



VOLUME 6 EDITION 1

Stonewall Teulon Tribune



THURSDAY,
 JANUARY 1, 2015

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Spreading good will near and far

TRIBUNE PHOTO BY MONICA BALDWIN

Students from Grosse Isle School's WE committee, from left, Sam W, Katherine M., Miranda H., Kiera S. and Joy M. served Grosse Isle Coffee Club members Les Lillebo and Jim Harris and crew breakfast Dec. 16 to thank them for their generous donation towards their Salvation Army Adopt-A-Family and their sister school in Uganda.

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



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Kids cook breakfast for Grosse Isle Coffee Club



TRIBUNE PHOTO BY MONICA BALDWIN

Grosse Isle MY Voice students show off food items and toys collected for their Salvation Army Adopt-A-Family.

Students and retirees join together to help others in need

By Lachlan Ross

Kids aren't usually excited about going to school early; however, on Dec. 16 the students of Grosse Isle definitely were. Half of the school population, that makes up the MY Voice committee prepared breakfast for members of the Grosse Isle Coffee Club to thank them for their generous donation.

The Coffee Club has met in the community hall every morning, bar Sundays, for the past 25 years, collecting a loonie for a bottomless cup of coffee. The club, which is made up of mostly retired and active farmers from the area, ranging from 12 to 20 members, meet at 7 a.m. to chat about current events, the weather and local sports.

What makes the Coffee Club more than just a meeting place for old friends is how the men spend the group's money. The loonies collected each day are saved and then donated to a chosen charity of the group's choice. In the past, the men have selected organizations such as CancerCare Manitoba and the Multiple Sclerosis Foundations.

When Grosse Isle teacher, Monica Baldwin, talk-

ed to Jim Harris from the club to invite them to a breakfast prepared by students, the club decided they would make a donation to help with a school project. The school was fundraising for their Salvation Army Adopt-A-Family and their sister school in Uganda. Baldwin was very grateful when she heard that the men had more than a few extra loonies, Harris and the club would donate two-hundred-dollars.

"We were blown away," says Baldwin, who has taught at the school for 12 years, doubling as president of the Grosse Isle Hall. "I feel very connected with the Coffee Club and really try to get the kids to value the importance of community and volunteering."

Over the years, the Coffee Club has performed maintenance work and odd jobs around the community including the hall and the local outdoor skating rink used by students and community members. Since the filming of the Pinkertons TV show rolled into town this past summer, Harris and his friends have shifted over to the skate shack next to the school, to continue their tradition.

"We've always had a group of very good teachers

here to get along with," says Harris of the Coffee Club's relationship with the school. "We're a close community here. We're there whenever they call on us and they've been good to us too."

From the \$200 donated, half will head to Uganda, aiding Grosse Isle's sister school, while the rest assisted teacher Andrea Schutz and MY Voice students in preparing a Christmas hamper and presents for the school's Adopt-A-Family.

It is the school's third year helping a family and Baldwin says the day Schutz and the kids deliver their hamper is a very rewarding experience.

"Our goal at Grosse Isle School is just for the kids to be good and kind," says Baldwin, who attributes much of these lessons to time spent with students in extra curricular activities like sports

teams and committees. "We try to get the kids all to be part of something, whether it be sports, the MY Voice committee, or certain clubs."

The initiative to teach young students about the world beyond their classroom alone creates a sense of appreciation for their own living conditions. Including the Coffee Club in this charitable act created a chance for teamwork, teaching students the importance and power a community can have while working together.

"WE'RE A CLOSE COMMUNITY HERE. WE'RE THERE WHENEVER THEY CALL ON US AND THEY'VE BEEN GOOD TO US TOO."

We want to thank our customers, friends, and family for a wonderful 2014.

Wishing you all the best in 2015!

ONE
INSURANCE

Woodlands municipality welcomes new CAO

By Natasha Tersigni

For Adam Turner, a Gimli High School graduate, the New Year marks the beginning of his position with the RM of Woodlands.

Turner, the new CAO for the RM, is no stranger to the Interlake. So when the opportunity came up to come back to the region he jumped at the chance.

For the past four years Turner has worked as the assistant CAO and financial officer for the RM of Killarney-Turtle Mountain.

"I gained quite a bit of experience there and I will further make use of my skills and ability here," said Turner.

"This is a great opportunity to move into the CAO position. Both my wife and my family are from the Interlake area so it brings us back a little closer to family."

Turner is replacing long time CAO Lynn Kauppila who resigned earlier this year after she ran, unsuccessfully, for a councillor position in the RM of Cartier.



TRIBUNE PHOTO TREVOR KING
Adam Turner has been busy settling into his new office and position as the CAO for the RM of Woodlands since he took over the posting on Dec. 15.

CLIP OUT & SAVE CLIP OUT & SAVE CLIP

Interlake School Division Presents:



VISIT US AT
WWW.ISD21.MB.CA
FOR PROGRAM INFORMATION

★ These programs require registration
Weekly preschool updates are now available!
Email ssigurdson@isd21.mb.ca with your email, child(ren) age(s) and area you are located.

Funky Monkey
This program helps kids move their bodies, learn the basic movement skills such as hopping, skipping, jumping, running, throwing, kicking, striking and catching, build friendships and learn social/emotional intelligence, all while having tons of fun doing it!

Baby and Me Yoga
This program provides an opportunity to enhance bonding with your baby and allows you to connect with other parents in a carefree environment. Learn fun yoga moves to help baby relax, sleep and digest better. One or both parents welcome! No experience necessary. Please bring a yoga mat and if needed blanket and pillow for added comfort.

Family Opportunities ★
A fresh and new program inviting families for an evening out together. Our first program is with Amy Marks who is an Early Childhood Intervention Specialist with the Gov. of Mb. We will be making a simple and fun dinner for all and Amy will be talking about alternatives to time outs. You will meet other families in your community and combine food, fun and learning!

Helping Hands ★ 4 year olds
Brant Argyle Elementary offers to all four year olds starting in the fall, an opportunity to interact with the older children of the school, an introduction to proper handwriting techniques and a fun introduction to the school environment.

Fun with Nutrition Infant-5 year old & caregiver
Working with the Interlake Eastern Regional Health Authority Dietician, Stacie Buchanan will have great ideas for feeding your child(ren) nutritious foods and offer easy ideas to keep your family healthy! Fun games and activities offered in this program will give everyone a great start to healthy eating!

Preschool Party ★ 2-5 year olds & caregivers
Please join us for a fun filled hour of playtime, a storytime, take home craft and a nutritious yummy snack! Our party is hosted by Tara Romanyszyn, a speech-language pathologist.

Wiggle, Giggle and Munch Preschool Aged & Caregivers
Wiggle, Giggle and Munch is a six week physical activity and nutrition program for preschool aged children. Have fun participating in songs, crafts, games, dance and play! A healthy snack is offered and caregiving is provided for infants if needed.

Big Science For Little Hands 3-5 year olds & caregivers
Activities to intend a starting point to inspire scientific exploration! This class is all about gadgets and contraptions, simple machines and how they work.

Wee Be Jammin' Infant - 5 year olds & caregivers
Caregiver(s) and children participate in storytelling and musical discovery! Each class will have a theme to explore through stories, songs, musical instruments, exploration and creative movement. In short...a whole lot of fun!

Tuck Shop@ 2 - 5 year olds & caregiver(s)
Tuck Shop is a five week program that introduces music, storytelling, crazy crafts, nutritious on-the-go snacks and so much more! The children will be introduced to Bee Bo, a giant bear that is very entertaining! Tuck Shop's motto is "every moment you spend with a child is never wasted." If you are grocery shopping, at the doctor's office or in the car travelling, the moments spent together can be fun and educational! This program was developed by our own Preschool Coordinator and is always a big hit!

Preschool Storytime ★ 5 years old & under
A fun half hour of stories, songs & crafts. Evening & Saturday storytimes require registration with the library.

JANUARY 2015

MON	TUES	WED	THURS	FRI	SAT
Funky Monkey 5 RWBB Gym 5:30-6:15 pm	Baby n' me Yoga 6 Stonewall United Church 10:00-11:00 am Stonewall Library Storytime for Preschoolers 6:00-6:30 PM Register	Toulon Library Storytime for Preschoolers 7 10:30-11:00 am	Wee Be Jammin' 8 Rosser Elementary School 1:30-2:15 pm	Stonewall Library Storytime for Preschoolers 9 10:30-11:00 am Toulon Library Storytime for Preschoolers 10:30-11:00 am Wiggle, Giggle & Munch Warren Fire Hall 1:30-3:00 pm	Stonewall Library Storytime for Preschoolers 10 10:15-10:45 am
Funky Monkey 12 RWBB Gym 5:30-6:15 pm Wiggle, Giggle & Munch Balmoral Hall 10:00-11:30 am	Baby n' me Yoga 13 Stonewall United Church 10:00-11:00 am Stonewall Library Storytime for Preschoolers 6:00-6:30 PM Register Helping Hands Brant Argyle School 1:30-3:30 pm	Toulon Library Storytime for Preschoolers 14 10:30-11:00 am Wee Be Jammin' Rosser Elementary School 1:30-2:15 pm	Tuck Shop 15 Stony Mountain School 10:00-11:00 am	Stonewall Library Storytime for Preschoolers 16 10:30-11:00 am Toulon Library Storytime for Preschoolers 10:30-11:00 am Wiggle, Giggle & Munch Warren Fire Hall 1:30-3:00 pm	Stonewall Library Storytime for Preschoolers 17 10:15-11:45 am Wiggle, Giggle & Munch Starting Blocks Daycare Stonewall 11:00-12:30 am
Funky Monkey 19 RWBB Gym 5:30-6:15 pm Wiggle, Giggle & Munch Balmoral Hall 10:00-11:30 am	Baby n' me Yoga 20 Stonewall United Church 10:00-11:00 am Stonewall Library Storytime for Preschoolers 6:00-6:30 PM Register Helping Hands Brant Argyle School 1:30-3:30 pm	Toulon Library Storytime for Preschoolers 21 10:30-11:00 am Fun with Nutrition Stonewall United Church 10:00-11:00 am	Tuck Shop 22 Stony Mountain School 10:00-11:00 am Wee Be Jammin' Rosser Elementary School 1:30-2:15 pm	Stonewall Library Storytime for Preschoolers 23 10:30-11:00 am Toulon Library Storytime for Preschoolers 10:30-11:00 am Wiggle, Giggle & Munch Warren Fire Hall 1:30-3:00 pm	Stonewall Library Storytime for Preschoolers 24 10:15-11:45 am Wiggle, Giggle & Munch Starting Blocks Daycare Stonewall 11:00-12:30 am
Funky Monkey 26 RWBB Gym 5:30-6:15 pm Wiggle, Giggle & Munch Balmoral Hall 10:00-11:30 am	Baby n' me Yoga 27 Stonewall United Church 10:00-11:00 am Stonewall Library Storytime for Preschoolers 6:00-6:30 PM Register Helping Hands Brant Argyle School 1:30-3:30 pm Preschool Party TBA 10:00-11:00 am	Toulon Library Storytime for Preschoolers 28 10:30-11:00 am Wee Be Jammin' Rosser Elementary School 1:30-2:15 pm Fun with Nutrition Teulon St. Peter's Lutheran Church 9:30-10:30 am	Tuck Shop 29 Stony Mountain School 10:00-11:00 am	Stonewall Library Storytime for Preschoolers 30 10:30-11:00 am Toulon Library Storytime for Preschoolers 10:30-11:00 am ISD Inservice	Stonewall Library Storytime for Preschoolers 31 10:15-11:45 am Wiggle, Giggle & Munch Starting Blocks Daycare Stonewall 11:00-12:30 pm

FEBRUARY 2015

MON	TUES	WED	THURS	FRI	SAT
Funky Monkey 2 RWBB Gym 5:30-6:15 pm Wiggle, Giggle & Munch Balmoral Hall 10:00-11:30 am	Baby n' me Yoga 3 Stonewall United Church 10:00 - 11:00 am Stonewall Library Storytime for Preschoolers 6:00-6:30 PM	Big Science for Little Hands 4 Stonewall United Church 10:00 - 11:00 am	Tuck Shop 5 Stony Mountain School 10:00 - 11:00 am	Stonewall Library Storytime for Preschoolers 6 10:30-11:00 am Toulon Library Storytime for Preschoolers 10:30-11:00 am Wiggle, Giggle & Munch Warren Fire Hall 1:30-3:00 pm	Stonewall Library Storytime for Preschoolers 7 10:15-10:45 am Wiggle, Giggle & Munch Starting Blocks Day Care Stonewall 11:00-12:30
Funky Monkey 9 RWBB Gym 5:30-6:15 pm Wiggle, Giggle & Munch Balmoral Hall 10:00-11:30 am	Baby n' me Yoga 10 Stonewall United Church 10:00 - 11:00 am Stonewall Library Storytime for Preschoolers 6:00-6:30 PM	Big Science for Little Hands 11 Stonewall United Church 10:00 - 11:00 am	Tuck Shop 12 Stony Mountain School 10:00 - 11:00 am	Stonewall Library Storytime for Preschoolers 13 10:30-11:00 am Toulon Library Storytime for Preschoolers 10:30-11:00 am Wiggle, Giggle & Munch Warren Fire Hall 1:30-3:00 pm	Stonewall Library Storytime for Preschoolers 14 10:15-10:45 am Wiggle, Giggle & Munch Starting Blocks Day Care Stonewall 11:00-12:30
ISD INSERVICE DAY 16	Baby n' me Yoga 17 Stonewall United Church 10:00 - 11:00 am Stonewall Library Storytime for Preschoolers 6:00-6:30 PM	Big Science for Little Hands 18 Stonewall United Church 10:00 - 11:00 am	ISD INSERVICE DAY 19	Stonewall Library Storytime for Preschoolers 20 10:30-11:00 am Toulon Library Storytime for Preschoolers 10:30-11:00 am Wiggle, Giggle & Munch Stonewall United Church 1:30-3:00 pm	Stonewall Library Storytime for Preschoolers 21 10:15-10:45 am
Funky Monkey 23 RWBB Gym 5:30-6:15 pm Wiggle, Giggle & Munch Balmoral Hall 10:00-11:30 am	Baby n' me Yoga 24 Stonewall United Church 10:00 - 11:00 am	Family Opportunities 25 Starting Blocks Daycare Stonewall 6:00 - 8:00 pm	ISD INSERVICE DAY 26	Stonewall Library Storytime for Preschoolers 27 10:30-11:00 am Toulon Library Storytime for Preschoolers 10:30-11:00 am Wiggle, Giggle & Munch Stonewall United Church 1:30-3:00 pm	Stonewall Library Storytime for Preschoolers 28 10:15-10:45 am

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Do you remember...2014? A year-end news quiz

By **Natasha Tersigni**

The year 2014 was a fantastic and exciting one for Interlake readers. Every month seemingly brought a new set of highlights that graced the pages of the *Stonewall Teulon Tribune*

Take the *Tribune's* quiz to see how well you kept up with the local news this year.

