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# Tribune

Stonewall Teulon

**Happy Halloween**

VOLUME 6 EDITION 44  
THURSDAY, OCTOBER 29, 2015



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## Happy Halloween

Passengers on the Prairie Dog Central who took a trip to the Grosse Isle Station last Saturday enjoyed the train's Howlin' Halloween Express and a tour of the haunted Inkster Station. The spooktacular adventure was the season finale for the vintage train.

TRIBUNE PHOTO  
BY NATASHA TERSIGNI

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



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# Community fights hay shed fire near Warren

By Natasha Tersingi

It took 16 hours, 33 firefighters and just under 500,000 gallons of water for local fire departments to extinguish a hay shed fire at Boonstra's Dairy Farm located south west of Warren.

The Warren-Woodlands Fire department received the call just after noon on Sunday and requested mutual aid back up from the Rosser, Stony Mountain and St. Francois Xavier fire departments. The firefighters, community members, along with local farmers and the nearby Keystone Hutterite Colony worked all day and into the night to ensure that the fire would not spread to other parts of the dairy operation.

It took crews until 4 a.m. on Monday morning to fully extinguish the fire that destroyed a metal covered hay shed storing 1,100 square bales of hay and straw. Responders were able to contain the fire to the shed with only a small amount of damage caused to a silage pile near the shed.

Warren-Woodlands Fire Department Chief Dean Campbell told the *Tribune* that the fire was started through spontaneous combustion in the hay shed when one of the bales of



TRIBUNE PHOTOS SUBMITTED

A hay shed and all the contents were still smouldering Monday morning after going up in flames Sunday afternoon. The blaze destroyed thousands of dollars' worth of hay.

hay ignited. Due to the toughness of the hay this season, this is something that has occurred in different parts of Manitoba this year.

"There has been a number of these types of fires this year throughout the province. A lot of the hay went up tough. When hay is really dry and there is a little bit of dampness in it,



the dampness will start a process that leads to a chemical reaction that will start producing heat. The reaction will continue to heat until it brings the hay up to the ignition point and then the hay will catch fire," said Campbell, who added that farmers should sepa-

rate their bales when storing them.

"The biggest thing is to make sure when you are piling bales that you have some separation in between the bales. Making sure everything is in smaller piles will prevent spreading if something does ignite."

Campbell added that the successful outcome of this fire was due to the teamwork between fire departments and all community members that supported the responders.

"From a safety perspective, everything worked out well. Between the two departments, we worked together quite well and that was the key to success. Fortunately, we don't get big scenes like this often, but when we do, it is nice for the teams to get to work together," said Campbell.

"Also, a big thanks to the ladies in the community who came out and fed the guys. It was really great. And to the farmers in the community that came out. Their help was very much appreciated."



The Stonewall Air Cadet Squadron 301 would like to thank all of the local businesses that donated prizes for our recent quiz night fundraiser. Our event was a great success thanks to the generosity and support of the many people, and businesses who provided prizes for our silent auction. Thank You to all that helped with the event, and for all of the kind contributions to the Cadets.

Regards  
301 RCACS

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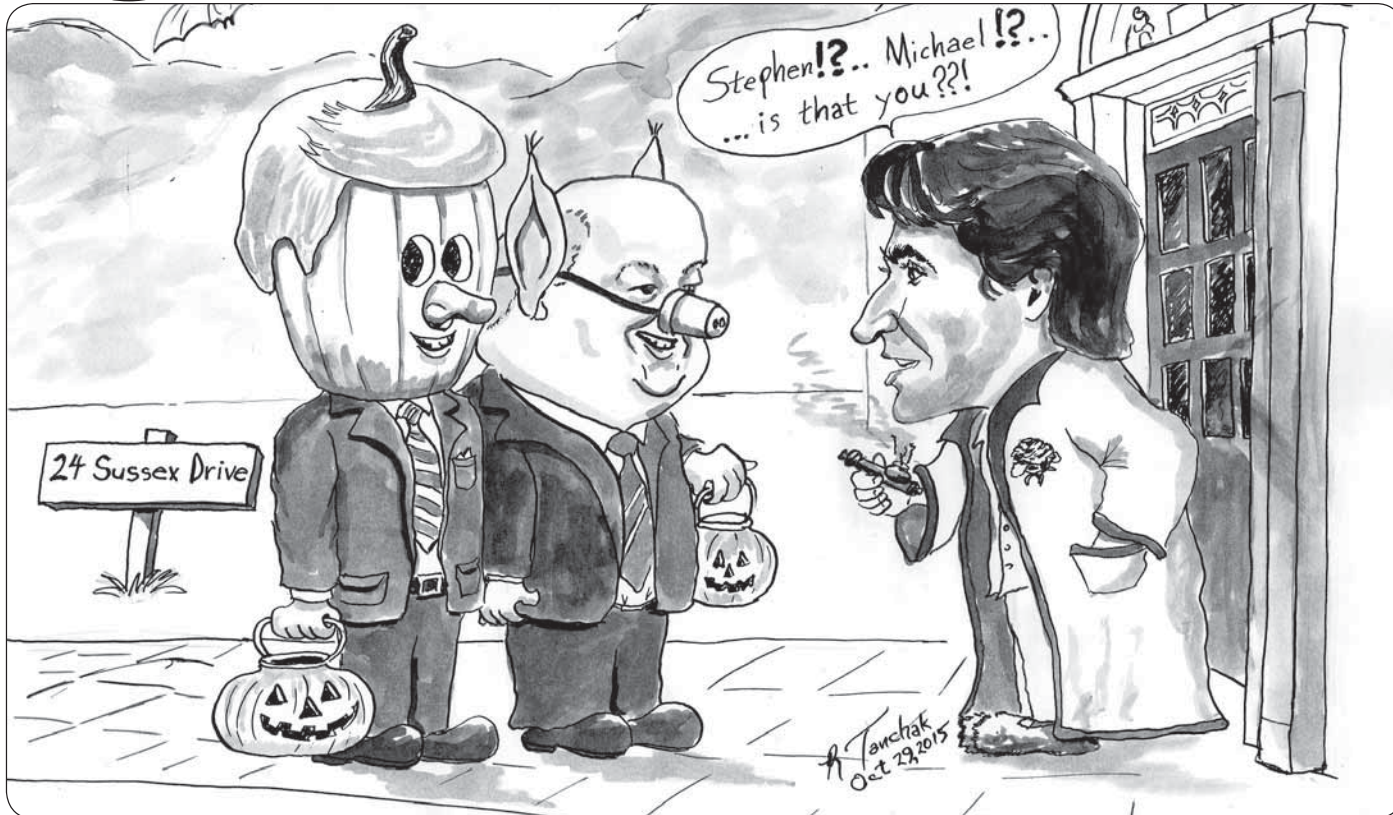
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# get heard

EDITORIAL > VIEWPOINTS > LETTERS



## Digital mammography equipment at HSC

### News Release

Patients needing breast cancer detection and diagnosis now have access to faster, high-quality health care services thanks to new digital mammography equipment now available at the Health Sciences Centre Winnipeg, Health Minister Sharon Blady announced last Monday.

"This state-of-the-art equipment provides a new tool to help provide faster breast cancer detection and diagnosis for Manitoban patients," said Minister Blady.

Digital mammography allows radiologists to view images on a workstation monitor, making it faster to share the information electronically, instead of transferring the images to film.

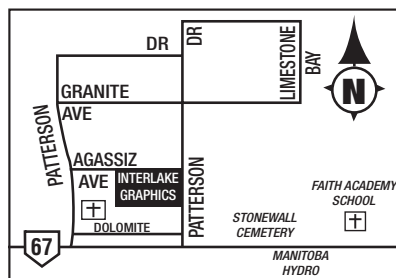
"This investment allows Health Sciences Centre Winnipeg to continue to

provide the best possible hospital experience for patients and families, as well as a positive working and learning environment for staff and future health-care providers," said Dana Erickson, chief operating officer, HSC Winnipeg, and representative responsible for diagnostic imaging, Winnipeg Regional Health Authority. "As Manitoba's largest hospital, we are pleased to partner with CancerCare Manitoba and Diagnostic Services Manitoba to provide cancer treatment services for Manitobans and others."

"Through the collaborative efforts of everyone involved in breast screening and diagnostic procedures across Manitoba, HSC Winnipeg is joining the comprehensive Provincial Digital Mammography Services that will create a truly provincial system for

all Manitobans," said Jim Slater, chief executive officer, Diagnostic Services Manitoba. "This is also a significant part of the IN SIXTY cancer patient journey initiative. No matter where patients live, they can be confident in the services being provided and assured that we're all working together for a timely diagnosis."

Approximately 90,000 Manitobans have a mammogram every year, with about 50,000 done as screening mammograms through CancerCare Manitoba's BreastCheck program. The minister noted new digital mobile screening vehicles will be introduced in early 2016 to ensure digital services will also be available to Manitobans living in rural communities.



### > CONTACT US

Stonewall Teulon Tribune - Interlake Graphics  
74 Patterson Drive, Stonewall Industrial Park Phone 467-5836 Fax 467-2679  
Letters to the Editor: [letters@stonewallteulontribune.ca](mailto:letters@stonewallteulontribune.ca)  
Classified: [classifieds@stonewallteulontribune.ca](mailto:classifieds@stonewallteulontribune.ca)  
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# Stonewall news in brief

By Jennifer McFee

## Board of Revision

Stonewall's Board of Revision took place on Thursday, Oct. 22. Of the two appellants, one received a reduction in the assessment. All other appellants made agreements with the assessors prior to the Board of Revision.

## Eco-West

At the Oct. 21 meeting, Stonewall council discussed working with Eco-West to do an emissions inventory of municipal buildings and fleet. Eco-West has a partnership with the Federation of Canadian Municipalities (FCM), which provides funding to assist municipalities to become greener.

Eco-West aims to get rural municipalities involved in creating more environmentally friendly communities by developing greenhouse gas emissions inventories and climate change

action plans.

In order to get FCM funding, an action plan needs to be developed by Eco-West.

A \$10,000 refundable fee for the report will be a budget item in 2016.

## Thunder Hill

Council authorized Rockwood Landscaping and Tree Service to supply grass seed and sod for Thunder Hill at a cost not to exceed \$15,780.

## Draft zoning bylaw open house

About 20 participants showed up at a two-day open house event that focused on Stonewall's draft zoning bylaw.

Overall, most comments were positive, said planning intern Evan Allan. The main concern was that the maximum size for secondary suites was too small at 500 square feet.

Council agreed to increase the maximum size to 700 square feet — the



TRIBUNE PHOTO BY JENNIFER MCFEE

Roberta Van Caeyzeele, acting manager of the South Interlake Planning District, and Evan Allan, planning intern, spoke with Stonewall council about the recent open house about the draft zoning bylaw.

same size that was included in the bylaw's original draft.

"A lot of people were mentioning the lack of any kind of rental option in town, so I guess the secondary suites represented that option," Allan said.

Roberta Van Caeyzeele, acting manager of the South Interlake Planning

District, noted that secondary suites will always require a conditional use to allow council to maintain control.

After minor changes are made to the draft zoning bylaw, the public will have the opportunity to address council at an upcoming public hearing.

# Rosser news in brief

By Jennifer McFee

## CentrePort work

Manitoba Hydro submitted drawings for the proposed installation of a CentrePort natural gas main installation along CP 190, north on Wheatfield Road to Roy Roche Road East to Route 90.

Rosser council approved the drawing and gave permission to Manitoba Hydro to complete the installation of natural gas as long as the gas line installation doesn't conflict with sewer and water installation.

## Engineering services

Council accepted a proposal for engineering services from Stantec Consulting at a cost of \$246,100 plus tax for water distribution and low-pressure sewer for Inkster Industrial Park and Bergen Cutoff.

They also approved a Stantec Consulting proposal for engineering services at a cost of \$180,000 for an interceptor sewer extension from Brookside Boulevard to Wheatfield Road.

Since Stantec representatives attend meetings, provide advisory services and address

request from the Rosser Project Team for work that is not included in the detailed design work, Rosser council will pay \$17,000 plus tax for these services.

## Water treatment plant

Council authorized the borrowing and spending of money towards the construction of a water treatment plant, water feedermain and reservoir by the Cartier Regional Water Cooperative as a local improvement.

## St. Michael's Anglican Church

Council gave first reading to a bylaw that would designate the Rosser-based property known as Michael's Anglican Church as a site of architectural or historical value.

## Arris Centre grant

At the Oct. 13 meeting, Rosser council approved a \$1,250 recreation and cultural grant for the Arris Centre to assist with the purchase of a bath trolley.

## Speed limit reductions

Rosser council agreed to make an application to the Highway Traffic Board to reduce the speed limit to 60 kilometres per hour on Wheatfield Road, Davis Way, Bryan Bay, Dyanne Road, Ronn Road, Eagle Drive, Lucas Avenue, Bergen Cutoff, Mountain View Road and Roy Roche Road.

Council is also applying to reduce the speed limit to 60 kilometres per hour on Oak Point Highway as well as Road 67N from Road 1E (Dorsey Road) to PTH 221.

In addition, council gave first and second reading to a bylaw that would set reduced speeds in school zones within the municipality.

## Drainage work

Subject to approval by the RM of St. Francois Xavier, Rosser council approved proposed drainage work on Road 11W between Road 72N in the RM of Woodlands.

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# Task force examines provincial veterinary services

By Natasha Tersigni

Last week, the public had a chance to weigh in on the performance of the provincial network of veterinary services at three public consultations held in Dauphin, Brandon and Stonewall.

On Oct. 22, members of the Rural Veterinary Task Force (RVTF), assembled by the provincial government as part of a periodic review, spoke with the public at the Red Barn in Stonewall about the current state of rural veterinary services.

In Manitoba, there are currently 27 clinics and 145 practising veterinarians in rural Manitoba that are part of the Veterinary Service District (VSD) program. The program is funded by both the municipal and the provincial governments.

The RVTF began gathering information in June regarding the state of Manitoba's veterinary services including the current veterinary structure, funding, clinic infrastructure, residents' needs and the roles veterinary services play in food safety, biosecurity and animal welfare.

