etc. See us on kijiji. Rain or shine.

HELP WANTED

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

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

HELP WANTED

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

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

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HELP WANTED

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

SHOP LOCAL

HELP WANTED

South Interlake Regional Library, Teulon Branch is looking for a part-time Library Clerk. Are you passionate about making your community a better place? Would you like to introduce children to the wonders of the library? Does information and technology interest you? If you think you're up to the challenge of library work this job may be for you! For full details see the job posting on the library web site at www.sirlibrary.com

HELP WANTED

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

BOOKKEEPING

Prairie Bookkeeping offers bookkeeping solutions to small business 204-998-4789.

INCOME TAX

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

ADULT EDUCATION

Selkirk Adult Learning Program - FREE classes for adults to improve reading, writing and math, prepare for GED and Grade 12 classes. Afternoons & evenings. Enrol now! Call 204-482-7525 for info.

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The Rural Municipality of Woodlands PUBLIC NOTICE BOARD OF REVISION

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

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

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

APPLICATION FOR REVISION

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

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

APPLICATION REQUIREMENTS

43(1) An application for revision must

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

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

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

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

Dated this 21st day of August, 2018.

Adam Turner, CMMA
Chief Administrative Officer



TOWN OF STONEWALL NOTICE OF BOARD OF REVISION

General Assessment & Personal Property Assessment 2019 and 2018 Supplemental Property Taxes

Public Notice is hereby given that the 2018 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 18th, 2018 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, R0C 2Z0, or
 - serving it upon 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 2nd, 2018.**

Dated this 31st day of August A.D., 2018 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, R0C 2Z0

McSherry Auction Service Ltd

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Lockport, MB
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Before JCT 59 Turn South on
Parkside Drive 1/2 Mile #72120

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Cushman 72" Frt Dsl Mower *
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McSherry Auction

12 Patterson Dr.
Stonewall, MB

Estate & Moving

Wed Sept 12th 4:00 PM

Estate & Moving

Wed Sept 19th 4:00 PM

Yard * Recreation * Tools *
Antiques * Furniture * Misc
* Household *

(204) 467-1858 or

(204) 886-7027

www.mcsherryauction.com

McSherry Auction

Acryl Design Ltd

Sun Sept 16th 11 AM

740 Century St, Wpg, MB

Contact (204) 783-6064

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**Taking Consignments for
Upcoming Fall Consignment Auction
on Saturday, Oct. 6, 2018
To be held near Stonewall, MB**

Contact John Lamport 204-841-4136/Tim Dowler 204-803-6915 to consign



**Classified
booking deadline
is Monday at
4 p.m. prior to
Thursday's publication.**

CALL 204-467-5836

Classifieds

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Stonewall Teulon
Tribune

MISCELLANEOUS

110L oil barrel, \$35; 205L oil barrel, \$55; 25L like new gas container, \$20; 6 - 2x6x6 hardwood rough lumber, \$35; Alumarine 13'6" glider, needs transom repair, \$700; auto battery, Nationwide, 78DT-800, CCA800, RC115, in service July 2017, \$100; 6 large moving boxes, new, \$1 each; 3 - 4x8 sheets of wood lattice, \$40. All OBO. Ph 204-467-1909.

Taking registrations for fall? Back to school...need new employees for the fall/winter? Have an event or something to sell or promote? Province-wide classifieds work for you and reach over 400,000 readers weekly. Call 204-467-5836 to place your ad or email classified@mcna.com for details.

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

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

Need to Promote Your Business?
Call
467-5836
or Email
igrphic@mts.net

CRAFT SALES

CALLING ALL CRAFTERS - Tables are available for rent (\$25) at the Odd Fellow & Rebekah Memorial Eye Foundation's Annual Craft Sale on Saturday, October 27 from 10 - 2:30 p.m. For more information and a registration form, please call Margaret at 1-204-888-4433.

UPCOMING EVENTS

Cluck & Quack Poultry Club Annual Sale - poultry, small animals, equipment, crafts, vegetables, hobbies, etc. Saturday, Sept. 8 from 10 a.m. - 4 p.m. at Springfield Curling Club in Dugald, MB. For further vendor information contact Bill at 204-755-2347 or email bhartmann@xplornet.com

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewall Elk Ranch Ltd., 204-467-8884 or e-mail stonewood elkbranch@mymts.net

STRAW

Small square prime wheat straw for sale. Ph. 204-482-5101.