1. Jan. 2: The Ducks Unlimited IT department won the office-decorating contest with a masterpiece of a popular Christmas character, The Grinch. What was the picture made out of?

2. Jan. 9: A new medical facility opens in Stonewall. What business opened their doors?

3. Jan. 16: The first school in Canada launched their experiment into space. What is the name of the school?

4. Jan. 23: A new head coach is announced for Stonewall Jets? Who was named to replace Steve Obelnicki?

5. Jan. 30: Interlake author AJ McCormick released her first published book, *Primetimes*. Which Interlake community does she call home?

6. Feb. 6: Gunton handyman garners wide spread attention for his participation on a Canadian reality television show. What is the name of the show where Ron Melnychuck show-off his talents on?

7. Feb. 13: A Teulon man is upset that town council removed something on his property. What did the council approve to be removed?

8. Feb. 20 Farmers are concerned over that discovery of a deadly virus in a Manitoba hog barn. What was discovered?

9. Feb. 27: A Teulon woman who has dedicated much of her life to community volunteer work received national recognition. What award did Nancy Fleury receive?

10. March 6: After many months of renovations a Stonewall business has moved? What business has a new home?

11. March 13: After a week of competing the Interlake region brought home 35 medals. What inter-sport competition did young athletes in

various sports attend?

12. March 20: MP James Bezan was on-hand to announce that some much need Federal money was going to a community building. What Argyle building is getting an upgrade?

13. March 27: Skiers and snowboarders flock to the Stony Mountain Ski Hill to take part in their annual competition. What is the name?

14. April 3: Rockwood residents get heated over a possible new operation to start operating in quarry pits. What is proposed to start operating?

15. April 10: Local artist Ralph Tanchuk donated a painting of Stonewall founder to the town hall. Who is the town's founder?

16. April 17: This year was extra difficult for the Teulon-Rockwood Fire Department to pull off their annual banquet. What was the last minute blunder that they had to overcome?

17. April 24: Sunova Curling Rink was the place to be. What had community members and local business owners gathering there?

18. May 1: Grosse Isle residents Lee and Harvey Garfinkel announce exciting news for their community. What did they plan to put on the corner of Provincial Road 322 and Hwy 6?

19. May 8: An historical institution in Argyle celebrates it's 125th anniversary. What was it?

20. May 15: Inwood resident Frieda Jorheim was the recipient of an historical award. What honour did she receive?

21. May 22: Stonewall singer Rhiana Rae Saj returns from a week in the U.S where she co-wrote songs with professionals in the music industry. Where did she go?

22. May 29: Three Brant-Argyle students who had their science experiment go up into space had a royal experience. Who did the trio meet?

23. June 5: SCI hosted a soccer tournament that brought in close to \$3,000. Where did the funds from the 'Kick it Up' tournament go?

24. June 12: The Stonewall Knights of Columbus made a donation to Master Corporal Chris Downey of the Soldier

On project. What does Solider On do?

25. June 19: A Manitoba curling star who brought home gold from the 2014 Olympic Winter Games in Sochi, Russia visited Ecole RW Bobby Bend School. Who visited the school?

26. June 26: To help Manitobans make ends meet the provincial government raised minimum wage by 25 cents. What did they raise it too?

27. July 3: A grim forecast by the province was released. What was the forecast for?

28. July 10: Many communities celebrated Canada's birthday. How old did the nation turn?

29. July 17: Teulon council joins the 21st century. What helped to make their council meetings more efficient?

30. July 24: Stonewall says goodbye to a dedicated community member. What was the name of the Youth for Christ drop-in centre founder that left to start a new centre in North Battleford, Sask?

31. July 31: A Stony Mountain company, that specializes in UAV autopilot technology, celebrated their 20th anniversary. What is the name of the company?

32. Aug. 7: A famous cartoon train pulled into the Grosse Isle station. What engine had children begging their parents to take them to see it?

33. Aug. 14: A famous Winnipeg Olympian is planning to take part in the Biking to Viking event that starts in Stonewall. Who was the six-time Olympic medallist?

34. Aug. 21: Garret Kristjanson moved into his new digs at Jackson State University where he is attending school on a full athletic scholarship. What sport does the Warren Collegiate grad play?

35. Aug. 28: An annual CancerCare fundraiser hosted by Paige Procter brought in over \$12,000. What is the fundraiser?

36. Sept. 4: New ISD superintendent returns from her trip to Uganda, Africa and brings back many letters and pictures to share with students. Who is the new superintendent?

37. Sept. 11: Stony Mountain resi-

dents had a lot to drink in at a public meeting. What did RM councillors announce?

38. Sept. 18: After 136 years what Stonewall church held their last service?

39. Sept. 25: A 900 pound pig named Arthur was the star attraction on the Matheson farm south of Stonewall. What provincial day had Manitobans flock to local farms?

40. Oct. 2: The ballots were counted and they votes were in. What did Stonewall employees vote in favour of?

41. Oct. 9: An announcement is made about the former Home Hardware store on Main Street. What local organization that helps citizens living with disabilities is moving in?

42. Oct. 16: Community members of all ages are working to improve a local attraction. What are Warren residents planning?

43. Oct. 23: Interlake hospitals are prepping for an outbreak and are stocking up on protective medical suits. What viral outbreak are they planning for?

44. Oct. 30: Parliament was locked down and MPs, including James Bezan, feared for their safety. What was happening?

45. Nov. 6: Hundreds of ISD students spend the day in Winnipeg. What were they at the MTS Centre for?

46. Nov. 13: A new Stonewall council is sworn in. Which long-time councillor is now mayor?

47. Nov. 20: Many local legions were packed for Remembrance Day ceremonies. Which anniversary of the start of WWI was marked this year?

48. Nov. 27: A bench is unveiled to mark the legacy of a Stonewall resident who served as Mayor for 12 years and did not run for re-election this year? Who is he?

49. Dec. 4: Students in many schools grow some facial hair to raise awareness and money for prostate cancer. What is the cause called?

50. Dec. 11: A university football star marks the end of his post-secondary career and speaks to young players at the Interlake Thunder team banquet. What team did Lauren Kroeker play for?

51. Dec. 18: RM Of Woodland residents are up in arms. Why are they voicing their opinions against the provincial government?

52. Dec. 25: Stonewall's New Life Church helps bring Christmas to life. How?

See answers on page 16.

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Spreading cheer throughout the year



TRIBUNE PHOTO BY BROOKE DARRAGH

Stony Mountain Grade 4/5 students in Ms. Kozyra's class sorted and counted clothing items, which were donated to Siloam Mission.

By Jo-Anne Procter

After an eye-opening tour of Siloam Mission in Winnipeg last year, Stony Mountain Grades 7 and 8 MY Voice students decided they needed to do something to help the less fortunate. And from that, the idea for the committee to hold a jean and hoodie drive was born.

This past December the school banded together with students and staff collecting 251 clothing items and 108 travel size personal hygiene items to donate to the mission.



Inspired by the schools support students did not stop there. Ms. Kozyra's Grade 4/5 class has been practicing to become more positive citizens and have challenged themselves to show more kindness towards others in and out of the classroom.

Her class decided to hold a hot chocolate sale for Grades 4 to 8 students and they raised enough money to purchase five dog beds and treats for an animal shelter. As well, they had extra funds which allowed them to make a monetary donation to CancerCare Manitoba and donate a large can of baby formula for the Magnus Hay Formula Food Drive.

The class decided to spread their citizenship initiatives to other classes and challenged the entire school to join them in a non-perishable food item collection for the local food bank. They set a goal of collecting 60 items and once that was surpassed in a few days they continued to challenge themselves to collect more.

Kozyra told the *Tribune* that each morning students would rush into the classroom to see what the new tally was. With a goal of helping less fortunate community members Stony Mountain School proudly donated over 300 items to the local food bank.

These valuable lessons are sure to be carried on throughout the years as these young students are learning far more than just English and Arithmetic in their school.

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 <p>AT 8:00 PM EACH NIGHT</p> <p>Ian McKellen Martin Freeman</p> <p><i>Not recommended for young children; Violence</i></p> <p>PG</p>	 <p>FRI & SAT AT 7:30 & 9:30 PM SUN-MON, WED-THURS AT 7:30 PM</p> <p>Ben Stiller Robin Williams</p> <p>G</p>

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Small changes for a healthy New Year

By Jennifer McFee

If you're like many people, you're probably setting a New Year's resolution to become healthier in 2015. The good news is that you can achieve this goal by making one simple change at a time.

Tribune wellness columnist Brenda Stafford wants to help guide you through small steps along the path to a healthier lifestyle.

To do this, Stafford is launching One Simple Change 2015, an initiative to incorporate one positive change each month for the entire

year.

"This is something I've been doing for 14 years. I was a busy mom at the time, and it started with the simple change of introducing Juice Plus to my life," she said.

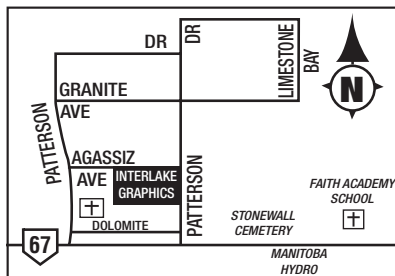
"When that happened, I was increasing my nutrition so much that I started to have more energy. It was a catalyst to make other changes. I started to do some stretching and some exercising at home. I started to crave better foods because I was feeding my body better foods. It's just simple changes that start to add

up."

Juice Plus, she explained, is capsule that's jam-packed with nutritious vine-ripened fruits and vegetables that are mulched and dried.

"There are no herbicides or pesticides. It's simply fruits and vegetables we eat every day, but they are of the highest quality. You would have your carrot tops, your orange peels, all of those things that have the real high nutrition in them. It's kind of like juicing, but to the next step," she said.

Continued on page 7



> CONTACT US

Stonewall Teulon Tribune - Interlake Graphics
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"We appreciate the advertising support we receive which enables us to print, publish and distribute our community newspaper. Please shop local!"

ISD admin swap meeting agendas for hairnets

By Natasha Tersigni

For the past several years senior administrators in the Interlake School Division (ISD) have stressed the importance of global citizenship, locally and globally. Staff and students have been encouraged to get involved with charitable projects in their respective communities.

A few weeks ago ISD senior administrators did not just talk the talk, but they walked the walk.

On Dec. 16 they left their fancy business suits at home, donned some stylish hair nets and travelled to Winnipeg to serve breakfast at Agape Table, an organization that serves free hot meals to the less fortunate in the inner city.

The ISD staff took part in all tasks, including serving, clearing tables and washing dishes, while attending to the approximately 250 to 300 clients the organization feeds daily.

"We thought this would be a good opportunity for us as an admin team to come together and build relationships and help serve the community. Agape Table is a really important institution not just in Winnipeg but in the region," said ISD assistant superintendent Wayne Davies.



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Interlake School Division senior administrators traveled to Winnipeg on Dec. 16 to serve breakfast at Agape Table. Pictured, from left, Warren Nickerson spreads peanut butter on toast while superintendent Christine Penner visits with guests and clears tables.

> HEALTHY NEW YEAR, FROM PG. 6

"I'm giving myself thousands of phytonutrients and antioxidants in my body every single morning and that's how I start my day. My body is fueled well, so it's a real key piece. It's that simple change that really starts to make your body wake up and want to be well."

As a result of her experience, Stafford wants to share her success with others through the One Simple Change program.

"The first change would be to start with Juice Plus as a supplementation. Then it's just changing small things, like reading food labels one month and understanding them a bit better. The next month, you might introduce some more water into your body, and the month after that, you might reduce your salt intake," Stafford said.

"For me, it's been 160 months of different things that I've incorporated. Now I'm at the point where I feel that I'm in the best health that I can be in. We can really rewrite our future if we start with one simple change at a time."

To support those changes, Stafford envisions working together as a community to share this journey to wellness.

"We can really change our health in a positive way. I believe that healthy people have a better quality of life and a far more enjoyable life. That's what it's all about — having a great quality of life and acknowledging that we really do have control over that by

at least 80 per cent," she said.

"Some people are looking for shortcuts or they're thinking it will just happen on its own. But we can't leave it up to our health-care professionals to make us well when we're sick. This is something we have to do on our own. We all have to look after ourselves. It's a matter of sharing what I know to help others and trying to bring awareness to people."

As a mother of four, Stafford sees the positive results not only in herself but in her family too.

"Our one simple change has an impact on the entire home. For me, my 14-year journey isn't just how I feel; it's how I've been able to share with my children. They are also on a road of wellness and I'm proud of that," she said. "If you just do one thing for 30 days, it becomes a habit. It becomes much easier to handle. People jump in and sign up for all these exercise classes and weight loss packages, and it's just too much for them. It's too big for them to do. It really works best if we just do it small and educate ourselves along the way rather than look for quick fixes. It's a good way to start the New Year."

To provide more information about One Simple Change, Stafford will host an education night on Monday, Jan. 12 at 7:30 p.m. at Ecole Stonewall Centennial School.

To register or for more information, contact Stafford at 204-461-1540 or bstaffordjuiceplus@mts.net.

Happy. Healthy. Complete.



One Simple Change

TRIBUNE PHOTO SUBMITTED

Brenda Stafford is launching the One Simple Change program to help promote a healthier lifestyle.

