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Stonewall Teulon Tribune

THURSDAY,
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VOLUME 9 EDITION 1

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Supporting their cause

RW Bobby Bend students Olivia Benson and Bryson Sullivan presented a cheque in the amount of \$1,700 to regional director of Diabetes Canada Andrea Kwasnicki on Dec. 21. The money was raised through the school's hotdog fundraiser for Diabetes Camps for Kids. Stonewall Centennial Grade 5 student Tyler Persoage, who was recently diagnosed with diabetes, spoke briefly to the students about his experience at diabetes camp this past summer. Pictured, left to right: Andrea Kwasnicki, Tyler Persoage, Bryson Sullivan, Olivia Benson, Celia Bollenbach and Rob Sullivan of Stonewall Marketplace.

TRIBUNE PHOTO BY STEPHANIE DUNCAN

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Mother and daughter dancing duo

By Jennifer McFee

A mother-and-daughter dancing duo has earned recognition for their salsa and bachata moves.

Kylie Wright and her mom Tammy Nelson competed in the Canada Salsa and Bachata Congress in Toronto from Oct. 5 to 9.

As a member of the Pro-Am team, Wright's group won the bachata competition.

"We won our division, which was kind of a surprise. My mom also did really well in her heats, which are individual competitions where they put on a song for different couples on the floor and you make it up as you go," said Wright, a Grade 12 student at Stonewall Collegiate Institute.

"You're allotted medals and my team also got a nice trophy. It was a really cool event because everybody comes from around Canada. There are also people that they bring in to do showcases from Colombia or Italy. It was amazing."

Wright and Nelson, who live south of Argyle, competed as part of the RHR Latin Dance Company based out of Ted Motyka Dance Studio in Winnipeg.

"My mom was a professional ballroom dancer when she was younger and I have danced since I was two, but

not in the Latin community. I did jazz, tap, ballet," Wright said.

"I stopped when I was about 12 and took a break because I wanted to do school sports. Then I saw the movie *Dirty Dancing 2: Havana Nights* and it sparked interest. Then I was like, 'I'm going to do this.'"

So two years ago, both Wright and Nelson immersed themselves in learning the Latin dances.

"I got asked to be on the team, which was really cool," Wright said. "My mom had to drive me all the time because I didn't have my licence so they asked her to join too because she had experience and she was there anyway."

For Wright, all the hard work was well worth the effort.

"It's just such a fun dance and you meet the most friendly people ever. We always have such a good time," she said.

"Due to some circumstances and timing issues, we're not part of the team anymore but we still see them every weekend. They always host some kind of party, so we hang out with them a lot."

Now that they're taking a break from dancing, the local mother and daughter are focusing their talent and energy on Thai kickboxing.



TRIBUNE PHOTOS BY BENNETT MURPHY
Tammy Nelson, left, and her daughter Kylie Wright competed in the Canada Salsa and Bachata Congress in Toronto from Oct. 5 to 9.



Wright and Jedi Baker, members of the Pro-Am team, won the bachata competition.



Nelson and her dance partner Harold Rancano performed in the open floor competition.



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Doctor recruitment efforts dominate 2017 for IERHA

By Lindsey Enns

Without a doubt, two of the biggest highlights of 2017 for the Interlake-Eastern Regional (IERHA) was bringing 19 new family doctors to the region as well as the opening of the Selkirk Regional Health Centre.

"We are absolutely thrilled with the work that was done in terms of opening the new hospital on time and on budget. That doesn't happen in health care," IERHA CEO Ron Van Denakker said during an earlier interview with the *Tribune*. "We've had so many people come through there and the feedback has been tremendous.

"So we had a very successful year,"

Van Denakker added 2017 was a big year when it came to continuing their recruitment efforts to help combat the region's doctor shortage.

"We had just a ton of physician recruitment events over the year, meeting with medical students. We've had recruitment events with our docs. We've met with the residents just to sort of continue to keep the Interlake-Eastern RHA on the road map for an

optional place for them to work in the years to come," he said. "That's gone along really well."

But Van Denakker admits that they still have a lot of work to do. He said they'd like to bring around 30 more doctors to the region.

"The work in relation to recruiting docs very much has to carry on because we still rely very heavily on international medical graduates," he said, adding the IERHA is still working on creating their own residency program. "The evidence is really quite compelling if you train in the region with a group of docs, there's a good chance you're going to stay there if there's opportunity for you to stay there."

A main part of doctor recruitment efforts also involves the communities within the region, he said.

"(New doctors) want to feel welcomed," he said. "The other thing is really the mentorship and partnership with the physician groups in that

Continued on page 5

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Thank you to all of our clients for another successful year. We look forward to working with you, our friends and neighbours, as you transition from stage to stage, and house to house in 2018.



Stonewall council approved the sale of cannabis in town

By Jennifer McFee

Stonewall council has given the nod of approval to allow cannabis to be sold from retail locations in the community.

The Association of Manitoba Municipalities has asked communities to provide feedback on their intentions on the issue, and council plans to say yes to allowing retail sales of marijuana in town.

However, municipalities still have the opportunity to change their mind, and controls can be put in place through zoning and other conditions.

Council voted unanimously in favour, with Deputy Mayor Jeff Levesque absent from the meeting.

Coun. Walter Badger was the first to express his approval.

"The federal government is going to make it legal. Are we going to fight and oppose?" he asked. "That would be kind of silly. We might as well yes and zone it properly."

Coun. Clive Hinds agreed.

"Let the chips fall where they may. Especially listening to what the RCMP had to say last week, I feel that it's inevitable and we can regulate it after the fact," he said. "I am definitely in favour."

Later in the conversation, he expressed further support for the issue.

"We are one of the fastest growing communities in Manitoba," Hinds said, "and we have to move with the times."

Coun. Sandra Smith said that she is comfortable with the fact that council

will have control over zoning.

"I think, at this point in time, we should say yes and then deal with any applications that might come true," she said. "We have enough controls in place to monitor whatever business might want to set up shop in Stonewall."

For Mayor Lockie McLean, it is essential that the town's esthetic expectations be maintained.

"It's scary thinking that there are people out there of any age who are buying cannabis on the black market and who knows what's in it. I think it's been around forever and it's better to have it controlled," he said.

"We want controls over things that are important to the community, and certainly esthetics is one of them."

In other council news:

- Council passed second and third reading of a bylaw to authorize borrowing and expenditure for the completion of a lagoon upgrade as a local improvement, as approved by the Municipal Board of Manitoba.

- Council approved the installation of a reverse osmosis system at the Veterans Memorial Sports Complex at a maximum cost of \$26,000 plus tax.

- The meeting dates in January have been changed to Jan. 10, 17 and 24.

- Council approved a pay grid increase of one per cent for all non-union positions, except for the CAO, effective Jan. 1, 2018.

Rosser's Reeve Frances Smee reflects on 2017

By Jennifer McFee

It was a bustling year in the RM of Rosser, and the excitement is expected to continue into 2018.

"We've had some really exciting things happen with CentrePort. We've got developments going ahead with the developers putting in services to them. They're very confident that this is going to go forward in a big way," said Reeve Frances Smee.

"We worked on the Grosse Isle secondary plan, so that's something that's going to be coming up in 2018 for approval with both Rockwood and Rosser councils. We worked together with them to get a really forward-looking

development plan for the area. And we not only worked with the other council, we also worked with all the people in the village of Grosse Isle."

The collaborative work continues with Rosser's involvement with the Partnership of the Manitoba Capital Region.

"Council has embarked with the Partnership of the Capital Region on their fire reporting service as well as the group purchasing segment of that, which allows us to get really good deals for our fire department," Smee said. "I think that's going to be a really good thing going forward."

In addition, the RM of Rosser has fo-

cused on its ongoing work on the geographic information system, which is a tool that staff will be able to use when making decisions about developments, roads, evacuation routes, conservation and much more.

As for challenges in 2017, Smee is able to see them in a positive light.

"Everything that's worth doing is probably a challenge when you start at it. We're still looking at the best way to put services into the CentrePort area in the existing development," she said.

"We also had the retirement of our wonderful CAO Bev Wells, so we had to say goodbye to Bev. We took on the

challenge of finding a new CAO with a consulting firm and we ended up getting a fantastic new CAO in Larry Wandowich. Larry comes to us with a huge amount of diverse experience and he really hit the ground running. He came in August and he's stepped up and really taken the position on. He continues to do really great work for us — so that was a challenge and a good result."

