



VOLUME 8 EDITION 39

Tribune

Stonewall Teulon

THURSDAY,
 SEPTEMBER 28, 2017

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Dino Fun Run

TRIBUNE PHOTOS BY NATASHA TERSIGNI

Young runners in the T-Rex Toonie Race receive their pre-run instructions from race organizer Dave Van Heyst, pictured right. The Toonie Run kicked off the 3rd Annual Abas Auto Stony Mountain Run held this past Saturday. The event raised approximately \$6,000 that will be used for the construction of community walking and biking trails in Stony Mountain.

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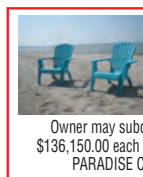
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Savings for local family soar with solar energy

Interlake business helping customers reduce their hydro bill to nil

By Jennifer McFee

A new Interlake business has clients walking on sunshine by installing solar panel systems that reduce their hydro bill to nil.

Darryl Langrell and Chris Walsh launched Sun Rise Solar Inc. about five months ago with a focus on installing solar panel systems throughout the Interlake. They bring to the business a combined 40 years of trades experience, since Langrell has worked as a mechanical contractor for 20 years and Walsh has worked as an electrician for 20 years.

For Langrell, the interest in the industry began with his wife Renee, who wanted to offset their power bill with solar. He started investigating and calling around for quotes, but he wasn't impressed with the results of his research.

While sitting at a Jets game with Walsh, who owns Walsh Electrical Services out of Warren, the pair of tradesmen lit up at the idea of starting their own solar company.

The Interlake is an ideal location for solar installations since it falls along the sunniest strip in Canada.

"We're in this little loop that runs roughly between Kenora and Regina that has been the sunniest part of Canada on average for the last 100 years," Langrell said. "Manitoba is actually a great place for solar."

He speaks from experience, since they recently wrapped up a solar panel installation and hydro grid tie-in at his home located about three miles east of Woodlands. It's only been up and running for a little over a week, and he is already noticing the benefits. On a new meter installed by Manitoba Hydro, his property has produced more energy than it has used in the past week — even with all



TRIBUNE PHOTO BY DARRYL LANGRELL

Darryl Langrell recently installed solar panels on his property east of Woodlands.

the recent cloud cover.

Even after the installation of the solar panels, Langrell's property remains connected to hydro. Whenever his solar panel system amasses more energy than he uses at his property, that solar energy is redirected back into the grid — and Langrell gets credit for it on his hydro bill.

"I'm actually trading hydro. There are no batteries and no storage because it's tied back into the grid," he said.

"During the summer when I'm in low usage and high production, I'm feeding back into the hydro grid. In the winter, you don't have the same amount of daylight but the panels get more efficient as the temperature drops."

In general, solar installations cost between \$3 and \$4 a watt, or \$3,000 to \$4,000 per kilowatt, Langrell explained. Manitoba Hydro currently provides rebates through its Power Smart Solar Energy Program for grid tie-in systems after they are installed, inspected and approved. The solar panels could be either mounted to a roof or to the ground, depending on the property.

"They're giving rebates on systems beginning at two kilowatts all the way up to 200 kilowatts. Their numbers are based on your past two years of usage, so my usage was at 22,500 kilowatt hours," Langrell said.

"In order to build a system that would ef-

fectively get me to net zero, I would have had to have built a system that was roughly 17.5 kilowatts. I ended up building a 15-kilowatt system because the biggest single inverter that they build is for 15 kilowatts."

For anyone who might be interested in solar energy, Langrell encourages them to act now since the Manitoba Hydro rebate could potentially end or change.

"As far as rebates go, there are tax incentives to building new systems as well, so they are a write off. You can save money in a couple different directions," he said. "We had to put out a fair bit of money to build the system, but as the hydro rate goes up, so does our return and it pays itself off faster."

Next up, Sun Rise Solar Inc. will be installing another system north of Balmoral. The company also specializes in finding ways to maximize energy efficiencies within homes and businesses.

"We're trying to reduce people's energy consumption," Langrell said. "We can go in and show them how to effectively bring down their energy consumption before they build a big solar system so that maybe they can build a smaller system. We want to help people to find ways to be more efficient."

For more information about energy efficiency or solar panel installations, contact Langrell at Darryl@sunrisesolarmb.com or 204-782-6488 or Walsh at chris@sunrisesolarmb.com.

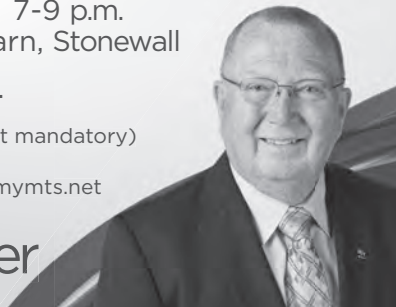
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Dress up your dog for a good cause

By Jennifer McFee

Halloween is coming early for dog owners who embrace the opportunity to dress up their furry friends for an Animal Health Week fundraiser.

On Oct. 1 from 12 to 3 p.m., the Stonewall Veterinary Hospital is hosting a fundraising walk through Quarry Park while also raising awareness about animal health.

Stacey Klippenstein, hospital administrator for Stonewall Veterinary Hospital, encourages everyone to get involved in the event.

"We would like it if people want to dress up their dog for Halloween. Kids can get dressed up too — and even the adults, if they're brave enough," she said with a laugh.

"And for the dogs that are participating, we will send them home with a little gift bag. I'm hoping that it will be a fun, relaxing afternoon for everybody."

Prizes will be awarded to winners of a costume contest, and face painting will also be available to add to the fun.

The event coincides with Animal Health Week, which is being recognized across Canada from Oct. 1 to

7. This year's theme, chosen by the Canadian Veterinary Medical Association, emphasizes the importance of animal welfare by safeguarding the five animal freedoms: providing proper nutrition, ensuring proper socialization, providing adequate shelter, providing appropriate veterinary care and allowing animals to exhibit normal behaviour.

The fundraising dog walk also acts as a lead-up to National Veterinary Technician Week, which runs from Oct. 15 to 21.

The Oct. 1 event will also provide an opportunity for the veterinary team to meet with the community outside of a clinical setting. At the same time, other pet-related businesses will also be on hand to provide information and freebies to participants.

In addition, doggie demos will add to the excitement of the day. The S.M.A.R.T. team will showcase their pet training and handling skills through flyball demonstrations. As well, a drug dog will attend to demonstrate crime-fighting abilities.

Continued on page 10



TRIBUNE PHOTO BY JO-ANNE PROCTER

Stonewall Vet administrator Stacey Klippenstein is hoping to find homes for Pumpkin Spice Frappuccino and Pumpkin Spice Latte this weekend.

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Helicopter dumps golf balls on Teulon

Staff

Teulon resident Kate Hardy is \$1,890 richer thanks to the Golf Ball Drop Fundraiser hosted by the Teulon-Rockwood Recreation Commission.

With a little help from Prairie Helicopters, Teulon Coun. Danny Hutchinson dropped 566 golf balls from 150 feet in the air onto the Teulon Elementary School field Saturday for the first annual Golf Ball Drop.

The winner was determined by which numbered golf ball landed inside or nearest to the hole in the field. With golf ball 204 being the closest to the hole, just 10 inches away, Hardy was determined the winner.

The fundraiser brought in \$5,660 for the commission, which will be used to fix the steps in front of the Teulon-Rockwood Centennial Centre.



TRIBUNE PHOTOS BY NATASHA TERSIGNI

With 566 tickets sold, just as many golf balls were dropped from a helicopter 150 feet in the air onto the Teulon Elementary School field while a large crowd gathered to watch.

Kate Hardy with her grandson Landen proudly shows off her lucky golf ball that landed just 10 inches from the hole. Hardy received \$1,890.

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ParticipACTION 150: The sky's the limit

By Natasha Tersigni

For most ordinary folk, a round of mini putt involves a local course, a few friends and picking out your favourite colour golf ball. But, dedicated readers, I am sure you have caught on rather quickly I don't do things very ordinary, especially for ParticipACTION 150. So, for activity #18 Mini Putt, you will not be surprised to learn that it involved one hole, no golf clubs, 566 golf balls and, of course, a helicopter — because can mini golf really be done any other way?

That is right folks: to complete mini putt, I received a ride in a helicopter, flew over Teulon Elementary School and helped Danny Hutchinson dump 566 golf balls onto the field from 150 feet in the air. Now the "official" reason for the entire event was a fundraiser (please see the article on page 4), but my mama always said there was no problem killing two birds at once, as long as it was done in a humane and responsible way.

This was, in fact, my first ride in a helicopter and, as the very skilled pilot warned, vertical flight is a different experience. The flight was absolutely amazing. I was able to see the skyline of Winnipeg and into a few backyards.

"Bert Campbell, don't you think it is time to start raking those leaves?"

A huge shout out to Beth Hutchin-



TRIBUNE PHOTO BY TEGAN PRICE
Natasha Tersigni crossed off #16 and #50 with 5-pin lawn bowling on her ParticipACTION 150 list.

son and the entire Teulon-Rockwood Recreation Commission for hosting the fundraiser and letting me go up in the heli, as the official moderator, of



TRIBUNE PHOTO BY SCOTT HUTCHINSON

To complete this week's activity of #18 Mini Putt involved a school field, 566 golf balls and, of course, a helicopter.

course. And thank you to Prairie Helicopters for the great first flight.

This week, the mini putt helicopter experience was not the only activity crossed off my list. At the Teulon Pumpkinfest, I played a little outdoor 5-pin bowling where, again, I crossed

off two activities with one stone: #16 5-pin bowling and #50 lawn bowling.

Even if you cannot offer me a flight for an activity, keep those invites coming to natasha@stonewallteulontribune.com as I need all the help I can get.

letters

Spare the garter snakes

Dear *Stonewall Teulon Tribune*,
Having recently driven through western Manitoba and the Interlake, I wanted to write to express my dismay at the large numbers of dead garter snakes and tiger salamanders on the highway. I also witnessed a two- to three-foot garter snake being run over by a motorist who made no effort to slow down or avoid the snake, even though it was plainly

visible and could have been spared.

These animals are now in their fall migrations. Both play an important role in the ecosystems of these regions. We should be happy to have them in our midst. Please be attentive, humane, and slow down wherever possible so as to avoid hitting them.

Thank you. John Krowina
Saskatoon

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Jeff Bridges

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

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Tribune



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> ARNIE WEIDL **Fall cleanup on the dock**

Welcome, sport and commercial fishers.

Last Thursday I was sitting on the anglers' walkway along the water break wall of the Gimli pier taking in the harbour's serenity. The air was motionless and warm under heavy clouds. Voices of workers echoed across the marina as they craned a sailboat from the water onto its trailer.

An old Massey yard tractor then putted along, pulling it up to a storage lot and I felt a sadness that the summer marine season was ending. The odd fisher quietly glided out of the bay in grey skiffs to do their afternoon lift. I turned to the guys behind me fishing off the wall and asked the one nearest me if he had a story for his fellow anglers. He turned his ruggedly featured face to one side in thought, shifted his husky body against the water break wall and then in a surprisingly articulate voice said, "I was at this spot last week and caught a master walleye. As I was bringing it up the wall, the line snapped and I lost it. That loss bothered me all week so I bought a huge net with long extensions. Fishing here yesterday, a lady beside me caught a master walleye and I used my extra long net to land it for her. It wasn't my fish but it felt good knowing next time I'd be ready."

His name was Calvin Barbour, and as we chatted, a tall, thin chap with white face stubble slowly rolled up on his bike. The biker was a local man, Murray Vann, who spends much of his time fishing off the wall. He joined our conversation with



TRIBUNE PHOTO BY ARNIE WEIDL
Lydia and Marcel Richard with their catch off the Selkirk pier

a story that happened on the pier a few weeks ago. He had caught a good-sized pickerel but, like Calvin, didn't have a long enough net so he had to walk back along the pier to the shoreline holding his rod high so his line would clear the wall. When he got off the pier at shore, two boys waded into the water and got his fish for him.

