

JUST LISTED

FOR SALE


JUST LISTED

DON'T MISS THIS ONE!
 Great location, super layout, private lot in Stonewall \$334,900 - Meagan

JUST LISTED
A RARE FIND!
 Highly sought after condo complex in Stonewall w/attached garage - \$294,900 - Matt

JUST LISTED

YOUR DREAM HOME AWAITS!
 - Quality built custom ranch bungalow offers 1800 sqft built in 2012 - Warren - Matt

JUST LISTED
YOUR OWN PRIVATE WORLD
 2 MILES NORTH OF THE PERIMETER ON PAVEMENT! 6.80 acres, 1866 SQ. FT BUNGALOW, 30 x 40 barn, \$479,900-SUSAN

JUST LISTED

LIKE BRAND NEW WITH CLASSIC CHARACTER
 Enjoy the charm and warmth without the hassle and effort of upkeep and renos! It's all done! 1685sqft, 4bdms, 2bths, 100x175 lot Woodlands - \$279,900. - Brandt

THE MCKILLOP TEAM
RE/MAX TOWN & COUNTRY

204-467-8000
mckillop.ca


Stonewall Teulon Tribune

VOLUME 8 EDITION 36

THURSDAY,
SEPTEMBER 7, 2017

SERVING STONEWALL, BALMORAL, TEULON, CUNTON, NARCISSE, INWOOD, LAKE FRANCIS, WOODLANDS, MARQUETTE, WARREN, ARGYLE, GROSSE ISLE, ROSSER, STONY MOUNTAIN, ST. LAURENT & KOMARNO



Li'l green thumbs

TRIBUNE PHOTO BY JO-ANNE PROCTER

Cousins Persephone Chic, left, and Daytona Welechenko were tending to their Jarrahdale pumpkin patch in the community garden in the Industrial park in Stonewall last week.

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


NORRIS LAKE \$39,900 NORRIS LAKE LAKEFRONT
 150 x 350 lot. Lovely area to build! 150x350 lot 40 min from Wpg. Build your dream home or weekend retreat at tranquil Norris Lake.


TEULON \$129,900
CHEAPER THAN PAYING RENT
 - Lovely renovated 3 bedrm home on 100 x 120 lot. Improvements include: windows, kitchen and bathroom. Newer appliances included. Immediate possession.


INWOOD \$439,900
OPPORTUNITY IS KNOCKING @ THIS BEAUTIFUL FARM!!
 2 homes on 320 AC owned/1280AC leased land. Fully renovated 1232SF Bungalow, 2 Barns, Cattle Shed, Horse Barn, Heated Shop. PIQUED YOUR INTEREST??


WOODLANDS \$389,900
 This contemporary 2092 sf 3 bedrm bungalow with basement is designed for entertaining. Check out the amazing great rm with glass wall, hot tub and skylights. This 5 acre property also feat 32x32 shop/garage, 32x80 insul barn w/6 box stalls & paddocks. IDEAL LOCATION JUST 30 MIN TO CITY - no gravel roads.


Experience Counts
JOIN US SUN SEPT 10TH
The Liliane Baron South Interlake Breast Cancer Support Group Breast Cancer Walk & Family Fun Day
Registration: Noon at L.J. Baron Realty, 62 Main St, Teulon • Walk Starts at 1pm
Free Entertainment & BBQ
204-886-2393 baron@mts.net www.ljbaron.com


TWIN LAKES BEACH LAKEFRONT. \$780,000
"FORTRESS OF SOLITUDE"
 You've admired it since it was built and now you can own this magnificent 5 bedrm, 3 bath 3200 sq ft beachfront sanctuary on 77x220 lot. This incredible property would also be suitable for multi-generational family or B&B.


BALMORAL \$469,000
PROGRAMMED FOR PLEASURE! Stunning 2472SF 3BR 2Bath on private 10AC Incl insul workshop & 36x56 Quonset, pool. YOU MUST SEE TO APPRECIATE THIS INCREDIBLE PROPERTY!!


TEULON \$249,900
AN ALTERNATIVE TO DOWNSIZING INTO A CONDO - Take a look at this quality built 1080 sq ft 2 bedrm bungalow w/basement and seasonal sunroom. Add'l benefits include manageable private yard and your own garage. CONSIDER YOUR OPTIONS.


ARBORG \$369,500 LUXURY IN THE COUNTRY!!! 3119 sq ft STUNNING quality built 5 bedrm, 4 bath FAMILY home w/developed basmt. Features incl gourmet kit w/walk in pantry HARVEST SIZED eating area, sunrooms, walls of windows overlooking fabulous yard, oversized insulated garage AND THE LIST GOES ON ... UNBELIEVABLE VALUE!!

Who makes the best burger?

Staff

The official launch of Le Burger Week started Sept. 1 and will run through to Sept. 7. Restaurants across the nation — including Winnipeg and Stony Mountain, Montreal, Quebec City, Cornwall, Toronto, Ottawa, Calgary, Edmonton, Regina, Saskatoon and Vancouver — will simultaneously open their doors to thousands of burger lovers, who will determine their city's best burgers.

Stony Mountain's Summit Café is the only restaurant outside of Winnipeg to join the food fest.

Summit Café owner Nadine Dannenberge is super excited to be featuring their tribute burger, Stony's Jailhouse Blues Burger, for the first time in the week-long culinary com-

petition.

The burger creation is paying tribute to the Stony Mountain Institution that is celebrating its 140th anniversary and for all the men and women employed there, who go in every day trying to make a difference.

The burger includes blue cheese and homemade bacon marmalade sandwiched between two Angus patties, topped with crispy onion strings, arugula and blueberry balsamic mayo finished off on lightly toasted Fergasa bread.

The competition spans six provinces, 11 cities and close to 400 restaurants.

What started out in 2012 as a small but impressive food fest has evolved into a flavourful event with well over 150,000 participants — and for the



TRIBUNE PHOTO BY LANA MEIER

Summit Café's Nadine Dannenberge serves up Stony's Jailhouse Blues Burger during Le Burger Week, which kicked off Sept. 1.

STONEWALL-ROCKWOOD FIRE DEPARTMENT NOW HIRING!

THE STONEWALL-ROCKWOOD FIRE DEPARTMENT INVITES APPLICATIONS FOR FIREFIGHTER POSITIONS

QUALIFICATIONS:

- Must be a minimum 18 years of age
- Must provide a valid class 4 drivers' license and air brake endorsement or be willing to upgrade to same
- Must supply a current drivers' license abstract
- Must supply a criminal record check
- Must provide a valid, non-expired, Standard First Aid and CPR Level C Certificate
- Must be physically fit
- Must reside within 5 mile radius of Fire Hall

We are looking for motivated, reliable, dependable, hard working team members who want to provide fire protection duties to their community and surrounding area.

Application forms may be obtained online at www.stonewall.ca/docs/APPLICATION.pdf or in person at the RM of Rockwood office between the hours of 8:30 AM to 4:30 PM, Monday to Friday. **Applications are asked to be submitted to Stonewall-Rockwood Fire Committee and dropped off at the RM of Rockwood office, 285 Main Street, Stonewall or mailed to Box 902, Stonewall, MB R0C 2Z0, or emailed to info@rockwood.ca.**

Applicants that progress to the interview process must provide a physician's medical examination report stating applicant is fit for firefighting duties. Successful candidates will be reimbursed for cost incurred in providing the medical exam report.

We thank all those individuals who apply, however only those granted an interview will be acknowledged.

DEADLINE FOR APPLICATIONS TO BE RECEIVED IS 4:00 PM, FRIDAY, SEPTEMBER 15, 2017

Public Service Ad sponsored by



FALL SPECIALS!

Green fee and shared cart

Weekday

\$38

Weekend

\$50

Food and Beverage on course from 10am to 6pm daily

MERCHANDISE SALES

- BUY ONE GET ONE

- 50% OFF

Located 35 Minutes north on HWY #7

Call 886-4653 to book your tee time today!

Teulon GOLF & COUNTRY CLUB

What are you saving for?

Discover your path to financial security. Let's talk.

Versatile Portfolios NAVIGATOR

the co-operators®

A Better Place For You®

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

www.cooperators.ca/Inview-Insurance-Services

Home Life Investments Group Business Farm Travel

Not all products available in all provinces. Versatile Portfolios Navigator™ is offered by, and is a registered trademark of, Co-operators Life Insurance Company. Versatile Portfolios Navigator™ provides guaranteed benefits which are payable on death or maturity. No guarantee is provided on surrender or partial withdrawal in respect of Units acquired in the Segregated Funds.

South of the Lakes Art Tour celebrates 15 years

By Jennifer McFee

It's been a milestone 15 years since the South of the Lakes Art Tour began, yet there are still many firsts to look forward to at this year's rendition.

This year's tour will feature 11 stops with 36 artists, compared to 26 artists last year at the same number of stops. Of the participants, 11 new artists will showcase their works in 2017, as well as a couple artists who are returning to the event after an absence.

Also for the first time this year, Teulon-based studio Glass by Heather is on the map, where artist Heather Dawson is looking forward to displaying her artwork.

"I do stained glass, fused glass and fused jewelry," explained Dawson, who is also participating in the Wave

tour.

"A number of years ago, I took one class and it just snowballed from there. Now I've been doing it for over 10 years. It's been a lot of fun because there are so many different techniques you can try out and so many ways to use the different types of glass."

During the tour, Dawson will have items on display and for sale at her studio, located at 128 Beach Rd. in Teulon.

"I'll have my own studio open, so they'll be able to see the different techniques and tools that are used," said Dawson, who has taught classes through the Interlake School Division.

"If they're interested in demonstrations, I'm happy to show how to cut glass or to even let people try cutting glass. If there's interest in learning, they can talk to me about it during the art tour."

In addition to the new artists and new studio on the tour, one new centre has been added in Selkirk. The Gordon Howard Centre, located at 384 Eveline St., will showcase the works of six artists: Kathy Freeman, Rebecca Cramer, John Valentine, Gordon Kanne, Charley Waters and Greg McKenzie.

Meanwhile, the Rosser group has moved to the Grosse Isle Recreation Club at 117 E Road 72 N, where Loris Barsanti, Marge Knutson, Helen Harris and Linda Gillies will showcase

their talents.

Hermina Hildebrand, one of the tour co-ordinators, said there is a little bit of everything on this year's tour, which draws tourists from across the province. The 2017 tour will feature paintings, drawings, sculptures, carvings, photography, pottery and fibre artists in wool and silk. There will also be wood-fired and traditional glass work, jewelry, garden art, poetry, children's books, experimental works — and much more.

Destinations include Rosser, Grosse Isle, Stonewall, Balmoral, Teulon and Selkirk.

"We consider this event a great opportunity for the artists to showcase their work and for the public to come out, meet the artists and view local art," she said.

Hildebrand will have her work on display at the Heritage Arts Centre and at the Gwen Fox Gallery, where she will also act as a hostess.

"It's really gratifying to be able to show our work. It's a fabulous opportunity. At the same time, it's nice to have a

chat with people and find out where they're coming from and what's bringing them out," she said.

"A lot of them will go to take advantage of where they are in the vicinity and go for lunch, go for coffee, go for tea. So this year we're going to provide information about where they can go just to help out because people are always looking."

The 2017 South of the Lakes Art Tour, put on by the Prairie Oak Regional Arts Council, takes place on Saturday, Sept. 16 from 10 a.m. to 5 p.m. and Sunday, Sept. 17 from noon to 4 p.m.

Maps are available at Hallmark stores, Travel Manitoba visitor centres and on the Facebook page entitled "South of the Lakes Art Tour 2017."



TRIBUNE PHOTOS SUBMITTED

Heather Dawson is one of 36 artists taking part in the South of the Lakes art tour Sept. 16 and 17. She will have her stained glass studio open for visitors over the weekend.

Our Featured LISTINGS

**43 Thunder Hill Drive
STONEWALL, MB**

Brand New 1613sf Raised Bungalow

- Triple Attached Garage
- Massive Pie Lot • 3 Bedrooms
- 2 Bathrooms • Huge Windows
- ICF Foundation w/ Steel Beam Construction

\$529,900

**203 Rothwell Street
WOODLANDS, MB**

Very Unique Home:

- 2727 square feet • 4 Bedrooms
- 2 Full Baths plus 2 Half Baths
- Full Unfinished basement
- Self Contained - Main Floor - In-law Suite

\$249,900

**234 Johnson Way
WARREN, MB**

High Quality Construction by Maric Homes

- 1317 square feet • 3 Bedrooms
- 2.5 Bathrooms • Finished Basement
- Manicured Lawn (0.43 acres)

\$339,500

TURN-KEY FARMING OPPORTUNITIES

1680 Acres mixed farm with non-polluting, environmentally friendly feed lot

- 1637sf • 5 bedroom bungalow on home quarter • 1092 Acre fully operational cattle farm • all outbuildings including a newer 1440sf, 4 bedroom bungalow and 1 1/2 storey farmhouse.

Call for Details

RESIDENTIAL COMMERCIAL & FARM REAL ESTATE

Stuart Berenhaut | Audrey Schumann | Erin Armstrong | Victoria Preston | Sam Berenhaut

THE PRESTON-BERENHAUT TEAM

Your Family's Comfort is our Family's Business

204-467-2455

360 Main St. Stonewall, MB

ROYAL LEPAGE

Dynamic Real Estate

INDEPENDENTLY OWNED AND OPERATED

Rural Women's Day to focus on mental health

By Jennifer McFee

A healthy mind is a treasure to find. That's the theme of Manitoba Rural Women's Day, hosted by the Manitoba Women's Institute (M.W.I.). Women of all ages and from all communities are welcome to attend two upcoming sessions to be held in different parts of the province. The first session will be held on Oct. 14 in Minnedosa and the second will be on Oct. 28 in Komarno.

"We'd be delighted to have ladies from the communities. It's for anybody who thinks they might be inter-

ested in this. We've got a jam-packed day with wonderful speakers," said Diane Hall, an individual member in Gimli.

"We're encouraging W.I. ladies to attend, but if we can have other people from the community, that would be great. We've done this before and it's been very successful. We actually got a couple new members out of it."

Both sessions will feature speakers that include Keith Macpherson, a wellness expert, yoga instructor and musician. Elaine Froese will speak about real-life situations gleaned

from working with rural families for more than 40 years. As well, Vicki Olatundun, executive director of the Steinbach Family Resource Centre, will offer insight as a motivational speaker.

Each day will also feature a fireside chat. In Komarno, participants will include marriage and family therapist Cheryl Cohan, Reiki master Carole Teatreault and outreach manager Judy Dunn from the Mood Disorders Association of Manitoba. The Manitoba Canola Growers and the Thomas Sill Foundation are sponsoring the

speakers.

With a long-standing history, the Women's Institute has been in Manitoba for more than a century, Hall explains.

"It was Adelaide Hoodless who started it long, long ago in Ontario. It started off almost as an offshoot of the men's farm groups in Ontario. Then it came to Manitoba and it's been here for over 100 years now. The first one to come here was down in Morris," she said.

"Each region was broken up into local groups in the towns. Unfortunately, life has changed over the last 100 years. We used to have 30 or more locals right here in the Winnipeg Interlake Region. Now we only have six, but we have a lot of individual members like myself. My institute was the Gimli Institute, which was a very old one. It was started in 1917 and we had to close it down in 2014 because there were only three of us left."

These days, the women who used to be W.I. members in Gimli continue to meet informally for lunch from time to time.

"The Women's Institute in Manitoba did a lot for farm women and people who were almost shut in during the winter. They taught some culinary skills and housekeeping skills and clothing skills and knitting. You name it, they would probably do it. You'd probably find some of them out on the tractors or behind a team of horses back in those old days," Hall said.

"It was a country women's organization, but it spread to the city too. The Manitoba Women's Institute is an organization that focuses on personal development, family, agriculture, rural development, and community action, locally and globally. It strengthens families, women and communities."

Hall hopes to see familiar faces as well as newcomers at the upcoming sessions, which cost \$20 for M.W.I. members and \$25 for non-members. The event includes door prizes, lunch, display tables and a draw for a free new M.W.I. membership. The hope is to attract about 200 participants to Minnedosa and 100 participants to Komarno due to its sparser population. The committee for the Komarno event includes representatives from Inwood, Teulon, Winnipeg, Fisher Branch and Gimli.

"The Winnipeg Interlake Region of the Manitoba Women's Institute is sponsoring the eastern day at the Komarno Hall. It is a full-day event that will be attractive to current W.I. members, other women in the Interlake



Fall Suppers

ARGYLE FALL SUPPER

Argyle Curling Rink

Sunday, September 24th
3:00 - 6:00 pm

No reservations required
Take-out available 3:30 - 5:30 at Argyle Hall (204-467-8710)
Adults \$15 Children (6-10) \$5 5 & under FREE (Dine in only)
For more info: fallsupperargyle@gmail.com



Gunton Fall Supper

Gunton Greenwood Community Hall

Saturday, September 23rd - 4:00 - 6:30 pm

For info call Tony 886-2886

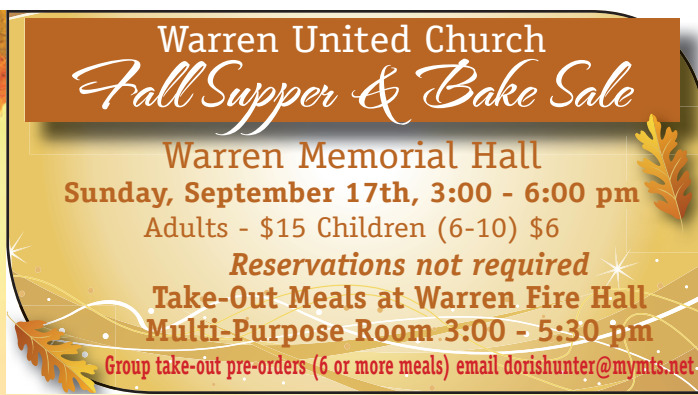


WOODLANDS FALL SUPPER

Turkey Dinner & all the Trimmings

Monday, October 9th - 3pm-6pm
Woodlands Hall

Adult \$13.00 Kids 6-10 yrs \$6
No reservations req'd. Take Out Available
Info call Wendy at 204-383-5295



Warren United Church

Fall Supper & Bake Sale

Warren Memorial Hall

Sunday, September 17th, 3:00 - 6:00 pm
Adults - \$15 Children (6-10) \$6
Reservations not required
Take-Out Meals at Warren Fire Hall
Multi-Purpose Room 3:00 - 5:30 pm
Group take-out pre-orders (6 or more meals) email dorishunter@mymts.net



Meadows Fall Supper

Sunday, September 24
Seating must be reserved
for either 4:00 pm or 6:30 pm
Meadows Community Hall
located 25 kms west of Perimeter on Hwy 221
Adults \$15.00 Kids 6-10 \$7.00
Kids under 5 Free
For reservations call Dolores 204-322-5637



Fall Supper

in support of
Bethel Children's Home
A ministry of Bethel Rays of Hope

Saturday, September 30
3:00 pm - 6:00 pm
New Life Church, Stonewall
6106E PTH67

Adults \$14
Children (6-12 yrs) \$5
Children 5+ under FREE



Royal Canadian Legion - Stonewall

FALL SUPPER

SUNDAY, OCTOBER 15
4:00 PM - 7:00 PM

ADULTS **\$15** **NO Reservations Required** Children (7-12) **\$7**

Please visit one or all of these fall suppers and enjoy the fruits of their labour. *Enjoy!*

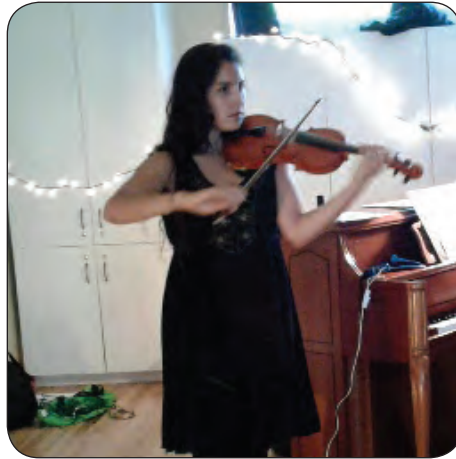
Green Acres Art Centre treats music lover to concert

By Jennifer McFee

An Evening of Music concert at the Green Acres Art Centre earlier this month attracted an audience of more than 50 music-lovers, with some coming from as far as Winnipeg and Steinbach.

The Aug. 27 concert featured David Naylor showcasing his talents in piano and voice as well as Kaiti Rieder, originally from Komarno, with a violin, banjo and voice performance.

The pair of musicians, who are studying music at Brandon University, were joined by Alanna Hunter on cello and voice plus Raelyn Adam on



banjo and voice.



TRIBUNE PHOTOS SUBMITTED

Komarno's Kaiti Rieder, left, who is attending Brandon University, showcased her talents in violin, banjo and voice at the Green Acres Art Centre earlier this month.