4-H is for Everyone
Under the leadership of caring adults, youth will learn the value of belonging and develop many skills which will last the rest of their life.
Go to www.4h.mb.ca or call **204-726-6136** to find out how to become a 4-H member or leader.

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INVOICES
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POSTERS
MEMO PADS
And MORE...



204-467-5836

SUBSTITUTE EDUCATIONAL ASSISTANTS

Interlake School Division invites applications for **SUBSTITUTE EDUCATIONAL ASSISTANTS**.

Substitute support staff application forms are available online at www.isd21.mb.ca, or in person at 192-2nd Avenue North, Stonewall.

Inquiries should be directed to Tel: 204-467-5100.



NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES RURAL MUNICIPALITY OF WOODLANDS

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the **3rd day of October, 2018, at the hour of 6:00 PM**, at Rural Municipality of Woodlands, 57 Railway Ave, Woodlands, MB, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
86528	LOT 5 BLOCK 1 PLAN 13602 WLTO IN NE 1/4 22-14-2 WPM - 303 PARKER STREET	L - \$29,800 B - \$209,500	\$6,387.05
218200	PARCEL 1: THE SE 1/4 OF SECTION 12-14-1 WPM EXC WATER CONTROL WORKS, PLAN 14431 WLTO - 79066 MERIDIAN ROAD	L - \$458,000 B - \$147,200	\$12,322.50
218300	PARCEL 2: THE SW 1/4 OF SECTION 12-14-1 WPM EXC OUT OF PARCEL 2. ALL THAT PORTION CONTAINED WITHIN THE FOLLOWING LIMITS: COMMENCING AT A POINT IN THE WESTERN LIMIT OF SW 1/4 DISTANT NLY THEREON 680 FEET FROM THE SOUTHERN LIMIT OF SAID SW 1/4 THENCE ELY, PARALLEL WITH SAID SOUTHERN LIMIT, 335 FEET THENCE NLY, PARALLEL WITH SAID WESTERN LIMIT, 500 FEET THENCE WLY, PARALLEL WITH SAID SOUTHERN LIMIT, TO SAID WESTERN LIMIT THENCE SLY, ALONG SAID WESTERN LIMIT, TO THE POINT OF COMMENCEMENT - SW 12-14-1W	L - \$378,400	\$6,477.67
227425	LOT 1 PLAN 28864 WLTO EXC ALL MINES AND MINERALS AND OTHER MATTERS, TOGETHER WITH THE RIGHT TO ENTER AND REMOVE THE SAME AS MORE FULLY SET FORTH IN TRANSFER NO. B8632 WLTO IN SE 1/4 31-14-1 WPM - 83048 ROAD 5W	L - \$15,800 B - \$231,500	\$7,073.12
234800	THE SE 1/4 OF SECTION 12-15-1 WPM SUBJECT TO THE RESERVATIONS AND PROVISIONS CONTAINED IN THE GRANT FROM THE CROWN - SE 12-15-1W	L - \$52,900	\$2,254.69
234900	SW 1/4 12-15-1 WPM EXC RAILWAY PLAN 2171 WLTO SUBJECT TO THE RESERVATIONS AND PROVISIONS CONTAINED IN THE GRANT FROM THE CROWN - SW 12-15-1W	L - \$37,100	\$2,069.80

The tax sale is subject to the following terms and conditions with respect to each property:

- The purchaser of the property will be responsible for any property taxes not yet due.
- The Municipality may exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in **cash, certified cheque or bank draft** to the Rural Municipality of Woodlands as follows:
 - The full purchase price if it is \$10,000 or less; OR
 - If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.
- The purchaser will be responsible for registering the transfer of title in the land titles office, including the registration costs.

Dated this 31st day of August, 2018.

