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VOLUME 6 EDITION 41

Stonewall Teulon Tribune

THURSDAY,
OCTOBER 8, 2015

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Jaws to the rescue

TRIBUNE PHOTO BY JO-ANNE PROCTER
Stonewall Rockwood firefighter Don Baryluk shows off the department's newest equipment, the Jaws of Life, to Zachary Deayton, Regan Deayton and Coralie Deayton during the fire prevention open house last Saturday.

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



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Crunching the numbers on ISD teacher salaries

By Natasha Tersigni

It has been a hot topic at coffee shops and around water coolers since the beginning of September when media in the province began circulating results from a C.D. Howe Institute analysis that found that Manitoba teachers' have the second highest salaries in the country, next to Alberta, and their students continually have some of the lowest national test scores.

This report has not gone unnoticed locally and has even entered municipal politics. At the Sept. 9 RM of Rockwood council meeting, Councillor Terry Hartle spoke on what council should do with this new found information.

"I wanted more information. I brought it up at council to let them know that this article is out there and that I was asking for clarification. Is it true? Is it fact or fiction," said Hartle who has since sent an e-mail to Interlake School Division Chair Alan Campbell to clarify information that was released.

As the Interlake School Division (ISD) mill rate continues to be on par with many town and municipality mill rates the question continues to be brought up: just how much do teachers in the ISD earn?

As reported by the Manitoba Teachers' Society (MTS) in their divisional comparison charts for the 2014-15



Rockwood council member Terry Hartle

school year, teachers in the ISD fresh out of university make \$55,513 a year. This had ISD ranked 29 out of the 38 provincial school divisions. After ten years of teaching the Class 5 salary maximum capped out at \$85,807, ranking the ISD 21 out of 38 divisions for Class 5 maximum salaries.

For the fall of 2015 the ISD has six Class 5 minimum teachers each earning \$56,622 a year. There are currently 62 Class 5 maximum teachers each earning an annual salary of \$87,524. At ISD's top teacher pay scale, Class 7, there are six teachers earning \$96,026.

With continually rising expenses, including employee salaries and benefits accounting for 83 per cent of the ISD's 2015-16 budget, ISD Trustee



ISD trustee John Hueging

John Hueging told the *Tribune* that steps need to be taken to keep rising salaries in check.

"Teachers in the division are paid well. Some of their workloads are not on par with what real life workloads are. This year we have 183 school days only and then another 10 professional development days; they are working for 193 days. Now they do have extra work with larger classes, they have correcting and exam prep to do, but for teachers that have been teaching the same course for five to six years there is not that much prep work to do," said Hueging who chairs the division's finance/audit committee and sits on the personnel/negotiations committee.

"(Being a teacher) is not an easy job in some cases, in other cases it is a very good job that a lot of people doing more work do not get the same compensation for."

For now, there is not much that the board can do. In June they approved the ISD four year Interlake Teachers' Association (ITA) contract that will be in place until June 2018. Now the only course of action the division can take is to ensure that all teachers are employed fully.

"We can't do anything about the salaries. What we can do is find deficiencies. Whether it is classroom sizes, hours of work, whatever we can do to make it more efficient. We have some schools that are concerned about the high number of students in classes,

we have some with 27 students in the class, that is higher than what we want. We have classes with 10 to 12 students in them, so we have to find balance somewhere."

ITA President John Bock said that while salaries in the ISD may seem high they are in the middle of the pack compared to all the divisions in Manitoba.

"Rankings are a little bit tricky because you have to look at all the other things that are going on. Basically 19 would be the middle, so we tend to be in the middle. I think they are reasonable wages to what we are doing in the province," said Bock who teaches math at Stonewall Collegiate.

Bock added that during the school year teachers are putting in long hours and a lot of extra work not just in the classroom.

"Teachers work very hard and average 50 to 60 hours a week in their jobs. They work hard and they do their best for their students and their schools. Not only that, they are volunteering their time. We have a lot of teachers that are volunteering 50 to 100 hours or more a year," said Bock.

"Not only are they doing the job they are paid to, which is teach kids, they are doing a lot of volunteer work for their schools to make sure those schools are a better place for kids to be. What is that worth? It is worth a lot to kids and the parents in those schools that is for sure."

The extra-curricular work that Bock speaks of is in part reimbursed to teachers. According to the current ITA contract 'In any school year a teacher shall be entitled to one day of leave for each fifty (50) hours of eligible extra-curricular activities performed during the school year to a maximum of two days'.

The time off that teachers can accumulate during the year can add up quickly.

While the ITA contract will not be reviewed for four years, Hueging is adamant that he, along with the board will continue to work to ensure that every dollar that is spent in the school division is justified including teacher salaries.

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Firefighters perform vehicle extrication demonstration



TRIBUNE PHOTOS BY JOANNE PROCTER

Hundreds attended the Stonewall Rockwood Fire Department's annual open house last Saturday. The firefighters showcased the new jaws of life to the public with a vehicle extrication demo.



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Stonewall teen excels at equestrian event

Brennan McCullagh earned recognition at national equestrian event

By Jennifer McFee

After a recent equestrian triumph, a Stonewall teen has earned national recognition and proven that he's not just horsing around with the sport.

Brennan McCullagh walked away with several top-notch awards from the Canadian Interprovincial Equestrian Championships held in Ottawa from Sept. 25 to 27.

Typically, teams of four riders compete in three different events, with one event scheduled each day. The top two scores are kept while the two lower scores are discarded.

In McCullagh's case, he was part of a two-person team due to a last-minute entry in the competition. As a result, McCullagh and his partner Becky Adams didn't have any additional throwaway scores to discard.

But that didn't slow down the Mani-

toban duo, since their combined score was enough to win the event. Adams also won the individual senior gold medal, while 16-year-old McCullagh took home the silver medal in the individual junior category. He had tied for gold with another rider from Quebec, who ended up earning first place because she had more overall wins.

Catherine McCullagh, Brennan's mother and coach, said she is very proud of the results.

"It went really well. It was very exciting just to be a part of the games and represent

Manitoba and take in the experience," she said, noting that McCullagh rode under Toronto-based coach Mac McQuaker at the event.

"There were no great expectations, that's for sure. This was totally unexpected and a complete surprise. It was

"IT WAS A
FABULOUS WAY
TO END THE
SEASON."



TRIBUNE PHOTO SUBMITTED

Brennan McCullagh, 16, recently earned awards at the Canadian Interprovincial Equestrian Championships in Ottawa.

a fabulous way to end the season."

Now that the horse show season is over, the horses will have the chance

to rest. McCullagh, however, will continue training throughout the winter in preparation for horse shows next year.

“

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Bill C-51 dominates all-candidates Interlake forum

By Austin Grabish

Support for the Interlake's Tory incumbent James Bezan and Liberal contender Joanne Levy appeared strong at an all-candidates forum in Gunton on Monday night.

Four Candidates vying for the Selkirk-Interlake-Eastman MP's seat spent nearly three hours answering questions from about 150 voters that packed Gunton Greenwood Memorial Hall for a forum hosted by the Teulon and Stonewall Chamber Of Commerce.

The Green Party's Wayne James was perhaps the most vocal candidate of the night.

NDP candidate Deborah Chief remained soft-spoken and Libertarian candidate Donald Grant was absent from the forum.

Voters asked questions on a myriad of issues including seniors' housing, health care, electoral reform, and the country's national debt.

More serious issues discussed included how candidates would tackle youth suicide and missing and murdered indigenous women.

Senior citizens dominated the forum and James noted the lack of youth in attendance.

"I don't see a lot of youth being engaged with the democratic process," he said. "It's like they dropped out and they accept whatever's going to happen."

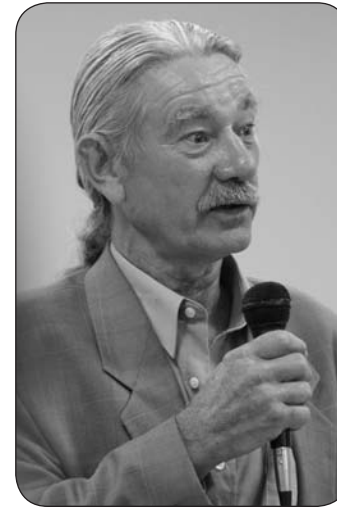
However, it was the youngest member of the crowd that put Liberal candidate Joanne Levy on the spot.



Conservative incumbent
James Bezan



NDP candidate
Deborah Chief



Green Party candidate
Wayne James



Liberal candidate
Joanne Levy

Josh Haney, 18, asked about Justin Trudeau's stance on Bill C-51, the Tories' controversial anti-terrorism legislation, which gives sweeping powers to government and police.

Haney, who serves as vice president of the NDP's Lakeside Constituency Association, wanted to know if Levy thought it was ethical for Trudeau to support the bill given mounting concerns surrounding the legislation, which he's publicly acknowledged.

Levy said she's listened to Trudeau, and thinks national security is important and something that can't be ignored.

"To dismiss C-51 without the due regard to the security of Canadians would be foolhardy," she said.

Bezan then stepped in and defended

the legislation further before James and Chief accused the bill of violating human rights.

The federal NDP have called for the bill's repeal, and Chief said it violates rights entrenched in the Canadian Charter of Rights and Freedoms.

"If we say something, if we protest something, then we may get arrested," Chief cautioned.

Bill C-51 was one of the few issues raised by voters that Chief was able to address.

She was unaware of the federal NDP's position on several issues, and wasn't able to answer a handful of questions that other candidates did.

She also spoke against an inquiry into missing and murdered women. She said she's talked to many who

feel there are better options than an inquiry.

The move puts her at odds with Tom Mulcair's pledge if elected to call an inquiry into missing and murdered indigenous women within the first 100 days of forming office.

Bezan touted the Tories' income-splitting tax benefit, discussed the threat of terrorism, as well as the uncertain global economic times.

Bezan was put on the spot when a voter brought up the MP's past dispute with Elections Canada over signage expenses.

Canada's elections watchdog had asked the Speaker to suspend Bezan over an elections expense report he had filed in 2011.

The matter was settled last year.

Rosser news in brief

By Jennifer McFee

Manitoba Water Services Board is proceeding with the Cartier Regional Water Cooperative Project installation of a water feedermain to Stony Mountain Penitentiary and the RM of West St. Paul.

Under this project, \$6 million is being used for water distribution of water in the RM of Rosser for the area north of Inkster Boulevard.

To maximize project efficiencies and avoid conflicts, the design of the wa-

terwater system will be done at the same time as the design of the water distribution system.

At a special meeting on Sept. 29, Rosser council passed a resolution for the RM to be responsible for 100 per cent of the low-pressure system engineered design costs, estimated at \$120,000.

Council also approved payment of \$4,337.27 to Chambers Painting and Decorating for painting East Rosser School.

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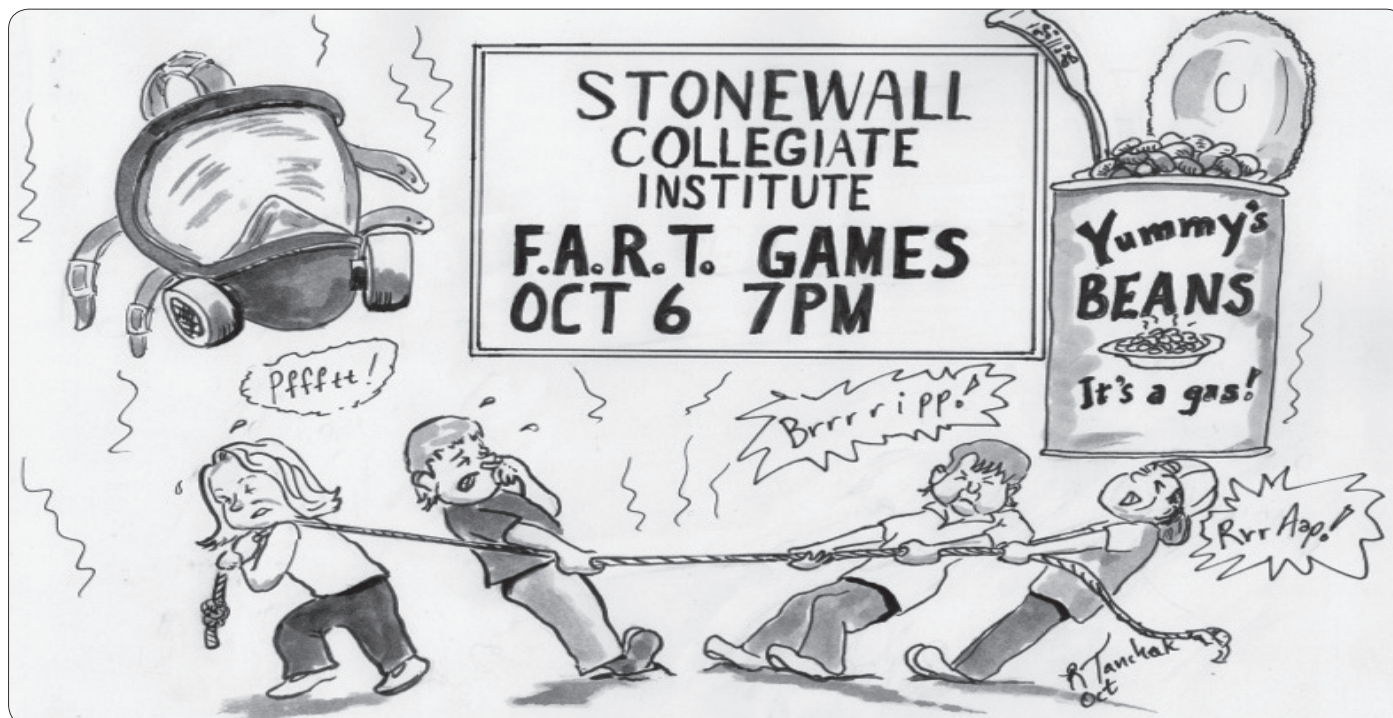
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Manitoba's doc shortage worst in Canada: report

By Austin Grabish

The number of doctors that left Manitoba last year tops any other province in Canada, a national report released last Tuesday shows.