South Interlake Seniors Resource

SUPPORT SERVICES FOR SENIORS

- Driver/Escort Program • Mobility Aid Lending Service
- Meals on Wheels • Lifeline • ERIK and ICE Programs
- Handy Helper/Housekeeping Program
- Friendly Visiting and Telecheck (phone buddy)
- Caregivers Support Meetings • Home Hair Care Service
- Resource Information/Form Assistance

The South Interlake Seniors Resource Council offers services for seniors and those with disabilities to help them to remain independent and safe in their homes and communities. With the help of volunteers and our fee for service workers, we provide these services to Stonewall, the RM's of Rosser, Woodlands and the southern portion of Rockwood.

"POTLUCK PLEASURE AND FELLOWSHIP"

BRING A DISH, COFFEE AND TEA PROVIDED

Tuesday, January 20th, 2015

5:00 at the Church of the Ascension Parish Hall

435 – 1st Ave. N.

For transportation, please call

204-467-2234 or 204-467-8613

IT'S THE NEW YEAR AND THE PERFECT TIME TO THINK ABOUT BEING A HEALTHIER YOU!!!

The two best things that you can do for your body and mind are exercise and nutrition. Exercise doesn't have to involve running a marathon! Walking is one of the best forms of exercise that you can do. It's a gentle, low-impact form of exercise that's easy, free and suitable for people of all ages and most abilities. Here's why it's so good for you.....

- It strengthens your heart
- It lowers disease risk
- It keeps weight in check
- It can help prevent dementia
- ...and osteoporosis, too
- It boosts your vitamin D levels
- It gives you energy and so very important.....
- **It makes you happy!!!!**

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5 – 405 3rd Avenue South,
Stonewall

Contact Amanda Bawdon, Registered Dietitian at
abawdonrd@gmail.com or call (204)955-0048
Website – www.abawdonRD.com

For more information
call 204-467-2719

What's new at 55 Plus January Calendar of Events!

Clip & Save

Jan 6	Book Club @ 10:00 am	Jan 20	Bus Trip – Dinner & a Movie @ the Met
Jan 6	Open House 10 am-2 pm; 6:30-8 pm	Jan 26	Cribbage Tournament @ 1:00 pm
Jan 7	Open House 10 am – 2 pm	Jan 28	One Stroke Painting @ 12:30 pm
Jan 8	Shopping Trip @ 9:30 am	Feb 3	Book Club @ 10:00 am
Jan 12	Active Wellness Club – Sessions Begin	Feb 5	Art Group Sessions Begin @ 9:00 am
Jan 13	Luncheon @ 12 Noon	Feb 10	Luncheon @ Noon
Jan 13	"New" – Tai Chi Class @ 1:30 pm	Feb 11	One Stroke Painting @ 12:30 pm
Jan 16	Yoga @ 8:30 pm		
Jan 16	Dancefit Gold @ 9:30 am		

55 Plus Open House

Come and see what the South Interlake 55-Plus is all about!

It's membership renewal time!

If you are interested in membership, come down and discuss membership and its many benefits!

January 6, 2015
10:00 a.m. – 2:00 p.m.
6:30 p.m. – 8:00 p.m.

January 7, 2015
10:00 a.m. – 2:00 p.m.



Associate memberships are available for those under 55, which include all the benefits of membership with the exception of voting at the AGM.

New Exercise Sessions – January 2015

REGISTER NOW: WINTER SESSION STARTS JANUARY 12TH!



Funfit – Mondays @ 5:30 pm

Tai Chi – Tuesdays @ 1:30 pm



Dynamic Yoga & Pilates – Tuesdays @ 4:00 pm



Dancefit – Tuesdays @ 5:30 pm

Belly Fit – Wednesdays @ 5:30 pm

Funfit – Thursdays @ 5:45 pm



Gentle Dynamic Yoga – Fridays @ 8:30 am

Dancefit Gold – Fridays @ 9:30 am (formerly Zumba Gold)

REGISTER NOW! FOR ALL AGES!

CALL 55 PLUS FOR MORE INFORMATION & DESCRIPTION OF CLASSES

CALL: 204-467-2582



BUS TRIPS:

SHOPPING TRIP – GARDEN CITY
JANUARY 8 @ 9:30 AM

CASINO TRIP – CLUB REGENT
NO TRIP IN JANUARY
FEBRUARY 19 @ 10:00 AM

DINNER & A MOVIE AT THE MET
JANUARY 20 @ 4:30 PM

RWB SWAN LAKE
MARCH 8 @ 12:30 PM

CALL THE 55 PLUS FOR MORE DETAILS OR
TO REGISTER: 204-467-2582

Cribbage Tournament

**Monday,
January 26th**
1:00 pm



\$4 @ Door

Door Prize – 50/50 Draw

Everyone Welcome!

For more information
call 204-467-2582

South Interlake Regional Library extends story time

By Lachlan Ross

The tiny red, green and yellow tables are still the same as when 20-year-old Katie Peterson was a little girl. So are the little blue cushions the children sit on as their eyes light up to her different voices for each character.

Story time at the South Interlake Regional Library has been a staple of the community for years.

In an attempt to give youngsters with busy families a chance to attend, the library has expanded their story time hours, now holding sessions Tuesday evenings 6 to 6:30 p.m. and Saturday mornings from 10:15 to 10:45 a.m.

Peterson, a third year theatre and film student at University of Winnipeg, who grew up with story time, is now teaching it herself. Her thematic program with the kids includes action songs, poems, and crafts based around the seasons.

After starting in the summer, it is clear Peterson enjoys her part-time job. With her groups holding between three and seven kids, she says, "I re-

ally got to know each child individually."

Whether the youngsters are leaning against her knees while she reads or showing her their new shoes, the interactions are what make her love it.

"Because of her background she puts on a good show," says branch librarian, Joan Ransom, of Peterson's performance for the kids. "She is very high energy and she's just a really good fit for story time."

"WE'VE HAD GENERATIONS OF CHILDREN COME THROUGH STORY TIME."

The program teaches preschoolers five and under an array of skills such as listening, sitting with other kids, and letters of the alphabet.

"We've had generations of children come through story time and then

tribune photo by Jo-Anne Procter Librarian Joan Ransom tells a story to a group of children during story time at the South Interlake Regional Library.

TRIBUNE PHOTO BY JO-ANNE PROCTER Librarian Joan Ransom tells a story to a group of children during story time at the South Interlake Regional Library.

Continued on page 10



Plan to arrive safely.
Weather or not.



Use the 511 service to get updates on the condition of Manitoba's roads and highways.

Manitoba weather can change quickly, and so can road conditions.

Use the 511 service to get updates on road and highway conditions before you leave home this winter.

What is 511?

511 is a road information service operated by the Manitoba government.

You can access 511 by phone, mobile device or computer.

It provides you with information concerning:

- Road and highway conditions
- Roadwork
- Road closures

Always available and free-of-charge

Call 511 for road conditions. You can also find road information online at MB511.ca; mobile device users can use manitoba.ca. Road closures are available on Twitter [@MBGovRoads](https://twitter.com/MBGovRoads) or by email subscription.

**NEVER USE 511 WHEN DRIVING.
HAVE A PASSENGER MAKE THE CALL OR
PULL OVER AND PARK BEFORE CALLING 511.**



**Stonewall & District Health Centre
TEMPORARY REDIRECTION OF
AMBULANCES FROM
EMERGENCY DEPARTMENT**

Jan. 5 – Jan. 16 for necessary flooring upgrade

Please be advised that Stonewall & District Health Centre's emergency department will be temporarily redirecting ambulances from **Jan. 5 to Jan. 16** while we replace hospital flooring in this area. Ambulances will be diverted to the nearest or most appropriate hospital. As always, if you are experiencing a medical emergency, please continue to dial 911. Care of patients admitted to the hospital will not be affected. The main entrance to the hospital will be open for the duration of the project. We apologize for the inconvenience to our patients and families as we complete this required upgrade.

**Stonewall & District Health Centre
emergency department temporarily
redirecting ambulances as of Jan. 5. Please
continue calling 911 for emergencies. Use
main entrance to access hospital.**



Interlake-Eastern
Regional Health Authority

> STORY TIME, FROM PG. 9

they have grown up and had children and they come to story time now too," says Ransom. "Sometimes we're the first person, other than their parents, who has read a story to these children."

The new times will be open and free to the public beginning Jan. 6, with Ransom encouraging parents or grandparents to attend too. Her hope is that the Tuesday evening and Saturday morning time slots will accommodate families with both parents working or for those too busy daytime in the week.

"We are a community without a community hall, and the library is a meeting place," she says proudly. "We are more than just books."

And it's not just the kids learning from story time. Peterson says the job

has helped her too, being around the little excitements children experience.

"They get so excited about snow," she says, having always hated it until the kids showed her a new outlook. "You can build stuff with it and it's exciting."

"We are so encouraged that people still love the library," says Ransom. "They develop a love of reading and a love of books as children and then they want to pass that down to their children." Ransom says after 10 years at South Interlake Library, her favourite part of story time is the response she gets from the children as the class ends. She recalls teaching the letter X and preschoolers pointing to the exit sign on their way out.

"They are like sponges," she says. "They just soak it up."

Festival of Lights annual parade awards



TRIBUNE PHOTOS BY STEPHANIE DUNCAN

Awards were handed out to the winners of the Festival of Lights Santa Claus Parade 2014 at the annual Stonewall Chamber Christmas Dinner Dec. 16. Receiving the Best Non-Commercial Float award on behalf of the Legion is Mary Ann Pull (left) from Deborah Jensen with the Stonewall Chamber; James and Mike Clarke of Interlake Salvage & Recycling Inc. received the Best Commercial Float award.

there's a new boss in town

We'd like to welcome **Leonard McKnight** to his new role as Managing Partner of our Stonewall branch!

CONGRATULATIONS LEONARD



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Winter 2015



Interlake School Division

CONTINUING EDUCATION PROGRAM

Learning Never Stops

TO REGISTER:

Complete the registration form or provide the necessary information on a piece of paper and mail with payment to: (please issue a separate cheque/payment for each course excluding fitness classes)

Interlake School Division Continuing Education Department
192 - 2nd Avenue North
STONEWALL MB ROC 2Z0

Jocelyn Derksen
 Program Coordinator
 Office Hours:
 Monday: 11:00-6:00 p.m. (during peak registration time)
 Tuesday - Friday 8:30-4:30

School/Community Locations:

École R. W. (Bobby) Bend - 377 - 2nd Avenue North, Stonewall
 École Stonewall Centennial - 573 - 2nd Avenue North, Stonewall
 Stonewall Collegiate - 297 - 5th Street West, Stonewall
 Stony Mountain School - 139 School Road, Stony Mountain
 Teulon Collegiate - 59 1st Street NE, Teulon
 Warren Collegiate - 119 MacDonald Ave., Warren
 Warren Elementary - 300 Hanlan St., Warren
 Balmoral Elementary - Gov't Rd. Allowance - Balmoral
 Parochial Hall - 453-1st. Ave. N
 Meadows Community Club

CLASS CONFIRMATION

Confirmations will not be phoned or mailed. Attend the first session of a course as scheduled unless you are otherwise informed. Please feel free to call 204-467-2956 to confirm your registration.

SCHOOL CANCELLATIONS

All evening classes held in the schools are cancelled if the schools have been closed during the day for any reason (i.e. storms, holidays, in-services). Closures are announced on CJOB or on our website www.isd21.mb.ca. Classes will only be made up IF possible.

IF YOU CANCEL:

All refunds requested by participants must be done 3 days prior to the course start date and will be deducted \$15.00 for administrative costs. (No refunds following the first class except in exceptional circumstances where a course credit may be issued at the discretion of the Coordinator). No refunds will be issued for 1 or 2 day classes, which have fees of \$30.00 or less.

RECEIPTS

Receipts will be issued on the first night of class for most courses.

REFUNDS IF WE CANCEL:

If a course is cancelled for any reason, you will be notified and a full refund will be mailed to you.

If we don't have the class you're looking for, please contact one of the following Continuing Education offices:

- Lord Selkirk - 204-482-6926
- Louis Riel - 204-237-8130
- River East Transcona - 204-667-6193
- St. James Assiniboia - 204-832-9637
- Seven Oaks - 204-586-8061
- Winnipeg #1 - 204-775-0231
- South Winnipeg Technical - 204-989-6566

Gifts are received from Welcome Wagon for:

- new to Stonewall & area -a new baby
- brides planning a wedding
- to request a visit... contact Nancy
- Phone: 204-467-5872,
- email: rutherfordnancy@hotmail.com



Our office will be closed December 24-January 1, 2015

All evening classes held in the schools are cancelled if the schools have been closed during the day for any reason (i.e. storms, holidays, in-services). Classes will only be made up IF possible.

Please feel free to mail in your registration. In person registration starts January 5, 2015

We accept Debit, Visa and Mastercard

REGISTRATION FORM - Winter 2015 -

Course Number: _____ Course Number: _____
 Course Title: _____ Course Title: _____
 Name: _____
 Address: _____
 Phone: _____ or _____
 Email: _____
 Fee: \$ _____ CHEQUE CASH DEBIT VISA MASTERCARD

Make cheques payable to: **Interlake School Division**
 192 - 2nd Avenue North, Stonewall, Manitoba R0C 2Z0

FOR MORE INFORMATION, CONTACT JOCELYN DERKSEN
PROGRAM CO-ORDINATOR jderksen@isd21.mb.ca

204-467-2956

FAX: 204-467-8334 www.isd21.mb.ca/coned

FITNESS

Anyone taking a class that requires physical exercise should have a check-up by their physician. Our fitness programs are designed to provide exercise sessions that are both physically challenging and fun for a variety of different fitness levels.

