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TRIBUNE PHOTO BY JO-ANNE PROCTER

Anderson's Hitch 'N Post Ranch held an extremely successful Makers Market last Saturday with a number of beneficiaries. The Rosser Fire Department will deliver two half-tons of non-perishable food items to the Interlake Food Bank along with \$500 cash that was collected during the market. The Manitoba Firefighters Burn Fund in memory of Bradley Jackson will receive \$4,500 from shoppers, vendors, Freightliner Manitoba owner Ken Talbot, the Rosser Fire Department and Hitch 'N Post owners Kyle and Louise Anderson. Pictured Rosser volunteer firefighters Evan Palmer, left, and Kevin Field.

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SOLD

Warren residents receive builder awards

By Jo-Anne Procter

Volunteers are not paid — not because they are worthless but because they are priceless.

Volunteers have an enormous impact on the health and well-being of communities across Manitoba.

Local volunteers Crystal deLaroque and Karen Tristram, both from Warren, received the Interlake Municipal Recreation Association's (IMRA) Recreation Builders Award at the eighth annual banquet held in East St. Paul on Oct. 25.

RM of Woodlands Coun. Lorna Broadfoot nominated both deserving recipients on behalf of the RM for their dedication of time and energy towards helping others enjoy a healthy, active lifestyle.

DeLaroque was recognized for her firm belief in the importance of recreation for children and how it benefits them and, as a result, the community as a whole.

Thanks to deLaroque's hard work and the volunteers who work with her, baseball is very much alive and well again in Warren. The community has fostered a new love of the game.

Registrations are way up, and Warren Minor Baseball is fielding more teams. For the first time in years, softball has made a comeback after a hia-

tus. Many of these teams have been successful winning regional and provincial tournaments.

DeLaroque has been president of Warren Minor Ball since 2014 and before that was secretary and equipment manager.

She has worked tirelessly to improve and upgrade facilities and has been the driving force behind a lot of the changes in the ball club.

DeLaroque said she has certainly not done it alone and is grateful to the many dedicated volunteers.

Karen Tristram was recognized for taking the lead in the Highway 6 South Soccer program since 2013.

The program began in 2003 with development in mind, where children from the entire RM of Woodlands could participate together.

Due to the low cost and development qualities, Tristram sees soccer as a great first sport for kids and decided to step in and co-chair the program.

When she did so, there was a partial plan in place for a new soccer pitch at the South Interlake Recreation Centre.

In the fall of 2017, Tristram was instrumental in the program's transition to its new home.

It took many grant applications and RM contributions to get their long-



TRIBUNE PHOTO BY JOY SUL

Lorna Broadfoot, middle, nominated Crystal deLaroque, left, and Karen Tristram, right, for Builder Awards through the IMRA.

awaited seeded pitch with piping for a water system, with the sprinklers expected to be up and running in the next few years.

The season has held steady with 50 to 70 kids participating in the fall developmental program. She works tirelessly to keep the program and many youth running along.

Tristram is involved in many orga-

nizations in the community and finds great reward as she see the smiles from both kids and parents on the soccer field.

The IMRA is a non-profit organization that provides a forum for individuals and groups interested in recreation to network and improve recreation opportunities and resources in the region.

Celebrating one year in business



TRIBUNE PHOTO BY JO-ANNE PROCTER

Community Living Interlake executive director Jimm Simon and staff greeted customers and served coffee and cake to thank them for their support over the past year at Something Beautiful Gifts and Cafe last Thursday. Pictured left to right: Simon, Darrell Dempster and Dustin Barbour.

Rosser students going green



TRIBUNE PHOTO BY MARK LAWSON

Rosser Elementary School students and staff collected 23,596 plastic bags in October for the MMSM Bag Up Manitoba program of Take Pride Winnipeg. The program's goal is to teach students to reduce waste and consider reusing, recycling and remanufacturing. Since 2008 elementary schools in Manitoba have collected nearly 10 million plastic bags for recycling into free frisbees, bird houses, planter boxes, bird feeders and benches for their schools. Pictured left to right, Lexi Schutz, Ava Goodwill and Burke Johnson

An evening of friendship, giving and generosity

By Jo-Anne Procter

An evening of musical entertainment while being served hot hors d'oeuvres is a great way to thank supporters.

Last Friday, the Association for Community Living Interlake (CLI) hosted a supporter appreciation reception at Something Beautiful Gift Shop and Café in Stonewall.

The event was intended to thank local businesses and friends of CLI for the support over the past five years of renovations, four of those years that the gift shop was open and the past year that Something Beautiful has been in operation.

Jimm Simon, executive director of CLI, expressed gratitude on behalf of the staff and clients not only for support but for friendships as well.

"The real reason that we operate this place is to give our clients an opportunity to learn and to grow and to participate and integrate into the community and we have been so pleased with the response that we have got," he said. "The fact that we are the staff seems to mean nothing. That has been our goal all along."

CLI is 54 years old. The organization runs six houses in Stonewall plus a day program with 40 or 50 clients from around the region who attend daily, along with approximately 90 staff.

Simon explained that with recent budget cuts of over \$300,000, CLI has been forced to lay off staff. The workload hasn't lessened; there are just fewer people to do the jobs.

Now more than ever, CLI relies on donors, funds and grants.

Stonewall's Lloyd Jensen has set up the Donna Jensen Endowment Fund



Brittany Hargraves shows off the delicious hors d'oeuvres.

through the Interlake Community Foundation. CLI will receive the interest on the earnings of the fund each year. Jensen explained that the intention is to build the fund up slowly but surely. He presented ICF chairman Bob Beck with a cheque for \$10,000.

Simon encourages all to support not only by shopping in the store, frequenting the café and telling your friends, but by sharing and liking their social media posts. Something Beautiful has accounts on Facebook, Instagram and Twitter.



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Jamie Yeo serves hot hors d'oeuvres to her parents Lindy and Robert Yeo, left, and her grandparents Dale and Rosemarie Yeo, right, at Something Beautiful last Friday evening.



Lloyd Jensen, left, presents ICF chairman Bob Beck with a \$10,000 cheque for the Donna Jensen Endowment Fund that will benefit CLI for years to come.

Interlake School Division notes

Staff

The ISD Continuous Improvement Plan Year 1 Summary was presented to trustees at the regular board meeting on Oct. 28.

Superintendent Margaret Ward and Assistant Superintendent Tyler Moran discussed baseline data collected from the 2018-2019 school year in Numeracy and Wellness.

Numeracy is the ability, confidence and willingness to engage with quantitative or spatial information to make reasoned decisions in all aspects of daily living and the focus area was Kindergarten – Grade 8.

Wellness is a conscious, self-directed and evolving process of

achieving full potential and the focus was on students in Grades 9-12.

The ISD plan for continuous improvement is to provide high-quality experiences for students through intentional teaching and learning for literacy, numeracy and wellbeing.

Staff will continue to gather and analyze a range of evidence to monitor learning as a result of what they are doing for students, staff and community members.

For more information regarding continuous improvement contact school principals or divisional staff or check the division website www.interlakesd.ca

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Supporting local sport

Teulon Family Dentist now open for business

By Jennifer McFee

Teulon residents have one more thing to smile about since a new dental clinic is now up and running.

Teulon Family Dentist recently opened its doors at 64 Main St. to serve the local community.

The clinic's two dentists, Dr. Baher Botros and Dr. Mary Mikhaeil, are both accepting new patients.

"Everything is new. The building was recently renovated," Botros said.

"We do most dental services like dentures, root canals, partial dentures, fillings, exams, X-rays and emergency treatments."

Botros graduated from Cairo University in 2002 and then practised dentistry near the Red Sea. Then in 2012, Botros moved to Canada with his wife and young family. He challenged his exams to become a dentist in his new country. After living in Toronto for four years, he moved to Winnipeg where he continues to live.

"I have worked in most big towns in the Interlake. I still work Mondays in Selkirk. I worked in Arborg for four months. I worked at Stonewall for almost one year with Dr. Carrington.

I worked in Whitemouth as well, so I'm familiar with the area. I know that there used to be a dentist here in town and he couldn't keep running the business so the town had no dentist," said Botros, who also worked at Life Smiles in Winnipeg.

"I found a building that was very nice for opening the business. I like the Interlake. I was planning to go towards Winnipeg Beach but there is no room for me there. It's not easy to find room when you want to start a business in a small town. I'm happy to be in Teulon. It's very nice here and I might even be able to play golf now."

Originally from Brandon, Mikhaeil went to university in Ohio.

"I was talking with Dr. Botros and he thought there was a need for dental services in the area here. Talking to patients, I hear that the closest dental office is at least a half-hour away, so we thought this would be a good place to start a new clinic," she said.

"I just want to let people know that we're happy to be here and we would love to meet the people from Teulon and the surrounding areas. We're hoping to have an open house soon



TRIBUNE PHOTO SUBMITTED

From left to right: Dental assistant Anthony Dimaapi, Dr. Mary Mikhaeil and Dr. Baher Botros.

where we get to meet everybody."

They are also planning to open evenings as well as one Saturday each month.

The website is currently under construction and should launch soon at

www.teulondental.ca.

For more information about Teulon Family Dentist, call 204-886-0550, email info@teulondental.ca or drop by in person at 64 Main St.

Former Mayor Kozyra announces re-election bid

By Evan Matthews

Former Teulon Mayor Debbie Kozyra has announced her bid for mayor in the upcoming byelection on Dec. 11, but she'll be the only incumbent on anyone's ballot.

Former councillors Rey Girardin, Danny Hutchinson and Michael Ledarney all stated they would not be running in the upcoming byelection.

The former mayor said the town is presented with an opportunity to move forward.

"I feel bad for this community and the black cloud that has been painted over it," said Kozyra.

"I want to erase that black cloud, and I want blue skies out there. I want for us to move forward. What can we do to make this community better?"

"Teulon is a beautiful place," she

said.

If someone were to unseat former-Mayor Kozyra, it would be a complete turnover just eight months after the previous quorum's formation.

After three of the four former councillors quit (Hutchinson, Girardin, and Ledarney), Teulon council could not form quorum.

The Province of Manitoba named Benjamin Lyle as the Town of Teulon's municipal services officer until a byelection is held and said "all remaining members of council (Mankewich and Kozyra) are deemed to have resigned from office."

Kozyra took issue with the statement, as she said she did not "resign" but was forced out of office after the majority of council had quit their positions. For that reason, Kozyra said

amendments to the Province of Manitoba's Municipal Act is now a campaign issue for her and of high priority if elected.

"The same thing that happened here is happening in St. Andrews. The council has passed a resolution to remove Mayor (Joy Sul) as chair of their meetings, also," said Kozyra.

"There are definite issues with the Municipal Act that need altering. No council should have the power to strip a mayor or reeve of powers without just cause ... a proven breach of the Municipal Act or of fraud, etc.

"It's why I'm set on running in this re-election. Change has to happen," she said, adding other community leaders have told her they feel the same way, though not specifying who.

Nominations were to be submit-

ted by Nov. 5, and at presstime, candidates for mayor included Debbie Kozyra, Ted Hodgkinson and Anna Pazdzierski, while candidates for councillor positions included Todd Campbell, June Makowski, Matthew Bergmann, Robin Nishibata, Angela Green, Cherise Griffin, Kirt Ansell, Sean Fisher, Barb Mankewich and Matt Ewankiw. Candidates have until the end of the day on Nov. 6 to withdraw, too, according to the Town of Teulon.

Continued on page 5

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Stony Mountain Fire Department goes Caribbean

By Evan Matthews

The 15th annual Stony Mountain Fireman's Ball had some Caribbean flavour this time around.

The fundraiser had a Caribbean-themed dinner and dance, as Fire Chief Wallace Drysdale said the funds

are put toward the department's improvement or buying equipment that the department would not be able to purchase otherwise within the confines of its annual budget.

"We also donate to a couple local charity events throughout the year in

the RM of Rockwood," said Drysdale.

"It seemed everybody who came out had a great time and had a lot of fun."

Stony Mountain fire fighter Dean Crompton was honoured with a 10-year Exemplary Service Medal, awarded to him by Ward 1 Coun. Tom

Huffman.

The department hasn't finished counting funds raised, but Drysdale said the department generates between \$6,000 and \$8,000 annually from the event.



Left to right: Deputy Fire Chief Greg Campbell, recipient of the 10-year Exemplary Service Medal Dean Crompton, Fire Chief Wallace Drysdale, and Ward 1 Coun. Tom Huffman.



TRIBUNE PHOTOS SUBMITTED

The Stony Mountain Rec Centre was jam-packed, as the 15th annual fireman's ball was a Caribbean theme dinner and dance.

> RE-ELECTION, FROM PG. 4

Former Mayor Kozyra's previous campaign expenses

The previous council had voted three to two in favour of investigating former-Mayor Kozyra's alleged breach of the Municipal Act.

Council alleged she had missed the deadline to file her campaign expenses, and when she did, she was over the \$1,500 maximum set by the province.

The allegations were never proven to be legally true in a court of law. Based on an email from Sally Cote, the senior election official for the upcoming byelection, the former mayor said she wanted to proactively put rumours to rest, as she said the allegations against her cannot prevent her

from running again.

"Regarding campaign finance matters, an elected member of council is only disqualified and prevented from running ... if they have failed to ... file an election finance statement within 270 days after the day of the election," Kozyra read aloud, stating her previous campaign expenses were filed in February 2019, with the 270-day mark being in May 2019.

"Only a court has the authority to make the determination that a council member has failed to comply and to declare their seat vacant.

"In the absence of any such decision, a potential candidate's eligibility is unaffected," she went on.

With council now dissolved, it is un-

clear whether or not the town council will eventually continue its investigation into the incumbent mayor's alleged breach of the Municipal Act.

However, the former mayor said she's of the opinion that the clock has run out on the investigation relating to her campaign expenses.

"The timeframe has passed in regards to my (campaign) election ex-

penses. ... My eligibility to run is unaffected," said Kozyra.

"The (former councillors) spent all this money for nothing."

Though the exact amount was not confirmed, at its September council meeting, Teulon staff estimated the total cost spent investigating the mayor's campaign expenses totalled roughly \$7,000 to date.

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The changing face of war

By Evan Matthews

"The eyes of the world are upon you. The hopes and prayers of liberty-loving people everywhere march with you."

It is nearly impossible to imagine what one of the 160,000 Allied soldiers experienced while hearing Supreme Allied Commander Dwight D. Eisenhower's "order of the day" on June 5, 1944.

Leaving the comfort and home of our Manitoba communities, many men and women followed the Americans' lead and were willing to pay the ultimate sacrifice for the betterment of the world.