"The main emphasis is to find out what is working, what is not working quite as well and what could be changed. We are listening to rural Manitobans everywhere to hear what their thoughts are on the services they are getting. We also want to look at



TRIBUNE PHOTO BY NATASHA TERSIGNI

Members of the Rural Veterinary Task Force (RVTF) Dr. Paul Schneider, left, and Merv Starzyk gathered information on provincial veterinary services during public consultations held at the Red Barn in Stonewall on Oct. 22.

where we can grow and change the services," said RVTF chairperson Dr. Paul Schneider.

Volunteers for the Pawed Pals Animal Rescue, a non-profit organization that fosters and finds permanent homes for cats and dogs in the Selkirk, St. Andrews and St. Clements area, spoke at the meeting in Stonewall on how there needs to be more access and subsidies for spay and neuter programs in order to control stray cat

and dog populations from continuing to grow.

"We think that spay and neutering is the only way we are actually going to control the cat and dog population. There are more than 50 rescues in Manitoba, and the number of unwanted animals and the number of cats wandering the streets without adequate food and shelter is growing," said Pawed Pals Animal Rescue chairperson Veronica Walsh, who added if

the number continues to grow, Manitoba could soon face issues of stray animals spreading diseases such as rabies.

Schneider told the *Tribune* the RVTF is still in the information-gathering stage and is not ready to release any recommendations. He added that so far the RVTF is receiving positive feedback about the current state of veterinary services in rural Manitoba.

"A few things that we are noting is that, overall when we look at users of veterinary services, everybody is fairly positive and satisfied with the service they have. A big reason of why they are talking with us is they hope to maintain that," said Schneider, who added one topic that has come up several times that needs to be addressed is the workload for vets that run rural clinics.

"One issue is when you get into the smaller clinics with only one vet, essentially that person is on call 24 hours a day, seven days a week.

"We recognize that is not a great lifestyle and it is a barrier for vets to come into that type of practice. We are trying to find ideas on how to share on-call duties with other vets."

For those who want to provide input on any aspect of veterinary services in rural Manitoba, you can go to [manitoba.ca/agriculture](http://manitoba.ca/agriculture) to fill-out the Rural Veterinary Task Force's online survey.

## Clocks fall back this Sunday for end of daylight savings

Staff

Most Canadians will turn their clocks back by an hour Sunday, Nov. 1 for the switch from daylight savings time to local standard time.

Local standard time officially starts at 2 a.m.

Clocks are turned back one hour in the fall for what's commonly called "the end of daylight savings time," an

idea first used in Germany during the First World War with the goal of saving energy. It aims to take advantage of daylight hours in the spring so that people don't sleep through the first few hours of sunshine.

When the daylight period gets shorter in the fall, the clocks are readjusted to the proper "local standard time."

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# A sweet taste of academic success

By Jo-Anne Procter

It was literally a sweet taste of success for the 2014-2015 Stonewall Collegiate Grade 9 students receiving the Interlake School Division Award of Excellence Medals, sponsored by Sunova Credit Union, last Wednesday.

Due to a shortage of medals, the recipients received an interim chocolate medal for achieving 90 per cent or better in their Grade 9 year. Award winners included Ian Cherniak, Andrew Everitt, Sarah Fines, Melaina Harrison, Hanna Marshall, Shae Mulvihill, Jonas Perrella Loren Proven, Kyra Shewchuk, Simon Winsnes, Kylie Wright and Scott Yeo. Grade 10 gold medals were awarded to Morgan Bjornsson, Morgan Budge, Veronica Carroll, Serena Derksen, Sarah Farebrother, Rebecca Fox, Randi Frost-Hunt, Kaylea Gross, Tatum Lindley, Sydney Lockhart, Magdalena Melnychuk, Emily Neumann, Katie Shier, Damon Skakum, Taylor Smith and Naomi Wills. Grade 11 gold medals were awarded to Emily Baker, Elsie Diplock, Keri Everitt, Riley Fraser, Jennica Harrison, Sarah Lyle, Camryn Miller, Reena Ostertag-Silver, Hilary Ransom, Brandin Rozsa-Hrabinski, Eryn Stewart and Katrina Tickle.

"Regardless of whether this is their first gold medal or one of several, this is truly an accomplishment to be proud of, and we are extremely pleased to see record numbers of names on the gold medallists list," principal Margaret Ward said.

Ward went on to challenge current Grade 12 students to continue to strive for the highest marks possible. In June at graduation, one student will receive the Governor General's bronze medal for having the highest overall average mark using all cours-

es taken in grades 11 and 12.

"There is just over one per cent separating the top five Grade 11 gold medallists and only six per cent separating all 12 of them."

Merit awards, for students achieving an average over 80 per cent, were presented to 38 Grade 9 students, 60 Grade 10 students and 37 Grade 11 students.

The Dave and Annette Unrau Award, new to the program, was established by the family through the Interlake Community Foundation. It is a \$500 award presented to a student in a modified or individualized program who has shown improvement during the year either in behaviour, achievement or has consistently been a hard working student. The student has a good attitude and demonstrates a willingness to help others. The SCI student support team chose Jordan Inman to receive the first award. Inman demonstrated great sportsmanship as part of the SCI Special Olympics team, has shown considerable improvement academically, has demonstrated a great attitude this past year and has shown improvement in communication and responsibility.

He has been more driven in a positive way and he is exploring ways to become an independent adult. He sets goals for himself and thinks of ways to achieve these goals. He works hard in all of his classes and always supports his classmates.

Students of the Year Award are voted on by SCI staff. These students contribute to life at SCI in a positive manner, both in the classroom and outside of it. These students help make school both educational and enjoyable for the rest of the student body. They lead by example. They are involved in aca-

demics, extra curricular sports, Circle of Friends, leadership team, peer helpers, peer tutors, Student Voice, Champions, et cetera.

"It is an honour to be identified as a candidate of these Student of the Year Awards. Between 16 and 26 different names came up in each grade during the selection process. That I feel is a testament to the great young people

we have at SCI," said Ward.

This year's winners were Grade 9 students Amber Schneider and Scott Yeo, Grade 10 students Chloe Dick and Brett Lawrence, and Grade 11 students Eryn Stewart and Curtis Beck.

"They (Students of the Year) are the young people that make SCI a great place to go to school and to work."



Grade 9 ISD Excellence Medal winners.



Grade 10 ISD Excellence Medal winners.



Grade 11 ISD Excellence Medal winners.



Students of the Year, from left: Scott Yeo, Amber Schneider, Brett Lawrence, Chloe Dick, Eryn Stewart and Curtis Beck.



Tracy Holod presented the Dave and Annette Unrau Award to this year's recipient Jordan Inman.



# Winfield transfer site showcased at recycling convention

By Natasha Tersigni

The RM of Rockwood's Winfield Road Waste Transfer Station is not usually showcased to tourists as the shiny gem of the community. However, last week a bus load of Manitoba Association of Regional Recyclers (MARR) members, councillors and municipal officials responsible for municipal recycling and waste management programs came out to tour the Winfield site. The tour was to share ideas on how to make other provincial transfer stations and landfill sites more environmentally friendly.

"I think Rockwood has a lot of places to be proud of — our recreation centres, libraries, fire departments, parks — and to be recognized and to have a tour of one of our transfer sites is pretty unique. We have councillors who are very passionate about recycling and the environment, and this site has come a long way," said RM of Rockwood Reeve Jim Campbell, who was on hand to answer questions on the tour.

The tour was part of MARR's annual convention that discussed initiatives that municipalities can offer to encourage recycling and waste management programs. The tour showed how a transfer station can be set up and

managed.

The co-ordinator of the MARR convention, Mike Fernandes of Strategy Makers Consulting, told the *Tribune* that the Winfield Transfer station was recommended for the tour by the organizations that are responsible for the oil container recovery and electronic waste recycling programs.

"What they found here in the way the RM has it set up, with these sea containers to drop off materials, is a very efficient, effective and portable way to make a recycling site. It is not expensive and it works for this size of community, which is really important. For many communities in Manitoba, they have small populations so you have to find something that is cost-effective but where you can still feel good about recycling," said Fernandes.

Ray Frey, MARR chairperson and councillor for the RM of St. Clements, was impressed by the transfer station and will be reporting back to his council with several pictures and ideas gathered from Winfield.

"Winfield transfer station's oil recovery station is very clean. Ours is just outside and messy. That is something that we have to look at for sure," added Frey.



TRIBUNE PHOTO BY NATASHA TERSIGNI

RM of Rockwood Coun. Bill Matheson answers questions during the Manitoba Association of Regional Recyclers tour of the Winfield Road Transfer Station last week. The site was chosen to be toured as part of MARR's annual convention that was held in Winnipeg.

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# School division hosts Treaty Kit workshop

## Teachers and administrators learn from Treaty Relations Commission

By Jennifer McFee

Although they're usually the ones doing the teaching, Interlake School Division teachers and administrators had the chance to play the role of the learner at a two-day workshop last week.

On Oct. 19 and 20, the school division hosted a Treaty Kit workshop with the Treaty Relations Commission of Manitoba. About 45 teachers and administrators gathered at the Red Barn for the event, with the majority from the Interlake School Division as well as others from Steinbach, Moose Lake and Beausejour.

Assistant Superintendent Wayne Davies said the workshop was well done with excellent guest speakers including Cynthia Bird, Siobhan Faulkner and Elder Harry Bone.

"The Treaty Kits have been developed for schools to help teach concepts of the treaties that were signed. They came in to explain the workings of the kit on why certain resources are in the kit, teaching ideas and resource ideas that you can find elsewhere," Davies said.

"I'm really happy that now every

school in our division has an administrator who has gone through the Treaty Kit. We have teachers in all of our schools who have training now. Almost all of our EAs last year went to a half-day session with the Commission, so we're closing in on 50 per cent of our workforce that has understand-

ing of the concepts of the Treaty Commission's work."

The results of this enhanced focus is already evident in classrooms throughout the district — with more to come.

"There's already curriculum ties, but now you're starting to see more emerging. There are more and more projects, classroom activities, school-based plans and divisional plans reflecting indigenous education outcomes," Davies

said.

"We've got tons of ideas. We have a committee of educators in the division who are helping spearhead and guide a lot of the work that's being done. We're looking at a number of initiatives right now, and some are around the transition of our students from Grade 8 to Grade 9 to help with educational success."

An additional 20 teachers are inter-

**"A FIFTH OF THE KIDS IN OUR DIVISION ARE IDENTIFIED ABORIGINAL OR MÉTIS LEARNERS."**



PHOTO COURTESY OF WAYNE DAVIES

Two of ISD's educators — Kirsten Smith, divisional lead teacher, and Cora-Leigh Mazurat, Meadow Lane Colony School principal — pause during the morning session.

ested in taking the training, so they will hopefully find another workshop within the next six to 12 months, Davies added.

"A fifth of the kids in our division are identified Aboriginal or Métis learners. That's a significantly large group of people," he said.

"So how do we meaningfully make sure that all the learners in our division and all these kids are growing up in a province that is facing all sorts of questions and issues are armed with the knowledge and skills they need to navigate that successfully?"

The Interlake School Division is open to examining this type of question, he added.

"This is a terrific school division. There are a lot of people who are very interested and want to do the right thing. They want to learn and they want to ask questions in a safe manner and know that they're being supported," Davies said.

"And the Treaty Commission is all about that. That's what they want to do. They want to help people figure things out and help people move on and do good stuff."

# Ten first responders graduate, ready to serve St. Laurent

By Jeff Ward

A big part of St. Laurent will be returning to duty in the coming months as 10 volunteer first responders are set to serve their community again.

Taking part in the certification course were 10 new volunteers who will soon be able to provide vital services in emergency situations and can help save lives. The flood of 2011 hit St. Laurent hard, and volunteers who had taken the course weren't able to recertify the next year as required because of the devastation. Many of the volunteers previously certified as a first responder came back to take the test again, but there were some new faces as well.

"I was really proud to see some of

our younger generation stepping up to volunteer as well," said Cheryl Smith, reeve of St. Laurent who made first responders one of her top priorities for her first year in office.

"The community of St. Laurent stepped up to the plate, and I believe that we even have one individual from Oak Point, which is fantastic and was very important to us. We have a really good experience base and it's worked out well. I'm so proud of our citizens. If it wasn't for them, this wouldn't have been possible."

All 10 volunteers have graduated from their certification course and are now taking their provincial exam. Once completed, the training will allow these volunteers to be the first on

scene during an emergency and, because of their connection to the community as a resident, might even help bring calm to an extreme situation. The thinking is that if you live in the community, you can become much more invested in helping out during emergency situations.

The budget for the services is still being worked out by council and, as Smith explains, there is still work that needs to be done on that end.

"We're going to be meeting with the EMR graduates and the fire department and we'll work collaboratively and figure out how we make it work and [we've also] got to look at budget requirements. We're hoping to address those budget requirements in

our upcoming budget and then hit the ground running," noted Smith.

RM council and reeve will be holding a celebration dinner for the 10 graduates who've volunteered to be a part of this initiative in November.

**"I'M SO PROUD OF OUR CITIZENS. IF IT WASN'T FOR THEM, THIS WOULDN'T HAVE BEEN POSSIBLE."**



# Food bank founder recognized for years of service

By Natasha Tersigni

For 29 years, Mel Ward has been ensuring that people going through hard times living in the South Interlake have food in their cupboards and no one goes hungry. After nearly three decades of volunteer work with the South Interlake Food Bank, Ward will be saying her final goodbye to clients on Oct. 28.

Last week, food bank volunteers held a dinner to honour the years of service Ward has given to the organization she founded in Stony Mountain with Mel Hidlebaugh. Ward has decided to step down from the organization after moving to Portage La Prairie to be closer to her family.

Ward told the *Tribune* that running a food bank was something that was never in her plans, but after Hidlebaugh told her about the need in the community, she couldn't say no.

The first few years of starting the bank was a lot of leg work for the two organizers, who had few volunteers at the time.

"I had just retired after 25 years working at Campbell Soup and Mel had asked me to help him start a food bank. We had to figure out how to do it with no money and vehicles, how to make it work," said Ward, who added that they joined forces with Winnipeg Harvest for a few years to collect their food from them. The volunteers would make pickups and deliveries in their own vehicles until a building was established for clients to come to.