MEADOWS FITNESS

W15/01A Zumba®

Instructor: April Calderon

Mondays starting January 19, 2015
 7:00-7:30 p.m. at Meadows Community Centre
 Fee: \$35

W15/01B Bootcamp

In this 30 minutes the class will consist of cardio exercises that mix calisthenics and body weight exercises with interval training and strength training. It is designed in a way that pushes the participants harder than they'd push themselves while creating a spirit of teamwork and group support. You work, you sweat and, best of all, you burn calories like crazy. Please bring a yoga mat and 5-10 lb. hand weights. Instructor: April Calderon

Mondays starting January 19, 2015
 7:30-8:00 p.m. at Meadows Community Centre
 Fee: \$35

TAKE BOTH THESE CLASSES FOR A ONE HOUR WORKOUT! FEE: \$70

VOLLEYBALL

W15/02 Recreational/Beginner Level (Co-Ed)

Friday nights at Stony Mountain School from 6:30 - 9:00 p.m. Fun and social evening with a basic level of play required. For more information please contact Tammy Fingas at 204-467-7753 or Lyle Crowe at 204-467-7153.

Fridays starting January 9, 2015
 (program runs until May)
 6:30-9:00 at Stony Mountain School
 Fee: \$30

Register for both for \$45
W15/03 Intermediate Level (Co-Ed)

Monday nights at Stony Mountain School from 7:00 - 9:30 p.m. Strong level of play, recommended for past high school varsity-level players. Must be physically capable and experienced to play at a competitive level. For more information please contact Tammy Fingas at 204-467-7753 or Lyle Crowe at 204-467-7153.

Mondays starting January 5, 2015
 (program runs until May)
 7:00-9:30 at Stony Mountain School
 Fee: \$30

BALMORAL FITNESS

With Myles Taylor, FIS Canfitpro Certified
CLASS DISCOUNTS - One for \$65;
Two for \$110; Three for \$150
 All Classes are Co-ed and for ages 16 and up

W15/04 'Kickin it' Bootcamp

This martial arts meets military boot camp offers a full body workout including explosive cardio and muscle & core conditioning. Designed for all levels, you will kick, punch and sweat your way to a stronger, fitter you. No martial arts experience necessary, just a positive attitude. Equipment required: water bottle, yoga mat, 3-5 lb hand weights and hand towel.

Mondays starting January 12, 2015
 6:00 - 7:00 p.m. at Balmoral School

W15/05 The Punisher Circuit

The Punisher is a 60 minute circuit incorporating strength & cardio. This circuit is designed to challenge your entire body. You will work your way through various exercises timed on specific intervals. This class is a reverse pyramid setup starting with the Endurance (aerobic) round, transitioning into the Power round, and wrapping up with the Sprint (anaerobic) round. We will finish each class with an ab shredding series. All levels of fitness will enjoy this program, as you push yourself to your personal limits. Equipment required: water bottle, hand towel and yoga mat.

Wednesdays starting January 14, 2015
 6:00 - 7:00 p.m. at Balmoral School

W15/06 HARDCORE HIIT

This HIIT class (high intensity interval training) is a 45 minute series of specialized intervals that focus on muscular endurance, and will have your body exhausted, but feeling energized by the time we are done. This involves short intervals of maximum intensity exercises separated by longer intervals of low to moderate intensity exercise. Because it involves briefly pushing yourself beyond the upper end of your aerobic exercise zone, it offers you several advantages that traditional steady-state exercise (where you keep your heart rate within your aerobic zone) can't provide: the key element of HIIT that makes it different from other forms of training is that the high intensity intervals involve MAXIMUM effort, not simply a higher heart rate. Designed to accommodate most fitness levels by using a variety of difficulty variations, this is an exceptional program for athletes, and those looking for a hardcore, push it to the limits workout. Equipment required: 2 water bottles, 3 - 5 lb hand weights, hand towel, a yoga mat, and a warrior spirit.

Thursdays starting January 15, 2015
 6:30-7:15 p.m. at Balmoral School

ZUMBA

Zumba® is a very dynamic and exciting class full of Latin and exotic music flavors. The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. It targets areas such as glutes, legs, arms, abdominals, and the most important muscle in the body, the heart! It is a mixture of body sculpting movements and easy to follow dance steps, although you do not have to know how to dance to do Zumba. The explosive Latin rhythms create a party like atmosphere that deliver results, as well as a highly motivating workout. Best of all, the moves are easy to follow and fun – the hour class will fly by! Ditch the work out and join the Party!

5 CLASS PUNCH CARDS AVAILABLE FOR \$45 – ASK FOR DETAILS WHEN REGISTERING



COURSE #	TIME/DATE	LOCATION	INSTRUCTOR	Fee
Monday				
W15/07	6:30 – 7:30 starts Jan 12 10 classes	École R.W. Bend School	Samara Robertson <i>Zumba Fitness® Licensed Instructor – Basics 1 Trained in First Aid / CPR</i>	\$70 Two for \$130
W15/01A	7:00 Starts Jan 19 10 classes	Meadows Community Centre	April Calderon <i>Zumba Fitness® Licensed Instructor – Basics 1 Trained in First Aid / CPR</i>	\$35/ \$70
Tuesday				
W15/08	6:00-7:00 starts Jan 13 10 classes	Warren Elementary	Samara Robertson <i>Zumba Fitness® Licensed Instructor – Basics 1 Trained in First Aid / CPR</i>	\$70 Two for \$130
Thursday				
W15/09	7:00-8:00 Starts Jan 15 10 classes	Warren Elementary	Samara Robertson <i>Zumba Fitness® Licensed Instructor – Basics 1 Trained in First Aid / CPR</i>	\$70 Two for \$130

Restore the body, calm the mind, and renew the spirit

Certified Yoga instructor Heather McDermid has been studying and practicing Yoga, the ancient art of healing, for over 10 years. This traditional style of Yoga is gentle to the body, allowing anyone of any age to practice it. There is an emphasis on the breath, energy and alignment of the body throughout.



**For all classes, please bring a yoga mat, belt, and a couple blocks or pillows. All classes held at R.W. Bobby Bend School – Music Room

Twice a week - \$135
Buy a 5 card punch pass for Yoga - \$45
Ask for details when registering

W15/22 Restorative Yoga

For those who want to heal and restore at a very gentle pace

10 Tuesdays, January 13– March 17, 2015
7:30-9:00 p.m. at École R. W. Bobby Bend School-
Music Room
Fee: \$75

W15/23 Continuing Yoga

Suitable for those with Yoga experience

10 Thursdays, January 15 – March 19, 2015
7:30 – 9:00 p.m. at École R. W. Bobby Bend School-
Music Room
Fee: \$75

Body Rolling Classes

These classes will focus on releasing the muscles, stimulating the bone and increasing your range of motion. Body Rolling helps to heal and prevent injuries. Build your core strength and improve your circulation. Please bring a yoga mat and water. Wear comfortable clothing that you can stretch and move easily in. Instructor: Gail Provinciano-Lippens

W15/24 Tuesday January 27, 2015
6:00 – 8:00 pm at South Interlake Regional Library
Fee: \$30

W15/25 Tuesday February 24, 2015
6:00 – 8:00 pm
at South Interlake Regional Library
Fee: \$30

W15/26 Tuesday March 24, 2015
6:00 – 8:00 pm
South Interlake Regional Library
Fee: \$30

FITNESS/YOGA



- 40 MIN CLASSES • 40 DAYS
- 40 DAY MEAL PLAN
- 40 MINUTES PERSONAL TRAINING
- 40 DAYS OF PROPER SUPPLEMENTATION
- WORKOUT 4X A WEEK OR MORE
- 8 AT HOME WORKOUT PROGRAMS

What are you waiting for? Get 'FIT IN 40' with Shelley Schaeffer
(40 MINUTES / 40 DAYS) 8 week session

Cost:
W15/14 \$255 – with 2 months Juice Plus supplements
W15/15 \$175 – no supplements

If you are interested in signing up for one or two classes only, not the fit in 40 – please call 204-467-2956 for details

Time	Mondays starting Jan 5	Tuesdays starting Jan 6	Wednesdays starting Jan 7	Thursdays starting Jan 8	Fridays starting Jan 9
5:45 a.m. École Stonewall Centennial	FIT IN 40		FIT IN 40		FIT IN 40
9:00 a.m. Parochial Hall	FIT IN 40 JAN 5, 19 FEB 9	FIT IN 40 JAN 13, 27 FEB 3, 24	STRETCH, STRENGTHEN & ALIGN JAN 7, 21 FEB 11	STRETCH, STRENGTHEN & ALIGN JAN 15, 29 FEB 5, 26	
9:50 a.m. Parochial Hall	W15/18 55+ STRETCH STRENGTHEN & ALIGN JAN 5, 19 FEB 9 MARCH 2	W15/18 55+ STRETCH STRENGTHEN & ALIGN JAN 13, 27 FEB 3, 24			
6:15 p.m. École Stonewall Centennial	FIT IN 40 MEETING JANUARY 5 TH 6:15 – 7:00	FIT IN 40	STRETCH STRENGTHEN & ALIGN	FIT IN 40	

Fit in 40!

This circuit based class will incorporate a variety of fitness techniques aimed at improving cardiovascular fitness at a variety of levels, muscular endurance and strength, and proper posture and alignment. 3-10 lb. weights and yoga mat required.

Stretch Strengthen and Align

This class is a combination of yoga and Pilates aimed at toning and lengthening to create balance and alignment in the body as well as a mindful state of peace and clarity. Ball and foam rolling will be incorporated to relieve muscle tension. Yoga mat required.

55+ Stretch Strengthen and Align

This class is a combination of flexibility, range of motion and strength building activities for participants fifty five and older. It is important to keep your mind and body active. Men and women welcome. No prior experience necessary. Yoga mat required.

W15/19 Kickboxing / Jiu Jitsu

The instructor, Curt McKinnon, is a black belt in Brazilian Jiu-Jitsu and has 12 years' experience in Brazilian Jiu-Jitsu and submission grappling, 6 years of wrestling and 3 years of Judo. The instructor has competed in gi and no gi grappling tournaments, wrestling and Judo tournaments, and mma competition.

Beginner Kickboxing/Muay Thai (ages 12 - adult)

This course will get you in shape and teach you proper techniques, basic combinations and self-defence. The kickboxing portion will teach you the fundamentals of striking and defense through individual drills (shadow boxing), partner drills, and focus mitts. The Muay Thai will consist of striking through the use of thai pads and kick shields, partner drills, clinching and limited contact through light sparring and "play kicking."

Each class will include warm-up, drills and technique, conditioning and cool down. Note: Students are not required to participate in full contact drills or light sparring. Drills can be modified to meet the individual needs of the participants.

Equipment Required - Boxing Gloves (14-16 oz.), hand wraps, mouthpiece and running shoes. Shin guards are optional. Where to find this equipment?

Local Stores: Full contact sports or Gorilla fight gear.
Websites: mmawarehouse.com, muaythaistuff.com, shop.mixedmartialarts.com (UG store), fullcontactsports.ca.

Brazilian Jiu-Jitsu & Submission Grappling (ages 12 - adult)

Participants will start with the fundamental positions, submissions and takedowns in Brazilian Jiu-Jitsu and submission grappling. These techniques can be used for self-defence, competition (tournaments, MMA) or personal knowledge. This program will get you in shape, through specific grappling and wrestling warm-ups, conditioning exercises and live grappling sessions. Brazilian Jiu-Jitsu is for everyone regardless of age, fitness level or body composition.

Tuesdays & Thursdays January 13 – March 10, 2015
6:30 - 8:45 p.m. at École R.W. Bend School
(6:30-7:30 Kickboxing 7:30 – 8:45 Jiu Jitsu)

Fee: \$120 for both or \$60 for one – ask for details when registering
5 class punch card available for \$45

BADMINTON

W15/20 Badminton - Students Grades 9 – 12 and adults of all ages

This class is for the more competitive badminton player with a good understanding of basic badminton skills. Emphasis is on footwork, shots, and improving their game. Bring your own racquet. Racquets may be purchased from the instructor. Instructors: The Kinleys

10 Sundays starting January 11, 2015
1:30-3:00 p.m. at Stonewall Collegiate
Fee \$55

Sign up for Winter and Spring for \$95

W15/21 Badminton - Students Grades 9 – 12 and adults of all ages

This class is for developing players who want to improve their badminton skills and their game play. Emphasis is on improving basic skills and developing their game. Instructors: The Kinleys

10 Sundays starting January 11, 2015
1:30 – 3:00 p.m. at Stonewall Collegiate
Fee \$55



STONY MOUNTAIN BOOT CAMP FITNESS CLASSES

With Rhonda Steffan, FIS Canfitpro Certified
CLASS DISCOUNTS - One for \$65; Two for \$110
5 CLASS PUNCH CARD - \$45
 All Classes are Co-ed and for ages 16 and up

W15/10 Tabata Interval Boot Camp

Tabata is a High Intensity Interval Training (HIIT) fitness class that challenges your Cardiovascular and Muscular Systems, and is known as an incredibly intense fat burning workout. Your metabolism will stay at an 'increased level' not only during the workout, but also for hours after the workout is complete, continuing the 'fat burning' process. Tabata training is excellent for any fitness enthusiast and for athletes who need to increase your speed and endurance. This is ideal if you are training for a marathon or triathlon, for increasing your endurance, and any sport that requires frequent short bursts of maximum physical output, for example-hockey. **THIS CLASS IS SUITABLE FOR ALL FITNESS LEVELS.** You decide your own personal level of intensity that you will put into the class. **YOU MUST BE AWARE OF YOUR OWN MAXIMUM LIMITS** Please bring: indoor runners, a water bottle, towel, yoga mat, resistance band and hand weights.

10 Mondays starting January 5th, 2015
 (no class February 16th)
 6:00-7:00 p.m. at Stony Mountain School
 Fee: \$65

W15/11 Instructors Choice

Suitable for ALL FITNESS LEVELS, this class will be the Instructors Choice and will incorporate strength training and cardio conditioning activities in a variety of Boot Camp Style training, HIIT, Tabata and Circuit/Intervals. Expect a full body workout with lots of variety which will improve your cardiovascular and muscular strength and endurance. **Please bring:** hand weights, a water bottle, yoga mat, & indoor runners.