Data in a report from the Canadian Institute for Health Information (CIHI) states 47 doctors left the province last year.

That number is higher than any other province or territory in the country, and includes a staggering number of physicians that left the Interlake-Eastern Regional Health Authority in 2014.

Progressive Conservative health critic Myrna Driedger said the report is "really bad news for patients."

Driedger said the report highlights "glaring" failures in the province's doctor recruitment and retention strategy.

"To be the worst in Canada in this area, it shows that other provinces

are fixing their problem," she said. "Something is wrong here."

She noted a dramatic spike in the number of doctor vacancies that occurred last year in the Interlake region.

In February, the *Tribune* reported the Interlake's doctor shortage had skyrocketed from having three physician vacancies to 24 in just 18 months.

The RHA cited a tighter reporting system for the increase, and last week said it is now short 25 doctors.

RHA CEO Ron Van Denakker said the region relies heavily on international medical graduates who come to the Interlake on a short-term basis.

He said the health authority is working hard to try to establish a medical clinic in Selkirk with hopes a teaching program could be launched in the city.

"The statistics are quite clear in regions where they do have clinic

teaching units. Many times the residents, when they graduate, will stay," Van Denakker said.

Meanwhile, Health Minister Sharon Blady disputed the CIHI's report.

She said she has conflicting numbers provided to her by the College of Physicians and Surgeons that show Manitoba has gained doctors every year under the provincial NDP.

"So the pool of doctors does continue to grow," she said.

Blady said the province offers a number of incentives for doctors to stay in Manitoba and will continue to work on addressing the doctor shortage.

"It's really about working with local communities and the local regional health authorities to find innovative solutions that work for each community, and we're doing that."

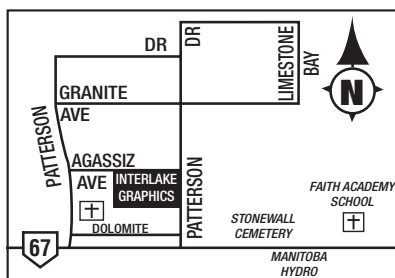
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2015 federal election

Bezan speaks out against Trudeau's stance on crime

By Lindsey Enns

Selkirk-Interlake-Eastman Conservative candidate James Bezan is speaking out against the Liberals plan to rethink guaranteed minimum sentences if elected in the upcoming federal election.

If elected, Liberal leader Justin Trudeau recently said he would consider repealing some of the mandatory minimum sentences implemented by the Conservative government.

"Rolling back the mandatory minimum sentences ... is a risk to public safety and a very dangerous public policy that will affect all Canadians," Bezan said in a release to media last Friday. "Trudeau and the Liberals are taking a dangerous approach to public safety as they want to put dangerous offenders back into our communities faster and without proper rehabilitation."

Selkirk-Interlake-Eastman Liberal candidate Joanne Levy said Bezan's shot at Trudeau and the Liberals is "yet more evidence the Conservatives are out of ideas."

"He's hunkering back to what their fundamental beliefs are, whether they're based on any kind of evidence or not," Levy told the *Tribune*. "There's absolutely no evidence that mandatory minimums decrease crime or keep us any safer."

"It can ... lead to incarcerated youth and at risk groups in our society."

Prime Minister Stephen Harper recently outlined the Conservative

government's plan to crack down on criminals. His plan includes new funding for child advocacy centres, research into the impact of crime on victims, and tougher penalties for serious crimes including murder and drunk driving. Harper has also stated that a re-elected Conservative government would make the Life Means Life Act top justice priority in the fall parliamentary session.

"I am especially pleased with this proposed legislation, as it reflects my Private Member's Bill (Bill C-478) on tougher penalties for criminals who commit brutal acts of abduction, sexual assault and murder," Bezan added.

The Life Means Life Act, introduced in March 2015, would amend the Criminal Code to ensure that offenders who are convicted of murder or high treason will be imprisoned for the rest of their natural lives with no chance of parole. This includes murders involving sexual assault, kidnapping, terrorism, the killing of police officers or corrections officers or any first-degree murders that are found to be of a particularly brutal nature.

"A prison sentence should mean what it says," Bezan said. "And a life sentence should mean exactly that — a sentence for life. Only a re-elected Conservative government will make it a priority to fight crime, protect our children and make our communities safe."

Voters head to the polls on Oct. 19.

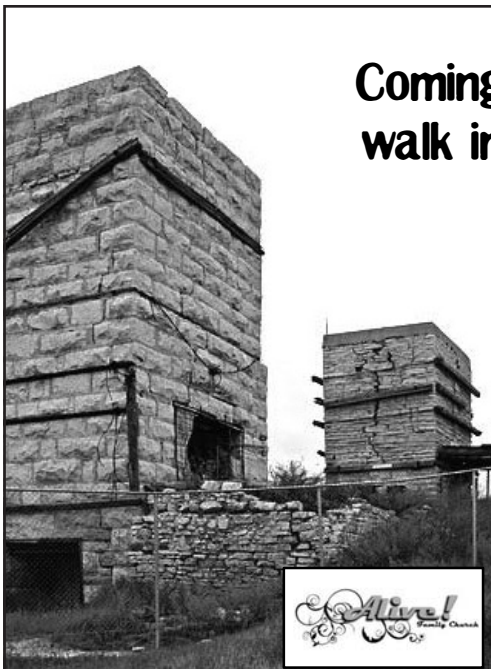
Blazing the trails



TRIBUNE PHOTO BY ROBERT E. WILSON

Riders and wagons from Diversity Horsemanship travelled along the Prime Meridian Trail to Argyle last Saturday while enjoying the fall colours and beautiful weather. Cash prizes from the best poker hands were awarded to the lucky winners while the extra funds will go towards making improvements to the riding school.

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Argyle Curling Club closer to fundraising target

By Jennifer McFee

Argyle Curling Club is a stone's throw closer to its fundraising target to replace its aging ice plant.

A social held on Saturday, Oct. 3 raised \$15,000 towards the overall project cost of \$45,000. The event featured a live auction with MLA Ralph Eichler on the microphone, as well as a progressive auction and a brown bag auction.

Guests enjoyed a delicious dinner as well and musical entertainment by local country band Broke n' Busted.

After dinner, fundraising efforts received a huge boost thanks to a surprise donation of an additional \$20,000 from Richardson Pioneer.

Doug McArthur, Richardson Pioneer's operations director for South Lakes Farm Service Centre, said that the company usually gives out around \$1.5 million each year across Western Canada.

"It's just part of what we do," McAr-

thur said. "We have the Richardson Foundation, where we give money back to the communities where our customers live and some of us live to support the communities around our business."

Colin Crockatt, president of the Argyle Curling Club, is pleased with the result of the social and with the donation from Richardson Pioneer.

"It all went well," Crockatt said. "We had lots of donations, big and small. Everything was very much appreciated."

The organization is continuing with fundraising efforts by selling tiles for \$100 each for a name recognition board that will be permanently displayed on a feature wall in the rink.

As well, Crockatt said the ice plant will be running soon, and a family open bonspiel is planned for Saturday, Nov. 21. Anyone who would like to register for the bonspiel or order a tile can call Crockatt at 204-461-1630.



TRIBUNE PHOTO BY LANA MEIER

Left to right, Bryce Mowat, Austin Beavis and Mike Gemmill all of Richardson Pioneer presented Colin Crockatt (far right) of the Argyle Curling Club with a surprise donation of \$20,000.

Stonewall earns four blooms



TRIBUNE FILE PHOTO

Pat and Larry Corbin's yard was part of the national Communities in Bloom tour.

Staff

The Town of Stonewall received a four-bloom rating and a special mention for Quarry Park Heritage Arts Centre during the 2015 National Symposium and Awards Ceremonies in Kamloops, B.C.

The Town of Stonewall participated in the 4,501 to 9,000 category along with Bay Roberts, N.L.; Carbonear N.L.; Humboldt, Sask.; Kindersley, Sask.; Perth, Ont.; and Vegreville, Alta.

Over the summer, trained volunteer judges travelled to participating com-

munities to evaluate the overall contributions of municipal council and departments, industry, businesses and the private sector — including volunteer efforts — in regards to the following criteria: tidiness, environmental action, heritage conservation, urban forestry, landscape and floral displays.

Within the actual context of climate changes and environmental concerns, communities involved in the program can be proud of their efforts, which provide real and meaningful environmental solutions and benefit all of society.

Following their evaluation, volunteer judges Brad Beatty and Lorraine Flanigan wrote: "Out of the ashes of the former Interpretive Centre, which burned to the ground in 2007, rises the LEED-certified Quarry Park Heritage Arts Centre (HAC), completed in 2011. Natural light spills into the building, which showcases interactive exhibits telling of Stonewall's historic past, including modern dioramas depicting the Ordovician Sea and the limestone quarries that gave the town its name. In addition to an oral history film re-

lating personal stories of the working quarry, the centre hosts community gatherings such as the recent Stonewall Remembers Event that featured a Remembrance Tea with music of the war years. The centre's Sunova Theatre is a popular wedding venue and the centre serves as a base for many community activities, such as the children's summer day camps. Ably curated by Catherine Precourt, the HAC is one of the town's greatest assets."

As for the local Communities in Bloom members, they are pleased with the results.

"Considering that this was the first time that we were evaluated nationally, we're quite pleased with the four blooms," said member Pat Corbin, who noted that they needed only a slightly higher score to obtain the five-bloom rating.

"It really is encouraging because we really had no idea what we were getting into when we went into this nationally as opposed to provincially."

Next year, the excitement will continue since Stonewall is slated to host provincial awards event for Communities in Bloom on Sept. 9 and 10, 2016.

"Considering that we are hosting the provincials next year, some thought has to be given as to whether we will go nationally next year or provincially or whether we will do neither of them and just do a bang up job of hosting," Corbin said.

The website www.communitiesinbloom.ca has a complete list of the national results along with an electronic copy of its latest magazine.

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'I just live on:' former Gunton woman marks 104th birthday

By Lindsey Enns

Donning a pair of stylish red glasses and a playful grin, it's almost difficult to imagine Mary Sparvath is 104.

Sparvath, who has called Selkirk's Red River Place home for nearly two years, celebrated her birthday on Sept. 22.

While visiting with her granddaughter Alison last Thursday evening, Sparvath spent most of the time smiling, laughing and watching out her window for the squirrel that often comes and visits her.

Alison said her grandmother has al-

ways been known for being independent, having a great sense of humour and, of course, her homemade bread.

For most of her life, Sparvath has also managed to stay out of the hospital except for when she needed cataract surgery and when she fractured her hip at the age of 92.

Although she may not be as sharp as she once was, her sense of humour is still very much in tact, which may just be her secret to living a long life.

"I just live on," Sparvath said, adding it's difficult to pick a favourite memory. "There's so many I can't think of

them all."

Born in Sanford to Alalina and Andrew McFee, Sparvath was the youngest in the family along with her twin brother, Sammy, who was later killed during the war. The McFees had two sets of twins and 10 children together.

Sparvath spent most of her younger years in Winnipeg where she made a living working as a maid for some high-profile people, including some downtown jewelry storeowners.

She later met and married her husband, Jens Sparvath, in 1951 and together they lived and farmed in Gun-

ton. Sparvath was known for helping out in the fields and with the dairy cows every day. The couple raised one daughter together, and when Jens died in 1985, Sparvath never remarried and later moved to Teulon.

Sparvath also had a love for travel and would often visit her brothers in British Columbia as well as spend summers in Alberta with her mother.

As for what it feels like to be 104, Sparvath simply said with a smile, "Oh, pretty good."



TRIBUNE PHOTO BY LINDSEY ENNS

Mary Sparvath shares a laugh with her granddaughter at Selkirk's Red River Place last Thursday evening. Sparvath celebrated her 104th birthday on Sept. 22.

Away or busy on October 19?

You can vote in advance.



If you're ready to vote early, you can vote at your advance polling place between **October 9 and 12, from noon to 8:00 p.m.**

Or you can vote at any Elections Canada office across the country any day until **October 13** at 6:00 p.m.

For all voting locations, check your voter information card, visit **elections.ca** or call **1-800-463-6868** (TTY 1-800-361-8935).

Elections Canada has all the information you need to be ready to vote.



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Ready to vote

October 19, 2015



Fire hall open house shows dangers of distracted driving

Staff

When the Teulon-Rockwood Fire Department is called to a car accident, there is a good chance that the crash was caused by a distracted driver.

In Manitoba, 80 per cent of all car accidents are linked to distracted driving. On average, 29 people are killed every year due to distracted drivers. These days, a main component of distracted driving is texting while behind the wheel of a vehicle.