Eventually the food bank moved from Stony Mountain to the more central location in the basement of Stonewall's Town Hall.

Through Ward's continued dedication to the food bank, volunteers have been able to build the non-profit organization to a place where people in the community can rely on for a helping hand.

"This has become one of the best food banks in Manitoba and it is all through volunteer work from community members," said Ward.

"My clients mean a lot to me. Over the years, we have built friendships. Coming to a food bank is a humbling experience, and you need to make the clients feel comfortable."

TRIBUNE PHOTO BY  
NATASHA TERSIGNI

After nearly three decades of running the South Interlake Food Bank, founder Mel Ward is stepping down from her position. The dedicated volunteer has worked to ensure that, over the years, the bank's shelves remained stock so community members in need could have access to food.



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# Museum exhibit remembers sacrifices during Second World War

By Natasha Tersigni

A new exhibit opening at the Quarry Park Heritage Arts Centre (QPHAC) will explore the sacrifices made by local residents during the country's participation in the Second World War.

During Prime Minister Mackenzie King's address in the House of Commons in September 1939, he declared that the Canadian military would be fighting alongside Allied forces in Europe. King spoke on how Canadians' participation in the Second World War would have a profound impact both domestically and abroad.

Keeping to those words, the Stonewall Municipal Heritage Advisory Committee has worked to create the *Stonewall Remembers World War II* exhibit that shows a glimpse of how the community contributed to the war both locally and internationally.

"In his speech to the nation that day, he said that there would be no household not affected by the current struggle. It wasn't just those that who were serving. The war would affect everybody. We wanted to look at how the community responded and what it was like for Stonewall in World War II," said QPHAC manager Catherine Precourt.

In the upper level of the centre, a display will show Canada's war efforts at home. A Memorial Cross, a medal given to mothers or widows whose son or husband died during active duty, will be on display and used to tell the stories of local mothers, including one mother who lost two sons in the war.

"We had a local school teacher who had her students knitting for the troops once a week. People were dealing with food rationing and we will have coupon ration books on display. People were dealing with salvaging items. They saved paper, fats, almost everything, so it could be repurposed for the war efforts," said Precourt.

In the Fullbrook Room on the lower



Newspaper articles from the 1940s are included in the exhibit.

level, the display will centre around local soldiers' roles overseas, including a photo and brief description on all 73 men who are named on the Stonewall Cenotaph for their service during the Second World War.

The *Stonewall Remembers* series is an ongoing project that committee members research and collect information throughout the year. Anyone who has any memorabilia from a Stonewall resident's participation in any foreign conflicts, this year especially the Second World War, is asked to bring it to the QPHAC.

"War is not all bombs and rifles. There are a lot of personal stories, human stories, and those are what we want to tell. We want to remember sacrifices, and it is the personal stories that are closest to our hearts," said Precourt.

The exhibit will be open from Nov. 1 to 15, 11 a.m. to 5 p.m. daily. On Nov. 1 from 2 to 4 p.m., the centre is hosting a special Tea and Remembrance for the opening of the exhibit.



TRIBUNE PHOTOS BY NATASHA TERSIGNI

All 73 Second World War soldiers named on Stonewall's cenotaph will be part of the *Stonewall Remembers* exhibit.



Local war memorabilia will be on exhibit at the Quarry Park Heritage arts Centre from Nov. 1 to 15. The exhibit includes the community's contributions to the war efforts both at home and abroad.



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# STARS Air Ambulance assists in Stonewall

## EMS helicopter called to Stonewall hospital to transport patient to Winnipeg

By Jennifer McFee

STARS Air Ambulance landed in Stonewall last Friday morning to transport a patient to Winnipeg for treatment.

Cam Heke, STARS spokesperson, said that the STARS helicopter went airborne from its base in Winnipeg at 8:32 a.m. on Friday, Oct. 23 to transport a patient experiencing a medical emergency from Stonewall to Winnipeg.

The type of medical emergency remains the personal information of the patient, but Heke said these situations usually involve heart attack, stroke, respiratory illness, pregnancy-related complications or a number of other serious illnesses.

"We always have a doctor on call 24-7 guiding missions by phone but they also fly with us as well. Today happened to be a day when one of our emergency docs went on the flight, so we did have an emergency physician that was brought in along with the critical-care nurse and the advanced-care paramedic," Heke said Friday.

"Traditionally, about half of our calls are inter-hospital and the other half are direct to the scene of an emergency, so landing on highways and open fields. In Manitoba, a larger proportion of our calls are direct to scene, but we're starting to see more of those inter-hospital transports happening as well."

Helicopter emergency medical services are beneficial to patients who are experiencing critical life- or limb-threatening illnesses or injuries, he said.

"There are two factors involved: the time in actually transporting a patient, which can be significantly reduced by helicopter EMS, and also the level of care. Time and talent are the two equations for a successful helicopter EMS program," Heke said.

"In addition to that, we also bring out specialized equipment like onboard ultrasounds, different medications, pumps, monitors and equipment that you would find in a major intensive care unit. You wouldn't have much of that in a ground ambulance unit."

The STARS medical staff works in conjunction with rural hospitals and rural EMS.

"The outcome of our patients is really dependent on how they all work and interact together, so it's a big team effort right from somebody call-

ing 911 to rehabilitation at a hospital and extended rehabilitation after the fact. We call it the chain of survival, and STARS is one link in that chain," Heke said.

"It's about time in that we're moving patients quickly in a helicopter, and it's also about the care we're providing inside the aircraft by bringing those medical providers with advanced care out to the rural communities. They can begin the level of care that they need from the moment our crew arrives versus waiting until you bring them all the way into a hospital in Winnipeg."

In hospital situations, STARS is based on physician-directed protocols and decisions, Heke explained.

"If the physicians in the rural community in the hospital decide that STARS is required, they would have a consult with our physician. They would decide the best care that the patient needs, and if they feel STARS is going to help that patient, that's when STARS is called in," he said.

"For all of our calls, we're being called out when there is potential for a patient to be in critical condition, be that from a medical illness or a traumatic injury."

However, STARS does not do routine medical transport that would often be done by ground ambulance. Instead, they only participate in emergency calls when the doctor believes that STARS could help save a patient's life or improve the long-term outcome.

In addition to hospital situations, STARS is automatically called out to head-on collisions since there is a high likelihood that the patients will be in critical condition.

This year in Manitoba, STARS has flown 445 missions since January.



TRIBUNE FILE PHOTO BY LANA MEIER

STARS air ambulance was in Stonewall last week to make an inter-hospital transfer.

"We're getting busier, and that's a sign of STARS being more integrated in the health system in the province. There's a lot of great work and co-operation with rural hospital staff, physicians within Winnipeg, with EMS and paramedics in rural areas, RCMP, dispatch 911 out of Brandon, and everyone coming together to make this work," Heke said.

"We're flying more and more, and when the helipad opens at Health Sciences Centre, that will likely increase our viability for many of the calls closer into the city as well. We anticipate those numbers to go up — and for us, obviously, each of those numbers represents somebody who's potentially in a life-threatening situation. So while we don't want those num-

bers to increase, we're happy that we're able to help more and work with the rural hospital staff and EMS to save lives in the province."

As for the patient who was transported from Stonewall, Heke does not have any additional information about the current condition.

"I hope the patient is doing well," he said. "I really don't know, but I certainly hope so."

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# Marquette Co-op launches new seed treater

## Co-op membership provides access to the facility

By Jennifer McFee

Farmers can now reap the rewards of one more resource that has cropped up in the Marquette area.

Marquette Consumers Co-operative now has a brand new seed treater to serve its members.

"Marquette Co-op decided to get into the soybean and cereal seed treating game. We were dabbling a little bit this spring. We treated a few soybeans, and then the board decided to leap into it," said general manager Cal Janke.

"We prepared a whole bunch of land here in Marquette behind the store. We poured a cement pad and we got six bins and a seed treater set up. So now we're good to treat soybeans for the local farm area."

The Co-op sources beans through suppliers that range from large companies to local farmers and seed growers, depending on the varieties that people are looking for, Janke explained.

"We bring them in in bulk, so it comes in by the semi-load. We put the beans into our big hopper bottom tanks now that we've set up, and there's a conveyor underneath," he said.

"So if a farmer comes in and he wants to buy 160 acres of DeKalb soybeans, we'll sell them to him this winter. And then in the springtime, he'll come with his truck and we'll treat them and inoculate



TRIBUNE PHOTO SUBMITTED

Marquette Consumers Co-operative now has a new seed treater that is up and running.

them with our seed treater here. It's pretty groundbreaking for the little town of Marquette."

The Marquette Consumers Co-operative has branches in both Marquette and Starbuck with a focus on ag retail catering to the farm trade.

"Some of the Co-ops through Southern Manitoba are now starting to get into seed treating because it seems like there's been a bigger and growing and more profitable push to get into soybeans. And with genetics that are coming down the pipeline, some of the new varieties are a lot more suited to our heat

units here to grow them," Janke said.

"Before, we had too cool of a climate to grow the varieties that seed producers had, but over time, they made some varieties that will mature in that shorter period of time in the cooler season. We've got some of the leading new cool season varieties."

Members who would like to use the seed treater can contact the Marquette Consumers Co-operative at 204-375-6570 or drop by in person. New members are always welcome, and membership will provide access to the facility.

# St. Laurent reeve breaks ground on new EMS facility

By Jeff Ward

St. Laurent Reeve Cheryl Smith announced that construction is now underway on a new emergency medical services facility (EMS) last Friday.

Provincial Health Minister Sharon Blady, Interlake-Eastern RHA CEO Ron Van Denakker and provincial Minister of Conservation and Water Stewardship Tom Nevakshonoff were also at the fire hall for the announcement.

The \$680,000 facility includes space for one ambulance and will have an attached crew area that includes a washroom, kitchenette, workrooms and large multi-purpose room.

"Emergency medical services are an essential part of sustainable health care in rural Manitoba, and paramedics are indispensable parts of our care teams," said Ron Van Denakker, CEO, Interlake-Eastern RHA.

"On-call work is demanding for care providers, and facilities like the new station in St. Laurent help to ensure paramedics continue to be at their best when responding to calls in our communities."

The facility is the fulfillment of a promise Smith made during her campaign for reeve. Smith made the announcement one year and one day after being elected in 2014.

Smith is excited for her community and called it a proud moment for St. Laurent residents who've



TRIBUNE PHOTO BY JEFF WARD

St. Laurent Reeve Cheryl Smith was excited to announce a new emergency medical services facility in St. Laurent that will be completed by early 2016.

been trying to get this facility built since 2004. There had been a committee in place made up of coun-

cil members as well as community members who worked hard on getting a plan in place. During her campaign, Smith had been hearing from many residents who still wanted a resolution to that issue and decided to get involved.

"We made a promise to look into it right away when we got elected in and we did," said Smith, who credited her council's ability to work together as a big help in getting the situation figured out.

"Basically the stalling of the [facility] was down to the transfer of the land that needed to be done. So we just took the bull by the horns and made sure we were in contact with our lawyer to get it done and got it done as quickly as possible."

Smith added that as soon as the land transfer was completed the IERHA and Manitoba Health grabbed it and moved quickly to get things set up for the facility.

"We remain committed to ensuring high-quality emergency medical services are available in communities across the province," said Minister Blady.

"This new facility will also provide our paramedics with employment opportunities closer to home in the St. Laurent area."

The facility will be built by Langreen Ltd. and is expected to be completed early 2016.



# Art auction raises funds for ACL in Stonewall

By Natasha Tersigni

Stonewall's Association for Community Living (ACL) held a fundraising art auction on Oct. 23 to help with the cost of ongoing renovations to their newly acquired building. With over 75 pieces that were donated, the auction was able to bring in \$1,400 for the non-profit organization that offers programming and support to adults with intellectual disabilities living in the South Interlake.

Auctioneer for the event was Lakeside MLA Ralph Eichler, who has a special connection to ACL in Stonewall — one of his sons attends the adult day program.

"I have been involved with ACL even before my family was involved. It is a group that helps all people in the community. You never know when you are going to be impacted by someone with a disability, and it is a group that I believe in and support very strongly," said Eichler.

"This group really focuses on the client. This new facility is fantastic, and if they can get some extra funds from the auction, it will go a long way to help them deliver services."

There are still a number of pieces from the art auction that are for sale. The pictures and paintings can be viewed and purchased during regular store hours at the Global Garage and Art House at 307 Main St. in Stonewall.



Association for Community Living Executive Director Tara Smith (left) and auctioneer Ralph Eichler pictured with some of the donated art that was auctioned off last Friday. The fundraiser brought in \$1,400 to help with ongoing renovations to the ACL building in Stonewall.

TRIBUNE PHOTOS BY NATASHA TERSIGNI



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# Pumpkins in the Park

REACT Inc. and Quarry Park Heritage Arts Centre (QPHAC) to host pumpkin carving, viewing and composting event Oct. 31

Submitted

On Saturday, Oct. 31 and Sunday, Nov. 1, Rockwood Environmental Action Community Taskforce (REACT) Inc. and the Quarry Park Heritage Arts Centre (QPHAC) will be hosting "Pumpkins in the Park" at Quarry Park in Stonewall.

On Halloween from 10 a.m. to 2 p.m., the event will feature a pumpkin-carving contest for all ages. Everyone is encouraged to bring either a pre-carved pumpkin to the Heritage Arts Centre or buy and carve a pumpkin on site. Prizes will be awarded for the best jack-o'-lanterns.

Lunch will be available for purchase. Additionally, a photographer will be on site to take autumn-themed family photos (in costume or not!) for \$5. REACT will be on site to sell the last of their rain barrels for only \$50.

On Sunday starting at 4 p.m., their "retired" jack-o'-lanterns from their

Halloween display at home down to the Heritage Arts Centre. At dusk, they will be placed around the pond in the park and lit one last time.

Everyone is encouraged to come for a stroll around the pond between dusk and 8 p.m. and see what promises to be Stonewall's largest jack-o'-lantern display. At the end of the event, all of the pumpkins will be responsibly composted.

"We hope to have a great turnout for Pumpkins in the Park," says Karl Daher, vice-chair of REACT Inc.