> WOMEN'S DAY, FROM PG. 4

Region and other eastern parts of the province. We hope to attract our own members and also non-members of W.I.," Hall said.

"We're really looking forward to this and I know it's going to be a successful day."

For more information or to regis-

ter for the events, which run from 9 a.m. to 4 p.m., call the M.W.I. office in Brandon at 204-726-7135 and leave a message or visit www.mbwi.ca.

Updates are also posted on the Facebook pages entitled "Manitoba Women's Institute" and "Manitoba Rural Women's Day."



Celebrate
Burger Week
at the **ROCK**

Join us for
Prime Rib Dinner
September 9th

ROCKWOOD Motor Inn

390 Main St. Stonewall

467-2354

Brandt McKillop
Susan McKillop
Matt McKillop
Meagan McKillop
Ryan Fletcher

MARKET WATCH

THE MCKILLOP TEAM

RE/MAX TOWN & COUNTRY

Q. What are the Top 5 most Important Qualities when Hiring a Realtor.

- A1. Local Market Expert** - Want someone familiar with your community, knows neighbourhoods, amenities, schools.
- 2. Promoters** - You want outstanding coverage, website, video's, YouTube, Facebook, MLS, remaxtc.ca, remax.ca - ATTRACT MORE BUYERS!
- 3. Reputation** - Proven Performer, plenty of experience, high sales volume, strong supporter of your community, powerful negotiator.
- 4. Knowledgeable** - They understand market conditions, house construction, wells, environmental laws, zoning.
- 5. Home Warranty Coverage!** - Homes with warranties attract more buyers - they have piece of mind that their investment is protected!

DO YOU WANT YOUR HOME SOLD?

Find out why The McKillop Team sells so many houses. Call today for a FREE market evaluation of your home.

204-467-8000

SOLD

SOLD

SOLD


JUST LISTED

LOOKING FOR THE HOME OF YOUR DREAMS? 1808 SQ.FT, 3 bdrms, 2.5 baths, on a large well cared for lot. Quality finishes thru-out at a price you will love \$364,900 - Warren - Matt

JUST LISTED

EXTREMELY HARD TO FIND IN STONEWALL! A bungalow condo with attached garage, full basement, 1038 sq.ft., 2 bedrooms - \$294,900 - Matt

RE/MAX Town & Country



Remember Your Loved Ones with an Announcement in the

- BIRTHDAYS
- NOTICES
- BIRTHS
- OBITUARIES
- IN MEMORIAMS
- THANK YOUS
- ENGAGEMENTS
- ANNIVERSARIES
- MARRIAGES

Tribune

Stonewall Teulon

204-467-5836

THE Flicks

CINEMA

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

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

PROGRAM SUBJECT TO CHANGE WITHOUT NOTICE
Cash only

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



FRI & SAT
AT 7:30 & 9:30 pm

SUN-MON, WED-THURS
AT 8:30 pm

Stephanie Sigman
Alicia Vela-Bailey

Adult Accompaniment
Under 14; Gory Scenes;
Frightening Scenes

14A

FRI-SAT-SUN SEPT 15-16-17
(CLOSED MON TO THURS) SEPT 18-19-29-21



FRI & SAT
AT 7:30 & 9:30 pm

SUN
AT 8:30 pm

Channing Tatum
Adam Driver
Hilary Swank
Daniel Craig

Language May Offend

PG



Healthy lifestyle habits for greater academic success

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

Beat the Rush - Book your Appointment NOW!

Dr. Stacey Benzick

Dr. Simi Singh

Dr. Carolyn Robertson

ACCEPTING NEW PATIENTS

Creating Smiles for the Entire Family

QUARRY Stonewall Dental Centre

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

QUARRY PHYSIOTHERAPY
AN *inMotion* CLINIC

Stonewall 204-467-9101
quarryphysio.ca

Have you considered a Back to School check-up?

Ensure backpacks fit properly to alleviate stress & strain on their backs & shoulders

- **Physiotherapy**
- **Nursing Foot Care** • **Orthotics**
- **Massage Therapy** • **Acupuncture**
- **Personal Training** • **Laser Therapy**
- **Occupational Therapy**

Direct Billing to most insurances. No referral necessary.

Did you know that children who never consume sugary drinks could potentially rank higher in reading comprehension than their peers? Did you also know that exercise stimulates memory and that adequate sleep improves concentration? Over time, various studies have shown that healthy lifestyle habits — like eating

well, exercising daily for 30 minutes and sleeping 8 to 12 hours per night — contribute to greater academic success.

As a parent, you could ensure your child thrives in school by helping them adopt the following habits:

- Eating a well-balanced breakfast every morning that includes whole grains, fruit, dairy and a source of protein (peanut butter, tofu, eggs, etc.).
- Consuming at least five servings of fruits and vegetables per day.
- Restricting foods that carry little nutritional value (fried foods, chips, soft drinks, sweets, etc.).
- Exercising daily (playing sports, walking to school, biking, jumping rope, etc.).
- Avoiding activities that stimulate the brain right before bed (video games, TV, etc.).
- Finding time to relax every night with the help of a warm bath, soft music, a good book, etc.
- Going to bed and waking up at the same time every day.

It's a well-known fact that children learn from example, so be a good role model for your son or daughter: eat well, exercise often and keep your

stress level to a bare minimum. By prioritizing a healthy lifestyle at home, you'll not only help your offspring excel in school, but also pave the way for a lifetime of good health!

CARRINGTON DENTAL Center

Dr. Dennis Carrington

Hours:
Mon - Thurs 8:30am - 5:30pm
Fri 8:30am - 4:00pm
Saturdays 9 am - 3 pm

NEW PATIENTS & EMERGENCIES WELCOME

467-2746

310-1st St., W., Stonewall
info@carringtondentalcenter.ca
www.carringtondentalcenter.ca

Woodlands Physiotherapy Services

Treatment for Muscle-Joint Pain

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

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

78 Porteous Ave. Woodlands 204-383-5465

NEW

- + Technology**
- + Fall Programs**
- + Music Instruments**
- + Fun & Games**
- + Community**

Support Stonewall Students
YFCStonewall.com

ISD welcomes back students

By Jennifer McFee

September is here and it's back to the books for students across the Interlake School Division.

Board chair Alan Campbell offers a warm welcome to returning students as well as those who are new to the school division.

"The school board's objective has always remained the same and that is to make sure that our schools and our staff are as well equipped as possible to offer the very best for our students and their families. That is our hope, and it aligns with the work that we do to make sure that everything is going as well as possible right from Day 1," he said.

"We encourage parents to reach out to teachers and principals at the local level to make sure that the transition is going well for the students going into a new grade or possibly into school for the first time."

The start of a new school year is an exciting time, with plenty of logistical considerations to keep staff and board members busy.

"What we really focus on early in September is to make sure that what we had anticipated in spring in terms of enrolment and staffing requirements is actually aligning. There's a lot of heavy lifting that's done both by our admin team and by our staff in general to make sure that what we

had planned for is what's happening," Campbell said.

"If what's happening is not what we had planned for, then we have to be ready to change the plan. We have to be flexible in terms of making sure the system is set up for everyone to do well."

To keep up to date on Interlake School Division news, visit www.isd21.mb.ca or follow the Interlake School Division on Facebook.

The public is welcome to attend the first inaugural 2017-18 school board meeting with trustees and administration at 7 p.m. on Sept. 11.



TRIBUNE FILE PHOTO BY JO-ANNE PROCTER
Interlake School Division board chair Alan Campbell welcomes back students.

St. Laurent post office moving to Welcome Centre

By Jeff Ward

Bidding has begun to turn two offices inside of the Welcome Centre in St. Laurent into a new space for Canada Post to move into at the end of October.

St. Laurent Reeve Cheryl Smith said postmaster Jeanette Bruce needs to expand the operation to accommodate new mailboxes for a growing population. The need was going to force Bruce out of her current location across the street without renovations. Bruce said she approached the RM to ask if the Welcome Centre could accommodate her needs and Smith explained council was on board immediately. The renovations to the space in the Welcome Centre will expand the current bank of mailboxes with space for more in the future as well as adding a security gate and a doorway between the two offices. There will be other improvements like lighting, door locks and more associated with the renovation. Smith said the other alternative was for the municipality to have a community mailbox but she was against that idea.

"We don't want to remove an important gathering place from the community where people meet and chat," said Smith.

"It's also an essential service to have a post office and we don't want to lose that. We were already looking for tenants for those offices to generate revenue for the Métis Heritage Museum so this was a perfect fit."

Smith said that the timeline on the project's completion is pretty tight with Bruce needing to open on Oct. 23. Bids closed on Sept. 5, and as of press time, the RM had not awarded the contract.

Bruce said that she is looking for-

ward to the location change for a few reasons. The current post office is actually attached to her house and has been for 32 years. The postmaster said she's excited about moving the traffic, both foot and vehicle, to a space that can handle it. Another reason is that due to the prevalence of online shopping, Bruce said she's being inundated with parcels that take up an incredible amount of space.

"The community is growing and so many people are online shopping," said Bruce.

"I get parcels that I have no room for in my office. So I'll have a lot more space after the move, which is great, but I'm also thinking of the future too. To have a space that is dedicated to this service for years to come is important."

A happy side effect of this new location is the increased foot traffic to the Welcome Centre, explained Smith. She said that people going to pick up their mail there will hopefully take the time to enjoy the community's new monument unveiled on Canada Day and might even take a look at the other remaining office spaces.

"We will still have three spaces left after this for people to

rent. The post office means heavy traffic every day so maybe those spaces will be rented," said Smith.

Once the contract has been tendered, Smith expects work to begin right away to make sure Bruce can move in and get things set up before she opens.

From traditional to contemporary, we provide services to match what you want. **Just ask Ken.**



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

LAKESIDE PROGRESSIVE CONSERVATIVE ASSOCIATION

NOTICE OF ANNUAL GENERAL MEETING

Date: Thursday, September 28, 2017

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

Place: Ag Society Red Barn, Stonewall, MB

MEMBERS AND INVITED GUESTS ONLY

For further information contact:

Larry Neufeld, President 204-461-1866 or cpu@mts.net

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

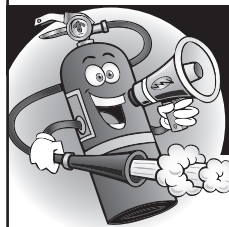


ROYAL CANADIAN LEGION
STONEWALL BRANCH - 467-2261 Lic #418

JOIN US FOR
CHASE THE QUEEN
WEDNESDAY NIGHTS
POT IS \$1536.00 AS OF AUG 30/17
ALL ARE WELCOME



RAPID RELIEF TEAM (RRT) is hosting an



Emergency Services Appreciation event

for the
Woodlands Fire Department

Where: **Public Works Shop in Woodlands**

When: **September 9th 4pm-7pm**

The Fire Department will be on-site with their equipment and offering public education on kitchen fires, portable fire extinguisher use as well as having the fire prevention trailer on site for families to go through and train for what to do if there was ever a fire in a building.

Donations will be accepted and all proceeds will go to support the Fire Department's new fire truck bay in Woodlands. Funds raised will go towards the purchase of new portable radios for the fire fighters.

Everyone Welcome ~ Burgers & Hot Dogs will be served

The public is invited to come out, enjoy some good food, show your support to the fire fighters and their families.

RRT actively supports many honourable charitable organizations across the globe through fundraising events of our own, or via catering support at government or charity events. We truly appreciate the work of Emergency Service Personnel, and want to thank them for their good work.

Tribune



PUBLISHER
Lana Meier



SALES
Brett Mitchell



REPORTER/PHOTOGRAPHER
Jennifer McFee



SALES
Stephanie Oland Duncan



REPORTER/PHOTOGRAPHER
Natasha Tersigni



DISTRIBUTION
Christy Brown



SPORTS EDITOR
Brian Bowman



PRINT
Dan Anderson



PRODUCTION
Nicole Kapusta



ADMINISTRATION
Allana Sawatzky



ADMINISTRATION
Carrie Sargent



PRODUCTION
Debbie Strauss



ADMINISTRATION
Tracy Farmer



ADMINISTRATION
Jo-Anne Procter

getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL

Good luck or bad luck?

Hi gang.

Things were going hot and heavy at the "end of Main" a couple of weeks ago. Shore anglers were lined up along the Red in the blazing sun as many boat fishers hurriedly launched their crafts in anticipation of a great afternoon of fishing while others landed and loaded their boats satisfied with their morning catch. I was caught up in the spirit of the bustling about as I got out of my car and approached a couple tying their boat down for the ride home.

"Did you have any luck?" I asked the lady.

"We did pretty well," she responded with a smile.

"Do you have a fish you could show our fellow anglers?" I asked as I pulled out my camera.

"How's this?" she held up a nice pickerel. "I'm Tonya Duzlovic," she added.

I snapped a picture and then turned to her friend who said he was Rick Partridge and knew of me so had readied a story in his mind for us.

Some time ago, he was ice fishing with a friend on Wavey Creek and a fish struck taking his rod down the hole. Later in the day, using another rod, he caught a fish. Pulling it out of the hole, he saw the line of his first rod was wrapped around it. He grabbed the line and retrieved his first rod with a fish on it too.

His buddy, grinning, commented, "You know you can use two lines when ice fishing and they can both be above the ice all the time."

It was another fine, windy, warm morning on the sandy expanse of the Winnipeg Beach Marina north shore last week. I saw a chap by the water's edge laying out his fishing gear. He looked like a game fellow of average



TRIBUNE PHOTO SUBMITTED
Tonya Duzlovic of Winnipeg with one of her pickerel caught in the Red River by "the cut"

size, in good shape, wearing a straw hat used and beaten to a raggedy pleasing state atop his jovial face. He sported a slightly grey handlebar moustache with sideburns. His eyes reflected his constant upbeat, happy mood.

Brian Drury was the name he gave as well as an unusual experience. It seems he and his mom were fishing here and she, Lynn, was downwind of him when he thought he heard her say, "I think I've caught a pig."

Perplexed, he began to tread through the sand to her side trying to make sense of her outcry. He looked off-shore to the waves and, sure enough, there was a big white-yellowish egg-shaped pig-like creature on the end of her line. Lynn lost her grip on her rod and grabbed the line itself with Brian joining her.

The monster rolled over, its mouth gapping so big a football would have

fitted inside. The giant mouth belonged to a huge catfish, and as they tried to land it, the open jaws would fill with water, stopping them. Eventually Brian took the catfish by the whiskers, so to speak. He waded out, straddling the fish, and slipped the hook out of its mouth with a pair of pliers.

"Yeah, that was a pig of a cat, mom," Brian joked as he made shore.

A month ago, I met another guy with a bigger handlebar moustache than Brian's. Unlike Brian, though, who talked quickly with energy, our new friend, Maurice Davidson, talked slow in a low voice. Maurice struck me as caring guy who stood not that tall with a thin body. His fishing story, however, showed he had staying power.

He went fishing with some buddies at Eagle Nest Landing. They got hold of a local guide and were having a great time on the water by Pointe du Bois. As the day progressed, the men came close to catching their limit and thought they would call it a day. The guide stood up in the front of the boat to pull up the two strings of fish but the end knot let go and most of the fish fell free. Silence filled the boat. The only sounds were throat clearings and the soft lapping of the water on the side of the boat. Finally the guide, head down and feeling bad, said to the boys, "Guys, I'm sorry. If you want to keep fishing, I'll hang in with you and I don't want any money."

So the lines went back in the water and, in time, they caught enough to satisfy themselves. But the funny thing they noticed was some of the same jackfish they had caught before struck and were caught again.

Hope you had a wonderful long weekend. Bye now.

Tribune

The Selkirk Record

The Winkler Morden Voice

> CONTACT US

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



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

> CONTACT US

By phone: **204-467-5836**

fax: 204-467-2679

Find us: **74 Patterson Dr.,**

Stonewall, MB R0C 2Z0

Office Hours: Mon. - Thurs.: 8:00am-5pm

Friday: 8:00 a.m. - 4:00 p.m.

TO PLACE AN AD or for COMMERCIAL DESIGN & PRINTING

Stephanie Duncan 204-461-4771
ads@stonewallteulontribune.ca

Branden Meier 204-641-4104
ads@expressweeklynews.ca

or call our office at 204-467-5836

OUR EDITORIAL STAFF

Jennifer McFee 204-461-5352
jen@stonewallteulontribune.ca

Natasha Tersigni 204-558-2772
natasha@stonewallteulontribune.ca

Brian Bowman Sports Reporter
sports@stonewallteulontribune.ca

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

TROUBLE WITH PAPER DELIVERY?

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

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

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

Stonewall's Relay for Life set for Sept. 22



TRIBUNE FILE PHOTO

Relay for Life organizers are gearing up for the 2nd annual walk that is taking place Sept. 22 starting at 6 p.m.

Staff

Mark your calendars for the second annual Stonewall Relay for Life, which is coming up soon.

On Friday, Sept. 22 from 6 p.m. to midnight, the Canadian Cancer Society fundraiser will draw crowds to the outdoor track at Stonewall Collegiate Institute.

Organizers hope that at least 30 teams will participate and they encourage cancer survivors to come out for the opening lap, which will be led by the Khartum Shrine Pipes and Drums and friends around the track to start the relay at 6 p.m.

All are welcome to come and cheer on the survivors. A luminary-lighting ceremony will take place at 8 p.m. to honour those who have lost the fight to cancer and for those who continue to fight. Luminaries can be purchased during the walk or in advance at the Tribune office. These white paper bags can be decorated, dedicated and filled with a candle to be transformed into a symbol of life. They light up the darkened field to glow bright with a reminder of why we celebrate, remember and fight back.

Throughout the evening, team members take turns walking around the track to symbolize the ongoing fight against cancer.

The event will feature food vendors with hotdogs, hamburgers, wraps and drinks for sale throughout the evening. There will also be two extra-large Pizza Den pizzas delivered to the winning team with the best costumes during the evening.

Live music will liven the experience

with toe-tapping tunes from Trevor King and his band Broke 'n Busted. Erika Riley will lead a Zumba workout at 9:30 p.m.

To make sure everyone stays safe, the Stonewall-Rockwood firefighters will also be on site to provide first aid.

Everyone is encouraged to come out for this important community event, whether they participate or simply cheer on the teams and enjoy the entertainment.

Anyone who is interested in joining a team, participating as a cancer survivor or entering in a team can call the Tribune office at 204-467-5836 or stop in to pick up a team kit. Registration fee is \$15 and walkers are encouraged to raise funds.

For more information about the Relay for Life, visit <http://www.cancer.ca/en/events/mb/relay-for-life/stonewall-relay-for-life/?region=mb>

Nashville, Branson, Pigeon Forge Oct 21-Nov. 3

The Great Smoky Mountains, Graceland, Dollywood, Grand Ole Opry, Country Music Hall of Fame, Live Music Shows, Guided Tours, Breathtaking Scenery and so much more!

Branson and the Ozarks

November 5-13

Unique Sightseeing, 7 Top-Rated Music Shows & Attractions Including Daniel O'Donnell & Silver Dollar City, Scenic Drive, Christmas Lights & More!

EMBASSY TOURS 757-9383
www.embassytours.ca 1-800-723-8051

Southern Caribbean Cruise

Hosted Group on Holland America

January 23 - February 4

Ports of Call: Bahamas, Puerto Rico, Antigua, Barbados, Guadeloupe, U.S.V.I., Dominican Republic, Turks & Caicos

Gateway to Costa Rica with Guanacaste

February 10-19, 2018 Fly/Coach Tour

A beautiful cloud forest, the world's largest active volcano crater, national parks, thermal hot springs, beautiful unspoiled beaches, these are just some of the places waiting for you on this tour!

Teulon FARMERS MARKET

Open Fridays 2:00 p.m. - 6:00 p.m.
next to Co-Op on Hwy 7
Fresh veggies, canning, baking,
honey, berries & crafts!

The Market is Changing...are you up to date?

Find out more about my free home warranty & low commission options!

ROYAL LEPAGE
DYNAMIC REAL ESTATE
INDEPENDENTLY OWNED AND OPERATED

Stephen Breton, B.A. (Economics)
Realtor®
204-999-2460
stevebreton@royallepage.ca

**82 Dufferin
Stony Mountain
\$239,900**

**475 Hartford
Winnipeg
\$174,900**

The People's Corner Law Office

- Real Estate
- Wills & Estate Litigation
- Divorce, Custody, Support & Agreements

www.peoplescornerlaw.ca
(204) 691-5969

Affordable legal advice and services for every person and every budget

GRAND OPENING INVITATION

Selkirk Regional Health Centre at 120 Easton Drive

Please join us to celebrate the grand opening of Selkirk Regional Health Centre at 120 Easton Drive between the old Selkirk hospital and Selkirk recreation complex.