At Teulon's fire prevention open house on Saturday, along with tours of the hall and rides in the fire truck, the public got a first hand look at the distractions drivers face when texting and driving. For a real-life demo, the fire hall had one of the Manitoba Public Insurance (MPI) Text and Drive Simulators to show just how unfocused on driving someone is when they are texting on their phone.

More than 400 people attended the open house, and many people got behind the wheel with their phones and took the simulator for a spin.

"We want to make sure that everyone is aware just how dangerous it is to text and drive," said Teulon-Rockwood Captain Taras Derbowka. The open house was a great opportunity



Alex and Shelly Musser with Taras Derbowka, TRFD, Public Education and Safety promoting 'Beep Where You Sleep'.

to have the simulator, given the diversity of the crowd that attended the event.

"A lot of the youth did not realize how detrimental it actually was. The feedback from the people I talked with who went through it was really positive."

During the event, Derbowka held



TRIBUNE PHOTOS BY ROBIN CHESTNUT

Maurice Thibideau, responding to a text while trying to keep his simulated car on the road.

public education talks with participants. This year's fire prevention week theme was centred around "Hearing the Beep When You Sleep" and having fire alarms close to the bedrooms.

"The other thing we were pushing was making sure people are routinely checking their smoke detectors and changing the batteries," said Derbowka, who encourages people to check

their alarms once a month. Along with checking alarms, Derbowka was checking with children to ensure that they knew two routes to get out of their house in case there is a fire and where the family meeting point is outside.

The MPI Text and Drive Simulator is available online at to www.whoisdriving.ca.

Early Deadline

Please note, due to the long weekend our office will be closed
Monday, October 12
and our deadlines will be
Friday, October 9 by 4:00 pm

Stonewall Teulon
Tribune **EXPRESS** **Selkirk Record**
WEEKLY NEWS

Enjoy the long weekend!

Kudos to school support staff

Sept. 28 to Oct. 2 declared School Support Staff Week by the provincial government

Staff

School support staff is getting a nod of recognition from the provincial government, which has declared Sept. 28 to Oct. 2 as School Support Recognition Week.

This proclamation honours the work done every day by school support staff for Manitoba's students in kindergarten to Grade 12 schools.

Support staff work in a variety of occupations that include custodians,

bus drivers, educational assistants, clerical supports, library technicians, maintenance and tradespeople, community liaison workers, IT support workers, labourers and utility workers, attendance officers, safety officers, couriers and food service workers.

According to the government proclamation, school support staff play a very important role in schools and in the overall functioning of Manitoba's education system.

"School support staff helps schools to ensure that the education our students receive is engaging and of high quality, preparing them for lifelong learning and participation in a socially just, democratic and sustainable society," the proclamation states.

The provincial government encourages community residents across Manitoba to express gratitude toward school support staff.



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Ralph R. Eichler,
MLA for Lakeside

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a blessed
Thanksgiving**



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Regional health authority address aging at AGM

Chair of Teulon health planning committee earns award for his work

By Jennifer McFee

Aging is inevitable.

And as our older population continues to grow, there needs to be a maintained a focus on seniors' programs and services that are available in the community.

At the Interlake-Eastern Regional Health Authority (IERHA) annual general meeting held Monday in Pinawa, CEO Ron Van Denakker addressed the issue of aging in place.

"In general, we are getting older and if we were to rely on the typical institutions like personal-care homes, there's absolutely no way that we as a system would be able to afford that," he said over the phone.

"More importantly, that's not really where people want to be. In actual fact, there is a relatively low percentage of people who actually require the services of a care home in their lifetime. But if we didn't have all of the other programs in place to keep people in their homes and in their communities, which is where they want to be, that number could be significantly greater."

Other options include supportive housing or assisted living for people who are medically stable but need a little extra help. As well, home care can sometimes include housekeeping or meal services. In addition, there have been significant investments in mental health services for seniors.

"There's all kinds of seniors programs that are being run through community groups that are funded by us, things like congregate meal programs where maybe once or twice a week elderly people will get together and go to wherever these meals are being provided. There's also wonderful socialization opportunities there," Van Denakker said.

"There's all kinds of seniors community programs through community resource councils. There's Meals on Wheels programs. There's adult day programs. People will come together and enjoy a day with other people, maybe playing cards and bingo. This really helps people to have socialization, which we know is really important for the whole wellness of individuals."

At the meeting, Van Denakker also discussed health-system sustainability.

"It's my mantra, it's my message and it's my commitment to the community that what we're trying to do is develop a plan that is a sustainable plan. It's not the ideal state but it is a sustainable state," he said.

"Our clinical services plan as a region is a reliable, dependable service. There are a lot of challenges, but regardless of the challenges, we have an obligation as a region working with our communities to provide a dependable, reliable service. "If you expect the emergency room to be open 12 hours a day, seven days a week, the plan that we put forward essentially assures you that when you do show up at ER at that time that it's open. So that's some of the work that we're trying to do over the next three to five years."

The meeting also provided a venue to recognize the work of David Oakley, chair of the Teulon health planning committee. On behalf of the committee, Oakley accepted an award for excellent customer service and community leadership.

"The Teulon health planning committee was consisting of members from the municipal leaders, the Teulon Foundation, community members and people from the IERHA to look at working towards the development of a sustainable health system in Teulon. They're very much ahead of the curve in terms of their willingness to work on a service plan that they knew was reliable and sustainable," Van Denakker said.

"David has worked tirelessly. Typically this goes to a municipal leader, but David is a very deserving recipient of this award."

The AGM provides one of many opportunities

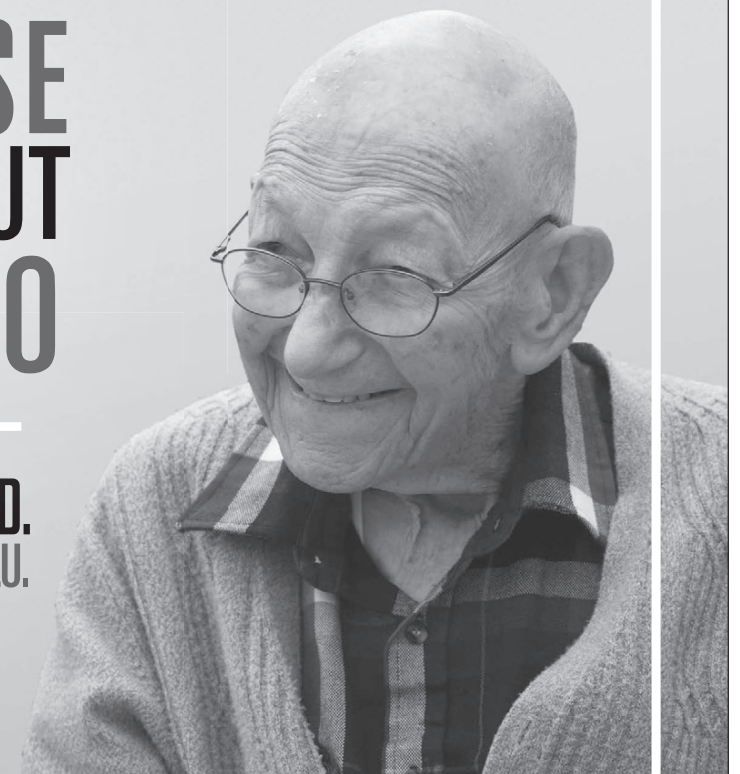
for the IERHA to engage with communities, he added.

"I'm a big proponent of town hall meetings, which we held a number of last year. There are a lot of really thriving health-care community committees that I like to participate in myself," Van Denakker said.

"I certainly like to get around the province to meet with municipal leaders and First Nations on a regular basis because it's important to hear the voice of the community."

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The annual seasonal flu vaccine is available to all Manitobans at no charge. It will offer protection against four seasonal flu strains.

An annual flu vaccine is especially important for those at increased risk of serious illness from the flu, their caregivers and close contacts.

If you are 65 or older or have a chronic illness, you should also get a pneumo vaccine. One pneumo vaccine may give you a lifetime of protection.

To get your free flu vaccine, contact your public health nurse, doctor, pharmacist or call Health Links – Info Santé at **204-788-8200** or toll-free **1-888-315-9257**.

manitoba.ca

Manitoba 

Local girl needs community support for surgery

U.S. surgery estimated to cost \$40,000

By Natasha Tersigni

In an attempt at a normal, pain-free life without feeling the daily symptoms of endometriosis, Crystal Magian is raising money for a life-changing surgery that can only be performed in the U.S.

For the past 13 years, the 24-year-old Stonewall resident has been suffering the side effects of endometriosis, the growing of endometrial tissue outside the uterus. The condition is often associated with infertility in women, and Magian's case is extreme and causes severe pain as the tissue has spread to cover other organs.

"With endometriosis, they think I have been showing symptoms since birth, which is rare. I have been suffering from debilitating pain for 13 years and it took nine years to get diagnosed," said Magian.

"Once a month, I have internal bleeding. I am in serious pain for about three weeks out of the month. I do feel pain every single day. It can get so bad that I lose the feeling in my legs and I can pass out."

The only solution that local doctors have been able to find is an ablation surgery that is conducted on Magian every two years. The surgery uses heat to

destroy the tissue but causes more scar tissue. The added scar tissue causes Magian more pain.

After researching the disease in great length, Magian was able to find Dr. Andrew Cook of the Vital Health Institute in California. Cook is a world-renowned endometriosis specialist and performs a surgery that promises to greatly improve quality of life for women suffering from the disease. Magian is hopeful that the surgery will restore a sense of normalcy and pain-free living.

"Down there, I can get excision surgery which is where they go and cut out the disease at the root. Dr. Cook has a 98 per cent success rate of the disease not returning and his patients being pain free for 10 years to a lifetime," said Magian.

Cook has agreed to perform the surgery on Magian, but since she has to go outside the country for it, Manitoba Health cannot cover the costs that total \$40,000. With the procedure set for spring 2016, Magian has set out to fundraise the money for it. She has set up an online You Caring account, www.youcaring.com/crystal-magian-434139, that has so far raised \$5,865.

As well, on Nov. 12 from 5 to 8 p.m. she is holding a Bud, Spud and Steak at The Rockwood Motor Inn. Tickets are \$20 and can be purchased by calling 204-461-2036 or 204-461-1528.



TRIBUNE PHOTO BY NATASHA TERSIGNI
Stonewall resident Crystal Magian is raising money to fund a surgery that will hopefully give her a new lease on life.

Annual Health Fair coming to Teulon Oct. 22

By Natasha Tersigni

A one-stop shop for your free flu shot and various information on health and recreation services in the

area is once again coming to Teulon.

On Oct. 22, the Teulon and District Senior Resource Centre is hosting their annual Health Fair at the Teulon-Rockwood Centennial Centre from 10 a.m. to 4 p.m.

"We are going to have a variety of exhibits for people to look at while they wait for their flu shot. There is going to be something there for everybody from diabetic information to addiction counsellor and recreation information. Exhibits will cover everything from mental, physical and emotional health and well-being," said Teulon and District Senior Council co-ordinator Barb Mankewich.

Various health organizations will be at the fair and people can take a trip through the Interlake-Eastern Re-

gional Health Authority mobile wellness clinic where people can have their blood pressure and blood sugar checked, learn about smoking cessation programs and have information and education on physical activity and healthy eating provided to them by a team of certified health-care professionals.

This year, the council is promoting the Interlake-Eastern RHA flu shot clinics and hoping that people will get their flu shot from one of the various community clinics.

"We are encouraging everyone to get their flu shot this year at one of the various Interlake-Eastern RHA clinics. It is a lot more cost effective and economical for the health-care system."

The following people should consider getting the shot: people 65 years of age and older; all children six months of age and older; personal care home residents; anyone with chronic health issues; health-care workers and first responders; pregnant women; individuals of Aboriginal ancestry; people who are severely overweight or obese; household contacts of those listed above.

Manitobans over the age of 65 should also get a pneumococcal shot at the same time as the seasonal flu shot. Most adults only need one pneumococcal shot in their lifetime.

For a complete list of 2015 Flu Clinic Interlake-Eastern RHA community flu shot clinics, go to www.ierha.ca.

Teulon Curling Club
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Stony Mountain goose shoot a tremendous success

By Jo-Anne Procter

As promised last year by Stony Mountain Goose Shoot chairman, Ed Vandekerckhove, the 13th annual shoot was once again a success.

Of the 39 mens teams and eight youth teams competing in the hunt twelve of the men's teams limited out with their 12 birds and 2 of the youth teams got their limits and overall 300 birds were taken.

The winner of the Miranda Abas Memorial Youth Division was the team of Isaiah Kleinsasser, Matt Wollman, Trevor Walde and Eric Penner. The team limited out and weighed in with 87.12 lbs. Mitch Buckle's team took second place with 86.22 lbs. and third went to Chris Baril's team that shot 10 birds weighing 83.20 lbs.

In the men's division Kenton Byle's team of Shawn Slatcher, Rick Porter and Darren Thiessen won for the third year in a row by limiting out and weighing in with 112.63 pounds. Marcel Mercredis' team won second place, with 108.73 lbs. while Colton King's team won third with 105.91 lbs.

Scott Miskiewicz shot the largest bird of the day that weighed 13.22 lbs and Mark Skibinski shot the smallest weighing 3.77 lbs.

Vandekerckhove told the *Tribune* it was a tremendous success even though the weather for hunting wasn't ideal.