For 2018, residential development is top of mind.

"We hope to see some residential development happening in Rosser. We've got the Rosser secondary plan, which was passed and is in place. We're working on the Grosse Isle secondary plan with Rockwood, and that hasn't been adopted yet but we predict it will be in the new year," Smee said.

"Of course, CentrePort continues to be a really exciting project. There's a lot of interest coming through to us and to the CentrePort office about potential development. We've got the National Research Council's Factory of the Future building that's been announced and that's going to go up in CentrePort. That's a huge thing that we're looking forward to."

On the topic of marijuana production and distribution, council said they'd be interested in looking into it.


"That's not a yes or a no to actually having it," Smee said, "but we're certainly willing to look at that as an economic benefit to our community."

As the new year begins, Smee sends well wishes out to the community.

"We wish everyone a safe and healthy and happy 2018."

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ALL ARE WELCOME

Lakeside MLA discusses the year's successes and challenges

Staff

The Minister of Agriculture was pleased to see great projects crop up throughout Lakeside in 2017.

Lakeside MLA Ralph Eichler said one of the year's highlights was the opening of Imperial Seeds at CentrePort.

"That went from a small business on Arlington to CentrePort, creating a huge increase in employment, newer facilities, doing more science-based research on site and test plots at their new location," he said.

"That's certainly one that I'm very proud of. A local company has now gone international, so that's wonderful news. I'm really happy for Kurt and his company and the great job that they've done to get to where they are today. It's a great success story."

On a province-wide level, Eichler is pleased to see the increase in the basic personal exemption.

"That was big for us to take some of those taxpayers off the tax roll that have limited resources for income so they are able to meet their needs as they see fit. We're happy as a government to do that," he said.

"It's all part of making us more efficient and eliminating red tape to try and make things better for Manitobans."

He is also pleased with the provincial government's progress to reduce part of the deficit.

"We were able to reduce our deficit by about \$147 million. That's a big hit,"

he said.

"We're trying to keep within that curve to make sure we don't have another credit downgrade and another rate increase through no fault of our own. We're very pleased to be able to say we've made some headway, but we've got a long way to go."

At the same time, Eichler embraces the challenge of trying to meet the needs of Lakeside constituents.

"They pay taxes and we all want good returns on our investments. It's important that we get good return on those investments so that we're able to achieve the needs of our communities and still stay within the financial realms of a balanced budget," he said.

"We want to provide the service to our constituents and make sure we're doing it without having to raise taxes at the same time because that's what they elected me to do. I take those challenges very seriously to be as efficient as I can and still give good service."

Although there might not be many major projects on the horizon for Lakeside, other initiatives across the province are having a positive ripple effect throughout the area.

"As a province, we have a lot of good things happening that we all benefit from. For example, with the coming of the Roquette pea processing plant in Portage, we've already seen huge impacts from our quarries because they needed a whole lot of aggregate in order to build a base for their new facil-

ity. Most of that came from Rockwood and Lakeside in particular," Eichler said.

"We also had a great year crop-wise. We don't control the weather, so we really don't know what the outlook will look like in 2018, but we're hoping for another positive year for our farm families. We've seen some new smaller businesses start up in Lakeside, so we want to see them continue to grow and prosper and create those local jobs that are so important for keeping our families in our community."

With the legalization of marijuana coming up quickly, Eichler expressed his reservations.

"I'm not sure we're quite ready for 2018. As a province, we are way ahead of other provinces in trying to get ready, but at the same time, I think we could use some more time as a country," he said.

"I'm concerned about the hidden cost that we don't know about yet, whether that be policing cost, addiction counselling, making sure that the general public is aware of what the consequences of smoking marijuana is going to be on communities and, of course, on our hospital care as well. I'm hoping that we have enough of the revenue that's generated from the marijuana to cover some of the costs and unknowns that are going to come with it."

Looking ahead in 2018, Eichler wants to continue to serve his constituents in the best way he can.



MLA for Lakeside Ralph Eichler

"It's been a real honour to be elected in 2003 and now to actually to be in government to try to implement some of those changes that I've advocated for over a number of years," he said.

"I'm fortunate enough to be the third MLA in the history of Lakeside in 95 years this year. That's quite unheard of in the history of Canada, nevermind in Manitoba. It's been a real privilege to go to the legislative building each and every day and represent the people of Lakeside. I want to thank them for their support and belief in me to do the right thing."

> IERHA, FROM PG. 3

area so that they have the ability to consult with people. It's really taking the young bucks under their wins.

"Good partnerships retain docs as well."

When it comes to the emergency room closures in Winnipeg, Van Denakker said they are starting to see an increase of patients coming to the region seeking care.

"I do believe that there are people from Winnipeg that are probably now accessing our emergency rooms," he said. "And people from our region who have gone to Winnipeg are now

seeking services in Selkirk and that's a good thing.

"We're handling the increased workload but we have to put some focus on making sure we can see people in a timely way."

Looking forward to this year, Van Denakker said the IERHA will be focusing their efforts on mental health and addictions.

"We're going to be working hard on looking at strategies and working with the province on how do we improve in those areas."

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A change of heart

Welcome to more stories and a brand new year, fellow fishers.

I know I said we were done with open water stories until next spring, but this one I think you'll agree is a bit of fun.

It was a sun-bathed, crystal clear, cloudless sky-blue Saturday morning when David Bartmanovich looked out the kitchen window and asked his wife Joan if she wanted to go fishing. Although she hadn't fished all that much, she said sure. They jumped in the truck and headed for the Icelandic River by Riverton.

Dave knew the area well, guiding his truck across a grass field and up to the tall bulrushes that lined the muddy banks of the river. Leaving the truck, they tramped down a patch of reeds to set up chairs, fishing gear and picnic fair. It was a glorious day. The air was still, and though the sun bore down on them, it was comfortably cool in early fall. With baited lines in the water, all was quiet for some time until Joan, who had a sense of humour, picked a woodtick off her arm. "You take me to the nicest places," she kidded Dave as she flicked the tick at him.

With his stocky frame, he side-stepped the incoming tick. He chuckled and then turned serious, gawking at Joan's line as it began straining with great force. "Start reeling in, honey. You've got something big," Dave urged. Joan, having an aggressive nature, did just that. Almost immediately, telltale waves of a fish caught just below the water's surface appeared to come toward her. She started backing up as she reeled in, but what parted the waters and soon lay flapping about in the bank mud stopped her cold. There a huge, blueish-black, catfish

with seemingly glowing eyes glaring at her, slowly flapping its tail from side to side.

She lost it. Joan turned, throwing her rod high in the air, ran for the truck, leaping in and slamming the door shut. She sat there trembling, jumping up and down, clasping her hands together in fright. Dave stood beside the beast laughing at her, his arms outstretched saying, "What are you afraid of?"

"You put that thing back in the water, she shouted at him. Smiling, shaking his head, he pushed the beast back into the muddy water where it slowly sank from sight. In time, things calmed down and Joan came out of the truck, slowly walking, head down, to her chair. Dave busied himself getting out their lunch but couldn't resist teasing her a bit, asking, "Are you ready to start fishing some more?"

It was nice to see the town's people at Grand Marias had made their street-to-ice ramp when I visited there just after Christmas. Quite a few ice anglers had used it and were about a kilometre off shore, so I nosed Old Red down the steep slope and out to a portable shack separate from the others. As I pulled up, the zipper of the shack opened and a chap, perhaps in his 30s with a short dark beard over sharply defined facial features, said, "Hi, how're doing?" We introduced ourselves and our new friend, Paul Weselowski, told me he was from nearby Balsam Bay. I asked why he wasn't fishing there, seeing as how it was the main place to fish on the south end of Lake Winnipeg.

"Have you been there lately?" he asked me. "It's like a zoo with hun-



TRIBUNE PHOTO BY ARNIE WEIDL
Thomas Norquay of Selkirk with one of his catch on the Red River by Selkirk.

dreds of guys there. I come here where it's a little quieter."

A day or so later, I visited with anglers on the Red River by Sugar Island downstream of Selkirk and noticed one portable ice shack with an extraordinary amount of steam coming out of a vent window. I couldn't help but stop and meet whoever was inside. "Hello in there," I called out as I slipped out of the truck. The sound of the zipper door opening came to me and a young lad's face popped out, followed by his tall, thin body, followed by billowing steam. He saw me looking at the cloud and said, "I like it warm inside."