Managed by:



Adam Turner
Chief Administrative Officer
Rural Municipality of Woodlands
Phone: (204) 383-5679
Fax: (204) 383-5169

CLEANING OUT YOUR ATTIC OR BASEMENT? ADVERTISE YOUR "GOOD STUFF" IN THE TRIBUNE AND GET RESULTS



TOWN OF STONEWALL REQUEST FOR PROPOSAL

The Town of Stonewall is seeking proposals for Engineering Design and Contract Administration Services for:

TOWN OF STONEWALL CAPITAL WORKS PROGRAM
(Sewer & Water Linear infrastructure, Street Renewal, Sidewalk Construction and Misc. Repairs)

Details of the Town's requirements can be viewed on the Town website at www.stonewall.ca

Proposals are to be submitted in sealed envelopes clearly marked "Request for Proposal - Town of Stonewall Capital Works Program" and shall be delivered to:

Doug Steinke
Works & Operations Supervisor
Town of Stonewall
293 Main Street
P.O. Box 250
Stonewall, Manitoba R0C 2Z0

Submissions must be received as specified above on or before 4:00 PM, September 21, 2018 to be accepted.



NOTICE OF NOMINATIONS INTERLAKE SCHOOL DIVISION FOR SCHOOL TRUSTEE

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

I will receive School Trustee nominations for:

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

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

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

WARD IV STONY MOUNTAIN
(One Trustee to be Elected)

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

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

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

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

ALLEN W. LEIMAN
SENIOR ELECTIONS OFFICER (S.E.O.) Interlake School Division

Telephone Number: 204-467-5100
Fax Number: 204-467-8334
Dated at Stonewall on August 22nd, 2018

get inspired

> MEAL IDEAS

FamilyFoods
Phone 467-5553

Back-to-School Meals in Minutes

Mexican menu ideas for simple family dinners



Poblano Ranch Tacos

1 cup corn kernels
1 cup cotija cheese
1 bottle Ortega Flavor Craver Ranch Taco Sauce, to taste

Add olive oil to skillet over medium heat. Add sliced poblano peppers and yellow onion to pan. Saute until cooked through. Add squeeze of lime to pepper and onion mixture, if desired.

Bake taco shells according to package directions. To assemble tacos, add poblano and onion mixture to base of taco. Top with sliced radishes, corn and cotija cheese. Finish with taco sauce.

Makes: 8 tacos
2 tablespoons olive oil
4 poblano peppers, sliced
1 yellow onion, sliced
1 tablespoon fresh lime juice (optional)
1 box Ortega Yellow Corn Taco Shells
6 radishes, sliced



Steak Fajita Burrito Bowl

Add 2 tablespoons oil to skillet over medium-high heat. Cook skirt steak 5 minutes on each side. Remove steak from pan and let rest. When cooled, slice into strips.

Add remaining olive oil to skillet over medium-high heat. Saute red and yellow peppers until cooked through.

Prepare rice as directed on package. Add squeeze of lime and taco seasoning. Stir to combine.

Prepare tortilla bowls as directed on package. Fill with rice, shredded lettuce, sliced steak and peppers. Top with diced avocado, corn and cotija cheese. Finish with taco sauce.

Makes: 4 bowls
3 tablespoons olive oil, divided
1 pound skirt steak
1 red pepper, sliced
1 yellow pepper, sliced
1 package instant rice
1 tablespoon fresh lime juice
1/2 packet Ortega Original Taco Seasoning
1 Ortega Bakeable Tortilla Bowl Kit
3 cups green leaf lettuce, sliced
2 avocados, diced
1 cup corn kernels
1/2 cup cotija cheese
1 bottle Ortega Green Taco Sauce, to taste



You Also Should Think About the Present

tice how often, like a curious little puppy, it has wandered from where you told it to stay.

And yet, if you can simply pay attention to the weeds you are pulling, the dishes you are washing, the child you are playing with, or the traffic around you, you will notice how much more peaceful you feel. Not thinking about what happened back at the office, how you will get those grass stains out, or who you are angry with, will free you to just be present in the moment. Try doing this throughout the day. You will soon notice that regardless of what is happening in your life, during the time you are staying completely in the present, you feel happy, and peaceful. That is because beneath all the chatter of our thoughts, opinions and judgments, our true nature is characterized by inner joy and calm.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books, cds or MP3's, visit www.gwen.ca. Follow Gwen on Facebook for daily inspiration.