"Considering it was plus 20 degrees, not a cloud in the sky or a breath of wind, it was a pretty good take." He also stressed that the event would not be possible without the help of over 75 volunteers, the landowners that graciously allow the use of their properties, the generous event sponsors and all the hunters that participate each year.

The Stony Mountain Goose Shoot is a fundraiser put on by the Stony Mountain Curling Club to help with operating costs for the year. The Club also makes various donations in the community including the Christ Church Cemetery fund for repairs and upkeep.



TRIBUNE PHOTOS SUBMITTED

First place winners of the Stony Mountain Goose Shoot, from left, Shawn Slatcher, Rick Porter, Darren Thiessen and Kenton Byle.



The Miranda Abas Memorial Youth Division winners from left, Isaiah Kleinsasser, Matt Wollman, Danny Kleinsasser, Trevor Walde and Eric Penner.

Public Consultations

Share Your Views on Manitoba's rural veterinary services

The **2015 Rural Veterinary Task Force** is holding public meetings across the province to hear what you have to say about Manitoba's rural veterinary services. These meetings will be open for presentations and discussions anytime between 1:30 p.m. and 7:00 p.m. at the following locations:

Dauphin – Tuesday, October 20

Canway Inn and Suites, 1601 Main Street

Brandon – Wednesday, October 21

Riverbank Discovery Centre, #1-545 Conservation Drive

Stonewall – Thursday, October 22

South Interlake-Rockwood Agricultural Society's Red Barn, south of Stonewall on Hwy 236
(French language services will be available)

Online survey - If you cannot attend these meetings, you may respond to a survey available on the Manitoba Agriculture, Food and Rural Development website at manitoba.ca/agriculture.

To make a written submission or for more information - Contact Dr. Paul Schneider at chairman.ruralvettaskforce@gmail.com.

Canada

Growing Forward 2
A federal-provincial-territorial initiative

Manitoba

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PROTECT OUR WATERS. Any watercraft or water-related equipment such as boats, Jet Skis®, docks in the water for more than 24 hours, requires a directive providing information on removing zebra mussels and preparing equipment for winter storage. The directive is available:

- online at manitoba.ca/StopAIS • by emailing fish@gov.mb.ca
- in person at Manitoba Conservation and Water Stewardship regional offices in Riverton, Gimli, Winnipeg Beach, Selkirk, Pine Falls and Grand Beach between 8:30 a.m. and 4 p.m., Monday to Friday
- in person at 200 Saulteaux Crescent in Winnipeg between 8:30 a.m. and 4 p.m., Monday to Friday

Manitobans are reminded the possession of zebra mussels is prohibited.

For more information and how to CLEAN, DRAIN, DRY and DISPOSE of zebra mussels, visit manitoba.ca/StopAIS or call toll free 1-877-867-2470.

Manitoba

More than \$500K donated through Co-op's Drink Pink

Local gas stations participate in Drink Pink breast cancer fundraiser

News Release

It's been more than a year since Julie, 21, and Heather, 40, were diagnosed with breast cancer. Despite their initial shock at the diagnosis, they're now speaking about their experience in a video as part of Co-op's Drink Pink campaign in October.

"It's like having your life put on hold for a year and everything has changed," Heather said. "How your treatment goes and what they end up offering you for treatment changes a lot depending on how early you catch it."

Drink Pink is a partnership between the Co-operative Retailing System (CRS) — comprised of FCL and over 200 independent retail co-ops across Western Canada — and Van Houtte Coffee Services Inc. that has raised

\$505,000 since 2010. The partnership donates 10 cents to the Canadian Breast Cancer Foundation (CBCF) for every cup of coffee sold in October at participating Co-op Gas Bars and Food Store delis. Co-op will also donate a portion of proceeds from special merchandise offers, such as travel mugs, available throughout the promotion.

"We continue to aid in the pursuit of creating a future without breast cancer," said Vic Huard, executive vice-president of strategy at Federated Co-operatives Limited. "Working with retail co-ops, we're taking action by engaging Co-op members and customers and supporting the scientific research that will benefit people like Julie and Heather as well as many other families here in Western Canada."

"Van Houtte Coffee Services is proud to again partner with Co-op on this great event," said Lori Empey, regional account manager at Van Houtte Coffee Services. "The success of this event over the last five years has been wonderful. Together, we are committed to finding a cure and ending breast



TRIBUNE PHOTO SUBMITTED

Julie Vickaryous (left) and Heather Whyte's friendship began at a very unlikely place — at the Saskatoon Cancer Centre.

cancer."

In addition to Drink Pink, the CRS supports breast cancer research with a three-year \$1.5 million donation made in 2014 and regional sponsorship of CIBC's Run for the Cure. On Oct. 4, the CRS will donate bananas, oranges and granola bars for more than 30,000 Run for the Cure participants at 10 race locations.

"Since 2010, Federated Co-operative Limited and Van Houtte Coffee Services have made it possible for Canadians to make a positive impact on the breast cancer cause with a simple cup of coffee," said Liz Viccars, executive director for the Canadian Breast Cancer Foundation — Prairies/NWT Region.

"The \$505,000 raised through the Drink Pink program over the past

five years has enabled the foundation to continue to invest in the best and brightest minds in breast cancer research across the Prairie provinces. The research projects we invest in are driving scientific advances and bring us closer to our vision of creating a future without breast cancer. We are very appreciative of the support of Federated Co-operatives Limited, Van Houtte Coffee Services and their generous customers who give so much every October. We are all in this together."

Watch Julie and Heather share their stories at www.drinkpink.coop.

Local Co-op gas stations participating in the Drink Pink program include Stonewall, Teulon, Arborg, Selkirk and Winkler.



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Woodlands - Woodlands Hall

Oct. 12

3:00-6:00pm

Thanks to all the communities for organizing another great season of fall suppers!

More than just a train ride



TIRBUNE PHOTO BY JO-ANNE PROCTER

Each year the Vintage Locomotive Society (VLS) recognizes a volunteer who goes above and beyond. A volunteer who gives of his or her own time unselfishly and without concern for monetary profit. Someone who provides a much-needed service while enhancing the VLS's mission through the Prairie Dog Central's vintage train.

This year's recipient is Grosse Isle's Jim Harris. Harris is a dedicated volunteer who, without a doubt, adds validity to the VLS motto "more than just a train ride."

Last Sunday during the Grosse Isle Fall Supper, VLS President and CEO Bob Goch, left, presented Harris with a plaque in the presence of family and friends. A humbled Harris accepted the award but wanted to acknowledge the many other deserving volunteers.

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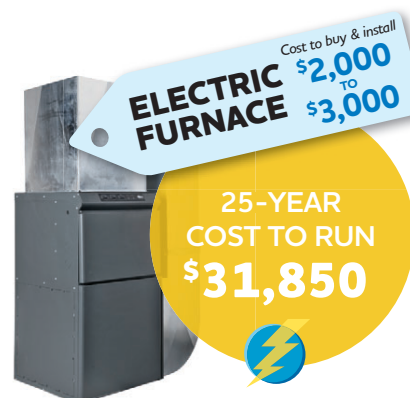


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OCTOBER IS SENIORS MONTH

10 TIPS to help you LIVE LONGER

You want to live a long time and be healthy as well? Here are some tips to help you stay young at heart and healthy in body.



1. Stay active. Get moving! Go golfing, dancing, swimming or biking. Play tennis or do some gardening. To stay fit, do at least 150 minutes of moderate-to high-intensity physical activity per week and adopt an active lifestyle. For example, use the stairs instead of the elevator and

walk or bike to get where you're going whenever possible.

2. Watch your diet. A healthy, balanced diet improves your general well-being and is essential for controlling your weight, cholesterol levels and blood pressure. Follow the Canada Food Guide's recommendations; eat less sugar and be moderate in your consumption of alcohol.

3. See your doctor on a regular basis. An ounce of prevention is worth more than a pound of cure, and that's why your doctor is your best ally. Have regular checkups and go for recommended screening tests. An early diagnosis can make all the difference in the event of illness.

4. Take care of yourself. Listen to your body, and see your dentist and optometrist regularly. Exercise your brain to keep your memory active, and splurge once in a while on beauty treatments or activities that boost your morale.



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5. Get enough sleep. Lack of sleep increases irritability and reduces concentration. It also increases the risk of heart disease and certain cancers. For most people a good night's rest involves at least eight hours of sleep.

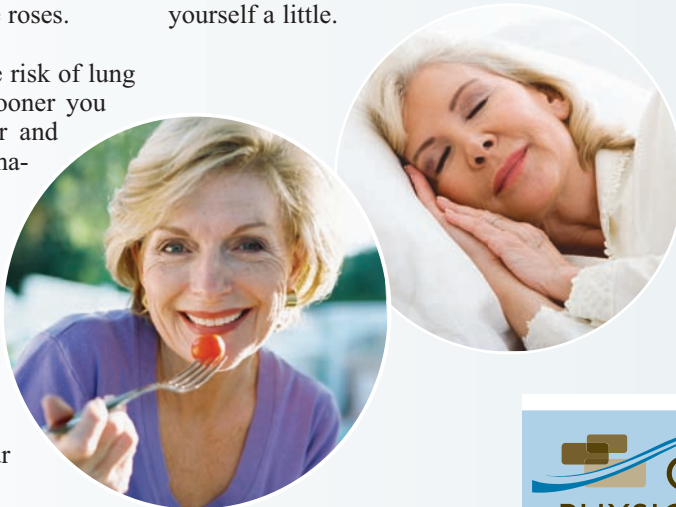
6. Relax. Learn to manage your stress. Intense stress can cause insomnia and even skin rashes. It can also aggravate conditions such as high blood pressure and Type 2 diabetes. Take time for yourself and relax. Do yoga, learn to breathe properly, get a massage or read. In other words, slow down and smell the roses.

7. Quit smoking. Smoking increases the risk of lung cancer, heart disease and stroke. The sooner you quit, the sooner your body can recover and benefit from reduced chances of a premature death.

8. Cultivate your social life. Having a full social and emotional life helps you live longer and makes it easier to enjoy life's little pleasures. Surround yourself with people you love, and spend time with your family. Volunteer, join a club or sports team and consider adopting a pet. Avoid isolating yourself, because doing so is harmful to your health.

9. Maintain your passions. It's important to have fun and to have a hobby that you love. Set goals and objectives for yourself, whether it's to improve your backhand in tennis or put in another flower bed in your backyard. Working on projects helps you keep an active mind and high spirits.

10. Treat yourself. Go on a trip or change your decor. Buy some tickets for a show or go see a movie. Eat out, or invite someone in for a meal. Think about your own needs and spoil yourself a little.



To live as long as possible, it's important to stay young at heart and learn to see the positive side of things. Practice gratitude and appreciate what you have. Take every opportunity to laugh, and above all, make the most of the moment.

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Chamber Luncheon - Tuesday, October 20th 11:45am at Stonewall Youth Drop In Centre. RSVP to Stephanie at 204-467-5836 before Friday October 16th at Noon. Cost \$15

Speaker: Melodie Mueller, Workplace Coordinator



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Election Forum

Voters lined up to ask questions at the all-candidates forum in Gunton on Monday night. Four Candidates vying for the Selkirk-Interlake-Eastman MP's seat spent nearly three hours answering questions from about 150 voters that packed Gunton Greenwood Memorial Hall for a forum hosted jointly by the Teulon and Stonewall Chambers of Commerce.

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Kernested Holdings	204-467-2365
Owen McDonnell Farms	204-886-2040
Todd Studler	204-697-1820
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Upcoming Events

Executive Meeting-Friday November 6th 8am Rockwood Motor Inn-Members Welcome

Executive Meeting-Friday December 4th 8am Rockwood Motor Inn-Members Welcome

Festival of Lights Santa Claus Parade-Friday December 4th 7pm Main Street, Stonewall

Annual Christmas Dinner-Tuesday December 15th Location tbd

For more information about becoming a member:
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Inking of TPP a game-changer for Canada

By Harry Siemens

On Monday in Atlanta, Georgia, trade ministers from 12 countries announced the conclusion of a landmark Trans-Pacific Partnership (TPP) agreement that will allow farm exports to grow substantially.

By eliminating tariffs and bringing new disciplines to non-tariff barriers like those related to biotechnology, the agreement is expected to improve the competitiveness of the Canadian farm industry.

The new trade deal is getting great responses from the ag sectors which depend so heavily on trade of their produce to other countries.

"Gaining improved market access is crucially important for Canada's export-oriented agriculture industry," says Levi Wood, president of the Western Canadian Wheat Growers. "Allowing competitors to gain preferential access to key export markets would have been devastating for the grain, cattle and hog sectors."

The TPP deal will ensure market ac-

cess for Canadian wheat, canola, barley and other crops is equal to access for Canada's main competitors in the United States and Australia.

The Wheat Growers say substantial gains are also expected for export shipments of Canadian beef and pork.

The agreement should also lead to significant improvements in market access for Canadian canola oil, malt and other processed grain products.

Expansion of the livestock sector and grain processing in western Canada is seen as vitally important in broadening market options for prairie grain farmers and reducing our dependence on shipping raw grain by rail.

"This deal will significantly strengthen the agricultural economy in western Canada," says Wood. "We congratulate negotiators on reaching an agreement that will allow agriculture to make an even greater contribution to Canada's prosperity."

Patti Miller, president Canola Council of Canada, says eliminating tariffs on canola oil in Japan is a huge benefit to

the canola industry.