Last Friday, I had an itch to see the anglers at McArthur Falls on the Winnipeg River again.

There, by himself, was Kirk Paquette from Winnipeg sitting in a folding chair surrounded by the beautiful rock outcroppings so typical of this area. He was a wiry guy with long, dark hair, goatee, rim glasses and a deep voice. He recalled how, not long ago, his love of fishing found him in his boat, much to his wife's displeasure, fishing here on a stormy, rainy afternoon. He got a strike, and with wet, cold, slippery hands on a soggy rod handle, he began hauling up and reeling down. His catch tugged his line in spasms and then would become a dead weight as he hauled in. In time, a three-foot sturgeon lazily showed its white belly to the sky right beside the boat and then sank out of sight.

Kirk let some line out but soon realized the fish was swimming around the boat and the anchor rope. Oh heck, he thought as he began lifting the anchor rope, now totally tangled with fish line. Kirk could only guess the sturgeon was off somewhere in the water resting quietly. It took time, but eventually Kirk got things untangled. As he raised the lazy sturgeon to release it, he swore the fish looked at him as if to say, "I've been very patient. Can I go now?"

On Tuesday last, I witnessed a most charming thing that renewed my faith in how a couple in love can care for each other. I had pulled up beside a husband and wife fishing on the Selkirk pier and, staying in Old Red, I lowered the window to ask how the fishing was going.

Continued on page 7

Stonewall Teulon
Tribune

The **Selkirk Record**

The **Winkler Morden**
Voice

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Drivers urged to slow down for snakes

By Jennifer McFee

A local biologist is hoping that drivers will be on guard for garter snakes crossing Interlake roads and highways.

Maureen Forster, a biologist with her own environmental consulting firm, lives just west of Teulon. She often drives along Road 6 East and Highway 7 during her commute to Winnipeg.

Lately, she has noticed an abundance of dead garter snakes along Road 6 East, particularly between roads 89N and 90N. One day, she counted 44 dead snakes on the gravel road and about the same amount on the highway.

"Every year there are a few snakes here and there, but this year it was like carnage," she said.

"I don't know if people even notice them half the time. They just zoom down the road and don't know what it is. But there are so many snakes, and if you're watching, you can see them moving."

Since the snakes are mainly clustered along a one-kilometre strip, Forster believes they must be headed to nearby hibernacula, or winter denning sites.

A spokesperson from Manitoba Sustainable Development said that it's likely the Gunton quarry hibernacula, which is a good site for snakes since it has limited traffic. Currently, people need to walk into the area, although some local ATV traffic also occurs.

"The Interlake region is home to many significant red-sided garter snake hibernacula sites and these sites are attractive to the snakes be-

cause they allow access to the limestone crevices and caverns below the frost line enabling them to survive our harsh winters," said the provincial spokesperson in an email.

"While some snakes cross roads while travelling to and from this quarry, there is also surrounding habitat areas without roads that helps ensure the local population persists. Currently red-sided and other similar snake species are widespread, abundant and secure in Manitoba."

At this time of year, the snakes often bask on the roads to keep warm since roads soak up heat. As a result, these snakes are vulnerable to vehicle traffic.

"People can help by driving slower in areas when and where they encounter snakes," said the provincial spokesperson, "while ensuring they are driving safely."

Drivers should be especially vigilant during the early hours when they might encounter snakes on their morning commute. NatureNorth.com indicates that garter snakes usually bask along trails or roads in the early to mid-morning, especially during the fall and spring months when the mornings are chilly.

For Forster, she hopes that people will heed the advice and slow down for the snakes. She also suggests that signs could be put up to draw attention to the snake crossings, which will be busy again in the spring when snakes emerge from their underground winter dens.

"I think a lot of people don't really care too much about snakes, but



TRIBUNE PHOTO SUBMITTED

Biologist Maureen Forster is concerned about dead garter snakes on local roads. Her dog Beau stands beside a dead snake on Road 94 North.

they're part of the ecology. They're important in the area for tourism too," she said.

"Most people aren't going to slow down or try to avoid them, but I do. I slow down in the evening for the frogs too. Maybe we should all just be going slower."

In an effort to raise awareness about the issue, Forster reached out to Rockwood Environmental Action Community Taskforce (REACT) Inc.

"Maureen advised us of the concern, and we had our executive meeting a couple days af-

terwards. We discussed the situation and we definitely felt that the best approach would be education through the media to let people know what was out there," said Karl Daher of REACT.

"There could be people that are just unaware of what's going on. They could be driving and see something on the road but not know what it is. We felt that awareness was the best way to approach the situation. It's good to get the information out."

> GET FISHING, FROM PG. 6

"Good," the lady answered gently. I slid out of the truck and offered my card. They gave their names as Marcel and Lydia Richard of Winnipeg. Soon Marcel told how they had caught a big catfish earlier on the opposite side of the river. When reeling it in, because of the low river water, it became grounded on a mud bar and slipped the hook.

We continued trading stories for a while and then they stood with their catch for a picture. As Marcel bent over the side of the pier to lower their catch back into the water — and here is that little proof of love I was talking about — Lydia intently but firmly grabbed the tail end of Marcel's coat so he wouldn't fall into the water. It was a small thing but so telling.

So-long till next week, pals.

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Elaine will enjoy lunch at

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



Did you know that October is Seniors' and Elders' Month?

For more than twenty years, our government has proclaimed a **Seniors' and Elders' Month** in Manitoba. During the month of October, the province recognizes the contributions and concerns of older Manitobans; promotes their health and well-being and celebrates Age-Friendly initiatives.

We would like to acknowledge and thank all of the seniors in Stonewall and surrounding areas that give their time and effort to support this great community!

Equipment Lending Service

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

Transportation Program

If you require assistance with transportation, arrangements can be made for a volunteer driver to pick you up and take you to your destination. Volunteers donate their time and are reimbursed for gas by the client. Please call our office if you are interested in any of the services we provide or if you are interested in becoming a Volunteer Driver.



For more information call 204-467-2719

October Calendar of Events!

SOUTH INTERLAKE 55 PLUS, 374 1ST ST. W	
Oct 2	Crib Tournament @ 1:00 pm
Oct 3	Hop, Drop & Shop @ 10:00 am
Oct 3	Book Club @ 9:30 am
Oct 4	Felting Class @ 12:30 pm
Oct 5	Travel Club @ 10:00 am
Oct 11	Luncheon @ 12:00 pm
Oct 11	One Stroke Painting @ 1:00 pm
Oct 12	Bus Trip to Polo Park - Pre-registration required
Oct 17	Card Making Class #1 @ 1:00 pm
Oct 19	Casino Trip - McPhillip's Street Station @ 9:45 am (No Bingo)
Oct 24	Card Making Class #2 @ 1:00 pm
Oct 25	One Stroke Painting @ 12:00 pm
Oct 30	Zentangle Class @ 1:00 pm
Oct 31	Celebrations Dinner Theatre @ 10:00 am
Upcoming Events	
Nov 8	Luncheon @ 12:00 pm
Nov 8	Accumulative Cribbage Tournament @ 7 pm - Team Registration Required; \$20/person
Nov 13	Crib Tournament @ 1:00 pm
Nov 14	Prairie Wildlife Presentation - Meet the Ambassadors @ 1:00 pm
Nov 17	Amateur Wine Tasting Evening @ 7-9 pm - Advance Tickets ONLY
Dec 13	Christmas Dinner @ 11:30 am - Entertainment Included - Advance Tickets Required



LUNCHEON

Hot Roast Beef Luncheon
 With Salads, Vegetables,
 Dessert, Tea & Coffee
 October 11th @ Noon



ACTIVE WELLNESS CLUB FALL PROGRAMMING

The fall session continues to December 1st
STAY ACTIVE! STAY HEALTHY!



CRAFT WORKSHOPS!

Oct. 4	Felting Workshop @ 12:30 pm	Oct. 24	Card Making Class #2 @ 1:00 pm
Oct. 11	One Stroke Painting - Chickadee Storage Jar @ 1:00 pm	Oct. 25	One Stroke Painting - Utensil Jar @ 12:00 pm
Oct. 17	Card Making Class #1 @ 1:00 pm	Oct. 30	Zentangle Workshop @ 1:00 pm

Call 55 Plus for more information & to Register!

Amateur Wine Tasting

Novices Welcome - Just Bring Your Enthusiasm!

Friday, November 17 - 7-9 pm

Odd Fellows Hall,

374 1st St. West, Stonewall

Call 204-467-2582 for Tickets

Fundraiser in Support of 55 Plus Activities & Programs



Basket Raffle

Accumulative Cribbage Tournament

50/50
 Draw Each Evening

Wednesday Evenings @ 7:00 PM

Nov. 8th - Nov. 29th

Registration Required by:
 November 7 by 12 Noon

Call to Register @ 204-467-2582

prizes!

AFTERNOON CRIBBAGE TOURNAMENT

Monday,
October 2nd @ 1:00 pm



Door Prizes!!!
 Cash Prizes!!!!
 50/50 Draw

BUS TRIPS

Hop, Drop & Shop - Tuesday, October 3rd
 Shopping @ Polo Park - Thursday, October 12th

McPhillip's Street Station Casino - Thursday, October 19th

To Register Call 55 Plus @ 204-467-2582

For more information call 204-467-2582

Providing a Helping Hand

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

PROVIDING FREE SERVICES TO SENIORS: PHONE BUDDY • FRIENDLY VISIT • DRIVE ESCORT • INFORMATION/FORM ASSISTANCE • ADOPT A GRANDPARENT • COMMUNITY VOLUNTEER INCOME TAX PROGRAM • RED CROSS • MEDICAL EQUIPMENT LOANS • LOANS • SERVICES • CAREGIVERS SUPPORT GROUP

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

FLU CLINIC October 25

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

New female doctor at Stonewall Medical Group



TRIBUNE PHOTO SUBMITTED
Dr. Aoife Benton is now accepting patients at the Stonewall Medical Clinic.

Submitted

Dr. Aoife Benton is accepting patients at the Stonewall Medical Group, located at 589 3rd Ave. South, Stonewall (within the Stonewall & District Health Centre) and is taking call in the adjacent emergency department. She is originally from Ireland where she received her medical degree from the National University of Ireland, Galway.

When asked why she wanted to become a physician, she had this to say: "I really enjoyed science and knew I wanted to do work with people. I had a feeling I would like medicine and was lucky to have made a decision that I have never regretted."

Dr. Benton moved to Canada with her two-year-old son and partner. She loves to travel and one place she plans to return to in the near future is Botswana. She also enjoys cooking and has recently taken up horseback riding.

Patients can make an appointment with Dr. Benton by phoning Stonewall Medical Group at 204-467-5509. Please be sure to have your Manitoba Health card available when calling to make an appointment.

Stonewall to participate in Team Up to Clean Up 2017 – fall edition

Team Up to Clean Up set for Sept. 30

Submitted

Stonewall residents are encouraged to show their civic pride by participating in a local litter cleanup event.

The Rockwood Environmental Action Community Taskforce (REACT) Inc. is looking to the residents of Stonewall to help keep their town clean through Team Up to Clean Up 2017, a town-wide litter cleanup event.

On Saturday, Sept. 30 at 10 a.m. (rain date: Sunday, Oct. 1 at 2 p.m.), residents wanting to show their civic pride will be meeting up at the entrance to the Veterans Memorial Sports Complex parking lot. They will be provided with gloves, garbage

bags and a T-shirt identifying them as part of the local Team Up to Clean Up crew. They will then be assigned a location to cleanup based on litter index surveys conducted by REACT throughout the year.

"We're always looking for ways to improve the environment in Stonewall and surrounding communities," says Karl Daher of REACT Inc. "This spring, Take Pride Winnipeg!, through their Take Pride Manitoba! program, approached us to see if we would consider a town-wide litter cleanup. After a successful spring cleanup, we've decided to do another one this autumn before the snow flies. Being Canada 150 this year, we'd

love to have 150 residents come out for this event."