**Thursday, September 14
11:00 a.m.**

Public tours will begin following the event. Please call **1-855-347-8500** to register for your tour time.

This new centre provides Interlake-Eastern residents with specialized services such as the region's first MRI, a family birthing unit, outpatient centre, surgery, dialysis, Cancer Care and more.

For more information on the new health centre, visit www.ierha.ca select "Care in Your Hospital" and click on "New Regional Health Centre in Selkirk".

We look forward to caring for you in your new regional health centre!

Air conditioners remain a hot topic at Rosewood Lodge

Staff

In the heat of the moment, some Rosewood Lodge residents questioned why air conditioning wasn't considered for their personal care home.

To respond to these concerns, Interlake-Eastern Regional Health Authority CEO Ron Van Denakker said that ensuring the comfort and safety of residents in personal care homes is a priority. Although the majority of resident rooms in their personal care homes don't have air conditioning, all of their personal care homes will have air conditioning in dining rooms and other common areas.

"The older construction of some of our personal care homes makes it difficult to install air conditioning in patient rooms as a retrofit since the required infrastructure isn't in place. In the case of Shura Lane in Stonewall's Rosewood Lodge, there is no duct work in place in the resident rooms and main corridors for central air conditioning," he said.

"The location and style of the windows prevents installation of window mounted units and the facility's electrical infrastructure will not accommodate the added electrical load of multiple air conditioning units. When summer approaches, we install two portable air conditioning units and we place fans. This year, we found

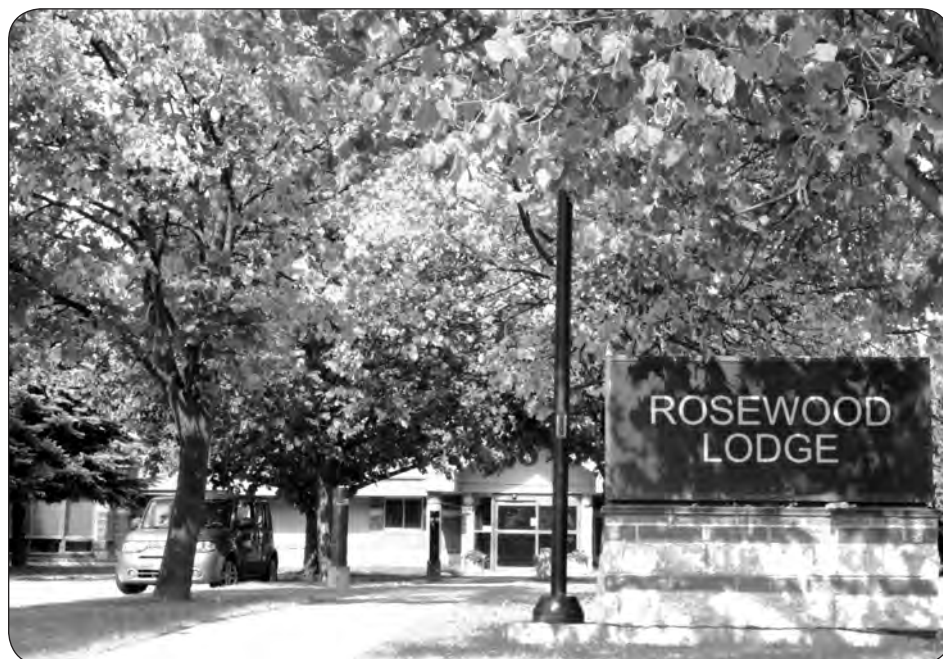
that wall-mounted fans were more effective and we have ordered more for installation."

Staff monitored temperatures and routinely checked on residents to assess their comfort and hydration when it started to warm up outside, he added.

"As in any home with more than one person, there are people who prefer warmer temperatures and people who prefer to be cooler. We will move people to cooler parts of the building if people desire. These people are also welcome to use their own cooling devices if they meet the requirements of the building and the safety standards we must adhere to as a personal care home," Van Denakker said.

"There are additional standards that dictate how our electrical and mechanical systems need to operate in a personal care home. Meeting the requirements of these necessary standards will increase the amount of work required and the resulting associated costs of any kind of equipment installation. Equating the cost of an installation in a private residence with the cost of an installation in a health-care facility won't prove to be an accurate accounting as we are held to very different standards."

Opportunity exists for the regional health authority to secure additional funding for safety and security projects



TRIBUNE PHOTO BY JO-ANNE PROCTER

Stonewall's Rosewood Lodge residents and families are hoping that IERHA will secure funding to install air conditioning for the personal care home next summer.

ects that would include additional cooling for Shura Lane, he noted.

"We have submitted a request for funding; however, the limited funds for safety and security projects have to be prioritized among the many needs across the region. Projects more directly linked to life safety systems, like fire alarms, sprinklers and emergency generators, are typically a

higher priority," Van Denakker said.

"Interlake-Eastern RHA is committed to finding a permanent solution to improving temperature control in Shura Lane. We will continue to act on short-term modifications that provide proven benefit and we will continue to seek funding required to complete the necessary renovation."

We specialize in celebrating life

MacKenzie
FUNERAL HOME

info@mackenziefh.com
204-467-2525

Gauthier
Cadillac BUICK GMC

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



Stonewall Teulon
Tribune

What's *your* story?

Call 467-5836 or email
news@stonewallteulontribune.ca
**BOOK YOUR
ANNOUNCEMENT TODAY**
Call 467-5836 or email igraphic@mts.net



FROM PRINT TO DIGITAL,
truth has long been a part
of Canadian advertising.

Ad Standards™

adstandards.ca

Truthful, Fair, and Accurate.

Musicians perform for change at Coffeehouse fundraiser

By Jo-Anne Procter

At times there was laughter and at times tears and elation when Grosse Isle's Paige Procter, founder of the Coffeehouse to End Cancer (CTEC), announced that over \$18,000 had been raised for the CancerCare Manitoba Foundation.

Virtually every seat was full in the main hall at Anderson's Hitch N' Post last Wednesday at the seventh annual event. The evening was full of passion and emotion and included entertainment by talented musicians, home-made baking, a variety auction and a photo booth.

Sherelle Kwan, representing CancerCare, thanked Procter for her commitment.

"You, your family and friends, along with each and every one of you here in this room tonight are critical to the ongoing success of CancerCare Manitoba. To date, this event has raised over \$66,000."

Kwan explained that CancerCare Manitoba is incredibly grateful as each dollar raised is allowing amazing gains to be made at CancerCare Manitoba.

"Your donations support recruiting, retaining and developing the best and greatest oncologists, hematologists, researchers, students and an amazing team of nurses, technicians and therapists," she said.

"This year, almost 7,000 Manitobans will receive a cancer diagnosis. This number is expected to increase over the next two decades. It is a tough road ahead, but not all the news is bad."

Approximately 45,000 Manitobans that have been diagnosed with cancer in the last 15 years are currently living either with cancer or are now cancer free. Funds raised at events like CTEC allow CancerCare Manitoba to provide funding for nearly 50 per cent of clinical trials available

for pediatric patients. Clinical trials play a key role in advancing cancer treatments and improving outcomes for the youngest to oldest patients.

"This event is truly special. It allows people to connect with friends and enjoy some great local talent. But tonight is so much more. By attending this event, you are contributing to



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Paige Procter, founder of the CTEC, introduced performers and special guests.

something truly meaningful. You are paying it forward so that other Manitobans — our colleagues, our friends, our neighbors, our loved ones — will benefit from the very best in treatment, equipment and research right here at home," said Kwan.

"You should be as proud as we are grateful, and we are incredibly grateful. With your help, there is hope," said Kwan.

Procter and co-host Lily Reder introduced each artist. After a short intermission, Gary and Toni Bond shared their six-month journey of losing their 11-year-old daughter Keira to a rare form of brain cancer this past June.

"What Paige is doing is really special. It is a testament to Paige, that she is so willing to tackle cancer every year and do this for the betterment and hopes of others," Gary said, thanking Procter and everyone for all the support over the last several months.

Keira's 15-year-old brother Joshua and 13-year-old sister Nyja each performed during the evening.

Performer Rebecca Myskiw raised the highest amount of pledges (\$820), earning her the grand prize of a free recording session donated by Precursor Productions.



Rebecca Myskiw raised the most funds earning herself a free recording session.



Sherelle Kwan spoke on behalf of the CancerCare Manitoba Foundation.



Pictured left to right: Joshua, Gary, Nyja and Toni Bond with some of the pillows for sale in support of Keira's Krusade.

On Wednesday night, Aug. 30, we were privileged to be speakers at the Coffeehouse to End Cancer (CTEC) at Anderson's Hitch N' Post. This is an amazing annual event put on by Paige Procter, a young woman completing her nursing degree with a practicum on CK5, the oncology ward at Children's Hospital, and a place we now know all too well. This was an incredible event with amazing "home-grown" talent that benefits the CancerCare Manitoba Foundation.

Generously, Paige allowed us to "set up shop" and sell Keira's merchandise, resulting in a grand total of \$1,600 towards Keira's Krusade!!

Feel free to visit us at www.keiraskrusade.com for a look at Keira's story and products! Thank you everyone for all your support!

#KeirasKrusade #CCMBFdn #CETC

"THIS EVENT IS TRULY SPECIAL. IT ALLOWS PEOPLE TO CONNECT WITH FRIENDS AND ENJOY SOME GREAT LOCAL TALENT. BUT TONIGHT IS SO MUCH MORE."

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

Interlake farms open their gates for Open Farm Day Sept. 17

By Jeff Ward

A Lundar sheep farm will open its doors for public tours on Sept. 17 during Open Farm Day giving visitors the opportunity to learn more about day to day operations of the facility.

The Manitoba Association of Agricultural Societies (MAAS) organizes open Farm Day with host families going the extra mile to showcase the industry across the province.

Open Farm Day was a hit from the start in 2010 when overwhelming numbers of visitors jumped at the opportunity to visit nearly 40 farms hosting visitors that fall.

The one-day event was launched by the Department of Agriculture to help more Manitobans who might otherwise never venture onto a farm, meet farm families, learn how they operate



their farms and spur more awareness and interest in agriculture overall.

This year's event has 46 farms taking part.

The Lundar facility houses 5,000

Continued on page 23



TRIBUNE PHOTO BY JEFF WARD

Eddy Schell will be one of the tour guides for those who visit the Lundar sheep farm during Open Farm Day on Sept. 17.

Switch to a bundle of awesome.

Bell MTS has a bundle of awesome built for Manitobans.

ULTIMATE TV
UNLIMITED INTERNET
HOME PHONE

12-MONTH PROMO PRICE
\$80/MO.*
ONGOING PRICE
\$143.85/MO.

Plus, get The Movie Network and CraveTV free for the first 3 months (regular price \$25.99/month).

Included in your bundle:

- ✓ Unlimited Internet means no overage charges
- ✓ Watch, record, or pause live TV with Whole Home PVR
- ✓ Awesome entertainment at less than half the regular price for 12 months



bellmts.ca/awesomebundle

BellMTS

Get expert advice today. Visit a Bell MTS store near you:

STONEWALL
333 Main St.
204 467-2550

Conditions apply. Subject to change without notice. Offer available to residential customers only and cannot be combined with any other promotion including bundle discounts. Pricing includes up to 3 set-top boxes and Whole Home PVR. Service available in select areas. Customer must not currently have Bell MTS Ultimate TV, High-Speed Internet or Home-phone services. *Promotional price for Ultimate TV is for 12 months and then may revert to then-current pricing. Promotional price for CraveTV and the Movie Network is for 3 months and then may revert to then-current pricing. To change any service after the promotional period has ended call 204 225 5687 or services will continue at then-current prices. Unlimited internet is subject to our Internet Usage Policy (visit bellmts.ca/internetusage) and our Fair Use Policy (visit bellmts.ca/fairuse) for details on our network management practices. Bell MTS and Ultimate TV are trademarks of Bell Canada.

Danica's Village supports the children of Churchill

By Jo-Anne Procter

Just over a year ago, the community of Churchill supported the deLaroque family when they tragically lost their six-year-old daughter Danica in a canoeing accident in the Churchill River.

One year later, Danica's Village is helping the children and their families of Churchill.

Churchill, a community of approximately 900 residents, lost access to rail service when sections of the Hudson Bay Railway were washed out from spring flooding earlier this year. This community relies on the rail service for basic transportation and the provision of necessities, which at this time of year includes school supplies.

Danica's family started the charity Danica's Village in memory of their daughter. The organization focuses on spreading a positive message about the importance of community while supporting family-based activities. Danica was a little girl with a huge, caring heart, so it is only fitting that a helping hand is extended to the children of Churchill in their time of need. School supplies are essential at this time of year, but without a railway, they are near impossible for families to purchase.

Danica's mother Toni heard the plea for help and reached out to her community to help with collecting backpacks and school supplies for students in Churchill. Word spread quickly through social media and donations started rolling in. Cpl. Shona Frizzley of the Thompson RCMP heard of Toni's efforts and collected donations from other local RCMP officers.

When Toni was wrapping up loose



Danica's Village collected backpacks and school supplies in memory of Danica deLaroque pictured above.

ends at Staples on Regent, the president of the company happened to be in the store and picked up the final tab.

Thanks to the generosity of Danica's Village, the RCMP and Staples Canada, 200 students in Churchill received a delivery of backpacks and school supplies on Aug. 26. The donations were delivered to Churchill by an RCMP plane, which had a previous trip planned to the northern community.

With the money that was saved on shipping costs, and Staples Canada's unexpected donation, Toni deLar-



TRIBUNE PHOTOS SUBMITTED

Toni deLaroque, left, with RCMP Cpl. Shona Frizzley and volunteer Belinda Fitzpatrick at the Thompson airport with backpacks and school supplies headed to Churchill.

oque was able to purchase food for a breakfast program that will head to Churchill on the next scheduled plane.

#FindYourVillageLoveThemHard
#DanicasVillage

Get a Power Smart rebate when you upgrade the insulation levels in your home or business.

Pre-approval is required before you start your project.
Call or visit our website today for more information.

1-888-MBHYDRO (1-888-624-9376)
hydro.mb.ca/powersmart/insulation

Available in accessible formats upon request.



*Manitoba Hydro is a licensee of the Trademark and Official Mark.

DEDICATE A LUMINARIA

REMEMBER A LIFE TOUCHED BY CANCER

STONEWALL'S RELAY FOR LIFE

FRIDAY, SEPT. 22 | 6 P.M. TO MIDNIGHT

LUMINARIA BAGS honour every life touched by cancer

DEDICATE A LUMINARIA to a loved one lost, someone currently battling cancer or anyone who's overcome it

Spread the LIGHT of HOPE

RELAY FOR LIFE

ORDER YOUR LUMINARIA IN ADVANCE BY CALLING THE STONEWALL TEULON TRIBUNE OFFICE AT 204-467-5836 OR POP IN AT 74 PATTERSON DRIVE, STONEWALL



Visit the following advertisers
at our FALL REGISTRATION NIGHT
TUESDAY SEPTEMBER 12th 6:30pm-9:00pm
at the Sunova Curling Rink in Stonewall

Backcountry Fitness & Conditioning
Balmoral Judo
Balmoral Powerskating
Balmoral Rec Hockey
Blue Daisy Music Studio
Erika's Fitness Club
Heather McDermid Yoga
Jansen School of Dance
Jordan Riley Music
Keyboard Ventures
New Life Church
Prairie Creative Dance
Quarry Choristers
Royal Canadian Air Cadets
Stonewall Curling Club
Stonewall Girl Guides
Stonewall Karate
Stonewall Powerskating
Stonewall Scouts
Stonewall Skating Club
Stonewall Youth Drop-In Centre
Stony Mountain Run
Stony Mountain Ski Area
Teulon Cross Country Ski Club
Viva la Musica



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

What Is Yoga?

It might seem like a modern trend, but yoga actually began more than 5,000 years ago in India. The word yoga is Sanskrit (one of the ancient languages of the East). It means to "yoke," or unite, the mind, body, and spirit.

Tadasana is the primary standing pose of yoga, teaching us how to stand tall, balanced, and composed. Yoga includes physical exercise, but it's also about life balance. Training your mind, body, and breath — as well as connecting with your spirituality — are the main goals of the yoga lifestyle.

The physical part of the yoga lifestyle is called hatha yoga. Hatha yoga focuses on asanas, or poses. A person who practices yoga goes through a series of specific poses while controlling his or her breathing. Some types of yoga also involve meditation and chanting.

There are many different types of hatha yoga, including:

- **Ashtanga yoga:** Ashtanga yoga is a vigorous, fast-paced form of yoga that helps to build flexibility, strength, concentration, and stamina. When doing Ashtanga yoga, a person moves quickly through a set of

predetermined poses while remaining focused on deep breathing.

- **Bikram yoga:** Bikram yoga is also known as "hot yoga." It is practiced in rooms that may be heated to more than 100°F (37.8°C) and focuses on stamina and purification.

- **Gentle yoga:** Gentle yoga focuses on slow stretches, flexibility, and deep breathing.

- **Kundalini yoga:** Kundalini yoga uses different poses, breathing techniques, chanting, and meditation to awaken life energy.

- **Iyengar yoga:** This type of yoga focuses on precise alignment of the poses. Participants use "props" like blankets, straps, mats, blocks, and chairs.

- **Restorative yoga:** This practice allows the body to fully relax by holding simple postures passively for extended periods of time.

- **Vinyasa/power yoga:** Similar to Ashtanga yoga, these are also very active forms of yoga that improve strength, flexibility, and stamina. This type of yoga is popular in the United States.

Yoga has tons of benefits. It can improve flexibility, strength, balance, and stamina. In addition, many people who practice yoga say that it reduces anxiety and stress, improves mental clarity, and even helps them sleep better.

*files from kidshealth.org



music lessons

VIOLIN | PIANO | GUITAR | & MORE!

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

children's choir



register now!

SINGING | MOVEMENT | BODY PERCUSSION

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



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

BOOTCAMP FALL CLASSES

We start Bootcamp on September 11!

Fall weekly Schedule:

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

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

Saturday: 8:30 - 9:30 am

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

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



Clients tell us:

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

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

Stonewall Teulon

Tribune

What's *your* story?

Call 467-5836



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

The benefits of soccer

The experts agree if you want to stick to your fitness plan, you need to find something you love to do. For more and more people, that plan involves teammates, some wide-open space and a black and white ball. According to Sean Hayes, the official kinesiologist for the Canadian National Australian Rules Football team and the owner of Tuf Personal Fitness in Vancouver, B.C., soccer is a fantastic cross-training opportunity that has some mental benefits, too.

Improve your cardio

If logging miles on the treadmill bores you to tears, hit the soccer field instead to work on your cardio. Hayes explains that soccer players can travel a distance of eight to 12 kilometres each game. 'The aerobic fitness demands of soccer increase the ability of the heart to pump blood to the muscles and helps clear the build-up of plaque inside the arteries, which is a sign of cardiovascular disease,' he says. The benefits? You'll enjoy a slower resting heart rate, a decrease in systolic blood pressure and a healthier working heart, Hayes says. Added bonus: you won't get winded running up a couple flights of stairs.

Increase muscle tone and bone strength

'The very nature of soccer as a game of constant movement keeps the muscles engaged over long periods of time, which is great for overall muscle tone,' says Hayes. Another benefit might not be as easy to admire in the mirror, but is just as important. 'As [people] get older, bone density becomes more of an issue. The repeated weight-bearing loads on the body during a soccer match are an excellent way to increase the strength of our skeletal frame.'

Increase endurance

As soccer increases your cardio capacity, it also improves your endurance. 'An

increase in aerobic capacity allows soccer players to run farther for a longer period of time,' explains Hayes. Because soccer requires you to execute a variety of motions, it's more beneficial than just parking yourself on the cross-trainer at the gym. 'Soccer involves running, walking, sprinting and jumping. These movements require a great deal of endurance for an athlete to be able to play a full 90 minutes.'

Improve coordination

'Hand-eye coordination is improved when players either kick the ball or receive a pass from someone,' says Hayes. 'Body coordination is improved because of complex movements like dribbling, turning and passing, which are performed at varying rates of speed and direction.' And better coordination means better results on the field. 'A soccer player's ability to react to her external environment is a valuable tool in the game.'

Teamwork

While you may think of your fitness goal as the one thing in your life that's all about you, consider the idea that you can share that goal with others and take the lessons you learn on the field into the rest of your life. 'The ability to work with others to reach a common goal is powerful when

related to everyday life,' explains Hayes. 'For soccer players, personal goals are sometimes pushed aside by team goals, which can teach people to think in broader terms when relating these situations to work and home.' That means you never have to feel selfish for taking that time out for yourself again. **Yoga is being proofed by a yoga person for me-copy might change a bit**


Ashley Teichrib
Private piano/theory lessons and group MYC classes!