"Once the agreement is fully implemented, the TPP will put us on a level playing field in one of our most valuable export markets," says Miller.

Japan is a long-standing and consistent market for canola seed, but tariffs of approximately 15 per cent have prevented oil exports. Through the TPP, the canola industry estimates that when tariffs are fully eliminated in Japan and Vietnam over five years, exports of canola oil and meal could increase by up to \$780 million per year.

In 2014, more than \$1.2 billion in canola seed was exported to Japan. As governments eliminate tariffs, the canola industry estimates that exports will shift increasingly to value-added oil and meal, while maintaining the overall volume of canola exported.

"Canada has a globally competitive canola processing sector," says Miller. "By eliminating tariffs on value added products, the TPP will increase the value of our exports and bring benefits to the whole canola value chain. This in-

creased value will flow through communities across the country."

The inclusion of commitments to prevent biotechnology related measures from being trade barriers in the TPP could also be beneficial to the canola industry, Miller said, including commitments around approval processes of new biotech products and measures to minimize the impact of low level presence incidences.

"Leadership shown by the government of Canada to make sure that Canada benefits from this landmark agreement will help the canola industry to continue growing and supporting communities," says Miller.

Implementing the agreement quickly is important for the canola sector, as Australia currently has preferential access to ship canola oil to Japan through their bilateral free trade agreement implemented earlier this year.

Once the TPP is fully implemented, Canadian canola will be on a level playing field with other oils into Japan.

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October is Car Care

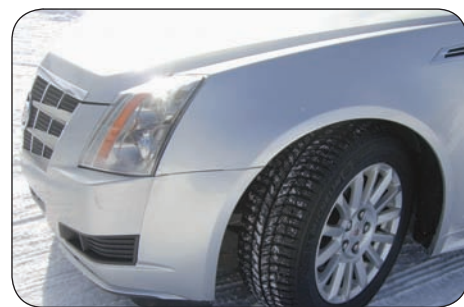
Should you wax your car before winter?

There was a time when waxing the paintjob of a car was pretty much necessary in order to keep it shiny and well protected. That era is now long gone, since auto manufacturers have developed automobile paint to the point where it barely needs any attention other than an occasional washing. In fact, car paint today has a very hard, clear quality that resists fading and, to a certain extent, light scratches.

There are still many proud car owners out there who swear that a coat of wax before winter helps protect their car's paint. So much the better, because there is certainly no harm in a good wax job! But choosing the right wax is not as easy as it was before, as fewer people know about the products available these days. Keep in mind that while some auto parts stores offer specialized waxes for expensive cars or custom cars, hardware stores offer a range of products

for the average car owner.

Whether you choose to wax your car yourself or have it waxed by a car detailing shop, have the vehicle well washed beforehand. You might also want to purchase some car care products to protect the interior and the tires. Some garages and detailers can prepare your vehicle for winter with special products in order to prevent the kind of light paint damage that could turn into rust spots next spring. You paid big money for that vehicle, so it's natural to want to protect it the best you can!



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Useful winter tools



Many people like to carry a few specific tools in the trunk of their vehicles during winter, in case of roadside or weather-caused emergencies. Even if your vehicle is an all-wheel-drive SUV or a full-fledged four-wheel-drive truck, some tools can come really handy in extreme situations.

Firstly, it is a good idea to keep a light shovel in the trunk. It can be a simple aluminum one, but if the car is small and doesn't have much trunk space, hardware stores sell foldable plastic shovels that will do the job. Another great piece of equipment to keep in back of the car is a traction aid. These are devices that help motorists get unstuck from snowed-in or iced-in situations. Traction aids come in many shapes and sizes; some are made of tough plastic, others of steel material. They usually come in a small box with very simple assembly instructions.

Many drivers like to carry booster cables in their cars — especially older cars — in case the battery dies on a very cold day. It is best to buy high quality cables that come in a solid carrying case. Boosting a car is a specific technique that requires some knowledge. Fortunately, a good booster cable kit will come with clear instructions and a device that can help you identify the posi-

tive and negative poles. Getting them mixed up can cause damage to the car.

If you travel a lot or drive to remote places, it would be a good idea to get a winter survival kit that includes a survival blanket, a candle, and a lighter. The last two items have been proven to provide a little bit of heat in a stalled car in winter. If you ever need to use either, make sure you open a window slightly to allow fresh air to circulate.



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TRIBUNE PHOTO BY JESSICA CAREY

Sunova's Director of Greetings Gallagher was visiting in Stonewall Monday and showed his appreciation for the belly rubs by buying coffee for some folks in line at the Tim Horton's drive thru. Pictured left to right: Chantelle Grenkow, Bonnie Spidel, Gallagher's personnel assistant Laurie Keith, and Dawn Bourque. Gallagher loves to make new friends and just wanted to warm up an otherwise grey day!

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Manitoba Hydro makes buying a Power Smart home easier than ever

News Release

Manitoba homebuyers are going to find it easier than ever before to buy a Power Smart home, thanks to a new program being launched by Manitoba Hydro. The Power Smart for New Homes program will see Manitoba Hydro partnering with the new home construction industry to increase the energy efficiency of new Manitoba homes.

Under the program, Manitoba homebuilders can receive incentives directly from Manitoba Hydro to assist them in designing for innovation and incorporating new energy efficient technologies in their homes. These rebates mean builders can bring the latest technologies to home buyers at a lower cost.

"Making our province a leader in the development and construction of energy efficient homes will help all Manitobans and create green jobs," said Dave Chomiak, minister

Winfield transfer station gives trash a second life

By Natasha Tersigni

Discarded electronics, stacks of rubber tires and mountains of trash filled in plastic garbage bags are common images that are often seen at the local community garbage dump. While dumps are not usually synonymous with environmental friendliness, officials with the RM of Rockwood and the community group Rockwood Environmental Action Community Taskforce (REACT) have taken great steps to change that at the Winfield Road Waste Transfer Station.

Over the past few years, initiatives have been put in place to make the Winfield site a place where residential trash is given a second life. While the odd load of trash does still end up going to a landfill, there are several programs the station has implemented to ensure as much as possible is reused or recycled.

There is a recycling container for almost everything at Winfield. A special electronics collector is set up for any type of electronic item, including televisions, stereos, printers and speakers, that are then sent to a company that reuses and recycles the parts. Another storage unit collects hazardous household chemicals including paint to ensure that those chemicals are properly disposed of. A tire bin collects discarded rubber tires to ensure they get recycled properly. The transfer station even has a compost for yard waste including leaves.

One shed at Winfield that is grow-



Winfield Road Waste Transfer Station attendant Donna Hanischuk shows off the site's Swap Shop where people drop off any number of household items that need a new home. The recycle shed is increasing in popularity and is just one of many initiatives the transfer station has implemented to ensure that items are recycled or properly disposed of in an environmentally friendly way.

ing in popularity is the Swap Shop.

"Everybody is loving our recycle shed; I am getting more and more customers for that. If you have something that is still useable that other people might want, we put it in there. People come and shop in there and take what they need," said Winfield Transfer station attendant Donna Hanischuk, who added that a variety of items get dropped off, including book cases, chairs and children's items.

Hanischuk told the *Tribune* that often

people come to Winfield to find items rather than dump them.

"Wood is very popular as well. A lot of people will come here looking for wood before they go to the lumber yard. People will often get their firewood here," said Hanischuk.

The Winfield site also has its own municipal recycling program where people can drop off any recycling material that would go into a curb-side blue box, including aluminum food and beverage cans (no aluminum

foil or foil pans); beverage containers (milk cartons, juice boxes, etc.); box-board (non-corrugated); cardboard (corrugated); glass bottles and jars (not broken); paper (bond, catalogues, flyers, magazines, newspapers); and plastics (no plastic bags, no Styrofoam).

For more information on hours of operation and all the services the Winfield Road Transfer Station offers, go to the RM of Rockwood's website www.rockwood.ca.



TRIBUNE PHOTO BY NATASHA TERSIGNI

Paramedic staff shortage a growing issue for Interlake-Eastern RHA

By Natasha Tersigni

Given the sheer distance between residents and the closest hospitals, paramedics working for the Interlake-Eastern Regional Health Authority (RHA) play a vital role in frontline medical services. In the region, paramedics are a critical health-care provider in assessing and treating a patient during a medical emergency. With 20-plus vacant positions for paramedics in the region currently, Interlake-Eastern RHA CEO Ron Van Denakker knows he has a problem on his hands and he is not sugar coating it.

With understaffed positions, Interlake-Eastern RHA paramedics are having to work overtime to ensure that provincial response time requirements are being met. Van Denakker told the *Tribune* the current plan is a Band-Aid solution to a larger problem.

"There are times when we are un-

able to staff all of our trucks. What we are doing is bringing paramedics in at overtime rates to be able to fill the vacancies. What concerns me about this is that people are accepting these shifts and working very long hours. I don't think we are unable to meet the needs of the community right now, but I worry about this particular way of doing things. It is not sustainable," said Van Denakker.

While the Interlake-Eastern RHA is constantly recruiting fresh paramedic graduates, the root of the staffing problem lies at wages. In Winnipeg, paramedics make approximately \$7 an hour more than paramedics in the Interlake-Eastern RHA. That wage discrepancy is causing a recruiting and retention problem.

"I don't know the specific number, but I know there is a gap and it is a significant gap," said Van Denakker.

"So many of the paramedics are from Winnipeg. They take their jobs

with us and then they take the city jobs later on."

Van Denakker added that the level of training in the Interlake-Eastern RHA is often times higher than Winnipeg's, but after a few years, paramedics move on to higher wages.

"In a rural setting, we are trying to train more advance-care paramedics because it is important to have that level of skills in these areas," said Van Denakker.

"We will continue to fill positions. We want all those trucks on the road so we can continue to meet the provincial requirements of response times and provide safe service to our communities."

For now, the Interlake-Eastern RHA will continue to recruit paramedics and attempt to retain them, but with a growing wage discrepancy, it is unsure how much longer paramedics will be willing to make less than their Winnipeg counterparts.



TRIBUNE PHOTO BY NATASHA TERSIGNI

The Interlake-Eastern Regional Health Authority is currently facing a paramedic shortage. The paramedics they currently staff are overworked and underpaid compared to their Winnipeg colleagues.

Stonewall resident earns MADD award

Robin Allan to be recognized for his efforts at Mothers Against Drunk Driving AGM

By Jennifer McFee

When Stonewall resident Robin Allan collects empty beer cans from local highways, he creates a ripple effect of rewards.

Not only does he contribute to a cleaner environment, he also returns the empties and donates the deposits to deserving causes.

Now the Winnipeg chapter of Mothers Against Drunk Driving is recognizing Allan for his ongoing generosity, which includes donations to the group totalling about \$1,000 — collected dime by dime after returning 10,000 empties.

At the MADD Winnipeg annual general meeting on Oct. 20, Allan will receive the Community Recognition Award for 2015.

"It came as a complete surprise to me. I do a lot of walking in the country, and two years ago I started picking up beer cans and I realized that there were quite a few. This would accumulate, and I decided that I wasn't going to keep the money for myself, that I would donate it," he said.

"I thought donating to Mothers Against Drunk Driving would be appropriate because the beer cans were coming off of highways and roads adjacent to Stonewall."

On foot or on his bike, Allan continues to collect empties along local roads and highways.

"You can go out on a weekend, especially if the weather's warm, and there will be new cans along any of the highways. In Stonewall, there's always cans on 236. There's Highway 67, but then there's Highway 7 and

Highway 6 not very far away. Then the other road where there is a lot of beer cans constantly is the Old Warren Road," he said.

"I walk or ride my bike and hit all those highways. Sometimes I go to golf courses and there's always beer cans. Sometimes I raid bins and dumpster dive, whatever it takes."

In addition to MADD Winnipeg, Allan has also made donations to other local groups including fire fighters, Scouts, the food bank and palliative care. He's currently working towards a donation for the local library.

Melody Bodnarchuk, president of the MADD Winnipeg chapter, says the organization will be recognizing Allan for his efforts.

"At our AGM every year, we plan to give a community recognition award to a community member who has gone over and above to make MADD successful and has supported keeping a local chapter in Winnipeg and the capital region," Bodnarchuk said, adding that the local chapter is run entirely by volunteers on a \$20,000 annual budget.

"Since we don't get any funding from anywhere, not even MADD Canada, we are responsible for fundraising to be able to have a chapter. Without the fundraising that people do, we would not have a MADD chapter in Winnipeg."

Bodnarchuk understands first-hand the impacts of impaired driving, since she lost a nephew to an impaired driver on Nov. 10, 2010.

"He was 22 and he lived with us. The kid was gelling his hair and getting ready to go to a movie. Ten minutes



TRIBUNE PHOTO BY JO-ANNE PROCTER

Robin Allan has been collecting empty beer cans and bottles littered along local highways for the past two years. After returning the empties, he donates the funds, including about \$1,000 to MADD Winnipeg

later, somebody killed him. It's very difficult for the families and it's completely senseless," she said.

"In Canada, impaired driving deaths are twice that of homicide. I think a lot of people don't realize that. Every day, four Canadians die and 170 are injured. This is why we work so hard to get that word out and we want to honour the victims. To us families, it really does feel no different than a murder."

In remembrance of all victims of impaired driving in Manitoba, the group plans to build a memorial wall at Glen Eden Memorial Garden in West St. Paul next summer.