Through the funding of Take Pride Winnipeg!, Tim Hortons, Stonewall Home Hardware and Stonewall Family Foods, all volunteers will be given T-shirts and be treated to Tim's coffee. Door prizes will be awarded to volunteers, with the grand prize being a backpack leaf blower valued at \$300.

Rockwood Environmental Action Community Taskforce (REACT) Inc. is a local volunteer organization located in Stonewall that is committed to environmental responsibility. Their mission statement is "to assist (our) members and the community as a whole to become more environmentally responsible."

REACT's website can be found at <http://www.reactinc.org>.

SERVICE CLUBS - Serving our Communities					Stonewall Teulon Tribune
<p>Royal Canadian Legion Branch No. 52</p> <p>\$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.</p>	<p>South Interlake Ag Society</p> <p>Janice Rutherford 467-5612 Hwy #236 and Rockwood Road \$10/member/year</p> <p>It encompasses the needs of the three municipalities that it serves – Rockwood, Rosser and Woodlands. Monthly meetings are held the 3rd Tuesday of each month at 7:30 at the Ag grounds.</p>	<p>Teulon Women's Institute</p> <p>Phone 886-2216</p> <p>Fee: Nominal membership may apply</p> <p>Motto: "Home and Country"</p> <p>The TWI has approximately 14 members that work hard to raise money throughout the year to donate to local and regional charities and community projects. Meet 3rd Tuesday of the month 7:30pm Farview Place Teulon. New members always welcome.</p>	<p>Oak Hammock Marsh Interpretive Centre</p> <p>1 Snow Goose Bay on Hwy 220 Stonewall, Manitoba 1-888-50MARSH (62774) ohmic@ducks.ca oakhammockmarsh.ca</p> <p>The Oak Hammock Marsh Interpretive Centre is a non-profit organization. Its mission is to foster public awareness and knowledge of the inherent values of wetlands and associated ecosystems, and to encourage public support for their conservation through innovative education and outreach programs.</p>	<p>Quarry Toastmasters</p> <p>Brenda 467-5088</p> <p>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.</p>	<p>Kin Clubs of Stonewall</p> <p>Motto "Serving the Communities"</p> <p>Kin Canada is a dynamic volunteer organization enriching our communities through service while embracing national pride, positive values, personal development and lasting friendships.</p> <p>Kinsmen President Chad Sheppard 204-461-2023</p> <p>Kinette President Leona Palmer 204-467-7655</p>
<p>Teulon & District Agricultural Society</p> <p>Lana Knor, President 467-0740</p> <p>The Teulon & District Ag Society meet on the fourth Thursday of each month from February to November at the Agricultural Building at 7:30pm. The Ag Society sponsors the Teulon & District Ag Fair and the Annual Teulon Pumpkinfest.</p>	<p>Interlake Community Foundation, Inc.</p> <p>204-467-5634 www.interlakefoundation.ca</p> <p>The Interlake Community Foundation provides the citizens of Rockwood, Rosser, Stonewall, Teulon and Woodlands with the opportunity to invest in the future of their community and region forever. The Foundation pools donations in a capital fund that remains in perpetuity. The income generated from the capital is distributed as grants to registered charities in the region. Grant applications are due by February 28th of each year.</p>	<p>Stony Mountain Stonewall Masonic Lodge #12</p> <p>Call 204-467-2788 for Information</p> <p>Stony Mountain Stonewall Masonic Lodge #12 is the oldest organization in Stonewall (1880) and part of the oldest and largest fraternity in the world. Although a belief in one God is necessary to join, Freemasonry is non-secular and prohibits discussion of religion and politics in 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</p>	<p>Stonewall Ladies Auxiliary</p> <p>Committed to the wellbeing of our community and raising funds for the ongoing mutual support provided by the Stonewall Legion Branch #52. Meetings are held on the second Thursday of the month. New memberships are welcome. Yearly membership fee 10.00. Volunteers often required for events at the Legion hall.</p>	<p>South Interlake Seniors Resource Council Inc.</p> <p>Darcy or Corinna @ 467-2719 sisrc@shaw.ca</p> <p>SISRC is a non-profit organization that offers services for seniors and those with disabilities. These services include; Transportation; Mobility Aid Lending Service; Caregiver Support Group; Health Education Presentations; Resource Information/Form Completion; Telephone Buddy/Friendly Visiting; Handy Helper/Housecleaning. We also distribute the ERIK (emergency response information kit) and we are Lifeline Representatives.</p>	<p>The Liliane Baron South Interlake Breast Cancer Support Group</p> <p>Claudette 886-2393 Joyce 467-2473</p> <p>The group is a non profit grass roots organization founded by women in the South Interlake Area diagnosed with breast cancer. Our mandate is to assist others who may find themselves with a similar diagnosis and to provide a variety of support, assistance and friendship where needed within the confines of privacy, respect and caring. The group meets for positive encouragement and support on the third Tuesday of each month at 7PM at the office of LJ Baron Realty, Main Street in Teulon. Anyone seeking information or services is always welcome.</p>
<p>Knights of Columbus Stonewall</p> <p>Dave Couprie 467-9548 \$40/member/year</p> <p>The Knights of Columbus raise funds for charities within the community. The Knights are open to all Catholic men, 18 yrs or older. Meetings are held 1st Monday of the month September through June at the Christ the King Church in Stonewall.</p>	<p>South Interlake 55+ Inc</p> <p>467-2582 www.si55plus.org \$20/member/year si55plus@mts.net</p> <p>This non-profit organization provides education and activities for persons age 55 plus. Many activities and events are held on a regular basis. Newsletters are published monthly and available to pick up at the 55+ Centre in Stonewall.</p>	<p>Stonewall & District Lions</p> <p>Ralph Sinclair 622 Centre Avenue, Stonewall 467-9600</p> <p>Motto: "We Serve"</p> <p>Membership is open to anyone over eighteen with an interest in providing assistance to those people or projects in our community in greater need than ourselves. Meetings are every 4th Wednesday of the month at 7:15 pm September thru June.</p>	<p>Independent Order of Odd Fellows Stonewall Lodge #49</p> <p>Larry O'Dell 467-8882 Ross Thompson 467-2438 www.ioofmb.ca</p> <p>Yearly nominal membership fee</p> <p>The Odd Fellows Lodge is a fraternal organization based on the fatherhood of God and the brotherhood of man. We do charitable work through various projects in the local community, the province and internationally. We seek to elevate the character of man and thereby make the world a better place to live. Meetings every 1st and 3rd Monday of the month at 8:00pm at the Odd Fellows Hall.</p>	<p>Stonewall & District Health Centre Ladies Auxiliary</p> <p>Marg Bond 467-8732</p> <p>The auxiliary's goal is to raise funds for the purpose of enhancing the care and comforts of patients, residents and clients served by the Health Centre. Meetings are held the first Monday of each month at Rosewood Lodge. New members welcome.</p>	<p>Grosse Isle Women's Institute</p> <p>Phone 204-467-9376</p> <p>Motto: "Home and Country"</p> <p>The GIWI has approximately 14 members that work hard to raise money throughout the year to donate to local and regional charities and community projects. Meet 2nd Tuesday of the month 7:00pm Grosse Isle Hall. New members always welcome.</p>
<p>Warren Horizons District Lions Club</p> <p>President: Irene Tully 204-375-6522</p> <p>Meetings are held the first and third Wednesday of each month at the Warren Fire Hall Sept. thru June.</p>		<p>Warren & District Lions</p> <p>President Stu Bangle 204-322-5381 "We Serve"</p> <p>Membership is open to anyone over 18 interested in giving something back to their community through direct action, meeting humanitarian needs, encouraging peace, and promoting international understanding. Meetings are held the 1st and 3rd Wednesday of the month at 7:00pm at the Warren Fire Hall from Sept-June.</p>			

Red River Basin Commission to host Marsh Day

Stonewall council news in brief

By Jennifer McFee

Representatives from the Red River Basin Commission spoke to Stonewall council on Sept. 20 to provide information about the group, which they hope the town will join.

The International Red River Basin Commission launched in 1909 with input from Manitoba, Minnesota, North Dakota and South Dakota, since the basin spans all of these areas.

Then the Red River Basin Commission formed more than 30 years ago to provide a grassroots approach to water management and water conservation stewardship to people on both sides of the border. The organization is partially funded by the provincial government as well as by dozens of member municipalities that include the RMs of Rockwood, Rosser and Woodlands.

The group hopes that the Town of Stonewall will also join forces with them. The cost of involvement is calculated on a per-capita basis, and Stonewall's cost would be approximately \$1,135 per year.

"We are believers in partnerships because success doesn't come from one — it comes from all," said Manitoba director Steve Strang.

Manitoba is divided into two areas, the North Chapter and the South Chapter, and they each operate as individual entities.

The organization works with governments on both sides of the border to protect water throughout the basin. They also provide outreach and edu-

cation on water-related issues, and they collaborate with scientists and engineers to find best practices and solutions to drought and floods.

Locally, they are hoping to collect LIDAR data for the Red River Basin in Manitoba. This technique uses laser instruments mounted on aircraft to take accurate elevation measurements, which are useful for planning related to drainage, water movement and infrastructure.

They also discussed topics such as dredging the Red River at the mouth to Lake Winnipeg and Netley Marsh restoration.

Their goal is to have 20 per cent water retention and 45 per cent nutrient reduction in phosphorus entering Lake Winnipeg.

The public is invited to join the Red River Basin Commission's North Chapter at the Netley-Libau March for Marsh Day on Thursday, Oct. 12, with a rain date of Oct. 13. A marsh specialist will take attendees on a guided boat tour that will last approximately 2.5 hours (life jackets will be provided). Several time slots are available but space is limited. To register, email info@redriverbasincommission.org and indicate which time slot is preferred (morning, afternoon, early evening or any time). Admission is free and light refreshments will be provided.

In other council news:

- A council representative will attend the grand opening of Advance Bell MTS on Friday, Sept. 29 at 333



TRIBUNE PHOTO BY JENNIFER MCFEE

Red River Basin Commission's Manitoba director Steve Strang and Manitoba project co-ordinator Alison Sass spoke to Stonewall council. Main St.

- Stonewall council gave first reading to a procedural bylaw.

- Council granted a variance request made by Doug and Joanne McIntyre. At a recent council meeting, they asked for permission to the minimum rear yard setback for their 18-foot-round above-ground pool. The allowable setback is five feet, and they requested a setback of two feet, 10 inches.

A neighbour had expressed concerns, especially since the pool has already been installed. Council decided to have the public works department look into the matter. Public works staff inspected the site and determined that any significant spill from the above-ground pool is likely to drain in a westward direction to-

wards Second Street West. As a result, staff didn't have any concerns about the location of the above-ground pool.

- The Town of Stonewall is retaining Jeffrey Palamar of Taylor McCaffrey LLP for labour negotiations.

- Council discussed the idea of completing a strategic plan and also the possibility of revisiting the parking bylaw.

- Council approved a quote from Colour Scheme Professional Painters for sandblasting, priming and painting the walkway from the upper parking lot to the Heritage Arts Centre, including the ramp, in the amount of \$26,300 plus applicable taxes.

- Property taxes are due Sept. 29. For more information, visit www.stonewall.ca.

> DRESS UP, FROM PG. 3

Hotdogs, drinks and chips will be available for purchase, with all proceeds going towards helping animals that need veterinary medical care. Sometimes stray kittens get dropped off at the clinic in need of a home, and the clinic does everything it can to help.

"We do try our best to rescue and find homes for some of the kittens that are

brought in by the town. If we're able to and if the kittens are of a good nature and adoptable, we will get them tested to make sure they don't have any communicable diseases, vaccinate them and have them spayed or neutered. Then they're boarded here and socialized until they get adopted. We can't do it all the time and we don't like to do it for very long periods

because it's very stressful in here with the dogs," Klippenstein said, adding that they work with rescue groups if there are large dogs that need homes.