It wasn't about a paycheque or being forced by government to enlist.

So many of these men and women wanted to sacrifice and serve their community and country.

Some didn't return. Those who did suffered from the after-effects of war's carnage.

Post-traumatic stress disorder wasn't so much a thing in 1945 as it is today. As in, it wasn't talked about the same way it is now, but it was still very real.

For a time they were soldiers, then veterans, but always fathers, mothers, brothers and sisters, husbands and wives.

These people made sacrifices so many of us today cannot imagine, but

these veterans also helped build their communities, businesses and government, the values passed on to the next generation.

When you talk to people in the Interlake, so many have military backgrounds or ties.

We thank our ancestors and our veterans for their sacrifices as the face of the world, and war, changes.

Less frequent are the wars fought in the trenches; 320,000 boots on the ground.

As it stands now, there are four major armed conflicts happening in the world: the Afghanistan Conflict, the Mexican Drug War, the Syrian Civil War and the Yemeni Crisis.

But these conflicts don't have the same scale as the First or Second World War.

Technology is as much a part of war than ever. Drone strikes, surveillance and data gathering, outsmarting the enemy while protecting lives and resources.

Foreign relations are different now. Twitter is used by world leaders to convey messages, media plays a role in international government relations, and the White House is now *The Apprentice*.

Though society operates in a more peaceful world than at any point in human history, countries do still have a need for military.

The world will likely always have evil-doers, and protecting ourselves as a nation should be a priority.

We, as a society, are still so thankful for those who make the sacrifice to protect us.

But we also hope our fathers, mothers, brothers and sisters, husbands and wives never have to make the same type of sacrifice the men and women in 1944 had to make.

In Canada, we can emphasize more than ever that we are not Americans.

Canadians can be optimistic and hopeful in the pursuit of better foreign relations and keeping out of major conflicts.

On a quick side note, maybe someone can convince the government to stop selling arms to Saudi Arabia.

A nation should be collectively aware of its foreign relations and world events.

The world can't allow dictators and terrorists to have their way, and human rights are to be protected.

The world is changing, and the face of war is changing, too.

We might not even fully understand what that means or looks like for some time.

But we can hope nobody ever has to make the same sacrifices they did in 1944.

Dynacare Diabetes Canada hosting Manitoba's largest-ever diabetes wellness initiative

Submitted

Dynacare and Diabetes Canada are bringing back #Dynacare4Diabetes, Manitoba's largest-ever diabetes wellness initiative, for a second consecutive year.

Dynacare is aiming to get 55,000 Man-

itobans — particularly those most at risk — to take the A1C (blood sugar) test. The organization will also be making a 50-cent donation to Diabetes Canada for every test completed at a Dynacare location in Manitoba between Oct. 21 and Nov. 30, up to a

total of \$25,000.

Coinciding with Diabetes Awareness Month in November, the initiative is meant to encourage Manitobans to assess their risk for the

Continued on page 7

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TRIBUNE PHOTO BY JO-ANNE PROCTER

With the recent snow flurries it is certain Interlakers are officially headed into the winter season. According to CBC meteorologist John Sauder, Thursday is a brighter day as winds make a shift to the west, then to the southwest. Still, temps over the next couple of days are 4 or 5 degrees below the seasonal normal. That south wind into Friday warms us up a little, but it's a short-lived warm up. Expect a pleasant -1 high on Friday just ahead of another cold spell through the weekend, but especially through next week.

> DIABETES WELLNESS INITIATIVE, FROM PG. 6

disease by getting tested at any Dynacare location throughout the campaign period. This initiative comes at no cost to Manitoba Health, Seniors and Active Living as it is fully funded by Dynacare, including the cost of all additional A1C tests ordered.

Diabetes is a serious public health issue, with over 27 per cent of Manitoba's population having undiagnosed or diagnosed diabetes or pre-diabetes, according to data from Diabetes Canada. Recognizing the significance of this issue, last November Dynacare and Diabetes Canada launched this campaign for the first time to spread awareness of the risk factors for diabetes and encourage Manitobans to get tested.

"Early detection is critical to change or reverse the course of Type 2 diabetes," says Andrea Kwasnicki, Diabetes Canada's regional director for Manitoba and Nunavut. "Presently, we estimate that there are approximately 386,000 Manitobans living with diabetes, and many of them don't even know it."

Dynacare and Diabetes Canada encourage Manitobans that have never been tested for diabetes to start the process by assessing their risk factors. If they have one or more risk factors, or are experiencing symptoms, they are encouraged to consult with their

doctor and request a requisition for an A1C test. The test can be taken free of charge during the campaign at any Dynacare location in Manitoba. Doctors who receive test results with blood sugar levels above the normal range typically contact their patients directly to arrange a consultation and discuss a treatment plan.

This year, Dynacare is also reinforcing its commitment to Manitoba's at-risk communities living in rural and remote areas by organizing mobile clinic locations throughout the province. The goal is to provide access to testing for those most at risk for this all-too-common disease, so they can be better informed about their health and, if necessary, get on a pathway to care. The mobile clinic schedule will

be published on Dynacare.ca.

"We take our role in the Manitoba health-care system very seriously and strive to support healthy living," says Dr. Jenisa Naidoo, chief scientific officer and Winnipeg-based medical director for Dynacare. "Dynacare is committed to serving our community, and our goal with this initiative is to make it easier for Manitobans who are at-risk to get tested."

On World Diabetes Day, Nov. 14, local community leaders will be getting A1C tests to raise awareness and to encourage at-risk Manitobans to do the same.

Visit <https://www.dynacare.ca/news/dynacare-partnering-with-diabetes-canada-on-diabet.aspx> for more information.

Rural Municipality of Woodlands MANITOBA 150TH MEETING



**Manitoba 150th Planning Meeting
Sunday Nov. 17th at 7 pm
@ the Woodlands Legion**

All groups, sports teams, committees and individuals in the RM of Woodlands are invited to come and share their ideas for the 150th Celebrations in July 2020.

**Stonewall Legion
Senior's Club
Craft Sale**
at the
Stonewall
Legion Hall
459 Main Street
Saturday,
November 23, 2019
10:00-3:00 p.m.
FREE Admission
Lunch
Silent Auction
Everyone Welcome



worship

with us > FAITH

Carrying Their Torch

Commitment to Remember

*They were young, as we are young,
They served, giving freely of themselves.
To them, we pledge, amid the winds of time,
To carry their torch and never forget.
We will remember them.*

On Nov. 11, I will be at the Stony Mountain Community Centre to honour those who served and to remember the great sacrifices of war. The Commitment to Remember will be a part of our service. This commitment is not always used at Remembrance Day services but, to me, it is a poignant reminder that, in addition to remembering, we are making a pledge to be peacemakers and defenders of freedom in our time. It challenges me to look at my life and see how I am doing at carrying the torch.

Colonel John McCrae's famous poem In Flanders Fields also reminds us that the torch has been thrown to us. We are asked to hold it high and, by doing so, not break faith with those who lost their lives and are buried in Flanders fields. It is a heavy responsibility to bear.

I can't help but wonder what image he had in his mind when he imagined the torch he was throwing to future generations. Was it the kind of torch that lit the way in the dark and dank trenches? Was it taken from his knowledge of the Bible, more like the pillar of fire that led Moses and the people of Israel through the wilderness to The Promised Land?

I imagine it as a torch lit for freedom and justice. This torch, if held high, will shed a light that exposes any dark place in our world.

Jesus told his disciples, "No one after lighting a lamp puts it in a cellar, but on the lampstand so that those who enter may see the light." (Luke 11:33 - NRSV) For Christians, the call to be light bearers is central to faith.

For all Canadians, the call to carry the torch of freedom is ours this Nov. 11.

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Stony Mountain &
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Walking a fish with a tight line

Hi gang.

The commercial fisher's skiffs that berthed and worked out of Balsam Bay, Riverton, Grindstone and Gimli harbours this fall have been taken home. Driving from one fishing spot to another, talking with fishers and anglers last week, I noticed ice forming on the Icelandic, Netley and Brokenhead waters. Little kids were playing on new ice in the ditches as I drove past them. Fall is here.

Sitting with someone dear to me, gazing through the windows of the Gimli Hospital at the "healing atriums" pools now drained for winter, I noticed a very tall, very thin patient. His greying hair was shaven close to his stately head and I couldn't help asking him how things fared for him. With a crackling emphatic voice, he introduced himself as Harvey Benson, a local commercial fisher. Naturally I asked him if he had ever experienced something unusual when fishing. He immediately embarked on a story, his head and fingers thrusting forward, illustrating his tale.

"The lake (Lake Winnipeg) will put you in trouble real quick if you don't pay attention. It had to be 25 years ago in the fall I was lifting nets east of here. The wind was howling and the waves were high, throwing water over the front of the skiff. I was into the wind, the motor going ahead slow while I cleaned the fish from the nets, throwing them behind me," he stated.

"The water was splashing my face as I worked then it hit me that the water was coming over the front of the

skiff all the time. I looked back and realized there was so much fish in the front of the skiff, it was nose-heavy and I was in danger of swamping. I stumbled to the motor, turning it off, and started throwing the fish more to the back. In a while, I got the skiff leveled but never forgot how easy it was to get in trouble out there if you're not watching."

You're right and thank you for the story, Harvey!

Just lately I've had occasion to meet a lovely couple, Kazia and K.C. McCormick, who have a cabin at Rainy Lake, Ont. They gave us an exciting story of their "Uncle Gordy," a great family friend, catching a fish with K.C.'s help. Uncle Gordy Lindgren was an unassuming reflective guy who knew every nook and bottom structure of "Rainy" having fished it for years. On last Thanksgiving weekend, the whole gang was at the cottage and Gordy with K.C. went boat fishing. The men had to put their parka hoods up to stave off the cold fall wind. The waves were so choppy they had to sit instead of standing in the boat. They cast against shore line weed fields without success for the better part of an hour.

"Maybe we should try the reef in the middle of the lake," Gordy ventured. K.C., sitting in the back of the boat, started the motor and manoeuvred the craft into the wind and waves with a sideways slip working his way to the middle of the lake. There, they cast out and almost immediately Gordy's line snapped straight. His drag sang as his catch went for the bottom. Slowly he



TRIBUNE PHOTO SUBMITTED

K.C. McCormick holding up a great walleye that he helped Gordy Lindgren catch out of Rainy Lake.

reeled in feeling intermittent jerks. "It's a big walleye!" he shouted at K.C.

Gordy continued reeling in, and just as he thought he saw it below the surface of the almost clear water, it dove but more slowly for the bottom again.

"It's getting tired," Gordy shouted, "I can feel it!"

Again, he brought it up to the surface. It now lay on its side. K.C. quickly reached forward with their net as Gordy "walked" the fish with a tight line into it. Try after try, the huge walleye kept flopping out of the net. Just as they managed to get the head in, the jig hook let go. K. C., working the net like a scoop shovel, caught the fish up and dropped it onto the boat floor. True to Gordy's giving nature, he took a picture of K. C. holding it.

Folks continue to marvel at the high water and racing current of the Red River past Selkirk as they shore fish.

Last week, along the 320 road, I came across an exuberant, outward-going chap by the name of Dale Cross who used to own a "repeatedly flooded" cottage here. One time, he recounted, he and his wife came back from shopping in Selkirk only to find a 70-foot tree parked on their lawn. Shocked, they stood amassed at the 15-foot-high roots filled with sand and mud. Not willing to sacrifice many saw blades to render it gone, it became a lawn ornament!

The following and final year there, they woke up one morning and Dale went to the kitchen to make coffee. He looked out the window to see they were surrounded by a foot of water. Dale called back to his wife, "Honey, should we use the car or the boat to get to Selkirk?"

Till next week, good friends. Bye for now.

Interlake-Eastern RHA receives accredited status from Accreditation Canada

Submitted

Interlake-Eastern Regional Health Authority (RHA) has recently received acknowledgment that it is continuing to deliver health care that adheres to internationally recognized standards of quality and safety. For the second time, Accreditation Canada has granted "Accredited" status to Interlake-Eastern RHA.

Accreditation Canada is a not-for-profit organization that is dedicated to working with patients, policy makers and the public to improve the quality of health and social services for all. Providing organizations with an independent, third-party assessment, Accreditation Canada evalu-

ates organizations on standards that reflect internationally accepted best practices.

A team of surveyors from Accreditation Canada last visited Interlake-Eastern RHA in 2015 as part of a four-year accreditation review cycle. Interlake-Eastern RHA's CEO, Ron Van Denakker, says he's proud of how much the region has evolved since that time.

"At our last survey, the region was only a few years into the amalgamation of two health authorities and we were still working diligently on developing unified processes," says Van Denakker. "We have come a long way in that time and I commend our staff

on their hard work to ensure that required operating procedures that focus on patient safety and quality care continue to be a normal part of our daily work."

As part of the survey, 24 Interlake-Eastern RHA sites were assessed by a team of 10 surveyors who work in the field of health care in facilities all over Canada. Surveyors met with staff and community members over a six-day period in June. In the accreditation report, surveyor observations reflect: "Patients spoke positively about the care they received in the region. Staff also indicated that they were supported and the IERHA was a good place to work."

Noted successes for the RHA within the Accreditation Canada report include its move to operating within a balanced budget and its focused recruitment of physicians. A highlighted opportunity for improvement that the RHA is working on is the need to develop and implement a strategy to promote people-centred care that more broadly integrates the voice of patients and families into service delivery.

The Accreditation Canada report and executive summary are posted online. Visit ierha.ca and click on "About Us," "Publications and Reports" and "Accreditation Reports."

Full-circle moment brings writer home

By Jennifer McFee

A writer with local roots has embarked on a new chapter of her life in a novel way.

Michelle King recently won a local writing contest after returning to a hobby that got pushed aside during busier times of her life.

"I started to write again three years ago just for fun," said King, who grew up in Teulon and now lives in Grande Prairie. "Some people like to knit. I like to write."

She stumbled across the Lake Winnipeg Writer's Group prose and poetry contest and decided to give it a whirl. She penned a story called "Faith. Family. Friends. Farm." and entered it in the competition.

"It's about growing up on the farm, having those community connections with your neighbours, being able to call upon them," said King, who plans to move back to Teulon in two years after her youngest daughter graduates.

"Growing up in a small town, I found that everybody pitched in. Back then, there was no such thing as texting or calling. If your truck's in the driveway, then come in and have a coffee. Everybody helps with the harvest. Everybody helps when something goes wrong. Everybody celebrates when things go well. There's still the fall suppers, which I miss. All those things create a community spirit."