 **myc**
music for young children

Blue Daisy Music Studio
bluedaisymusicstudio@gmail.com
204-461-3194

BALMORAL REC HOCKEY PROGRAM

Open to Boys & Girls – Birth Years 2000 - 2012
\$170 per player. One hour once a week in Balmoral.

 Starting mid October and ending in mid March.

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

For more information email balmoralrechockey@mymts.net

BALMORAL JUDO CLUB


IN-CLASS REGISTRATION:

STONEWALL COLLEGIATE GYM
Thursday September 14 &
Monday September 18
7:00 to 8:30 pm

SUNOVA CURLING CLUB
Tuesday, September 12
6:30 - 9:00 pm

Ages 7 years and up

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



Join Now

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

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

• **Adult Volunteers Needed** •

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

 Girl Guides of Canada
Guides du Canada

Units meet in
Stonewall, St. Andrews
& Clandeboye

Jordan Riley

Guitar & Piano Lessons
204-513-0643



Balmoral Power Skating
Saturdays

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

\$260 - 20 weeks

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

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

To register contact Kelly Farmer @ 204-467-8884
or send text message to 204-791-9856
or register September 12 at VMSC 6:30-9 p.m.





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

Top 10 reasons to love curling

Curling can be under appreciated by those who don't understand it. However, for those of us who regularly participate in curling, it's easy to list reasons why we love the sport. Here are some reasons why anyone can learn to love curling.

1. Curling can be enjoyed by just about anyone. Curling is a sport that can be enjoyed by men and women at any age. While it involves a certain level of physical fitness, one doesn't have to be an extreme athlete to play. It's even possible for someone in a wheelchair to participate in curling.
2. Curling is inexpensive. Compared to many other sports like golf or skiing, curling is relatively inexpensive to do. You don't need lots of expensive equipment and a curling club membership typically costs between \$100 to \$300 a year. Even gym memberships aren't that cheap these days.
3. Curlers come from all walks of life. Curling is one of the few sports that has such a diverse grassroots base. From farmers to businessmen, people from all walks of life participate in curling all over Canada. You won't find any pretentious elitism in this sport.
4. Curling has health benefits. Those who know nothing about curling assume that it doesn't take much physical fitness to play. In fact, one can get a great cardiovascular work-

out through curling, whether throwing a rock or sweeping those of one's teammates.

5. Curling is included in the Olympics. Curling has been part of the Winter Olympics since 1998, which introduced the sport to many people around the world for the first time. However, it was actually part of the Winter Olympics in 1924 and 1932 as well for demonstration purposes.

6. Curling is social. Like any team sport, curling involves a great deal of camaraderie between the four members of a curling team, as well as the teams they compete against. Joining a curling club in your local community allows you to meet people from all walks of life and socialize with them before and after games.

7. Curling is one of Canada's most popular sports. There are over 1,000 curling clubs all across Canada, and it has been estimated that over 750,000 Canadians participate in the sport at least once a year. With so many clubs, there's almost always one close enough to join.

8. Curling requires precision. Rather than speed or power, curling is a sport that requires great skill and precision above all else. It has been nicknamed as "chess on ice" for the amount of strategy involved in winning a game. This is one of the reasons it is so popular among both players and

Continued on page 17

TEULON CROSS COUNTRY SKI CLUB

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

LEARN TO SKI PROGRAMS
SATURDAYS 10:30 TO NOON

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

SEE YOU AT REGISTRATION
NIGHT SEPT. 12 IN STONEWALL

Yoga with **Heather McDermid**

Restore the body
Calm the mind
Renew the spirit

Fall Session starting soon
Classes for all levels!

Register at
www.heathermcdermidyoga.com
or Call 204-467-7949 hmyoga@mymts.net

Erika's Fitness Club

Classes starting September 19th

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

ZUMBA

STONY MOUNTAIN RUN

23.09.2017

ABAS AUTO

MORE INFO & REGISTRATION:
STONYMOUNTAINMB.CA

ALL 10K
FAB QUARRY RUN

DEPREZ 5K RACE
& ASSOCIATES
WHAT THE HILL

SUNOVA STONY SCAMPER
3K WALK/RUN

TOONE RUN

STONY MOUNTAIN RUN
ABAS AUTO

SCOUTS CANADA

STONEWALL SCOUTING

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

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

Sing with the

Quarry Choristers

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

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

Any questions call 204-470-8735



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

> LOVE CURLING, FROM PG. 16

spectators.

9. Curling is safe. Any injury caused by curling is certain to be a minor one. Slipping on the ice or tripping over a stone is nothing compared to tumbling down a ski hill or crashing a bobsled.

10. Curling is easy to learn and understand. Scoring in curling is simply based on points, not something subjective like technique or style. It

is straightforward and easy to learn, which is why it's possible to join at any age and can be enjoyed by everyone.

This article was written by Nathan Henley. He is a sports psychologist who specializes in performance improvement and injury rehabilitation. He also owns the site Sports Psychology Degree for students interested in getting a degree in sports psychology.



LEARN TO CURL THIS SEASON

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

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

We are offering a 14 week Adult Learn to Curl Program

We have a Junior Program for ages 5-17

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

Details can be found on website



Stonewall Curling Club

www.stonewallcurling.com



prairie creative
arts, dance & adventure

Dance 2017/2018
Balmoral, MB

ages 3-4, 5-7,
8-10 & 11+

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



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

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

Keyboard Ventures

Music Centre

Exercise your mind, coordination, concentration and motor skills.



ONSITE or MOBILE Music Lessons for Children, Adults & Seniors

Piano • Organ • Keyboard • Guitar • Voice

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

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

COMPUTER SUPPLIES & SERVICE

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

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


50 Plus: Ask about CASUAL LESSONS at your own pace

Celebrating 25 Years in Business!

Call Terry: 204-955-5428 | terry@keyboardventures.com | www.keyboardventures.com

324 Main Street • Stonewall | 310 Weitzel Street • Wpg

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



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


Jansen School of Dance

Now Offering Boys Only Hip Hop Class

Stonewall Location



Ages 3-Adult
Registration for 2016-2017
Tuesday, September 12, 2017
6:30 - 9:00 pm
Sunova Curling Club
Under the direction of Patsy Newman



Classes run Saturdays from October to May
Year End Recital

For information
Call 831-0760
patsynewman@gmail.com

STONY MOUNTAIN SKI AREA



Cool Since 1966

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



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

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

Opening Day Saturday December 2





fall registration 2017-2018

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

Self-defence lessons: tailored to all demographics

Would you like to learn how to defend yourself in threatening situations? There's undoubtedly a class that corresponds to your unique needs — all you need to do is a bit of research. In fact, self-defence classes are available in a wide range of different forms!

While many self-defence programs are tailored to women and teenage girls wishing to learn various techniques to defend themselves against potential aggressors, it's important to note that these lessons are available to people of all demographics. The elderly, young men, taxi and bus drivers, hospital staff, teachers, disabled people and even children can all benefit, in one way or another, from a lesson in self-defence.

The elderly, for example, can learn how to use their ingenuity and psychological strength to protect themselves against verbal abuse (let's

not forget that violence isn't always physical), while taxi drivers can learn a trick or two to defend themselves from their vulnerable position behind the wheel. In the case of children, it's a question of teaching them how to stand up for themselves in situations that could escalate into violence. Martial arts, for example, could be an excellent approach where youth is concerned.

Furthermore, a self-defence class is not

only ideal for learning how to defend oneself, both physically and mentally, but also to develop better survival instincts and recognize potentially dangerous situations before it's too late. In addition, these helpful lessons are an excellent way to build confidence and improve one's self-esteem.

Put your safety first! Get informed about the different courses available in your area without delay.

There are many self-defence classes available for people of all demographics: women, young children, hospital staff, the elderly, etc.





ACT NOW!

FALL PROGRAMS? YOU CHOOSE!

Go NOW & vote for the courses/programming you want at the drop in.

www.YFCStonewall.com

(Stuff for Students & Parents)



Stonewall Karate

Benefits:

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

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

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

Membership in Budo IKD MB

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

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

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



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

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




Power Skaters Wanted



Are you interested in becoming a powerful, agile skater?

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

BEGINNER • INTERMEDIATE • ADVANCED LEVELS

TUESDAYS

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

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

Cost: \$260 for 20 weeks

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

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

Seven reasons to take up theatre

Have you always dreamed of taking the stage? Are you looking for an enriching hobby to break up the daily routine? Do you like to dress up and embody different characters? Here are seven convincing reasons why you should try theatre, an enjoyable leisure activity suitable for people of all ages!

1. Overcoming shyness. Between group rehearsals, improvisation exercises and public performances, there's no holding back when it comes to theatre. It's the perfect activity to help you break out of your shell and develop greater self-confidence!

2. Meeting new people. Practiced in either small or large groups, theatre is a great way to form new friendships. In fact, your troupe will likely become a second family!

3. Working as a team. A successful play requires the faithful participation of every member. A perfect example of a team-oriented activity, theatre shines light on the importance of working together.

4. Surpassing expectations. Putting a play together is a long and challenging process that repeatedly forces you to step out of your comfort zone. But there's no prouder moment than taking your final bow to the sound of applause.

5. Improving memory. Between memorizing your lines and intuitively knowing when and where to move on stage, theatre is proven to significantly improve one of our most vital cognitive functions: memory!

6. Shedding your identity. Theatre allows you to explore various personas, embrace different identities (sometimes completely unlike your own) and express an array of emotions.

7. Having fun. As with all hobbies, theatre represents a unique opportunity to have fun, unwind and disconnect from the daily grind. Why not give it a try?

Warren Curling Club
2017/2018 Season Registration

PLEASE CALL

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


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

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

Bar Manager
Ice Maker
Club Cleaner/ Kitchen Manager

All tenders to be submitted no later than September 24th, 2017.

Send via email to ty12mm@hotmail.com



Stonewall Skating Club
Registration for the 2017 - 2018 Season

All programs are taught by certified professional coaches

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

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

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

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

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

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

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

Time payments are available - Fundraising deposit of \$120 is payable at registration - Post-dated Volunteer deposit of \$100/family is due at registration. **PLEASE BRING A MINIMUM OF 3 CHEQUES TO REGISTRATION***
Programs may be cancelled if registration does not meet minimum requirements.

To REGISTER EARLY or for further information, contact
stonewallskatingclub@gmail.com

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

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

REGISTRATION

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



fall registration 2017-2018

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

Highway 6 Youth Soccer Warren

Registration for **August 30th 7-8 pm and September 5th 7-8 pm**
kids ages 3-10 is \$50
Plus a \$50 refundable volunteer fee **at the Warren Curling Club**

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

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



KIDS connect
LEGO CLUB

Kids Connect is a fun place where your kids can
Connect with God + their friends EVERY week!

Build exciting lego creations, and enjoy stories and snacks

WHEN: Tuesday evenings starting September 12th
AGES: Kindergarten to Grade 6
WHERE: New Life Church
WHEN: 6:45-8:00 pm

COST: \$30 per child / \$50 per family
For information or to register call New Life Church 467-5529



Soar the skies with 301 Air Cadets.

Air Cadets are for boys and girls ages 12 to 19 years of age. We offer a dynamic youth program emphasizing on Citizenship, Leadership and physical fitness. We offer Scholarships for Gliding and Power flying and fun summer training in Gimli MB, British Columbia, and Cold Lake AB. We parade on Thursday nights between 6:30 and 9:30 pm at the Stonewall Legion Hall. There is no cost to join cadets. If you would like more information, please call 995-1502 (after 5pm please), or come on down Thursday nights and check us out. (cadets start up on September 7)

Stonewall science experiment blasts off to space

By Jennifer McFee

A Stonewall teen took learning to a whole new level when he watched his science experiment blast off into space.

Graeme Perrie recently travelled to Florida, for the launch of his team's experiment, which was a winning selection in the Student Space Flight Experiment Program.

The project is an extension of the classroom-based Tomatosphere program operated in Canada by Let's Talk Science for the past 15 years. Through this program, students investigate the effects of outer space on seed germination. Classrooms receive two sets of tomato seeds, with one set that has been exposed to space-like conditions and the other set that is an untreated control set. Students plant the seeds and record germination information.

The winning Stonewall project re-exposes these Tomatosphere seeds to space conditions, so the seeds will fly to the International Space Station on Mission 11 that launched on Aug. 14 from the Kennedy Space Center in Florida. It is tentatively scheduled to return to Earth on Sept. 17.

This flight will mark the first time that the Tomatosphere seeds will re-



Graeme Perrie recently travelled to Florida to watch his science experiment blast off into space.

ceive a second exposure to a space environment.

Perrie worked on the project, along with teammates Carter Ives and



TRIBUNE PHOTOS SUBMITTED

The winning Stonewall project re-exposes Tomatosphere seeds to space conditions, and the seeds flew to the International Space Station on Mission 11 that launched on Aug. 14 from the Kennedy Space Center in Florida.

Adam Stamler, while they were in Grade 8 last year at Stonewall Centennial School under the guidance of teacher Maria Nickel.

"It was really exciting to see it launch after all the hard work. The best part was watching the rocket take off," said 14-year-old Perrie, who is starting Grade 9 at Stonewall Collegiate Institute. "It was a lot of fun. I enjoyed it."

Perrie, who is a triplet, travelled to Florida along with his brothers Gabe and Andrew and their mom Hazel to represent his team.

"We had to make a poster board about our project and then we would present it to the public," Perrie said. "We talked about our project to whoever stopped by. There were a lot of people from all around the world."

As for a hypothesis, Perrie isn't sure what to expect will occur when they try to grow the tomato seeds after a second space exposure.

"We kind of think they'll be more deformed, not circular but with pointy edges," he said.

The experience has made its mark on Perrie, who is already thinking ahead to future career goals.

"Astronomy would be a lot of fun for me," he said.

Perrie kept his teacher in the loop through Facebook, Instagram and live videos of the launch. At the same time, Nickel also watched the launch broadcast live on NASA TV and the SpaceX website, but she appreciated seeing the boys' reactions.

"It was great to see their perspective. You could hear the joy and wonder in their voices and everybody else around them," Nickel said.

"I was very, very happy for them that they got to experience it and see it first-hand. They got to represent Canada and their town. It was wonderful."

It was also satisfying for Nickel to know that the local project is on board the International Space Station.

"It arrived there about three days after the launch. On the Wednesday, it docked at the space station. Canadarm caught it and then they unloaded right away," she said.

"It was amazing to see it take off and see it being caught knowing that we have one there. It was an awesome feeling."



COME & ENJOY THE
15th ANNUAL

south of the lakes
art tour 2017

Saturday, September 16th 10:00 - 5:00 pm
Sunday, September 17th 12:00 - 4:00 pm

Showcasing local artists and their works

ADMISSION/MAPS ARE FREE

Watch for maps at all Hallmark Stores and around Rosser, Grosse Isle, Stonewall, Balmoral, Teulon and Selkirk
For more information call Dolly @ 204-467-2766

This event is brought to you by the
Prairie Oak Regional Arts Council


LIKE US ON


BOOK YOUR ANNOUNCEMENT TODAY



- BIRTHDAYS
- NOTICES
- BIRTHS
- OBITUARIES
- IN MEMORIAMS

- THANK YOU
- ENGAGEMENTS
- ANNIVERSARIES
- MARRIAGES

Stonewall Teulon

Tribune

204-467-5836

Stephanie
Duncan



Le Petit Cafe
at Rockwood Motor Inn

**Stonewall's
Choice for
Casual Family
Dining**

Fresh homemade Continental Food
Daily breakfast, lunch & dinner specials
Small groups & parties welcome

www.rockwoodmotorinn.ca
390 Main St., Stonewall
204-467-5501 204-467-2354



GET A TASTE OF OUR REGION by eating someplace new

This month's feature: Rockwood Motor Inn

Here's the dish by Stephanie Duncan

Le Petit Café or The Rock, better known to the locals, was bustling last Thursday when we visited the restaurant for our final Taste Your Town feature. We were greeted by owners Bruno and Sheri Labossiere and shown to our seats in the quaint café where we were handed a large menu and recited the daily specials.

Today's lunch specials were liver and onions with baby potatoes, or a turkey salad sandwich along with cream of potato, corn and ham chowder and the ever-popular beet borscht.

We decided on the turkey clubhouse sandwich with onion rings and a bowl of borscht and the crispy chicken Thai salad with a bowl of potato, corn and ham chowder.

Our food was cooked and presented by Red Seal Chef Jason Newman. The soups arrived as starters and were piping hot. The hearty bowl of borscht was served with a dollop of sour cream and had a hint of dill. It was delicious, made just like my Baba. The clubhouse sandwich was a three-tiered creation with freshly roasted turkey breast, lettuce, tomato, bacon and cheese on a choice of white, brown or rye toasted to perfection. The side of crispy onion rings hit the spot.

The crispy chicken Thai salad arrived looking as good as any masterpiece from the Bon Appetit magazine. It had a healthy portion of noodles tossed in a homemade tangy, spicy Thai sauce, crispy chicken, lettuce, red onions, tomatoes, cucumber, shredded carrots, toasted wontons and sprinkled with peanuts. It was the perfect heat of spice.

Of course we made room for dessert. Who could turn down a homemade piece of lemon pie with mile high meringue and a slice of carrot cake, moist, with the perfect blend of spices and a layer of whipped butter cream cheese icing that was truly melt in your mouth.

Le Petit Café is open seven days a week and serves breakfast, lunch and dinner with daily specials. Weekly favourites include Rib Fridays, Prime Rib Saturdays (every second Saturday of the month), and the Chef's special Sundays (breakfast only).

The restaurant seats approximately 60 and is full any given day. Staff is quick to take orders and coffee cups are always filled to the brim.

A small banquet room is also available and perfect for groups of up to 40 for meetings or special events with family and friends.



The Kiln DRIVE-IN

**HOMEMADE
BURGERS AND FRIES
PREMIUM HOT DOGS
SOFT AND HARD
ICE CREAM**
Dine In • Take Out

**227 2nd Ave. N
STONEWALL
204-467-9125**

McLeod House TEAROOM & GIFT SHOP

McLEOD HOUSE
TEAHOUSE • GIFTWARE
HOME DECOR

292 Main Street, Stonewall, Manitoba
204-467-2303
www.mcleodhousetearoom.com

Catering to your Cravings...

Burgers
Wraps
Soup
Salads

One of
Stonewall's
premier
family dining
restaurants.

See you soon!

Cravings
FAMILY DINING ON 67

266 4th St. E,
Stonewall
204-467-9078

*More than just
great pizza!*



PIZZA DEN
Restaurant & Lounge
More than just great pizza!



New Menus Now Available
with Piccolo/ Grande
portions for Pasta & Fish
Open 7 days a WEEK

▪ DINE IN ▪ TAKEOUT ▪ DELIVERY ▪ CATERING

www.pizzaden.ca

Hwy 67 Stonewall 467-2236

get inspired

> MEAL IDEAS

THE Marketplace
AT STONEWALL 467-8469

Chocolate Banana Muffins



Recipe courtesy of the Mommy Hates Cooking blog on behalf of TruMoo

Yield: 18 muffins
1 cup all-purpose flour or gluten-free all-purpose flour
1/2 cup sugar
2 teaspoons baking powder

1 teaspoon baking soda
1/4 teaspoon ground nutmeg
1/4 cup baking cocoa
1 1/2 cups TruMoo Chocolate Milk
4 tablespoons butter, melted
1 teaspoon vanilla extract
4 large eggs
3 medium bananas
old-fashioned rolled oats
Heat oven to 350 F.

Mix together flour, sugar, baking powder, baking soda, nutmeg and cocoa. Add in milk, butter, vanilla and eggs. Continue mixing until batter is formed.

Mix in bananas. Add spoonful of batter to greased muffin tins; fill about halfway full then sprinkle batter with rolled oats.

Bake 25 minutes, or until golden on top.

Protein-Packed Eggs in a Nest



Servings: 6 (2 nests per serving)
Nonstick olive oil spray
4 cups frozen shredded potatoes, defrosted
3 large eggs
3 large egg whites
1/4 cup fat free milk
1/4 teaspoon salt
1/8 teaspoon pepper
1/3 cup cooked, lean ground turkey sausage, crumbled
1/3 cup green bell pepper, diced
1/3 cup tomatoes, chopped
spinach
mushrooms
1/3 cup part skim mozzarella cheese, shredded
Heat oven to 400 F and spray 12-

well muffin tin with nonstick olive oil spray.

Place a scoop of shredded potatoes into each muffin hole, pressing around edges to create "nest". Bake for 15-20 minutes or until lightly golden. Remove pan from oven and using spoon, gently press any fallen potatoes back up against sides of each muffin hole. Turn oven down to 350 F.