"We have an adoption fee to help cover the costs of the kittens being in here. We do have some kittens in the clinic right now. If they don't get adopted before the event, we will have some pictures to show."

Funds from the sale of snacks will go towards a dedicated in-house fund to

help cover costs for vaccinations, deworming, and testing for feline leukemia virus and feline immunodeficiency virus — which all help stray kittens to find homes.

For more information about the event or to find see photos of the kittens waiting to be adopted, visit the Stonewall Veterinary Hospital's Facebook page. More information is also available by calling the veterinary hospital at 204-467-2481.

We believe in cherishing the small moments in life because they make the lasting memories

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École R.W. Bobby Bend School
Parent Advisory Council
Annual General Meeting

Tuesday, Oct. 10th/17
6:30 pm
School Library
All Welcome!



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Stonewall's Relay for life fights back against cancer

By **Natasha Tersigni**

Evening thundershowers did little to dampen the spirits of participants at the second annual Relay for Life in Stonewall. Community members celebrated those who have won the battle, honoured those who are still fighting and remembered those who have since passed away.

Strong winds and rain forced a number of registered participants to stay away, but those who braved the elements continued the fight in support of the Canadian Cancer Society, raising over \$25,000. The funding is used by the non-profit organization for cancer treatments, ongoing research and patient care.

Alycia Gareau shared the story of her own family's battle with cancer and how research saved her young daughter's life. At just six years old, Gareau's daughter Natalie Smith was diagnosed with Acute Myeloid Leukemia (AML).

"Childhood cancer is very rare and to have a child diagnosed with AML is extremely rare. The doctors told us Natalie was just one of two children diagnosed with AML within all of Manitoba that year. It was like she had won a lottery, just one that was horrible," explained Gareau.

"Thanks to ongoing research on this cancer, they can determine from a simple blood test what the best treatment choice is for a patient with AML. You can tell from this blood test if someone would respond better to chemo treatments or a bone marrow transplant."

Natalie's blood test revealed she would respond better to bone marrow. Fortunately, her older brother Zachary was a perfect match, and on March 7, 2016, she received one litre

of bone marrow from him. Just three months later, in June, doctors diagnosed Natalie as cancer-free.

With that life-saving research, Natalie has been in remission for one year and three months. She and her mom joined other local cancer survivors for the first lap around the track led by the Khartum Pipes and Drums band. Following their lap, the survivors released their balloons together, featuring the number of years they have been in remission.

Trevor King's band Broke n' Busted played throughout the night to help keep participants motivated as they walked and ran the SCI track lap after lap.

At 8 p.m. a luminary ceremony was held to remember and honour those who have been affected by cancer. The entire track was lit up, signifying the important work that is being done for cancer research.

With thundershowers continuing into the evening, the event wrapped up early but organizers reminded participants just how important their fundraising efforts were and the impact the funding will have for years to come.

"We are walking because we want to make a difference in the fight against cancer. Last year across Canada, there was 432 Relay for Lifes held and they raised over \$28 million for the Canadian Cancer Society," said Sharon Mulder, who is the Canadian Cancer Society Interlake Rep.

"Communities are coming together to raise awareness. They are being strong and celebrating life, cancer survivors and the continued fight against cancer."



Cancer survivors kicked off the relay with a ceremonial lap at SCI Friday night.



Erica Riley led the group through a zumba session. RBC Stonewall branch employees donated \$1,000 and their time to volunteer at the event.



Trevor King's band Broke 'n Busted played all night while luminaries lit up the track honouring those that have been affected by cancer.



Deb Mason, in blue, walked the track carrying a photo of her friend Pat Tanchak taken at last year's event. Tanchak lost her battle to cancer the day before the Relay. Alycia Gareau and daughter Natalie shared their family's battle with Acute Myeloid Leukemia.



Stony Mountain runners blaze new trails

By Natasha Tersigni

The hills were alive with the pitter-patter of runners last Saturday in Stony Mountain for the 3rd Annual Abas Auto Stony Mountain Run.

This year, the annual run raised approximately \$6,000 that will help fund the construction and maintenance of the biking and walking trails throughout the community.

A total of 170 participants took part in five different races: the Sunova Stony Scamper 3K, IG Team Deprez-What The Hill 5K, All-Fab Olympic 10K Quarry Race and McKillop Team Mountain Mile Relay.

Full race results are posted at <http://stonymountainmb.ca/smrn.html>.



Deon Schoeman was the first 10K runner to cross the finish line, clocking in at 42:34.



This year's 3rd Annual Abas Auto Stony Mountain Run had 170 runners taking part raising \$6,000.



TRIBUNE PHOTOS BY NATASHA TERSIGNI

A last-second sprint allowed Tristan Baird, right, to edge in front of his competitor Megan Van Heyst in the 5k run. Both runners clocked in at 23:42, with Van Heyst placing third for females and Baird seventh for males.



Fabulous

Fall Suppers

Stonewall - New Life Church	Sept. 30	3:00-6:00pm
Grosse Isle - Grosse Isle Community Centre	Oct. 1	3:00-6:00pm
Woodlands - Woodlands Hall	Oct. 9	3:00-6:00pm
Stonewall - Stonewall Legion	Oct. 15	4:00-7:00pm
Stonewall - Red Barn	Nov. 5	4:00-6:30pm

Reservations 204-633-2238



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Financing options are available to help make investing in a new natural gas heating system more affordable. Loans can be repaid on your monthly bill. Visit hydro.mb.ca/loans for details.

*Savings are an average and are based on energy rates in effect August 1, 2017. Your savings will vary depending on your home and heating needs.



Available in accessible formats upon request.

Argyle museum unveils new agriculture exhibit

By Natasha Tersigni

To remember past practices and appreciate the current agriculture industry in the Brant-Argyle region, the Settlers, Rails & Trails museum has added a new exhibit to its growing collection.

Thanks to a grant from the Manitoba Communities Foundation, made possible through Canada 150 funding, the museum was able to build the new display that was unveiled to the public on Sept. 24.

"Our new exhibit not only tells the story of agriculture in our area but it is hands-on and interactive. Everything in the exhibit you can touch, pick up, move and discover. With our technology, we have a video showing the inside of a grain elevator and there is a loop of video that shows threshing, binding and different agriculture practices from the past. As well, we have a touchscreen tablet where people can discover what each item in the exhibit is and the story behind it," said museum president and executive director Shayne Campbell, who added there are elements of the exhibit that highlights modern-day farming in the area.

"It is not just about our past with this exhibit; it is about the present as well. Argyle farmers feed the world and that is what we would like our visitors to know."

The Settlers, Rails & Trails museum, located in the Argyle Community Centre, is open the first Saturday of every month from 1 to 4 p.m. For more information on the museum or to book a group visit, go to argylemuseum.wixsite.com.



TRIBUNE PHOTO BY NATASHA TERSIGNI

Argyle's Settlers, Rails & Trails museum president and executive director Shayne Campbell unveiled the museum's newest exhibit, Agriculture in Brant-Argyle, last Sunday. The interactive exhibit was made possible with donations from many community members and a grant from the Manitoba Communities Foundation.

CORRECTIONAL SERVICE CANADA
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Save the Date!

Stony Mountain Institution is celebrating their 140th Anniversary.

To commemorate this event, the residents and community partners of the RM of Rockwood are invited to the Freedom of the Village ceremony at the front of the Stony Mountain Community Centre at 11:30 A.M. on October 5, 2017. The ceremony will be followed by an informal reception.

We hope everyone can attend this extraordinary celebration!

Date à retenir!

L'Établissement de Stony Mountain célèbre son 140^e anniversaire.

Pour commémorer cet événement, nous invitons les résidents et nos partenaires de la collectivité à la cérémonie Liberté du village devant le Centre communautaire de Stony Mountain le 5 octobre prochain, à 11 h 30. La cérémonie sera suivie d'une réception informelle.

Nous espérons que tous pourront être présents à cette célébration extraordinaire!

Eichler to host town hall event on Oct. 2

Staff

Come one, come all: Agriculture Minister and Lakeside MLA Ralph Eichler is hosting a town hall event next week.

The event will take place on Monday, Oct. 2 at 7 p.m. at the South Interlake Ag Society's barn hall.

Eichler welcomes input from the public as provincial budget considerations are underway.

"We have inherited a very serious fiscal situation from the previous government. Now our government has to make important choices about how to spend taxpayer dollars in a way that benefits all Manitobans. We want to hear from Manitobans on what approach they would like us to take to get our books in order and improve this province for future generations," Eichler said in an email.

"We're making it possible for every Manitoban to provide their input, either online or in-person. Every government MLA is holding a public town hall to collect feedback from constituents."

Eichler said that the town hall event will allow attendees to provide feedback on important topics, including how to tackle the deficit. Other topics



Lakeside MLA Ralph Eichler

might include how Manitoba should address the challenge of reduced health-care transfers from the federal government and what is important to Manitobans while the province prepares for the legalization of cannabis.

Manitobans can also provide their input online through a survey at www.manitobansmakingchoices.ca.

Elvis impersonator



TRIBUNE PHOTOS BY NATASHA TERSIGNI

World-renowned Elvis tribute artist Corny Rempel brought his award-winning act to Stonewall last Saturday for an evening honouring two music legends. Opening the show as country music star Johnny Cash, Rempel entertained the audience with Cash's hits that spanned seven decades. For his second act, Rempel brought the King himself back to life. His Elvis act included Bridge Over Troubled Water, the same song that won him the 2017 Penticton Elvis Competition in July. The show, held at Odd Fellows Hall, was a fundraiser for the South Interlake 55 Plus Centre to help fund their ongoing programming.

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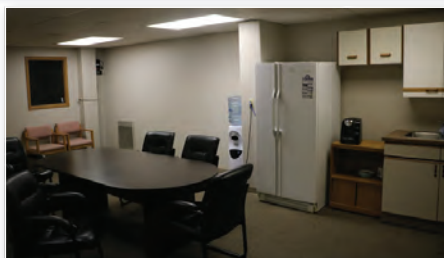
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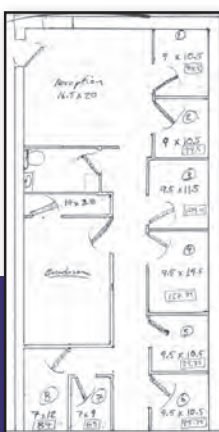
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Celebrating fall with 25th annual Pumpkinfest

Staff

Hundreds of festival-goers travelled to Teulon on Saturday for the Ag Society's 25th annual Pumpkinfest.

With over 40 vendors selling everything from pumpkins to fresh vegetables and handmade crafts, there was plenty to stock up with before those cold winter months. Children of all ages were kept busy throughout the day with numerous activities like wagon rides, a petting zoo, fair games and live entertainment.

The Ag Society also hosted its annual competitions with the judging of 45 different categories including everything from baking to photography and even pumpkin carving.

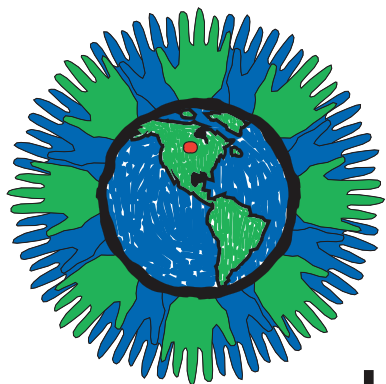
This year's largest pumpkin honours and \$1,000 went to George Bilinsky for his 636-pound giant pumpkin. Olivia and Abigail Skinner and Donna Bond took home second place with their 520-pound pumpkin while Hailey Webb won third with her 479-pound pumpkin.



Charlie Kaethler enjoys the petting zoo, just one of many family activities offered at this year's Pumpkinfest.