"We were looking to host a sustainability event for the month of October and thought what better way than to keep hundreds of pumpkins out of our landfills by composting them. Additionally, involving families in environmental awareness is a major goal of our group, so we included a carving contest and family photo element. Hopefully we'll see a few fami-



TRIBUNE PHOTO BY NATASHA TERSIGNI

Your last chance to purchase a pumpkin from Olde Cramb Farms will be at the Quarry Park Heritage Arts Centre during their Pumpkins in the Park event this Saturday from 10 a.m. to 2 p.m. Some of the farms youngest pickers, pictured left to right, Max, Loklan, Bria, Syree with Heather Teichrib, show off the locally grown pumpkins that will be for sale.

lies come to have their picture taken in full costume. The Town of Stonewall has been a great supporter in this effort; we're pleased to be able to work with them on this event."

For more information on this event, visit REACT Inc's website at [www.reactinc.org](http://www.reactinc.org).

## Patients to benefit from Legion and Lions donation



TRIBUNE PHOTOS BY LANA MEIER

Pictured left to right: Ralph Sinclair, Louise Kernested, Donna Stewart, Ken Power and Margaret Medwid with the donated vital signs monitoring machine and recliner.

By Lana Meier

The Royal Canadian Legion Branch #52 and the Stonewall and District Lions Club recently donated a leather recliner for the palliative care room and a vital signs monitoring machine to the Dr. Evelyn Memorial Hospital in the value of \$8,000.

The highly simple-to-operate integrated device measures non-invasive blood pressure,

pulse rate, blood oxygen saturation and temperature quickly and effectively. Interlake-Eastern RHA nurse Donna Stewart demonstrated on Lions president Ralph Sinclair how hospital staff can monitor vital signs on this next-generation patient monitoring machine with full-colour touch-screen interface, large, easy-to-read numerics that also has the capability of

storing patients' information in its memory.

"This donation is welcomed by hospital staff and will make things so much easier," said Stewart. "There is a similar machine in the emergency room, but the emergency room is busy and it is difficult to get it when needed. We are so grateful to the Legion and the Lions for this generous donation."



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# Dog owner offers \$2,000 reward for missing pet

By Jennifer McFee

A distraught dog owner is offering a \$2,000 reward for anyone who returns his black lab that went missing west of Woodlands two weeks ago.

Jason Garrett, a police officer in Winnipeg, last saw his eight-year-old hunting dog Maverick on Oct. 15 crossing the road and going into his neighbour's yard near Highway 248 and Road 81N. He describes his canine companion as a very loving dog with a grey muzzle and a white speck on his right ear. Maverick comes when his name is called and he has a breeder's tattoo in his ear.

"We're thinking the dog may have been taken and either ditched or dropped off somewhere or disposed of," he said.

"The RCMP have basically refused to come out and even investigate this. There's a whole real lack of empathy, compassion, whatever you want to call it."

Garrett said that he also saw a yellow lab that had been shot in the head and dumped by the side of the Johnson Beach Road, but he was still waiting for RCMP to return his call about that incident.

Stonewall RCMP Staff Sgt. Kelly Glaspey said that pet owners need to be responsible for keeping their animals contained.

"If you have a pet, you have to be a responsible



TRIBUNE PHOTO SUBMITTED

Have you seen this dog? Maverick, an eight-year-old black lab, was last seen near Highway 248 and Road 81N on Oct. 15.

pet owner and not allow your pet to run at large," Glaspey said.

"We had another incident earlier this summer

when someone's dog got out and was harassing livestock and chasing someone's goats. If your livestock is being harassed by a dog or by wildlife like a wolf or a coyote, the livestock owner has the right to shoot that animal — and that would include domesticated dogs. So the onus is on the pet owner to be responsible."

Even if neighbours don't have livestock, they can still take action in certain situations.

"If a dog comes into somebody's yard and it's barking and growling, that person has a right to dispose of that dog if they feel threatened by it," Glaspey said.

In addition, under the Highway Traffic Act, it is an offence to allow domesticated animals to run at large on a highway, Glaspey added.

"If you have a dog or a cow or a horse that is on the road and somebody runs into it, you're liable for that animal and the damage that's caused by your animal on the highway," he said.

As for Garrett, he is continuing to search for Maverick — with or without the help of the RCMP.

"We've been all over the areas out here," he said. "We're still searching, but the longer it goes, the more difficult it becomes."

Anyone with information about Maverick can contact Garrett at 204-771-7186.



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# Poppy drive underway as Nov. 11 approaches

By Natasha Tersigni

Last year in early November, upwards of 18 million Canadians donned a small red flower on their lapels, a symbol of remembrance for the thousands of Canadians who, in the past and present, have put their lives on the line in defence of Canada. This year will be no different as legions across the country begin their annual poppy sales this weekend.

Starting this Friday, local businesses will have poppies on display and available for purchase. All monies donated goes to the Royal Canadian Legion Branch 52 in Stonewall. The poppy is a symbol of Remembrance of veterans and their families who made a sacrifice for their country.

Locally, the money collected stays in the community to support veterans and other community organizations. From last year's poppy campaign, the Stonewall Legion made several donations to local groups including the Deer Lodge Centre in Winnipeg (\$200); the Joint Hospital Visiting Committee (\$500); Royal Commonwealth Ex-Services League (\$500); 301 Alan McLeod Air Cadets in Stonewall (\$4,000); Military Family Resource Centre (\$1,500); Interlake-Eastern Health Authority (\$2,000); and the Dr. Evelyn Memorial Hospital in Stonewall for medical equipment (\$957.11).

Nationally this year's poppy campaign will honour the 100th anniversary of the famous poem In Flanders Fields written by Canadian physician Lt.-Col. John McCrae during the Second Battle of Ypres in May 1915. His poem has lived on for a century and plays a prominent role every during Remembrance Day services. The Royal Canadian Mint will be releasing a special coin to honour the anniversary.



TRIBUNE PHOTO BY NATASHA TERSIGNI

Royal Canadian Legion Branch 52 poppy co-ordinator Rev. Leonard Oracheski, along with other Legion members, will begin putting the poppy displays in local businesses on Oct. 30.

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# Charlie, Monster!



TRIBUNE PHOTO BY NATASHA TERSIGNI

Winnipeg based pop-punk band Charlie, Monster! — including Teulon's Tye Barker, who is lead singer and a guitarist (pictured centre) — performed at Boonstra Farms on Oct. 23. Along with the music, guests also enjoyed some Halloween fun with the special Halloween Maze, including tours through the Tower of Terror and The Black Hole.

## SCI Siloam Mission Jean drive



TRIBUNE PHOTO BY NATASHA TERSIGNI

SCI students and staff have volunteered to collect gently used jeans and hoodies for Siloam Mission in Winnipeg. The items collected will be brought to Siloam Mission on the first of eight volunteer events planned this year for SCI. Community members can drop off items at SCI until Oct. 30.

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phatic circulation, relieves stress and slows down signs of ageing. Even better, regular massages improve skin irrigation, facial lymphatic oedemas disappear and worry lines can fade away. Whether your need is to have a



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# get inspired

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## Witch's Brew Mocktail



### Ingredients

3 cups ginger ale, chilled  
1 1/2 cups pineapple juice, chilled  
1/3 cup sweetened lime juice, chilled

Green gel food color or green icing color (optional)

Black Colored Sugar

Gummy Eyeball Skewers

### Preparation

In large pitcher, combine ginger ale, pineapple juice, sweetened lime juice and, if using, gel food color.

To prepare glasses, dip rims of martini glasses in water, then in black sugar. Fill with drink mixture; add eyeball skewers.

Serves 6 servings

Source Wilton



## Jolly Jack-o-Lantern Cookies

### Ingredients

1 cup (2 sticks) butter, softened  
1-1/2 cups granulated sugar  
1 egg  
1-1/2 teaspoons vanilla extract  
1/2 teaspoon almond extract (optional)  
2-3/4 cups all-purpose flour  
1 teaspoon salt  
Light Green, Black, Red and Orange Sparkle Gel  
Preparation

Preheat oven to 350°F. Lightly spray Easy Decorate Pumpkin Cookie Pan with vegetable pan spray.

In large bowl, beat butter and sugar with electric mixer at medium speed until well blended. Beat in egg and extracts; mix well. Combine flour and salt; add to butter mixture. Beat until well blended. Press dough into cavities, filling 2/3 full.

Bake 10 to 12 minutes or until light brown around edges. Cool in pan 10 minutes. Turn pan over; lightly tap pan to remove cookies. Cool completely on cooling grid.

Decorate cooled cookies with Sparkle Gel, using light green for stem; black for eyes, mouths and mustaches; red for tongue; and orange for remaining pumpkin areas. Let set, about 1/2 hour.

Serves Makes about 2 dozen cookies  
Source Wilton Enterprises

## Pumpkin, chocolate and cheddar muffins



HEART & STROKE FOUNDATION

2 eggs  
2/3 cup (160 mL) brown sugar  
1/4 cup (50 mL) vegetable oil  
1 cup (250 mL) homemade or store-bought pumpkin purée  
2/3 cup (150 mL) 1% milk  
1/2 tsp (2 mL) pure vanilla extract  
1 cup (250 mL) wheat bran  
1 cup (250 mL) quick-cooking oat flakes  
1 1/2 cups (375 mL) unbleached flour

2 tsp (10 mL) baking powder  
1 tsp (5 mL) baking soda  
1/3 cup (75 mL) bittersweet chocolate chips or chunks  
3/4 cup (180 mL) lower fat Canadian Mild Cheddar, diced or 1/2 cup (125 mL) regular Canadian Mild Cheddar, diced  
Directions  
Preheat oven to 350 °F (180 °C).  
In a bowl, using an electric mixer, beat the eggs with the brown sugar.

Add oil, pumpkin purée, milk and vanilla extract.

In a large bowl, mix remaining ingredients and make a well in the centre.

Pour liquid ingredients into the well and mix just until combined.

Divide batter into a muffin pan, using paper muffin cups.

Bake in oven for 25-30 minutes or until a toothpick inserted in centre comes out clean.

# The Skill: Giving Your Family Toward Healthy Eating



### Part 3:

Eating a wholesome diet is a behavior like any other: It must be taught and practiced, again and again, by everyone. When researchers from the University of Newcastle in Australia surveyed nearly four hundred parents of preschoolers about the home food environment and their children's fruit and vegetable intake, they found a strong association between kids' fruit and vegetable consumption and their parents' intake; moreover, the more often parents provided their child with fruit and vegetables each day, the more produce the young kids ate on a daily basis. So don't underestimate the power of parental modeling or repeated exposures to healthy foods!

Once these wholesome eating habits take root, they have a better chance of thriving and becoming sustainable for the whole family. The best way to get there is together. When researchers from the University of Minnesota tracked the eating habits of 677 adolescents from middle school through high school, they found that the teens who had regular family meals over the five-year period had higher daily intakes of vegetables, fiber, vitamins (such as A, B6, and folate), and minerals (including calcium, magnesium, potassium, iron, and zinc) than their peers who had less frequent family meals. In other words, sharing regular family meals when your kids are in early adolescence can help them maintain healthier eating habits when they

reach their late teens.

Cooking well doesn't have to be an elaborate affair. You can keep it simple and healthy and still create delicious meals and a pleasant dining experience. With regular practice, planning and cooking nutritious meals will become second nature to you. You'll become more efficient in the kitchen, and your taste buds will likely develop a preference for your own healthful fare. Cooking healthfully will become the new normal for you, which is just as it should be.

- Get in the habit of planning meals ahead of time so you can be sure to have ingredients available when you need them.

- Build healthier, more satisfying salads and sandwiches by taking a layered approach.

- Use meal preparation shortcuts when you're especially busy, such as choosing canned or frozen veggies, marinated tofu, rotisserie chicken, and other precooked ingredients.

- Give recipes a nutritional makeover by using healthy oils instead of butter, nonfat Greek yogurt instead of sour cream, and broths, herbs, and spices instead of heavy sauces.

- Get family members invested in developing healthier eating habits by finding ways to manage food conflicts or making healthier versions of your family's favorite foods.

Disease-Proof: "The Remarkable Truth About What Makes Us Well" by David L. Katz, MD, MPH, FACPM, FACP

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# Zebra mussel law still missing from the books

## Provincial legislation may finally come into force next week

By Austin Grabish

Legislation that would make it illegal to transport zebra mussels while giving the province the authority to hand out fines as large as \$100,000 has yet to become law, but that may change next week.

On Monday, the province held a press conference announcing an "additional" \$1 million in funding for the fight against zebra mussels.

However, reporters learned the province will actually only spend an additional \$500,000 on the fight against the mussels.

Conservation and Water Stewardship Minister Tom Nevakshonoff couldn't say if the money announced Monday was new or redirected from the provincial budget.

"Budgets are a complicated thing," he said.



Zebra mussels are seen in this file photo.



TRIBUNE PHOTOS BY AUSTIN GRABISH

Conservation and Water Stewardship Minister Tom Nevakshonoff (centre) speaks to reporters about zebra mussels at a press conference in Winnipeg Monday.

## Helping the homeless



TRIBUNE PHOTO BY NATASHA TERSIGNI

In just two and half weeks, staff from the Teulon's Hunter Memorial Hospital, Goodwin Lodge and Interlake-Eastern Regional Health Authority community health office collected enough clothing for Siloam Mission in Winnipeg to fill the Teulon & District Handivan. The clothing drive is just one of the many community initiatives the staff members hold annually. This initiative was held in conjunction with the Teulon Handivan committee, who donated the use of the van for the delivery to Winnipeg. Pictured left to right: Michelle Hazelton, Gwen Kostuik, Daryl Olson, Dale Hume, Lisa Taylor and Lawrence Weselak.

Nevakshonoff reminded reporters it's illegal to possess zebra mussels in Manitoba despite the fact provincial legislation on the mussels has yet to become law.

Nevakshonoff told the *Express Weekly News* the province's aquatic species legislation, which could see boaters who are caught with zebra mussels fined up to \$100,000, would come into effect "very soon."

He hinted that could be as early as next week.

He also said while the Manitoba legislation is not yet law, the federal Fisheries Act makes it illegal for anyone to be in possession of zebra mussels.

"The illegality of possessing them is what is fundamental here," he said.

Nevakshonoff said provincial officials were busy working on the frontlines this summer, and that's why the legislation has yet to come into force.