We got to talking and then this Selkirk boy, Thomas Norquay, pointed to two old ice holes a few feet away from his shack saying, "See that? My girlfriend, Cori Simpson from Petersburg, and I had our tent over those holes yesterday and never caught a thing. Today, not more than a few steps from there I'm catching pickerel! One had both hooks in its mouth!"

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Stonewall mayor reflects on 2017, looks ahead to 2018

By Jennifer McFee

For the Town of Stonewall, 2017 was a year filled with successes, which paves the way for a bright beginning to 2018.

Mayor Lockie McLean is pleased to share that Stonewall has its financial house in order. He said there's been strong growth in the reserves or savings accounts that are in place for the future, mainly due to the capital lot fee intake from new construction.

"I would say the No. 1 positive in 2017 was the continued improvement in the town's financial state," he said.

"The fire hall expansion was completed at a very small cost to the town. At one time, the plan was for a complete relocation of the fire hall at a cost that would have been crazy."

In addition, the town acquired a property, which was formerly owned by an oil company, at less than half the market value.

"It is a property that squares up the old elevator site on 4th East and now gives us (approximately) 11 acres of town-owned land," McLean said.

"Strategically, this site is extremely valuable as the possible uses to serve the community needs will be realized on this site."

The hiring of CAO Wally Melnyk was another benefit to the community.

"He is so knowledgeable, humble and great with people," McLean said. "Whether you are on council of a town employee, we all benefit and learn from someone with his knowledge."

At the same time, the year hasn't been without its challenges.

"The greatest challenge was getting



Stonewall Mayor Lockie McLean

the \$4.6-million lagoon expansion underway. We had several left curves as the original design did not get provincial approval and we had to redesign the original concept," McLean said.

"Fortunately, the redesign got the necessary approval and we were able to tap into millions of dollars in both provincial and federal grants. Other than that, I would say a very smooth year."

Looking ahead, McLean expects that the greatest issue in 2018 will be to help fill the need for both assisted living and supportive housing. He said that council recognizes this need and they are "all in" on trying to help in that area.

He is optimistic that the town's team

Continued on page 10

ROCKWOOD FESTIVAL OF THE ARTS

63RD ANNUAL
2018 FESTIVAL
APRIL 9 - 22, 2018
STONEWALL, MB

APRIL 9 & 10 SPEECH ARTS

APRIL 12 (Day & Evening) & 13 CHORAL (Day)

APRIL 14 & 15 VOCAL

APRIL 16-17-18-19 & 20 PIANO

APRIL 19 BAND (Day)

APRIL 19 INSTRUMENTAL (Evening)

APRIL 21 & 22 DANCE

APRIL 30 AWARDS CONCERT 7:00 p.m.

Stonewall New Life Church

Stonewall Q.P. Heritage Arts Centre

Stonewall New Life Church

Stonewall United Church

Stonewall Collegiate

Stonewall New Life Church

TEULON COLLEGIATE

Stonewall Q.P. Heritage Arts Centre

Dates subject to change - based upon number of entries.

The Rockwood Festival of the Arts gives students and participants of all ages, the opportunity to participate in Piano, Vocal, Speech, Choral, Dance, Band & Instrumental Classes; and to perform & receive adjudication by renowned provincial adjudicators. **"All Welcome to Participate"**

ENTRY DEADLINE JANUARY 31, 2018

The Rockwood Festival of the Arts provides funds for many various awards & scholarships for the performers. Over **\$4000** is given out annually in awards.

The RFOTA relies & operates on the support & donations from organizations, individuals, businesses, corporations, municipal government & entry fees to cover the expenses incurred to host this event. RFOTA is very pleased that we have been able to operate for the last 9 years independent from Government Grants. We have been able accomplish this with the tremendous support of local donations. We hope to continue with this independence but it can only be achieved with continued support from our communities.

Please support the arts in our community by either purchasing a Patronage for \$25.00, making a donation or both.

2018 PATRONAGE FEES have increased to \$25.00

(New for 2018 all Patrons books will be mailed by Canada Post directly to you)

A Patronage entitles all members of one household to unlimited attendance to all of the RFOTA venues at no charge;

(Admission cost \$5.00 per adult/per session (morning-afternoon-evening)

(Students and participants are no charge)

a Free copy of the 2018 program Book (Value \$5.00);

and your names listed as patrons in the program book.

(No receipts are issued for Patronage.)

DONATIONS

You may choose where you would like your monetary donation to go towards
A) Awards Fund or B) General Fund.

Monetary donations of \$10 or more will receive a charitable donation receipt.

Donators names are also listed in our Festival program book.

In order for Patrons & Donators to be listed in the 2018 Festival Program book we require all submissions/purchases on or before **JANUARY 31, 2018**

DONATIONS and PATRONAGE can be submitted and purchased online at www.rfota.ca

Patronage & Donation (paper copy) Forms available at the Stonewall & Teulon Libraries

**Sunday, January 21, 2018, 7:00 p.m. Stonewall New Life Church
RFOTA Gala Concert (FREE) with Special Guests**

Meet & Greet the Rockwood Festival Convenors

Watch the Tribune newspaper for more info

Sign up for our online newsletter at www.rfota.ca

**SEE OUR "NEW" & "IMPROVED" WEBSITE FOR MORE INFO
2018 ADDENDUM - RULES & REGULATIONS - ENTRY FORMS - AWARDS
PATRONAGE - DONATIONS - 2018 PROGRAM BOOK ADVERTISING**

www.rfota.ca

Windows/Doors Winter Sale

Order now & install when it's warmer!
BUY MORE & SAVE MORE

Humphrey Windows & Doors

Order 1-3 Units

Order 4-7 Units

Order 8+ Units

6% off

10% off

13% off

**Stonewall
Glass**

Sale runs Dec. 11 - Feb 28/18

**2 Patterson Dr.
204-467-8929**

*Discount on windows,
doors & patio doors only.
Installation not included.



**Don't miss
out on these
great deals!**

A busy year in the RM of Rockwood

By Jennifer McFee

The RM of Rockwood enjoyed a productive year in 2017 and there is plenty to look forward to in 2018.

"One success would be the funding and operational partnership we've got with the federal government and Stony Mountain Institute, as well as the start of the construction of the new lagoon, which will benefit the institute and the community of Stony Mountain and Rockwood," said Reeve Jim Campbell.

"It will allow for future growth and expansion. We've got a couple of developers that are interested to start construction on some huge residential developments but there was no lagoon space. The Stony Mountain lagoon should be completed by the fall of 2018."

Also in Stony Mountain, the RM of Rockwood installed electronic water meters. As well, the start of the recreational trail system is now underway.

The collaborative work continues at a regional level with Rockwood's involvement in the Partnership of the Manitoba Capital Region.

In another success story, the RM of Rockwood funded an addition to the Stonewall-Rockwood Fire Hall, which is now complete. In 2018, they will look at buying a new fire pumper for the Stonewall-Rockwood Fire Hall, and they will also work at building a new fire hall or an addition to the Teulon-Rockwood Fire Hall.

Of course, every year has its challenges, and 2017 was no exception.

"One of the most frustrating challenges of 2017 was that we had money budgeted to do lots of drainage work, but because of cutbacks and other reasons, we couldn't get our drainage licences from the province. So in 2018, that would be something that we want to accomplish. One of our goals is to double up on the work that we didn't get done in 2017," Campbell said.

"Another big challenge was that the water rate study in Stony Mountain was long overdue. It was something that had to be done, but it's going to come with significant increase in water rates. It's with the Public Utilities Board right now."

As for marijuana legislation, Campbell said the RM of Rockwood hasn't had any concerns brought forward.

"We're basically following the province's lead," he said.

Looking ahead in 2018, the RM of Rockwood will focus a lot of time and energy on recreational services. The municipality will also work hard to balance the finances while also aiming to meet the needs of the community.

"We're continually trying to get the best bang for our buck out of our tax dollars. We'll still try to meet every ever-growing request for increased services," Campbell said.

"It's a continual challenge, and we're



Rockwood Reeve Jim Campbell

trying to find new ways of finding revenue or cutting expenses wherever we can."

Rockwood council discusses recreation commission

By Jennifer McFee

Recreation was the topic of the day at the last Rockwood council meeting of 2017.