TRIBUNE PHOTOS BY NATASHA TERSIGNI
Jace Long tries to find out just how heavy the first-place pumpkin really is. Taking home top prize and \$1,000 in the Largest Pumpkin Competition was George Bilinsky's pumpkin, weighing in at 636 pounds.



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Winnipeg Free Press



Teagan Price shows off her entry into the 12 and under pumpkin decorating and carving competition.



TRIBUNE PHOTO BY RENEE SIMCOE
Frank Dziedzic had gourds a plenty at Teulon's 25th annual Pumpkinfest last Saturday.

Argyle Fall Supper tradition continues



TRIBUNE PHOTOS BY NATASHA TERSIGNI

For the 135th year in a row, community members came out for the annual Argyle Fall Supper. This year, volunteers served close to 650 hungry guests a traditional fall supper meal including turkey, ham and all the fixings. Money raised from the dinner will go towards several community organizations.

Wab Kinew elected leader of the Manitoba NDP

Submitted

Wab Kinew has been elected the new leader of the Manitoba NDP, party president David Woodbury announced.

"Today, New Democrats have started a new chapter for our party by electing Wab Kinew as our new leader," said Woodbury. "I want to thank both of the candidates for putting their names forward and everyone that participated in Leadership 2017."

The 2017 leadership race featured candidates Wab Kinew and Steve Ashton, helping bolster party membership to over 10,000 and attracting 948 delegates to Convention.

The result of the delegate vote was 728 for Wab Kinew and 253 for Steve Ashton.

Wab Kinew succeeds interim leader Flor Marcelino, who led the party since May 2016.

"It's been a humbling day. With all my heart, I want to thank New Democrats for the trust they've placed in me. I will work every day to live up to that trust and do everyone proud," said Kinew. "The road ahead will be tough, but with the support of my team and my family, we will begin this new era for the NDP with courage and dedication to standing up for all Manitobans."






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Slow Cooked "Pulled" Chicken Tacos

taco toppings

In medium pan, combine chicken, taco sauce, chicken stock, salt and pepper, and cook on low, covered, approximately 2 hours, or until internal temperature of chicken reaches 165 F. Remove chicken from pan and shred using two forks.

Turn heat to medium-high and reduce cooking liquid into thick sauce, cooking 3-5 minutes and stirring occasionally.

Remove from heat and combine taco sauce with shredded chicken.

Serve in taco shells with desired taco toppings.

- Prep time: 5 minutes
Cook time: 2 hours
Servings: 5
1 1/2 pounds boneless, skinless chicken thighs
1 bottle (8 ounces) Ortega Chipotle Taco Sauce
1/2 cup chicken stock
1/2 teaspoon salt
1/2 teaspoon pepper
1 package (10 shells) Ortega Good Grains White Corn with Chia Taco Shells, warmed



Baja Chicken Pizza

- Prep time: 15 minutes
Cook time: 15 minutes
Servings: 5
4 boneless, skinless chicken breasts, about 1 pound
1 bottle (8 ounces) Ortega Green Taco Sauce
1 can Ortega Vegetarian Refried Beans
3/4 cup Ortega Homestyle Salsa (any variety)
1 Mama Mary's prepared pizza crust
1 red bell pepper, diced
1 can (4 ounces) Ortega Diced Green Chiles

- 1 bag (8 ounces) Mexican-style shredded cheese
1 bottle (8 ounces) Ortega Original Taco Sauce (any variety)
1 bag Ortega Crispy Onion Taco Toppers

In large bowl or re-sealable plastic bag, combine chicken breasts with green taco sauce. Stir or shake to coat. Marinate at least 30 minutes or up to 2 hours.

Heat oven to 350 F.

Bake chicken 15-20 minutes, or until internal temperature reaches 165 F.

Let chicken cool 10 minutes then cut into small cubes.

In medium bowl, combine refried beans and salsa.

Transfer prepared pizza crust to baking sheet.

Spread bean mixture over dough, leaving 1/4 inch at edges for crust.

Top with peppers, green chiles, chicken and cheese. Bake 10-15 minutes, or until crust is golden brown and cheese is melted.

Top with taco sauce and crispy onion toppers then serve.



Mexican Style "Totchos"

- Prep time: 15 minutes
Cook time: 25 minutes
Servings: 5
1 package (32 ounces) tater tots
1 1/2 pounds ground beef
1 packet Ortega Taco Seasoning
1 cup water
16 ounces shredded cheddar cheese
2 medium tomatoes, diced
1 container (16 ounces) sour cream
1 bag Ortega Crispy Jalapeno

Spring Forward, Fall Back. Making Time for Fitness

With the change in seasons comes the inevitable fall back into a routine. School days, piano lessons, football, and hockey; and that's just the kids! What about you? Sure, you take the dog for a walk and do some stretching when you feel the need to, but do you get the physical activity that exercise physiologist experts specify we partake in for optimum health? 150 minutes per week of moderate-to-vigorous intensity aerobic activity, in bouts of 10 minutes or more, plus two days of strength training are the basic recommendations. What does that even mean!? Say you had a rating scale of 0-10, zero being 'binge watching Netflix' and 10 being 'I will faint and die and vomit (in no particular order) if I push myself any further!', then moderate means five to six and vigorous equals seven to nine on that scale. Strength and resistance training essentially means training the large muscle groups to increase in strength, endurance, and power. Are you meeting that?

These activities are proven to increase overall fitness, strengthen muscles and bones, improve mental health and well-being. It can also reduce the risk of chronic disease including heart disease, stroke, high blood pressure, certain types of cancer, type 2 Diabetes, and Osteoporosis. So, are you convinced? Have you tried this before, but it just doesn't stick? The answer to making time for fitness is a simple one; notice I didn't say easy! Changing the way we talk about time management is the first key; secondly, scheduling determines success.

Would you just shun your doctor, dismiss the dentist or ignore your child's Christmas concert? No? Then stop doing that to yourself! Taking care of your body is valuable, so don't cancel! The first step is to find what works for you; gardening,



Sarah Todd

dance class, running, skiing, parkour, etc., are cool places to start. Still stumped? Group exercise classes take all the guess work out of finding activity that is effective, fun and efficient! A great fitness leader will be knowledgeable, approachable, enthusiastic, and effective. Sometimes, when people exercise on their own, they often skip portions of a workout they know less about or are not their favorite to perform, and a certified instructor can lend a hand in this regard. A fitness professional can also serve as a resource for class participants and encourage them to engage in other healthy behaviors outside of class; all while belonging to a community of doers, literally, the movers and shakers of the world! So, let's "fall back" into planning in health and fitness as a priority! Find what moves you and schedule in that one step you are going to take today and make it (you) a priority.

Sarah Todd F.I.S.

Owner/Instructor at

www.sparkfitnessandnutrition.ca

Taco Toppers Prepare tater tots according to package directions. Heat medium skillet over medium heat. Cook ground beef 4-5 minutes until browned, using wooden spoon to break into small pieces. Add taco seasoning and water. Cook until water evaporates and sauce is thickened.

Top hot tater tots with cooked ground beef and cheese, and broil in oven 5 minutes. Top with tomatoes, sour cream and crispy jalapeno toppers, and serve immediately.



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Kinsmen history on display at Teulon & District Museum

By Natasha Tersigni

The Teulon and District Museum put the finishing touches on their newest exhibit featuring the Teulon Kinsmen just in time for Culture Days Manitoba

Having been a staple in the community from 1964 to 1989, the group supported many different local projects and initiatives. The new exhibit is a collection of Kinsmen memorabilia to remember the important work that was done.

"The Kinsmen have done a lot for the town over the years. They purchased the bus that was used to take the hockey players to games, they put the floor in the hall, and they raised money for the arena. They were a great group and did lots throughout the community," explained Teulon and District museum volunteer Amy Dellebuur.

"We have had the items for about five years, and every year we say we are going to do something but we really never had space. This summer we



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Teulon and District museum volunteer Amy Dellebuur leafs through a photo album containing pictures and newspaper clippings that are now housed in the museum's newest exhibit, which pays tribute to the Teulon Kinsmen Club.

cleaned up the church's back room so we could dedicate this room to the Kinsmen exhibit."

While the museum is now closed for the season, the exhibit, along with the



Kinsmen plaques, souvenirs and memorabilia will be on display this Saturday during Culture Days Manitoba.

museum's 10 buildings, will be re-opening this Saturday in honour of Manitoba Culture Days. From 11 a.m. to 3 p.m. guests can tour the grounds and learn more about lo-

cal history.

For more information and local Manitoba Culture Day events, go to mb.culturedays.ca.

Manitoba's new red tape measure

Submitted

The Manitoba government took another major step towards being a North American leader in cutting red tape when it announced its baseline count. The count is the most comprehensive in Canada including government rules found in legislation, regulations, policies, forms, and guidelines. According to Finance Minister Cameron Friesen, Manitoba's baseline count includes 906,824 regulatory requirements.

"Red tape is a huge hidden tax on everyone. It increases prices, reduces job opportunities and stresses people out. Manitoba deserves high praise for making that hidden tax more visible today. It's a very promising step towards making things better, not just for those who directly get tangled up in red tape but all Manitobans who suffer as a result," said Laura Jones CFIB's executive vice-president and chief strategic officer.

Last spring, the government became the first province in Canada to legislate a cap on the number of government rules. Bill 22 mandates that for every new regulatory requirement created, two existing requirements with double the administrative burden of the new requirement must be removed (two-for-one rule) until March 31, 2021. After March 31, 2021, it will be replaced by a "one-for-one" rule.

"To date, British Columbia has been Canada's undisputed leader in red tape reduction, but Manitoba has announced a more comprehensive measure and has beat B.C. in being the first province to legislate a cap. If things continue this way, it will be the Manitoba model that everyone is talking about," said Jones.

"The government still has a lot of work to do in actually cutting red tape, but they have all the right ingredients," said Jonathan Alward, CFIB's director of provincial affairs for Manitoba.

CFIB estimates the annual costs of all regulations on businesses in Canada to be \$37 billion annually, with one-third of that (\$11 billion) considered unnecessary red tape. In Manitoba, all federal, provincial and municipal regulations cost businesses \$1.2 billion annually, \$360 million of which is considered red tape.

"Seven out of 10 business owners in Manitoba say red tape is limiting their ability to create jobs. The government's focus on this couldn't be more timely or more important," concluded Alward.

CFIB's ninth annual Red Tape Awareness Week™ will take place between Jan. 22 and 26, 2018, and will challenge governments to reduce the hidden tax of red tape for the good of all Canadians.

Stonewall Kinettes



TRIBUNE PHOTO SUBMITTED

Deputy Governor Art O'Donnell of the All Saints Kinsmen Club attended the first meeting of the 2017-18 Kinette year recently to install the executive. Kinettes are proud to be a part of Canada's largest all-Canadian service club. Last year over \$18 million was raised for communities across the country. Since 1964 Kin Canada has been a major supporter of cystic fibrosis research and over \$40 million has been raised to date for this cause. We are the largest non-corporate sponsor of bursaries for furthering student's education. We are also partners with Canadian Blood Services and have pledged to donate 175 units of blood from our District of Manitoba and North-Western Ontario. If you would like to become a "Partner for Life" with Canadian Blood services – just ask us how. Our first event for the year was taking part in the Canadian Cancer 'Relay for Life'.

Upcoming events – please watch for posters for our information night, another paint night and our annual ladies night.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Bantam Lightning females strike for a preseason win

By Brian Bowman

The preseason is all about getting better as a team. And the Interlake Lightning Bantam female team appears to have gotten a whole lot better after just one weekend of games.

Interlake finished with a 1-3 record at an Ile des Chenes tournament last weekend.

After starting the tournament with losses to Eastman (5-0) and Portage (9-2) on Saturday, the Lightning bounced back nicely to shut out Westman 3-0 before losing a 1-0 nail-biter to Pembina Valley.