In a bowl, add eggs, egg whites, 1/4 cup milk, salt and pepper. Whisk to combine and place in fridge while preparing green pepper, tomatoes or additional vegetables.

Stir cooked meat and vegetables into the bowl with egg mixture and pour equally between all "nests." Sprinkle a pinch of cheese over each nest. Bake for 15-20 minutes or until egg is set.

Remove from oven and serve with remaining 8-ounce glass of milk.

Note: Nests can also be stored in airtight bags in fridge once cool for 3-4 days, and be reheated for an on the go breakfast.



Do you discriminate against some people? Most readers would probably respond in the negative, and argue that people are all equal, and should be treated as such. We may make a special point to be fair and equal to those who look different on the outside.

But there is another kind of discrimination which may be more insidious, because it happens unconsciously. It happens when we discriminate against those who think differently from us. We are not talking here about political or religious differences, but rather simple differences in points of view.

You are discriminating against someone if you treat them with less respect than you treat your friends. So if you talk rudely to your children, parents, teachers, students, classmates or partner, then you are discriminating against that individual or group. Now many people feel that rudeness or negativity are justified because of the behavior of others. And this is the essence of discrimination: dividing the world up into those you will treat respectfully, and those you will not.

Does this mean that you must take abuse from others? Certainly not. It only means that you do not have to compromise your integrity because of the behavior of someone else. Responding to poor behavior with more poor behavior is allowing yourself to be controlled by the other. Everyone sinks to the lowest common denominator.

A good way to assess if you are operating with integrity is to imagine that your interactions with others are videotaped for the next month. How would you feel about those tapes being aired on public television? If we put on our best behavior for friends and colleagues, and then respond in mean and aggressive

On Discrimination

ways behind closed doors with others, then it is like living a lie.

So what do you do if you are around someone who seems to provoke a negative process? You must gather all of your strength and wisdom and tell them that you no longer want to relate in this way. You can say that you are going to refrain from making negative comments, and would like to resolve problems by focusing on issues, rather than on personalities. You can tell them that if they persist in attacking, rather than problem solving, that you will leave the room, the house, or the relationship if need be.

Then you must maintain your resolve, and refuse to be drawn in to a negative process. This does not mean refusing to talk, just letting the other know that you will not talk in unproductive ways.

The bottom line is that each of us is completely responsible for our own behavior; we cannot blame it on anyone else, regardless of how they are behaving. We always have choices, and it is an act of great courage to respond with integrity to someone who cannot, it can also lead to dramatic positive change. Try it.

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.

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

Live life to its fullest with



USANA
INDEPENDENT ASSOCIATES

Nutritional Supplements Energy & Weight Loss Skin Care Nutrition for Skin

Al Sanche - 461-1223
Madge Meakin - 467-9806
Bill & Shelley Kelly - 467-5372
Bruce & Bambi Rutherford - 467-2102

Learn how to create a safe haven.

We help you radically reduce chemicals in your home

Norwex

Ask me how

Stephanie 204-896-3980

Independent Sales Consultant
cleanwithwater15@gmail.com

ISAGENIX
Weightloss • Energy & Performance • Healthy Aging

Allana Sawatzky
allana333@hotmail.com

Janice Gulay
jkaram@mymts.net (c) 1-204-648-3836

Rose Sawatzky
isa.rose1957@gmail.com (c) 1-204-479-8227

www.isaproduct.com

Watersong Farms Butchery & Smokehouse New Open Hours
Fridays 3-6pm and Saturdays 9am-noon



**Fresh Steelhead Trout
Deli Poultry Products**

204-322-5558 info@watersongfarms.com
#117 PTH 67 11 kms West of Stonewall

> INTERLAKE FARMS, FROM PG. 12

sheep, which is in the midst of lambing. Farm manager Chuck Ekema said that his farm is a 24-hour a day operation run by nine farm hands. One of the employees at the farm, Eddy Schell said that the farm will open at a perfect time for them as there won't be as high a demand on the workers as there will be in October. Schell said that next month the operation will have 600 lambs born, which for them, means long hours and very little free time.

The farm will be open on Sept. 17 from 10 a.m. until noon and then again from 2 p.m. until 4 p.m. Visitors will get a first-hand experience of the operation, a tour and might even see some lambs being born.

"It's the perfect time for a tour," said Schell.

"We will possibly see some lambing but also lambs being fed by bottle and eating hay. We will take people on a tour of the pasture and show them what it's like out here."

Directions to the farm: From Winnipeg take the Perimeter Highway north to Highway 6 north. Drive for approximately 1.24 hours to Hatchery Rd. Turn west (left) 1.6 km to stop sign and turn left and drive ¼ mile and turn left to drivic address 110083.

There are three other areas in the Interlake that will open their doors. The Lundar Agricultural Society will host hands on experience with small animals, horses and beef animals. That event will take place from noon until 5 p.m. at the Agricultural Society Grounds. Directions: Lundar is 131 km north on Hwy. 6. Upon reaching Lundar at junction Hwy. 6 and PR 419, turn east (right) .5 km to Agricultural Society grounds on the south side of the road.

Ken and Iris Overby from Inwood will open their doors from 1-5 p.m. and will host a special tour of their bison pasture from 1-3 p.m. Directions: From Winnipeg travel north on Hwy. 7 to PR 415, turn west for 19.3 km to only stop sign. Turn north and continue on PR 415 for 4.8 km. Farm is located on Rd. 96N.

Mission Trail dairy farms owned by the Porteous Family will be open from 10 a.m. until 4 p.m. and will have a special milking demonstration from noon until 3 p.m. Directions: South of Gimli on Hwy. 8 to Minerva Road, 1.6 km west to Rd. 18E then .4 km south. Civic address: 108112 Rd. 18E.

For more information on these events the website www.openfarmday.ca will provide directions and GPS coordinates.

Softball Tryouts



South Interlake Phillies

Try Outs & Registration

Location: Stonewall Quarry Park

U12 - Registration Saturday, Sept. 23 at 12:30
Tryouts: Saturday 1-4 p.m. and Sunday 1-4 p.m.
Contact Kirt Swanson 204-795-9680

U14 - Registration Monday, Sept. 18 at 4:30 p.m.
Tryout: Monday, Sept. 18 at 5 p.m.
Raindate: Wednesday, Sept. 20 at 5 p.m.
Contact Curtis Fines 204-782-2794

U16 - Registration Thursday, Sept. 7 from 6-6:30 p.m.
Tryouts: Thursday at 6:30 p.m. and
Wednesday, Sept. 13 at 6:30 p.m.
Contact Jennifer Unger 204-479-9945

worship > FAITH with us Digital dilemmas

I just stepped out of a shopping experience that could make my head spin. This was a phone kiosk on steroids. The newest the greatest and the best that money could buy. Complete lines of digital phones, tablets, pads and notebooks from several manufacturers with endless components and capabilities were at my fingertips. These are just some of the things that can help us enjoy modern society and become more efficient in communication. These devices also have the drawback of making life more complex and intrusive against that precious thing called privacy. While modern gains in technology are neither good nor evil; how we apply them to our life can radically affect our sense of self and purpose.

There are only a small percentage of people around the world who do not view some sort of electronic screen on a daily basis. Many Canadians are electronically or digitally connected for several hours every day; whether they like it or not. Perhaps the greatest problem with these items is that they prevent so many other worthy activities from ever taking place. Families can fall into patterns of behaviour that are totally selfish or individually focused. The fallout from little or no one-on-one communication is tragic. South Asia is becoming notorious for its fixation

with digital devices. Several deaths have occurred when video gamers refused to stop and eat, drink or relax until they collapsed and died on the spot. Texting and driving now causes an incredible amount of fatalities across North America every year. This writer believes that antisocial and amoral attitudes are a common killer of relationships, personal mental health and personal spiritually awareness in our nation.

Paul the apostle who is credited with writing about a third of the New Testament had a strong response to things that could distract him from his moral and spiritual goals in life. He writes in Philippians 3:7 "But what things were gain to me, these I have counted loss for Christ." In other words, whatever was valuable to Paul when achieving his personal goals was a "loss" when he became a truly dedicated Christian. He goes on to say "I count them as rubbish, that I may gain Christ".

True joy is found in cherished relationships and personal experiences with other people and with God. Let's put the value back into our family and friends and enjoy the long term results of a life well lived.

Pastor Jonathon Dewey
 Cornerstone Church
joncdew@gmail.com

SERVICE CLUBS - Serving our Communities

Tribune

Royal Canadian Legion Branch No. 52  \$33-\$38 member/year depending when dues are paid The Royal Canadian Legion is dedicated to the service of veterans and their dependents, as well as to raise funds for the community. The Legion is open to all Canadian Citizens. Meetings are held on the 2nd Tuesday of the month at Stonewall Legion Club Room.	South Interlake Ag Society Janice Rutherford 467-5612 Hwy #236 and Rockwood Road \$10/member/year It encompasses the needs of the three municipalities that it serves - Rockwood, Rosser and Woodlands. Monthly meetings are held the 3rd Tuesday of each month at 7:30 at the Ag grounds.	Teulon Women's Institute Phone 886-2216 Fee: Nominal membership may apply Motto: "Home and Country" The TWI has approximately 14 members that work hard to raise money throughout the year to donate to local and regional charities and community projects. Meet 3rd Tuesday of the month 7:30pm Farview Place Teulon. New members always welcome.	 1 Snow Goose Bay on Hwy 220 Stonewall, Manitoba 1-888-50MARSH (62774) ohmic@ducks.ca oakhammockmarsh.ca The Oak Hammock Marsh Interpretive Centre is a non-profit organization. Its mission is to foster public awareness and knowledge of the inherent values of wetlands and associated ecosystems, and to encourage public support for their conservation through innovative education and outreach programs.	Quarry Toastmasters Brenda 467-5088 Quarry Toastmasters meet every Tuesday 7:15 - 8:45pm at the Stonewall Collegiate in the Library. We work to build up your confidence in public speaking - individually or in a group. We help you plan what to say and to have fun doing it.	Kin Clubs of Stonewall Motto "Serving the Communities" Kin Canada is a dynamic volunteer organization enriching our communities through service while embracing national pride, positive values, personal development and lasting friendships. Kinsmen President Chad Sheppard 204-461-2023 Kinette President Pam Norquay 204-467-9408
Teulon & District Agricultural Society Lana Knor, President 467-0740 The Teulon & District Ag Society meet on the fourth Thursday of each month from February to November at 7:30pm. The Ag Society sponsors the Teulon & District Ag Fair and the Annual Teulon Pumpkinfest.	Interlake Community Foundation, Inc. 204-467-5634 www.interlakefoundation.ca The Interlake Community Foundation provides the citizens of Rockwood, Rosser, Stonewall, Teulon and Woodlands with the opportunity to invest in the future of their community and region forever. The Foundation pools donations in a capital fund that remains in perpetuity. The income generated from the capital is distributed as grants to registered charities in the region. Grant applications are due by February 28th of each year.	Stony Mountain Stonewall Masonic Lodge #12 Call 204-467-2788 for Information Stony Mountain Stonewall Masonic Lodge #12 is the oldest organization in Stonewall (1880) and part of the oldest and largest fraternity in the world. Although a belief in one God is necessary to join, Freemasonry is non-sectarian and prohibits discussion of religion and politics in its Lodges. Freemasonry focuses on the reinforcement of morality into the daily lives of our members and of charity, a giving back to our communities through our Lodges and by our charitable activities as well as in our personal lives, which we believe makes GOOD MEN BETTER. Monthly Meetings 2 B 1 ASK 1	 Stonewall Ladies Auxiliary Committed to the wellbeing of our community and raising funds for the ongoing mutual support provided by the Stonewall Legion Branch #52. Meetings are held on the second Thursday of the month. New memberships are welcome. Yearly membership fee 10.00. Volunteers often required for events at the Legion hall.	South Interlake Seniors Resource Council Inc. Darcy or Corinna @ 467-2719 sisrc@shaw.ca SISRC is a non-profit organization that offers services for seniors and those with disabilities. These services include; Transportation; Mobility Aid Lending Service; Caregiver Support Group; Health Education Presentations; Resource Information/Form Completion; Telephone Buddy/Friendly Visiting; Handy Helper/Housecleaning. We also distribute the ERIK (emergency response information kit) and we are Lifeline Representatives.	The Liliane Baron South Interlake Breast Cancer Support Group Claudette 886-2393 Joyce 467-2473 The group is a non profit grass roots organization founded by women in the South Interlake Area diagnosed with breast cancer. Our mandate is to assist others who may find themselves with a similar diagnosis and to provide a variety of support, assistance and friendship where needed within the confines of privacy, respect and caring. The group meets for positive encouragement and support on the third Tuesday of each month at 7PM at the office of L.J. Baron Realty, Main Street in Teulon. Anyone seeking information or services is always welcome.
 Knights of Columbus Stonewall Dave Couprie 467-9548 \$40/member/year The Knights of Columbus raise funds for charities within the community. The Knights are open to all Catholic men, 18 yrs or older. Meetings are held 1st Monday of the month September through June at the Christ the King Church in Stonewall.	South Interlake 55+ Inc 467-2582 www.si55plus.org \$20/member/year si55plus@mts.net This non-profit organization provides education and activities for persons age 55 plus. Many activities and events are held on a regular basis. Newsletters are published monthly and available to pick up at the 55+ Centre in Stonewall.	Stonewall & District Lions Ralph Sinclair 622 Centre Avenue, Stonewall 467-9600 Motto: "We Serve" Membership is open to anyone over eighteen with an interest in providing assistance to those people or projects in our community in greater need than ourselves. Meetings are every 4th Wednesday of the month at 7:15 pm September thru June.	 Independent Order of Odd Fellows Stonewall Lodge #49 Larry O'Dell 467-8882 Ross Thompson 467-2438 www.ioofmb.ca Yearly nominal membership fee The Odd Fellows Lodge is a fraternal organization based on the fatherhood of God and the brotherhood of man. We do charitable work through various projects in the local community, the province and internationally. We seek to elevate the character of man and thereby make the world a better place to live. Meetings every 1st and 3rd Monday of the month at 8:00pm at the Odd Fellows Hall.	Stonewall & District Health Centre Ladies Auxiliary Marg Bond 467-8732 The auxiliary's goal is to raise funds for the purpose of enhancing the care and comforts of patients, residents and clients served by the Health Centre. Meetings are held the first Monday of each month at Rosewood Lodge. New members welcome.	Grosse Isle Women's Institute Phone 204-467-9376 Motto: "Home and Country" The GIWI has approximately 14 members that work hard to raise money throughout the year to donate to local and regional charities and community projects. Meet 2nd Tuesday of the month 7:00pm Grosse Isle Hall. New members always welcome.
Warren Horizons District Lions Club President: Irene Tully 204-375-6522 Meetings are held the first and third Wednesday of each month at the Warren Fire Hall Sept. thru June.	 Warren & District Lions President Stu Bangle 204-322-5381 "We Serve" Membership is open to anyone over 18 interested in giving something back to their community through direct action, meeting humanitarian needs, encouraging peace, and promoting international understanding. Meetings are held the 1st and 3rd Wednesday of the month at 7:00pm at the Warren Fire Hall from Sept-June.				

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Playing junior hockey? Better get dental insurance

By Brian Bowman

All Clint Torfason wanted to do was try to win a Keystone Junior Hockey League championship for his Arborg Ice Dawgs.

But he has been forced to pay a very steep price for his championship ambitions.

The 21 year old from Winnipeg Beach was left with a monstrous dental bill after getting hit in the face with a high stick in a KJHL playoff game against the Peguis Juniors back on April 1.

"When the accident happened, my whole mouth was vibrating but there really wasn't much pain at the time," said Torfason, noting it was both disappointing and frustrating to hear that some of the opposing fans were cheering when he was spitting out blood and teeth on the ice.

"You're in shock when it happens but finding out after what the costs are hurts more."

Torfason suffered a fractured jaw, lacerations, and lost five teeth from the incident. Torfason will need dental surgeries, numerous implants, and bone grafting to his jaw.

This is estimated to cost between \$35,000 and \$40,000 which is well beyond what insurance will cover.

Torfason's mother, Gail, has been told that it will take over a year from now to have all of the dental procedures done on her son.

"I didn't realize how long the process was going to be," she admitted, noting her family has dental coverage

through Blue Cross. "And until something like this happens, you don't realize what's not covered. There are a lot of things that are exempt...and there's a maximum, too."

Clint's injuries were quite extensive. "When one of the specialists looked at Clint's face, he said, 'It was the worst damage that he has seen from a hockey accident,'" Gail noted. "He said, 'He can't believe that stuff like this still happens in hockey.'"

Torfason was reimbursed only \$2,500 - the maximum payable per accident - under Hockey Canada's dental insurance program. Hockey Canada's Todd Jackson was quick to warn that this is a "secondary" policy.

"It kicks in after private insurance has exhausted," Jackson explained last Thursday afternoon. "If a player does not have private insurance then it would act as primary in those cases."

Jackson said Hockey Canada does not get many claims over the course of a season from minor hockey players that wear cages.

It is a different story, however, at the junior level.

"I can't give you numbers because I don't have numbers in front of me," Jackson admitted. "But we get a fair amount of claims that come in from a dental perspective. 'We are a secondary (insurance) and we pay after the primary is exhausted.'"

But many would argue that Hockey Canada's dental insurance coverage is a slap in the face to players.

"For any kids that are playing hockey, it's an eye opener," Gail Torfason said. "I don't even know if there is extra insurance that you can get to cover this. I really don't know. You think that you're covered for everything and then you realize that you're not."

Chris Poponick, a longtime coach with the Selkirk Fishermen in the Keystone Junior Hockey League, said dental insurance should be a concern for parents and players.

"We go into this sport knowing Hockey Canada covers us for certain things," he said. "But when the (dental coverage) is only \$2,500, a player can have much more (of a cost) after one crosscheck to the face or a shot to the face, whatever it might be."

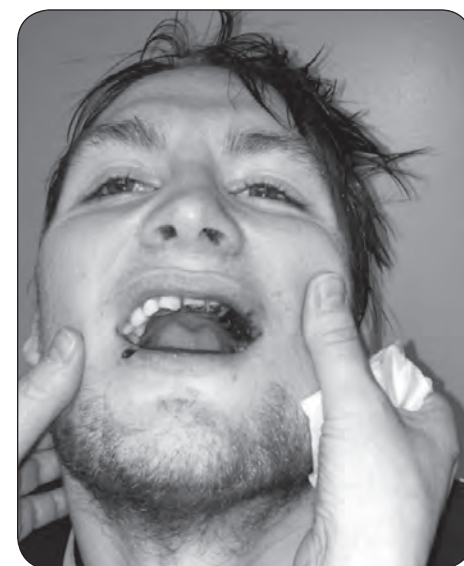
"There must be a way to look at subsidizing something additional for those who don't have (primary) dental coverage."

On Hockey Canada's website, it describes its insurance as "an exceptional insurance program that has been built with the needs of its members in mind."

But it shows that only eight per cent of the premiums paid into its insurance program go towards accident and dental coverage.

"You think that playing for 15, 16 years under Hockey Canada that they would help out their players," Clint Torfason argued. "But right now, they're just handing out some pocket change."

"Once it comes to dental work, they



TRIBUNE PHOTO SUBMITTED

The Ice Dawgs' Clint Torfason suffered a fractured jaw, lacerations, and lost five teeth during a junior hockey game last April. Torfason will need dental surgeries, numerous implants, and bone grafting to his jaw.

don't want to help out."

To help raise funds for Torfason's dental work, a fundraising social will be held Oct. 14 at the Arborg Community Hall from 8 p.m. to 1 a.m. Tickets are \$10. As well, a GoFundMe page was set up recently to raise money. Those who want to donate can visit www.gofundme.com/ClintTorfason-Expense

Midget Provincial Lightning begin training camp

By Brian Bowman

When the Interlake Lightning broke camp earlier this week, there were plenty of encouraging signs.

One of them was the number of players who came out. The numbers were in the "high 20s" as of Monday afternoon with other players attending junior camps.

"It's way better than in the past," said Lightning head coach Dwayne Swanson. "I think last year we had 29 and nine of them were goalies. And in years before that, we have had skater numbers in the teens."

Just how good the Lightning will be this season will, in large part, be based on what players come back from their respective junior training camps.

"We're going to have to be a different type of team," Swanson insisted. "We're not going to have the goal scoring or anything like that. We're going to have to do things by committee."

In goal, the Lightning expected to have four goalies in camp this week. But Swanson said that Adam Swan, who played with the club last season, is expected to start the season as a backup goalie for the Western Hockey League's Lethbridge Hurricanes.

The Manitoba AAA Midget Hockey League, meanwhile, is undergoing a change this season with the addition of the Winnipeg Bruins. The Bruins will be the third city team along with the Winnipeg Thrashers and Winni-

peg Wild.