On Dec. 20, Laine Wilson, recreation director for the Teulon-Rockwood Recreation Commission, brainstormed with Rockwood council about their future vision for recreation in the community.

After Wilson left the meeting, the discussion continued with some

councillors raising concerns about the effectiveness of the recreation commission.

As a result of the discussion, CAO Chris Luellman will contact Teulon council to arrange a meeting to discuss concerns about the current operation of the recreation commission.

In other council news:

- The provincial government has received a proposal from Canada Sheep and Lamb in Rockwood to ex-

pand its sheep production operation from 2,000 replacement ewes to 8,000 lambing ewes, with lambs removed after 10 weeks. This proposal involves adding 8,000 ewes, 100 rams and 4,558 lambs, going from a total of 182 animal units to 1,333 animal units. The operation is located 4.66 kilometres southeast of Stony Mountain.

Anyone who would like to share opinions about this proposal can contact the provincial government by let-

ter or email (TRC@gov.mb.ca), referencing TRC 12-033, no later than Jan. 21. After that date, the proposal will be dealt with by the Livestock Technical Review Committee.

More information, including the mailing address, is posted on the RM of Rockwood's website at www.rockwood.ca.

St. Laurent reeve proud of accomplishments, looking forward to 2018

By Jeff Ward

St. Laurent Reeve Cheryl Smith said 2017 was a great year for her community and she is looking to hit the ground running in 2018 to tackle a big list of priorities.

The pilot project for a community library, community trail head signs, post office relocation, community monument and work done at the Métis Heritage Centre were all happy moments for the reeve.

Prairie Rose School Division partnered with the RM for a pilot project that opens the doors of St. Laurent School's library every Wednesday. It was a big hit with families, said Smith. She explained that the data gathered

from that pilot was strong enough to continue the venture and provide a dedicated public library for the community.

The relocation of the post office, which opened in October, was another important moment for Smith, who was proud to help keep that service in the community.

"It was an important venture for us. We didn't want to see community mailboxes," said Smith.

Looking ahead to 2018, Smith said there are a few big infrastructure projects on the list. Veteran's Memorial Road will be completely fixed in the new year, which council has been working towards with Manitoba In-

frastructure for some time. Phase 1 of the Métis Heritage Centre will also be underway in 2018 and involves completing the storage facility.

With every winter comes the worry that above average snowfall could raise the level of Lake Manitoba and flood concerns are still at the front of everyone's minds on council.

"Every spring we acknowledge that. We're always watching out for that. We're all waiting for the channel to open so they can better regulate the lake," said Smith.

This is the final year of Smith's term as reeve and she said that council has had some discussion about running for re-election. There are many proj-

ects they would like to see through and would look forward to another mandate.

"If community members are satisfied with the work we've done so far," she said.

Smith said things like the ambulance bay, first responders, nurse practitioners and investments to public works, like raising the fire hall and buying a new skid steer, among others, are the kinds of things she wants to continue working towards in 2018 and beyond.

"Hopefully the community will see we have lots of offer."

Activities for Seniors in Your Area

January 2018 Calendar of Events!

**SOUTH INTERLAKE 55 PLUS, ACTIVITY CENTRE 374 FIRST STREET WEST.
FOR NEWSLETTERS, VISIT WWW.SI55PLUS.ORG**

Clip & Save



Jan 5 Travel Club Meeting @ 9:30 am
Jan 7 Manitoba Theatre Centre "Come From Away"
Jan 8 Afternoon Crib Tournament @ 1:00 pm
Jan 8 Active Wellness Classes Resume
Jan 10 Luncheon @ 12:00 pm
Jan 11 Shopping at Kildonan Place

Jan 18 McPhillips Street Station Casino Trip
Jan 30 Show Time - "A United Kingdom" @ 1:00 pm
Upcoming Events:
Feb 5 Crib Tournament @ 1:00 pm
Feb 6 Hop, Drop & Shop @ 10:00 am
Feb 6 Book Club Meeting @ 9:30 am
Feb 8 Shopping Trip
Feb 14 Luncheon - Heart & Stroke Awareness
Feb 15 Casino Trip - Club Regent Casino

OPEN HOUSE AT SI55 Plus

Tues, January 9th & Wed, January 10th
9:30 am - 11:30 am
It's MEMBERSHIP RENEWAL TIME!

Join us for a cup of coffee & meet the Board members,
Renew your Membership and Register for Programs.
Associate Memberships are available!
An Associate Member - those under 55 years who enjoy
all of the benefits of a full Membership.

South Interlake 55 Plus Afternoon Cribbage Tournament Monday, January 8, 2018 1:00 pm

Refreshments



JANUARY LUNCHEON

Wednesday, January 10 @ 12 Noon

Hot Pork Roast Luncheon With Vegetables, Salads & Dessert!
No Advance Tickets Needed! EVERYONE WELCOME!

One Stroke Painting

DOUBLE SWITCH PLATE

Wednesday, January 17 @ 12:00 pm

&

BUCKET OF LOVE - COTTAGE THEME

Wednesday, January 31 @ 12:00 pm

Pre-Registration Required Call 204-467-2582

BUS TRIPS:

Hop, Drop & Shop

Tuesday, February 6 @ 10:00 am

Shopping @ Kildonan Place

Thursday, January 11th

McPhillips Street Station Casino

Thursday, January 18th

Registration Required!



ACTIVE WELLNESS CLUB

Winter Session: January 8 - March 16, 2018

Funfit; Yoga; Dancefit; Ultimate Mix & Gentle Yoga

Satellite Programming - Yoga & Pilates - Warren Community Hall

Thursdays @ 9:30 am - Begins Jan. 11th

Active Living Programs: Pickleball; Line Dancing; Steppin'Up

No Registration Required!

STAY ACTIVE! STAY HEALTHY!

Call to Register!

For More Information, See Our Newsletter at the Centre; our facebook page or Visit www.si55plus.org

For more information call 204-467-2719

South Interlake Seniors Resource - Stonewall

SUPPORT SERVICES FOR SENIORS

- Driver/Escort Program • Equipment Lending Service • Meals on Wheels
- Lifeline • ERIK and ICE Programs • Handy Helper/Housekeeping Program
- Friendly Visiting and Telecheck (phone buddy) • Home Hair Care Service
- Resource information/Form Assistance www.sisrc.ca

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.

DON'T FORGET.....

SOUTH INTERLAKE SENIORS RESOURCE is temporarily located at 622 Centre Avenue, in front of the Lions Manor main entrance. We will be in our new office in Lions Manor Phase 4 in the New Year! Keep watching for more updates!

VOLUNTEER OF THE MONTH

Congratulations to Marlene Kinsley for being named Volunteer of the Month. She has been a volunteer since 2000 and we appreciate her dedication to our program! Thank you to McLeod Teahouse for donating gift certificates for our volunteers!

Marlene will enjoy lunch at

Join us for homemade lunches & desserts

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

Thank you to McLeod Teahouse for donating gift certificates for our volunteers!



Eating Alone? Join us for a once-a-month "POTLUCK PLEASURE AND FELLOWSHIP"
Tuesday, January 16th @ 5:00 Church of the Ascension Parish Hall 435 - 1st Ave. N.
For transportation, please call 204-467-2234 or 204-467-2207

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!!!!



For more information call 204-467-2582

Teulon & District Seniors Resource Council Inc.

Providing a Helping Hand

Find us at 54 Main St,
Teulon 204-886-2570

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

Teulon Senior Resource Drop In Center

is open Monday 1:00 - 3:00 pm

Tuesday, Wednesday, Thursday

and Friday 9:00 am - 12:00 pm,

and 1:00 pm - 3:00 pm

Closed every 2nd and 4th Thursday
morning of each month.

St. Laurent Seniors Resource Council Inc.

"A HELPING HAND WHEN YOU NEED IT"

55+ and people with disabilities

Offering support services within the RM of St. Laurent and surrounding areas

St. Laurent Community Health Centre

51 Parish Lane, 204-646-2504 ext.4

Seniors Resource Coordinator, Darlene McKay

Footcare clinic, Community Volunteer Income Tax Program,
Exercise Program, Monthly Seniors Birthday Club, Mobility Aids, (E.R.I.K.)
Emergency Response Information Kit, Victoria Lifeline,
Volunteers for different services such as Friendly Visits and Telecheck,
resource information, housekeeping, transportation,
mobility aid equipment for loan. Fundraising activities throughout the year.