Anya Epp posted the shutout win for the Lightning.

"On Saturday I think the girls were getting their jitters out," said Lightning head coach Charlene Bodnarchuk. "They didn't know what to expect and then on Sunday they turned it completely around. It was a different team that came out on Sunday."

Bodnarchuk said the Lightning did a much better job getting to the puck on day two of the tournament.

The three-goal win was a huge one for a young Lightning squad.

"We have two veterans on our team and last year, that team didn't get their first win until the second half of the year, and we now have our first win after the third game of the season.

"It's a huge step up and a big win for our team."

Twenty two players came out to the Lightning's tryout camp and 17 elected to stay with the team. A large percentage of those players are first-year Bantams.

"We're definitely going to be the hardest-working team," Bodnarchuk stressed. "And the best thing about my team is, and it has nothing to do about how they play hockey, but it's the way that they approach the game.

"The come to the rink eager to learn and everything that our coaches say, you can tell that they are eating it up and putting it out on the ice."

The Lightning was looking to set up a preseason game this Saturday and then will prepare for a Showcase Weekend from Oct. 6-8 in Winnipeg.

League games will begin shortly after the showcase, according to Bodnarchuk. Eight teams will be vying for a league title this season.

Based on last weekend's performance, Bodnarchuk strongly feels that the Lightning will be right in the mix with other teams this season.

"I'm not worried about us," she said confidently. "I'm confident in our coaching staff and the players that we won't be far out of the mix this year."

Female Midget Showcase

Meanwhile, the Midget female Lightning posted a 1-2-1 record at a CP Capitlas Showcase in Portage la Prairie last weekend.

Interlake opened exhibition play with a 5-1 loss to Central Plains and then played to a 2-2 draw with Westman.

A 2-1 loss to Weyburn was followed by a solid 4-1 win over Pilot Mound.



TRIBUNE PHOTO BY JOLENE REIMER

The Lightning's Sarah Shewchuk takes the face-off against a Central Plains Capitals' player while defenceman Charli Reimer and goaltender Katie Dorch look on during the Ile des Chenes tournament last weekend.

Midget Thunder KOs Coyotes once again

By Brian Bowman

For the second consecutive game, Interlake Thunder's defence shut down the Sunrise Coyotes.

And, for the second straight game, it resulted in a Thunder victory.

Interlake clawed its way to a rain-soaked 12-8 comeback win over the Coyotes in Midget Football League of Manitoba action last Sunday.

"(The rain) definitely had an impact on that football game but, in the end, we were able to prevail," said Thunder head coach Mitch Obach. "It was a real good team effort, which was exciting. Guys contributed all over the place."

Sunrise scored its lone touchdown in the first quarter and then added a two-point conversion for an 8-0 lead. Interlake struggled to move the ball in the first half but came back strong with second-half touchdowns from quarterback Carlin Doak and fullback Chris McKay-Burnstick.

Both TDs were short plunges from about a yard or two from the goalline.

"We made some adjustments and went to a

heavy package," Obach explained. "We tried our luck just pounding the ball and keeping possession, really, to see if we could get some first downs."

The rainy conditions appeared to suit the Thunder's hard-nosed style of running the ball compared to the Coyotes more open passing attack.

For the second game in a row, the Thunder's Colton Nedotiafko did a very good job running the ball, said Obach. He had nearly 100 yards rushing in the second half alone.

"Most of his yards would have been between the tackles," the Thunder head coach noted. "It was just pound, pound, pound — keep pushing forward. The big guys, the offensive line, really buckled down in the second half and pushed us through it."

With the win, Interlake improved to 3-1 on the season and sit in second place in the four-team league.

The Thunder will have a tough test, however, this Saturday when they travel to St. Vital to play the undefeated Mustangs (4-0).

In the other game Saturday, the Falcons Football Club (1-3) will host Sunrise (0-4).

Rams compete at golf provincials, cross country meet

By Brian Bowman

The Stonewall Collegiate Rams boys' golf team finished ninth overall among 16 schools at the MHSAA provincials last Friday in Gilbert Plains.

Stonewall's combined score was 283, according to the MHSAA website. Seth McMahon led the Rams with a 90, followed by Scott Yeo (94), Ryan Brown (96) and Andrew Everitt (103).

Portage won the event with a 242, which was four strokes better than St. Paul's. Rounding out the top five were St. John's Ravenscourt (249), Miles Macdonell (255) and Steinbach (263).

Miles Macdonell's Ryan McMillan had the low male score with a 76.

In cross country, the Rams had several very good performances at a Sept. 20 meet.

Top junior varsity girls were Megan Van Heyst (fifth), Chloé Morrison (seventh), Tess Derksen (ninth) and Trinity Rutledge (11th).

The junior varsity boys' race, meanwhile, saw Cale Woods place 10th while Amber Schneider was second in the varsity girls' division.

Noah Bracken was third while Scott Yeo finished fifth in the varsity boys' division. Stonewall's junior varsity girls' and boys' teams both finished second.

Jets soar to pair of MMJHL weekend wins

By Brian Bowman

The Stonewall Jets may have a lot of new faces in their lineup this season, but the team appears to have gelled together quite nicely.

Stonewall won both of its MMJHL games last weekend, including a solid effort in a 5-2 win over the River East Royal Knights in Winnipeg on Sunday.

After River East's Noah Couch struck on the power play at 15:05 of the opening period, the Jets came right back with goals from Braden Paulic and Stephen MacKenzie to lead 2-1 after 20 minutes.

Michael Cooper tied the score at 2-2 with a shorthanded marker early in the second but the Jets netted power-play goals by Max Smith and MacKenzie.

Chase Faulkner then scored the lone goal in the third. The third period featured a couple of scraps at 12:32 of the frame as the Jets' Taylor Radley and Quinten Prokopec each received game misconducts for fighting.

Curtis Beck made 28 saves to post the win in goal

On Friday, the Jets had another great effort in a 2-1 overtime win over the Raiders Junior Hockey Club in Stonewall.

"Friday night was a great game," said Jets' co-coach Matt Figur. "We were playing the team that beat us in the final last year so we definitely had this one circled on our calendar with this being our home opener and them being the team that they are."

Kyle Doak scored the OT winner while both teams were playing 3-on-3, assisted by Andrew Bayduza and Faulkner.

"It was a really good victory for us in the sense that we have a new team and lots of new guys in the dressing room," Figur said. "It gives us an opportunity to build as a team and there's nothing like an overtime victory against the defending champs."

Stonewall trailed most of the game as the Raiders' Nicholas Matthews struck on the power play just 2:45 into the contest.

The score remained that way until Bryce Stovie scored his third goal of the season at 14:49 of the third. Bradley Dawson and Bayduza drew assists on the goal.

"Stovie has been playing really well for us," Figur noted. "He's been a force out there. He's big, strong, and able to play every position on the ice that he's asked to."

Hunter Ploszay made 36 saves for the win.

Stonewall, now 2-1 on the season, is back in action Friday when they visit the Charleswood Hawks. The Jets will then host the first-place St. Boniface Riels on Sunday.

Both games begin at 7:30 p.m.

"We always enjoy matching up with Charleswood early in the season," Figur said, noting he doesn't know that much about the Riels. "They had been the cream of the crop for so many years, so we're looking forward (to the game)."



TRIBUNE PHOTO BY NATASHA TERSIGNI

The Jets' Kyle Doak scored the OT winner against the Raiders Junior Hockey Club Friday night.

Wildcats winning at volleyball tournaments

Staff

The Warren Wildcats placed second overall at a Steinbach Christian junior varsity girls' volleyball tournament last weekend.

Warren reached the final where they lost 2-0 (25-22, 26-24) to Steinbach Christian in a very close match.

The Wildcats earlier defeated Morris White (25-19, 25-16) in a semifinal matchup.

Warren finished first in its pool after sweeping all six sets. The Wildcats cruised to 2-0 wins over Immanuel Christian (25-16, 25-14), Steinbach Christian (25-19, 25-16) and Springs Christian (25-23, 25-21).

On an individual note, Warren's

Mackenzie Turner and Paige Wright were named tournament all stars.

Meanwhile, the Wildcats had another good effort at the Bobcat varsity boys' volleyball tournament in Brandon.

Warren reached the semifinals of the 23-team event where they were defeated 2-0 (25-19, 25-17) by the Fort Richmond Centurions.

The Wildcats earlier beat the Hamiota Huskies (25-14, 25-23) and Neelin Spartans 2-0 (13-25, 25-18, 15-11) in the playoffs.

Warren finished pool play with a 7-3 record in sets to place second out of six teams.

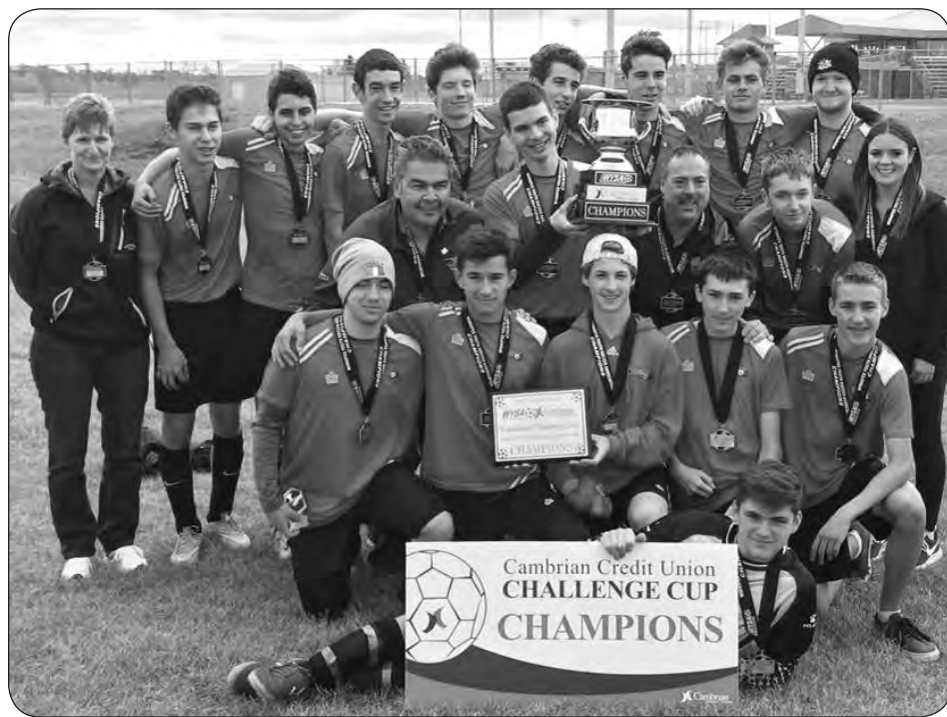
Bantam Thunder on a roll



TRIBUNE PHOTO BY KIM DELAROCHE

The Thunder's Gabe Perrie runs up field against the St. James Rods in Bantam action last Saturday. Interlake, which won the game 30-0, will host the Greendell Falcons this Saturday at 9 a.m. at Stonewall Collegiate.

Stonewall's U17 boys and U16 girls reach finals



Stonewall won the Winnipeg Youth Soccer Association's Recreational Cambrian Challenge Cup U17B/U18B B-side championship after a hard-fought 1-0 win over Southdale last Saturday at the John Blumberg Soccer Complex.

To begin the tournament, Stonewall lost 1-0 to Southdale on Sept. 8 but then edged North Kildonan 4-3 on Sept. 11.

On Sept. 13, Stonewall played to a 3-3 draw with SWCC.

Pictured front row, left to right: Gio Ciulla, Alex Renner, Noah Bracken, Dawson Samms, Logan Bakos; Middle row, Mike Brown (coach), Dante Lourenco, Santo Ciulla (coach), Josh Smith, Symantha Ciulla (coach); back row: Leanne Good (coach), Adam Brown, Tanner Tavares, Ian Cheriak, Scott Yeo, Austin Smith, Bill Lyner, Aiden Erickson and Ethan Good. Laying down in front is Lukas Funk.