What is the shortest path to peace of mind? Surprisingly, it is to stop thinking. It is the mind itself that creates its own turmoil. The mind works in the service of the ego, evaluating everything as positive or negative. If the mind decides that a situation or outcome is negative, this may then trigger the emotions. An emotional reaction fuels more thinking, leading to more emotions, and on and on. Most often the mind is focusing on the past, or else into the future.

We have no control over either. Worry about the past leads to guilt, regret or resentment. Worry about the future produces anxiety. Perhaps this is why so many of the wisdom traditions emphasize the importance of just being in the present moment. This is not always easy to do. Just notice your own mind, as you try to stay focused on just what you are doing in any moment. No-



Southwest Chicken Salad

1 tomato, diced
1 cup cotija cheese
1 bottle Ortega Flavor Craver Ranch Taco Sauce, to taste

Add olive oil to skillet over medium heat. Coat chicken with chili powder. Cook chicken 8 minutes on each side, or until cooked through. Remove chicken from pan and let rest. Slice chicken into strips when cooled.

Prepare tortilla bowls as directed on package. Fill with shredded lettuce, black beans, corn and sliced chicken. Top with diced avocado, tomato and cotija cheese. Finish with taco sauce.

Makes: 4 bowls
2 tablespoons olive oil
4 chicken breasts
2 teaspoons chili powder
1 Ortega Bakeable Tortilla Bowl Kit
3 cups green leaf lettuce, sliced
1 can Ortega Black Beans
1 cup corn kernels
2 avocados, diced

You can enjoy the flavors of a Mexican cantina in your kitchen anytime if you're stocked up with the right goods.

Pantry and Dry Goods

1. Keep dried or canned chiles of all sorts on-hand. Dried chiles include ancho, chipotle, guajillo, negro and mulato.

2. Expand your spice rack with Mexican staples like chili powder, cayenne pepper and paprika, as well as oregano and cumin.

3. Buy white rice in bulk so you can create Spanish rice to accompany any dish.

4. Stock up on canned refried beans, black beans and pinto beans for use in

your favorite Mexican dishes.

Refrigerator and Produce

1. Keep ready-made salsa and spicy sauces chilled and serve them alongside chips, tacos and other Mexican dishes.

2. Always have garlic, onions and fresh cilantro handy. Keep lemons and limes within reach to add bright flavor to your dishes. Also, buy fresh chiles like jalapeno and pasilla to spice up a variety of dishes. If possible, grow them yourself.

3. Store flour and corn tortillas in your cupboard or refrigerator to create burritos, tacos, enchiladas and wraps.

4. Keep Monterey Jack, queso fresco and cotija cheese on-hand to include in enchiladas and burritos.

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OBITUARY

Eva Paulsen

February 18, 1911 - August 29, 2018



Peacefully on Wednesday, August 29th Mom passed away at the Rosewood Lodge in Stonewall, Manitoba. At 107 years of age, she was one of the eldest citizens in Manitoba. She was predeceased by her husband H.V. (Bill) Paulsen (1988); parents Joseph and Maggie Porter of Gainsborough, Sask.; 11 brothers and sisters; son-in-law Leon Duff and great-grandchild Sheena. She is survived by her children Inez (Edwin Hartle), Bernice Duff, Shirley (Derwood Dodds), Carl (Fran) and Sid (Betty); 15 grandchildren; 30 great-grandchildren and 16 great-great-grandchildren. Mom was a resident of Stonewall for 63 years having arrived there in 1955.

Mom was born on February 18, 1911, in Gainsborough, Sask. and was the ninth of 12 children. She started school in 1917 in a one-room schoolhouse. Most of the time she walked over two

miles to school with her siblings, but in the winter they drove two horses in a cutter.

She left school after grade nine and married our dad in 1931. They tried to homestead but times were tough, so they moved from Prince Albert to Fenton where he was able to find work at the local store/post office. In 1950, as the family grew, they moved to Birch Hills and in 1954 moved on to Melville.

In the early 40's, Mom had to work very hard raising five children in a one room shack in the bush in Northern Saskatchewan with no electricity, running water and an outhouse. Daily chores included chopping wood for fires, hauling water by the barrel from the Saskatchewan River on Sundays, melting snow to wash clothes - all the while trying to keep five hungry mouths fed. Dad would leave for work at 6 a.m. and not return until about 6 p.m.