When she found out she won the contest, King was thrilled. As the winner, she will receive a year's membership to the Lake Winnipeg Writer's Group as well as a prize of \$100.

King's story will also be published in the fall 2019 edition of *Voices*, which explores the theme "The Inevitability of Change." She is invited to read at the launch of the publication, which will be held at McNally Robinson Booksellers (4000-1120 Grant Ave. in Winnipeg) on Saturday, Nov. 23 at 7 p.m.

Since part of her story involves the Willis family, a branch of whom are her family's neighbours, King plans to donate her winnings to the G.M. Willis Family Endowment Fund and to match the contribution from her own pocket. The fund operates through the Interlake Community Foundation, which provides a scholarship to a student that has participated in high school sports and is entering post-secondary education to study agriculture or business. George Willis and his son Chad both spent time volunteering on the Interlake Community Foundation's board of directors.

"Chad Willis will be accepting my donation cheque at the launch. I want to help shine a light on a local foundation that helps our local people. I'm grateful to win it, grateful to be published, and grateful to give back to my community. It's a full-circle moment, all right. I can't wait to move back and be involved even more," King said.

"I know for a fact that growing up in the Interlake shaped me into the person I am today, and I'm incredibly proud to still call Teulon my home."

Thanks to winning the local contest, King said she's also

been invited to write for a CBC short story contest.

"I'm super excited because I've been published on my own merit," she said, "so that's a foot in the door."

Copies of *Voices* will be available at McNally Robinson Booksellers in Winnipeg and Tergeson's in Gimli for \$12 each. Digital copies are available for \$3.99 through the Lake

Winnipeg Writer's Group website at www.lwwg.ca, as well as physical copies for \$12.

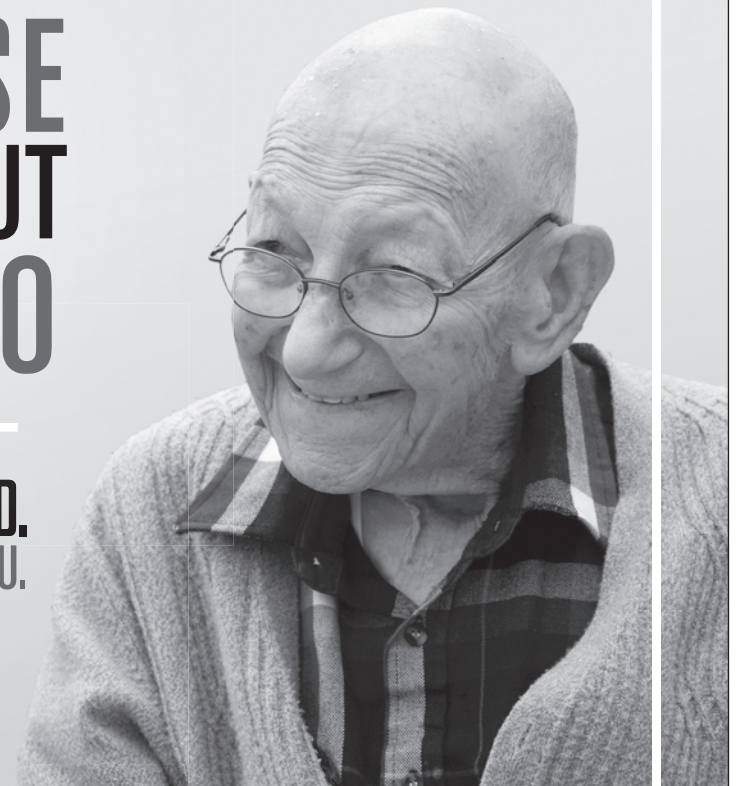
If you can't make it to the Nov. 23 book launch, you might still have the chance to see King around town. She'll also be reading to youngsters at the Teulon library's storytime on Wednesday, Nov. 27 at 10:30 a.m.



Michelle King

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Bringing yoga home

By Jennifer McFee

It's no stretch of the imagination to picture the benefits that yoga can bring to your life.

For Stonewall resident Tricia Fines, she experienced a shift in perspective after she recently travelled to Thailand to study yoga intensively.

On Aug. 27, Fines bid farewell to her husband Ryan and three children — Brooke-Lyn, Chris and Grace — to embark on a journey to Koh Phangan, a small island in the gulf of Thailand.

"It is a beautiful, mountainous, jungle island surrounded by sandbars and considered a spiritual place, with numerous Buddhist temples around the island and a thriving spa, retreat and meditation industry," she said.

"I had the wonderful privilege of calling the island home for five weeks, of which I spent 29 days eating, breathing and sleeping yoga."

Her first introduction to yoga came 15 years ago when she was looking to shed some baby weight after her youngest daughter, Grace, was born.

"I took some group classes in Stonewall and Winnipeg but never really found an atmosphere that I felt completely comfortable in. I turned to YouTube and Instagram and books for inspiration and continued to deepen my practice through self-study in the comfort of my own home," she said.

"It continued to be a part of my life on and off, but it was only in the last year that it became a major focus."

As is often the case, it was a bit of a meandering path that led her back to

the practice.

"Obviously, it's not everyday that a woman drops everything and travels to the other side of the world to see what she's made of," she said.

"It just so happened that, for me, it was the next logical step on what has been a year of self-transformation."

At the end of September 2018, Fines had just turned 41 and it became a moment of introspection.

"I realized that the last few years of life had been mostly spent as a life of indulgence. We socialized quite a lot and every occasion involved too much food, too much booze and too much drama. Even occasions that weren't occasions involved binge eating and drinking and it was really starting to take a toll on my health, mentally and physically," she said.

"I had decided enough was enough. For some reason, so many people, myself included, have trouble telling themselves 'No.' This was me finally telling myself 'No.' It was a very humbling experience for me. The fact that it was so incredibly difficult to quit over-indulging affirmed that I was making the right decision."

In the following months, Fines dedicated herself to an "almost obsessive" amount of healing, both physically and emotionally.

"I began intermittent fasting, working out six days a week, reading anything I could get my hands on about living a clean and sober lifestyle. In the process, I lost 35 pounds and gained an enormous amount of self-respect," she said.

"I surrounded myself with the love of family and new friends. I am happy to wake up each morning since with a sense of clarity and purpose — and it's been over a year that I haven't woken with a hangover and feelings of regret. It's been the best year of my life."

At the start of 2019, Fines spent a lot of time researching options for yoga teacher training.

"It is something that's offered locally in Winnipeg, but it's offered over a longer period of time, evenings and weekends, and being a recent full-time college graduate, I wasn't interested in spending a large part of my time writing essays, doing practical work and sitting in a classroom over the coming winter months," she said.

"I had a huge desire to submerge myself in yogic culture and really further my own spiritual practice. I considered India and going back to where yoga was born but I admit I was nervous about the vastness of the country and travelling there on my own."

On Instagram, she found her mentor Vanessa Burger, a student of Ingrid Eriksson who was personally trained by Pattabios Jois in India. Burger studied Shamanism with Lionel Berman and has multiple other certifications related to mind and body healing.

"She is an amazing woman and she literally changed my life," Fines said.

Through her research, she also discovered Koh Phangan and took a leap of faith to travel there. The intense daily schedule started at 7 a.m. with mantra and mediation practice. After that, the students did three hours of asanas, or physical practice. They broke for lunch together and then continued with three hours of yoga philosophy and theory, wrapping up with two more hours of asanas that finished just in time to watch the sunset at 6:30 p.m.

Daily meditation became a highlight for Fines, who found a sense of solace in the peaceful practice.

"As a person, like many people, who has struggled with anxiety since childhood, I was looking forward to learning how to slow my mind and become able to bring my focus and concentration back to the light inside of me. Humans have a hard time being still. I have been to meditation classes and retreats in the past, but they focused solely on the practice of sitting and seeking stillness," she said.



TRIBUNE PHOTO SUBMITTED
Tricia Fines (right) travelled to Thailand to study yoga.

"While I found them helpful, it was the addition of a serious physical yoga practice that brought me to a much more authentic meditative state. A lot of people think yoga is about the poses, and while that's a big part of it, the purpose of the asanas is to develop the dedication and the concentration to bring back to your meditation practice. Yoga forces you to be in the present, to come back to your breath (prana), and I can tell you it is quite difficult not to be present and full concentration when you are in an inversion or an arm balance."

Over time, she came to realize that meditation is mind over body but the asanas are body over mind.

"In meditation, we remove ourselves from the physical body and delve deep into our spiritual body," Fines said.

"Through the poses, we have to remove the mind, the voice that says 'There is no way you can do that pose' and just let the body do what it knows how to do."

Looking back on the experience, Fines said she seriously underestimated what she was getting herself

Continued on page 11

PLAYSAFE: Don't Let It Happen to You

The War Amps new "kids-to-kids" safety video, featuring stories from young amputees who have lost limbs in accidents, delivers the hard-hitting but positive message: "Spot the danger before you play!"

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"I knew going there that I was physically very strong. I had spent the last 10-plus months working out nearly every day, eating clean. I had all but eliminated sugar and alcohol from my diet. I was studying the asanas and reading book after book about the sutras and philosophy of yoga," she said.

"And even though I had a little voice in my head telling me 'You're not good enough to do this,' I did my very best to ignore that ugly little voice."

By the fourth day, she began to feel pain and strain in her joints, particularly in her right shoulder due to an old injury.

"As most women do, I kept pushing and pushing through the pain until Vanessa, my instructor, stopped the whole class one day and asked me what was wrong. I thought I was hiding it and I was embarrassed at the attention she was now showing me. She was extremely worried, as were the other students, for me. I tried to brush it off but she would have none of it. And for the rest of the day, the practice was tailored around my injury," she said.

"This was very difficult for me. I felt like I was holding the others back. I felt like it wasn't a big deal, I could continue on, I would be OK. And then the next day, Vanessa did the same and the day after that. And through this, I learned that my vulnerability was not a weakness. I learned that my body, with all of its perfect imperfections, deserved to rest if that's what it needed. I learned that slowing down, listening to my body and not always striving for perfection, not always pushing through, was enough."

Although she travelled far from home, Fines felt secure knowing that she had the unconditional support of her husband and family.

"It was the first time I would travel on my own and be away from them for more than a few days. It really reaffirmed the strength of our relation-

ships and how proud of our kids we are," she said.

"Instead of commiserating about the sacrifices they had to make because mom wasn't home, they all banded together and got on with life. It is a very comforting thought to know that you have raised a family that can operate without you. I am so proud of them and so grateful to have them."

Nonetheless, at times, she began to experience feelings of homesickness and self-doubt.

"I had asked myself a number of times while I was away 'What are you doing? You aren't good enough to be here.' However, allowing myself to experience those feelings and forgive myself for feeling them and redirecting my thoughts to the many positive aspects of my journey was something I learned during my practice," she said.

"Coming back to your breath, coming back to the present moment and feeling gratitude for that moment is something that I feel I'm developing each and every day. I feel it's a habit that I can bring into any present-day situation. Forgiveness of self and gratitude is something we all can be more conscious of."

For Fines, another positive part of the experience was the opportunity to be surrounded by strong, encouraging, like-minded women.

"There was never a moment of competition or judgement, just complete unconditional acceptance. I've never experienced that before. Society has a way of pegging women against women — who's busier, who's a better mother, whose kids are better achievers, who's making more money or having more success," she said.

"Yoga means unity and oneness. All of the women that became my little 'yoga family' in that short amount of time. We all came from completely

different backgrounds and life experiences, but we were all the same. Our purpose was the success and growth of each other. It taught me vulnerability, humility and a compassion — not only for them but for myself."

With an eye on the horizon, Fines is looking forward to sharing her newfound knowledge with the local community.

"I have ideas to collaborate with other local yogis and alternative healing modalities to facilitate workshops in the new year. I would like to get on board with businesses in town, offering free classes if they would donate their space. In turn, students who

come for the class can make an optional donation to a community fundraising project," said Fines, a massage therapist by profession who enjoys treating clients at Interlake Kneads in Stonewall and at her home clinic.

"Mostly, I would like to offer small or private classes. These would offer women the opportunity to have yoga brought to them in the comfort of their own home with a few of their friends or in my yoga studio that we have created at our home."

For more information, contact Fines at 204-513-1026 or triciafines.wc@gmail.com.

Wealth of knowledge



TRIBUNE PHOTO SUBMITTED

Grade 12 student Lucas from TCI has read an impressive 352 books from the TCI library since he started at TCI in Grade 7. Here he is being presented with a three-book set of Rick Riordan books by TCI library clerk Brenda Bawdon for being the student who has read the most amount of books at TCI up to 2019, according to TCI circulation stats. If books are approximately \$10 each, he saved \$3,520 just by borrowing books and not buying them. Support your local library.

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Improvements underway for Argyle skating rink

By Jennifer McFee

Excitement is building at the Argyle skating rink where several improvements are currently underway.

"The Argyle skating rink has been in place for many years and one of the goals was to have an equipment shed to store all the ice-making and ice-resurfacing equipment," explained Lisa Riley, president of Argyle Skating Club.

"Last year, we were the recipients of a \$20,000 grant through the province and we purchased a newer Zamboni and a new snow blower for the rink. Then we were also recipients of some RM of Rockwood funds and we are in the process of building our equipment shed to house all of the equipment."

The project is only possible with the help of individuals and businesses who have banded together to support the cause.

"It's wonderful and the community has really come together. There has been a lot of volunteer work and hours and a lot of donations. Lafarge donated all of the concrete. Standard Quarries and Glacial Quarries donated the limestone. Time is being donated for all of the labour, including the plumbing and the electrical," she said.

"So we've been very successful in getting this underway. Our structure's up and we just have to put the siding on, which is also being donated as well."

A shout out also goes to Blair Nunn of Tuff Contracting, Chris Guenther and Brendan Poirier of DCG Construction, as well as Joel Fehr, Matt Figur, Bert and Sandy Jamault, Kevin Riley and Aaron Hogg for their contributions.

The warm-up building also got refreshed with exterior paint.

"We're looking now to fundraise to for building a new warm-up building," Riley said.

"We're also looking at doing some amendments and changes to the ice rink surface. We replaced a lot of boards in the rink and we're looking at getting chain link fencing to put around the whole perimeter of the rink to protect the building."

The rink remains a hub of activity for the Argyle community and beyond.

"It's incredible. What's interesting is there's not many families in Argyle but the school uses it every Thursday. We try to keep the ice nice for them so that when they come out for their phys-ed time, they have the ice surfaced," Riley said.