"Our efforts were on containment and so forth," he said.

The funding announced Monday will pay for scientific resources, decontamination units and watercraft inspection stations that will be set up throughout the province next summer.

The stations have already been set up near docks in places like Selkirk Park, where boats were screened for zebra mussels this summer.

Nevakshonoff said he disagrees with University of Winnipeg biologist Eva Pip, who told several media outlets earlier this month Lake Winnipeg was

a lost cause that couldn't be saved.

"I do not think the lake is dead or will die," he said.

"I don't think any of us should contemplate for a moment on giving up on any struggle to combat this invasive species."

Tory Conservation and Water Stewardship critic Shannon Martin said additional funding for the fight against zebra mussels is "long overdue."

"It's important to remember that zebra mussels were first discovered in the Red River Basin over six years ago," he said.

Longtime Lake Winnipeg angler Robert Kristjanson said he and other fishers warned the government years ago about zebra mussels.

He couldn't say what impact the mussels have had so far on his family's fishing business but admits he's worried.

"The devastation has yet to be seen, and it's not only Lake Winnipeg," Kristjanson said.

"The beaches around Lake Winnipeg and the hard bottom all along the east side will be absolutely devastating."

University of Winnipeg president Dr. Annette Trimbee was also appointed to a provincial science advisory committee Monday.

She will work as a partner who will help aid in the fight against the mussels.



# Interlake-Eastern RHA mobile medical clinic hitting the road

By Jeff Ward

The third mobile clinic to pop up in Manitoba will be starting its dry run here in the Interlake and the Eastern part of the province by end of the year, providing residents the chance to see a primary care nurse weekly.

The Interlake-Eastern RHA mobile clinic is a state of the art medical facility that has two clinic rooms, a bathroom, a central waiting area and administration desk as well as a counter area for lab processing.

The clinic is essentially a primary-care clinic on wheels and will be based in Gypsumville, Prawda, Grand Marais and Seymourville, while servicing the people in the broader area.

Each site in these communities will be located close to their respective community centres or halls to ensure that resident will have the easiest year-round access.

"Each unit will have a nurse practitioner and a primary-care nurse. With this system we can make sure that each community has access to primary health care in some way.

We'll be doing dry runs in December and that will be fantastic. It'll give us a great idea of how things are going to work," said Annabelle Reimer, regional manager for primary health-care services for the Interlake-Eastern RHA.

Each site needs to have the correct electrical, Internet and phone hookups so that the unit can operate as intended. This is not a system that can be deployed on the side of any highway, and although it might look like a cozy RV on the outside, it is a very effective health-care outlet on the inside.

The mobile clinic will be on rotation for each of those four communities with Selkirk operating as a home base for the clinic. Each community will have one day each week when the mobile clinic is scheduled for their area, for Gypsumville that day is Wednesday.

The mobile clinics are all part of the initiative the provincial government promised back in November of 2011 to make sure that any Manitoban

"IF WE NEED TO MAKE ADJUSTMENTS, WE DEFINITELY WILL DO SO TO SUIT THE NEEDS OF THE COMMUNITY."



TRIBUNE PHOTO SUBMITTED

The Interlake-Eastern RHA mobile clinic will be based in Gypsumville, Prawda, Grand Marais and Seymourville and will be servicing people in the broader area.

who wants a family doctor will have access to one by 2015. And the nurse practitioners and primary-care nurses within the mobile clinics are effectively just that. Nurse practitioners are able to give vaccines like flu shots while catering to all the preventative medicine that any family doctor would engage in.

"It's something that will have a continual evolution as we see what else we need to do to have good patient engagement and understanding. If we need to make adjustments, we definitely will do so to suit the needs of the community," said Reimer.

## Home-based businesses give back



TRIBUNE PHOTO SUBMITTED

Organizers of the 7th Annual Home Based Business Showcase last Saturday saw 45-plus vendors participating and approximately 340 taking in the event. The showcase supported both the Stonewall Christmas Cheer Board with a donation of \$315 and \$370 to the Stonewall Lions Club. Pictured left to right: co-organizer Tanya Swanson, Kari Willey of Stonewall Christmas Cheer Board and co-organizer Kerrie Holm.

## Service pins awarded



TRIBUNE PHOTO BY JO-ANNE PROCTER

Service pins recognizing the dedication and commitment of several ISD staff were presented last Friday at Ecole Centennial School. Secretary Carole Henry received a pin for her 30 years of service while Wendy Enstrom received a 25-year pin; Lorna Broadfoot, a 15-year pin; and Kathy Cockerill, a 10-year pin. Bus drivers Janice Nunn received a 25-year pin, Gwen Buchanan and Doug Oliver each received 20-year pins; Sherry Beckett, a 15-year pin; and Ken Craig, a 10-year pin. Custodial staff included Bob Isbister who received a pin for his 30 years of service and Judy McLaughlin for 25 years.

Pictured back row, from left: Bob Isbister, Gwen Buchanan, Doug Oliver, Ken Craig, Sherry Beckett, Wendy Enstrom, Lorna Broadfoot; front row: Janice Nunn, Carole Henry, Judy McLaughlin and Kathy Cockerill.



# ISD teaching children the act of restitution

By Natasha Tersigni

To ensure that discipline remains consistent both at home and at school, the Interlake School Division (ISD) held the first of three restitution workshops for parents last week at École R.W. Bobby Bend School. The act of restitution, teaching children and youth to correct their mistakes through emphasizing positive solutions, is part of the ISD's 2014-18 Strategic Plan.

"We are implementing restitution as a division this year and we are really working hard to help students correct behavioural issues they may be having. All of our teachers and educational assistants are receiving restitution Level 1 training and all division employees will be taking in a workshop, so everybody will know what restitution is about," said ISD Supt. Christine Penner.

Leading the workshop for parents was behaviour and learning support teacher for the Pembina Trails School Division Cindy Levesque. Starting the evening off, Levesque had parents take a quiz to see which of four basic needs categories they and their children fell into: belonging (friendship and involvement), power (importance and recognition, fun (pleasure and enjoyment) and freedom (choice, independence and autonomy).

Using real-world examples,

"IF CHILDREN ARE MISBEHAVING, IN THE CLASSROOM OR AT HOME, THEY ARE MEETING A NEED."

Levesque explained how children with different basic needs misbehave in different ways. A "belonging" child will withdraw when misbehaving, and they need a social connection to correct their behaviour. A "power" child needs to feel empowered, so by giving that child more responsibility, they will correct their behaviour. A "freedom" child craves independence, so by giving them choices or options, they will pick a solution best for them. A "fun" child gets bored easily and needs to get pleasure and enjoyment out of an activity.

From there, Levesque gave general strategies for correcting behaviour, including modelling behaviours you want to see and correcting behaviour you don't want to see.

"If children are misbehaving, in the classroom or at home, they are meeting a need. You cannot stop a behaviour; you

can replace it," said Levesque, who added it takes time before a positive behaviour replaces a negative behaviour.

Levesque also emphasized the importance of language choices and how replacing the word "no" in your vocabulary can assist in correcting negative behaviours.

"I don't use the word 'no.' I say 'yes if.' I won't use it in situations where a child's safety is concerned, but for most things, I usually say 'yes if'. If a child wants to get a drink of water in the middle of class, I would say 'yes if



TRIBUNE PHOTO BY NATASHA TERSIGNI

Behaviour and learning support expert Cindy Levesque led parents in a restitution workshop held by the Interlake School Division on Oct. 23 at École R.W. Bobby Bend School. Through the Interlake School Division's newly implemented restitution program, students are encouraged to take responsibility for their actions and to fix their mistakes.

all your work is finished.' I am not saying no, but it is the same result," said Levesque.

"If you have a child that has Attention Deficit Hyper Active Disorder (ADHD) or Oppositional Defiance Disorder (ODD), they will react to the word 'no.'"

More information on restitution can be found at [www.realrestitution.com](http://www.realrestitution.com).

The ISD will be hosting two more restitution workshops with Levesque on Nov. 12 at Teulon Elementary at 7 p.m. and Nov. 19 at Woodlands School at 7 p.m.

## Female Hockey Fights Cancer to hit the ice Nov. 1

By Brandon Logan

Female Hockey Fights Cancer is set to return to Selkirk for a third year on Sunday, Nov. 1.

The annual Cancer Care Manitoba fundraiser, which has three games scheduled throughout the day, will first take place at the University of Manitoba on Halloween before travelling north to Selkirk the following day.

Opening the festivities in the early afternoon will be a matchup between the Pee wee AA Predators and the Pee wee AA Saints. That game will be followed by a bantam game with the Winnipeg Avros and St. Mary's Academy Flames from the Manitoba Female Midget Hockey League.

Organizer Dennis Park said it's the generosity of community members that makes the event a success each year.

"I think it gets all the kids involved in the fundraising aspect and it's a way for them to give back to the community," Park said. "Hockey is a community-driven sport and everybody wants to get involved when something like this comes along, so it's good."

In the first two editions of the fundraiser, more than \$37,000 has been donated to Cancer Care Manitoba.

Park said the organizing team doesn't really have a dollar amount in mind for this year but noted players on every team are required to raise at least \$100. While he won't estimate a

final total, he said it will likely exceed everyone's expectations.

"The goal is for the kids to have fun first and foremost. I don't think the dollar amount really matters at the end of the day because there will be money raised," he said. "Players are expected to contribute \$100 worth of fundraising, so each team should generate at least \$1,700."

As for what drives him back every year to organize the fundraiser, Park said it's seeing the joyful faces, both young and old.

Without the players and teams, he said, the Female Hockey Fights Cancer fundraiser wouldn't be what it is today.

"My favourite part is just work-

ing with all the teams and seeing the excitement on the kids' faces when they're participating in the games," Park said, adding the Selkirk Recreation Complex will be decorated for game day as well. "You can organize this fundraiser all you want, but if the kids aren't interested or involved and take it to heart and work real hard, it wouldn't be successful. It's really the kids and teams that make the day successful."

Game time at the Selkirk Recreation Complex for the pee wee game is scheduled for 12 p.m., followed by the bantam game at 2 p.m. and the midget matchup at 4 p.m. on Nov. 1.



# worship *with us*

## > FAITH

## What's on your agenda?

The Reverend James Bardsley  
As I write this article the geese of Oak Hammock are making preparations for a journey. Regular trips between marsh and fields build strength and give practice to flying together in formation. Giving lift to those flying behind, supported by those going before, and honking encouragement for the journey. It would seem that every one of the thousands of birds have the same agenda, for their journey is imminent.

We too will one day make a journey, a journey from this earthly home into eternity. In preparation we could learn something from the geese when it comes to being prepared. This may have been the point to Jesus' parable in Matthew 22:1-14 in which He relates the kingdom of heaven to a king who gave a wedding banquet for his son. He invites his loved ones to come and celebrate with him. But they have more important things to do. They have their own agenda.

When we receive a wedding invitation, we are invited to the most important day in the lives of two people. The invitation typically comes with RSVP (who says we are not bilingual) at the bottom. When we don't respond, or we respond












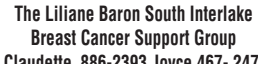





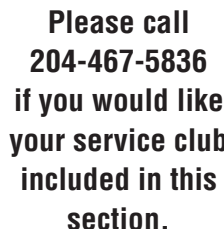


"No", we are saying that there are more important things in our lives than attending your wedding. We have our own agenda to follow. Those who invited us are no doubt disappointed we choose not to celebrate in their day.

We don't often think about God being disappointed, or hurt, or feeling of betrayal. Look at this parable, and see

a God yearning for a relationship with us, and the disappointment when we fail to respond, or respond in the negative. "Tell those who have been invited: Look, I have prepared my dinner, my oxen and my fat calves have been slaughtered, and everything is ready; come to the wedding banquet." He set up this banquet as a celebration of our relationship, and all are welcome.

Answering God's invitation is as easy as coming to celebrate. We're called to participate in the joy and the

feasting and the glory of the kingdom. Through God's grace we are invited us to share in an eternal banquet. God knows the hurt of rejection, Jesus felt that rejection on the cross, but God continues to invite, Jesus chose to forgive. Come to the banquet, for all is now ready. Listen to the geese, the time to prepare for a journey has come. What's on your agenda? Take your cue from the goose, begin your preparations, join the flight and get honking.