TRIBUNE PHOTOS SUBMITTED

The Stonewall U16 girls lost 3-2 in overtime at the WYSC Challenge Cup. Stonewall finished the regular season in third with a record of six wins, two losses and six ties in a league of 15 teams. Cindy Wills scored both goals for Stonewall and Samantha Melsted was named the game MVP. Goaltender Dana Beck was outstanding in net. The coaching staff is extremely proud of how the girls played all year.

Pictured front row, left to right: Joy McCutcheon, Dana Beck, Taylor Sveinson, Taylor Ferris; back row, Kevin Melsted (coach), Julia Mann (injured), Callie Argan, Autumn Sinclair, Courtland Armstrong, Samantha Melsted, Cindy Wills. Missing from the photo: Kalista Nugent, Emma Stewart, Jessica Pelletier, Emily Lupul, Olivia Genio, Tess Derksen and coaches Alexandra Melsted, Bob Beck and Curtis Beck.



STONEWALL JETS ANNUAL SPORTS DINNER & AUCTION

Saturday, October 14
Stonewall Quarry Park

Tickets - \$75
Tables of 8 available

Please join us for an evening of
great food and entertainment.

Please contact **Peter Mandryk** at
(204)485-0039 or **pmandryk@icloud.com**

Lightning 1-2 at Souris tournament

By **Brian Bowman**

The Interlake Lightning saw some mixed results at the Midget AAA pre-season exhibition in Souris last weekend.

Interlake finished with a 1-2 record after starting with losses to Parkland (4-2) and Brandon (7-0). The Lightning wrapped up play with a hard-fought 3-2 win over Norman.

Overall, Interlake showed some good things in the three games.

"Even in the Brandon game, and you never want to lose games like that, but we had an extremely young squad on the ice and they had their whole team," said Lightning head coach Dwayne Swanson.

"Brandon is going to be one of the elite teams in our league this year. It was a good way to grade some guys against Grade 'A' talent and where they sit."

Interlake played well against Parkland and Norman, said Swanson. The Lightning took a 3-0 lead against the Northstars.

"Two of the three games, we were happy with," Swanson said. "It was a good weekend for us."

It was also a good weekend for the Lightning goalies. Swanson was very impressed with the goaltending performances that his club received throughout the weekend.

"Our goalie situation is a mess," he laughed. "We have four quality goaltenders."

Interlake will begin its Manitoba AAA Midget Hockey League regular season this weekend with a pair of road games. The Lightning will visit Parkland Saturday (7:30 p.m.) and then will hit Brandon on Sunday (1:30 p.m.)

"We have Parkland and Brandon and then will have the three city teams," Swanson said of the Lightning's tough schedule to begin the regular season. "It's a tough grind to start the season but we're actually looking forward to starting on the road."

"We'll get a chance to get together as a team and spend some time alone."

Classifieds



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

METAL RECYCLING

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

RECYCLING

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

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.

HOUSES FOR SALE

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

HOUSES FOR SALE

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

STEEL BUILDINGS

Steel Building Sale ..."Blowout Sale!" 20X23 \$5,998; 25X27 \$6,839; 30X33 \$8,984. One end wall included. Bonus Drill/Impact Driver Combo Kit included. Check out www.pioneersteel.ca for more prices. Pioneer Steel 1-855-212-7036.

MOBILE HOMES

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

CONDO FOR RENT

Completely remodeled apartment style condo for rent in Stonewall. Main floor, 2 bdrm., suitable for 55 plus. Includes insuite washer/dryer, fridge, stove, dishwasher, A/C. Sorry no pets or smokers. \$995/mo. plus hydro (estimated at \$70 per month). Avail. Oct. 2/17. Call Larry at 204-461-5335.

HOUSE FOR RENT

House for rent Oct. 1st, \$975/mo. plus utilities. Lawn care & snow removal incl. 3 bdrm., 1 1/2 bath, lge. kitchen & living room, multi purpose room, sunroom, fridge, stove, DW, washer, dryer, freezer, central air, central vac, single det. garage. Sorry no pets. No smoking. Ph 204-467-8688 or cel. 204-404-7669.

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

2 1/2 cords seasoned cut and split Poplar. \$400. Pickup Libau area. Ph. 204-661-3978.

HELP WANTED

Part time housekeeping and full time sous chef needed at the Rockwood Motor Inn. Call Sherri at 204-467-2354.

Now Hiring at Pizza Den Restaurant & Lounge: PT evening cook, PT evening server, FT day cook. Experience preferred. Includes weekends. Drop off resume Hwy #67, Stonewall or email robert.magnifico@gmail.com

HELP WANTED

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

BUSINESS OPPORTUNITY

Just listed - lounge & restaurant, good turnover, listed at \$595,000; also, restaurant & living quarters, owner retiring, \$249,900. Ph 204-339-1665.

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The Country Beckons! \$199,900

Hwy 7 & 231
Just North of Teulon

158 acres in natural Hay, 1200 sqft home NEW in 2017. Great Room plan, Tuxedo cabinets, fridge, stove, dw, washer & dryer.

2 brs, 2 baths, Laundry/utility room. Garden, greenhouse. Well & Septic. GREAT PRICE! CALL NOW!

Joanne Gebauer 204-889-9500
RE/MAX executives joanne@joannegebauer.com



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

Call 467-5836



TOWN OF TEULON PUBLIC NOTICE BOARD OF REVISION

2018 GENERAL ASSESSMENT, BUSINESS ASSESSMENT AND PERSONAL PROPERTY ASSESSMENT AND 2017 SUPPLEMENTAL TAXES

Public Notice is hereby given that the 2018 Assessment Roll for the Town of Teulon has been deposited in the Civic Office at #44 Fourth Ave. S.E., Teulon, Manitoba, and is open for public inspection during regular office hours.

The Board of Revision will sit on **Tuesday, November 14th, 2017 at 6:30 P.M.** in the Council Chamber of the Town of Teulon, 44 Fourth Avenue S.E., Teulon, Manitoba to hear applications.

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

APPLICATION FOR REVISION:

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under 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, or the assessor may make application for the revision of an assessment roll with respect to:

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

APPLICATION REQUIREMENTS

- 43(1) An application for revision must
- a) be made in writing;
 - b) set out the roll number and legal description of the assessable property for which a revision is sought;
 - c) set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
 - d) be filed by:
 - i) delivering it or causing it to be delivered to the Town of Teulon
 - ii) serving it upon the Secretary;

at least 15 days before the scheduled sitting of the Board as indicated in the public notice.

The final date on which applications must be received by the Secretary of the Board is October 30, 2017 at 5:00pm.

Doreen Steg, Secretary
Board of Revision
Town of Teulon, Box 69, Teulon, MB, R0C 3B0

Dated this 25th day of September A.D., 2017 at the Town of Teulon in the Province of Manitoba.

Mobile Home for Sale



82 Gunn St, Gunton. 3 bdrm, 2 baths, eat-in kitchen open to living room, central air, large lot.

\$147,900. Ph. Ted 204-941-1621

McSherry Auction Service Ltd

CONSTRUCTION AUCTION R2G2 EXCAVATORS INC.

Saturday Oct 14th @ 11:00 AM

St. Laurent, MB

Jct Hwy 6 & 415 East 1/2 Mile on 415

Contact (204) 861-2063 or (204) 739-3618

Go to Web! Internet Bidding

08 Hyundai HL 740 XTD-7A Wheel Loader 10,000 Hrs * 13 JD 210 G Track Excavator w Thumb Aux Hyd Proheat 5350 Hrs * 06 CAT 315 CL Track Excavator 6500 Hrs * Pioneer Mdl 3045C Portable 3 or 4 Stack Screener * 13 JD 329D Track Skid Steer 1461 Hrs * 3) Tandem Gravel Trucks 1) 15 Int 7400 1) 01 Int C10 1) 89 Ford 8000 * 3) Highway Tractors 1) 07 Mack Wet Kit 2) 05 Int 9200 I Wet Kit * 96 Talbert 50 Ton Tridem Lowbed * 08 Load Line 22' End Dump * 06 Arnes 26' End Dump * 87 Fanotech 90 Cu Yard Push Out Garbage Trailer * 08 Jet 30' Tridem Dually Equip Hauler * 15 BH Big Tex 20' Tilt Flat Deck * 12 BH Sure Trac 18' w Ramps * 11 BH United 20' Enclosed Trailer * 15 Ford XL F350 4x4 Crew Cab w Deck 39,000 KM SFT * 03 Ford 250 Dsl 4x4 * 14 Yamaha 700 Side by Side 4x4 3000Km * 09 Arctic Cat 700 4x4 Quad * 7) Excavator Attach Cat Cup 75 Plate Compactor * 6) Skid Steer Attach 6' Diamond Bush Mower * Construction Related Misc * Some tools * Wacker Dsl 6" Portable Water Pump * 1000 Gal Fuel Tank w 12 Volt Pump *

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

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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.

McSherry Auction Service Ltd

AUCTION SALE THE ESTATE OF ED RERICK

Mon Oct 9th @ 11:00 am

Seven Sisters, MB
1/4 Mile West on Hwy 307
Contact # (204) 782-1740
A Chalm. 180 w FEL 6221 Hrs. * 49 JD M 3 PH Professional Restoration * 3) A. Chalm. WD45 2 PH 1) FEL * Int 201 Swather * Ford 202 Side Del Rake * Case 12' Tandem Disc * Case 16' Cultivator * 00 Chev Silverado 1/2 Ton * 84 Honda 200 cc Big Red 3 Wheeler * Murray 20HP 46" R Mower * Building, Tools & Misc * Antiques * Some Household *

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Classifieds

Stonewall Teulon
Tribune

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RURAL MUNICIPALITY OF ST. LAURENT REQUEST FOR SEALED TENDER September 26, 2017

The Rural Municipality of St. Laurent is inviting your company to submit a sealed tender on all or part of the following based on a one (1) year contract:

- 1) Rental of an 80 to 90 cubic yard debris trailer (push-out) for household waste to be located at the Waste Transfer Site on or before **October 10, 2017**. Pricing to include monthly rental fee and costs to haul, on a per trip basis to Class 1 Waste Disposal Ground. You will be responsible to have bin checked and cleared out regularly to avoid overflow and to have in place by opening hours of the RM's Waste Transfer Site. Anticipated hauling schedule: spring/summer usually once or twice a week; fall/winter approximately two to four times a month; hauling may vary due to volume. Tipping fees will be billed directly to the Municipality.

The lowest or any tender will not necessarily be accepted.

Please forward sealed bids to:

WTS Waste Tender
The Rural Municipality of St. Laurent
16 St. Laurent Veterans' Memorial Road
Box 220, St. Laurent, Manitoba, R0C 2S0

For more information, please call or email:
Public Works Foreman, Dean Appleyard: 204-739-8163
rmstlaur@mymts.net

Deadline: Friday, October 6, 2017 noon

BOOKKEEPING

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

INCOME TAX

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

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

MISCELLANEOUS

Kitchen renovation! (Do it now) In-stock cabinets or decor factory orders! 5 weeks lead time. Low overhead = you save! Fehr's Cabinet Warehouse 1-800-758-6924 office@fehrcabinets.com

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

WANTED

Stamp collections wanted by long-time collector. Largest buyer in Manitoba. Will travel to you. Call or text 204-799-7429.

RELIGION

Safely through another week. God has brought us on our way. Let us now a blessing seek. On the present Sabbath: day of all the week the best, Emblem of eternal rest. Author unknown www.clda.ca

WATER TREATMENT PRODUCTS

New Waterite water softeners, 30,000 grain/\$550. All sizes avail. Reverse osmosis systems, \$220. Undersink water systems, \$75. Paterson iron removers/\$500. Greensand iron odour removal systems, \$700. Ecoli ultraviolet systems, \$290. All Seasons Furnishings 204-661-8581.