"There are lots of kids that play higher-level hockey from Warren and Woodlands area that come and use our outdoor rink. Many people say the ice in Argyle has always been the best. Ron Watson is one of our community members who has been instrumental in keeping the skating club going. He's not on the board but he should be recognized for all his time and effort and work that he's put into keeping this a nice place for kids and families to come."

Last year on Boxing Day, Riley was surprised to see a group of about 15 families gathered at the rink for a get-together.

"We went to go clear the ice and it was just absolutely packed. It's a real gathering place for a lot of people. It's been a wonderful place for the community for recreation. Men will get together at 10 at night to have a shinny game outside. It's kind of neat," Riley said. "A lot of the kids that are into hockey and the families that go to the schools, they've always been attending the rink so we're always trying to make it better."

Looking ahead, the organization will be working in conjunction with the Interlake Community Foundation for fundraising efforts.

"People are going to be able to make donations



TRIBUNE PHOTOS SUBMITTED

The Argyle Skating Club's revamped warm-up shack.

to the Argyle Skating Club through the Interlake Community Foundation and receive a tax receipt for their donation," Riley said.

"We're also going to have sponsorship levels. Anybody who donates \$500 or more will be receiving sponsorship recognition and a tax receipt for any contribution of \$50 or more."

Anyone who would like to make a donation can contact Lisa Riley at 204-461-1559.

Pumpkins in the dark on display Nov. 3



TRIBUNE PHOTOS BY LANA MEIER

Last Sunday 132 jack-o-lanterns were lined up along the pathway at Quarry Park for the 5th annual Pumpkins in the Park event. Every year on the Sunday following Halloween, REACT (Rockwood Environmental Action Community Taskforce) invites the public to bring their carved pumpkins to Quarry Park to be re-lit one last time before being composted.

REACT is a local volunteer organization located in Stonewall that is committed to environmental responsibility.



Salute to Veterans

REMEMBRANCE DAY
NOVEMBER 11, 2019

A War Story: Bruce Goodridge

By Evan Matthews

The stories of Canadian war heroes are aplenty. In Eriksdale, one of those stories is just a generation removed.

Bruce Goodridge went to war when he was just 19 years old, according to his daughter, Sandra Hogue, 72.

"He joined the army in 1942, and he was sent to England. He also spent time in Belgium," said Hogue, who is also an active member of the Eriksdale Legion.

"So many of the young men from this area joined, and I think he felt like he wanted to fight for his country but also for his community and the other men from his community ... all of whom were joining at the same time," she said.

Goodridge was a member of The Queen's Own Cameron Highlanders battalion, which is still an active Army reserve. It's the oldest highland regiment in Western Canada, according to Canadian Armed Forces (CAF) publications, dating back from 1910 to present.

CAF publications state the Highlanders battalion took part in "Operation Jubilee," also known as the Dieppe Raid, on Aug. 19, 1942. The battalion returned to France on July 7, 1944, as it continued to fight in north-

west Europe until the end of the war, according to CAF publications.

It was in France that Goodridge experienced a gunshot wound to his left thigh, according to Hogue, and left to survive on his own for three days.

"He was in the forest, or deep brush, trying to protect himself from the enemy, while also hoping and trying to come across his own Allied soldiers," said Hogue.

"He wasn't found by his own regiment, but he was found by another Canadian regiment, fortunately."

After spending a couple of months in hospital in France recouping, Goodridge was shipped home the summer of 1945.

He was lucky to have survived, according to Hogue, as many others were not so lucky, some of whom even called the Interlake region home.

"My dad had a literal chunk out of his leg," said Hogue, referring to her father's forever altered physiology resulting from his gunshot wound.

When he had come back from the war, Hogue said he experienced what is now commonly referred to as post-traumatic stress disorder (PTSD).

He was a good father, according to Hogue, but she said she knew Goodridge harboured some heavy emo-

Who were the GCKs?

Some of the WWII servicemen will remember the *Gossip Column Kids* who wrote letters to them during 1944-45.

They were a small group of Eriksdale High School girls who met once a week to write to *the boys* who were overseas. Each wrote one letter per meeting, always hoping for a reply, of course. When replies came, sometimes with pictures, they felt greatly rewarded.



Members of the GCKs
Esther Hughes, Linda Gudmundson, Mabel Stout,
Nan Forsyth, Gladys Longmuir, Elsie Dowsett.



TRIBUNE PHOTO SUBMITTED
Bruce Goodridge, Second World War veteran was father to Eriksdale resident Sandra Hogue.

The Gossip Column Kids wrote letters to the boys overseas during the war.

tional baggage from the war.

"He was a good dad and a hard-working man," said Hogue, who mentioned Goodridge working in the Eriksdale Creamery once he returned home.

"But he seemed to have a chip on his shoulder or even a little bit angry at times ... though I don't really think it was that. I think he had seen so much

Continued on page 17

Royal Canadian Legion
Woodlands Branch #248

Royal Canadian Legion
Stonewall Branch #52

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Remembrance Day Message:
On Remembrance Day, let us offer prayers of gratitude for the nobility and sacrifice of our veterans in times past. Young and old, let us wear a poppy and attend Remembrance Day services so that we will never forget. We can all be peacemakers.

Town Of Stonewall
Mayor and Councillors

Town of Teulon
Mayor and Councillors

RM OF ROCKWOOD
Reeve and Councillors



Salute to Veterans

REMEMBRANCE DAY
NOVEMBER 11, 2019

Eriksdale unveils new cenotaph

By Evan Matthews

When driving down Highway 6 near Eriksdale, a bright light may just catch your eye at night.

The Eriksdale Legion “unofficially” unveiled its new cenotaph on the east side of highway, according to president Keith Lundale, who said the unveiling took a little longer than anticipated due to finding the correct lighting.

“I’m hoping to get the lighting all done before everything freezes and the snow comes. ... But even if you’re travelling through when it’s dark, you’ll see the cenotaph,” said Lundale, adding the ambiance will be one of respect and commemoration.

“You’ll know something is there. We’re planning to do an official unveiling ceremony in the spring, once everything is complete.”

The final bit of landscaping around the cenotaph’s perimeter is expected to be completed in spring 2020, Lundale said.

Originally, the goal was to have the cenotaph complete for Remembrance Day 2019, but Lundale said things have taken longer than anticipated.

A cenotaph is typically defined as a monument to someone buried elsewhere, especially one commemorating veterans who have died in a war.

“The RM had wanted to do some enhancements at Railway Park, so we said, ‘We’d like to have a larger footprint relating to our cenotaph,’” said Lundale.

“We thought it’d be nice to eventually incorporate it into our Remembrance Day ceremony, you know, with our cadets and so forth,” he said, adding the community usually sees about 200 people at each Remembrance Day ceremony annually.

The legion was able to subsequently secure a grant through Veterans Affairs, according to Lundale, in combination with some of the legion’s own funds, and a cost-sharing agreement with the RM and the local Chamber of Commerce.

In a roundabout way, the cost-sharing agreement is also represented in the cenotaph.

“One of our chamber members was the champion for railway park, and he has since passed away. But I always had a running joke with him, ‘Big’ Al Kelner, about this giant rock he had on his property. I always said I was going to steal his rock,” said Lundale.

“I asked his wife if she’d consider using the rock as our the base for our cenotaph, and she thought about it and agreed. So we’ve got a little plaque on about that, too.”

Until everything is fully complete in spring 2020, the Remembrance Day ceremony will stay in the same location.

The Remembrance Day ceremony will be held at the Eriksdale Recreation Centre at 10:45 a.m.

Thanks to Bob
Everybody called him Bob, but his



TRIBUNE PHOTO BY EVAN MATTHEWS

Eriksdale Legion president Keith Lundale stands at the new cenotaph. He credits his father, Robert “Bob” Lundale, with getting the Eriksdale Legion to where it is today. The cenotaph’s landscaping will be completed by the summer of 2020.

name was Robert Lundale.

Keith’s father.

A veteran of the Second World War, Bob became very invested in the local legion once he returned home.

From the Annual Poppy Campaign to Cancer fundraisers to the Remembrance Day ceremony, Robert did his best to be highly involved in every aspect of the legion.

“He’d get up and go to the legion at 1 a.m. the night before the Remembrance Day ceremony to start cooking

the roast,” said Keith.

“The CAF, the legion, it was his life, his passion.”

Commemorative wall

In 2016, the Eriksdale Legion completed the installation of a commemorative wall at the Eriksdale Recreation Centre with roughly 200 veterans honoured.

Many of the names on the wall —

Continued on page 16

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'Lest We Forget'

By Dale Yeo

Remembrance Day 2019 — once again we pause to give thought, and thanks, to those who have served militarily to guard our beloved Canada and who serve today.

These past three years have seen the honouring of major 100-year or 75-year milestones in the military annals of our nation: Vimy Ridge, the Dieppe Raid, the November 1918 Armistice and D-Day.

This past September saw yet another epic benchmark in Canadian history — the 80th anniversary of our entry into the Second World War in 1939.

That world-wide struggle was to have a life-altering effect on the people of Canada — indeed, on all people everywhere.

Canadians of that era seem to us today to have been people of a special breed. They had somehow eked out a precarious existence through the terrible decade that we know now as “The Dirty Thirties.”

Then came another powerful blow — the global conflict of the Second World War from 1939 to 1945. Somehow, those people emerged victorious from that struggle, too, but not before an all-out effort by Canadians of all ages and all backgrounds.

Like many seniors who may read these words, my brother and I are the offspring of a mother and father who survived those two fearful events. Only in later years, though, did I fully comprehend the enormity of their effort to overcome such adversity.

Veteran newsman Tom Brokaw once paid tribute to the people of that era with this basic but lasting homage: they were, he said, quite simply “The Greatest Generation.” He was right.

The Second World War began on Sept. 1, 1939, with Nazi Germany’s invasion of Poland.

Two days later on Sept. 3, Britain and France finally



TRIBUNE PHOTO SUBMITTED

Canada played many roles in the Second World War.

ended their agonizingly long appeasement of Adolf Hitler by declaring war on Germany in fulfilment of promised support to Poland. A line in the sand had, at last, been drawn.

It is significant that Canada did not automatically declare war merely because mother country Britain had. The recent 1931 Statute of Westminster had finally cleared the way for Canada to control its own foreign affairs, and so Canada’s declaration of war was made independently on Sept. 10, 1939.

The Second World War was a devastating conflict that saw fighting around much of the globe. In the years that followed 1939, Canadians came to learn the military significances of far away battles in Hong Kong, Dieppe, Sicily, Ortona, Monte Cassino, Normandy, Caen, the Scheldt, the Netherlands and a host of other battle sites right into Germany itself.

Our Canadian contribution to the Allied war effort was massive by any calculation. Canadians followed that war effort closely, hearing daily reports on the fighting from iconic radio voices like Matthew Halton’s and others. Even today, long years later, hearing a re-broadcast of Halton’s vivid frontline battle

accounts is both chilling and inspiring.

By war’s end, 1.1 million Canadians and Newfoundlanders (not part of Canada until 1949) were in uniform — one for every 11 people in our nation.

From a standing army of but a few thousand, the Canadian army grew to 791,743 by 1945. Of that figure, 25,252 were women. But 22,900 were killed in the Second World War in both combat and non-combat action.

The air force of Canada began the war with only 3,100 members but swelled to 249,624 by the end of the war. Of that number, 17,100 perished (there exists in Brandon a beautiful block granite wall that lists all their names today).

Our Canadian navy had only 13 military vessels of all descriptions in 1939 but had become the third largest navy in the world by 1945 with 373 fighting ships. Navy personnel rose from 1,800 at the commencement of fighting to 113,000 by war’s end. Of that total, 1,190 died during the war. I am indebted to the Department of Veterans Affairs publications

Continued on page 18

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Salute to Veterans

REMEMBRANCE DAY
NOVEMBER 11, 2019

> CENOTAPH, FROM PG. 13

including the Allans, the Goodridges, the Lundales, the Lindells, the Knoxes and the Forsythes — remain familiar today since there are still community members with those surnames, according to Keith. The impact of the region's veterans is still felt every day, he said.

However, some names, like the Hart

family, are no longer present in the community.

Poppy Campaign Clarification

In last week's edition of the *Tribune*, it was stated that, "the money raised (from the annual poppy campaign) does not stay local, as all local legions give their funds raised to "the (pro-

vincial command," where the money is then given to veterans and their families directly.

Keith said that piece of information was a miscommunication and incorrect.

In fact, that money raised during the

campaign does stay locally.

Sales are reported to the provincial command, but funds are spent on local veterans as per guidelines set out by the legion.

Remembrance DAY november 11th SERVICES

(All events open to the public)

SCHOOLS

SCHOOLS	DATE	TIME
Inwood School	Thurs, Nov 7th	10:40am
Balmoral School	Thurs, Nov 7th	2:00pm
Brant-Argyle School	Thurs, Nov 7th	11:30am
École RW Bobby Bend	Thurs, Nov 7th	2:10pm
Grosse Isle School	Thurs, Nov 7th	10:00am
Rosser Elementary	Thurs, Nov 7th	2:30pm
École Stonewall Centennial	Thurs, Nov 7th	12:10pm
Stonewall Collegiate	Thurs, Nov 7th	10:45am
Stony Mountain School	Thurs, Nov 7th	9:15am
Teulon Collegiate and Teulon Elementary School at the Collegiate	Thurs, Nov 7th	10:45am

Warren Elementary	Thurs, Nov 7th	12:00pm
Warren Collegiate	Thurs, Nov 7th	10:45am
Woodlands School	Thurs, Nov 7th	10:00am
St. Laurent School	Thurs, Nov 7th	10:45 am

École communautaire Aurele-Lemoine	Fri, Nov 8th	10:30am
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LEGIONS/HALL

Stonewall Legion (Lunch to follow, doors open at 10:00am)	Mon, Nov 11th	10:30am
St. Laurent Metis Legion (Lunch to follow at the Legion)	Mon, Nov 11th	10:30am

Woodlands Legion Silver Cross Mother Mrs. Seggie will be in attendance. Lunch to follow	Mon, Nov 11th	10:30am
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Teulon Rockwood Centennial Centre 8:30am-10am Pancake Breakfast at Hall No Charge for Veterans, Cadets and Serving Members (Refreshments to follow service)	Mon, Nov 11th	Service at 10:30am
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Brandt Argyle Memorial Community Centre Lunch to Follow	Mon, Nov 11th	10:30am
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Stony Mountain Service Stony Mountain Rec Centre March to Cenotaph - Lunch to Follow	Mon, Nov 11th	10:30 am (Doors open at 10 am)
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Inwood Hall (Coffee Available)	Mon, Nov. 11th	10:15am (Seated by 10:30am)
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RM of Woodlands

Reeve and Councillors

RM of Rosser

Reeve and Councillors

On Remembrance Day, honour the sacrifice of our brave men and women in uniform.