Adding a third Winnipeg team will negatively affect the Lightning in a huge way as the Interlake often gets talented players join their team after being released by either the Wild or Thrashers.

"We had three players play in our program last year that were coming back," Swanson noted. "I talked to them several times over the summer and they were excited to come back but the problem being when the Bruins were formed, they all (live) five minutes from the Southdale Arena, where the Bruins play their home games."

Still, Swanson feels the addition of the Bruins will be good for the league.

"This year, you won't see much difference because the players that were with the Wild and Thrashers last year that are from the Bruins' area, are grandfathered to those teams."

"The Wild and Thrashers should have a numbers of guys back from last year, so they should be very good."

Interlake started training camp this past Tuesday and was on the ice every night this week. The Lightning will continue tryouts until the Sept. 22-24 weekend when they travel to Souris for a tournament.

That tournament will be the Lightning's only exhibition action this season.

Stonewall slaying Giants in WSBL final

By Brian Bowman

A baseball championship series is usually won by great pitching and stellar defence.

But so far in this year's Winnipeg Senior Baseball League championship, the Stonewall Blue Jays have been using a potent offence to record victories.

Stonewall took a commanding 2-0 series lead after a thrilling 10-9 come-from-behind home victory over the Elmwood Giants Monday evening.

The Blue Jays trailed 9-5 in the bottom of the seventh but battled back to score four runs to force an extra inning.

"There's just no quit in this team," said the Blue Jays' Adam Kirk. "We have a good lineup, one through nine, and we even have guys who can come off the bench. The guys know that we're never out of it and we have put up four or five runs a couple of times."

"That fuels the confidence - we know we're never out of it."

Josh Stolar scored the game-winning run from first base on a clutch double by Kirk over the left-fielder's head. Kirk also picked up the win on the mound by coming in to pitch the eighth.

The comeback win was a huge one for the Blue Jays.

"Instead of being 1-1 (in the series),

we're up 2-0," Kirk said. "And if we can win (this Tuesday), we'll have a real stranglehold on the series."

A big play in the game came with Stonewall trailing and Blue Jays' outfielder Scott Harris gunning down a Giants' player at the plate with a great throw.

"We were in a little bit of trouble," Kirk recalled. "(Adam) Luellman didn't have his best start last night but he battled all night long and Scottie came up with a big throw and got an out for us."

"That (play) was definitely a big difference in the game for us, for sure."

The Blue Jays started the best-of-seven series with a 14-10 slugfest win over Elmwood last Thursday evening in Winnipeg.

"Defence hasn't been a premium in the series by either team, so there were a lot of hits but there were also a lot of defensive blunders by both teams," Kirk said, noting Stonewall led by as much as 9-2 in the game.

The WSBL championship series continued with games this past Tuesday and Wednesday. No scores, however, from either game were available at press time.

"We would love nothing more than to win two more (games) and be done with this," Kirk said. "I get that feeling from Elmwood a little bit, too. I think



TRIBUNE PHOTO BY LANA MEIER

Lundar's Nick Drews gets an important out at home plate against Elmwood Monday evening.

that they are a little tired from going to nationals and they know what they're up against with us because we've got arms (and) we got health.

"We're sitting pretty good right now."

If necessary, Game 5 of the series is scheduled to be played Monday at Koskie Field, followed by Game 6

Tuesday in Stonewall.

A series-deciding seventh game would be played next Wednesday at Koskie Field. The remaining games in the series begin at 7:30 p.m.

The Blue Jays last won the WSBL title in 2015. The St. James A's won the league championship last season.

Jets open MMJHL training camp

By Brian Bowman

The Stonewall Jets had plenty of room on the ice last week when they started their 2017-18 training camp.

Jets' general manager Ryan Margetts estimated that they had 25 players out Monday and Tuesday for the first two days of training camp.

The Jets had about 30 players come out to camp a year ago.

"That 25 included two really young kids that just wanted to come out for a skate before they go off to their own training camp," said Margetts last week. "I'm a little disappointed with the numbers."

The quality of talent that came out was good, said Margetts. But the low number will force Margetts to work a little harder to attract junior-calibre talent to the Jets' program this season.

"We'll reach out to teams and we'll make some more phone calls to try to get some kids involved," Margetts explained.

The Jets have a handful of quality veteran players that cannot come out right now due to work and school commitments.

Margetts is hopeful that guys like Devin Muir, Clay Tait, Aiken Chop and Kyle Doak can make some sort of commitment to their program this season.

"We want to have them all back but we're not

exactly sure what will happen over the next couple of months," Margetts admitted.

What the Jets do know, however, is that their coaching duo of Brock Couch and Matt Figur will be back this season.

"They have done a really good job," Margetts insisted. "As co-coaches, they really work well together."

The Jets are also excited to have Dale McClintock on board as the team's assistant general manager.

As a league, the Manitoba Major Junior Hockey League is in very good shape as all 10 teams expect to be competitive this season.

The MMJHL continues to attract interest from players who, in the past, have played in other junior leagues.

It seems like every year, there are former Manitoba Junior Hockey League and Keystone Junior Hockey League players making the switch to the less-travelled MMJHL.

"The league is doing very good," Margetts said. "To me, it seems like the depth of all the teams keeps getting better. Fifteen or 20 years, it was a two- or three-horse race but it seems to me that there is way more balance and way more depth with all of the teams."

"There is nobody that is really weak."

Jets begin preseason this weekend

Staff

It doesn't seem that long ago that the Stonewall Jets and Raiders Jr. Hockey Club were battling it out for a Manitoba Major Junior Hockey League title.

They will clash once again this Friday but a lot less is at stake.

Stonewall will begin its MMJHL preseason with an exhibition game against the Raiders this Friday (6 p.m.) at the East End Arena in Winnipeg.

On Saturday, the Jets will battle the Pembina Valley Twisters at 3 p.m. at the East End Arena.

Stonewall will then wrap up its weekend exhibition schedule on Sunday morning (11:15 a.m.) against the Ft. Rouge/Ft. Garry Twins at the East End Arena.

The Jets will then host the St. Boniface Riels next Wednesday (7:30 p.m.) and then will hit the road to take on the Transcona Railer Express Friday (8 p.m.) to close out the preseason.

Those same two teams will hook up just two days later to begin their respective MMJHL regular seasons. Puck drop for the regular-season opener is 2 p.m. at East End Arena.



**The
Stonewall-Rockwood
Fire Department**



INVITES APPLICATIONS FOR FIREFIGHTER POSITIONS

QUALIFICATIONS:

- Must be a minimum 18 years of age.
- Must provide a valid class 4 drivers' license & air brake endorsement or be willing to upgrade to same.
- Must supply a current driver's license abstract.
- Must supply a criminal record check.
- Must provide a valid, non-expired, Standard First Aid and CPR Level C certificate.
- Must be physically fit.
- Must reside within 5 mile radius of Fire Hall.

We are looking for motivated, reliable, dependable, hard working team members whom want to provide fire protection duties to their community and surrounding area.

Application forms may be obtained at the R.M. of Rockwood office between the hours of 8:30 a.m. to 4:30 p.m. Monday-Friday. Applications are asked to be submitted to Stonewall-Rockwood Fire Committee and dropped off at the R.M. of Rockwood office, 285 Main Street in Stonewall or mailed to Box 902, Stonewall, MB ROC 2Z0 or email info@rockwood.ca

Applicants that progress to the interview process must provide a physician's medical examination report stating applicant is fit for firefighting duties. Successful candidates will be reimbursed for cost incurred in providing the medical exam report.

We thank all those individuals who apply, however, only those granted an interview will be acknowledged.

**Deadline for applications to be received is
4:00 P.M., Friday, September 15th, 2017.**

Classifieds

Call 467-5836 or Email igraphic@mts.net

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



CUSTOMER CARE REPRESENTATIVE

Vidir Machine is a leading manufacturer and worldwide supplier of vertical motorized storage carousels, display systems and rolled goods cutting systems. Our highly versatile product lines offer industry solutions for construction, retail, medical, warehouse, government, automotive, printing and manufacturing.

We are currently looking to fill a one-year term position in our Customer Care Department.

Position:

- Provide customer service to ensure their satisfaction;
- Organize and control the installation of product

Qualifications:

- Good organizational and supervisory skills;
- Good computer literacy, analytical, decision making and problem solving skills;
- Effective communication and interpersonal skills;
- Previous customer service experience an asset.

Salary commensurate with qualifications.

**Please send resume to hr@vidir.com or
Box 700, Arborg, MB, ROC 0A0
Fax: (204) 364-2454**

Closing date for applications **September 14, 2017**

Only those selected for interviews will be contacted.

www.storevertical.com

AUCTIONS

Public Stamp Auction - Wpg. Stamp Dealer's Auction. 345 lots. Sat., Sept 23. Viewing at 9 a.m., starts 10 a.m. Free admission. Scandinavian Centre, 764 Erin St. Lot list at www.stampman9.ca. Cash sale.

METAL RECYCLING

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

RECYCLING

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

**Please support
our advertisers
SHOP LOCAL**

Stonewall Teulon
Tribune

HOUSES FOR SALE

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

Immediate possession available. 1584 sq. ft. RTM. 2.5 baths, 9 ft. ceilings, island kitchen. Starting at \$199,000. Floorplan online at wgiesbrechthomes.ca. Custom builds also available. Call 204-346-3231 or email wilbert@wghomes.ca for more information.

MOBILE HOMES FOR SALE

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

MOBILE HOMES FOR SALE

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

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 587-293-4055 or visit www.prairiesky.com/Selling-Your-Royalties

HOUSE FOR RENT

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

APARTMENT FOR RENT

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

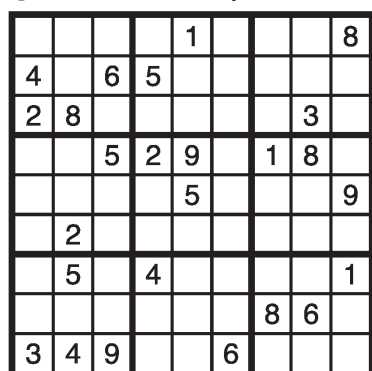
**NEWS TIPS?
CALL
204-467-5836**

www.meyersauctions.com
**ONLINE ONLY
COIN & JEWELRY
AUCTION**
Silver Coins, Paper Money, Pocket Watches, Necklaces closes Sept 19, 2017 To register & BID go to www.meyersauctions.com

ADVERTISE IN THE TRIBUNE

take a break > GAMES

SUDOKU



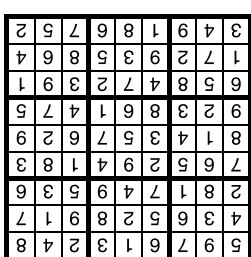
Fun By The Numbers

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

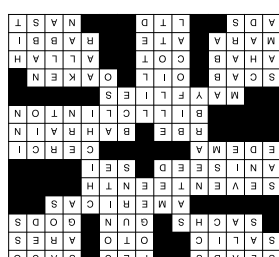
Level: Intermediate

Here's How It Works:

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



Sudoku Answer



Crossword Answer

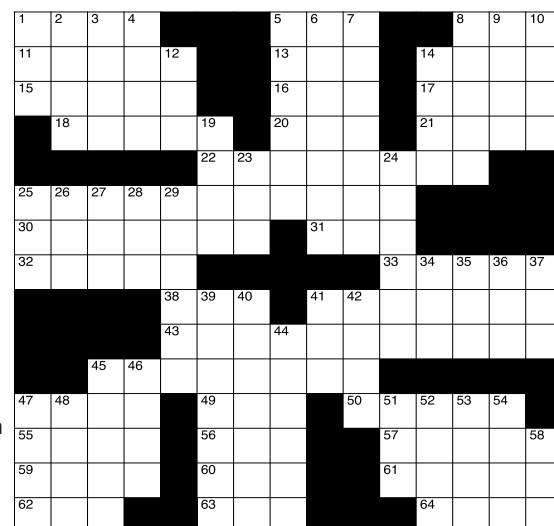
CLUES ACROSS

1. Cereal grain
5. Small constellation
8. Pouch
11. Beef comes in these
13. Chest muscle
14. Maine city
15. Salian
16. Int'l fraternal organization
17. Greek god of war
18. Canadian harbour
20. Firearm
21. Deities
22. North, Central and South
25. After the 16th
30. Used in herbal medicine
31. Whale (Norwegian)
32. Excessive fluid accumulation in tissues
33. Insect appendages
38. Relative biological effectiveness (abbr.)
41. Small Arab monarchy
43. Former U.S. President
45. Short-lived, slender insects
47. Forms after a cut
49. Fuel
50. Made of wood
55. Whale ship captain
56. Small bed
57. Supreme being
59. NY Giants owner
60. Consumed
61. Jewish spiritual leader
62. Promotional materials
63. Business term
64. Famous cartoonist

CLUES DOWN

1. Former CIA
2. Expression of sorrow or pity
3. Rhythmic patten in Indian

CROSSWORD



- music
4. Invests in little enterprises
 5. Highest point
 6. Incomes
 7. Poisonous plant
 8. Period in astronomy
 9. Passed with flying colors
 10. Professional certificate
 12. Dublin college scholar
 14. Heroic tale
 19. Satisfy
 23. ___ student, learns healing
 24. Beloved golfer Rodriguez
 25. Car mechanics group
 26. Not the start
 27. Engage in a contest
 28. Energy-saving module
 29. Within reach
 34. Forms adjectives
 35. Snitch
 36. Data executive
 37. Hostelry
 39. Helps people see
 40. "MASH" actor Gould
 41. Bridge building degree
 42. Moreover
 44. Spoke
 45. Volcanic craters
 46. Swedish rock group
 47. ___ Veda: liturgical chant
 48. Former footballer Ochocinco
 51. Swiss river
 52. Klu Klux ___
 53. Italian Island
 54. Catches
 58. Baseball stat

INVITE FOR TENDER

CONTRACT CARETAKER

of Inwood Seniors Lodge
22 Housing Units in Inwood, MB

**Responsible for the
Building & Yard Maintenance**

- TENDER PACKAGE contains a Complete list of Duties
- Interested person(s) must have a VALID Drivers License, reliable vehicle and pass a criminal record check.
- TENDERS will only be accepted on properly completed Tender Packages
- TENDER PACKAGES can be obtained by calling 204-278-3534 or 204-278-3515
- TENDERS ACCEPTED until September 29th, 2017 at 4:00 p.m.
- The Lowest Tender May Not Necessarily be Accepted.

Classifieds

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

Stonewall Teulon
Tribune

COMMERCIAL SPACE FOR RENT

505 Sophia Street, Selkirk - 675 sq. ft. office with fenced compound. Fresh renovation: paint, furnace, HWT, lights, doors. Central vac and alarm. Perfect for trucking, courier, construction, car dealer, or administrative office on annual lease. Matt, 204-485-4988.

FIREWOOD

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

WORK WANTED

Hay hauling, excavator, skid steer services, sand, gravel, mud, fill. Certified septic tank & field installer and repair. 204-298-8226 or 204-295-3922.

Book Your Classified Ad Today

Call 467-5836 or Email igrphic@mts.net

GARAGE SALES

HUGE GARAGE SALE - don't miss it! Thurs., Sept. 7 & Fri., Sept. 8. 10 a.m. - 5 p.m. New showroom samples at GIVE AWAY PRICES! Jackets, shirts, pants, sport bags & more. 77066 12th St. West, Stonewall.

Moving/garage sale - 519 3rd St. West, Stonewall. Fri., Sept. 8, 4 p.m. - 7 p.m. & Sat., Sept. 9, 9 a.m. - 12 noon. Vintage, household, seasonal - tools & toys. Something for everyone.

HELP WANTED

Youth to work concession & other duties. Must be 16 years. Hours are mostly weekends with occasional weeknight through school year. Weekends & weeknights July & August. Apply to Flicks Cinema with resume during open hours.

Pork production position available at hog farm near Notre-Dame. Minimum 3 years experience in any area of production. Management, leadership skills an asset. Rick 204-248-2699.

Don't forget to put in a message for your loved ones

HELP WANTED

Winnipeg Livestock Sales requires yard staff. Part time with potential of full time. Cattle handling an asset but not necessary. Drop off resume at Winnipeg Livestock Sales corner of Hwy. 6 & 236 or call 204-299-7509.

The Stonewall Teulon Tribune is looking for a couple of collators to help with inserting flyers into the newspapers. Must be willing to stand for long periods of time and to carry 20-40 lbs. Manual dexterity is an asset. Shifts are Tuesdays and Wednesdays in Winnipeg, close to Inkster Park. Please call Lana at 204-467-5836.

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.

Waitress & kitchen help wanted, Mon. - Fri. Bring resume to Sig's Grill, 332 Main St., Stonewall. Ph 204-467-9056.

BOOKKEEPING

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

SHOP LOCAL

INCOME TAX

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

MISCELLANEOUS

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

Need to Promote Your Business?

Call 467-5836 or Email igrphic@mts.net

MISCELLANEOUS

Custom cabinetry for the whole house! Cancelled, mismeasured and incorrectly ordered. Top quality cabinets. Build your home to fit and save 75% off retail. Fehr's Cabinet Warehouse 1-800-758-6927 office@fehrcabinets.com

MISCELLANEOUS

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

LOST

Lost engagement & wedding ring set. Saturday, August 19th, Quarry Park Ball diamonds. Reward offered. Call 204-467-2600.

NEWS TIPS? CALL 204-467-5836

THE RURAL MUNICIPALITY OF ROCKWOOD PUBLIC NOTICE BOARD OF REVISION

2018 GENERAL ASSESSMENT, BUSINESS ASSESSMENT AND PERSONAL PROPERTY ASSESSMENT

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

THE BOARD OF REVISION will sit to hear complaints of the various assessments on **THURSDAY, OCTOBER 12, 2017** at the hour of **3:00 p.m.** in the Council Chambers of the Rural Municipality of Rockwood at 285 Main Street, Stonewall, Manitoba.

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

APPLICATION FOR REVISION:

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

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

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

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

APPLICATION REQUIREMENTS:

Section 43(1) An application for revision must:

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

AT LEAST FIFTEEN (15) DAYS BEFORE THE SCHEDULED SITTING DATE OF THE BOARD AS INDICATED IN THE PUBLIC NOTICE; DEADLINE FOR APPEALS IS 4:30 P.M., LOCAL STONEWALL TIME, MONDAY, SEPTEMBER 18, 2017 - NO LATE EXCEPTIONS WILL BE ALLOWED. PURSUANT TO SUBSECTION 43(2), APPLICATIONS WHICH DO NOT COMPLY WITH THE ABOVE WILL NOT BE CONSIDERED BY THE BOARD.

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

Roberta Van Caeyzele, Secretary
Board of Revision
The Rural Municipality of Rockwood
Box 902
285 Main Street
Stonewall, Manitoba R0C 2Z0
DATED this 21st day of August, 2017.



TOWN OF STONEWALL NOTICE OF BOARD OF REVISION

General Assessment & Personal Property Assessment 2018 and 2017 Supplemental Property Taxes

Public Notice is hereby given that the 2017 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 19th, 2017** 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 3rd, 2017.**

Dated this 1st day of September A.D., 2017 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

Everything you need to promote your business

- FLYERS • BROCHURES
- BUSINESS CARDS • STICKERS
- POST CARDS • DOOR HANGERS
- PRESENTATION FOLDERS
- SIGNS • SOCIAL TICKETS
- LETTERHEAD • ENVELOPES
- INVOICES • ESTIMATE SHEETS
- POSTERS • MEMO PADS
- And MORE...

Interlake Graphics
For all your printing and publishing needs
204-467-5836

Classifieds

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

Stonewall Teulon
Tribune

PLEASE SUPPORT OUR ADVERTISERS

Thinking of Relocating?

Call the municipality of Pembina home. Located in south central Manitoba, we welcome you to our warm and safe community. Raise your family here – retire here. Affordable housing – low taxes. Great amenities – local shopping, education, health care, indoor and outdoor sports & recreation, culture & arts. Short drive to many employment opportunities.

**Live Here- Grow Here –
Play Here!**

Check us out at
www.pembina.ca

REMEMBER YOUR LOVED ONES WITH A MESSAGE IN THE TRIBUNE



Farm Retirement Auction for William Klprat Saturday, Sept 23/17 10 am Seven Sisters, MB

Directions: From jct of Hwy #11 and Hwy # 307, east 1.1 miles. Watch for auction signs. Driveway is just west of bridge into Seven Sisters. Driveway marker 62074.

Upcoming auction with a large selection of well maintained equip., tools, antiques, and household items.

Please view www.lampportanddowler.com for full listing and photos.