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| <div><div></div><div><b>Royal Canadian Legion Branch No. 52</b></div></div> <p>\$33-\$38 member/year depending when dues are paid</p> <p>The Royal Canadian Legion is dedicated to the service of veterans and their dependents, as well as to raise funds for the community. The Legion is open to all Canadian Citizens. Meetings are held on the 2nd Tuesday of the month at Stonewall Legion Club Room.</p> | <div><div></div><div><b>South Interlake Ag Society</b></div></div> <p>Janice Rutherford 467-5612<br/>Hwy #236<br/>and Rockwood Road<br/>\$10/member/year</p> <p>It encompasses the needs of the three municipalities that it serves – Rockwood, Rosser and Woodlands. Monthly meetings are held the 3rd Tuesday of each month at 7:30 at the Ag grounds.</p>  | <div><div></div><div><b>Teulon Women's Institute</b><br/>Phone 886-2216</div></div> <p>Fee: Nominal membership may apply</p> <p>Motto: "Home and Country"</p> <p>The TWI has approximately 14 members that work hard to raise money throughout the year to donate to local and regional charities and community projects. Meet 3rd Tuesday of the month 7:30pm Farview Place Teulon. New members always welcome.</p>  | <div><div></div><div><b>1 Snow Goose Bay on Hwy 220 Stonewall, Manitoba</b><br/><b>1-888-50MARSH (62774)</b><br/><b>ohmic@ducks.ca</b><br/><b>oakhammockmarsh.ca</b></div></div> <p>The Oak Hammock Marsh Interpretive Centre is a non-profit organization. Its mission is to foster public awareness and knowledge of the inherent values of wetlands and associated ecosystems, and to encourage public support for their conservation through innovative education and outreach programs.</p>   | <div><div></div><div><b>Quarry Toastmasters</b></div></div> <p><b>Brenda 467-5088</b></p> <p>Quarry Toastmasters meet every Tuesday 7:15 – 8:45pm at the Stonewall Collegiate in the Library.</p> <p>We work to build up your confidence in public speaking – individually or in a group. We help you plan what to say and to have fun doing it.</p>   | <div><div></div><div><b>Kin Clubs of Stonewall</b><br/>Motto<br/>"Serving the Communities"</div></div> <p>Kin Canada is a dynamic volunteer organization enriching our communities through service while embracing national pride, positive values, personal development and lasting friendships.</p> <p>Kinsmen President<br/>Chris Luellman 467-8770</p> <p>Kinette President<br/>Jean Burchuk<br/>204-467-2925</p>  |
| <div><div></div><div><b>Teulon &amp; District Agricultural Society</b></div></div> <p>Lana Knor, President<br/>467-0740</p> <p>The Teulon &amp; District Ag Society meet on the fourth Thursday of each month from February to November at the Agricultural Building at 7:30pm. The Ag Society sponsors the Teulon &amp; District Ag Fair and the Annual Teulon Pumpkinfest.</p>                               | <div><div></div><div><b>Interlake Community Foundation, Inc.</b><br/>204-467-5634<br/><b>www.interlakefoundation.ca</b></div></div> <p>The Interlake Community Foundation provides the citizens of Rockwood, Rosser, Stonewall, Teulon and Woodlands with the opportunity to invest in the future of their community and region forever. The Foundation pools donations in a capital fund that remains in perpetuity. The income generated from the capital is distributed as grants to registered charities in the region. Grant applications are due by February 28th of each year.</p> | <div><div></div><div><b>Stony Mountain Stonewall Masonic Lodge #12</b></div></div> <p>Call 204-467-2788 for Information</p> <p>Stony Mountain Stonewall Masonic Lodge #12 is the oldest organization in Stonewall (1880) and part of the oldest and largest fraternity in the world. Although a belief in one God is necessary to join, Freemasonry is non-secular and prohibits discussion of religion and politics in its Lodges. Freemasonry focuses on the reinforcement of morality into the daily lives of our members and of charity, a giving back to our communities through our Lodges and by our charitable activities as well as in our personal lives, which we believe makes GOOD MEN BETTER.</p> <p>Monthly Meetings 2 B 1 ASK 1</p> | <div><div></div><div><b>Stonewall Ladies Auxiliary</b></div></div> <p>Committed to the wellbeing of our community and raising funds for the ongoing mutual support provided by the Stonewall Legion Branch #52. Meetings are held on the second Thursday of the month. New memberships are welcome. Yearly membership fee 10.00. Volunteers often required for events at the Legion hall.</p>   | <div><div></div><div><b>South Interlake Seniors Resource Council Inc.</b><br/>Darcy or Corinna @ 467-2719<br/><b>sisrc@shaw.ca</b></div></div> <p>SISRC is a non-profit organization that offers services for seniors and those with disabilities. These services include; Transportation; Mobility Aid Lending Service; Caregiver Support Group; Health Education Presentations; Resource Information/Form Completion; Telephone Buddy/Friendly Visiting; Handy Helper/Housecleaning. We also distribute the ERIK (emergency response information kit) and we are Lifeline Representatives.</p> | <div><div></div><div><b>The Liliane Baron South Interlake Breast Cancer Support Group</b><br/>Claudette 886-2393 Joyce 467- 2473</div></div> <p>The group is a non profit grass roots organization founded by women in the South Interlake Area diagnosed with breast cancer. Our mandate is to assist others who may find themselves with a similar diagnosis and to provide a variety of support, assistance and friendship where needed within the confines of privacy, respect and caring.</p> <p>The group meets for positive encouragement and support on the third Tuesday of each month at 7PM at the office of LJ Baron Realty, Main Street in Teulon. Anyone seeking information or services is always welcome.</p> |
| <div><div></div><div><b>Knights of Columbus Stonewall</b></div></div> <p>Dave Couprie 467-9548<br/>\$40/member/year</p> <p>The Knights of Columbus raise funds for charities within the community. The Knights are open to all Catholic men, 18 yrs or older. Meetings are held 1st Monday of the month September through June at the Christ the King Church in Stonewall.</p>                                 | <div><div></div><div><b>South Interlake 55+ Inc</b></div></div> <p>Cheryl Cathers 467-2582<br/><b>www.si55plus.org</b><br/>\$15/member/year</p> <p>This non-profit organization provides education and activities for persons age 55 plus. Many activities and events are held on a regular basis. Newsletters are published monthly and available to pick up at the 55+ Centre in Stonewall.</p>   | <div><div></div><div><b>Stonewall &amp; District Lions</b></div></div> <p>Ralph Sinclair<br/>622 Centre Avenue,<br/>Stonewall 467-9600<br/>Motto: "We Serve"</p> <p>Membership is open to anyone over eighteen with an interest in providing assistance to those people or projects in our community in greater need than ourselves. Meetings every 2nd and 4th Wednesday of the month at 7:30pm September thru June.</p>   | <div><div></div><div><b>Independent Order of Odd Fellows Stonewall Lodge #49</b><br/>Larry O'Dell 467-8882<br/>Ross Thompson 467-2438<br/><b>www.ioofmb.ca</b></div></div> <p>Yearly nominal membership fee</p> <p>The Odd Fellows Lodge is a fraternal organization based on the fatherhood of God and the brotherhood of man. We do charitable work through various projects in the local community, the province and internationally. We seek to elevate the character of man and thereby make the world a better place to live. Meetings every 1st and 3rd Monday of the month at 8:00pm at the Odd Fellows Hall.</p> | <div><div></div><div><b>Stonewall &amp; District Health Centre Ladies Auxiliary</b></div></div> <p>Marg Bond 467-8732</p> <p>The auxiliary's goal is to raise funds for the purpose of enhancing the care and comforts of patients, residents and clients served by the Health Centre.</p> <p>Meetings are held the first Monday of each month at Rosewood Lodge.</p> <p>New members welcome.</p>  | <div><div></div><div><b>Please call 204-467-5836 if you would like your service club included in this section.</b></div></div>  |
| <div><div></div><div><b>Warren Horizons District Lions Club</b><br/>President: Irene Tully 204-375-6522</div></div> <p>Meetings are held the first and third Wednesday of each month at the Warren Fire Hall<br/><b>Sept. thru June.</b></p>   |  |   | <div><div></div><div><b>Warren &amp; District Lions</b><br/>President Stu Bangle 204-322-5381<br/>"We Serve"</div></div> <p>Membership is open to anyone over 18 interested in giving something back to their community through direct action, meeting humanitarian needs, encouraging peace, and promoting international understanding.</p> <p>Meetings are held the 1st and 3rd Wednesday of the month at 7:00pm at the Warren Fire Hall from Sept-June.</p>  |   |  |

**Tribune**



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**Kin Clubs of Stonewall**  
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**"Serving the Communities"**

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**Kinsmen President**  
**Chris Luellman 467-8770**  
**Kinette President**  
**Jean Burchuk**  
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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Jets lose game due to ineligible player

By Brian Bowman

The Stonewall Jets won a hockey game against the Transcona Railer Express on Sunday.

Then, they found out that they had to forfeit the game due to having an ineligible player in their lineup.

It was an odd – and very rare – occurrence in junior hockey.

“That player was on our roster for the whole year last year, and a half a year the season before,” explained Jets’ assistant coach Brock Couch Tuesday morning. “The player is moving out west soon. He had an injury, so we took him out of the lineup for two games. During that time he was deleted from our roster by management.

“There was miscommunication because we just decided last minute to throw him into the game on Sunday to get his last game in, kind of as a surprise,” Couch continued.

“It was just a lack of communication between us coaches and management – it was a mistake on all of our parts.”

Stonewall defeated Transcona 6-4 on Sunday, scoring four second-period goals but it will come up as a loss in the official standings. The Jets now have a 6-4-1 record and 13 points on the season.

“We did get a win, but we let the boys down in

that respect,” said Couch. “It’s been taken care of with the league and with our team. We just have to put it behind us and look forward.”

When Stonewall actually played a game that counted in the standings last Friday, the Jets doubled the River East Royal Knights 6-3 in Stonewall.

Stonewall played some pretty good hockey in their two games last weekend.

“I really think that they’re starting to show what they’re capable of and we’re only going to get better,” Couch suggested. “We’re definitely looking way better than when we went on that three-game skid.”

Daniel Giles gave the visitors a 1-0 first-period power-play goal but it was all Stonewall in the middle frame.

Sam Mandryk, Mackenzie Johnson and Chase Faulkner gave the Jets a 3-1 lead with second-period goals and then Scott Owen, Brett Meilleur, and Eric Swanson tallied in the third.

Lucas Henry and Matt Broughton replied for River East.

Stonewall outshot River East 39-21. Stuart Fleury earned the win in goal.

The Jets will visit the first-place Raiders Jr. Hockey Club (9-2) this Friday and then will play at the St. Boniface Riels (3-6-2) on Monday.

Both games start at 7:30 p.m.



TRIBUNE PHOTO BY LANA MEIER

The Jets’ Mackenzie Johnson scored during the second period in Stonewall’s 6-3 win over the River East Royal Knights last Friday.

## Midget Lightning win pair of home games

By Brian Bowman

The Interlake Lightning must have liked the home cooking this past weekend.

Interlake won both of its home games this past weekend – defeating the Southwest Cougars 6-4 on Friday and then the Norman Northstars 7-2 on Sunday.

“We didn’t play very well in the first game for the first two periods,” said Lightning head coach Dwayne Swanson. “We relied on our goaltender to

keep us in the game. But in the third period, we came out and played much better and were able to put away the win.”

In Sunday’s win over the last-place Northstars, Interlake snapped a 1-1 second-period tie with four goals in a 3:27 span. The Lightning played well throughout the game, said Swanson.

Jordan Kristjanson scored two of those second-period goals and later added an assist.

Noah Basarab also scored twice

while Karson Collins had a goal and two assists.

“Both (Jordan and Noah) are leaders on our team, both offensively and in general,” Swanson said. “They put together two solid, complete games this weekend. They really led our team this weekend.”

Jack Einarson and Kaden Kotowich each had a goal and an assist.

Keith Monias scored twice for Norman. Adam Swan made 42 saves for the win.


The Lightning started the weekend with the two-goal win over Southwest.

Basarab led the Interlake with three goals while Kristjanson added a pair. Sean Loutit added a second-period goal for the Lightning.

Einarson had a pair of assists. Nathan Cvar made 45 saves for the win.

Jared Janke (two), Brian Harris and Jared McCorrister replied for the Cougars.


Continued on page 26



**Friday, Oct. 30**  
**Stonewall Jets vs Raiders Jr. Hockey Club**  
**7:30 pm at Seven Oaks Sports Complex**

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**Monday, Nov. 2**  
**Stonewall Jets vs St. Boniface Riels**  
**7:30 pm at Southdale Community Centre**



[www.stonewalljets.net](http://www.stonewalljets.net)

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



# Rams close out Husky tourney with pair of wins

By Brian Bowman

The Stonewall Collegiate Rams started slowly at the 2015 Husky Classic in Winnipeg, but they finished the tournament real well.

Stonewall won its final two games of the tournament to win the D-side bracket. The Rams beat the Shaftesbury Titans 4-3 in overtime and then closed out the tournament with a solid 5-1 victory over the JH Bruns Broncos.

In the win over JH Bruns, Brendan Labossiere, Ryan McMahon, Rob Farebrother, Carson Ouellette and Austen Ewanek scored for Stonewall.

Against Shaftesbury, Labossiere tallied twice while Ethan McMahon and Cade Tonner also scored.

In pool play, Stonewall lost 6-1 to the Steinbach Regional Sabres, was shut out 3-0 by the St. Paul's Crusaders, and was beaten 7-1 by the Vincent Massey Trojans from Winnipeg.

Stonewall was back in league action Tuesday against Vincent Massey but no score was available at press time.

The Rams will then host Kelvin on Friday. Game time is 4 p.m.

The Warren Collegiate Wildcats, meanwhile,

were also in action last week. Warren lost 5-3 to John Taylor on Oct. 20 and then edged Windsor Park Collegiate 3-2 the following day.

Against John Taylor, the Pipers snapped a 1-1 third-period tie by outscoring the Wildcats 4-2 in the final frame.

Chris Sass had three of those goals while adding an assist. Craig Weiss and Shane Bigourdin added third-period goals for John Taylor.

Taylor Radley, Baily Proctor and Ethan Fairlie each had a goal and an assist for Warren. Matt Fossay chipped in with two assists while Jayden Allary also had a helper.

In the win over Windsor Park, Fairlie scored in the first period for Warren and then Koby Carriere, on the power play, and Radley tallied in the third.

Brendan Yeryk and Jessie Mendella replied for Windsor Park.

The Wildcats played Murdoch Mackay this past Tuesday but no score was available. Warren won't resume league action again until Nov. 10 when it hosts the Sisler Spartans.

Game time is 4:15 p.m.



TRIBUNE PHOTO BY LANA MEIER

The Rams' Seth McMahon takes a shot on goal during Stonewall's 5-1 victory over the JH Bruns Broncos to win the D-side at the Husky tournament last Sunday.

# Bantam Lightning bite Sharks in weekend action



TRIBUNE PHOTO BY LANA MEIER

The Lightning's Bryden Sinclair gets the puck past a Cougars' player to get a shot on net Thursday night. Interlake lost to Southwest 1-0.

By Brian Bowman

The Interlake Lightning Bantam hockey team hasn't had too many opportunities to celebrate a victory the past two seasons. But on Saturday evening in Stonewall, they had a real good reason to celebrate.

The Lightning skated to a thrilling 4-3 shootout victory over the Sharks as Jagger Bonkowski, Keenan McPherson and Nick Prystupa scored for the Lightning in the shootout.

Interlake outshot the visitors 34-22. Josh Bond earned the win in goal, stopping three of five shootout attempts.

"We won a game in the Showcase and we've been getting close (to earning a win)," said Lightning head coach Todd Studler Monday afternoon. "Some of these city teams (that we're playing) have been together since they were eight years old and we've been together eight weeks.

"But we're competing with them and the gap is getting closed."

Interlake played some real good hockey last week, suffering a slim 1-0 loss to the Southwest Cougars last Thursday in Stonewall. Southwest's Tyson Kozak scored the game winner midway in the third period.