"There are four of them in the Maritimes, but ours will be the first in Western Canada," she said.

"If anybody would like the name of their loved one on this wall, they

need only contact us and we'll put the wheels in motion to have their names added. They don't have to be known to MADD and there's no cost to this. I've been trying to do fundraising to pay for it, but donations are gratefully accepted."

For anyone who would like to make a donation to MADD Winnipeg or add a name to the memorial wall, they can call 204-896-6233 or email maddwinnipeg@shaw.ca. There is also a PayPal account set up through the website at www.maddchapters.ca/winnipeg.

The public is also invited to the MADD Winnipeg AGM, which is set for 7:30 p.m. on Oct. 20 at Canad Inns Garden City. The awards ceremony, however, will occur before the meeting and is opened to the public.

> MANITOBA HYDRO, FROM PG. 25

Utility partners with homebuilders for new Power Smart for New Homes program

of mineral resources for the province of Manitoba. "It helps our builders by promoting innovation and will give consumers more Power Smart choices when purchasing a new home. Being Power Smart is good for your pocketbook and great for the environment."

"The program's objective is to lead the development of innovation in energy efficiency by partnering with builders who are at the forefront of

the industry," said Lloyd Kuczek, vice-president of customer care and energy conservation. "It goes beyond recent advancements in the Manitoba Building Code toward the next generation of code changes, helping builders be the leaders of this change."

Other new home standards that have made significant strides in promoting efficiency will also be supported by the program.

"We view these programs as allies in our quest for more energy efficient homes. For that reason, programs such as Passive House, Net Zero, R2000 and others are compatible with Power Smart for New Homes," explained Kuczek.

"Sustainable Building Manitoba enthusiastically supports the launch of the Power Smart for New Homes program. Along with the many other Power Smart initiatives, this program will continue to move Manitoba forward as a leader in sustainable building practices," says Dawn Fraser, chair of Sustainable Building Manitoba.

If 10 per cent of new homes in Mani-

toba are built Power Smart by 2020, the program will have saved enough energy to power 330 homes for a year, and reduced carbon emissions equivalent to taking over 1,000 cars off the road. In addition to savings, the program will enhance local industry expertise and reinforce Manitoba's reputation as a leader in energy efficiency.

Building energy efficient homes at a lower cost benefits new homebuyers. Power Smart homes not only have lower ownership costs, but they are often more comfortable, durable and hold their value better than homes without energy efficient upgrades.

sports & recreation

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Local teams compete in various volleyball tournaments



TRIBUNE PHOTO BY STEPHANIE DUNCAN

The Stonewall Rams earned a spot in the quarter-finals after edging the Maples Collegiate Marauders 2-1 at the DMCI junior varsity boys' tournament last weekend.

By Brian Bowman

The Warren Collegiate Wildcats varsity boys' volleyball team won a tournament in Goose Lake last weekend after defeating the host Raiders in the championship match.

Warren swept Goose Lake by scores of 25-20 and 25-19.

The Wildcats reached the finals after beating the Frontier Raiders 2-0 (25-15, 25-16) in a semifinal game. In the quarter-finals, Warren pounded the R.D. Parker Trojans 2-0 (25-9, 25-12).

Warren was 7-1 in pool play after 2-0 wins over Rosburn (25-15, 25-20), Goose Lake (27-25, 25-19) and Swan Valley (25-13, 25-16). The Wildcats split with Frontier (25-19, 16-25).

The Wildcats' varsity girls' squad was also in Goose Lake, losing 2-0 (25-13, 25-23) to the Grandview Spartans in the quarterfinals. Warren was 7-1 in pool play to place second in the five-team division.

At a Calvin Christian Collegiate varsity girls' tournament, both the Teulon Saints and Stonewall Collegiate Rams sent teams.

Stonewall was 5-1 in pool play and then lost to Linden Christian in the quarter-finals. Teulon was 1-5 in pool play and then was knocked out of the B-side playoffs with a first-round loss to Springfield.

The Rams' varsity boys' team, meanwhile, lost a third-place game 2-0 (25-19, 25-17) to Tec Voc at a Shaftesbury

tournament.

Stonewall started the playoff portion of the tournament with a 2-0 (25-20, 25-12) win over Shaftesbury but then lost 2-0 (25-22, 25-13) to the Kelvin Clippers.

The Rams were 6-2 in sets in pool play.

In the other pool, Teulon placed second with a 5-1 record before losing 2-0 to Tec Voc (25-24, 25-18) in the quarter-finals.

In junior varsity boys' action, Warren defeated Arborg 2-0 (25-16, 25-22) in the championship game of a Riverton tournament.

Warren was 8-0 in sets in the five-team pool play, followed by Arborg (6-2), Fisher Branch (4-4), Charles Sinclair (2-6), and Riverton (0-8).

At a Reiver JV Invitational at Kildonan East, the Teulon Saints finished with an 0-6 record in sets and did not advance to the playoffs. Teulon lost 2-0 to Oak Park, Niverville and Springfield.

Stonewall Collegiate, meanwhile, was knocked out of a DMCI junior varsity boys' tournament after losing 2-0 to River East in a quarter-final matchup. The Rams earned a spot in the quarter-finals after edging the Maples Collegiate Marauders 2-1.

In pool play, Stonewall was 0-6 in sets after losing 2-0 to Linden Christian, River East and DMCI.

Fisher named to U18 Team Manitoba female hockey roster



Mekaela Fisher

By Brian Bowman

Warren's Mekaela Fisher was one of 20 players named to Hockey Manitoba's U18 female roster, it was announced Monday afternoon.

Fisher, a forward, plays for the Central Plains Capitals.

The U18 roster includes two goaltenders, six defencemen, and 12 forwards. The roster also includes U18 Team Canada players Jalyn Elmes (Yellowhead Chiefs, Brandon), Kayla Friesen (St. Mary's Academy, Winnipeg) and Ryleigh Houston (Balmoral Hall School, Winnipeg).

Team Manitoba will be compet-

ing at the U18 National Championships from Nov. 4-8 in Huntsville, Ont. This tournament includes eight provincial and regional teams, including Alberta, Atlantic, British Columbia, Manitoba, Ontario Blue, Ontario Red, Quebec and Saskatchewan.

Manitoba's U16 roster was also announced Monday.

The final roster includes 2015 WHL Bantam Draft first-round picks; Jett Woo (fourth overall, Moose Jaw Warriors), Koby Morrisseau (ninth, Spokane Chiefs), Riley Stotts (10th, Swift Current Broncos), Daw-

son Barteaux (14th, Regina Pats) and Caiden Daley (22nd, Brandon Wheat Kings).

Team Manitoba's U16 squad will compete at the 2015 Western Canada Challenge Cup from Oct. 27 to Nov. 1 in Calgary.

The Challenge Cup is a four-team, round-robin tournament and skills combine with Alberta, B.C., Manitoba, and Saskatchewan serving as a major showcase for top WHL prospects and the Hockey Canada U-17 Program of Excellence.

sports & recreation

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Lightning strikes twice in overtime action

By Brian Bowman

The Interlake Lightning found themselves part of two very close hockey games last weekend.

And they found a way to win both of them.

Interlake started their Manitoba Midget AAA Hockey League regular season with a pair of overtime wins last weekend in Teulon.

The Lightning edged the Pembina Valley Hawks 2-1 on Friday evening and then overcame a 3-1 second-period deficit to nip the Norman Northstars 4-3 on Sunday afternoon.

In Sunday's win, Nicholas McCartan scored the game winner, assisted by Riley Vautour, in OT. Trailing 3-1 in the second, Interlake's Sean Loutit scored a power-play goal and then Noah Basarab potted a shorthanded marker at 6:39 of the third to tie the score at 3-3.

Interlake took an early 1-0 lead as Jordan Woytowich netted a power-play goal.

But Norman came right back with two power-play goals of their own. Justin Nachbauer tied the score at 1-1

at 5:40 of the opening period and then Michael Markus tallied just under five minutes later.

Tristan Galarneau then scored an even-strength goal with 56 seconds left in the first period.

Interlake outshot Norman 58-41. Adam Swan earned the win in goal.

The Lightning began their regular season with the one-goal victory over Pembina Valley.

Storm Swan scored the game winner in overtime, assisted by Preston Phillips and Jack Einarson.

Vautour had tied the score at 1-1 with a third-period goal. Garrett Szeremly gave the Hawks a 1-0 lead with a second-period goal.

Nathan Cvar made 24 saves for the win. Interlake outshot Pembina Valley 42-25.

Interlake will continue its three-game homestand when it hosts the Central Plains Capitals this Friday in Teulon. On Saturday, the Lightning will play Pembina Valley in Morden.

Both games have 7:30 p.m. start times.



TRIBUNE PHOTO BY LANA MEIER

The Lightning's Riley Vautour had a key part in his team's success over the weekend with two goals and an assist.

VanHeyst named Triathlon Series provincial champion



TRIBUNE PHOTOS SUBMITTED

Megan VanHeyst of Stony Mountain was named the Triathlon Kids of Steel Series provincial champion (for ages 12-13) at the Triathlon Manitoba awards presentation last Sunday.

VanHeyst placed in the top three in all local races and also competed in several out-of-province races.

The highlight of her season was attending the ITU World Triathlon Series in Edmonton in September where she placed 13th in the National Youth Super-Sprint.

Next year, VanHeyst looks forward to an older age class, a more challenging distance, and the opportunity to represent the Interlake at the Manitoba Games.



sports & recreation

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Jets double defending-MMJHL champs

By Brian Bowman

The Stonewall Jets made the defending-MMJHL champion St. Boniface Riels look rather ordinary on Sunday evening.

Stonewall won its fourth game in a row after doubling St. Boniface 4-2.

The Jets snapped a 2-2 tie late in the third period as Mackenzie Johnson and Sam Mandryk each scored their

first goals of the season.

St. Boniface's Skyler Eastman had tied the score at 2-2 midway in the third.

Andrew Bayduza gave the Jets a 1-0 first-period lead but the Riels' Nicolas Burmey tied the score at 1-1 midway in the second. Stonewall's Codi Lashewicz then struck on the power play with his fourth goal of the season

at 17:55 of the middle frame.

Stuart Fleury made 30 saves for the win.

Last Friday, the Jets edged the Charleswood Hawks 3-2 in a shootout. Eric Swanson and Brett Meilleur scored for Stonewall in the shootout while Charleswood missed on their two opportunities.

In regulation time, the Hawks took a 2-0 first-period lead as Tyler Morwick (power play) and Shawn Pachet scored. The Jets tied the score at 2-2, however, with second-period goals by Meilleur and Ryan Miskiewicz.

Hunter Ploszay was brilliant in goal for Stonewall — making 53 saves — for the well-deserved victory.

With the two wins last weekend, the Jets are now 4-0-1 and in second place in the 10-team league with nine points. Stonewall was just a point out of first place behind the Pembina Valley Twisters (4-0-2) heading into this week's games.

Stonewall is back in action Friday when it hosts Pembina Valley. Next Tuesday, the Jets will visit the St. James Canucks. Both games have 7:30 p.m. starts.

AAA bantam action



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Lightning's Emmitt Farebrother (13) rushes past the Eastman Selects' Conrad Solypa in AAA Bantam action in Stonewall last Thursday. The Lightning fell to the Selects 2-1 in the home opener.



TRIBUNE PHOTO SUBMITTED

Jets' forward Sam Mandryk scored his first goal of the season Sunday night in Stonewall's 4-2 win over St. Boniface Riels.



www.stonewalljets.net

Friday, Oct. 9
Stonewall Jets vs Pembina Valley Twisters
7:30 pm at VMSC

Tuesday, Oct. 13
Stonewall Jets vs St. James Canucks
7:30 pm at St. James Civic Centre



**COME AND CHEER ON THE INTERLAKE'S MANITOBA
MAJOR JUNIOR HOCKEY TEAM - YOUR STONEWALL JETS**

sports & recreation

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Zone 5 cross-country champions



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The Zone 5 cross-country meet was held Monday at Stonewall's Quarry Park with 107 runners taking part, with more than half in the female categories.

In the varsity girls' race, Warren's Kyra Hoffman finished first with a time of 13:21, followed closely by teammate Breanna Fallis (13:23) and third was Gimli's Carley Matkowski (13:48). On the varsity boys' side, Teulon's Mark Shinnie finished with a time of 19:26, more than a minute ahead of Warren's Luke Voth (20:30) and Teulon's Jake Ledochowski (21:44). In the junior varsity girls' race, Stonewall owned the podium with Amber Schneider finishing first with a time of 12:09, followed by teammates Fallon Furkalo (13:27) and Hanna Marshall (13:36). The junior boys' race also saw the Rams finish in the top three positions Scott Yeo had the fastest time of 19:38, Noah Bracken (20:44) and Alex Renner (20:58).

Warren Wildcats took home team banners for both senior boys and girls and the junior varsity girls. Stonewall won the junior boys banner. Pictured left, junior varsity girls Fallon Furkalo, Amber Schneider, Hanna Marshall; junior varsity boys Noah Bracken, Scott Yeo, Alex Renner; varsity girls Breanna Fallis, Kyra Hoffman, Carley Matkowski; varsity boys Luke Voth, Mark Shinnie and Jake Ledochowski.

The Manitoba High Schools Athletic Association cross-country provincials will take place in Spruce Grove Provincial Park next Wednesday.