10 Wednesday starting January 7, 2015
 6:00-7:00 p.m. at Stony Mountain School
 Fee: \$65

TEULON VOLLEYBALL

W15/12 Recreational/Beginner Level (Co-Ed) Volleyball

Sunday afternoons at Teulon Collegiate School from 2:30-6:30 p.m. Fun and social afternoon with a basic level of play required. Can register as a team or as an individual to be put on a team. For more information please contact Leah Ledarney 204-886-7339 or Jamie Harasymko at 204-886-7757

Sundays starting February 1, 2015
 (program runs until June)
 2:30-6:30 at Teulon Collegiate
 Fee: \$30

One Simple Change 2015

We believe we can make meaningful changes to our overall health by making simple changes in our diet or lifestyle One Simple Change at a time. We encourage you to adopt a new One Simple Change every 30 days. Share your chosen goals in our group. We will cheer you on and give you support so you can meet every goal you choose, maybe sharing the same goals with a buddy from the group too! Come join us to learn more at École Stonewall Centennial School January 12, 2015 at 7:30 pm.

For more information or to register email or phone
 Brenda Stafford - bstaffordjuiceplus@mymts.net
 204-461-1540

ALL ABOUT CHAKRAS

TAKE ALL FOUR - \$180

Michelle La-Rue has a degree in Spiritual Healing, is a Master/Teacher and Certified Practitioner in numerous energy healing modalities. She is influential in empowering others to be their true self. Through her life journey of experiences and training, she intuitively combines her gifts of love, light and wellness in all her work.

W15/27 Introduction to the Chakras - Level 1

Chakra is a Sanskrit word which means wheel. A chakra is a wheel-like spinning vortex that whirls in a circular motion. Each of the 7 main Chakras is connected to our being and our health and are both deeply intertwined on several different levels physical, emotional, mental and spiritual. Needless to say, chakra cleansing and balancing is a must to enjoy good health and happiness. In this workshop you will discover how energy flows through out the physical body. Gaining understanding while learning the location, description and name of the seven major chakras. There will be handouts that will outline the emotion and color relation of each chakra. This workshop provides a well - rounded view on all the 7 main Chakras.

Tuesday, March 3, 2015
 6:00-8:00 pm at Stonewall Collegiate
 Fee: \$50

W15/28 Tools of the Chakras - Level 2

Meditation, Sound, Breath, and Crystals are just a few of the tools used to bring energy into the Chakras. In this workshop learn about the different energy modalities that can assist and enhance the balancing and cleansing of the Chakras. Handouts will be provided. Prerequisite: Level 1 Complete all 3 levels and receive a certificate of Completion in Chakra Balance and Cleanse.

Tuesday March 10, 2015
 6:00-8:00 pm at Stonewall Collegiate
 Fee: \$50

W15/29 Chakra Practicum - Level 3

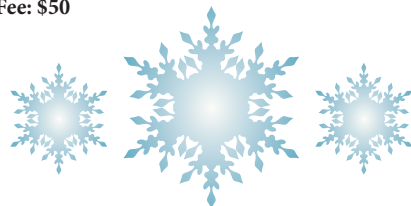
In this workshop we complete our studies with an interactive practicum. Unblocking and re-aligning the flow of energy in your body will keep you happy, positive, calm and energized! You can gain emotional insight and courage to build self-love and self-esteem. Doing so allows for compassion for yourself and your authentic self to shine through. This empowers you to be your true self. Receive your Certificate of Completion in Chakra Balance and Cleanse if all 3 levels are completed.

Tuesday March 17, 2015
 6:00-8:00 pm at Stonewall Collegiate
 Fee: \$50

W15/30 Crystals & Chakras

Crystals are powerful and primary as a tool in healing, balancing and cleansing of the 7 major Chakras on all levels from Mind, Body and Spirit. Positive development of our self-consciousness and vitalization of the body are achieved if everything is in balance. One method of balancing is to use gemstones and crystals. The science involved is called the piezoelectric effect. The energy from each crystal or gemstone are used to re-balance and re-vitalize the energy flow through each Chakra. Handouts and a Crystal Chakra guided Meditation are included. The Chakra kit will be an additional cost of \$15.00 payable to the instructor.

Tuesday March 24, 2015
 6:30 - 8:00 pm
 Fee: \$50



DON'S PHOTO

Damian Bilinsky is the head of the Don's Photo Education and Training department. He has been with Don's Photo for over 12 years, teaching Digital Photography for 6 years. Damian teaches all levels of Photography, from beginner to advanced and is knowledgeable with almost all digital cameras. The classes are designed to be fun, but educational at the same time. Feel free to ask questions and have fun!

W15/31 Digital Photography

It's not the camera- It's YOU! A beginner's guide to better digital photography. This 3 week course will get you started on the road to digital photography success. Learn the mistakes to avoid, and learn the easy, confident way to get better photographs that you will be proud to share with family and friends.

Avoid Manual control, and let the camera help you get better results. Open to all levels of photographers, but the class is designed for beginners.

3 Tuesdays March 3, 10 and 17, 2015
 6:30-8:30 p.m. at Stonewall Collegiate
 Fee: \$90

COMPUTER

W15/32 MS Office 2010

This class will be taught at the beginner level, introducing you to Word, Excel and Power Point. Word skills include formatting, spell check, tables, bullets, labels, envelopes, tabs and mail merge. Excel skills include tips for entering data, formulas, functions and charts. Power Point skills include creating presentations with pictures and animation. Participants should have beginner computer knowledge and be familiar with the Windows environment. Instructor: Chris Tronrud

6 classes (Tuesdays and Thursdays)
 January 27 - February 12, 2015
 6:30 - 8:30 p.m. at Stonewall Collegiate
 Fee: \$70

W15/33 Simply Accounting

An intro to accomplishing basic accounting tasks. Students will become familiar with how to enter business transactions into the general ledger, prepare and adjust entries, prepare accounts receivable, accounts payable and payroll transactions. Pre-requisite: students must have an understanding of general accounting practices. Instructor: Chris Tronrud

6 classes (Tuesdays and Thursdays)
 February 24 - March 12, 2015
 6:30 - 8:30 p.m. at Teulon Collegiate
 Fee: \$70

PERSONAL INTEREST & FITNESS FOR CHILDREN & YOUTH

Home Alone - Emergency Preparedness & People Savers 3 (ages 8-13)

This Red Cross program will teach important safety awareness & basic first aid to elementary school aged children. Students will receive a workbook to follow through the class, learning to recognize a variety of everyday situations that could be dangerous. Students will learn to be prepared, check for safety, call for help and care for a person in an emergency situation such as choking or injury with first aid skills. Instructor: Jaime McFarland.

Children should not be left alone under the age of 12. Even though they may have taken the Home Alone People Savers Course, parents should make arrangements to have any child under 12 supervised at all times.

W15/34A Wednesday March 18th, 2015
 6:00-8:30 p.m. at Warren Collegiate
 Fee: \$35

W15/34B Thursday March 19th, 2015
 6:00-8:30 p.m. at Stonewall Collegiate
 Fee: \$35

Canadian Red Cross Babysitting Course (ages 11-15)

In this Babysitting course you will learn to care safely for and get along with babies, toddlers, pre-school and school aged children. The instructor will also touch on household hazards, home alone, rescue breathing, choking techniques, dealing with Emergency Rescue Workers and 911 Operators. Learn to recognize an emergency and how to handle one. Registration includes a textbook, handouts, wall certificate and wallet certificate. Students are to bring a bagged lunch. Instructor: Jaime McFarland

W15/35A Saturday February 21, 2015
 9:00-5:00 p.m. at Stonewall Collegiate
 Fee: \$60

W15/35B Wednesday/Thursday March 4 & 5, 2015
 5:00 - 9:00 p.m. at Warren Collegiate
 Fee: \$60

W15/36 Badminton - Grade 8 and under

This class is for the beginner badminton player as well as for students who want to improve their skills or want to work towards more competitive play. Emphasis is on learning the game of badminton, basic skills, and having fun. Bring your own racquet. Racquets may be purchased from the instructor. Instructors: The Kinleys See W15/20 and W15/21 for Grade 9 - adult badminton

Sundays starting January 11, 2015
 12:00 - 1:30 p.m. at Stonewall Collegiate
 Fee \$55

Sign up for Winter and Spring for \$95

W15/37 Chico's School of Soccer Excellence (Ages 7-10)

This is an after School Soccer Program geared towards boys and girls ages 7 - 10.

10 Mondays starting January 12- 2015
 (no class February 16)
 3:30 - 4:30 p.m.
 at École R. W Bobby Bend School
 Fee \$135
 BONUS Sign up for Winter and Spring - 20 classes for \$240

W15/38 Children's Art Class - (Ages 8 - 12)

Have you always loved painting, drawing, using your creativity? Join this 6 week art class and have fun learning while you express yourself through drawing, painting, and clay. Art supplies are included in the fee. Instructor: Julia Dennis, Artist and Art Teacher.

6 Thursdays starting January 22, 2015
 (no class February 19th)
 4:00 - 5:30 p.m.
 at Stonewall Collegiate - Art Room
 Fee: \$85

Kids Can Cook - The Healthy Way! (ages 8-12)

This class is a great way for your kids to learn, create and have fun in the kitchen! In this course your kids get to be the chefs! Just imagine the fun of preparing the food, learning while cooking and then eating your creations! All supplies included in the registration fee and the Canada's Food Guide will be followed. Please advise any food allergies on your registration form. Instructor: Meechelle Best

W15/39 6 Tuesdays February 3 - March 10, 2015
 4:30 - 6:00 p.m. at Stonewall Collegiate
 Fee: \$75

W15/40 6 Thursdays February 5 - March 12, 2015
 4:30 - 6:00 p.m. at Warren Collegiate
 Fee: \$75

W15/41 Sewing for Youth - How to Make a T-Shirt Quilt

(beginner and continuing students) ages 10-14 During this 6 week session you will make a T-Shirt Quilt. Techniques learned will be basic sewing and easy pattern cutting and construction. Supply list/cost will be provided before the first class. Instructor: Marcy Harrison.

6 Thursdays January 22 - February 26, 2015
 4:00-6:00 pm at Stonewall Collegiate
 Fee: \$65

WALKING (INDOORS)

If you are interested in walking indoors when it's too cold to walk outside, the hallways at the Collegiate are available to you four nights a week. However, all evening classes held in the schools are cancelled if the schools have been closed during the day for any reason (i.e. storms, holidays - February 16th and in-services)

W15/WS - Stonewall Collegiate

W15/WT - Teulon Collegiate

W15/WW - Warren Collegiate

Note: Indoor shoes are required

Walking Hours are Monday - Thursday:

Stonewall Collegiate - 6:30 pm - 8:00 pm

Warren Collegiate - 6:00 pm - 7:45 pm

Teulon Collegiate 7:00 pm - 8:30 pm

January 5 - March 26, 2015

Fee: \$10



PERSONAL & PROFESSIONAL DEVELOPMENT

Confirmations will not be phoned or mailed. Attend the first session of a course as scheduled unless you are otherwise informed. Please feel free to call 467-2956 to confirm your registration.

CPR ONLY

Can be taken the first night -
Fee: \$45

W15/42 ECSI- First Aid/CPR

(Emergency Care and Safety Institute) is a 7-8 hour emergency first-aid course with a simplified book and is easy to follow. Included in training: wounds, fractures, bandaging/splints as well as medical conditions such as: heart attack/ stroke, diabetes, seizures, heat and cold injuries. The CPR is heart saver level -adult, infant, child AED, and choking. Instructor: Bob Barsi

February 11 and 17, 2015

6:30-10:00 at Stonewall Collegiate

Fee: \$90

W15/43 Food Handlers Certification

This course is recommended for anyone looking for a job in or presently working in the food services industry. Learn the principles of safe food handling and upon successful completion receive a City of Winnipeg Level 1 Food Handling Certificate (valid for 5 years). This certificate is recognized across Canada. The Sanitation Code booklet is included in the course fee (\$15) Instructor: Lori Zdebiak.

Saturday March 21, 2015

9:30 a.m. - 4:30 p.m. at Stonewall Collegiate

Fee: \$110

Fee: \$65 (recertification 3:30-4:30)

PAINTING IN STONEWALL

One-Day Oil Painting Seminar for the Absolute Beginner - Stonewall

Join popular instructor Julie Lamoureux in learning how to create these stunning paintings you will be proud to display. (www.artworkshops.ca).

Please note: Class end time is approximate. No refunds for cancellations made up to seven days prior to the class date, unless we can fill your spot from our waiting list. Please bring a lunch.

W15/44 Sunset through the Trees

14x18 Acrylics and Oils - suitable for all levels of painters!

Saturday February 28, 2015

9:30 - 4:30 p.m. at Stonewall Collegiate (class end time is approximate)

Fee: \$89



Image is copyrighted

PAINTING IN TEULON

Join Maggie in these fun filled painting classes and complete your painting in just 3-4 hours! Suitable for beginners. Canvas included in registration fee. All other materials will be loaned by the Instructor. (Please bring either a snack or bag lunch and a box for your wet painting. Wear old clothes or wear a smock.)

W15/45 Poppies (16x20)

Saturday January 24th, 2015

10:00-2:00 p.m. at Teulon Collegiate

Fee: \$85



W15/46 Mountain Sunset (16x20)

Saturday February 21, 2015

10:00-2:00 p.m. at Teulon Collegiate

Fee: \$85



W15/47 Path in the Woods (16x20)

Saturday March 21, 2015

10:00-2:00 p.m. at Teulon Collegiate

Fee: \$85



ROSSER WOODLANDS RECREATION COMMISSION

Contact Info:

Phone - 1-204-461-4040

Email - rosserwoodlandsrec@mymts.net

Twitter - @RWRecComm

Facebook - "Like" Rosser Woodlands Recreation Commission

Monthly E-news - Message any of the above to sign up for the R&R Newsletter

PROGRAMS IN WARREN, WOODLANDS, MEADOWS AND GROSSE ISLE
Please see course information throughout the flyer for these classes

-Zumba in Warren with Sam Robertson

-Walking at Warren Collegiate

-Kids Cooking classes in Warren with Meechelle Best

-Babysitting and Home Alone class in Warren with Jaime McFarland

-Zumba/Boot Camp in Meadows with April Calderon

Teulon Rockwood RECREATION COMMISSION



-Walking at Teulon Collegiate
-Volleyball at Teulon Collegiate with Leah Ledarney
-Painting classes at Teulon Collegiate with Maggie Bazan

Contact Info:

Chris Hornby

Phone - 1-204-861-0366

Email - teulonrockwoodrec@gmail.com

Twitter - @teulonrockwood

facebook - https://www.facebook.com/teulonrockwoodrec

REGISTRATION FORM - Winter 2015 -

Course Number: _____ Course Number: _____

Course Title: _____ Course Title: _____

Name: _____

Address: _____

Phone: _____ or _____

Email: _____

Fee: \$ _____ CHEQUE CASH DEBIT VISA MASTERCARD

Make cheques payable to: Interlake School Division
192 - 2nd Avenue North, Stonewall, Manitoba R0C 2Z0

FOR MORE INFORMATION, CONTACT JOCELYN DERKSEN
PROGRAM CO-ORDINATOR jderksen@isd21.mb.ca

204-467-2956

FAX: 204-467-8334 www.isd21.mb.ca/coned

Happy New Year get inspired

> MEAL IDEAS

THE Marketplace
AT STONEWALL 467-8469



Savory Southwest Donuts

Preparation
Preheat oven to 400°F. Spray Mini Donut Pan with vegetable pan spray. Lightly sprinkle wells with some of the paprika.