"Our guys are battling and we're re-

ally learning how to battle and compete," Studler said. "It was a real close game - it could have gone either way - but unfortunately, they got a break and buried it."

In the Interlake's four previous losses, the Lightning were outscored 18-8. Studler said the Lightning players are working hard in practice and getting better and better each week.

"Guys are coming to the rink and having fun," Studler stressed. "They're coming to the rink with real positive attitudes."

The Lightning will travel west to Regina for a tournament this weekend and then will play three league road games next week. Interlake will visit the Sharks on Tuesday, the Eastman Selects Saturday, and then the Yellowhead Chiefs on Sunday.

"It's going to be a testament to our team," Studler said. "Two of our strong forwards, Evan Palmer and Ayden Manningway, are going to be out. We're expecting Palmer back soon, he broke his leg in June, and he's one of the leaders on our team.

"We're competing with a little bit of a short bench. But, by saying that, guys are getting more ice time and they're doing nothing but getting better."



# Local curling team earns berth in Junior Curling Provincial



Stonewall Curling Club Team Lamb won the first berth this past weekend to qualify for the Junior Curling Provincials in January. Pictured left to right, Darrel Argan, Rebecca Lamb, Jordyn McIntyre, Brooklyn Meiklejohn, Rhea Teranishi, and coach Rob Lamb.



Team Ackland defeated Team Burtnyk 10-6 to win the second berth for the provincials. Pictured left to right, Darrel Argan, Abby Ackland, Robyn Njegovan, Melissa Gordon, Sara Oliver and coach Wayne Oliver.

TRIBUNE PHOTOS COUTESY OF DARREL ARGAN

## Provincial champs



TRIBUNE PHOTO BY JO-ANNE PROCTER

Former Stonewall Collegiate Rams, from left, Brittney Finnson, Lacey Finnbogason and Paige Procter, were part of the Red River College Rebels women's soccer team that captured the Manitoba Colleges Athletic Conference championship over the weekend. The team finished their season with a perfect record and a championship trophy. The Rebels defeated the host Providence University College in Otterburne 4-0 and went on to defeat Brandon University 2-1 in the final. Finnbogason tied the game late in the second half and Procter was named to the Manitoba Colleges Athletic Conference All-Conference Team.

### Submitted

For the second straight weekend, the Stonewall Curling Club hosted a large junior bonspiel with 31 teams competing in Curl Manitoba's Fall Jr. Berth Bonspiel.

The top two teams from the men's and women's divisions each earned a spot to compete at the junior provincials in January.

Teams from as far away as Swan River, Winkler, Neepawa, Brandon, Portage, Beausejour, Altona and Manitou were in town trying to lock in an early chance to advance to the provincials.

Stonewall's Rebecca Lamb locked up the first berth spot after defeating Team Burtnyk 5-4 in 10 ends. Lamb and coach Rob Lamb reside in Petersfield.

Fort Rouge Curling Club's Team Ackland - which includes Sara Oliver and coach Wayne Oliver of Marquette - upset Team Laura Burtnyk 10-6 after stealing five in the eighth

end.

On the men's side, Team Forrester of Fort Rouge upset the No.1-ranked Team Calvert, the current world junior champ, to win the first berth spot. Forrester had a great game in the 7-1 win.

This is the second year in a row that Forrester won his berth spot in Stonewall.

In the second final game this past Monday, Team Calvert faced the No.2-ranked Team Oryniak of the Granite Curling Club, which includes third Jordan Smith and coach Lisa Smith, former Warren residents.

Calvert grabbed an early 4-0 lead but Oryniak came back to score two, however, in the fifth end. Calvert then executed an amazing sideways tick-takeout off the button and scored another two. Calvert then scored two more in the next end, sealing the win and the berth spot.

### > MIDGET LIGHTNING, FROM PG. 24

With the sweep last weekend, Interlake is now 5-3 and in sole possession of seventh place with 10 points. The Eastman Selects lead the 12-team league with a 10-0 record.

"Eastman and the two city teams, when it's all said and done, are going to be the top three teams," Swanson predicted. "And, after that, it's wide open. There are a bunch of teams that are pretty close."

The Lightning visited Eastman Wednesday evening but no score was available at press time. Inter-

lake will then travel to Brandon on Saturday (7:30 p.m.) and then Parkland on Sunday (2 p.m.).

"Eastman's tough and every time you go to Eastman it's a tough game," Swanson said. "We're hoping to give them their first loss of the year. They're a tough team but we're expecting (to get) four points this weekend."

"We figure we can handle both Brandon and Parkland and we want to continue to win two out of three all year — that will get us in the playoffs."



# Lawrence wins of Olive Little Memorial Award

Submitted

Stonewall's Regan Lawrence was named the winner of the Olive Little Memorial Award for Most Outstanding Female Player in Manitoba for 2015.

Lawrence had a tremendous season in 2015, playing NAIA college softball for the Dickinson Blue Hawks in North Dakota. She was a pitcher/outfielder for Dickinson State, a team which qualified for the College World Series this past year.

In 57 games, the Blue Hawks had a 44-13 record, winning the Conference championship and then the World Series qualifier in California against the No. 11 and No. 4-ranked teams in the nation.

Lawrence was a big part of the Blue Hawks' success, compiling a 26-8 record and a save. She started 20 games, finishing 19 of them.

In 211 1/3 innings on the mound, she faced 817 batters, striking out 189 while walking 50 and allowing 187 hits. Lawrence only allowed 87 runs for the season -62 which were earned — for a sparkling 2.05 ERA and an opposition batting average of .229.

Offensively, she had a .301 batting average and a slugging average of .434. In 166 at bats, Lawrence had 14 doubles, a triple, and two home runs.

Nationally, Lawrence was ranked fourth in wins as a pitcher and sixth

in total innings pitched. At the Conference level, Lawrence was tops in wins, ERA, and opposition batting average and second in strikeouts, hits allowed per game, and walks allowed per game.

In the post season, Lawrence was 5-0 at the Conference playoffs as the Blue Hawks reeled off four-straight elimination-game victories to claim the conference tournament championship.

At the plate, she had nine hits in 21 at-bats (including four doubles and a home run) for a .381 batting average and a .762 slugging average.

Lawrence did not return home to Manitoba this past season, except to play at the Senior Ladies Westerns in Winnipeg. Despite not having played, or thrown, since the end of May, she threw 9 1/3 innings in the round robin, picking up a 1-0 complete-game win over Edmonton.

In the game to go to the silver medal versus Calgary, she managed a 6-5 win. For the round-robin portion, she batted .250 and had a 0.96 ERA on the mound. The Smittys Jrs. won the silver at the Senior Ladies Westerns.

During, and following the season, Lawrence received the following awards:

\*Most Outstanding Female Athlete at Dickinson University

\*Named to the 2015 NAIA All-



TRIBUNE PHOTO SUBMITTED

Stonewall's Regan Lawrence was named the winner of the Olive Little Memorial Award for Most Outstanding Female Player in Manitoba for 2015.

American Honorable-Mention team

\*NAIA North Star Athletic Association 2015 Pitcher of the Year (second straight year)

\*1st Team All Star 2015 North Star Athletic Association (second straight year)

\*Three-time North Star Athletic Association Pitcher of the Week 2015

## Schneider named Tire Recycle Urban Athlete of the Week



Amber Schneider

By Brian Bowman

Amber Schneider of the Stonewall Collegiate Rams cross-country team is this week's MHSAA Tire Recycle Urban Athlete of the Week.

Schneider capped off a great season with a second-place finish recently at the MHSAA Provincial Cross Country Championships.

Earlier this season, the 5-foot-4 Schneider placed second at the WWAC races in Labarriere Park and Crescent Drive and finished first at the Milk Run and Zone 5 Championships.

"Amber is an outstanding runner both short and long distance," said Rams' cross-country coach Randy Gabel. "She leads by example and has been a positive influence on our new Grade 9 runners that began this year."

"She is dedicated to the sport even though she is heavily involved in other athletic activities and comes to all morning practices. Her attitude towards running is all business and her efforts and ability display this in her accomplishments."

Schneider, a Grade 10 student, maintains an 85 percent average while also participating in fast-pitch and track and field.

# Wildcats winning on volleyball court

By Brian Bowman

The Warren Collegiate Wildcats' varsity boys' volleyball team is currently No. 6 in the MHSAA "AA" rankings.

And if they keep playing as well as they have in recent weeks, that ranking may go even higher.

Warren has already won a Roblin tournament, placed second at a Glenboro competition, and then was fifth at a Brandon event.

"We were missing a starting power hitter, but I feel we did well," said Wildcats' head coach Mark Hnatuk in an email. "My team this (year) is better at playing as a team. They are all good friends and supportive of each other and it shows, both on and off, the court."

Hnatuk said the Wildcats are running a faster offence as their setter, Nathan Wright, pushes his teammates to play faster, which prevents

the opposition's defence from getting more double blocks.

"I have a setter, Nathan Wright, who sets a very good ball," Hnatuk noted. "There aren't very many balls that he doesn't get. He controls the floor and runs a good offence (and) my middle, Evan Brad, is very big at the net. Not only is he smart when it comes to hitting, he is such a dominant blocker that power hitters have to adjust their attacks when he's in the front row."

Hnatuk said the Wildcats also have a talented left-side hitter, Ethan Garrett, who is smart and fast and hits a very good ball. He's capable of not only hitting fast attacks, said Hnatuk, but he can be smart and place a ball when needed.

"(He) also has a very strong serve, which makes teams work hard when passing," said the Wildcats' head coach.

Warren also has several very good role players, which has been rare in recent years. Coleton Oleschak, Owen Darrach, Josh Grandberg, Adam Minaker, Colton Gibson and Austin Holod each do their jobs very well.

With the season wrapping up in a few weeks, Warren may be in a good position to advance to the provincials. This team has proven that they can compete with the top "A/AAA" teams in Manitoba.

"I honestly think we have a good chance competing this year at provincials," Hnatuk predicted, noting Warren has several players that were nominated recently for this year's Graduating All-Star team.

Warren's zone playoffs are scheduled for Nov. 3 while the regional provincial playdowns are set for Nov. 14.



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Stonewall Teulon  
**Tribune**

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Coca Cola \* Oil Racks \* Gas Pumps \* Vending Machines \* Oil Cans \* Metal Toys \* Pedal Cars \*  
To Consign Call \*

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## LAND FOR RENT

Agricultural Crown Lands are presently available for rent for haying or grazing. These lands are situated in the Rural Municipalities (RM) of: Alonsa, Armstrong, Cartwright-Roblin, Clanwilliam-Erickson, Coldwell, Dauphin, Ellice-Archie, Emerson-Franklin, Ethelbert, Gilbert Plains, Glenella-Lansdowne, Grahamdale, Harrison Park, Lac du Bonnet, Lakeshore, Mossey River, Mountain, North Cypress-Langford, Northern Manitoba, Riding Mountain West, Roblin, Rossburn, Russell-Binscarth, Ste. Anne, Ste. Rose, Swan Valley West, Tache, Two Borders, Victoria, West Interlake, Woodlands. Closing date for applications for haying and/or grazing is November 13, 2015. Please contact your nearest Manitoba Agriculture, Food and Rural Development (MAFRD) Crown Lands District Office for more information or call Crown Lands and Property Agency at 1-866-210-9589. A listing of MAFRD Crown Lands District Offices can be found online at: [www.gov.mb.ca/agriculture/land/crown-land/agricultural-crown-lands-district-offices.html](http://www.gov.mb.ca/agriculture/land/crown-land/agricultural-crown-lands-district-offices.html) A complete listing of Agricultural Crown Lands available for rent can be found online at: [www.clp.gov.mb.ca/leases\\_and\\_permits/properties.html](http://www.clp.gov.mb.ca/leases_and_permits/properties.html) or at any MAFRD, RM, or First Nation Band office.

## HOUSE FOR RENT

3 bdrm. 1 bath home in Stony Mountain. Large yard with 1 car garage. \$1050/mo. plus utilities. No smoking no pets. Call Dan 204-792-4739.

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House for rent or sale in Town of Stonewall. 1467 sq. ft. bungalow, 3 bdrm., 1 1/2 bath, full basement, double attached garage. Great location - schools, Quarry Park, etc. Ph 204-467-2483.

 Do you have a suggestion for our news team?  
**204-467-5836**

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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, multitask, people oriented. Salary dependent on qualifications. Please send resume along with cover letter and references to [employment@arrowspecialties.com](mailto:employment@arrowspecialties.com) We thank all applicants for their interest, however, only those candidates being considered for an interview will be contacted.

All-Fab Pallets in Stony Mountain is hiring full time pallet assemblers. We offer competitive wages and a comprehensive benefit package. No experience necessary. Apply in person at our facility on Road 75 North, just north of Stony Mountain. Ph. 204-344-5404.

## HELP WANTED

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

Wanted: One experienced Apiary Technician (NOC 8253/8431) up to 16 mo. Apr. 1, 2016 - June 2017. Min. Ed., high school grad, plus beekeeping courses, valid driver's license, min. 4 years experience in beekeeping. Hourly: \$13.00 - \$15.00, dep. on experience. Email applications, CV and references to [margshoney@gmail.com](mailto:margshoney@gmail.com) Phone/Fax 204-254-4509 (phone first), or mail to: Marg's Honey Inc., 1051 Porcher Road, St. Andrews, MB R1A 3N4.

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Sat., Nov 7th, 10:00am

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## NOTICES

The tree is glowing, the wine is chilled and the scent of prime rib fills the air. Christmas Dinners at Lady of the Lake 204-725-4181.

## UPCOMING EVENTS

Dekalb SuperSpiel welcomes the world. November 20 - 23rd Morris & Rosenort. 32 men's, 32 women's teams from 7 countries. Also Jennifer Jones, Mike McEwen & Reid Caruthers. [www.morriscurling-club.org](http://www.morriscurling-club.org)

## POTATOES FOR SALE

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

## LIVESTOCK

3 1/2 year old Black Angus Bull, 80 lbs. birth weight. Sire: Red North Wind Rambler 30R (Certificate of Registration). Weight of 2175 lbs. Calves at side with cows. For more information call 204-461-0919 after 6 p.m.