Mom and Dad moved to Stonewall in 1955 and her life greatly improved. She took on the role of cooking for the hired help along with looking after her family. Mom was well known for her roast beef with brown gravy dinners, Christmas pudding, but most of all for her homemade bread. Nobody could make bread like our Mother! She always had a garden that she looked after and shared with her family. Mom liked to pick saskatoons (1 juice 2 berries) along with other fruits such as Wilf Carter and Hank Snow, and of course, knew all the words to these songs. She loved to sing during car trips to pass the time and if she was just humming, you knew she was having a good day.

She always enjoyed spending time with her family, playing card games, board games, puzzles, but her favorite was playing crib. When she was able, she knit scarves which she donated to a non-profit organization. Her weekly shopping trips and lunches on Saturdays with her grandchildren were a special event when she lived at Stonewall Manor.

The family would like to thank the staff of the Betel Home Selkirk as well as the doctors, nurses and staff at Rosewood Lodge for the care our Mother received during her time there. We would also like to thank Mackenzie Funeral Home, The Royal Canadian Legion for providing the luncheon, and everyone who came out to honor our Mother, Grammie, Great Grammie, Great Great Grammie at the Memorial Service held on Tuesday, September 4th, 2018.

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OBITUARY

ROBERT (ROBBY) MACLEAN

It is with deep sadness we announce the passing of Robby MACLEAN, aged 42 years of Stonewall on Sunday, September 2, 2018 at the Stonewall Hospital.



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In Loving Memory of
Pauline Strauss

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In death we love you still;
In our hearts you hold a place,
No one else can ever fill.
It broke our hearts to lose you,
But you didn't go alone;
Part of us went with you,
The day God took you home.

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IN MEMORIAM



In Loving Memory
Matthew MacIntyre

December 18, 1984 – September 6, 2012

Gone are the days we used to share,
But in our hearts you are always there.
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We miss you more than anyone knows.
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But it's not the same since we lost you.