LEST WE FORGET

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Salute to Veterans

REMEMBRANCE DAY
NOVEMBER 11, 2019

> BRUCE GOODRIDGE, FROM PG. 13

horror.

"He had trouble dealing with that," she said, adding many of the veterans in the community had similar issues relating to anger, alcohol or PTSD after the war.

Love finds a way

Interestingly, Hogue's mother and father were "definitely" acquainted prior to him going to war but not ro-

matically involved.

Once the war started, Hogue's mother, Elsie Dowsett, joined a group called the Gossip Column Kids.

The Gossip Column Kids were a group of girls who'd get together once or twice a week and write letters to "the boys" overseas, according to Hogue.

It was in the letters that the couple's relationship flourished, according to

Hogue, specifically while Goodridge was in a French hospital.

"They'd all write letters, but they would take turns each week writing to the different men from home," said Hogue.

"My dad came home in 1945. ... They were married March 11, 1947," she said.

Hogue was born in October 1947.

Both of Hogue's parents have passed away, but Hogue said their memory

lives on with her, especially around this time of year.

Remembrance Day is Monday, Nov. 11. The day marks the end of the First World War, at 11 a.m. on the 11th day of the 11th month in 1918, but the annual tradition is used to honour all veterans who have made the ultimate sacrifice in any war.

> LEST WE FORGET, FROM PG. 15

for these precise statistics.

In all, Canada was to lose at least 45,000 men and women in the Second World War. The First World War had cost us 66,000 lives, the difference being attributable at least in part to medical advances and to the absence of the murderous trench warfare that characterized so much of the earlier 1914-18 war.

The losses in the Second World War seemed a terribly high price to pay not much more than 20 years after what was supposed to have been "the war to end all wars." How much talent, how much potential in human life did we lose for Canada's future as a result?

Canada's aid took other forms. We gave massive financial help to Britain to sustain her during the lonely stretch of time after the Nazi conquest

of Continental Europe and until the entry of the U.S.A. into the Second World War after the Pearl Harbour attack of December 1941. That financial help was crucial, Winston Churchill said later, as Britain faced near bankruptcy as she and her Commonwealth fought on alone.

The creation of the British Commonwealth Air Training Plan in December 1939 was yet another form of invaluable assistance to the Allied war effort. Canada, because it was far from most live fighting abroad, proved to be an ideal training ground for young air force personnel from the entire British Commonwealth. In all, Canada saw 131,553 air crew trained at bases here (many in Western Canada) from 1940 to 1945. Eventually, 3,000 graduated every month.

The role of women in society was

also much impacted by the Second World War. They played an absolutely essential part in the war effort, a harbinger of the changing role women were to assume in the evolving society of Canada in the latter 20th century.

On a very personal note, it was the Second World War that allowed my mother and father to meet. Dad, a Saskatchewan farmboy, was stationed at Camp Shilo when he enlisted. Mom, a farmgirl from Strathclair, Man., had moved to Winnipeg in the '30s to find work as a store clerk. Only the war brought them together when Dad visited Winnipeg on leave. That story will have been repeated many times over.

As I look back now over a long life, I realize more and more what I owe to this nation. In particular, though, I realize just how much I owe to men like my father and uncles who donned a uniform in 1940 to help defend this

country. I will not be alone in that feeling. That appreciation extends to all Canadian men and women in various world conflicts who sacrificed years of their lives — and life itself — to uphold what seemed precious to them and their families. That applies, too, to those currently serving.

We remain in their debt.

Years ago I noticed what was a marvelously appropriate biblical tribute etched into the wall of a great archway in downtown Ottawa "All these were honoured in their generations and were the glory of their times" (Ecclesiasticus 44.7).

On Nov. 11, we will take time again to honour those who were the "glory of their times" and of ours.

Lest we forget.

ICF keeping the drive alive at the Endow Manitoba 24-Hour Giving Challenge

24-hour giving challenge on Nov. 16

By ICF board member Ross Thompson

The Interlake Community Foundation is on a high, thanks to its highly successful and rewarding 125th anniversary with more exciting events coming up.

"We exceeded all expectations for fun and profit at the 25th," said chairperson Bob Beck. "Now we have more to look forward to with the RBC FLCC grant awards ceremony and the 24-hour giving challenge both on Nov. 16."

Beck added that the awards ceremony will be at Something Beautiful

from 2 to 3 p.m. when \$30,000 in RBC Future Launch Community Challenge grants will be awarded. This event is open to the public.

The RBC Future Launch Community Challenge is made possible thanks to a \$5-million donation from the RBC Foundation. It is a call to action for youth, aged 15 to 29, in more than 150 small and mid-sized communities across Canada. In each participating community, youth and partner organizations will have the opportunity to team up and apply for a grant of up to \$15,000 to support youth-led

projects that respond to one central question: What is your boldest idea to respond to an urgent local need?

Before that at Stonewall Family Foods, ICF volunteers will accept cash and cheque donations from 10 a.m. till 1 p.m. Beck highlighted November as a very important time for the foundation, since each \$5 donation will be actually worth \$9, thanks to top-ups from the Winnipeg Foundation, the Province of Manitoba and the matching funds from Lloyd Jensen. Donations made between 12:01 and 11:59 p.m. to the ICF's unrestricted funds will be eligible for the matching funds.

The Slagermans of KI Mobility in

Rosser are challenging local businesses to donate and KI Mobility will match the amounts up to \$10,000. Also, again this year, Lloyd Jensen from Stonewall will match gifts up to \$5,000.

"It just shows how individuals and organizations can help the foundation grow its assets to be percolated to charitable causes through our communities," Beck added. "In Teulon, Bigway Foods will do a dollar round up all through November."

For more information, contact Tracy at 204-467-5634 or tracy@interlakefoundation.ca or visit www.interlakefoundation.ca.

get inspired

> MEAL IDEAS

FamilyFoods
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Royal Frozen Sweet Potato Lasagna

Prep time: 45 minutes
Cook time: 1 hour, 5 minutes
Servings: 8
Source: Dole/Disney
Nonstick cooking spray
1 tablespoon olive oil
1 medium DOLE® White Onion, chopped
1 package (8 ounces) Dole Mushrooms, sliced
2 garlic cloves, minced
1 1/2 pounds 99% fat-free lean ground turkey
5 cups Dole Baby Spinach
1 teaspoon Italian seasoning
1/4 teaspoon salt
1 cup marinara sauce
1 cup raw cashews
2 cups fat-free cottage cheese, strained
4 medium Dole Sweet Potatoes, peeled and sliced 1/8-inch thick crosswise
1 cup low-moisture part-skim mozzarella cheese
Heat oven to 375 F. Spray 13-by-9-inch baking dish with nonstick cooking spray.
In large skillet over medium-high heat, heat olive oil; add onion and cook 5 minutes, or until tender, stirring

occasionally. Add mushrooms; cook 4 minutes, or until tender, stirring occasionally. Add garlic; cook 1 minute, stirring frequently. Add turkey; cook 8 minutes, or until browned, breaking up turkey with side of wooden spoon. Add spinach, Italian seasoning and salt; cook 3 minutes, or until spinach wilts. Stir in marinara; cook 1 minute. In food processor, pulse cashews 20 times, or until small crumbs form. In medium bowl, stir cottage cheese and cashews. Shingle 1/3 of sweet potato slices in bottom of prepared dish; top with 1 cup cottage cheese mixture followed by 1 1/2 cups turkey mixture. Repeat layers twice; sprinkle with mozzarella cheese and cover tightly with foil. Bake 45 minutes; remove foil. Bake 20 minutes, or until top is golden brown. Tip: To freeze lasagna, wrap tightly once cooled with layer of plastic wrap then foil. Freeze up to 3 months. Remove plastic wrap; bake lasagna from frozen, covered with foil, at 375 F 1 hour. Uncover and bake 15 minutes, or until top is golden brown and internal temperature reaches 165 F.



Make-Ahead Frozen Brrr-eakfast Bites

Prep time: 15 minutes, plus cooling time
Cook time: 25 minutes
Servings: 8
Source: Dole/Disney
Nonstick cooking spray
8 eggs
1 tablespoon olive oil
1 package (8 ounces) DOLE® Mushrooms, sliced
1 Dole Red Onion, chopped
1 medium red bell pepper, chopped
4 cups Dole Baby Spinach
1 cup fat-free milk
1/4 teaspoon kosher salt
1/2 teaspoon fresh ground black pepper
8 100% whole-grain English muffins, split

8 frozen chicken breakfast sausage patties
Heat oven to 375 F. Spray 13-by-9-inch baking dish with nonstick cooking spray.
In large bowl, whisk eggs. In large skillet over medium heat, heat oil. Add mushrooms, onion and bell pepper; cook 2 minutes, stirring occasionally. Add spinach; cook 3 minutes, or until spinach wilts, stirring occasionally. Stir milk, salt, pepper and vegetables into eggs; transfer to prepared dish. Bake 25 minutes, or until set and internal temperature reaches 160 F; cool and cut into eight equal pieces.
Assemble sandwiches with muffins, sausage patties and egg mixture; wrap tightly with plastic wrap and freeze up to 2 weeks.
Unwrap one sandwich; wrap loosely with paper towel. Heat in microwave oven on high 2 1/2-3 minutes, or until completely heated through and internal temperature of sausage and egg mixture reaches 165 F.



Deal with Arguments, Then Let Them Go

expressed what was important to each, that you both strive to remember that in future and then let the original argument go. Forget it. Do not file it in your memory bank to dredge up the next time there is a problem.

It is unrealistic to expect that differences will not come up when you are living with a partner or children. Sometimes things become heated, and words are said in anger. Hurt feelings and distancing can result-sometimes lasting for days. When communication does resume, it may result in another argument about the first argument.

It is the argument you are letting go, not necessarily the issue. There still may be some work to do on it, but having let the argument go, you may both be able to approach the issue with more objectivity and less emotion.

If this process is repeated time and again, the relationship will begin to suffer. An ongoing argument about what the other person did wrong rarely gets anywhere. If you are angry because you feel you have been wronged, there is a good chance the other person feels the same way.

Replaying the argument and analyzing it to pieces is like stepping into emotional quicksand. The more the two of you struggle with the issue, the deeper, and more stuck you become

Rather than making the other wrong, it is enough to state simply what you do not like: being yelled at, sworn at, put down or ignored.

Practice letting some things go, without being a martyr about your hurt feelings. This allows you to get back into being happy more quickly, instead of staying in the ring arguing about who is right.

The other person will likely counter with what he or she does not like about what you did or said. Allow this without defensiveness. Then suggest since you have both

Gwen Randall-Young is an author and award-winning Registered Psychologist practicing in Sherwood Park, Canada. For information on her books, MP3 recordings and resources go to www.gwen.ca Follow her on Facebook for daily inspiration.



Frozen Banana Split Cups

Prep time: 15 minutes, plus freezing time
Servings: 12
Source: Dole/Disney
2/3 cup gluten-free dark chocolate chips
2 teaspoons grapeseed oil
3 DOLE® Strawberries, hulled and

thinly sliced
1 ripe Dole Banana, peeled and thinly sliced
2 tablespoons chopped roasted unsalted peanuts
Line 12-cup mini muffin tin with mini cupcake liners.
In small, microwave-safe bowl, heat chocolate chips in microwave oven on high 1 minute, or until melted, stirring every 20 seconds; stir in oil.
Fill cupcake liners with half of chocolate mixture; top with strawberries, banana, remaining chocolate mixture and peanuts.
Freeze in airtight container at least 1 hour, or up to 2 weeks.

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INSIDE > OUTSIDE > UPSIDE DOWN

Hot start for Mattson and WHL's Kelowna Rockets

By Ty Dilello

Stonewall's Leif Mattson is off to an amazing start to begin his last season of junior hockey with the WHL's Kelowna Rockets.

At the 12-game mark, the right winger has himself 12 points and has been a key playmaker on the team's top line.

Mattson grew up in Stonewall and spent a few seasons with the Interlake Lightning Bantam 'AAA' and Midget teams before moving to St. Albert and playing Midget hockey there for a couple years. He then joined the WHL's Kelowna Rockets in 2016 and has been there ever since through all the ups and downs that comes with playing junior hockey at an elite level.

Mattson's hot start this season can be attributed to a number of things. For instance, right before training camp, Mattson joined the Carolina Hurricanes rookie team and skated with them in Nashville at the NHL Prospect's Showcase where he scored a couple of goals and rubbed shoulders with some of the game's top up-and-coming players.

"My experience at Carolina's rookie tournament was awesome," said Mattson. "It was great to be able to see how I stack up against top NHL prospects and learn what I need to do to play at

the next level."

Mattson came into Kelowna after the NHL Prospect's Showcase tournament with a bunch of confidence and it is showing as he has been one of his team's best players consistently each and every game to start the year.

"So far this season, our team has got off to a good start. We've been finding ways to win games and we're only going to improve from here. Personally I've been doing what I can to contribute to our team in all aspects of our game."

The Kelowna Rockets will be hosting the Memorial Cup in the spring and for Mattson, playing in the event would be a wonderful way to close out his junior hockey career. At the conclusion of his last junior hockey campaign, Mattson will be looking to take his talents to the next level and join the pro ranks with the dream of one day playing in the National Hockey League.

"Going forward in the season, we're looking to continue to improve as a team, continue winning hockey games and continue building towards playing in the Memorial Cup in May. On top of playing in the Memorial Cup, I'm personally striving towards earning myself a professional contract for next season."



TRIBUNE PHOTO BY MARISSA BAECKER/KELOWNA ROCKETS
Mattson (28) battles in the crease against the Kamloops Blazers.



TRIBUNE PHOTO BY LANA MEIER
The Rams' Cody McMillan scored twice against the Kildonan East Reivers last Friday. Stonewall lost 4-2.

Rams win first WSHL game of the season

By Brian Bowman

The Stonewall Collegiate Rams' hockey team is now in the win column.

Stonewall won its first Winnipeg High School Hockey League game of the season on Oct. 30 after doubling the Springfield Sabres 4-2.

The Rams' Jace Woods scored the only goal of the first period and then Stonewall's Lucas Singh tallied twice in the second. Singh finished the game with three points.

Aidan Avanthay and Nolan Van Den Bussche replied with second-period goals for Springfield.