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## MISSING

Missing- 4 year old Black Angus bull, green tag left ear 4Z from Woodroyd area on 322. Ph Bruce Buchanan at 204-467-8861.

## STRAW

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

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

Small square flax straw bales for sale, \$2.50/bale; small square hay for sale, \$5/bale. Ph 204-461-0820.

Flax straw for sale. Small squares. Ph 204-482-5101 before 9 a.m. or leave message.

## HAY FOR SALE

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

Hay for sale. 5 x 5 round bales. Call Bruce at 204-467-8861, Argyle.

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

## CRAFT SALE

Saturday, October 31st from 10 a.m. - 3 p.m. at Oddfellows Hall, Stonewall. From jewellery to scarves; chocolate to honey; baking to knitting; diffwood to preserves & more. Admission is \$1; silent auction & canteen.

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## NOW HIRING



**Stony Mountain Child Care Center**  
is looking for someone to work the 3:00-6:00 shift.

Duties will include working with the children, closing duties and cleaning. Will need First Aid and Criminal Checks.

Please send resume to SMCCC,  
Box 448, Stony Mountain, MB R0C 3A0  
or [smccc@hotmail.ca](mailto:smccc@hotmail.ca)

## Rural Municipality of Woodlands

## 2014 ANNUAL FINANCIAL REPORT

Public Notice is hereby given, pursuant to Section 194 of *The Municipal Act*, the Municipal Auditors Financial Report, together with the related Financial Statements, for the year 2014, have been deposited in the Office of the Administrator of the Rural Municipality of Woodlands and are available for inspection by any person or his agent during regular business hours and that any person or his agent, at his own expense, may make a copy thereof or extract therefrom.

Adam Turner  
Chief Administrative Officer  
Rural Municipality of Woodlands

**190 12th St. West, Stonewall**  
**\$370,000**



Nice country home on 2.6 acres of property surrounded by trees. This home features 2 sun rooms with large windows gleaming with natural light into the living room, 4 spacious bedrooms, 2 bathrooms, all appliances are included! Call today to view this property!

**Chantelle Lysyk**  
(204) 255-4204

**RE/MAX**



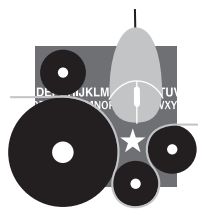
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### SUDOKU

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

Level: Intermediate

#### 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!

#### 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!

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

Sudoku Answer

|   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | E | S | S | U | O | M | T | E | S | B | U | S |
| S | N | V | T | S | I | R | E | D | I | T | O | S |
| T | E | C | V | T | V | W | H | T |   |   |   |   |
| V | C | E | R | V | S | E | P | E | T | V | V | O |
| V | C | T | V | S | U | B | E | C | S | O | P | E |
| B | V | T | S | I | M | D | V | S | T | V | T |   |
| T | N | E | S |   |   |   | S | S | V | H | E |   |
| E | E | S | U | S |   |   | S | N | V | V | S |   |
| G | E | K | S | U | M |   | S | V | W | V |   |   |
| V | D | V | R | V | E | T | V | P | P | E | S |   |
| D | E | R | Y | G | V | O | H | S | E | T | V |   |
| E | R | T | E | V | T | P | N | E | S | I | B | S |
| V | B | T | T | V | L | E | S | O | R | V | V | R |
| Y | M | O | T | V | A | N | E | T | N | V | D | N |
| A | P | E | S | E | R | A | P | S | D | I | P | U |

Crossword Answer



## CROSSWORD

#### CLUES ACROSS

1. Owed
7. Shawl
13. Slow tempo
14. Bodily structure
16. Sun-god
17. Franklin or Eleanor
19. Degree
20. Norwegian poet
22. Local school organization
23. Consumer
25. Brews
26. Hero
28. To clear or tidy
29. 9th month
30. Hit lightly
31. Pinna
33. DoD computer language
34. One Direction won at 2014 awards
36. No. Am. peat bog
38. Clear wrap
40. Napped leather
41. In a way, takes
43. Transported
44. Back muscle
45. Unhappy
47. Wrong
48. Chit
51. Epic poem
53. Capuchin genus
55. \_\_\_\_\_ traz: The Rock
56. Weight unit
58. Foot (Latin)
59. Egg-shaped nut palm
60. A radioactive element
61. Roosevelt V.P.
64. Railroad track
65. More dense, less liquid
67. Block, Fire & Reunion
69. A set that is part of another set
70. Hair product
- CLUES DOWN
1. Ineffective

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

2. 39th state
3. Skins
4. In a moment
5. Japanese Prime Minister Hirobumi
6. Tyrant
7. A cruelly rapacious person
8. Point midway between NE and E
9. Abnormal breathing
10. Essential oil or perfume obtained from flowers
11. Italian river
12. Fixed firmly into
13. Opera songs
15. Cloth measurement
18. 7th Greek letter
21. Extractor
24. For boiling water to make tea
26. Possesses
27. Edible tuberous root
30. Glass window sheets

32. Tactics
35. More (Spanish)
37. Our star
38. Makes a choice
39. Great Plains Indians
42. Baglike structure in a plant or animal
43. Female sibling
46. Diverge
47. Adherent of Islam
49. Defer
50. Semitic gods
52. Indian term of respect
54. 10 decibels
55. Surface regions
57. Small amounts
59. Liberal rights organization
62. Teeny
63. Volcanic mountain in Japan
66. Atomic #71
68. Canadian province



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## ANNOUNCEMENTS

### CARD OF THANKS

The family of **PETER KAPUSTA** would like to thank friends, family and neighbours for their expressions of sympathy through flowers, food, cards, visits and donations to the SIRC in Papa's memory. We would like to take this opportunity to thank the staff at the Stonewall Hospital for all the kindness they showed dad, his family and his friends during his stay. Everyone, from the nurses, healthcare aides and housekeeping went above the call of duty to make dad comfortable and happy. Special thanks to Dr. Graham for his care and compassion. Many people contributed to making a difficult time a little less painful, and for that we thank you all.

- Natalie, Nicole, Laura,  
Aidan, Ethan & Owen



## ANNOUNCEMENTS

### BIRTHDAY

**95th Birthday**  
**Ruth Gee**  
Friends at Crocus Manor  
and family invite you to a  
**Come and Go Tea**  
to celebrate her birthday  
Tuesday, November 3rd from 1-3 p.m.  
at Crocus Manor  
570 Centre Avenue, Stonewall, MB.  
No gifts please.

## ANNOUNCEMENTS

### BIRTHDAY



**Come and Go Celebration**  
for **Eleanor Bruce's**  
**90th Birthday**  
Sunday, November 8, 2015  
2 - 4 p.m.  
St. Cyprians Anglican Church Hall  
60-2nd Street S.E.  
Teulon, MB.

## OBITUARY

### Betsy Elskamp

February 12, 1960 - October 21, 2015

With peace, dignity, and family by her side, Betsy Elskamp passed away in the afternoon of October 21, 2015 into the loving arms of The Lord. Betsy was a devoted wife, mother, grandmother, sister, daughter, auntie, and friend. Throughout Betsy's lengthy illness she showed strength, an unwavering faith and a great concern for her family. Betsy is now free of pain and resting with The Lord.

Betsy will be lovingly remembered and greatly missed by her husband, Bernie; sons, Ben (Ashley), Aaron (Stephanie); daughter, Becky (Yanni); grandchildren, Liam and Jack; parents, John and Pam Dibb-Smith; sisters, Sally (John), Catherine (Mike); mother-in-law, Ursula Elskamp; sisters-in-law, Dorothy (Neil), Monica (Dale), Lorina (Dan), Ingrid (Scott); brother-in-law, Tom

(Kris) and numerous nephews, nieces, cousins and friends.

Betsy was born on February 12th 1960 in Leicestershire, England to John and Pam Dibb-Smith. Soon after, her family moved to Trink Farm, St. Ives, Cornwall. Betsy went to school in Penzance and then to Riseholme Agricultural College in Lincolnshire where she joined an agricultural exchange program and arrived at the Elskamp's farm in 1979. Betsy married Bernie November 1, 1980.

Her love for animals and music began as a young girl and continued throughout her life. She valued farming and loved that her children were growing up on the farm. She instilled her values in her children: a strong work ethic, a sense of community, and faith. Betsy quietly devoted her life to her faith with daily bible readings, teaching catechism, attending bible study groups and weekly celebrations at church.

Family and friends were very important to Betsy. The countless trips back to England to see family and the many visitors she welcomed into her family's home made everyone's life richer. Betsy found a lot of pleasure and pride in working with family on the farm. In the many years on the farm, Betsy and Bernie hosted dozens of agricultural trainees in their home, whom are still good friends. Betsy loved preparing meals for her family, employees, and visitors out in the field during harvest time. In the later years, Betsy discovered a love of reading and enjoyed many nights out with her Book club friends. These friendships grew strong over the years with outings that included camping, dinners, and shopping. Betsy thoroughly enjoyed spending time with her grandchildren. They were an important part of her life and she looked forward to their visits. They brought her great joy.

The family wishes to express their heartfelt gratitude to all nurses at the Portage District General Hospital, Dr. Brett Finney, Dr. Chris Turner and the doctors at Clinic 3 at Cancer Care Manitoba.

In lieu of flowers, memorial donations may be made to Cancer Care Manitoba, 1160-675 McDermot Ave., Winnipeg, MB R3E 0V9.

A celebration of Betsy's life was held on Wednesday, October 28, 2015 at the Good Shepherd Roman Catholic Church, 1125 Saskatchewan Ave. E Portage La Prairie, MB. Prayers and memories were at 10:30 with the funeral service at 11:00. Private family interment followed. Lunch was provided at the Woodlands Community Hall following the service.

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



## OBITUARY

**Evelyn Gratton**  
1935 - 2015

Evelyn passed away October 20, 2015 after a lengthy battle with Parkinson Disease. She was predeceased by sons Gary and Leonard. She leaves to mourn her husband John; sons Richard (Susan), Ken (Monica) and Ron (Joanne) and numerous grandchildren and great-grandchildren.

Cremation has taken place and a private family service will take place at a later date.

The family would like to thank all the staff at Fisher Branch Personal Care Home for all the wonderful care they gave to Evelyn.

Rest in Peace Gram



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



# Thirteen things you didn't know about bats

Courtesy of Nature Conservancy Canada

There are 19 known bat species in Canada. Although they are subjected to a spooky stigma around Halloween, they're nothing to be afraid of.

Here are 13 things you didn't know about this not-so-scary mammal:

1. The snooze button. While hibernating, bats do not feed or drink, and their body temperature and metabolic rates decrease markedly. This energy-efficient state allows them to sleep away the long northern winters.

2. Hanging out. Most bats love to hang (literally) in abandoned mines when trying to beat the summer heat or when seeking a spot to hide during winter. These hibernacula, or hibernation roosts, are essential for bat populations and are often destroyed or disturbed by humans and other species.

3. Fantastic Mr. Bat. There are more than 1000 species of bats in the world. The largest species is the Pteropus bat, also known as flying foxes or fruit bats.

4. Dead ringer. White-nose Syndrome is an alarming and mysterious disease affecting bat populations throughout North America, including Canada. In New Brunswick, it's estimated about 99 per cent of little brown bats have died. In Nova Scotia, the syndrome has spread to Cape Breton. There is currently no cure or containment for the

syndrome. Without one, it is expected that the entire Canadian population of bats will be affected within 12 to 18 years according to Canadian Wildlife Health Co-operative.

5. Of bats and men. Many people believe bats are rodents, but in fact bats are more closely related to primates and humans than rats or mice. They are very clean animals. Very few contract rabies and even then, the risk of contracting rabies from a bat is extremely low.

6. What's the buzz? Bats are known to be good indicators of population control and ecosystem health. They help maintain insect populations in areas across Canada. Mosquitoes are a favourite bat snack. A single little brown bat can eat up to 600 of these blood-suckers in one hour!

7. No Dracula sightings here. Despite the spooky tales, most bats do not drink blood – especially the species found in Canada. Only three species in the world are known to drink (animal) blood. Bats in Canada will eat bugs, mainly night-flying insects, as bats are typically nocturnal and forge when the sun is down.

8. Visionaries. If you're blind as a bat then you're not blind at all! Contrary to popular belief, bats can see and some even rely on sight completely when hunting and flying. Nevertheless, most

species of bat will find their way in the dark by emitting ultrasonic pulses of sound at objects and listen for echoes.

9. Right-wingers. The bones of a bat's hand are elongated to support the thin double membrane of skin, which forms the wings. The scientific name for the group, Chiroptera, means "hand-wing." In most cases, there is also a membrane between the hind legs and the tail. The membranes are also used to collect insects before they are eaten and to catch the newborn bats at birth. Some bats use their wings as raincoats, while others use them as blankets.

10. What's up (side-down)? Bats sleep upside down for very long periods, days or weeks, without falling down. They use a special locking mechanism in their ankles that keeps their toes curled and bodies secured. It is similar to the mechanism in a horse's knee that lets it sleep while standing up. Since it is far more energy-efficient to go down than to go up, bats use gravity to start their flight. They simply uncurl the toes on their back legs, open their wings as they drop towards the ground, and start to fly.

11. Bat or solar panel? Bats sleep during the day and are active at night. By sleeping through the long hot summer days, bats conserve energy and also avoid competition with birds that eat insects during the day. Rather than

maintain a steady body temperature like most other warm-blooded animals, bats can withstand a wide range of body temperatures. This allows them to take advantage of solar heat energy on warm days, while on cold days their body temperature drops to conserve energy.

12. Old man bat: Bats are known to live a long time in the wild, some surviving more than 30 years. Nonetheless, as with many mammal species, most bats die in their first or second year of life.

13. Shining the bat signal: NCC has more than 100 properties across Canada, many of which are home to bats. Chase Woods in Duncan, BC is a hotspot for these flying mammals and is known to have at least three or four bat species on the property. NCC occasionally hosts bat-spotting events, where a bat detector is used to translate bats' high-frequency echolocating calls so they can be heard by Conservation Volunteers and recorded for population surveys.

NCC is doing their part to protect bat habitats such as abandoned caves and helped secure the entrance of Queen Victoria Mine near Nelson, BC to prevent curious wanderers awhile still allowing bat access.



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