In large bowl, whisk together flour, baking powder, cumin, chili powder and salt. In second bowl, whisk together milk, egg, oil, garlic and cilantro. Add wet ingredients to dry ingredients and stir just until flour is moistened. Fill each donut cavity about 1/2 full.

Bake 5 to 7 minutes or until the top of the donuts spring back when touched. Let cool in pan 4 to 5 minutes before removing. Wash pan, dry thoroughly and prepare with pan spray and paprika. Repeat with remaining batter.

For topping, mash avocado with lime juice and salt; stir until smooth using a whisk or in a food processor. Pipe avocado mixture over top of cooled donuts. Sprinkle with cilantro. Serve immediately.

Makes about 36 mini donuts

- Ingredients**
1 tablespoon ground paprika, divided
1-1/2 cups cake flour
1-1/4 teaspoons baking powder
3/4 teaspoon ground cumin
1/2 to 3/4 teaspoon ground chipotle chili powder
1/2 teaspoon salt
3/4 cup milk
1 egg
2 tablespoons vegetable oil
1 garlic clove, finely minced
2 tablespoons finely chopped cilantro

- Topping**
1 ripe avocado
1 teaspoon lime juice
Salt to taste
Additional chopped cilantro

Goat Cheese Mint Bean Spread

- Ingredients**
1 can (540 mL/19 oz) white kidney beans, drained and well-rinsed
1 pkg (125 g/4 oz) soft goat cheese
60 mL (1/4 cup) low-fat milk
75 mL (1/3 cup) chopped fresh mint
60 mL (1/4 cup) chopped sundried tomatoes
1 large clove garlic, minced
1 mL (1/4 tsp) freshly ground pepper

Directions
In food processor pulse beans until coarsely chopped.



Add goat cheese and milk and puree until smooth.

Pulse in mint, tomatoes, garlic and pepper until combined.

Cover and refrigerate for at least 1 hour for flavours to develop.

Tip: Cover and refrigerate for up to 3 days; stir well before serving.

Prep time: 15min | Makes 500 mL (2 cups)
www.heartandstroke.mb.ca



The Skill: Eliminating Stealth Sources of Sugar and Salt



Of course, we do still need sodium, fat, and a bit of sweetness in our diets, but their abundance in processed foods means the problem for most of us is avoiding too much.

The good news is you can sidestep the excess and restore your taste buds to their former state of virtue. By dialing down your exposure to processed foods, you can reverse-engineer the corruption process, rehabilitate your taste buds, and come to love food that's far more likely to do your body good. Your taste buds will adjust to lower thresholds of these flavors, feeling satisfied with lower amounts of salt, sugar, and fat. Over time, the sweet and salty foods you used to eat by the handful may taste too sweet or salty to you.

Research suggests that when people stick to a lower-sodium diet for a period of time, they actually develop a preference for less salty foods. Meanwhile, report from the Iowa Women's Health Study, which has been ongoing since the mid-1980s, showed that women who made the transition to a plant-based, lower-fat diet actually acquired, over a span of months, aversions to many of the processed and fast foods they liked at the start of the study. When changes like these occur, you know you've begun to rehabilitate your taste buds.

Chances are you've experienced this effect yourself or seen it in your family. When people make the transition from whole milk (a hefty source of saturated fat) to skim milk (a far healthier choice), at first they usually find that the skim tastes a bit like watered-down milk. But if they stick with the skim variety for two weeks, their palate usually adjusts;

if they stay with it for longer and then taste whole milk, it suddenly tastes too rich and thick to them. The same thing is true with making small, gradual changes toward more healthful foods in general. Switching to whole grains is easier, for example, when you gradually replace processed grains with whole grains.

You can also cut down on your sugar intake by making your own pasta sauce or salad dressing or choosing healthier ones that contain less of the sweet stuff. Keep in mind that sugar and sodium hide in the unlikeliest of foods. If you learn how to read foods labels effectively, you'll be able to find the sugar and salt you expect as well as what you don't. After all, sugar goes by many different names on food labels—sucrose, fructose, corn syrup, evaporated cane juice, and others. (Keep in mind: Agave syrup, often viewed as having a health halo, is a highly concentrated source of fructose and carries little, if any, health benefits.) Avoid packaged foods with a Daily Value (DV) of sodium above 5 percent.

If you shift steadily to more wholesome foods, you'll reduce the amount of time your taste buds spend immersed in sugar, salt, and food chemicals each day. This change in exposure will almost certainly lead to greater taste sensitivity, which means your taste buds will eventually become satisfied with and come to prefer less sugar and less salt. Before long, you will likely prefer less sweet desserts, too.

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

Brenda Stafford – Juice Plus – Team Pursuit
Find us on FACEBOOK

Red Pepper Jelly Glazed Meatballs

- Ingredients:**
1/2 cup (125 mL) red hot pepper jelly
1/2 cup (125 mL) Honey Garlic Sauce
2 tbsp (30 mL) Worcestershire sauce
1 pkg M&M Turkey Meatballs (Note: Smaller package)
1/2 pkg M&M Italian Style Meatballs
75 rosemary stems (optional)



Preparation:

In microwave-proof dish, stir together jelly, barbecue sauce and Worcestershire sauce. Heat on medium power for 45 seconds or until liquefied. Stir well.

Alternatively, heat in small saucepan, over medium heat stirring, until liquefied.

Toss meatballs in mixture to coat. Place meatballs in 13 x 9 inch (33 x 23 cm) baking pan; bake in 400°F (200°C) oven for 16 to 18 minutes, stirring occasionally, or until nicely glazed and heated through.

Skewer onto rosemary stems, if using, or onto toothpicks.

Makes approximately 75 meatballs

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> ANSWERS – DO YOU REMEMBER...2014? FROM PAGE 4

1. Post- It notes
2. Rockwood Pharmacy and Medical Clinic
3. Brant- Argyle School
4. Mike Demidiuk
5. Teulon
6. Canada's Handyman Challenge
7. A culvert
8. Porcine Epidemic Diarrhea virus (PEDv)
9. Governor General's Caring Canadian Award
10. Home Hardware
11. 2014 Power Smart Winter Games
12. Argyle Memorial Community Hall
13. 26th annual Rail Jam
14. An asphalt plant
15. Samuel Jacob Jackson
16. A power outage
17. South Interlake Business Showcase
18. A country store
19. Balmoral United Church
20. Lieutenant Governor's Award for Historical Preservation and Promotion
21. Nashville
22. Prince Charles and his wife Camilla
23. A volunteer trip to Kenya
24. Assist serving and retired military members who have an injury or illness
25. Jill Officer
26. \$10.70 an hour
27. For Lake Manitoba and Lake Winnipeg flood risk
28. 147 years-old
29. iPads
30. Perry Neufeld
31. MicroPilot
32. Thomas the Tank Engine
33. Cindy Klassen
34. Golf
35. A coffeehouse
36. Christine Penner
37. Proposal for new water system
38. Knox Presbyterian Church
39. Open Farm Days
40. A union
41. The Arris Centre
42. Improvements to the skate park
43. Ebola
44. Armed gun man attacked the Hill
45. We Day
46. Lockie McLean
47. The 100th
48. Ross Thompson
49. Movember
50. University of Manitoba Bisons
51. Proposed closures onto Highway 6
52. Their annual live nativity scene

worship *with us*

> FAITH

Luke 2:29-32 'Master, now you are dismissing your servant* in peace,

according to your word; for my eyes have seen your salvation, which you have prepared in the presence of all peoples, a light for revelation to the Gentiles and for glory to your people Israel.'

Simeon encounters the Christ child in the temple in Jerusalem and provides a more complete understanding of what this birth is all about. Inspired by a message from God that he would live to see the coming of the promised Messiah he goes to the temple on the day that Mary and Joseph show up with their baby. Simeon utters this prayer to God and a "blessing" of sorts on the child and on his family.

This is the moment of fulfillment of God's promise. The hopes and dreams of an entire nation are about to be fulfilled. Indeed, they are already being fulfilled by this little baby. Yet with this joyful, comforting and hopeful message Simeon also introduces elements of sorrow and fear and doubt. To Mary, he says that this child will cause turmoil and will be spoken against. And he cautions that she, too, will suffer as her own soul is pierced by a sword.

What message do we take

from all of this? Do we weep for Mary, knowing that she will live to see her son tortured and killed while he is still a young man? Do we stop singing "Joy to the World" knowing that Jesus' life will end in sorrow and pain?

If Simeon teaches us anything it is a deeper sense of joy and awe at what is happening in the events of Christmas. He reminds us that God knows the Messiah will suffer. God knows that he will be despised and rejected by many. And yet God sends his only Son to dwell among us. Out of love God chooses to enter creation as this tiny baby in order to redeem and save us. God cares for us so deeply that the tiny hands of an infant reached out from the cradle to grasp the cruel cross, that we might be saved.

Simeon reminds us that the cross indeed lies ahead. Yet as we must keep the cross in mind even as we gaze at the manger, so also we must keep the manger in mind even as we focus on the cross on Good Friday. Neither event can be fully appreciated without the other. Without the incarnation, the crucifixion has little meaning. And without the crucifixion, the incarnation is not nearly so profound.

Joy is not the absence of sorrow; joy is the presence of God. The events of Christmas remind us that the greatest joy is found in the very midst of sorrow. For it is in the midst of sorrow that Christ is found—both in the manger and on the cross.

May we allow that joy to be touched with the sorrow of living so that we can appreciate our joy even more.