Monthly Birthday Bingo Club and whist tournament
last Thursday of each month.

"Celebrating Seniors in Action"

The "Get Better Together" series - a program for living better with chronic
disease - will run in the community for no charge for six weeks at the
St. Laurent Health Centre starting **January 22, 2018 9:30 - 12:00 pm.**

To register please call St. Laurent Seniors Resource
or Caroline Le Clair 204-467-4407

Community Wellness Facilitator with Interlake Eastern RHA.

January will host two full moons in 2018

Ted has been involved in astronomy and associated sciences since childhood. His first observation was a total eclipse of the moon on December 18, 1964. That event stimulated his interest in the heavens ever since.

This year, January hosts two full moons.

The first full moon occurs on Jan. 1. The moon at this time will appear a bit larger than usual as it is close to perigee (its nearest point in its orbit around the Earth). The second full moon occurs on Jan. 31. This moon is sometimes referred to as a Blue Moon. This case will leave the month of February with no full moon as it is a short month this year.

Since the moon requires about 29.5 days to go through all its phases, it is possible for February to lack a full moon. The last time this occurred was February 1999. This makes it possible for March (which has 31 days) to have two full moons this year.

It has been just over two years since the moon has passed through the Earth's umbral (inner) shadow cone to produce a total eclipse of the moon. That occurred on Sept. 27, 2015.

On the night of Jan. 30/31, the brilliance of the full moon will fade

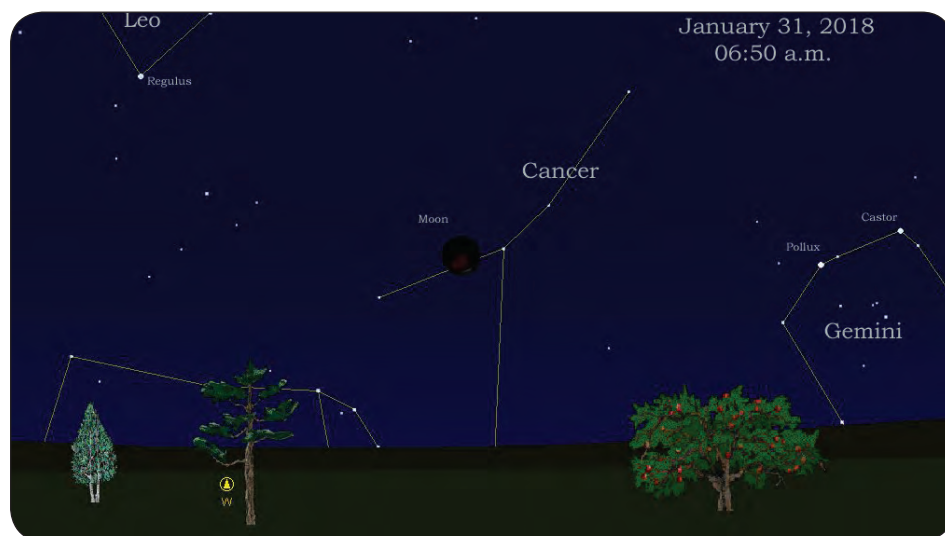


Total eclipse of the moon, Sept. 27, 2015.

once again as it passes through the dark shadow of the Earth. Only part of this event will be visible from our area. The moon will pass through the Earth's shadow in the constellation of Cancer. If the skies are clear that night it will undoubtedly be cold so bundle up to keep warm.

The eclipse will start very early in the morning at 4:51 a.m. CST (Central Standard Time), with the full moon entering the Earth's outer shadow cone (penumbra). At this time, the moon will be about 29 degrees above the western horizon as seen from the Winnipeg area. An observer must look very close to detect the near im-

perceptible light gray shading of the penumbral shadow as it creeps across the lunar surface over



TRIBUNE PHOTOS SUBMITTED

Western horizon, Jan. 31 at 6:50 a.m.

the next 58 minutes. As the moon moves easterly in its orbit around the Earth, it will intercept the Earth's inner shadow cone (umbra) at 5:48 a.m. CST. It will be at this point when the partial phase of the eclipse begins. You will easily see the dark umbral shadow make its way across the moon's surface. The moon continues to move deeper into the inner shadow cone until 6:51 a.m. CST, at which time totality begins. This is the time when the total lunar eclipse is most spectacular.

The moon will take on a coppery reddish-orange colour at this time. This colour is due to the refraction of sunlight through the atmosphere into the umbral shadow cone. The brightness and colour of the moon at this point

gives a good indication of Earth's atmospheric condition. If the totally eclipsed moon has a bright orange or yellow colour then the atmosphere is mostly clear and contains little pollution such as dust, smoke, aerosols and few thunderstorms. However if the moon is a dark orange, deep red or nearly invisible, then the Earth's atmosphere will not pass much sunlight into the shadow cone, meaning that it contains higher concentrations of contaminants along with a lot of thunderstorms.

Mid-eclipse occurs at 7:30 a.m. CST being the point at which the lunar disc is deepest within the Earth's umbral shadow. At this time, the moon will be only five degrees above the west-southwestern horizon as seen from our area.

The moon will set during totality at 8:03 a.m. CST and the rest of the eclipse will not be visible from our location.

For the next opportunity to experience all phases of a total lunar eclipse from Manitoba, we only need to wait until Jan. 20, 2019.

The waning crescent moon forms a compact triangle with Mars and Jupiter low in the southeastern predawn sky on Jan. 11 before sunrise. Reddish Mars will be much fainter than yellowish-coloured Jupiter.

> MAYOR, FROM PG. 7

and to use it to help fill the communities greatest need," he said.

"I know good things will happen in Stonewall in 2018. Some of them you can't plan, they just happen, but some you can plan. This council has its mojo and are working on a great plan. I can't tell you all the details yet, but I will say our plan is to do something amazing for our community. I think this is possible!"

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Stonewall 204.467.9101
QUARRYPHYSIO.CA

NEW YEAR RESOLUTION

PERSONAL TRAINING

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..... January 2 - 31, 2018

- Individualized exercise prescription based on your needs and goals
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Contact us to customize a package based on your needs.

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Heather McDermid

Restore the body
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Renew the spirit

Winter Session starting soon
Classes for all levels!

Register at
www.heathermcdermidyoga.com
or Call 204-467-7949 hmyoga@mymts.net

Winter

2018 PROGRAM



*Interlake School Division
Continuing Education*

WINTER 2018 REGISTRATION FORM

Course Number: _____
Course Name: _____
Course Title: _____

Name: _____
Address: _____
Phone: _____
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 COORDINATOR
jderksen@isd21.mb.ca
204-467-2956 fax 204-467-8334
www.isd21.mb.ca/coned

REGISTER NOW!

Interlake School Division, Continuing Education
192 2nd Ave North, Stonewall MB R0C 2Z0 204-467-2956

Hours: Monday 11:00 a.m. - 6:00 p.m.

Tuesday – Friday 8:30 a.m. – 4:30 p.m.

Jocelyn Derksen – Program Coordinator jderksen@isd21.mb.ca

- All classes run subject to enrollment.
- Please register early to avoid cancellation and disappointment.
- All evening classes held in the schools are cancelled if the schools have been closed for holidays or inclement weather. Some classes may also be cancelled/postponed due to school functions. Closures due to weather are announced on CJOB or on our website www.isd21.mb.ca. We will do everything we can to make up any missed classes.

REFUND/CANCELLATION POLICY

- Refunds must be requested three days prior to course start date, **less admin fee \$15.**
- For courses cancelled due to insufficient enrollment you will be notified and money will be refunded in full.
- Please note start date, time and location of course. You will not be sent a confirmation of registration. You will be contacted only if the course is cancelled due to insufficient registration.

CLASS LOCATIONS

Brant Argyle MB-322 - Argyle
École R.W. Bobby Bend 377-2ND Ave N - Stonewall
École Stonewall Centennial 573 – 2ND Ave N - Stonewall
Stonewall Collegiate 297 – 5TH Street W - Stonewall

Stony Mountain School 139 School Rd - Stony Mountain
Teulon Collegiate 59 1st Street NE - Teulon
Warren Collegiate 119 MacDonald Ave. - Warren
Warren Elementary 300 Hanlan St. - Warren

OTHER CONTINUING ED PROGRAMS

Lord Selkirk 204-482-6926
Louis Riel 204-237-8130
River East 204-667-6193

St James 204-832-9637
Winnipeg 1 204-775-0231
South Wpg Tech 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 Norma
Phone: 204-951-1925
Email: mocha3@mymts.net

Check out our WEBSITE www.isd21.mb.ca/coned

YOUTH SAFETY

CANADIAN RED CROSS BABYSITTING COURSE (AGES 11-15)

Class includes textbook and wallet size certificate. Students are to bring a bagged lunch and a doll.