Stonewall's Tristan Shore netted the lone goal of the third period.

Jackson Kummen earned the win in goal.

Stonewall hosted the Kildonan East Reivers on Friday, losing 4-2.

The two teams were tied at 2-2 late in the third period before Kildonan East's Carter Johnson and Mathew Greskiw scored.

Johnson also had a first-period goal while the Reivers' Alec Harney tallied in the second.

Cody McMillan scored twice for the Rams.

The Rams then were edged 2-1 by the Miles Macdonell Buckeyes on Monday in St. Andrews.

Dasek Sobkow scored for Stonewall. Stonewall is back in action Friday at 3:45 p.m. when it hosts Glenlawn Collegiate. The Rams will then play the St. Paul's Crusaders II next Tuesday (4 p.m.) at the Bell MTS Iceplex.

Mason-Vandel leading the Lightning in points



TRIBUNE PHOTO BY LANA MEIER
Matthew Mason-Vandel

By Ty Dilello

Seventeen-year-old Matthew Mason-Vandel has been one of the good stories this season on the Interlake Lightning 'AAA' midget team.

In his second season with the club, Mason-Vandel is currently leading the Lightning in points and is doing his part in giving his team a chance to win every night.

Mason-Vandel grew up the St. James area of Winnipeg while his father hails from Lake Francis.

"My father signed me up for Timbits hockey when I was five years old and ever since then I've had an inseparable connection with the sport," said Mason-Vandel.

The 6'1" forward Mason-Vandel — who describes his playing style as a playmaker, goal scorer and team player — grew up playing for local teams in Winnipeg such as the Winnipeg Hawks Bantam 'AAA' squad and the Sturgeon Heights Collegiate hockey team.

Last season, Mason-Vandel burst onto the scene for the Interlake Lightning 'AAA' Midget team scoring 42 points in 42 games. His play was so impressive that he earned himself a ten-game call-up to the OCN Blizzard of the MJHL in which he scored four points.

"Playing 10 games in the MJHL with the OCN Blizzard was a great experience and overall improved my game as a player significantly," Mason-Vandel relays. "It showed me how much bigger and faster the players are at that level and what I needed to work on to play at that level. Playing in the MJHL really showed me what is needed to play high-level hockey, so I've been working on improving my hockey skills and I think it's showing in my play so far this season."

Through it all, Mason-Vandel has been doing a good job of managing hockey in addition to attending his classes over at Sturgeon Heights Collegiate in St. James and keeping up with his studies.

"This is my second season with the Interlake Lightning and it has been a great experience," said Mason-Vandel. "I've had great coaching at this level. There is lots of positive energy in the room with a great group of guys and I'm feeling positive about this season. I enjoy playing in the Interlake. The fans are amazing and very supportive, and they've welcomed me with open arms. My dad grew up in this area so we still know lots of the families out here."

Through 13 games this season, Mason-Vandel leads the Interlake Lightning with 14 points (nine goals, five assists). The 17-year-old has no im-

mediate plans for the near future except to go as far as he can with hockey and see where that gets him.

"I just plan to keep training and working on improving my game. I

want to play at the highest levels possible for as long as I can. I plan to help the Interlake Lightning make playoffs this season and do well."

Girls flying high



TRIBUNE PHOTO SUBMITTED

The Grosse Isle Flyers were victorious at the Meadows West volleyball tournament last weekend. The team won all sets in round robin play and took École Lansdowne School to three sets to claim the championship. Pictured back row, left to right, Jessie Habermann, Ashely Hudon, Addison Campbell, Mia Lange and Rianna Cassils. Middle row, Jady Baldwin, Meadow Seidel and Sarah Gilmore. Front row, Colby Darragh and Alycia Galbraith. Missing from the photo are Abbi Dorsch, Mia Cassils and Samie Boonstra.

Butcher places second at 2020 Skate Canada Manitoba Sectional Championship

Staff

Skate Canada Manitoba held its provincial figure skating championships this past weekend at the St James Civic Centre.

Jayla Butcher of the Stony Mountain Skating Club placed second in the Juvenile Women U14 division.

Finishing first was Haley Penner of the Morden Figure Skating Club while Mya Malcolm of Skate Winnipeg was third.

Below is a summary of the event medalists:

PRE-JUVENILE WOMEN U11 - Jacy Butler - Carman Skating Club, Molly Cowan - Morden Figure Skating Club, Ky-Lynn Jenner - Morden Figure Skating Club.

PRE-JUVENILE WOMEN U13 - Gabrielle Hildebrand - Morden Figure Skating Club, Jenna Shier - Skate Thompson, Mia Thorvaldson - Skate Winnipeg.

PRE-JUVENILE PAIRS - Ainslee McGregor/Seoul Tiilokani - Waskada Figure Skating Club

JUVENILE WOMEN U12 - Megan Dryden - Skate

Virden, Ava Kemp - Skate Winnipeg, Alison Convery - Morden Figure Skating Club.

PRE-NOVICE PAIR - Megan Dryden/Wyatt James - Skate Virden/Carmen Skating Club

Jade Pilat/Emmet Dewar - East St. Paul Figure Skating Club/East St. Paul Figure Skating Club

PRE-NOVICE WOMEN - Ella Young - Skate Brandon, Shanna Yaskow - Skate Virden, Cali Boychuk - Skate Winnipeg.

PRE-NOVICE MEN - David Howes - Skate Winnipeg, Mason Panko - Portage Skating Club, Keith Lau - Skate Winnipeg.

NOVICE WOMEN - Breken Brezden - Skate Dauphin, Annika Duguay - Carberry Figure Skating Club, Chanel Cabak - Portage Skating Club.

NOVICE MEN - Yohnatan Elizarov - Skate Winnipeg.

JUNIOR WOMEN - Danae Russell - Skate Winnipeg, Charlotte Little - Skate Virden.

SENIOR WOMEN - Deidre Sherk - Skate Winnipeg.



TRIBUNE PHOTO SUBMITTED

Juvenile Women U14 division, left to right, Jayla Butcher (second), Haley Penner (first) and Mya Malcolm (third).

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

U18 Lightning win two of three games last week

By Brian Bowman

The Interlake Lightning U18 AAA hockey team had a pretty good week.

Interlake won two of three games after defeating the Brandon Wheat Kings 3-1 on Sunday afternoon in Teulon.

"The boys played well and their coming together well," said Lightning head coach Scott Wong. "The games are going good and they're following protocol and the discipline has been great and it needs to continue."

Brandon's Mitchell Thiessen opened the game's scoring at 19:30 of the first period.

But it was all Interlake after that.

The Lightning's Cameron Jones scored in the second period and then the Ayden Manningway tallied twice in the third.

Chris Fines and Dominic Jacobson split the goaltending duties for the Lightning.

On Saturday evening, Interlake was defeated 5-2 by the Winnipeg Bruins on home ice.

The Bruins erased a 2-1 third-period deficit with four unanswered goals.

"We fell asleep," Wong lamented. "But it will happen. We're a young team."

After a scoreless first period, Inter-

lake's Ashton Fisher and Aiden Bruce tallied to give the Lightning a 2-0 lead.

But Winnipeg's Ethan Williment scored late in the middle frame and then Sam Alsip netted his first of two straight goals just 27 seconds into the third period while the Bruins enjoyed the man advantage.

Jack Kaiser and Mathieu Catelier (into an empty net) scored late goals to secure the win.

Winnipeg outshot the Interlake 42-21 as Fines took the loss.

On Oct. 30, the Lightning defeated the Eastman Selects 4-1 as Lyle Murdock netted a hat trick in Teulon.

Wong was able to exact some revenge on his former team that he had previously coached.

"It's all about the boys, of course, but it always feels good to beat you're old team," Wong said. "(Lyle) was definitely our player of the week this week. It's not just him, the rest of the boys also played well. Everybody is chipping in and when the scoring is spread out all over, it's going good."

Murdock opened the game's scoring with a power-play goal 4:54 into the game and then Eastman's Michael Svenson tied the score just over 12 minutes later.

Murdock scored the lone goal in the



TRIBUNE PHOTO BY LANA MEIER

Lightning goaltender Chris Fines made 36 saves for the 4-1 win against the Eastman Selects on Oct. 30.

second period and then he put the Lightning up 3-1 at 5:11 of the third.

Manningway added an empty-net goal with just three seconds remaining in the game.

Kaden Stewart and Austin Adair each had two assists in the game.

Fines made 36 saves for the win.

Interlake, now 7-6 and tied for fifth place with the Central Plains Capitals, will play the Pembina Valley Hawks on Saturday at 7:30 p.m. in Lundar. The Lightning will then battle the Winnipeg Thrashers at Gateway Arena on Sunday at 1 p.m.

Stonewall Jets blitz Raiders, lose to St. Boniface Riels

By Brian Bowman

The Stonewall Jets got off to a great start Monday evening against the St. Boniface Riels.

But they still didn't win the hockey game. Despite taking a 2-0 lead just 6:21 into the game, the Jets were de-

feated 6-4 by the Riels in Manitoba Major Junior Hockey League action.

"We had some breakdowns defensively that cost us the game," said Jets' head coach Brock Couch. "We didn't play a complete game. We played well enough offensively to win and I think

our special teams could have been better and we didn't look after our net when we needed to."

Emmitt Farebrother and Ryan McMahon (shorthanded) scored to give the Jets the early 2-0 lead.

But St. Boniface stormed back with

two goals from Kyle Lang and another by Joe Akadiri to go up 3-2 early in the second period.

Two of those goals came on the power play.

After the Jets' Jared Hulme tied the

Continued on page 22

Stonewall Jets Player Profile

#5

Jared Hulme

Defence shoots Left, 6' 2", 180 lbs DOB 1999

Upcoming Games

Friday, Nov. 8 at 7:30 p.m.

Charleswood Hawks
VMSC

Sunday, Nov. 10 8:00 p.m.

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Lightning U17 Prep team showing glimpses of playing well

By Brian Bowman

The Interlake Lightning U17 Prep hockey team has played nine regular-season games so far.

And they have lost all nine of them.

But the Lightning have had some close games this season. In fact, three of those losses have been by just one goal.

"(They've been) hot and cold," said Lightning head coach Liam Wheddon. "We definitely have a problem scoring and even the blowout games, we're only down a couple going into the third. In the third, it seems like we just don't grind it out to finish the races as they say. We have to start playing a little more desperate to win those games."

Interlake had another close game on Sunday, dropping a tough 2-1 decision to the Wheat Kings in Brandon.

"We played well and again the third period we seemed to get bad-time penalties," Wheddon said. "Coincidental penalties that take our better players off and just taking penalties that cost us a goal or whatever."

Alexander Kaczorowski scored Interlake's lone goal in the second period, assisted by Stefan Schaible-Schur and Matthew Wagner.

Kaczorowski leads the Lightning in goals (four) and points (seven) so far

this season.

Brandon's Brayden Mackay scored in the first period and then the Wheat Kings' Jackson Jacques netted the game winner in the third.

Zach Meadows made 30 saves in the losing cause.

Interlake wasn't sure if they would even ice a team this season. But they were able to pick up some players late from different areas which makes it tough to win games early in the season.

"All of these other teams have played together before over the last five, six, seven years while we have a half a team that has never played together before," Wheddon noted. "It's a tough grind and there's glimpses of us playing well but we're just not as talented as some of these other teams. You have to bear down and grind out and be a little more gritty to win some games."

The Lightning will play the Winnipeg Thrashers on Friday (8:30 p.m.) at Gateway Arena and then will host the Winnipeg Bruins on Saturday (2:30 p.m.) in Lundar.

In Bantam action, the Lightning lost 5-2 to the Eastman Selects last Saturday in Stonewall.

Interlake's Hayden Wheddon opened the game's scoring with a



TRIBUNE PHOTO BY LANA MEIER

The Lightning's Ty Woods scored a shorthanded goal to start the third period Saturday night.

power-play goal just 2:15 into the first period but Eastman's Job Peters replied about nine minutes later.

Ty Woods gave Interlake a 2-1 lead with a shorthanded goal midway in the second period but the Selects answered with goals from Seth Hlady and Mason Hooper late in the second period.

Luke Mistelbacher, on the power

play, and Cohen Kembal rounded out the scoring in the third.

Dylan Leclair and Dawson Cowan shared the goaltending duties for the Lightning.

Interlake will host the Monarchs on Saturday at 5 p.m. in Lundar and then will visit the Winnipeg Hawks at the Seven Oaks Arena on Sunday (3 p.m.).

> JETS BLITZ RAIDERS, FROM PG. 21

score at 3-3, the Riels' Nathaniel Hinds and Nicolas Burmey tallied to give the home side a 5-3 lead after 40 minutes.

Matthew Smith pulled Stonewall to within a goal at 7:51 of the third but Lang completed his hat trick when he scored with five minutes remaining in the game.

Curtis Beck made 30 saves in the losing cause.

On Friday, the Jets blitzed the Raiders Jr. Hockey Club 7-3 in Winnipeg.

"It's always good to win in that rink, for sure," Couch said. "It was nice to get them back after they did the same thing to us in Game 1 of the season. It's probably going to be a big rivalry and it got a little chippy towards the end."

Carson Ouellette led Stonewall with two goals and an assist while Smith had a pair of third-period goals.

The Jets, who held period leads of 3-0 and 4-1, also received goals from Chance Dickenson, Keeven Daniels-Webb, and Jayety Towle.

Towle finished the game with three points while Brendan Labossiere had three assists.

Jayce Kennedy, with a pair, and

Conner Grunsten scored for the Raiders.

The Jets doubled the Raiders in shots at 46-23. Adam Swan earned the win in goal.

Stonewall, now 6-5, will host the Charleswood Hawks on Friday (7:30 p.m.) before travelling to Morris on Sunday (8 p.m.) to play the Pembina Valley Twisters.

Both teams will be a challenge but Couch and the Jets are more interested in how they improve over the course of the season.

"Charleswood is playing better and they're winning some more games now," Couch noted. "Every team is getting better each time you see them so we just have to make sure that we're sticking to our game plan. Any team can handle any team right now in this league the way it is, even River East is having close games.

"I just think we have to fine-tune our game plan and not worry too much about how good the other team is or what the score was in different games. We just have to better ourselves each game and whatever happens, happens on the scoreboard," he added.