REMEMBER YOUR
LOVED ONES IN THE
TRIBUNE

UPCOMING EVENTS

Antique & collectible sale! Huge fall event! Largest of the season. Over 200 tables! Friday, September 29, 4 p.m. - 9 p.m. and Saturday, September 30, 10 a.m. - 4 p.m., \$5 per person. Assiniboia Downs, 3975 Portage Ave., Winnipeg. Great selection, door prizes and free parking.

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 stone.woodelk@hotmail.com

NOTICE TO CREDITORS

IN THE MATTER OF: The Estate of Pauline Strauss, late of the Town of Stonewall, in Manitoba, deceased. All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 30th day of October, 2017. DATED at Stonewall, Manitoba this 18th day of September, 2017. **GRANTHAM LAW OFFICES** Solicitors for the Executor

LEGAL NOTICE

TO: Trevor Michael Pintak
TAKE NOTICE that a Small Claim No. 17-13-02982 has been filed against you by Sunova Credit Union Limited for \$9,955.54 involving a loan of money on August 30, 2014. The hearing of the claim will take place at: 101-235 Eaton Ave Selkirk Manitoba on Monday, October 16, 2017 at 9:30 am. If you do not appear to defend this claim, Default Judgment may be given against you. Enquiries may be made to: Small Claims, 101-235 Eaton Ave Selkirk Manitoba R1A 0W7, phone 204-785-5077. Thank you

FARM PRODUCE

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

STRAW

Flax straw - \$3/bale. Monday - Saturday. Call Bill Matheson at 204-467-5608 or 204-461-0706, Stonewall.

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

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Estate & Moving Auction
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Consignment Sale (New date)
Sun Oct 15 @ 10:00 AM

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Sat Oct 21 @ 9:30 AM
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take a break > GAMES

SUDOKU

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

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!

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

Sudoku Answer

S	O	N	I	E	S	L	I	R	H	S			
S	O	W	N	A	O	S	V	O	V	O	I	O	
W	T	S	V	B	R	B	B	S	Y	I	F	I	
U	V	S	V	B	Y	O	W	W	O	V	W		
V	N	V	S	I	E	O	V	I	S	E	W	V	
O	V	W	I	V	B	O	O	I	E	T	S		
E	S	N	I	R	S	S	E	I	L	O	I		
O	R	V	B	V	L	O	S	B	R	L	I		
O	E	T	W	O	E	L	S	D	I	T	E		
S	B	E	N	E	L	V	N	E	S	N	E	L	
I	B	W	I	V	K	V	S	E	I	R	Y		
D	O	E	T	I	O	O	O	R	O	R	D		
E	T	R	V	I	V	E	S	E	V	I	L	V	S
S	E	P	V	L	S	O	O	R	U	B			

Crossword Answer

CROSSWORD

CLUES ACROSS

1. Spanish city
7. Middle ear bone
13. Satisfy to the fullest
14. Able to be consumed
16. US island territory (abbr.)
17. Predatory reptile
19. Beachwear manufacturer
20. European space program
22. Alias
23. Metrical feet
25. Large integers
26. Matrilineality
28. Snouts
29. Giants' signal caller Manning
30. Pacific Time
31. Electronic countermeasures
33. "Anna Karenina" author
34. Snare
36. Sleeveless garment
38. More arctic
40. Clean off
41. Signs
43. Common Japanese surname
44. Allow
45. A way to mark
47. Ballplayers need one
48. ___ and cheese
51. KGB mole
53. Indicating silence
55. Capital of Yemen
56. A woman of refinement
58. Extinct flightless bird of New Zealand
59. Belonging to a bottom layer
60. Stephen King novel
61. Fire obstacle
64. Lumen
65. Loud insects
67. Energetic persons
69. Confession (archaic)
70. Witnessing

CLUES DOWN

1. Whiskey receptacle

1	2	3	4	5	6	7	8	9	10	11	12	
13							14				15	
16		17				18					19	
20		21			22		23		24			
25				26			27		28			
29				30			31		32		33	
		34	35				36		37			
38	39						40					
41				42			43					
44				45		46		47		48	49	50
51			52		53		54			55		
56				57		58			59			
60				61		62			63		64	
65			66					67			68	
	69							70				

2. Western State
3. Cereal grasses
4. Needlefishes
5. Relating to the ears
6. Mathematical ratio
7. Dignified
8. Pacific sea bream
9. One of Thor's names
10. Song of praise
11. Equal to one quintillion (abbr.)
12. Drools
13. Cluster
15. One in a series
18. Egyptian unit of weight
21. Broached
24. Skin cancers
26. Second sight
27. Shock treatment
30. Whittled
32. Murdered in his bathtub
35. A way to soak
37. Small piece
38. Relating to Islam
39. Climbing plant
42. Drunkard
43. Test for high schoolers
46. Least exciting
47. Amanda and James are two
49. Something comparable to another
50. Soothers
52. Month in the Islamic calendar
54. White gull having a black back and wings
55. Japanese seaport
57. The south of France
59. Batman villain
62. British air aces
63. Body part
66. Clearinghouse
68. Manganese

Announcements

Stonewall Teulon
Tribune

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ANNOUNCEMENT

IN MEMORIAM

In Loving Memory of
Lawrence Kiel
who passed away
September 25, 2016

Always loved.
Never forgotten.
Forever missed.

-Love,
Rose and family

ANNOUNCEMENT

IN MEMORIAM



Gerald David Shepell
September 29, 1961 - October 3, 2016

Remembering you is easy,
We do it every day;
It's just the pain of losing you,
That never goes away.

-Love from Mom, Dad
and family

ANNOUNCEMENT

IN MEMORIAM



Warren Campbell

It's been 10 years since you've been gone,
But in our hearts you still live on.
Our family chain is broken,
And nothing is the same.
We mention your name,
And speak of you often.
Though absent you are always near,
Still missed, loved and never forgotten.
Sadly missed and always in our thoughts.

-Love,
Diane,
Kim and Trevor and family,
Angie and family,
Doug and Amanda and family

OBITUARY

Patricia Anne Tanchak (Arnason)

April 18th 1959 - September 21st 2017

It is with great sadness that we announce the passing of Patricia Anne Tanchak at the age of 58. Pat left us peacefully at the Stonewall Hospital with her family by her side after a difficult fight against cancer.

Pat was born April 18, 1959 in Eriksdale, Manitoba, the daughter of Steve (predeceased) and Lara Arnason. In 1978 Pat married the love of her life Ralph Tanchak. They went on to have three children Jonathan Tanchak (Carolyn Morgan), Larissa (Michael) Higuchi, and Julianne (Bradley) Weaver. Pat was blessed with six grandchildren that she loved more than anything: Ariel Tanchak, Nadia, Ryan, Rachel, and Alexander Higuchi and Elizabeth Lacrosse. Pat also leaves behind her six siblings Ron (Elizabeth) Arnason, Ted (Grace) Arnason, Ellen (Art) Henry, Gerald (Doris) Arnason, Rick Arnason, Laurie Arnason (Grant Feuillatre predeceased).



Pat's greatest treasure was her family and friends. She devoted much of her time to help and support others. Whether it was being the primary caregiver to her mother or planning the next family event.

Highly engaged in the community she was best described as a professional volunteer and a dedicated artistic partner with Ralph.

A celebration of Pat's life will be held at 10:30 a.m. on Friday, September 29, 2017 at Mackenzie Funeral Home, 433 Main St. in Stonewall, Manitoba. A viewing will take place at 10:00 a.m. prior to the service. In keeping with her wishes an interment will take place at the Lundar Cemetery in Lundar, Manitoba at 3:00 p.m.

In lieu of flowers, donations can be made to the Interlake-Eastern Health Foundation for Palliative Care, #233A Main Street, Selkirk, MB, R1A 1S1.

A big Thank you to CancerCare Manitoba as well as the amazing staff at Selkirk Emergency and Stonewall Hospital for their compassion and support during a difficult time.

MACKENZIE FUNERAL HOME STONEWALL
(204) 467-2525 • info@mackenziefh.com



OBITUARY

Markus Wayne Poulton

May 31, 1955 - September 23, 2017

Mark lost his courageous battle with cancer at his home in Inwood with his family by him. Waiting to embrace him were his mother, Berta; his dad, Bill and his brother, Tom.

Left with a life time of amazing memories are his wife, Cathie; his daughter, Tara (Kelly); grandchildren Kayli, Liam and Katie; his daughter, Dallas (Phil); grandson Magnan; and his brother Charlie (Patricia).

Mark and Cathie found their forever home in Inwood in 2015. Mark worked for Brock White Canada in Winnipeg. His greatest passion was golfing in Inwood with family and friends.

The family wants to thank their extended family and friends at Brock White, Inwood Golf Course and Inwood Food Mart for all their compassion and support. It meant so much to Mark.

In true Mark fashion, he requested an Irish wake to celebrate his life. His wake will be held at Inwood Golf Course on October 21, 2017 starting at 2:00 p.m.

Family interment will take place at a later date.

In lieu of flowers, please make a donation to the IERHA Palliative Care Program, 233A Main St. Selkirk, Manitoba, R1A 1S1.

Condolences may be left at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.
www.gilbartfuneralhome.com



OBITUARY

Robert Charles Mann

June 27, 1936 - September 21, 2017

After a long hard fought battle with Alzheimer's, Robert passed away peacefully with his family by his side, on Thursday, September 21 at Rosewood Lodge in Stonewall.

A Celebration of Life will be held at The Church of the Ascension (Anglican) in Stonewall on Thursday, October 12, 2017.

A longer obituary and funeral details will follow in Thursday's, October 5th Tribune paper.



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OBITUARY

John Peter Vnuk
April 7, 1930 – September 2, 2017

Peacefully and with quiet dignity, John passed away at the Poseidon Care Centre in Winnipeg on September 2, 2017.

John is survived by his sisters, Margaret and Rose (Rick), as well as many nieces and nephews and their families. John was predeceased by his parents, Joseph and Irene, brothers Steven, Vincent and Anthony, and sisters, Mary, Martha and Anne.

With his brother Tony, John operated a dairy and grain farm northeast of Stonewall until retirement. John was a devoted Catholic and a member of the Knights of Columbus, most recently at St. Theresa's Roman Catholic Parish.

The family would like to express heartfelt thanks to Dr. Femi Bammeke and the staff of the fifth floor (Wellington House) at Poseidon Care Centre for the excellent care provided during John's time there.

Funeral service will be held Thursday, September 28, 2017, at 11:00 a.m. at St. Theresa's Roman Catholic Church, 3597 Main Street, West St. Paul, Mb. Cremation has taken place and a private family interment at Glen Eden Memorial Garden will follow the service.

In lieu of flowers, if friends so desire, donations in John's memory can be made to your favourite charity.



OBITUARY

Margaret June Ellison

Suddenly but peacefully, at the age of 84, mom passed away on Friday, September 15, 2017 surrounded by her family.

She leaves behind her sister Lou Slater and many nieces and nephews. Mom will be profoundly missed by her children Ken, Vicki (Bob), Brian (Kim) and Roberta (Rick). Also missing their Nana are her numerous grandchildren, great-grandchildren and great-great-grandchildren.

She was predeceased by her husband Bob in 2014. They are now reunited together for eternity.

Celebration of Life will be held on Friday, September 29th at 1:00 pm at Cross Church, 1787 Logan Avenue, Winnipeg, Manitoba. Pastor Alan Duncalfe officiating. Cremation has taken place and interment will take place at a later date.

In lieu of flowers, if friends so desire, a donation table for The Metis Club will be present at the service.

The family would like to thank Stonewall Hospital, Stonewall Paramedics, MICU at Health Science Center and STARS for the compassion and excellent care of mom.



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• All purchasers on free day will be notified and receive their full refund by Wednesday, Oct. 4, 6 p.m.
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