Instructor: Kelly Kimball

W18/01 SATURDAY, JANUARY 13TH, 2018

9:00 – 5:00 p.m. at Warren Collegiate Fee: \$60

W18/02 SATURDAY, JANUARY 20TH, 2018

9:00 – 5:00 p.m. at Stonewall Collegiate Fee: \$60

W18/03 SATURDAY, MAY 5TH, 2018

9:00-5:00 p.m. at Teulon Collegiate Fee: \$60

HOME ALONE – EMERGENCY PREPAREDNESS & PEOPLE SAVERS 3 (AGES 8-13)

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. *Instructor: Kelly Kimball*

W18/04 WEDNESDAY, JANUARY 24TH, 2018

6:00-8:30 p.m. at Stonewall Collegiate Fee: \$35

YOUTH FITNESS

W18/05 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. *Instructor: Dale Kinley*

10 SUNDAYS STARTING JANUARY 14TH, 2018

12:00 – 1:30 p.m. at Stonewall Collegiate Fee: \$55

SIGN UP FOR WINTER AND SPRING - \$95

YOUTH PERSONAL INTEREST/ART

W18/06 KIDS CAN COOK – THE HEALTHY WAY! (AGES 8-12) IN WARREN!

All supplies included in the registration fee and the *Canada's Food Guide* will be followed. *No outside food or drinks. Please indicate any food allergies at time of registration.*

Instructor: Meechelle Best

6 TUESDAYS STARTING JANUARY 16TH, 2018

4:00 - 5:30 p.m. at Warren Collegiate Fee: \$75

KIDS ART PARTIES WITH 'PARTILIFE'

W18/YP YOUTH PAINT PARTY (AGES 8 AND UP)

Tuesday, January 30th 2018

6:00-7:30 p.m. at Stonewall Collegiate

Fee: \$45

W18/YS YOUTH SIGN PARTY

(AGES 8 AND UP)

Tuesday, February 20th 2018

6:00-7:30 p.m. at Stonewall Collegiate

Fee: \$45

W18/ART CHILDREN'S ART CLASS (AGES 8 - 12)

Have you always loved painting, drawing, using your creativity? Join this 4 week art class and have fun learning while you express yourself through drawing, painting, and clay. Art supplies are included in the fee.

Instructor: Jennifer Sonnenberg

4 TUESDAYS JANUARY 23, 30, FEB 6, 13 2018

4:00 - 5:30 p.m. at Stonewall Collegiate - Art Room

Fee: \$60

YOUTH PERFORMING ARTS

MTYP (MANITOBA THEATRE FOR YOUNG PEOPLE)

W18/07 CREATIVE DRAMA – AGE 4-6

A fun and encouraging introduction to theatre and drama. *Students who previously took creative drama in fall are welcome to re-join as the program will be different! Instructed by Manitoba Theater for Young People.*

8 WEDNESDAYS JANUARY 24 – MARCH 14TH 2018

4:30-5:30 pm at École Stonewall Centennial School Fee: \$140

W18/08 ACTOR'S WORKSHOP AGES 8-11

Are you serious about acting? If you said "Yes", the Actor's Workshops is right for you! You'll work with a teacher on everything from audition monologues and voice training to mime and movement. *Students who previously took creative drama in fall are welcome to re-join as the program will be different! Instructed by Manitoba Theater for Young People.*

8 WEDNESDAYS JANUARY 24 – MARCH 14TH 2018

5:45-6:45 pm at École Stonewall Centennial School Fee: \$140

VIVA LA MUSICA!

Students are invited to come directly after school to explore music with Carolina using various instruments, movement, and of course engaging songs from around the world. The Orff-based program is designed to provide affordable music education that further develops the skills learned in school and private lessons in a safe and fun environment.

Instructor: Carolina Nagy

W18/M1 AGES 6-7 WOODLANDS

8 TUESDAYS STARTING JANUARY 16TH, 2018

3:40 – 4:45 P.M. at Woodlands School Fee: \$90

W18/M2 AGES 8-11 STONEWALL

8 THURSDAYS STARTING JANUARY 18TH, 2018

3:40 – 4:45 p.m. at École Stonewall Centennial School

Fee: \$90

W18/M3 AGES 6-7 STONEWALL

8 FRIDAYS STARTING JANUARY 19TH 2018

3:40 – 4:45 p.m. at École R.W. Bobby Bend School

Fee: \$90

W18/M4 VIVA LA MUSICA!

MUSIC DEVELOPMENT FOR YOUNG CHILDREN! AGES 2-3, 4-5

With over 15 years of experience working with young children, Carolina offers an Orff-based approach program where parents can bond with their children through music. Come explore sounds and basic rhythms with your young ones using various instruments. Playful and fun songs will engage young minds and establish strong embarkment in their musical development.

8 TUESDAYS STARTING JANUARY 16TH, 2018

10:00-11:00 am at Parochial Hall

Fee: \$90 (one child/one parent)

Children's French Immersion classes with Lucie (Please see the Language section)

SAFETY FIRST

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.

W18/09 FOOD HANDLERS CERTIFICATION

The student workbook is included in the course fee. Please bring a lunch. *Instructor: Lori Zdebiak RD*

Saturday, March 24th 2018

9:30 a.m. – 4:00 p.m. at Stonewall Collegiate

Fee: \$110 (re-certification only \$65)

Recertification please arrive at 3:00 p.m.

ECSI- FIRST AID/CPR (EMERGENCY CARE AND SAFETY INSTITUTE)

A 7-8 hour emergency first-aid course with a simplified book and is easy to follow. CPR only can be taken the first night \$45. *Instructor: Bob Barsi*

W18/10 2 CLASSES FEBRUARY 1 & 8, 2018

6:00 – 10:00 p.m. at Stonewall Collegiate Fee: \$95

W18/11 2 CLASSES MARCH 15 & 22, 2018

6:00-10:00 p.m. at Teulon Collegiate Fee: \$95

TAKE CPR ONLY FOR \$47.50 (FIRST NIGHT)

Winter 2018 PROGRAM

FITNESS/YOGA

SPARK FITNESS

With Sarah Todd, FIS, HWL

CANFITPRO Certified

www.SparkFitnessandNutrition.ca

SPECIAL DISCOUNT

One for \$60 Two for \$100 Three for \$135

W18/12 TABATA (HIIT CLASSES)

This class is suitable for all levels because you get to decide the intensity you want to put into each class, so you must be aware of your own minimum AND maximum limits. *Please bring: indoor runners, yoga matt, water bottle and 5-8 lb weights.*

8 MONDAYS STARTING JANUARY 8TH, 2018

6:15 – 7:15 p.m. at École R.W. Bobby Bend Gym

Fee: \$60

W18/13 YOGA FLOW

Establishing the mind, breath and body connection is key for healing the body. Join in for the joyful practice of yoga. This class uses a combination of movement, postures and breath to work on strength, flexibility and balance. *Please wear comfortable clothing and bring: water bottle, yoga mat, blanket and a couple pillows.*

8 WEDNESDAYS STARTING JANUARY 10TH, 2018

7:15 – 8:30 p.m. at École R.W. Bobby Bend Music Room

Fee: \$60

W18/14 BOOT CAMP

This class is suitable for all levels because we introduce you to all the moves progressively and modifications will always be offered. *Please bring: indoor runners, yoga matt, water bottle and 5-8 lb weights.*

8 THURSDAYS STARTING JANUARY 11TH, 2018

6:15-7:15 p.m. at École R.W. Bobby Bend School Gym

Fee: \$60

W18/15 BADMINTON - GRADES 9 – 12 & ADULTS OF ALL AGES

This class is for the competitive badminton player (emphasis will be on footwork, shots and improving skills) and developing players (emphasis on improving basic skills and developing their game). Bring your own racquet. Racquets may be purchased from the instructor.