Rob West tournament champs



TRIBUNE PHOTO BY SHANE ROY

The Stonewall Blues Atom boys defeated Niverville 2-0 in the final of the annual Rob West Fall Classic hockey tournament in Winnipeg last week. The Blues went undefeated in round-robin play, defeating the Winter Hawks Red, Niverville, MacDonald and River East. Pictured back row, left to right, Jacksyn Arbez, Ryden Daigliesh, Adam McLean, Griffin Lowry, Shaun Daigliesh (Coach), Nevan Roy, Liam Cox, Adam Kirk (coach), Carson Kirk and Aidan Kirk. Front row, left to right, Duncan Thompson, Parker Hennie, Banx Chartrand, Lucas Kaczorowski and goaltender Tyler Loehmer. Missing are coaches Andrew Kirk, Chris Arbez and Shawn Rempel.

Pawluk playing his final MJHL season with Dauphin

By Ty Dilello

Entering into his final season of junior hockey, Brayden Pawluk of the MJHL's Dauphin Kings is looking to go out on a high note with a league championship.

Pawluk hails from Teulon and that's where his hockey career began as a youngster.

"I got into playing organized hockey at the age of four. I had a passion for the game of hockey at a young age from spending hours and hours of my childhood around rinks watching my brother Wesley and sister Michelle play. The two of them were my biggest inspirations in hockey growing up as I aspire to play hockey and earn a post-secondary education while playing hockey as they both did at the University of Manitoba," Pawluk said.

"Growing up in Teulon and the Interlake was lots of fun and beneficial for hockey as each community had their own team so it was great to be able to play with and against the same groups of players from a young age and then eventually play together for the 'AAA' Interlake Lightning. Another plus of small-town teams was the amount of development, from having small teams, ice time was always in abundance. Being close to Winnipeg Beach and Gimli I was always going to open ice or stick and puck as often as my parents could take me. As I got older, I began playing spring and summer hockey with players from all over Manitoba in tournaments in various parts of North America."

Pawluk is a big defenceman, around 6'1", 200 pounds, that uses his size to his advantage over opposing players.

"My playing style would lean to more of a two-way defenceman with having a physical defensive zone side with also good offensive capabilities. Growing up I've always had a good shot so being able to use that on the power play has helped me earn ice time with a man advantage. My size has always been an



TRIBUNE PHOTO BY LANA MEIER

Brayden Pawluk is in his second season with the Dauphin Kings.

advantage as well being a big body on the ice has helped create space for teammates and has helped me win battles all over the ice."

After a couple of seasons with the Interlake Lightning 'AAA' Bantam and Midget squads, Pawluk spent the 2016-17 season in the States with the Elite Hockey Program in Connecticut.

"The decision to go to Elite Hockey Program in Cheshire, Connecticut was an unbelievable experience," said Pawluk. "I'll be forever grateful for that opportunity. The private boarding institution had

lots of international students amongst myself from various countries to achieve their goals academically and athletically. That year of my life really helped me not only in the game of hockey but also personally in teaching me many life lessons and values."

After his year in the United States, Pawluk returned to Manitoba to suit up for the MJHL's Virden Oil Capitals in 2017-18 where he spent a season and a half before being traded to the Dauphin Kings late in the 2018-19 campaign where he is now playing in his second season with the Kings.

"My time over the past three seasons in the Manitoba Junior Hockey League has been great. Right from my rookie season to my last year of eligibility has been a blast. The friendships with players, coaches and billets have been amazing as well. I'm thankful for those bonds I've made. I've been on some very talented teams and came close to winning a championship. Losing to the Steinbach Pistons in my rookie season in game six of the finals was a feeling I'll never forget," he said.

"When I heard I was going to be traded to Dauphin at the January deadline last season, I was nervous but excited for the opportunity. Getting to meet a whole new team in a new community with new billets was a great experience. I was welcomed into a closely knit team fast and I carried on playing my game for the rest of the season and into playoffs, but we were unfortunately eliminated in the first round to the Swan Valley Stampeders. This season we as a team of players alongside the organization have high hopes for this year and look to make a push for a championship. We have a better team than our record shows as of right now, but there is lots of time left to turn it around before playoff hockey starts. As for personal goals as I would like to have the opportunity next year to continue my academic pursuit and hockey career for a post secondary education."

Merces split pair of SEMHL games

Staff

There were a lot of goals scored by the Warren Merces and Altona Maroons on Saturday.

The two teams combined for 12 goals as Altona scored three consecutive goals to start the third period for a 7-5 road win in South Eastern Manitoba Hockey League action.

Aldyn Gray led Warren with two goals while Mitch Hansen and Braydon MacDonald each had a goal and an assist.

Kyle Lundale scored the Merces' other goal. The Merces' Matt Jacobucci, Riley Vautour and Chad Deprez finished the game with two assists apiece.

Justin Augert (two), Nolan McGuire (two), Logan McGuire, Craig Nuefeld and Mitch Doell replied for Altona.

Bryce Spittal made 49 saves in the losing cause.

On Oct. 30, Warren skated to a

5-4 overtime win over the Royals in Winkler.

Johnny Lazo scored the game winner in OT. Hansen had tied the score at 4-4 with a goal at 18:19 of the third period.

Vautour, Reid McLeod and Travis Bobbee scored first-period goals for Warren.

Lazo finished the game with three points while teammates Brendan Mitchell, McLeod, Vautour, Chase Faulkner and Bobbee each had two points.

Winkler's Marlin Froese and Chad Unrau scored first-period goals for Winkler and then Froese and Michael St. Croix tallied in the second.

Hayden Dola made 63 saves for the win in goal.

Warren will visit the Notre Dame Hawks this Friday. The Merces' next home game is Nov. 16 when they host the Portage Islanders.

Start times for both games is 8 p.m.

Playing close to home



TRIBUNE PHOTO BY BRETT MITCHELL

Neepawa Natives' defenceman Rhys Bremner had an opportunity to play a Manitoba Junior Hockey League game close to his home in Rockwood on Friday in Selkirk. But Bremner and the Natives lost the game 5-2.

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

	N	O	B	E	S	B	E	T	B
O	E	I	O	G	L	I	V	T	E
O	E	I	O	G	L	I	V	T	E
E	V	I	A	N	W	V	L	S	E
E	V	I	A	N	W	V	L	S	E
E	V	I	A	N	W	V	L	S	E
N	E	S	T	I	V	S	B	O	D
I	T	E	O	E	G	L	I	V	T
N	W	E	I	V	S	B	O	D	O
T	V	H	O	S	E	E	R	L	I
V	I	O	E	V	T	I	O	I	V
S	H	A	T	G	E	H	S	V	E
L	N	E	T	V	L	O	E	B	B
K	E	K	O	M	S	V	S	E	M

Crossword Answer

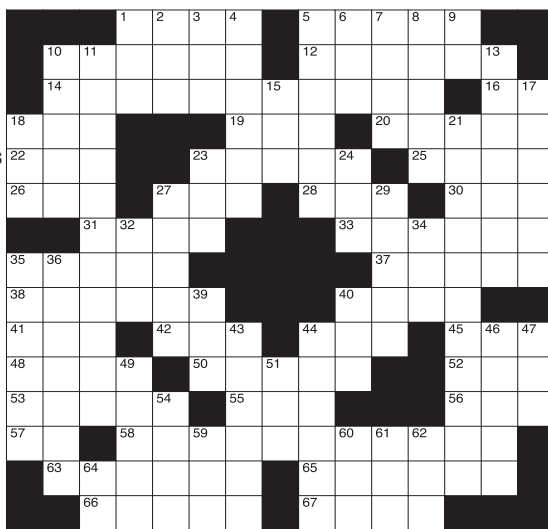
CROSSWORD

CLUES ACROSS

1. Flat-topped hill
5. Fire usually accompanies it
10. Talked
12. Skillset
14. Unembarrassed
16. Where teens spend their days
18. Boxing's GOAT
19. Used to anoint
20. Rust fungi
22. Panthers' signal caller
23. Forests have lots of them
25. Lentils
26. One's self-esteem
27. Where you entered the world (abbr.)
28. High school test
30. Large, flightless bird
31. Expectorated
33. Some practice it
35. Prickly shrub
37. French river
38. Told on
40. Steep hillside
41. Peyton's little brother
42. Soviet Socialist Republic
44. Welsh river
45. Witness
48. Brews
50. Orange-brown
52. Separates DNA and RNA
53. Mexican agave
55. Self-contained aircraft unit
56. Encourage
57. Atomic #52 (abbr.)
58. About latitude
63. Trivial gadget
65. Film a scene again
66. Small blisters
67. Dark brown

CLUES DOWN

1. Advanced degree



2. Goes with flow
3. The Caspian is one
4. Accumulate on the surface of
5. Vascular systems or plants
6. A popular kids magazine
7. ___ podrida: spicy Spanish stew
8. Vandalized a car
9. Prefix meaning "within"
10. Soviet labor camp system
11. Strong hostilities
13. B complex vitamin
15. Go quickly
17. Toast
18. A team's best pitcher
21. A Philly culinary special
23. Small child
24. Unhappy
27. Trims by cutting
29. Weepy
32. It might be on the back
34. Spy organization
35. Female body part
36. Came back from behind
39. Fall back or spring forward
40. Famed traveling journalist
43. Where the current is fast
44. Withstand
46. A Philly football player
47. Records brain activity
49. Aromatic powder
51. Circular panpipe
54. Ship as cargo
59. Bar bill
60. Adult female
61. OJ trial judge
62. One's grandmother
64. Hot, massive star

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Stonewall Teulon
Tribune

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FARM PRODUCE

Fresh local unpasteurized honey for sale. Sold in various sizes, 1 kg & up. Ph 204-461-1267.

Farm fresh, free range brown chicken eggs for sale. \$3.00/dozen or \$4.50/18 eggs. Can be picked up at the Tribune office in Stonewall, Monday to Friday 9 a.m. - 4 p.m. Phone 204-467-5836 to arrange delivery.

FARMLAND

For sale by tender - Balmoral area - SW19-15-2E; 146 acres. Email offer along with name and phone number to edbyle@gmail.com. Highest or any offer not necessarily accepted. Only offers being considered will be contacted. Offers accepted until November 25, 2019.

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

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Tribune
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NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES TOWN OF STONEWALL

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the 5th day of December, 2019, at the hour of 9:30 AM, at Town of Stonewall, 293 Main Street, Stonewall MB, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
56400	EAST HALVES OF LOTS 16 AND 18 BLOCK 55 PLAN 2594 WLTO IN E 1/2 25 AND SE 1/4 36-13-1 EPM - 517 3RD AVE N	L -\$83,900 B -\$121,200	\$9,235.14
107338	LOT 2 BLOCK 2 PLAN 20340 WLTO IN SW 1/4 36-13-1 EPM - 37 OAKFORD BLVD	L -\$127,900 B -\$154,400	\$12,813.59
108419	LOT 2 PLAN 54413 WLTO IN SW 1/4 31-13-2 EPM - 201 2ND AVE N	L -\$113,900	\$11,097.20

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

- The purchaser of the property will be responsible for any property taxes not yet due.
- The Municipality may exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in cash, certified cheque or bank draft to the Town of Stonewall as follows:
 - i) The full purchase price if it is \$10,000 or less; OR
 - ii) If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
 - iii) A fee in the amount \$309.75 (\$295 plus GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 7th day of November, 2019.

Managed by:



Wally Melnyk
Chief Administrative Officer
Town of Stonewall
Phone: (204) 467-7979
Fax: (204) 467-7999



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

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the 6th day of December, 2019, at the hour of 10:00 AM, at Rural Municipality of Rockwood, Council Chambers, 285 Main Street, Stonewall, Manitoba, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
103000	PARCEL A PLAN 53669 WLTO IN NE 1/4 28-13-2 EPM - 76106 PTH 7	L -\$125,600 B -\$132,900	\$8,290.90
151200	SE 1/4 18-14-1 EPM EXC FIRSTLY: NLY 1200 FEET OF WLY 1200 FEET SECONDLY: SLY 261 FEET OF WLY 1558.19 FEET AND THIRDLY: ELY 405 FEET OF WLY 1158.19 FEET OF NLY 405 FEET OF SLY 666 FEET - 0136 E PR 323 ROAD 80N	L -\$244,000 B -\$35,400	\$8,838.53
261500	LOTS 17, 18 AND 19 BLOCK 13 PLAN 1263 WLTO IN SW 1/4 33-15-2 EPM - 9 LOTTIE AVE	L -\$41,100 B -\$94,100	\$9,276.48
294950	N 1/2 OF NE 1/4 35-16-1 EPM EXC ALL MINES AND MINERALS TOGETHER WITH THE RIGHT TO ENTER AND REMOVE THE SAME AS MORE FULLY SET FORTH IN OLD SYSTEM DEED 268639 - 4107 E ROAD 96N	L -\$41,300 B -\$275,800	\$12,787.82
383920	LOT 1 BLOCK 5 PLAN 2071 WLTO SUBJECT TO THE RESERVATIONS AND PROVISIONS CONTAINED IN THE GRANT FROM THE CROWN IN NW 1/4 34-17-2 EPM	L -\$4,600	\$2,517.81

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

- The purchaser of the property will be responsible for any property taxes not yet due.
- The Municipality may exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in cash, certified cheque or bank draft to the Rural Municipality of Rockwood as follows:
 - i) The full purchase price if it is \$10,000 or less; OR
 - ii) If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
 - iii) A fee in the amount \$309.75 (\$295 plus GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 7th day of November, 2019.

Managed by:



Chris Luellman
Chief Administrative Officer
Rural Municipality of Rockwood
Phone: (204) 467-2272
Fax: (204) 467-5329



THE RURAL MUNICIPALITY OF ROCKWOOD

PUBLIC NOTICE

The Rural Municipality of Rockwood hereby gives notice that the date of the following Committee of the Whole Meeting of Council has been changed:

From: Wednesday, November 27, 2019 starting at 9:00 a.m.
To: **Wednesday, November 20, 2019 starting at 9:00 a.m.**

Council,
Rural Municipality of Rockwood

Rural Municipality of Woodlands INVITATION TO QUOTE



2020 Hourly Equipment Rates

The Rural Municipality of Woodlands is inviting quotes for hourly rental rates of various equipment, for the purpose of establishing pay rates for the 2020 calendar year.

Quotation packages including submission documents are available at the Municipal Office, or from the RM's website, www.rmwoodlands.info

Quotations may be submitted to the Rural Municipality of Woodlands, Box 10, 57 Railway Avenue, Woodlands, Manitoba R0C 3H0.

Quotations must be submitted by 12:00 P.M. on November 29, 2019



EMPLOYMENT OPPORTUNITY

ASSISTANT CHIEF ADMINISTRATIVE OFFICER

Applications are being accepted by the Town of Teulon for the position of Assistant Chief Administrative Officer / Finance Coordinator. The Town of Teulon is a friendly, rural community located 40 minutes north of the City of Winnipeg, Manitoba on PTH#7 Hwy.