**John Lampport 204-383-5711/204-841-4136
Tim Dowler 204-803-6915**

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 4th day of **October, 2017**, at the hour of **7:00 PM**, at Rural Municipality of Woodlands, 57 Railway Ave, Woodlands, Manitoba, 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
33525	LOT 3 BLOCK 2 PLAN 21504 WLTO IN NW 1/4 28-13-1 WPM. - 64 POPLARWOOD DR	L -\$44,500 B -\$205,200	\$7,653.55
84730	LOT 7 BLOCK 1 PLAN 19934 WLTO IN NORTH 1/2 22-14-2 WPM	L -\$25,300 B -\$132,500	\$3,654.84
218200	PARCEL 1: THE SE 1/4 OF SECTION 12-14-1 WPM EXC WATER CONTROL WORKS, PLAN 14431 WLTO - 79066 MERIDIAN RD	L -\$341,000 B -\$136,300	\$11,216.66
218300	PARCEL 2: THE SW 1/4 OF SECTION 12-14-1 WPM EXC OUT OF SECTION 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 SLV, ALONG SAID WESTERN LIMIT, TO THE POINT OF COMMENCEMENT	L -\$270,700	\$5,905.24
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 SW	L -\$15,800 B -\$206,900	\$7,154.56
234800	THE SE 1/4 OF SECTION 12-15-1 WPM SUBJECT TO THE RESERVATIONS AND PROVISOS CONTAINED IN THE GRANT FROM THE CROWN	L -\$49,400	\$2,133.35
234900	SW 1/4 12-15-1 WPM EXC RAILWAY PLAN 2171 WLTO SUBJECT TO THE RESERVATIONS AND PROVISOS CONTAINED IN THE GRANT FROM THE CROWN	L -\$34,800	\$1,877.28
256800	SE 1/4 25-16-1 WPM EXC ALL MINES AND MINERALS	L -\$35,300	\$1,437.39

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 25th day of August 2017.

Managed by:



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

SHOP LOCAL

McSherry Auction Service Ltd

**ESTATE & MOVING SALE
FEATURING THE LIFETIME
COLLECTION OF THE
LATE KAY GOODMAN**

Wednesday Sept 13th @ 4:00 PM

Stonewall, MB #12 Patterson Drive

Yard *Tools & Misc *
Antique Furniture * Antiques
* Antique Glass Ware *

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

McSherry Auction Service Ltd

**FLORENT & ISABELLE
DESROCHES**

Saturday Sept 16th @ 10:00 am

Lorette, MB

North 2 Miles on North
Station Road Then 1/8
East on Robin Road #15
Contact: (204) 781-2751

Vintage Car 66 Plymouth Fury III 4 D Sedan Sft * Recreation & Yard 78 Chev Triple E 20' Sft * 79 Dodge 300 Camper Special Van used as Cargo Van * Bohler 120 10' Camper Trailer * 12' Al Boat * Skidoo Alpine - NR * JD Snowmobile * 79 Klawowski 400 Street Bike * Bolens Hyd R Mower w Rotor Tiller * Husqvarna 2654 Hyd. R Mower * JD Sabre 38" R Mower * Push Gas Mower * Tractor & Equip Ford 8 N HL Range 3 PH * NH 273 Square Baler * JD 858 Side Del Rake * JD 20 Run Seeder * 3PH 6' Tandem Disc * 3PH 6' Cult * 3PH 10' Harrows * 3PH 1 B Plow * 4 Wheel 16' Wagon * Trailers & Truck 81 Chev 30 Cab & Chassis * 51 Chev 2 Ton w 10' B & H * BH 18' Tandem Flat Deck * BH Dbl Snowmobile Trailer * BH 10' Flat Deck Trailer * Tandem Boat Trailer * Tools & Misc Coats 5060 E Tire Machine * 295 Welder * Drill Press * Belt/Disc Sander * Table Saws * 4" Planer * Scroll Saw * Chain Saw * Tool Cabinet * Power Tools * Air Tools * Hand Tools * Shop Supply * Generators * Cement Mixer * Hyd Cylinder * Western Saddle * Various Tack * Wood Shop Heater * 14' 12' Rafters * Bricks * Semi 5th Wheel Hitch * 16" Tires * Welding Material * Antiques MH Cream Separator * Cream Cans * Wood Cook Stoves * Pedal Bike * Steel Wheels * Metal Ignition Cabinet * Saw * 4 x 8 Pool Table * Some Household *

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

Do you have a NEWS TIP??

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

Call 204-467-5836

McSherry Auction Service Ltd JOHN DEAR

Sunday Sept 17th @ 10:00 am

**Teulon, MB, 1 Mile South on Hwy 7 Then West 4 Miles On Hwy 415 Then South ¾ Mile on Rd 5 E
Contact: (204) 797-2019**

Tractors, Skidder & Crawler Cat D7 Crawler w Dozer * JD M440 Dsl Skidder w FEL & JD Backhoe Attach * MF 90 Dsl w FEL * JD B NR * 3) JD 70 NR * JD AR NR * Various Vintage JD Tractor Parts * Equip JD 100 12' Deep Tiller * Coop 10' Deep Tiller * Int 45 14' Vibra Cult * Glenco 10' Cult * Int 12' Discer Seeder * Diamond Harrows * Int 2400 Rd Baler * NH 55 Side Del Rake * 2) JD 5 7' Sickle Mower * MH 7' Trailer Sickle Mower * 2) 4 Wheel Wagons * Hyd Wood Splitter * Saw Mandrel * 20' Bale Elevator * Bale Forks * Vehicles 87 Ford Cargo 7000 C/O Dsl w Fassi F100 Hyd Lift & 20' B & H & Rear Mount Winch NS * 04 Ford F150 Crew Cab 4x4 * 96 Chev Cheyenne 1500 4x4 * 99 Dodge Ram 3500 * 94 Chev 4x4 Blazer NR * 93 GMC Suburban NR * 90 Ford Crown Vic * 90 Ford Bronco 4x4 Converted to Tracks & Skis * Trailers PH 20' Tri Axle Flat Deck w Ramps * BH 18' 4 Wheel Horse Trailer * BH 11' Utility Trailer w 12 Volt / Hyd Lift * Older BH 11' Tandem EquipHauler * Utility Trailer * BH 2 Wheel 6' Flat Deck * Recreation 81 GMC 35 Vandura 18' RV Camper * 2) 4 Wheel Gas Golf Cart * Columbia Gas 3 Wheel Golf Cart * 2) Yawl 18' Fishing Boats 1) 70 HP Merc * Fiber Glass 14' Boat * JD t 600 Gator w Box * 83 Honda 250 Big Red 3 Wheeler w Rev * 91 Polaris 400 Quad * 250 cc Quad * 91 Polaris 550 Sport Touring * 90's Skidoo Safari Deluxe * 90's Polaris 500 Indy Trail * 90's Skidoo 500 Rotex * 2) 70's Merc 340 * 3) 71 Skidoo 340 * 74 Skidoo Nordic * 66 Snow Cruiser * Bombardier Parts * Camping Items * Fishing Items * Lakefield 64B 22 SA * Leg Traps * 2) Snowmobile Dollies * Yard Husky 18 HP R Mower * 15.5 HP 42" R Mower * 2) Case 18 HP 60" Frt Mount Mowers * Roto Tiller * Flymo Push Mowers * 10 HP Snow Blower * Yard Sweep * 2) Walk Behind Yard Tractors & Attach * Bushmaster Gas Trimmer * Patio Table & Chairs * Misc 3 Canopy Car Ports * 20) Hyd Cyl/Hose/Fittings/ Hyd Motors * Com. Fuel Bowser * Gas Pressure Washers * 5th Wheel Hitch * Tow Bars * Saddles * 6) Metal Corral Panels * Portable Metal Loading Chute * Elec Fencers * Treated Fence Posts * Pallet Racking * Scaffolding * Steel 16' Loading Ramps * Tractor, Implement, Auto, Trailer Tires & Rims * ATV Tires * 6 Cyl Dsl Engine * Tow Truck Wrecker Boom * 3) Steel Transport Load Levelers * 2) Al Headache Racks * Al Ladders * Styrofoam Insulation * Galv. Sheet Metal * Welding Material * 200 Gal Poly Tank * Shop Organizer * Wood Heater * Load Binders * Chains & Hooks * Tools Mac 1300 Mig Welder * 180 Amp Welder * Air Compress * Drill Press * Tire Machine * Hyd Shop Engine Lift * Table Saw * Sliding Mitre Saw * Power Tools * Hand Tools * Shop Supply * Antiques Plows * 8' Cult * Cream Separator * Steel Wheels * Anvil * 7 UP Picnic Cooler * Old Tools * Pedal Bikes * Writing Desk * Snow Shoes * Household China Cabinet * DR Table & Chairs * Dressers * Drafting Table * Desk * Bar Stools * 2 D Pantry * Exercise Equip * Records * VCR Movies *

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

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 28 from 10 a.m. - 2:30 p.m. For more information and a registration form, please call Lynda at 1-204-256-1486.

UPCOMING EVENTS

You're invited: Sept. 8 & 9 Honey Garlic Maple Syrup Festival, Manitou, MB. Free admission, car show, crafts, farmers' market, cooking demos, and more. 204-242-2703.

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewall Elk Products Ltd., 204-467-8428 or e-mail stonewood-elk@hotmail.com

FARM PRODUCE

Local honey for sale. Sold in various sizes, 1 kg. & up. Call 204-461-1267.

Honey for sale. Call 204-278-3504.

HAY

Small square, prime Alfalfa June Courtney grass and small square prime Alfalfa. Leave message 204-482-5101.

Large round & large square bales 1st & 2nd cut of alfalfa & brome grass. Call 204-467-5078 or 204-461-0722.

NOTICE TO CREDITORS

IN THE MATTER OF:
The Estate of Bernard Julius Albert Brocker, late of the Postal District of Lockport, in Manitoba, deceased. All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 10th day of October, 2017.
DATED at Stonewall, Manitoba, this 1st day of September, 2017.
GRANTHAM LAW OFFICES
Solicitor for the Executors

**HAVE A
NEWS TIP?
CALL
204-467-5836**

McSherry Auction Service Ltd

**RELOCATION AUCTION
ARROWQUIP
LIVESTOCK EQUIPMENT**

Saturday Sept 9th @ 10:00 am

Woodlands, MB Jct 518 & Hwy#6 Go South East 1 Mile On Hwy 6 Then 2 ½ Miles North On Rd 8 W
Partial List - Go to Web!
Contact Jerry (204) 391-0058

Livestock Equip 8) Squeeze Chute 1) Hyd * Crowding Tub * 3 Panels for Tubs * Alley * Palp Cage * Sort Gate * Self Catch Head Gate * Over 175 Metal Gates * Calf & Sheep Tilt Squeeze Table * Trailer & Building Misc 12 Pace American 20' Enclosed Trailer * 10' Snow Pusher Skid Steer Attach * 68 GMC w 14' B & H * 3) 2016 Canopy Buildings 2) 20'x 50' 1) 14' x 20' * Washex 3000 PSI Heated Pressure Washer * Frost Fighter Dsl Fired 500,000 BTU Heater * Rupp Air Propane Fired Air Make Up Unit * GFS 16' x 30' Spray Booth * Screw Compressor * Hyd Power Pac * Upright Air Comp * Belt Sander * Parts Washer * Some Tools * Metal Banding Crimper & Cutter * Welding Curtains * Gooseneck Hitch * Office Equip * Manufacturing Items 306) 1 1/2" x 3" x 10' Oval Rail * 360) 1 1/2" x 3" x 20' Oval Rail * Welding Material 1" 2" 4" 8", 4' to 16" * Hyd Cylinder * Trailer Jacks * Trailer Accessories * Various Hardware * Winches * Conveyor * Pallet Racking * Steel Racking *

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

Announcements

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

Stonewall Teulon
Tribune

ANNOUNCEMENT

CARDS OF THANKS

Taylor – The family thanks everyone for attending Bill's memorial service. Thanks to Rev. James Bardsley and the Anglican Church Choir for the nice service. A big thank you to Colin and Linda Faye, Irene, Beth and Alice L. for your many visits and home baking. Thanks to MacKenzie's for looking after the arrangements. A sincere thanks to the hospital, Rosewood and Home Care staff for being there.

ANNOUNCEMENT

CARDS OF THANKS

I would like to extend a heartfelt thank you to EVERYONE that helped make the 7th annual Coffeehouse to End Cancer one of the best to date! Thank you so much to the Tribune, Inview Insurance Services, Sunova, Quarry Days Committee, the Prairie Dog Central, the Kiln Drive-In, McLeod House Tea Room, Quest Music, Precursor Productions, Shirley and Don Campbell, Anderson's Hitch N Post, the Shepard family, Jessie, Debbie, Nicole, Christy, Toni, Kristi, Nadine, Robyn, Ashleigh, Liz, Konrad, Bretton, Cory, Ben, Lily, Gavin, Stonewall Florist, Beyond Bread, Family Foods, Grande Bazaar and EVERYONE that donated baking and prizes and made monetary donations. To the Bond family, thank you. To ALL performers, thank you!
-Paige Procter

ANNOUNCEMENT

BIRTHDAY



Happy 95th Birthday
August 28, 2017
Jessie McLean
To a wonderful

mother, grandmother, great-grandmother
and a very special person
-Love forever
Lockie, Diana and all the clan

ANNOUNCEMENT

IN MEMORIAM



In Loving Memory
Matthew MacIntyre

December 18, 1984 – September 6, 2012
Five years have passed and through our pain we feel your love.
A precious gift you gave us, which will remain locked in our hearts forever.
Loved dearly and so sadly missed.
Forever and always,

Mom, Dad, Tracey
family and friends

ANNOUNCEMENT

IN MEMORIAM

Harry Bejzyk
It has been three years today
That you left us.
You are in our thoughts and prayer
We miss you every day.
-Love you today and always,
Bev, Grant and Stephanie

ANNOUNCEMENT

IN MEMORIAM



Rickie Brown
(aka Ray)
1988 - 2015
Dearest Braveheart
Ever loved and missed
-Your family and friends

There is a link death cannot sever,
Love and remembrance last forever.

OBITUARY

Patricia Irene McMurray (Vincent)
July 14, 1940 – August 29, 2017



Pat passed away peacefully with her family by her side on August 29, 2017 at age 77. Left to cherish her memories are her children Shirley (Frank), Barb (Trevor); grandchildren Ashley (Blake), Sean (Jocelyn), Shaylynn (Ryan), Christopher, David, Taylor, Mitchell, Amy, Samantha and great-grandchildren Fiona and Oakley.

Pat was predeceased by her husband Bill (2008); her son Doug (2012); her parents Donald and Violet Vincent; her sisters Helen, Marion; her brothers Don and Bob.

Pat loved her family. There wasn't a holiday or occasion that would go by without having everyone over for a meal to spend time together. You knew you could count on an amazing meal and good times. She spent many weekends and endless time at races and rodeos and later on at horse shows with Bill, the horses and family and friends. She loved her Bingo evenings, soaps and looked forward to the crossword puzzles in the paper each week. Pat loved her jigsaw puzzles and would always have one on the go. She had many talents and one of them was canning, everyone looked forward to sampling the goods and she loved to share that with family. She loved having the little ones running around the house and spoiling them to their hearts content. She was an active member of the Royal Canadian Legion and auxiliary for many years. We will miss her dearly. Love you always.

As per Pat's wishes there will be no funeral service. There will be a private interment held at a later date.

Thank you to all the nurses and doctors at HSC and St. Boniface Hospital for their care and kindness.

In lieu of flowers donations can be made to the Canadian Cancer Society 193 Sherbrook St, Winnipeg, MB R3C 2B7 or Canadian Diabetes Association 401-1 Wesley Avenue, Winnipeg, MB R3C 4C6.

kl
KEN LOEHMER
FUNERAL SERVICES
204-886-0404

Your memory will live forever Engraved within our hearts

we're looking for a
casual member service
representative (MSR) for our
Teulon branch!

We're looking for a motivated, detail-oriented person who knows (and loves) his or her community to join our group of banking geniuses...err, MSRs!

Think you've got what it takes?

Check out the full posting on our website!

MSR - TEULON



sunovacu.ca | bank brighter.

SUNOVA
CREDIT UNION

Announcements

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

Stonewall Teulon
Tribune

OBITUARY



Mary Joan Bernhard

Mary Joan Bernhard passed away peacefully in Stonewall hospital on August 16 2017 after spending a wonderful day with her family.

Mary leaves to mourn her two children Charlene (Ron) Wall, Sheldon (Debby) Bernhard, grandchildren Jayson (Jennifer) Wall, Aron Bernhard, Darryl Komaransky (grandson in-law), great grandchildren Cameron, Andrew, Nathan and Tyler. Mary was pre deceased by her husband Charlie and granddaughter Janelle Komaransky.

Mary was born April 7, 1928 at Grenfell Saskatchewan then moved to Strathclair in 1937. In 1946 she moved to Dropmore where she met and married Charlie, and spent most of her adult life. While there she was very active in the community and thoroughly enjoyed the time she spent with the "Dropmore Chicks" singing at events around the area.

She enjoyed, cooking, fishing, gardening, and had a keen eye for landscape design, for which, she and Charlie won the best rural yard contest more than once. She was witty and generous and had many interests but her passion was sewing and making quilts. Friends and family members can attest to this as they were recipients of her many, one of a kind, quilts.

In 1995 Mary and Charlie moved to Stonewall to be closer to their children and grandchildren so it goes without saying that her greatest love was her family and she was extremely proud of her children, grandchildren and great grandchildren. She enjoyed nothing more than telling stories and showing photos of her "kids".

We would like to thank Dr. Annakkage, Christie, and the staff at Stonewall hospital for the wonderful care and support for both Mom and us.

A private interment will be held at a later date.

We will miss you Mom. Thank you for all the lasting memories.

kl
KEN LOEHMER
FUNERAL SERVICES
204-886-0404

OBITUARY



Eveline Capuska (Brown, nee Lyons)

Eveline passed away September 1, 2017, after a very brief illness. Eveline is predeceased by husband Mike Capuska, parents Harold and Lena Lyons, brother George Lyons, and sisters Patricia Fuhr and Marge Funk. Eveline is survived by Mike's brother Nelson Capuska, his wife Maureen and daughter Sandra, who were always a wonderful support for Eveline. Eveline is also survived by sister Lenore Matthews (Bruce), and brother Oliver Lyons (Shirley), brothers-in-law Cliff Fuhr and Alvin Funk, sister-in-law Elaine Lyons and numerous nieces, nephews and great nieces and nephews.

Eveline was born March 2, 1944 in St. Boniface, moving to Balmoral, MB in 1952. After school Eveline moved to Winnipeg, where she resided for many years on Goulding St. She met Mike Capuska in 1991 and they married in 2006. After Mike's death Eveline moved to St. James Kiwanis Village and enjoyed the close community of Villa's 2nd floor and especially their daily afternoon gatherings.

Donations may be made to Cancer Care Manitoba.

A brief service will be held in the Common Room at St. James Kiwanis Terrace, 109 Sinawik Bay at 1:00 p.m. on Saturday, September 9, with a luncheon to follow.



E.J. SMITH SELKIRK MEMORIALS

A Family Business Making Quality Memorials ~ In Selkirk Since 1974

Browse prices on our website!
www.smithmemorials.ca

Visit us at: **49 Main St. Selkirk**
or call Toll Free: **1-866-475-6025**

We deliver and install throughout the Interlake.

Black granite with grey base.
Includes design, lettering & installation.
Single or Companion.
Some restrictions apply.

*Our company does not sell through local funeral homes or agents.
See us directly for the best price and personal, professional service!*

J.B.S' Small Engine Repair

Family Owned
Serving the Interlake

Open
Tues-Fri 9-6
Sat 9-3

4 Granite Ave., Stonewall Industrial Park,
204-467-2772

Kyle Scrivens
Comfort Advisor/Sales

AirWise Home

Your Heating, Cooling and Ventilation Specialists

Cell (204) 979-9307
Fax (204) 694-5456
kyle-airwise@mymts.net

204-467-9578

Interlake Kneads
MASSAGE THERAPY
(204) 461-1918
(Westside Plaza) Stonewall, MB
*therapeutic *relaxation

ACCEPTING NEW CLIENTS

C.A. Lamoureux
Stucco & Acrylic
Adam Lamoureux
204-886-3880
204-509-9152
grizzlyadamz@yahoo.ca

Residential, Commercial,
Conventional, Acrylic, Efs,
Cultured Stones & Pargings

stonewall chiropractic centre

Also
Acupuncture • Custom Orthotics • Massage Therapy

Billing to Autopac,
Blue Cross, WCB

204-467-5523

Ralph Tanchak..Artist • murals
• commission paintings
• art instruction
• caricature parties

phone: 204-461-0160
f Colour-Splash Artist Ralph Tanchak

GOETZ SIDING

• 5" Eavestrough • Soffit/Fascia
• Custom Cladding

(204)223-7740 Sheldongoetz@gmail.com

Odd Fellows Hall

• Weddings • Socials • Showers • Meetings
• Capacity 220 persons • Kitchen available

374 1st St. West
Stonewall

Del Phillips 204-791-0564
Text if possible
Hall 204-467-5556

Prairie Earthworks Ltd.
Excavator & Dozer
Services
Screened Topsoil
For Sale

204-461-0815

STEP UP TREE REMOVAL
FOR A "CUT" ABOVE THE REST...