Instructor: Dale Kinley

SUNDAYS STARTING

JANUARY 14TH 2018

1:30-3:00 p.m. at Stonewall Collegiate Fee: \$55

W18/16 FUN BASKETBALL

(13 - ADULT)

Come out for a fun night of basketball! Join this friendly fun league where you can play even if you are relatively new to the sport. Please bring indoor shoes with non-marking soles.

League Coordinator – Darrell Vesa

SUNDAYS STARTING

JANUARY 14TH, 2018

8:00-9:00 pm at École Stonewall Centennial School

Fee: \$25

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

ZUMBA

Samara Robertson - Zumba

Fitness® Licensed Instructor

Basics 1 Trained in First Aid / CPR

**SPECIAL DISCOUNT
ONE FOR \$65 TWO FOR \$120
9 WEEKS – NO CLASSES
FEBRUARY 21, 22**

6:00-7:00 P.M. ÉCOLE R.W. BEND	WEDNESDAY STARTING JAN. 10	W18/17
6:00-7:00 P.M. WARREN ELEM	THURSDAY STARTING JAN. 11	W18/18

W18/19 VOLLEYBALL - INTERMEDIATE LEVEL (CO-ED) AGE 18+

Strong level of play, recommended for past high school varsity-level players. Must be physically capable and experienced to play at a competitive level.

MONDAYS JANUARY 8TH – MARCH 19TH (NO VOLLEYBALL FEBRUARY 19)

7:10-9:40 at Stony Mountain School Fee: \$30

W18/20 VOLLEYBALL -

RECREATIONAL/BEGINNER LEVEL (CO-ED) 16+

Fun and social evening with a basic level of play required.

Fridays January 12th – March 23, 2018

7:00-9:30 at Stony Mountain School Fee: \$30

For more information please contact Tammy at 204-467-7753 or Ashley at 204-471-2851

W18/22 WOMEN'S SELF DEFENCE (AGES 14 AND UP)

This course will cover a variety of concepts which may be employed to help women feel safe. There will be discussions on good decision making, recognizing and defusing potentially dangerous situations and how to best avoid these situations. Everyone is encouraged to wear appropriate clothing for the physical activity and to be sure to indicate any physical limitations to the instructor before the source begins. *Instructor: Rick Williamson; 7th Degree Black Belt in the self Defense Art of JiuJitsu. He is also an instructor in Non Violent Crisis Intervention and has taught many self defense classes to women and men.*

2 WEDNESDAYS JANUARY 24 AND 31, 2018

7:15-8:45 pm at École R.W. Bobby Bend School

Fee: \$45

**Interlake School Division,
Continuing Education
204-467-2956
Jocelyn Derksen –
Program Coordinator
jderksen@isd21.mb.ca**

STONY MOUNTAIN BOOT CAMP FITNESS CLASSES

rstfitness@gmail.com

With Rhonda Steffan, Canfitpro Certified

Fitness Instructor & Healthy Eating & Weight Loss Coach Certification

CLASS DISCOUNTS - One for \$60; Two for \$100 Three for \$135 Four for \$150

TABATA INTERVAL BOOT CAMP

THIS CLASS IS SUITABLE FOR ALL FITNESS LEVELS. You decide your own personal level of intensity that you will put into the class. Please bring: indoor runners, a water bottle, towel, yoga mat, resistance band and hand weights.

**W18/23 8 MONDAYS STARTING JANUARY 15TH 2018
(NO CLASS FEBRUARY 19)**

6:00-7:00 p.m. at Stony Mountain School

W18/24 8 THURSDAYS STARTING JANUARY 18TH 2018

6:00-7:00 p.m. at Stony Mountain School

W18/25 8 SATURDAY'S STARTING JANUARY 20TH 2018

8:00 AM - 8:45 AM at Stony Mountain School

W18/26 CIRCUIT INTERVAL BOOT CAMP

Suitable for ALL FITNESS LEVELS, circuit boot-camp training will alternate strength training exercises with aerobic activities to provide you with the ultimate circuit workout. Please bring: hand weights, a water bottle, yoga mat, & indoor runners.

9 WEDNESDAYS STARTING JANUARY 17TH 2018

6:00-7:00 p.m. at Stony Mountain School

**NEW
DAY/TIME
ADDED FOR
TABATA!**



INSTRUCTORS: SHELLEY SCHAEFFER, BA, B ED

Certified in Group Fitness, Resistance Training, Active Older Adults, Zumba®, Zumbatomic®, Zumba Gold®, Bellyfit® and Drums Alive, Fit Flow Yoga and in Maureen Rae's Yoga Training (Level 1 & 2)

CELINE DOLL, B ED Can Fit Pro Fitness Instructor Specialist

**Special Discount One for \$55 - Two for \$95 Three for \$125 - Four for \$145
8 week session starting January 8th 2018**

MORNING - SHRED, SHAPE AND SCULPT

MONDAY / WEDNESDAY / FRIDAY / SATURDAY AM

A 10-10-10 format combining cardio, interval training and toning. Yoga mat and weights (3-10lb) required.

W18/27 8 MONDAYS (NO CLASS FEBRUARY 19TH)

W18/28 8 WEDNESDAYS

W18/29 8 FRIDAYS

STARTING JANUARY 8TH, 10TH AND 12TH, 2018

5:40 am - 6:25 am at École Stonewall Centennial School

W18/ 30 8 SATURDAYS STARTING JANUARY 13TH, 2018

8:30 am - 9:15 am at École Stonewall Centennial

EVENING

W18/31 YOGALATES

This class is a combination of yoga and Pilates aimed at toning and lengthening to create balance and alignment in the body. Bender ball will be provided to use in class. Yoga mat required

8 MONDAYS STARTING JANUARY 8TH, 2018 (NO CLASS FEBRUARY 19TH)

6:15 - 7:00 pm at École Stonewall Centennial School

W18/32 SHRED, SHAPE AND SCULPT

A 10-10-10 format combining cardio, interval training and toning. Yoga mat and weights (3-10 lbs) required.

6 THURSDAYS STARTING JANUARY 11TH, 2018

6:15 - 7:00 pm at École Stonewall Centennial School

YOGA WITH CARLA

"RELAX THE MIND; RENEW THE BODY; REVIVE THE SOUL"

Experience the benefits and power of simple and gentle Yoga stretches. Please bring a yoga mat and blanket. *Instructor: Carla Kummel*

W18/35 8 WEDNESDAYS JANUARY 17-MARCH 7TH, 2018

6:00 - 7:30 p.m. at Brant Argyle School

Fee: \$75

YOGA WITH MARNI

"LET YOUR INNER RADIANCE SHINE FORTH"

Come experience yoga through sound, breath and movement. In this 8 week session, we will combine asana with a variety of energetic tools to remove emotional blockages, raise our vibration and connect with our authentic selves. Please bring a mat, belt, and blanket. *Instructor: Marni Daun*

18/36 8 TUESDAYS

STARTING JANUARY 16TH 2018

7:00 - 8:00 p.m. at Stony Mountain School

Fee: \$70

MORNING YOGA WITH MARNI

Welcome your day with Sun Salutations; a beautiful series of warm-up poses that will lead you into your waking hours with grace, purpose and connection. In this class we will do a short meditation to connect, some flow asana to get our joints moving and end with breath work and stillness to take with you into your daily routine.