Submitted by
Rev. James Bardsley

SERVICE CLUBS - Serving our Communities

<p>Royal Canadian Legion Branch No. 52</p> <p>\$33-\$38 member/year depending when dues are paid. The Royal Canadian Legion is dedicated to the service of veterans and their dependents, as well as to raise funds for the community. The Legion is open to all Canadian Citizens. Meetings are held on the 2nd Tuesday of the month at Stonewall Legion Club Room.</p>	<p>South Interlake Ag Society</p> <p>Janice Rutherford 467-5612 Hwy #236 and Rockwood Road \$10/member/year</p> <p>It encompasses the needs of the three municipalities that it serves – Rockwood, Rosser and Woodlands. Monthly meetings are held the 3rd Tuesday of each month at 7:30 at the Ag grounds.</p>	<p>Teulon Women's Institute Phone 886-2216</p> <p>Fee: Nominal membership may apply</p> <p>Motto: "Home and Country"</p> <p>The TWI has approximately 14 members that work hard to raise money throughout the year to donate to local and regional charities and community projects. Meet 3rd Tuesday of the month 7:30pm Farview Place Teulon. New members always welcome.</p>	<p>1 Snow Goose Bay on Hwy 220 Stonewall, Manitoba 1-888-50MARSH (62774) olmie@ducks.ca oakhammockmarsh.ca</p> <p>The Oak Hammock Marsh Interpretive Centre is a non-profit organization. Its mission is to foster public awareness and knowledge of the inherent values of wetlands and associated ecosystems, and to encourage public support for their conservation through innovative education and outreach programs.</p>	<p>Quarry Toastmasters</p> <p>Brenda 467-5088</p> <p>Quarry Toastmasters meet every Tuesday 7:15 – 8:45pm at the Stonewall Collegiate in the Library.</p> <p>We work to build up your confidence in public speaking – individually or in a group. We help you plan what to say and to have fun doing it.</p>	<p>Kin Clubs of Stonewall Motto "Serving the Communities"</p> <p>Kin Canada is a dynamic volunteer organization enriching our communities through service while embracing national pride, positive values, personal development and lasting friendships.</p> <p>Kinsmen President Chris Luellman 467-8770</p> <p>Kinette President Joanne Hubbard 204-467-9360</p>
<p>Teulon & District Agricultural Society</p> <p>Ralph Trombo, President 886-2098</p> <p>The Teulon & District Ag Society meet on the fourth Thursday of each month from February to November at the Agricultural Building at 7:30pm. The Ag Society sponsors the Teulon & District Ag Fair and the Annual Teulon Pumpkinfest.</p>	<p>Teulon New Horizons Club – 55+</p> <p>Dorothy Kuhn 204-886-3282</p> <p>Fee: Nominal fees</p> <p>55 plus men and women get together every Tuesday of the month from September to end of May 1:00-3:30pm to socialize over table games and carpet bowling with tea and a light snack. The club has approximately 20 members and new members 55+ years of age are always welcome.</p>	<p>Inwood Over 50 Club</p> <p>Marion 278-3265 Eleanor 278-3247</p> <p>The Inwood Over 50 Club meets the first Thursday of each month from September to June and is open to anyone over 50 years. Everyone is welcome for an afternoon of fun and fellowship at the Inwood Hall. Dancing, entertainment, silent auction, lunch and door prizes. Volunteers always welcome.</p>	<p>Stonewall Ladies Auxiliary</p> <p>Committed to the wellbeing of our community and raising funds for the ongoing mutual support provided by the Stonewall Legion Branch #52. Meetings are held on the second Thursday of the month. New memberships are welcome. Yearly membership fee 10.00. Volunteers often required for events at the Legion hall.</p>	<p>South Interlake Seniors Resource Council Inc. Darcy or Corinna @ 467-2719 sirs@shaw.ca</p> <p>SISRC is a non-profit organization that offers services for seniors and those with disabilities. These services include: Transportation; Mobility Aid Lending Service; Caregiver Support Group; Health Education Presentations; Resource Information/Form Completion; Telephone Buddy/Friendly Visiting; Handy Helper/Housecleaning. We also distribute the ERIK (emergency response information kit) and we are Lifeline Representatives.</p>	<p>The Liliane Baron South Interlake Breast Cancer Support Group Claudette 886-2383 Joyce 467-2473</p> <p>The group is a non profit grass roots organization founded by women in the South Interlake Area diagnosed with breast cancer. Our mandate is to assist others who may find themselves with a similar diagnosis and to provide a variety of support, assistance and friendship where needed within the confines of privacy, respect and caring.</p> <p>The group meets for positive encouragement and support on the third Thursday of each month at 7PM at the office of L.J. Baron Realty, Main Street in Teulon. Anyone seeking information or services is always welcome.</p>
<p>Knights of Columbus Stonewall</p> <p>Dave Coupré 467-9548 \$40/member/year</p> <p>The Knights of Columbus raise funds for charities within the community. The Knights are open to all Catholic men, 18 yrs or older. Meetings are held 1st Monday of the month September through June at the Christ the King Church in Stonewall.</p>	<p>South Interlake 55+ Inc</p> <p>Cheryl Cathers 467-2582 www.si55plus.org \$15/member/year</p> <p>This non-profit organization provides education and activities for persons age 55 plus. Many activities and events are held on a regular basis. Newsletters are published monthly and available to pick up at the 55+ Centre in Stonewall.</p>	<p>Stonewall & District Lions</p> <p>Mel Harrison 622 Centre Avenue, Stonewall 467-8740</p> <p>Motto: "We Serve"</p> <p>Membership is open to anyone over eighteen with an interest in providing assistance to those people or projects in our community in greater need than ourselves. Meetings every 2nd and 4th Wednesday of the month at 7:30pm September thru June.</p>	<p>Independent Order of Odd Fellows Stonewall Lodge #49</p> <p>Larry O'Dell 467-8882 Ross Thompson 467-2438 www.ioofmb.ca</p> <p>Yearly nominal membership fee</p> <p>The Odd Fellows Lodge is a fraternal organization based on the brotherhood of God and the brotherhood of man. We do charitable work through various projects in the local community, the province and internationally. We seek to elevate the character of man and thereby make the world a better place to live. Meetings every 1st and 3rd Monday of the month at 8:00pm at the Odd Fellows Hall.</p>	<p>Stonewall & District Health Centre Ladies Auxiliary</p> <p>Marg Bond 467-8732</p> <p>The auxiliary's goal is to raise funds for the purpose of enhancing the care and comforts of patients, residents and clients served by the Health Centre.</p> <p>Meetings are held the first Monday of each month at Rosewood Lodge.</p> <p>New members welcome.</p>	<p>Interlake Community Foundation, Inc. 204-467-5634 www.interlakefoundation.ca</p> <p>The Interlake Community Foundation provides the citizens of Rockwood, Rosser, Stonewall, Teulon and Woodlands with the opportunity to invest in the future of their community and region forever. The Foundation pools donations in a capital fund that remains in perpetuity. The income generated from the capital is distributed as grants to registered charities in the region. Grant applications are due by February 28th of each year.</p>
<p>Warren Horizons District Lions Club President: Sharon Neely</p> <p>Meetings are held the first and third Wednesday of each month at the Warren Fire Hall Sept. thru June.</p>	<p>Warren & District Lions</p> <p>President Murray Scott 204-322-5201 mursansc@mymts.net "We Serve"</p> <p>Membership is open to anyone over 18 interested in giving something back to their community through direct action, meeting humanitarian needs, encouraging peace, and promoting international understanding. Meetings are held the 1st and 3rd Wednesday of the month at 7:00pm at the Warren Fire Hall from Sept-June.</p>	<p>Stony Mountain Stonewall Masonic Lodge #12 Call 204-467-2788 for information</p> <p>Stony Mountain Stonewall Masonic Lodge #12 is the oldest organization in Stonewall (1880) and part of the oldest and largest fraternity in the world. Although a belief in one God is necessary to join, Freemasonry is non-sectarian and prohibits discussion of religion and politics in its Lodges. Freemasonry focuses on the reinforcement of morality into the daily lives of our members and of charity, a giving back to our communities through our Lodges and by our charitable activities as well as in our personal lives, which we believe makes GOOD MEN BETTER.</p> <p>Monthly Meetings 2 B 1 ASK 1</p>			

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A look back, 2014 success stories of our athletes

By Brian Bowman

With 2014 coming to a close, it's time to take a look back at the outstanding athletic accomplishments from individuals who live in our area.

This year's list is a long one. And, no doubt, 2015 will bring many more highlights.

Here's a look back at 2014 in the sporting world.

In January the Warren Novice boys' hockey team celebrated a 1-0 victory over the Warren Novice girls' team at the Sunova Arena in Warren. Teams from all over Canada celebrated our national sport, playing hockey during Scotiabank Hockey Day in Canada.

And a week later Melody Debreuil and Jake McIvor from Stonewall Youth Bowling won the Bantam Hi-Low Doubles competition at the Polo Park Bowling Centre. Both athletes bowled their best game, placing them in first with a score of +243 - 41 points over the second-place team.



Wes MacGillvary, Paulette Foy, Ed Rootsart and Mae Fast

Ed Rootsart's rink scored a perfect 8-ender at the Stony Mountain Seniors bonspiel Jan. 23 with Wes MacGillvary, Paulette Foy, Ed Rootsart and Mae Fast to finish out the month.

Nineteen-year old track and field athlete Wyatt Eyford continued to beat his own personal records as a University of Manitoba Bison.

The former Warren Collegiate Wildcat competed in the 5th annual Bison Track & Field Classic at the Max Bell Fieldhouse.

Eyford captured first place running



Wyatt Eyford

a personal best in the preliminary round of the Men's 60-metre hurdles with a time of 8.51 and recorded another personal best in the finals of 8.48. He also finished in second place in Men's Long Jump with a jump of 6.78m, a fourth place and personal best in Men's Pole Vault (4.00m), and a fifth-place finish in Men's high jump (1.85m).



Justin Richter's team

Justin Richter's Gimli rink's run at the Safeway Championship ended with a 7-4 loss to Heather's Steen Sigurdson at the MTS Iceplex.

Despite the loss, it was a pretty decent run for Richter's rink, which included third Shawn Magnusson, second Bryan Galbraith, and lead Darcy Jacobs. The foursome finished with a

3-2 record at the provincials.

The Interlake's other representative at the men's provincials was Jared Kolomaya, who curled out of the Stonewall Curling Club.

Kolomaya was ousted at the provincials after a 9-7 loss to Pinawa's Richard Muntain. Kolomaya, who was supported by third Neil Kitching from Stonewall, second Kennedy Bird of Rosser, and lead Daniel Hunt of Warren, staved off elimination with a 7-4 victory over Gladstone's Geoff Trimble.



Meghan Osbak

Also in February Meghan Osbak, the Teulon Saints' varsity girls' star point guard, was named the Manitoba High Schools Athletic Association's Tri-Star Rural Athlete of the Week.



Michelle Pawluk

Osbak led the Saints to a home-tournament championship, averaging 25 points and five steals per game and was consequently named tournament MVP.

Michelle Pawluk was named the University of Manitoba Bisons' female athlete of the week, for the week ending Feb. 2.

Pawluk, whose family lives in Teulon, was a standout on the blueline for the Bisons' women's hockey team as they earned a road sweep at the University of Regina Cougars.



Sara Oliver, Alicia Manchulenko, Rachael Holod, Jessica MacMillan and Katelyn Myskiw

The Warren Wildcats were outstanding as they reeled off four consecutive victories to reach the finals Saturday at the Manitoba High Schools Athletic Association provincial girls' curling championship.

The Warren rink was skipped by Sara Oliver and included third Alicia Manchulenko, second Rachael Holod, lead Jessica MacMillan and fifth Katelyn Myskiw (the team was coached by Lisa Michaleski).

College Jeanne Sauve spoiled Warren's provincial title hopes after defeating the Wildcats 6-3 and 6-4 at the Rivers Curling Club.

For the second year in a row, the Stonewall Blues captured the Midget Rural A/B Female Provincial Hockey Championship.

Stonewall had its opponents singing the blues in Manitou as it breezed through the provincial tournament with a perfect 4-0 record.

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The Blues won the provincial title after a hard-fought 2-1 victory over Hamiota.

The Interlake region was very well represented at the 2014 Power Smart Winter Games – bringing home 35 medals – at the week-long event, which was held in Morden-Stanley-Winkler from March 2-8.

Interlake finished fifth overall in the medal count out of eight teams, representing seven regions. Interlake won 15 gold, nine silver, and 11 bronze medals.



Hope Blanchette

Hope Blanchette, 11, a gymnast from Stony Mountain won a silver medal while the Interlake U14 ringette team placed second overall.

Interlake, which lost 10-4 to Winnipeg Gold in the ringette gold-medal game, featured local players Olivia McCowan (Grosse Isle), Alexis Cowan (Warren), Miya Saj (Stonewall), Fal Furkalo (Stonewall), Shae Mulvihill (Stonewall), Reese Chop (Stonewall), and Delta Hannah (Stonewall).

Interlake needed three wins in a row to reach the gold-medal game and they delivered – defeating Winnipeg Blues 6-5 and 5-3 and then edging Eastman 6-5.

Interlake opened round-robin action by losing 5-4 to Eastman and 6-4 to Winnipeg.

In badminton, Warren's Landen Gray won a bronze in the boys' singles play while Teulon's Mark Shinie teamed up with East St. Paul's Matthew West to finish third in boys' doubles competition.

The Interlake also did extremely well in gymnastics, with several athletes winning multiple medals. Warren's Paige Wright made sure she came

home with a medal, winning a bronze after an outstanding performance in gymnastics.

The Interlake boys' hockey team also won a bronze medal after defeating Westman 3-2 in their final game. Local players included Stonewall's Leif Mattson and Teulon's Jake Ledochowski.

Meanwhile, Team Interlake was honoured with the "Spirit Award" at the Manitoba Games. This award was presented to the region that showed the greatest enthusiasm, support, spirit and cheering during the 2014 Power Smart Manitoba Games.



Allison Sexton

Stonewall's Allison Sexton won two major championships as a member of the U19 North American Hockey Academy White team, located in Stowe, CT.

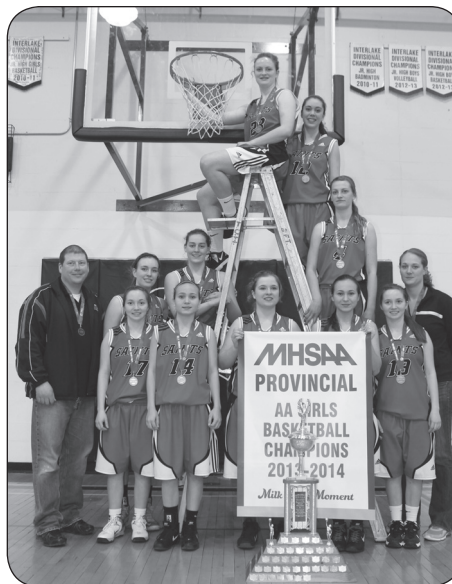
NAHA won the Junior Women's Hockey League Playoff Championship in Vancouver. Back in mid-February, the NAHA White squad was also crowned the 2014 JWHL Challenge Cup U19 champs after a thrilling 4-3 shootout victory over Ontario's Whitby Jr. Wolves, the defending champs, in Washington, D.C.

The Teulon Collegiate Saints were crowned the Manitoba High Schools Athletic Association's "AA" varsity girls' basketball champions.

The Saints capped off a terrific season with a 69-39 victory over the Souris School Sabres in Teulon.

Fresh off winning gold with their Teulon Collegiate Saints at the MHSAA "AA" basketball provincials, the Balmoral Judo Club's Emily and Britni Trombo added more medals to their trophy case at the judo provincials.

Emily won a gold medal at the Mani-



Teulon Saints Varsity Basketball

toba Provincial Judo Championships in Stonewall. The Balmoral Judo Club member was tops in the under-18 -48/52 kg combined division while Britni claimed silver in the same division.

Emily defeated Britni twice in the two-person category.



Alisha Kaegi

The Balmoral Judo Club had five members competing at the 44-person provincials. Winning silver medals were Emily Ferris (under-16 -40/48 kg combined), Kailen Ledochowski (under 16 +48 kg), and Alisha Kaegi (senior women -63 kg).

The Interlake Ignite, acting as the Team Manitoba host squad, won a bronze medal at the 2014 Western Canadian Ringette U16 Championships at the MTS Iceplex.

Interlake earned the bronze after getting doubled 6-3 by B.C..

Interlake started action with a 3-0 loss to B.C. and then the Ignite was edged 5-4 later in the day by Team Manitoba.

Interlake battled back from a 4-0 deficit early in the first period to defeat Alberta 6-5 in a thriller. Later that afternoon, the Interlake won another overtime game with a 5-4 victory over

Saskatchewan.

With a 2-2 record, Interlake was forced to play a 10-minute mini game that evening against Alberta. The Ignite scored two early goals and then hung on for a 2-1 win to advance to the semifinals against B.C.

Meanwhile, in U19 action at the westerns, Emily Boonstra of Marquette, helped Team Manitoba skate to a silver medal. Boonstra is a player on the Interlake team during the season but was asked to play for Team Manitoba at the westerns.



Emily Boonstra

Manitoba won all of their games until losing to Alberta in the gold-medal game.

Team Manitoba's host team, which included Katie Dilts from Stonewall, finished with a 2-3 record.

In 14U action, Stonewall's Rikki Frost-Hunt was a member of the Team Manitoba host squad, which finished with a 1-3 record.

In the three-game round robin, the host squad lost to Team Alberta 4-2, beat British Columbia II 7-5, and lost to Team Saskatchewan 5-3. Manitoba then crossed over to the other pool where they were defeated 5-4 by Team Manitoba.