- Tree Cutting & Removal
- Tree Trimming & Pruning
- Bucket Truck

Will beat any written competitor quote up to 10%

Rob - call or text
204-785-3273 stepuptreeremoval@gmail.com

Fully Insured

Advance Exteriors

SUMMER ROOFING SPECIAL

No Interest or Payments
for 6 months

Roofing • Eavestroughing • Soffit • Fascia • Siding

204.461.0019 Grosse Isle, Mb
www.AdvanceExteriors.com

ALICE ROOFING LTD
Complete Roofing Services
• Residential • Agricultural
Licensed and Insured

204-757-9092
www.aliceroofing.ca

INTERLAKE TOWING

24 Hour Service
& MPIC Approved

204-278-3444

You'll Be Glad You Called Sure-Clad

for your
siding • soffit • fascia • metal roof & wall sheets
windows & capping • continuous eavestroughing
roof top snow removal • spring gutter cleaning

204-467-5749 • Cell 204-461-0860
surecladconst@gmail.com



Biz Cards

Call 467-5836 ads@stonewallteulontribune.ca

Get The Job Done!

BOONSTRA FARMS
RV Sales
204-941-0228
204-467-8480 • www.boonstrafarms.com

MAXWELL'S
PROFESSIONAL PAINTING
COMMERCIAL/RESIDENTIAL
Cell: (204) 792-0675 or (204) 467-5008
Email: maxpro@mts.net
Box 275, Stonewall, MB R0C 2Z0

Murray's
Painting & Decorating
Mark Murray
Bus. 204-467-5242

FULLHOUSE MOVERS
ALEX FOTTY
HOME: 204-467-2419
CELL: 204-461-2352
NOTHING BEATS A FULLHOUSE MOVE

Balmoral Hall
Catering Available / Capacity 200
Anniversaries • Family Birthdays
Special Occasions
Contact Brenda 467-2730

Stroke of Colour
PAINTING
Every home deserves a stroke of colour
JEFF BAKER
Stony Mountain, MB | 204.223.8441
strokeofcolour@gmail.com

Brandt
Brandt Tractor Ltd.
Bryan Soutter
204-781-3903

SHERLOCK TREE REMOVAL
Pruning • Stump Grinding • Chipper
Licensed Arborists
Fully Insured - Claim Free
30 years Experience
Vince 861-0487
Darren 861-0028

KEN'S CARPENTRY
Smaller Buildings Cottages Decks Fences
Reasonable Prices 204-886-7467

WOODLANDS HVAC
Heating Ventilation Air conditioning
Commercial/Residential
CURTIS OLIVER
1.204.461.1678 • woodlandshvac@gmail.com

Electro Wright
CONTRACTING INC.
24 HR Emergency Services
Derek Fotty
Ph. (204) 467-RITE(7483)
Fax. (204) 467-2000
Email. electrowright@mts.net
Electrical Contractors

CNJ STUCCO and ACRYLIC
Pargings • Garages • Paper & Wire
New & Re-Stucco Repair Work
204-206-0276 FREE ESTIMATES
Teulon, MB

ROCKWOOD UPHOLSTERY
COMMERCIAL/RESIDENTIAL
Custom Upholstery
Foam Replacement
Frame Repairs
Wood Refinishing
Located in Stonewall mb
For a consultation Call 204 894 2944
rockwoodupholstery@gmail.com

A King's Comfort
Infloor Heating
A DIVISION OF MELAINE SERVICES INC.
All infloor heating built and maintained for:
Residential, Industrial, Workshops
Darryl Harrison
CIPH Certified Hydronic Designer
Mobile: (204) 461-4216
website: www.akingscomfort.com
FREE Quotes

Rockwood Landscaping & Tree Service
• Complete Landscaping
• Barkman Concrete Products
• Concrete Breaking
• Aerial Tree Pruning & Removal
• Chipping
• Stump Grinding
• Tree Planting
• 24HR Storm Service
• Snow Removal
• Skid-Steer
• Compact Track Loader
• Excavator
• Bucket Truck
Manitoba Certified Arborist
VISA
467-7646
Free Estimates

McLeod Mechanical Services
RESIDENTIAL & COMMERCIAL
• Plumbing
• Heating
• Gas Fitting
• Air Conditioning
• Backflow Testing & Installations
Grosse Isle, MB 204-513-1154
mcleodmechanicalservices@highspeedcrow.ca

GRANTHAM LAW OFFICES
Lawyer & Notary Public
STONEWALL OFFICE:
#1-278 Main St., Stonewall 467-5527

Advertising that Works! To place your BIZ CARD call 467-5836

SunRise SOLAR INC.
Chris
chris@sunrisesolarmb.com
Darryl
darryl@sunrisesolarmb.com

NAPA AUTOPRO
Brake Family Auto Sales & Service Ltd.
Auto Service • Maintenance & Repair
Used Vehicle Sales
napaautopro.com
214-2nd Ave North, Highway 67
Stonewall 204-467-9156

COUNTRY TOWING
Proudly Serving Stonewall, Warren & Surrounding Areas
CAA MPI
countrytowing@mymts.net 204-990-4718

Ritchie & Perron PLUMBING HEATING LTD.
ritchie_perron@live.ca
Stonewall, MB
Red Seal Certified
Certified gas fitter
Residential/Commercial
Ryan 230-4674 Trevor 232-6263

PLUMBING
Commercial & Residential
New Installation & Service
Plumbing & In-Floor Heating
Water Softener Installations
Water Filtration/Reverse Osmosis
RILEY PATTERSON
Journeyman Plumber
Cell 204-461-0035

Heating & Cooling • Refrigeration
REFRIGERATION • HEATING & COOLING
COMMERCIAL COMFORT INC.
Residential & Commercial
461-HEAT (4328) Owner: Jeff Meier
commercialcomfort16@gmail.com

Roof Express Ltd.
Complete Roofing Services
Licensed & Insured • Argyle, MB
Residential • Agricultural
204-774-2030
www.roofexpress.ca

Doctor DECAL
204-467-9405
drdecal@mymts.net
ALL WORK DONE LOCALLY ON SITE
330 Main St. Stonewall, MB
www.doctordecal.ca
• Signs • Banners • Posters
• Billboards • Awnings
• Sign Holders
• Vehicle Graphics
• Wraps • Magnetics
• Laser Engraving
• Awards • Medals • Plaques
• Glassware • Rubber Stamps
• Name Plates • Lamacoids
• Promo Items • Personalized Gifts
• A Wide Variety of Retro Trophies (FREE)
Only Pay for Engraving
Clothing
• Hats • T-Shirts • Uniforms

INTERLAKE EAVESTROUGHING & SIDING INC.
Siding, Eavestroughing, Soffit, Fascia, Capping Windows
Free Estimates • 781-0533
www.interlakeinc.ca

PERIMETER DRILLING LTD.
• Water Wells • Pressure Systems
• Repairs • Septic Systems
Phone: 204.632.6426
Email: pdl1@mymts.net
FREE CONSULTATIONS
Servicing the Community for Five Generations

Sudden Impact Construction
SINCE 1997
• Concrete Pads • Framing • Roofing
• Siding • Ag Buildings • Windows/Doors
• Skid Steer Services • Post Hole Drilling
• Custom Building - Homes, Decks, Garages
~ FREE ESTIMATES ~ FULLY INSURED
TEULON, MB PH: 204-886-7743
suddenimpact@highspeedcrow.ca
www.suddenimpactconstruction.com

10 DAY ^{x2} SALE!

"Twice as Nice"

SALE ON NOW!

PLUS
FOR ONE DAY,
EVERYONE
WILL GET THEIR PURCHASE
FREE!

PREVIOUS WINNERS All these customers received their purchase **FREE!** (partial list)

Gwen Adams, Matlock.....\$1498.00	Joan Hudson, Hodgson.....\$979.00	Matthew Hamberg, Winnipeg.....\$399.00
Buddy Chudy, Fisher Branch.....\$1298.00	Leonard & Joyce Jackson, Gimli.....\$2,427.00	Star Johanneson, Arborg.....\$549.00
Dave and Mary Crate, Koostatak.....\$529.00	Amanda Rundle, Riverton.....\$258.00	Allan & Janie Johnson, Riverton.....\$1,039.00
Frank Dziedzic, Stonewall.....\$859.00	Kay Bergman, Arborg.....\$2,229.00	Brenda Kayer, Teulon.....\$399.00
Heather Fedorchuk, Gimli.....\$1119.00	William & Ethel Brown, Gimli.....\$5,000.00	Wayne & Kathy Kristinsson, Arborg.....\$499.00
Ilean Haldane, Winnipeg Beach.....\$1979.00	Mike Budniak, Melebe.....\$1,504.10	Jeff Melsted, Gimli.....\$120.00
Catalina Janzen, Arborg.....\$709.00	Leona Cochran, Koostatak.....\$499.00	Beverly & Bryan Platt, Arborg.....\$2,148.00
Joan Krulicki, Arborg.....\$1126.99	Ivan & Christine Fridfinnson, Arborg.....\$737.10	Bruce Reimer, Arborg.....\$1,308.00
John Logan, Teulon.....\$439.00	Jocelyn & Tony Hayka, Arnes.....\$949.00	Ray Reimer, Arborg.....\$399.00
Todd and Lisa Mazur, Fisher Branch.....\$72.40	John Hudyma, Fraserwood.....\$599.00	Donna Volour, Arborg.....\$69.00
Jason and Sarah Naylor, Arborg.....\$1328.99	Alex Klimchuk, Fisher Branch.....\$575.00	Richard & Judith Werner, Arnes.....\$419.00
Peter and Lisa Sawatzky, Arborg.....\$249.00	Kevin & Lisa Klym, Arborg.....\$1,484.00	Don Barkman, Arborg.....\$279.00
Donna and Jim Skinner, Arborg.....\$50.94	Claudia Krawchuk, Fraserwood.....\$499.00	Noreen Barkman, Arborg.....\$679.00
Allen Spence, Hodgson.....\$1199.00	David & Judy McDougall, Ashern.....\$399.00	Mark Bayliss, Arborg.....\$19.95
John and Mary Troyan, Arborg.....\$968.99	Tammie McQuoid, Arborg.....\$1,049.00	Melvin & Carol Bilinski, Fisher Branch.....\$999.00
Lenore Johnson, Riverton.....\$549.00	John Miller, Broad Valley.....\$69.95	Jim & Wanda Brandson, Lundar.....\$916.00
Ben Klassen, Arnes.....\$729.00	Ronald Platt, Arborg.....\$499.00	Paul & Linda Buus, East Selkirk.....\$338.00
Olga Kowalsky, Riverton.....\$599.00	Frank Reimer, Arborg.....\$658.00	Richard & Doris Dueck, Arborg.....\$59.90
Olga Luky, Riverton.....\$677.00	Dave & Eileen Shott, Arborg.....\$98.00	Henry T. Friesen, Arborg.....\$1727.95
Rick & Vickie McCormister, Peguis.....\$2,067.00	Fern & Phillip Sinclair, Peguis.....\$279.00	Jocelyn & Tony Hayka, Arnes.....\$749.00
Yvonne Stranger, Peguis.....\$1,329.00	Philip Thorkelson, Arborg.....\$599.00	Carl Johnson, Riverton.....\$499.00
Ralph Sutherland, Fisher Branch.....\$1,158.00	Stanley Wallach, Poplarfield.....\$599.00	Darryl & Jeanette Lazaruk, Poplarfield.....\$599.00
Olga Swatuk, Arborg.....\$789.00	Philip Bauenhuber, Arborg.....\$1,900.00	Jason Loewen, Arborg.....\$59.90
Tony & Leona Vandersteen, Fisher Branch.....\$699.00	Simonetta DelSante, Riverton.....\$529.00	Janet Porth, Gimli.....\$1759.00
Thelma Jaworek, Arborg.....\$849.00	Danielle & John Weedon, Riverton.....\$1,799.00	Candace Sigurdson, Riverton.....\$499.00
Dan & Lynn Chymy, Fisher Branch.....\$329.00	Bev Webb, Fisher Branch.....\$129.00	Tracy Sigvaldason, Arborg.....\$299.00
Riverton Group Home, Riverton.....\$2,699.00	Alan McKay, Arborg.....\$349.00	Della Sinclair, Koostatak.....\$1599.00
Ainsley Gibbs, Arnes.....\$79.00	Zenith Poole, Arborg.....\$848.00	Isabel J Toy, Lundar.....\$469.00
Jonas Roche, Arborg.....\$349.00	Barb & Menno Friesen, Riverton.....\$559.00	Cynthia Webster, Gimli.....\$449.00
Margaret Podatma, Fisher Branch.....\$769.00	Pat Dudrak, Arborg.....\$499.00	George & Maria Wiebe.....\$510.00
Michael Elyofson, Riverton.....\$617.00	May Dunlop, Gimli.....\$109.00	Debbie & Adrian Zelenitsky, Gimli.....\$858.00
George R. Welbe, Arborg.....\$1,227.00	Jerry Harrison, Arborg.....\$1,988.00	Doreen Steg, Camp Morton.....\$1,474.50
Janice Sinclair, Peguis.....\$309.00	Roxanne Roche, Arborg.....\$1,868.00	Darlene Jonsson, Gimli.....\$529.00
Geraldine & Jamie Stephenson, Riverton.....\$1,711.00	Ernie & Lucille Stabner, Eriksdale.....\$1,349.00	Delbert & Luwana Brandt, Riverton.....\$1,799.00
Dean & Sharmaine Murdoch Dallas.....\$319.00	Nancy Woychysyn, Arborg.....\$499.00	Brenda & Ed Anderson, Princess Harbor.....\$529.00
Theodore Zagowski, Riverton.....\$119.00	Donna & Ray Andert, Gimli.....\$999.00	Linda Williams, Peguis.....\$339.00
Morris Wilis, Riverton.....\$416.13	Will Ashley, Arborg.....\$619.00	Eugene Feschuk, Gimli.....\$2,227.00
Glen Syme, Arborg.....\$59.00	Jake Barkman, Riverton.....\$519.00	Ida Jean Buck, Hodgson.....\$26.75
Rob & Kelly Selkirk, Peguis.....\$2,399.00	Mike & Thelma Blahay, Arborg.....\$557.00	Glen & Phyllis Stevenson, Peguis.....\$877.00
Pete & Mary Platt, Arborg.....\$599.00	Elaine Bolter/Geoff Crew, Sandy Hook.....\$999.00	Don & Betty Johnson, Arborg.....\$1,299.00
Donald Ostergall, Gimli.....\$1,448.00	Karen Dzaid, Arborg.....\$499.00	Patricia McCallum, Gimli.....\$569.00
Peguis Free Spirits Child Care, Peguis.....\$189.00	Natalia & Roger Elyofson, Riverton.....\$1638.00	Joyce Bielick, Riverton.....\$29.95
Brent Melsted, Arborg.....\$599.00	Randy & Glenda Forster, Hodgson.....\$1898.00	Marvin Olson, Arborg.....\$29.95
A.W. Mabon, Gimli.....\$1,027.00	Perry & Genni Hibbert, Arborg.....\$479.00	Jeroline Smith, Peguis.....\$1227.00
Brian Jonasson, Arnes.....\$454.00	Kris & Begga Johanneson, Riverton.....\$939.00	Sandra Jonasson, Arborg.....\$549.00
Phyllis Dueck, Riverton.....\$767.00	Rick & Sheila Johnson, Arborg.....\$349.00	Melissa & Jeff Abuda - Arborg.....\$3,339
John & Nellie Burak, Arborg.....\$599.00	Bertha Jonasson, Arnes.....\$769.00	John Paul Avison - Arborg.....\$679
Andrew Barg, Winnipeg.....\$1,748.00	Donna Jonasson, Arnes.....\$399.00	Carol & Dan Beauchemin - Inwood.....\$1,329
Crystal Sigurdson, Riverton.....\$548.00	Jeanette Kist, Gimli.....\$121.87	Jim Dingwall - Camp Morton.....\$1,038
Robert & Ellen Martin, Arborg.....\$1,339.00	Kevin & Lisa Klym, Arborg.....\$774.00	Eugene Feschuk - Gimli.....\$698
Ronald Ostzyniuk, Poplarfield.....\$479.00	John & Tina Kornelson, Arborg.....\$689.00	Jason Hudson - Riverton.....\$1,278
Margaret S. Wilson, Peguis.....\$1,699.00	Kent & Helena Kostishyn, Lundar.....\$639.80	Darlene Jonsson - Gimli.....\$359
Stacey Ledingham, Riverton.....\$1,279.00	Thomas Kowalchuk, Fraserwood.....\$499.00	Ruth Kennedy - Arborg.....\$549
Wayne Barkman, Arnes.....\$799.00	Layne & Holly Kulbacki, Arborg.....\$599.00	Benita Muzyka - Arborg.....\$388
Kathy Taylor, Winnipeg Beach.....\$599.00	Edward Penner, Arborg.....\$619.00	Archie Thompson - Arborg.....\$549
Doreen Steg, Camp Morton.....\$299.00	Keith Poleschuk, Arborg.....\$2082.00	Amanda Unger - Riverton.....\$799
Lloyd Sigurdson, Arborg.....\$599.00	Curtis Spence, Hodgson.....\$479.00	Evelyn Wallach - Poplarfield.....\$899
Glen & Norma Platt, Arborg.....\$629.00	Tanya & Lyle Thorgilsson, Lundar.....\$329.00	Judy Wells - Grande Pointe.....\$119
Jeanette Nickols, Riverton.....\$1,699.00	Nancy Woychysyn, Arborg.....\$768.00	Lynn Bear - Peguis.....\$239.00
Agnes Furgula, Riverton.....\$939.00	Mathew & Gemma Avison, Arborg.....\$219.00	Hazel Brunen - Eriksdale.....\$729.00
Scott McDougall, Ashern.....\$399.00	Raymond Bazinet, Eriksdale.....\$389.00	David Chudy - Fisher Branch.....\$1,499.00
Doug Moroski, Melebe.....\$399.00	Lynn Bear, Peguis.....\$1,044.00	Susie and Brian Elyofson - Riverton.....\$528.00
John Harper, Hodgson.....\$799.00	Ken & Linda Cherepak, Arborg.....\$49.01	Nelson Hudson - Koostatak.....\$629.00
Robert & Delores Jacobson, Arborg.....\$279.00	Debbie Deveau, Eriksdale.....\$249.00	Larry and Valerie Kornelsen - Arborg.....\$799.00
Brad Baziniak, Riverton.....\$698.00	Dorothy Dubchak, Gimli.....\$899.00	Jason Loewen - Arborg.....\$859.00
Allan Porter, Peguis.....\$1,698.00	Sid & Beatrice Dueck, Arborg.....\$569.00	Rita Milne - Gimli.....\$1,327.43
Peter & Verna Bodnar, Arborg.....\$1,028.00	Don Firman, Arborg.....\$529.00	Minerva Ladies Aid - Gimli.....\$659.00
Zenith Poole, Arborg.....\$1,849.00	Leslee Gislason, Riverton.....\$699.00	Sheila Murdoch - Koostatak.....\$1,018.00
Kevin & Lisa Klym, Arborg.....\$179.00	Heather Hamberg, Teulon.....\$749.00	Ruth Otto - Ashern.....\$1,829.00

A NOTE TO OUR CUSTOMERS

Due to the nature of this sale, we felt a brief explanation is essential.
At closing, 6 p.m. Sat., Sept. 30th 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 the 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
and Bench
\$699

8-Piece Living Room Package
Includes: Sofa, Loveseat,
3-piece Coffee Table Set,
Pair of Lamps, Area Rug

\$1477

FIREPLACES
Log & Field Stone
26" Fire Box w/
Remote Control
\$1399

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 9 a.m. Tues., Sept. 5 and ends Sat., Sept. 30, 6 p.m.
- All purchasers on free day will be notified and receive their full refund by Wednesday, Oct. 4, 6 p.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.

GRAND TOTAL TO DATE \$228,248.76

Frigidaire
Self-Clean RANGE &
18 cu ft FRIDGE Pair
\$1348
CASH AND CARRY

BEDS, BEDS, BEDS,
17 Models
on Display
From
\$199-
\$1999

"The largest selection of Furniture & Appliances between the lakes"

321 MAIN ST. ARBORG
204-376-5242 TOLL FREE 1-800-361-4156

E-mail: smittysfurniture@mts.net

www.smittysfurniture.net

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