MacDonald traded to Portage



Braydon MacDonald

By Brian Bowman

Braydon MacDonald will be playing a little closer to home this winter.

The Stonewall product and former Interlake Lightning was acquired by the MJHL's Portage Terriers on Sun-

day after a trade with the SJHL's Melfort Mustangs.

Portage traded the CJHL playing rights of 18-year-old forward Tyler Jeanson to Melfort for the CJHL playing rights of McDonald, 20, and future considerations.

MacDonald had one goal in five games with Melfort this season.

He spent the three prior seasons playing with the MJHL's Swan Valley Stampeders.

Last season, the 5-foot-11, 180-pounder put up good numbers in Swan Valley, scoring 19 goals and recording 45 points in 56 regular-season games. He also had 86 penalty minutes.

In the three years with the Stampeders, MacDonald had 50 goals and 111 points.

MacDonald will get a chance to see his old team rather soon as Portage hosts Swan Valley this Saturday. Game time is 7:30 p.m.

Rams ready for WSHL season

By Brian Bowman

There are a lot of question marks surrounding this year's Stonewall Collegiate Rams' hockey team.

But each time they went out in the preseason, they got considerably better.

After losing 6-2 and 4-3 to Sturgeon Heights in exhibition play, the Rams then edged the Huskies 5-4.

"We made a few decisions regarding our team and now we're pretty much down to our starting roster by the time we finished those games," said Rams' head coach Kyle Nixon. "That helped and the practice time of getting guys on the same page with a bunch of the team stuff that we do."

Twenty-five players came out for training camp and the Rams kept 17 skaters and a pair of goalies.

Stonewall will be young on the back end and small up front.

Still, Nixon expects this team to be

competitive in the Platinum Promotions Division and the Rams joined the Winnipeg High School Hockey League's best division once again.

"We're quick and the kids are super coachable," Nixon said of this year's team. "So the system and style that we play should keep the games close. We have some guys that will lead (us)."

Ryan McMahon, a senior, is expected to be a key forward this season while Ethan McMahon, a third-year defenceman (no relation), is expected to solidify the back end.

In goal, Curtis Beck, a Grade 12 goalie, should give the Rams some much-needed stability between the pipes.

The WSHL schedule was released last week. Stonewall began its season this past Tuesday against the Selkirk Royals. The Rams will then play Sturgeon Heights this Friday (4 p.m.) at Allard Arena in Winnipeg.

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Stonewall Teulon
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TOWN OF TEULON

2015/16 SNOW REMOVAL TENDER

The Town of Teulon invites tenders for snow clearing services in Teulon's Crescent Creek Park area during the months of November through April on an as required basis.

Interested bidders are invited to submit their tender on the Snow Removal Tender Form (available at the Civic Office and www.teulon.ca) showing tender prices for snow removal and type of equipment to be used.

Tenders marked "Snow Removal Tender" will be received by the undersigned until 5:00pm on Tuesday, October 13, 2015 by mail, in person, or by fax.

The Town of Teulon reserves the right to reject any or all tenders. The lowest or any tender not necessarily accepted.

The full tender is available at www.teulon.ca

Town of Teulon
Box 69
Teulon, MB
R0C 3B0
Fax: 204-886-3918

METAL RECYCLING

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

OFFICE SPACE FOR RENT

Office building on Main Street Selkirk, 400 block. Great location, currently occupied by Accountant. 1200 sq. ft. Avail. January 1/16. \$1600/per month. Negotiable for long term lease. Ph. 1-204-785-0105.

HOUSE FOR RENT

Stonewall- 2 bdrm. bungalow, 1000 sq. ft., basement, large yard, deck, great location - available Sept. 1; or sooner. \$1200 per month. No pets or smoking. Susan at ReMax Town & Country 204-467-8000.

Gunton - 2 bdrm. bungalow. Main floor laundry, 4 appliances. No smoking or pets. Available Nov. 1st. \$1000/mo. plus utilities. Contact 204-886-2194.

MOBILE HOMES

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HELP WANTED

We have two positions available for part-time flyer collators for the Stonewall Teulon Tribune. Must be available for Tuesday and Wednesdays. Please call Lana if interested 204-467-5836.

Part time kitchen staff & waitress needed Monday - Friday. Drop off resume to Sig's Grill, 332 Main St., Stonewall.

Part time/full time line cook req'd, experience necessary. Part time evening house-keeping. Call Sheri at 204-467-2354 at Rockwood Motor Inn.

Automotive/Diesel Technician required - busy automotive repair shop is currently seeking a Journeyman Automotive Technician with diesel capabilities. We are a busy and growing mechanical shop servicing a large rural area. We are looking for an individual capable of working on their own. Has knowledge in all aspects of automotive repair, honest, and above all committed to customer satisfaction. Apply in confidence to stonewalltire@mts.net

Tire/Lube Technician required - busy automotive repair and tire shop requires a Tire & Lube Technician. Duties include perform tire repairs and changeovers on passenger vehicles, medium truck and Agi tires as well as light duty automotive service and repairs. Apply in confidence to stonewalltire@mts.net

HELP WANTED

Class 1 driver required for scheduled run from Wpg. To N.W. Ontario. Phone 204-785-3984.

Employment opportunity with local growing business! The position outline: Order Processing/Expediting. Computer knowledge, Adobe Suite (Illustrator, InDesign, Photoshop), Microsoft Office (Outlook, Word, Excel), accuracy, speed, attention to detail, ability to work in fast paced environment, multi-task, people oriented. Salary dependent on qualifications. Please send resume along with cover letter and references to employment@arrow-specialties.com We thank all applicants for their interest, however, only those candidates being considered for an interview will be contacted.

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Rural Municipality of Woodlands UNDER THE PLANNING ACT NOTICE OF PUBLIC HEARING OF ZONING BY-LAW AMENDMENT No. 2660/15

On the date and at the time and location shown below, a **PUBLIC HEARING** will be held to receive representation from any persons who wish to make them in respect to the following matter:

APPLICATION FOR AMENDMENT TO THE RURAL MUNICIPALITY OF WOODLANDS ZONING BY-LAW 2648/14 AND AMENDMENTS THERETO

HEARING: Council Chambers, Rural Municipality of Woodlands Office, 57 Railway Avenue, Woodlands, Manitoba

DATE & TIME: 4:40 P.M., Tuesday October 27, 2015

OWNERS: Eleanor Baldwin.

APPLICANT: Calar Holdings Ltd.

PROPOSAL: Re-zoning of the area known as Lot 1, Plan 8312 in the community of Warren, and shown outlined in a heavy dashed line on the map below, from "RG" Residential General Zone to "RMH" Residential Mobile Home Zone

AREA AFFECTED: Lot 1, Plan 8312 (340 Atwell Lane, Warren, Manitoba) Rural Municipality of Woodlands



FOR INFORMATION CONTACT: Kaitlyn Fleury, Planning Clerk
Phone No. 204-383-5679

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



ZONING BY-LAW UPDATE - PUBLIC OPEN HOUSE -

The Town of Stonewall is updating its zoning by-law to meet the needs of our changing community. You are invited to view and comment on the draft by-law. During the formal adoption process, a Public Hearing will be scheduled to provide citizens with an opportunity to address Council. The Open House will occur:

Thursday, October 15th 6:00 pm to 8:00 pm (come-and-go)
and
Friday, October 16th 3:00 pm to 5:00 pm (come-and-go)

at the
Heritage Arts Centre - Main Lobby
Stonewall Quarry Park

With key changes to:

- » by-law structure and formatting
- » zoning map
- » secondary suites
- » portable storage units

To learn more about the Town of Stonewall Zoning By-law, you can request a copy of the Draft via email or in person at the Town Office beginning **October 8th**.

Or for more information, please contact Evan Allan, Planning Intern, Town of Stonewall by email: eallan@stonewall.ca

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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 stonewoodelk@hotmail.com

POTATOES FOR SALE

NEW POTATOS avail. Corn, onions, cabbage, beets, turnips & carrots as well. Call 204-886-2676, Interlake Potato Farm.

WANTED

Wanted to buy/clean up topsoil headlands close to Grosse Isle. Cal 204-461-0815.

FARM PRODUCE

Fresh honey for sale. Ph 204-461-1267.

HAY FOR SALE

Large round hard-core bales of alfalfa/brome mix. Call for various pricing 204-467-5078 or 204-461-0722.

5x6 alfalfa & grass bales. 1st & 2nd cut. Call Barry 204-633-4783 or 204-792-2918.

STRAW

Rye grass straw for sale. 5x6 round bales. Variety is endophyte free. Safe for cattle. \$30 loaded in field. Ph 204-461-0706, Nick Matheson.

STRAW

FLAX STRAW - \$2.50/BALE. MONDAY - SATURDAY. CALL BILL MATHE-SON AT 204-467-5608, STONEWALL.

Flax straw for sale. Small squares. Ph. 204-482-5101.

Small square bales of flax straw. \$2.50 each. Dean Ward 204-467-2636.

FEED AND SEED

Looking for organic grain from organic certified growers, contact Jason Charles at 1-763-999-7550 or Tom Sawatzky at 1-204-272-5514.

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Grande Pointe, MB

Wpg 101 Perimeter & 59 Hwy Jct - 5 Min

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Reporting to the Chief Administrative Officer, the successful candidate will provide experienced management to the Emergency Operations Centre and the current Emergency Plan.

Principal Duties and Responsibilities:

- The Municipal Emergency Coordinator is responsible for the planning, activating, coordinating and the conduct of Emergency Management Operations within the Town of Stonewall.

Qualifications

- The Municipal Emergency Coordinator shall have a minimum of two (2) years experience in the planning, development and administration of emergency response activities.
- A resident of the Town would be an asset.

RESUMES WILL BE RECEIVED NO LATER THAN OCTOBER 23, 2015 AT 4:00 P.M. TO:

Anne Burns, CAO
aburns@stonewall.ca

Town of Stonewall
293 Main Street
Box 250
Stonewall, MB R0C 2Z0

www.stonewall.ca
Fax: (204) 467-7999

The Town of Stonewall thanks all applicants, however only candidates interviewed will be contacted.

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Saturday, October
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NOTICE TO CREDITORS

IN THE MATTER OF:
The Estate of Ada
Marie Palen, late of
the Town of Stone-
wall, in Manitoba, de-
ceased.

All claims against the
above estate, duly
verified by Statutory
Declaration, must be
filed with the under-
signed at their of-
fices, P.O. Box 1400,
Stonewall, Manitoba,
R0C 2Z0 on or before
the 16th day of No-
vember, 2015.

**DATED at Stonewall,
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worship *with us* > FAITH “A Day Dedicated to God: the Sabbath”

I've been thinking a lot lately about Sabbath rest. I was recently challenged in this area, and have subsequently come to the conclusion that, while I was religiously taking a well-intentioned 'day off', I was often missing out on a real Sabbath rest. I've come to learn that there's a world of difference between taking a day off work, and setting apart a 'holy day' just for God.

In his excellent book, *The Rest of God*, Pastor and author Mark Buchanan says, "As the rabbis are fond of saying, more than Israel ever kept Sabbath, the Sabbath kept Israel." The point being that to the degree one sets time apart to keep a holy day of rest, dedicated to God, one is strengthened. In my mind, spiritu-

ally speaking, Sabbath rest is much like sleep: if you try to cut corners and live off catnaps, your fatigue will soon catch up to you, and you will crash. But why a "holy day" set apart only for God?

In the book of Genesis, we see a very creative God creating all the wonders and marvels we so much enjoy, summing up the various days and what was accomplished that day. But then an interesting thing happens on the seventh day: he rests. Not only does he take a rest, God actually blesses that day of rest, and sanctifies it (sets it apart for holy purpose). It's the only day in the whole creation account he sets apart as holy: "By the seventh day God had finished the work he had

been doing; so on the seventh day he rested from all his work. And God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done." (Genesis 2:2,3 NIV) All this takes on an imperative air when, in the Bible, we see numerous times God telling us to observe a Sabbath day and keep it holy (for example, see Exodus 31:12-17).

The word "Sabbath" originates within Old Testament Jewish laws and practice, and admittedly, there is today some debate among Christians which says we're not under that old law, and Sabbath is therefore not required. However, the very day seems to be its own best advocate, as we set apart one of seven



days to sanctify ourselves (my Sabbath includes Silence, Solitude and Prayer) and thus remind ourselves that our justification and righteousness comes through sanctification. Or as Calvin put it, it is the Spirit who "dispenses a power whereby they may gain the upper hand and become victors in the struggle."

Sabbath rests reminds us that we owe everything to God – every spiritual, emotional and physical blessing!

Pastor Jeff Andrews
www.alivefamilychurch.ca

get inspired

> MEAL IDEAS

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Pan Seared Rib Eye with Balsamic Glaze and Crispy Salted Potato Wedges

Ingredients
For Crispy Fingerling Potatoes
1 pound small Yukon gold potatoes cut into wedges
Kosher salt and freshly ground black pepper
3 tablespoons extra virgin olive oil
1 teaspoon roughly chopped fresh rosemary leaves, plus a couple of sprigs

For Steaks
Kosher or coarse salt and freshly ground black pepper
4 3/4-pound bone in rib-eye steaks, about 1 inch thick

1 large shallot, thinly sliced
1/2 cup aged balsamic vinegar
2 tablespoons unsalted butter
Preparation

For potatoes: Place the potatoes in saucepan and cover with cold, salted water. Set over high heat and bring to boil. Cook until potatoes are fork tender, about 10 minutes depending on size of potatoes. Drain and rinse under cold running water. Pat potatoes dry with paper towels and season with salt and pepper to taste. Set potatoes aside and begin steak.