Under the direction of the Chief Administrative Officer, the Assistant Chief Administrative Officer / Finance Coordinator will be responsible for all day to day financial transactions of the Town. This includes, but is not limited to Accounts Payable, Payroll, benefits administration and cash receipts.

Experience within a municipal office setting is preferred, however, any candidate having strong accounting skills and being familiar with accounting software programs will be considered. This position requires knowledge of government operations, statutes and by-laws. The candidate must be able to communicate well orally, as well as in written form and have excellent interpersonal skills. Enrollment in or completion of the Certificate Program for Manitoba Municipal Administration will be considered an asset. Other duties will include providing assistance to the Chief Administrative Officer of the Town.

A competitive salary and benefits package is negotiable depending upon qualifications and experience. Interested candidates should submit a resume with three references along with salary expectations in confidence to the address listed below. **Position will remain open until a suitable candidate is found.**

**Assistant CAO
Town of Teulon
P.O. Box 69, Teulon, MB R0C 3B0
Phone: (204) 886-2314 Fax: (204) 886-3918
Email: teulon@mymts.net**

WE THANK ALL WHO APPLY AND ADVISE THAT ONLY THOSE SELECTED FOR AN INTERVIEW WILL BE CONTACTED



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Responsibilities:

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- Act as a liaison between engineers (designers) and production.
- Import/Export, organize and maintain BOM and product data.
- Support procurement and production in terms of inventory information, cost accuracy and organization of technical information.
- Support production and service in terms of quality control and quality assurance.
- Support production during process control changes and implementation.
- Provide accurate BOM and product data routing to production team.
- Provide "ready for production" product data, information, and BOMs.
- Maintain correct information process and flow between engineering and production.
- Edit and make adjustments to existing BOM as required.
- Perform administrative duties as assigned.
- Conduct work flow analysis and make recommendations for improvement in material handling, shop layout, parts and paper flow.
- Research and understand company's products, purpose and functionality.
- Demonstrate the accountabilities under Vidir's Safety Management System and Continuous Improvement Programs and lead by example.

Qualifications:

The successful candidate must have a high school diploma, manufacturing experience, and related experience in providing technical support in areas of engineering files and technical information. In addition, the following competencies are required.

- ERP training or knowledge
- Microsoft Office – Excel – data manipulation, charts
- Organizational skills, team worker, reading/ understanding of electrical drawings and schematics
- Written and oral communication skills
- Technical Writing experience
- Demonstrated effective writing skills

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We thank all candidates for their interest, however, only those selected for an interview will be contacted.

**Applications will be received until
Friday, November 8th, 2019**



CUSTOMER CARE REPRESENTATIVE

Vidir Solutions is a leading manufacturer and worldwide supplier of automated material handling solutions. We are currently looking to fill a full time position in our Customer Care Department. A customer care representative is genuinely excited to help customers. The CCR will develop constructive and cooperative working relationships with the sales, production, logistics and installation departments of Vidir. They will start and monitor the progress of the order from initial receipt to completed installation ensuring optimum timely results are achieved to meet the expected delivery date of the customer. The CCR will act as liaison, provide product/services information and resolve any emergency problems that our customer accounts might face with accuracy and efficiency. The CCR can put themselves in their customer's shoes and advocate for them when necessary, keeping Vidir in the forefront of their decisions. The CCR will manage the installation schedule.

Position:

- Manage multiple customer orders
- Identify and assess customers' needs to achieve satisfaction
- Organize and control the installation of product
- Build sustainable relationships and trust with customer accounts
- Provide accurate, valid and complete information by using the resources available –production, engineering, sales department
- Handle customer order changes and customer complaints; provide appropriate solutions. Follow up to ensure resolution.
- Keep records of customer interactions, and file document and email correspondence in appropriate customer record in Syteline
- Manage installation process

Qualifications:

- Customer Oriented
- Excellent Communication and Presentation Skills
- Good Problem Solving Skills
- Detail Oriented
- Excellent organizational skills
- Excellent Microsoft Office knowledge
- Familiarity with CRM systems and practices
- Patient/Empathetic

Salary commensurate with qualifications.

Please send resume to hr@vidir.com

**Closing date for applications
Friday, November 8th, 2019**

*Only those selected for
interviews will be contacted.*

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Announcements

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ANNOUNCEMENT

CARDS OF THANKS

Words cannot express our heartfelt thanks to our families and friends, as well to the St Boniface Hospital staff for all the comfort and care during our loss of Dennis Marks; son, brother, uncle and friend.

Many thanks to everyone who reached out to us with sympathy cards, phone calls, words of comfort, flowers and donations for St Peter & Paul cemetery.

Sincere thanks to everyone who joined us in our celebration of life for Dennis on October 19th. A very special thank you to all who helped with the preparations, brought donations of dainties/food, and shared videos, pictures and memories of Dennis. We will cherish these forever.

-Lucy Marks and family

ANNOUNCEMENT

CARDS OF THANKS

Thank you to all the kids for giving me 45 years of happiness. The smile on every face – wow! Thank you for coming out to the farm every October 31st. I have a tear in my eye and I will miss you.

-Love your candy apple lady
of Balmoral XOXO
AKA Eileen Bouskill

ANNOUNCEMENT

IN MEMORIAM



Lorne Johnson
September 3, 1926 – November 4, 1994
In loving memory of
**My dear husband, father,
Grandpa and great-grandpa
Who passed away
25 years ago**

Gone are the days we used to share,
But in our hearts you are always there.
The gates of memory will never close,
We miss you more than anyone knows.
Life goes on we know that's true,
But its not the same since we lost you.

-Always loved and remembered by
Wife Winnie, and all the family

ANNOUNCEMENT

IN MEMORIAM



George Henry
1941 – 2018

The memory of a good person is a blessing
and yours will live on forever in our hearts.
We love you and miss you everyday.

-Love your family

OBITUARY

Pauline Frances Cameron
June 3, 1931 – October 24, 2019

It is with sadness that we must announce the passing of a remarkable woman.

Born in Tebay, England to Scottish parents, Mom was extremely proud of her Scottish heritage and recounted tales of her travels to the Highlands with her father. As a family we were lucky to travel with Mom to Scotland and England.

Mom took her nursing training at Westminster Hospital, London, England and then 2-part Midwifery in Edinburgh Scotland. Nursing opened many doors taking her to various Canadian provinces, Southern Sudan with CUSO, remote Northern communities and the Arctic.

In retirement, Mom was an avid quilter and we're all so lucky to have quilts made by her.



Pauline is survived by her daughters Frances Frederickson (Bob) and Farida Barber. Grandchildren Kris Frederickson (Sara), Ainsley Scibak (Charlie) and Tara Peaker. Greatgrandchildren Nora, Henry, Scarlett Frederickson and baby Scibak. Mom is also survived by many relatives in Scotland and England.

The family would like to thank Palliative Care, Home Care, Amanda Hopps NP extraordinaire, Sue Pearn and George Borrett who all helped allow Mom to pass away at home.

Mom's wish was to make a final journey to Scotland where a celebration of her life will be held next summer.

Mom believed no one should be homeless. Donations can be made to the Main Street Project, 75 Martha St., Winnipeg.



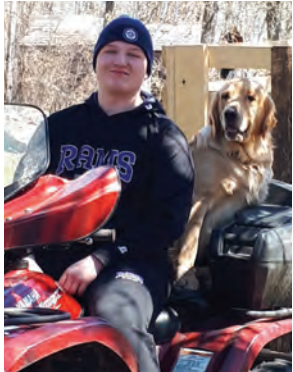
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Stonewall Teulon
Tribune

Announcements

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OBITUARY



Ethan Bennett Zuk Boyer
2000-2019

It is with great sadness we announce the tragic passing of Ethan Boyer on October 25, 2019.

Celebration of life will be held Friday, November 15 at 1PM at New Life Church Stonewall MB. Reception to follow.

Family and friends are welcome to share their condolences on the memory wall at mackenziefh.com



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

OBITUARY



James Fernand Arden Newman
November 16, 1945 – October 30, 2019

It is with deep sorrow, that we announce the death of our beloved brother, uncle and great uncle, James Fernand Arden Newman. James peacefully passed away at home in Balmoral, MB on October 30, 2019 at 73 years of age.

He is survived by sisters Louise (Norman), Joan; brother Jonathan (Sue); also, nieces and nephews Bonnie (Scott), Brad (Marni), Lois (Scott), Vern (Kelly), Amanda (Jamie), Rachel (Joe); and many great nieces and nephews.

James was predeceased by parents Fernand and Adeline Newman.

A memorial service in his honour will be held on Saturday, November 9, 2019 at 2:00 p.m. at the MacKenzie Funeral Home, Stonewall.

Cremation has occurred and the immediate family will gather for interment at a later date. Special thanks to our neighbours Sam and Leonard and to the RCMP Constable Joe Belse. In lieu of flowers, donations may be made to The Heart and Stroke Foundation, 1379 Kenaston Blvd, Winnipeg, MB R3P 2T5.

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



OBITUARY



Lawrence James Kiesman
September 20, 1944 - October 27, 2019

It is with deep sorrow that we announce the passing of Lawrence on October 27, 2019 at the age of 75. Lawrence passed away in his sleep after a courageous battle with cancer at Stonewall Hospital.

Survived by his wife Audrey of 54 years; his five children; 16 grandchildren; four great-grandchildren; siblings; in-law's and many relatives and friends.

Lawrence's greatest passions were: his family - including every student that he transported to school throughout his 37 year career - his meat cutting - auctions - antiques - wildlife and his music.

As per Lawrence's wishes, cremation has taken place and there will be no formal service. There will be a private family service held at a later date.

Please remember Lawrence and keep his memory alive in your hearts. Fond memories will last forever, we will miss you!

Flowers graciously declined.
Think of me when you're lonely
Think of me when you're blue
Think of me when I'm far away
For I'll be thinking of you.



KEN LOEHMER
FUNERAL SERVICES
204-886-0404

OBITUARY



William John Palen (Jack)

It is with deep sadness that we announce the peaceful passing of William John Palen (Jack) of Teulon, on October 27, 2019 at the age of 79 years. Jack will be lovingly remembered and dearly missed by his wife Marilyn; his children Sherrie (Wayne), Ken (Angie), and Dayna (Trevor); his grandchildren Chris (Katie), Kevin, Brandin, Robert, Heather (Jarrod), Ryah, Alayna, and Lynaya; his great-grandchildren Sofia, Sherryah, Saherrah, Bronson and Bella-Lynn, Seeley and Lincoln.

Left to mourn in addition to his immediate family are four sisters, one stepsister and one stepbrother and numerous sister and brother in laws.

Jack was born in Teulon on November 16, 1939 and grew up in the Teulon area where he met and married the love of his life, Marilyn Moore, on March 24, 1962. Jack worked numerous jobs with positions at Teulon Transfer and Nelson River Construction. In 1974 Jack and Marilyn purchased Imperial Oil in Teulon and operated it until 1993. While doing this Jack also owned and operated his own trucking company J. Palen Enterprises LTD and hauled grain, fertilizer, hay, straw and machinery for many farmers and companies all over Manitoba and out of province. Jack also hauled fertilizer for Paul's Hauling during this time. Jack retired from his trucking company in 2011 but kept busy working for local farmers.

Jack was an honored member of the Teulon Rockwood Fire Department for over 35 years. He joined in 1969 and held the position of Fire Chief for just over 23 years prior to his retirement.

In respect to Jack's wishes cremation has taken place. A private family celebration of life will be held at a later date.

Thank you to all the health care staff at Goodwin Lodge who have lovingly cared for Jack over the past few years. A special thank you to Dr. Pinniger and Stonewall Hospital staff for their care, comfort and compassion during his final days as well as the staff at MacKenzie Funeral Home for their care and compassion at this difficult time.

In lieu of flowers, if friends so desire, donation's in Jack's memory may be made to the Teulon Rockwood Fire Department c/o Town of Teulon, Box 69, Teulon MB. R0C 3B0.

Jack, you will be missed but we know you are at peace and watching over us! See you on the other side of the sod!

OBITUARY



Thomas George Kowalchuk

With great sadness, the family of Thomas George Kowalchuk, 76, of Komarno/Teulon, announces his sudden, but peaceful, passing on Sunday, November 3, 2019 at the Stonewall & District Health Centre. Tom is survived by Christine, his cherished wife of 52 years; his mother, Mary; his children, Tommy, Marilena and Kristopher, and their spouses; and the bright shining lights of his life, his grandchildren Camryn, Annika, Max and Chase. He will also be missed by his sisters Rosalie (Mike) and Lucy (Terry); sister-in-law, Patty; and sisters-in-law Darlene (Ronald) and Rosalie (Jeff); his nieces and nephews; and all who loved him. He was predeceased by his father, George; his brother, Eddie; and his parents-in-law, Mike and Lena Oliniuk.

Tom was born in Pickle Crow, Ont. on December 15, 1942. He grew up in Komarno and did many different mechanical jobs in many different locations, including remote outposts in the far North, and serving as the head of support services for many years at Teulon Hunter Memorial Hospital. He met the love of his life, Chrissy, at Crabby Steve's Barn, and they married in 1967. Tom and Chris made their home in Komarno, where they raised their three kids, and had just recently moved to the dream house in Teulon that Tom designed himself.

Tom struggled with various health issues for most of his life, and while sometimes they kept him down, he never once demonstrated bitterness or resentment for the "crappy" hand he was dealt. Instead he exuded kindness, patience and warmth. He was known to many as "the baby-whisperer" for his otherworldly ability to calm small children, but he had a similar effect on grown-ups. All will miss his clever stories and caring heart.

A funeral service will be held in Komarno Holy Trinity Church on Saturday, November 9 at 10:30 a.m. followed by a light lunch at Komarno Community Hall. Interment will occur privately. Honorary pallbearers: Archie Buchkowski, Trevor Lloyd, Mike Shupenia, Ronald Komonko, Jeff Scaife, Corey Kowalchuk, Kelsev Kowalchuk, Tommy Kowalchuk, and Kristopher Kowalchuk.

Flowers are gratefully declined. If desired, donations can be made to Crohn's and Colitis Canada or a charity of one's choice.

Special thanks to Dr. Kerr Graham and the staff at Stonewall Hospital. Extra special thanks to Tom's angels-on-earth, Patty, Rosalie and Lucy.



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204-467-RENT (7368)



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