In April, NHL official Vaughan Rody reached out to Stony Mountain's Scott Miskiewicz via email to offer support after Miskiewicz was assaulted while officiating an amateur hockey game in Stonewall.

Miskiewicz was assaulted by a Lake Manitoba First Nations player during a Bantam championship game against the Stonewall Blues.

The incident between the Blues and Lake Manitoba First Nation was investigated by both the RCMP and Hockey Manitoba.

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Ryan Sholdice won a Manitoba Major Junior Hockey League championship after his Raiders Jr. Hockey Club edged the St. Boniface Riels 2-1 in Game 5 of their best-of-seven series at the Southdale Community Centre.

St. Boniface finished the regular season in first place, eight points ahead of the second-place Raiders.

Sholdice started the season with the Stonewall Jets but the Raiders made a deal to acquire the talented defenceman.



Clay Tait

Warren's Clay Tait led his Winnipeg Blues to an MJHL championship and an appearance at the 2014 Crescent Point Energy Western Canada Cup in Dauphin.

The upstart Blues won the MJHL title in five games over the Dauphin Kings

The Blues won the MJHL championship back on April 15 when they defeated the Kings 5-1 at the MTS Iceplex. Tait opened the game's scoring and later added an assist. It was Winnipeg's first Turnbull Trophy since 2006, back when they were based in Fort Garry.

Stonewall's Leif Mattson received the news that every young western Canadian hockey player highly covets. His name was selected in the Western Hockey League's Bantam draft.

The high-scoring forward with the Interlake Lightning was picked in the eighth round, 164th overall by the Brandon Wheat Kings.

Mattson was one of three Lightning players that had their name called at the WHL draft. Teammate Wyatt Bear, a forward from Hodgson, was selected in the fifth round, 102nd overall, by

the Seattle Thunderbirds while Ke-
evan Daniels-Webb went to Prince
Albert Raiders (10th round, 206th).

Regan Lawrence had one of those days that fast-pitch players dream about.

The Stonewall native ripped a one-out single in the bottom of the seventh inning to score Brianna Grayson from second to lift her Dickinson State University Blue Hawks to a 2-1 walk-off victory over the University of Great Falls Argos.

On the mound, Lawrence was equally as good, throwing seven innings while allowing just a solo homer to Kirstie Thomas in the top of the sixth. She did a fantastic job getting out of jams with Great Falls players on base, including in the top of the seventh.

For her efforts, Lawrence, who pitched in three of four Dickenson State games at the tournament, was named the event's most valuable player. Opposing batters hit just .162 against her during the tournament as she posted an outstanding 0.37 earned-run average over 19 innings.

Lawrence also finished third at the tournament with 16 strikeouts.

With the thrilling victory, the Blue Hawks captured the NAIA Unaffiliated North Star Athletic Association/Frontier Softball Championship. Top-seeded Dickenson State also received a bid to the NAIA National Tournament.

The nationals featured 10 four-team, double-elimination tournaments.



Derek Laxdal

The Edmonton Oil Kings did what no other Western Hockey League team has ever done in 48 years – win a decisive Game 7 of a WHL final on



The South Interlake Phillies U14 provincial champions

the road.

Edmonton, coached by Stonewall's Derek Laxdal, captured the Ed Chynoweth Cup as WHL champions after doubling the Portland Winterhawks 4-2 in Game 7 of the 2014 WHL final Monday in Portland.

Laxdal led his Oil Kings to a Memorial Cup win and was rewarded later in the summer with the head coaching job with the AHL's Texas Stars.

Hope Blanchette, a Stony Mountain resident, became a provincial champion after placing first overall in bars, floor, and vault. The talented 11 year old was also third in beam as she flipped to a first in all-around.



Tyson Nelson

Stonewall youth bowler Tyson Nelson of Quarry Lanes won a silver medal at the Youth Bowling Canada national tournament May 3-5 at Acad-

emy Lanes in Winnipeg.

Nelson qualified to represent Manitoba in the senior men's single five pin event after winning zones in the provincial tournament that took place in Brandon in March.

Andrew Martin and Lacey Finnbogason picked a perfect time to be perfect at the Manitoba High Schools Athletic Association provincial badminton championships.

The Stonewall Collegiate Rams' duo won provincial gold medals after dominating the mixed doubles division at the MHSAA provincials in Winnipeg.

The pair went a perfect 7-0 during the round-robin and then reeled off three consecutive victories in the playoffs to reach the final.

The South Interlake Phillies were crowned the U14 provincial champions after upsetting the Smitty's Terminators 5-3 in the provincial gold-medal game. South Interlake led 4-3 after four innings and then added an insurance run in sixth.

With the provincial title, South Interlake advanced to the U14 westerns, which were played in Lloydminster, AB.



Lacey Finnbogason and Andrew Martin

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Bobbi-Jo Lillies

Boxer Bobbi-Jo Lillies of Woodlands turned a lot of heads – and beat some up, too – at the Ringside World Championships in Independence, Mo., a Kansas City suburb.

Lillies went a perfect 3-0 en route to winning the women's 125-pound division. That was an outstanding accomplishment for the talented 23 year old. Last year, Lillies reached the finals in Kansas City.

Team Manitoba played some exceptional baseball at the 2014 16U Girls Invitational Championships in Quebec – and it resulted in a bronze-medal finish.

Manitoba won the bronze with a convincing 10-1 victory over Nova Scotia. Brittany Langlais (Garson) was very good on the mound for Manitoba, allowing just the two hits in four innings.



Jade Ledochowski

Teulon's Jade Ledochowski, who was named the tournament's top catcher, was 1-for-3 with a run scored. Courtney Procter (Woodlands) had an RBI while Laura Kilbrei (Arborg) was 1-for-3 with an RBI.

Manitoba was relegated to the bronze-medal game after a 7-6 loss to Ontario in one of two semifinal games.



Isla Hagborg and Jean Campbell

Sisters Isla Hagborg and Jean Campbell made the Interlake very proud at the 2014 Canada 55+ Games, winning a bronze medal in the over-70 division of floor shuffleboard.

The talented duo was spectacular in their 10-team round robin in Strathcona County, Alta., finishing with an impressive 7-2 record. The Manitoba pair was tied for second after the round robin but the other team was awarded the silver based on more points scored.



Melissa Budd

As a province, Manitoba had 138 participants – ranging in age from 56 to 93 – at the Games, which took place from Aug. 27-30. Team Manitoba won 56 medals, including 17 gold, 23 silver, and 16 bronze.

Melissa Budd completed the excruciatingly long Lean Horse 100 Ultra-Marathon in Custer, S.D. on Aug. 23, finishing as the top woman in the 100-mile race with an impressive time of 22 hours, 51 minutes, and 40 seconds.

That was well ahead of Dawn Mace, who finished second among all women with a time of 24:45.05.

The 44-year-old Budd was also the fastest woman in the same race a year ago. The Stonewall native's time this year, however, was about 47 minutes quicker than last year.

The Stonewall Youth Soccer Association's U13 boys' team wrapped up a successful 2014 season with an exciting 2-0 victory over Lorette in the Winnipeg Youth Soccer Association Cambrian Challenge Cup A-side championship final at the John Blumberg Sports Complex.

Stonewall was a force all season, losing just one game. They handily won the U13 Boys North Recreation League title, outscoring their opponents 53-14, with five shutouts in league play.

The Stonewall Collegiate Rams' cross country team had several great performances at the MHSAA provincials, which were held at Spruce Woods Provincial Park on Oct. 15.



Amber Schneider

Leading the way was Amber Schneider, who was outstanding as she finished third overall in the junior varsity girls' 3 km race. Schneider finished

with an impressive time of 12:38.00, which was behind only Kelvin High School's Erin Valgardson (11:21.30) and Steinbach Regional School's Madison Schroeder (12:27.00).

The Rams' Scott Yeo placed 17th in the junior boys' race while Hanna Marshall was 24th in the junior girls.

At the senior level, Stonewall's Veronica Kessler was 31st on the girls' side while Ryan Humeniuk finished 47th in the boys' race.

Other local runners that ran extremely well at provincials included Warren Collegiate's Kyra Hoffman, who was 23rd in the varsity girls' race. Classmate Sarah Holtmann was 53rd.

The Wildcats Luke Voth was 40th in the junior boys' race while Stonewall's Kyra Shewchuk was 53rd in the JV girls' run.



Devan Johnson

Stonewall Collegiate Rams' hockey goaltender Devan Johnson was named the Tire Recycle Urban Athlete of the Week, the Manitoba High Schools Athletic Association announced Oct. 15.

The 5-foot-6 standout recorded back-to-back shutouts in Stonewall's first two regular-season games this season.

The Stonewall Blue Jays senior men's baseball team (from 2003-08) will enter The Manitoba Baseball Hall of Fame in the Major Team category.

The Blue Jays were Winnipeg Senior League champions in 2003, 2008, 2009, and Manitoba Senior "AA" champions in 2002, 2005, 2006.

The Blue Jays represented Manitoba in Western Canada tournaments in Winnipeg (2002), Burnaby (2003), Saskatoon (2006), Nanaimo (2007), and Stonewall (2008). The Blue Jays were

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silver medalists in 2006 and 2008.

The Stonewall Collegiate Rams' junior varsity boys' volleyball team earned a berth into the MHSAA provincials after sweeping the Landmark Collegiate 96ers 3-0. The Rams won the match by scores of 25-21, 25-17, and 25-15.

The previous evening, Stonewall lost

3-1 to the St. Paul's Crusaders in the WWAC championship game.

For the first time ever, the Teulon Collegiate Saints won a MHSAA provincial volleyball championship.

The Saints captured the "A/AA" junior varsity boys' provincial title with a thrilling 2-1 victory over the Killarney Raiders in Teulon.

Teulon won the third and final set 15-12. The Saints led 12-5 but the Raiders came back with seven straight points to tie the score at 12-12.

Teulon's Jade Ledochowski capped off a stellar season on the diamond by being named Baseball Manitoba's Female Player of the Year.

Ledochowski, a Grade 12 student at Teulon Collegiate, was a pitcher/catcher for Team Manitoba as it finished third at nationals in Quebec.

Christopher Wiebe, 13, from Stonewall and Mark Shinnie, 15, from Teulon will represent Manitoba at the western badminton championships in Vancouver from Jan. 9-11, 2015.

The eight-man Team Manitoba squad will be coached by Stonewall's Dale Kinley.

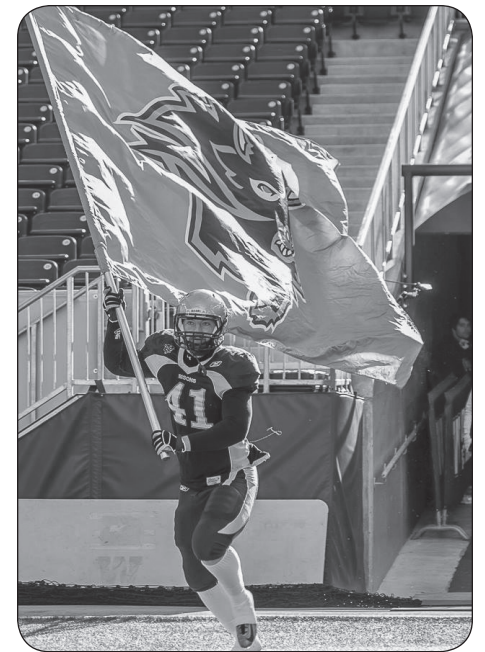
Manitoba Bisons' defensive lineman Lauren Kroeker's stellar university football career ends after a 29-26 loss to the University of Montreal Carabins in the CIS semifinal.

The 6-foot-5, 260-pound defensive lineman played his final university football game, but his pigskin career

may not quite be over. The Montreal Alouettes' added Kroeker to their negotiation list recently, which may give the Stonewall native another crack at football.



Teulon junior varsity boys volleyball team



Lauren Kroeker

Early bird champions

TRIBUNE PHOTO BY TAMMY NELSON

The Stonewall Rams JV Girls basketball team brought home some hardware from the Portage la Prairie Early Bird Classic basketball tournament Dec. 12-13. The Rams defeated Sanford (Brandon) 46-38 and in the finals beat Westpark (Portage) 38-27. Pictured, from left, Christy Steeves (coach), Ashton Wallack, Dominic Good, Deserae Laquette, Randi Frost-Hunt, Carla Brunel (asst. coach); front row: Kiley Wright, Tatum Lindley, Brielle Cara and Alycia Palmer. Missing from photo Amber Schneider, Kyra Shewchuk, Alex Melsted, Alex Gard and Julie Breland.



Friday, January 2 vs Ft. Garry/Ft. Rouge Twins
@ VMSC 7:30 p.m.

Sunday, January 4 vs St. Boniface Riels
@ Southdale 2:00 p.m.

Wednesday, January 7 vs River East
Royal Knights @ VMSC 7:30 p.m.



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IN MEMORIAM



Beverly Ann Gardner
February 28, 1939 – January 3, 2011
We still miss you
As the days and years pass
We still miss you
As the pain of grief softens
We still miss you
As new memories are made
We still miss you
As we smile and laugh
We still miss you
Today and everyday
We still miss you
-Love always, your family

ANNOUNCEMENTS

IN MEMORIAM



Chris Thieven
April 19, 1974 – January 1, 2007
Have you ever had a son,
Who meant the world to you;
One you love so very much,
And miss him like we do.
Have you ever had a heartache,
Or felt an awful pain;
Or shed so many bitter tears,
They fall like pouring rain.
If you've never had these feelings,
We hope you never do;
Cause when you lose your son,
You lose a part of you.
-Mom, Dad and family



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The Selkirk Record is seeking a reporter/photographer to join its award-winning community newspaper team. We are looking for someone who will be passionate about being the best outlet of interesting and authoritative news about Selkirk and surrounding communities. Having exceptional organizational skills and be comfortable with written and verbal communication is imperative. We also expect a solid knowledge of journalism ethics.

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Please forward resume & samples of writing to Selkirk Record Editor Dave Baxter dbaxter@selkirkrecord.ca



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