For steak: Sprinkle large cast-iron skillet with kosher or coarse salt; heat skillet over high heat for about 8 minutes, then add steaks. Sear until steaks are crusted brown, about 4 minutes; turn steaks. Sear to desired doneness or about 6 more minutes for medium rare. Transfer to cutting

board and let rest while you make sauce.

Wipe out pan and add shallot; cook, stirring, about 1 minute. Slowly add vinegar and 1 tablespoon of water and bring to a boil. Stir continuously until reduces and thickens, about 2 minutes. Remove pan from heat, swirl in butter, and season with pepper to taste. Drizzle sauce over steaks just before serving.

To finish potatoes: Heat olive oil in large skillet over high heat. When hot, add seasoned potatoes, cut side down, and rosemary. Cook until golden and crispy, about 2 minutes per side. Sprinkle with additional salt and pepper to taste.

Serves
Yield 4 to 6 servings
Notes, Tips & Suggestions
Serve with Las Rocas Garnacha, a vibrant and versatile red wine with rich dark berry flavors and aromas.
Source Las Rocas



Carrot squash soup

4 large carrots, chopped
3 large whole cloves garlic
1 acorn squash, peeled and cubed (about 4 cups/1 L)
1 onion, chopped
2 tsp (10 mL) curry powder
2 tsp (10 mL) dried thyme leaves or 1 tbsp (15 mL) chopped fresh
1/2 tsp (2 mL) ground ginger or 2 tsp (10 mL) minced fresh
4 cups (1 L) no salt added vegetable or chicken broth
1/4 cup (50 mL) light sour cream or yogurt
1/4 cup (50 mL) chopped fresh cilantro

Directions
In a large pot, combine carrots,

The Skill: Steering Your Family Toward Healthy Eating



Part 1:

Conflicting food preferences within your family can make improving your dietary pattern considerably more challenging, especially if you're sharing meals with family members every day. If you don't engage your family in a healthful way of eating, you may eventually feel as if you're left with only two choices: to abandon your efforts or to eat differently from the rest of your family, neither of which is a viable option for the long haul.

A patient of mine named Carla, thirty-eight, found this to be true. After having three children, she was carrying an extra 30 pounds and she wanted to slim down. For a while, she did quite well on Weight Watchers, which I consider a very good, responsible weight-loss program, but there was a problem: She was on the Weight Watchers program alone. Her husband wasn't on it. Her kids weren't on it. So she still came home to a vast array of nutritionally questionable foods, from cheese puffs to chips to gummy bears. In Carla's case, the temptations of readily accessible, tasty junk foods won out over her own diet plan, and she found herself going off the reservation and gaining, not losing, weight.

To me, the solution was obvious: Ditch the junk. But while that's a simple concept, the execution can be hard, because it often means

getting the whole family on board. Carla and I worked on tackling this together. She talked to her kids (ages six, eight, and ten) about why eating healthier foods was important for them all, and talked to her husband about not only taking better care of himself but also helping Carla reclaim the health and appearance she wanted. Carla helped her family realize that helping one another be healthy was a good way of demonstrating love. And with their help, she found the strength to reach her weight goals – and the goal of treating her family to a healthier diet.

Rather than catering to the lowest common denominator (other-wise known as the picky eater in the family), enlist the support and participation of your family in improving eating habits for the entire family. Family is (or should be) about shared love and shared responsibility, and for both reasons, family members should be engaged in any effort toward a challenging change, whether it's to lose weight or find better health through good nutrition. Enlisting the support of your family will make you stronger and far more able to achieve lasting success in either respect. Plus, you love them and want to share with them the benefits of the healthy changes you're making.

Disease-Proof: "The Remarkable Truth About What Makes Us Well" by David L. Katz, MD, MPH, FACPM, FACP
Brenda Stafford - Juice Plus - Team Pursuit - find us on FACEBOOK

garlic, squash and onion. Stir in curry powder, thyme and ginger. Pour in broth and bring to a boil.

Reduce heat, cover and simmer for about 40 minutes or until carrots and squash are very tender.

Ladle soup in batches, into a blender or using an immersion blender, puree the soup until smooth.

Ladle into bowls and dollop with a little sour cream and sprinkle with

cilantro to serve.

Tip: Make this soup in the slow cooker to bring to a potluck! Put all the ingredients into a slow cooker and cook on Low for 6 hours or on High for 3 hours. Use an immersion blender to puree the soup and then serve it right out of the slow cooker. Keep it on warm while you are serving it up.
per serving (1 cup/250 mL)

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ANNOUNCEMENTS

CARD OF THANKS

I would like to send out a huge thanks to everyone for donating and supporting as well as coming out to support Debbie Skomerowski's benefit social. The help that I received through it all was very overwhelming. I appreciated everything that was done to make the evening a successful one.

-Thanks again everyone,
hugs to you all,
Love Shelley Broadfoot

ANNOUNCEMENTS

MARRIED



January Mullin
to
Michael Turesky
August 22, 2015
at

Red Bank, NB

Parents: Eugene and Margaret Mullin
John and May Turesky

ANNOUNCEMENTS

IN MEMORIAM



Russell E. Kunzelman
January 26th, 1927 – October 12th, 2011
In loving memory of a Dear Father,
Father-in-law, Grandpa, Great-Grandpa,
Brother, Uncle and
Friend to All

Gone are the days we used to share,
But in our hearts you're always there.
Never more than a thought away,
Loved and remembered every day.
We love and miss you so much.

-The family

OBITUARY

Dale Fredrick Ruth

Dale Fredrick Ruth, 70, passed away peacefully in the early morning of October 5, 2015 surrounded by family.

Dale will be lovingly remembered by his two daughters Wanda and Tanya; their mother Valerie; grandchildren James, Sarah and Cara; five siblings Jim, Diane, Ian, Barry and Shelley; as well as numerous nieces, nephews, relatives and friends.

A graveside ceremony for family and friends will be held at the Sidney Cemetery in Sidney, Mb on October 9, 2015 at 1:00 p.m., followed by a small reception.

As an expression of sympathy, in lieu of flowers, donations in Dale's name may be made to Oak Park Lodge in Woodlands, Mb.

Wojciks Funeral Chapel and Crematorium
(204) 897-4665.

OBITUARY

Rodney William Gerald Carson



Rodney William Gerald Carson of Warren, Manitoba born Clontarf Ireland, January 21, 1926 passed away October 3, 2015 Stonewall Regional Hospital, into the presence of his Lord and Saviour.

Rodney was predeceased by his parents and brother Sidney Thomas (WWII RCAF casualty), son Rodney William Jr. and wife Patricia, grandson Darren Thomas. He is survived by his devoted wife Marilyn Dorothea, adult children Sandra Lynn and family of Toronto, Ontario, Shawn Thomas and family of Edmonton, Alberta, Christopher Thomas, Gregory Alan and family, Shannon Elizabeth and family all of Winnipeg, Manitoba as well as cousins Rob Gordon and family of Ottawa, Ontario and Dennis Carson and family of Hamilton, Ontario.

Rodney was a WWII survivor of the Battle of the Atlantic. After the war he took up insurance as a profession and became an independent broker, operating R. W. Carson Agencies for more than 55 years. He was a very family oriented man who instilled the enjoyment of outdoor sports in his children. He enjoyed golfing, gardening, downhill skiing, darts, billiards, cribbage and later in life traveling with Marilyn his constant companion. Church activities also played a major role in his family life.

A celebration of life service will be held Thursday, October 8, 2015 at 3:00 p.m. at New Life Church on Highway 67 in Stonewall, Manitoba. Abundance of gratitude to our church family for all their fervent prayers.

In lieu of flowers donations may be made to Union Gospel Mission or Chosen People Ministries (Canada).

The family wishes to extend our deepest heartfelt thanks to Dr. Dirk Venter and all his staff for their compassionate care during Rodney's time at Stonewall Hospital.

OBITUARY

Verna Kobelka

June 20, 1928 – September 26, 2015



It is with great sadness and heavy hearts we announce the passing of our beloved mom, baba, great-baba, great-great-baba - Verna Kobelka.

Mom was predeceased by her husband Metro, son Richard, mother Andriana, step father Wasyl, her father and brother in the Ukraine, granddaughter Brandyn, son-in-law John, daughter-in-law Tracey as well as several brothers and sisters-in-law.

Mom is survived by her children, Henry Wolf, Ron Kobelka (Tracey), Vicki Dawson (John), Ken Kobelka (Faye), Larry Kobelka, Bill Kobelka (Cindy), Arlene Patterson (Rob). Daughter-in-law Marie (Richard), brother Victor Wolf (Christine), granddaughter Tara Patterson (Justin), grandson Riley (Celine) other very special grandchildren, great-grandchildren, great-great-grandchild,

nieces and nephews, sisters-in-law and many dear friends.

Mom was an exceptionally strong willed person, partly due to the struggles of early life during war times in the Ukraine and beyond. Mom immigrated to Canada in 1950...the journey wasn't an easy one but eventually Mom settled on the family farm in Lenswood and that is where she started a new life with our father Metro and family.

Family truly was the most important thing to our Mom. Her grandchildren and great-grandchildren thought the world of their Baba....she also had many adopted grandchildren - everyone that got to know her wanted her for their very own Baba!

Mom's friends were also very dear to her heart; she had many...of all ages - female and male. After retiring to Swan River, the Seniors Centre became her second home - spending many an hour playing cards and various other games and visiting with her many dear friends there.

Mom will always be remembered for her exceptional cooking/baking abilities, her love of gardening, her wonderful sense of humor, kindness and generosity. Many people besides her family were blessed to receive her perogies, cabbage rolls, borscht, or whatever she knew to be a favorite of that person.

Special thanks to the Dr's and Health Care Staff at the Swan River Hospital and the Personal Care Home who cared for our Mom.

Prayers will be held Monday, October 12th, 2015 at 7:00 p.m. - Swan Valley Funeral Home Chapel. Celebration of Life - Tuesday, October 13th, 2015 at 2:00 p.m. - Veteran's Community Hall (Legion). Reverend Kathy Highmoor officiating with interment in Swan River Cemetery.

In lieu of flowers, donations graciously accepted in Mom's memory to the Swan Valley Health Facilities Foundation - Palliative Care, Box 1450, Swan River, MB R0L 1Z0.

Rest in Peace Mom

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> GAMES

SUDOKU

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

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!

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

Sudoku Answer

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

Crossword Answer

CLUES ACROSS

- Plural of ascus
- Repents
- British School
- Adhesive to catch birds
- Male children
- Oil company
- Intestinal
- Money slogan
- 2nd tone
- In actual truth
- Belgian-French River
- Rural Free Delivery
- Point midway between S and SE
- Texas armadillo
- 2nd largest Hawaiian island
- Pile up
- Changes liquid to vapor
- Yemen capital
- Byways
- V-shaped cut
- Painting on dry plaster
- Daminozide
- Papa's partner
- fi: fiction/movie genre
- 1st Soviet space station
- Latvian capital
- Come into view
- Blue Hen school
- Maine water company
- Picture & word puzzle
- Atomic #18
- Xiamen dialect
- Being overzealous
- One who did it (slang)
- Night breathing noises
- A minute amount (Scott)

CLUES DOWN

- Race of Norse gods
- Large pebbles
- Latin line dances
- The inner sole of a shoe
- A French abbot

1	2	3	4		5	6	7	8	9	10		
11					12						13	14
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47				48				49	50			51
52			53				54					
55		56				57				58		
	59				60	61				62		
			63							64		

- Moves stealthily
- An alternative
- 39th state
- Lotus sports car model
- River fill
- Of I
- Many noises
- Ghana monetary units
- Actor Hughley
- The Cowboy State
- Jests at
- America
- Surprise attack
- Daddy
- Extinct flightless bird of New Zealand
- Express pleasure
- Cellist Yo-Yo
- Bronx cheer
- A more firm substance
- Essential oil obtained from

- flowers
- Company that rings receipts
- Largest church in Christianity
- Capital of Wallonia
- Heroic tale
- Send forth
- The Golden State
- 1/1000 of an inch
- Angel of the 1st order
- Ukrainian peninsula
- Disregard
- Colophony
- Spanish be
- Military policeman
- Cleopatra's country
- Br. drinking establishments
- Removes moisture
- Liberal Arts degree
- Execute or perform
- Atomic #77

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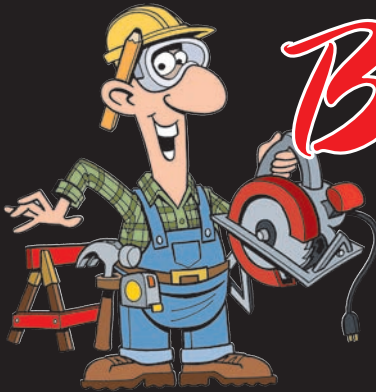
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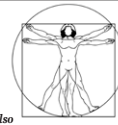
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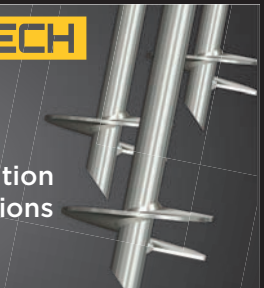
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