-Loved dearly, so sadly missed
Mom, Dad, Tracey,
family and friends

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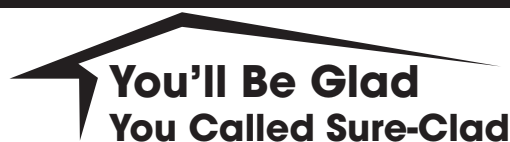
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Geraldine & Jamie Stephenson, Riverton.....	\$1,711.00	Elaine Bolter / Geoff Crew, Sandy Hook.....	\$999.00	Melissa & Jeff Abuda, Arborg.....	\$3,339
Dean & Sharmaine Murdock, Dallas.....	\$319.00	Karen Dzaid, Arborg.....	\$499.00	John Paul Avison, Arborg.....	\$679
Theodore Zagowski, Riverton.....	\$119.00	Natalia & Roger Elyofson, Riverton.....	\$1638.00	Carol & Dan Beauchemin, Inwood.....	\$1,329
Morris Willis, Riverton.....	\$416.13	Randy & Glenda Forster, Hodgson.....	\$1898.00	Jim Dingwall, CampMorton.....	\$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.....	\$939.00	Jason Hudson, Riverton.....	\$1,278
Pete & MaryPlett, Arborg.....	\$599.00	Rick & Sheila Johnston, Arborg.....	\$349.00	Darlene Jonsson, Gimli.....	\$359
Donald Ostertag, Gimli.....	\$1,448.00	Benita Muzyka, Arborg.....	\$769.00	Ruth Kennedy, Arborg.....	\$549
Peguis Free Spirits Child Care, Peguis.....	\$189.00	Donna Jonasson, Arnes.....	\$399.00	Benita Muzyka, Arborg.....	\$388
Brent Melsted, Arborg.....	\$599.00	Jeannette Kist, Gimli.....	\$121.87	Archie Thompson, Arborg.....	\$549
A.W. Mabon, Gimli.....	\$1,027.00	Kevin & Lisa Klym, Arborg.....	\$774.00	Amanda Unger, Riverton.....	\$799
Brian Jonasson, Arnes.....	\$454.00	John & Tina Kornelson, Arborg.....	\$689.00	Evelyn Wallach, Poplarfield.....	\$899
Phyllis Dueck, Riverton.....	\$767.00	Kent & Helena Kostshyn, Lundar.....	\$639.00	Judy Wells, GrandePointe.....	\$119
John & Nellie Burak, Arborg.....	\$599.00	Thomas Kowalchuk, Fraserwood.....	\$499.00	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.....	\$599.00	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 Elyofson, Riverton.....	\$528.00
Ronald Ostryznik, Poplarfield.....	\$479.00	Curtis Spence, Hodgson.....	\$479.00	Nelson Hudson, Koostatak.....	\$629.00
Margaret S.Wilson, Peguis.....	\$1,699.00	Tanya & Lyle Thorgilsson, Lundar.....	\$329.00	Larry and Valerie Kornelsen, Arborg.....	\$799.00
Stacey Ledingham, Riverton.....	\$1,279.00	Nancy Woychysyn, Arborg.....	\$768.00	Joan Loewen, Arborg.....	\$859.00
Wayne Barkman, Arnes.....	\$799.00	Mathew & Gemma Avison, Arborg.....	\$219.00	Rita Milne, Gimli.....	\$1,327.43
Kathy Taylor, Winnipeg Beach.....	\$599.00	Raymond Bazinet, Eriksdale.....	\$389.00	Minerva Ladies Aid, Gimli.....	\$659.00
Doreen Steg, Camp Morton.....	\$299.00	Lynn Bear, Peguis.....	\$1,044.00	Sheila Murdoch, Koostatak.....	\$1,018.00
Lloyd Sigurdson, Arborg.....	\$599.00	Ken & Linda Cherepak, Arborg.....	\$49.01	Ruth Otto, Ashern.....	\$1,829.00
Glen & Norma Plett, Arborg.....	\$629.00	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 Gislason, Riverton.....	\$699.00	Heather Fedorchuk, Gimli.....	\$1119.00
John Harper, Hodgson.....	\$799.00	Heather Hamaberg, Teulon.....	\$749.00	Ilean Haldane, Winnipeg Beach.....	\$1979.00
Robert & Delores Jacobson, Arborg.....	\$279.00	Matthew Hamaberg, Winnipeg.....	\$399.00	Catalina Janzen, Arborg.....	\$709.00
Brad Baziniak, Riverton.....	\$698.00	Star Johanneson, 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 & Verna Bodnar, Arborg.....	\$1,028.00	Brenda Kayer, Teulon.....	\$399.00	Todd and Lisa Mazur, Fisher Branch.....	\$72.40
Zenith Poole, Arborg.....	\$1,849.00	Wayne & Kathy Kristinnson, Arborg.....	\$499.00	Jason and Sarah Naylor, Arborg.....	\$1328.99
Kevin & Lisa Klym, Arborg.....	\$179.00	Jeff Melsted, Gimli.....	\$120.00	Peter and Lisa Sawatzky, Arborg.....	\$249.00
Joan Hudson, Hodgson.....	\$979.00	Beverly & Bryan Plett, Arborg.....	\$2,148.00	Donna and Jim Skinner, Arborg.....	\$50.94
Leonard & Joyce Jackson, Gimli.....	\$2,427.00	Ray Reimer, Arborg.....	\$1,308.00	Allen Spence, Hodgson.....	\$1199.00
Amanda Rundle, Riverton.....	\$258.00	Donna Votour, Arborg.....	\$399.00	John and Mary Troyan, Arborg.....	\$868.99
Kay Bergman, Arborg.....	\$2,229.00	Richard & Judith Werner, Arnes.....	\$419.00	Boyd Abas, Hodgson.....	\$338.99
William & Ethel Brown, Gimli.....	\$5,000.00	Don Barkman, Arborg.....	\$279.00	Sharon J. Bear, Peguis.....	\$39.99
Mike Budniak, Meleb.....	\$1,504.10	Noreen Barkman, Arborg.....	\$679.00	Sophie Bristow, Gimli.....	\$49.00
Leona Cochrane, Koostatak.....	\$499.00	Mark Bayliss, Arborg.....	\$19.95	Susan & Greg Brown, Lundar.....	\$1,713.00
Ivan & Christine Fridfinnson, Arborg.....	\$737.10	Melvin & Carol Bilinski, Fisher Branch.....	\$999.00	Elaine Bruce, Ashern.....	\$449.00
Jocelyn & Tony Hayka, Arnes.....	\$949.00	Jim & Wanda Brandson, Lundar.....	\$916.00	Linda Foster, Matlock.....	\$408.00
John Hudyma, Fraserwood.....	\$599.00	Paul & Linda Buus, East Selkirk.....	\$338.00	Dan & Nyla Klatt, Grahamdale.....	\$649.00
Alex Klimchuk, FisherBranch.....	\$575.00	Henry T. Friesen, Arborg.....	\$1727.95	Rosemarie Kawalenko, Arnes.....	\$1,929.00
Claudia Krawchuk, Fraserwood.....	\$499.00	Jocelyn & Tony Hayka, Arnes.....	\$749.00	Richard & Doris Dueck, Arborg.....	\$369.00
David & Judy McDougall, Ashern.....	\$399.00	Carl Johnson, Riverton.....	\$499.00	Melissa Markusson, Gimli.....	\$399.00
Tammie McDouid, Arborg.....	\$1,049.00	Darryl & Jeannette Lazarok, Poplarfield.....	\$599.00	Darrin Mitchell, Riverton.....	\$1,703.95
John Miller, Broad Valley.....	\$69.95	Jason Loewen, Arborg.....	\$59.90	Bert & Vera Osborne, Arborg.....	\$279.00
Ronald Plett, Arborg.....	\$499.00	Janet Porth, Gimli.....	\$1759.00	Ashley Prince, Peguis.....	\$20.00
Frank Reimer, Arborg.....	\$658.00	Candace Sigurdson, Riverton.....	\$499.00	Glen Tamoto, Sandy Hook.....	\$1,179.00
Dave & Eileen Shott, Arborg.....	\$98.00	Fern & Philip Sinclair, Peguis.....	\$279.00	Rick Weins, Arborg.....	\$649.00
Phil Thorkeison, Arborg.....	\$599.00	Della Sinclair, Koostatak.....	\$1599.00	Cornelius Weins, Arborg.....	\$59.00

GRAND TOTOAL TO DATE \$241,121.69

PLUS

FOR ONE DAY,
EVERYONE
WILL GET THEIR PURCHASE
FREE!

A NOTE TO OUR CUSTOMERS
Due to the nature of this sale, we felt a brief explanation is essential.

At closing, 6 p.m. Sat. Sept 29th we will tally the 20 days of paid sales and divide by 20 to get the average daily sale. The day which is closest to this daily average, without going over it, will be the day which ALL purchasers will receive their purchase amount back, taxes excluded.

In the case of credit card (Smitty's, Visa, Mastercard) purchases, we will issue a credit immediately.

As we are tremendously overstocked right now, every item in stock will be included in this sale. No exceptions - clearance, damaged, discontinued, even new arrivals; furniture and appliances.

We must reduce our inventory and to ensure we do, we will even give it away for one day!

Don Smith
Smitty's

6 PC DINING SET

Table
4 Chairs &
Double Bench
Only **\$899**
Reg \$1169

7-Piece Living Room Package

Includes: Sofa, Loveseat,
3-piece Coffee Table
Set, Pair of Lamps
\$1649

FIREPLACES

Charcoal Finish, TV unit
with glass ember Firebox
4 ONLY
\$859

ALL PURCHASES QUALIFY!

- Furniture
- Appliances
- Clearance Items

PLUS

DON'T PAY FOR 3 MONTHS
0% INTEREST ON EVERYTHING O.A.C.!
FURNITURE, APPLIANCES

SALE RULES

- All sales must be paid in full to qualify for this sale.
- Visa, Mastercard or Smitty's Credit Cards accepted.
- Sale Starts 9a.m. Tues., Sept. 4 and ends Sat., Sept. 29, 6p.m.
- All purchasers on free day will be notified and receive their full refund by Wednesday, Oct. 3, 6p.m.
- All sales tallies and free day will be verified by our accounting firm.
- Commercial sales excluded in tallies and free day.
- All taxes excluded in tallies and refunds.
- No returns or substitutions for these 20 sale days.

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**HOURS: 9 - 6
TUES. - SAT.**