Instructor: Marni Daun

W18/37 4 TUESDAYS

JANUARY 25 - FEBRUARY 15TH 2018

6:00 am - 6:45 am at École Bobby Bend (music room) -

Stonewall Fee: \$45

YOGA & MEDITATION WITH ANGELA

SIGN UP FOR BOTH W18/38 AND W18/39 AND SAVE \$5

W18/38 YOGA

Angela is a natural intuitive and energy healer who combines yoga poses, breath work and crystals with source energy to provide a unique yoga experience. No experience is necessary. Please bring a mat, water bottle and blanket. *Instructor: Angela White. B.Ed, YTT 200*

8 THURSDAYS

JANUARY 18TH - MARCH 8TH 2018

6:30 - 7:30 pm at École R.W. Bobby Bend (music room) Fee: \$75

W18/39 BEGINNER MEDITATION

You are more than your thoughts and emotions. Angela will guide you to focus your thoughts and calm your mind. Each session will explore a different technique, beginning with 5 minute mini-meditations and working up towards lengthier adventures! Please bring a cushion or blanket and an open mind. *Instructor: Angela White. B.Ed, YTT 200*

8 THURSDAYS JANUARY 18TH - MARCH 8TH 2018

7:45 - 8:30 pm at École R.W. Bobby Bend (music room)

Fee: \$55

W18/39A YOGA WORKSHOP (for more details ask when registering)

THURSDAY MARCH 22, 2018

6:30 - 8:30 at École R.W. Bobby Bend School

Fee \$35

BODY ROLLING WORKSHOP

Body Rolling is a completely original fitness and therapy practice that combines healing, wellness and injury prevention in a single and simple workout. Bring a water bottle and yoga mat. Wear loose fitting clothing. For more information, visit www.amatabodyrolling.com or request an information pamphlet when registering. *Instructor: Amy From- Playford*

W18/BR1 WEDNESDAY, FEBRUARY 28, 2018

6:30 - 8:00 p.m. at École R.W. Bobby Bend

Fee: \$35

W18/BR2 WEDNESDAY, MARCH 21, 2018

6:30 - 8:00 p.m. at École R.W. Bobby Bend

Fee: \$35

PERSONAL INTEREST/LANGUAGE

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).

W18/40 COMMUNICATION SKILLS FOR EVERYONE

Do you want to better present your thoughts in the workplace, in social settings, in your own home? This course will give you some very practical skills to achieve this. We will interact on topics such as 'Assertiveness vs Aggressiveness', 'Personality Types', 'Vocabulary Watch', and 'The Art of Good Questions.' This course will be packed with information and will show you the power of words and the impact of our communication skills. *Please bring a notebook to class so you can capture important points and begin to develop a resource for yourself. Some handouts will also be provided for your ongoing work on this subject.*

Instructor: Peggy Jensen

3 TUESDAYS APRIL 10, 17, 24 2018

6:30 - 9:00 at Stonewall Collegiate

Fee: \$60

W18/41 CONFLICT RESOLUTION AND RECONCILIATION

Do you have conflict in your life? Are you a 'bridge builder' or a 'wall builder'? In our busy lives, we all need to be intentional in our business and personal relationships. When we do take action in our conflict, do we focus more on the 'problem' or the 'person'? We can become solution-focused thinkers. This course will give you an opportunity to learn how a great deal of reconciliation and restoration can be achieved with our verbal and non-verbal communication skills. *Please bring a notebook to class so you can capture important points and begin to develop a resource for yourself. Some handouts will also be provided for your ongoing work on this subject. *Communication Skills for Everyone is a good precursor to this course** *Instructor: Peggy Jensen*

3 TUESDAYS MAY 1, 8, 15, 2018

6:30 - 9:00 at Stonewall Collegiate

Fee: \$60

"FRENCH IS FUN WITH LUCIE!"

Learn French with Lucie! Madame Lucie has been a welcome addition, working as the French Language Monitor at École R.W. Bobby Bend. She is a native French speaker who comes from Ivory Coast, Africa. Madame Lucie has a lot of experience working with children. She is a positive, fun person who loves to help students with their French.

W18/F1 GRADES 3 & 4

"French Club" or <<Le Club Français>> is an effective way to help your children develop their oral French skills. French club will be held in a friendly atmosphere and facilitated by Madame Lucie Irie. Children will play French Games, make crafts, and engage in many activities while building their skills in oral French. **This course has been designed for French Immersion students only. For information regarding our French Immersion Program please contact 204-467-5537*

8 TUESDAYS STARTING JANUARY 16TH, 2018

3:30 - 4:15 pm at École R.W. Bobby Bend School

Fee: \$45

W18/F2 GRADES 5 & 6

French Club or <<Le Club Français>> is intended for intermediate students in French. It allows students to practice their oral skills at a level with which they are comfortable and to gain more fluency and more confidence in using the language in a broad variety of familiar situations. **This course has been designed for French Immersion students only. For information regarding our French Immersion Program please contact 204-467-5537*

8 WEDNESDAY'S STARTING JANUARY 17TH, 2018

3:30 - 4:15 pm at École Stonewall Centennial School (French Square)

Fee: \$45

W18/F3 GRADE 9 - ADULT

This course is an introduction to the French language for complete beginners. It is perfect for parents who register their children for French Immersion Kindergarten and would like to learn a few basics in the language. **This course is open to any adults or teens who consider themselves to be beginners in the language or wish to have a refresher in their oral French language skills.*

8 THURSDAYS STARTING JANUARY 18TH, 2018

7:00 - 8:00 pm at École Stonewall Centennial School

Fee: \$45

Winter
**2018
PROGRAM**

PARTILIFE

PartiLife (formerly known as TD Fine Arts) is a Canadian grassroots company that started in rural Manitoba. They have since grown and now offer events in Manitoba, Saskatchewan and Alberta. As Canadians, they support other Canadian businesses.

Join us for an evening of laughing and creativity.

Everyone leaves with their very own creation! All materials are supplied!

W18/59 SIGN PARTY – 'ENJOY THE LITTLE THINGS' OR 'LIFE IS SHORT' (16X20)

TUESDAY, JANUARY 23, 2018

6:00-8:00 pm at Stonewall Collegiate Fee: \$46



W18/60 BATH CADDY OR BEER BOTTLE OPENER

TUESDAY, FEBRUARY 13, 2018

6:00-8:00 pm at Stonewall Collegiate Fee: \$46

*Custom wording provided



W18/61 WELCOME SIGN (5 FT) OR GROWTH CHART (6FT 7 INCHES)

TUESDAY, FEBRUARY 28, 2018

6:00-8:00 pm at Stonewall Collegiate Fee: \$52



CREATIVE SIDE

W18/62 SPRING WREATH PARTY MONDAY, MARCH 5, 2018

6:00-8:00 pm at Stonewall Collegiate

Fee: \$52

*Lots of flowers/ribbon to choose from to custom design your own



W18/62B MASON JAR BATH SET TUESDAY, MARCH 20, 2018

6:00-8:00 pm at Stonewall Collegiate Fee: \$41

Contents not included

Pick any color; distressing optional



ONE-DAY OIL PAINTING SEMINAR FOR THE ABSOLUTE BEGINNER - STONEWALL

Join popular instructor Julie Lamoureux in learning how to create this stunning painting you will be proud to display. www.artworkshops.ca



W18/63 16X20 POLICEMAN'S CREEK (LOCATED IN CANMORE AB)

SATURDAY, MARCH 10, 2018

9:30 – 4:30 p.m. at Stonewall Collegiate Fee: \$94
(class end time is approximate) *Image is copyrighted

WELCOME WREATH!

Dress up your front door and welcome family & friends into your home with this beautiful wreath! Choose any color, flower or embellishment to make it your own.

W18/W1 WEDNESDAY MARCH 14TH, 2018
10:30 – 11:30 a.m. at Stonewall Florist
Fee: \$45

W18/W2 WEDNESDAY MARCH 14TH, 2018
6:00 – 7:00 p.m. at Stonewall Florist
Fee: \$45



INTRO TO DRAWING WITH PEN AND INK

Learn the techniques needed to create detailed black and white drawings. With supplied outline of picture and step by step instructions, no previous sketching ability required. A \$6 fee for the pen to be paid to the Instructor Linda Gillies.

W18/64A WOLF DRAWING 2 THURSDAYS - JANUARY 18TH AND 25TH, 2018
6:30 – 8:30 pm at Stonewall Collegiate
Fee: \$40



TAKE BOTH CLASSES FOR \$70 – SAVE \$10

W18/64B TRAIN STATION 2 THURSDAYS FEBRUARY 1ST AND 8TH, 2018

6:30-8:30 pm at Stonewall Collegiate
Fee: \$40



W18/65 ESSENTIAL OIL DIFFUSER BEADED BRACELET (AGES 14 AND UP)

In this class you will learn two different techniques for finishing and you will leave with two lovely bracelets that once oil is added, will release an aromatherapy scent. *Instructor Fern Bales of the Winnipeg Jewellery Teacher Collective.*

WEDNESDAY, MARCH 14TH, 2018

6:30 – 8:30 p.m. at Stonewall Collegiate – Art Room
Fee: \$40

(includes all supplies to make the two bracelets)



PROGRAMS IN WARREN

PLEASE SEE COURSE INFORMATION THROUGHOUT THE FLYER FOR THESE CLASSES

Zumba at Warren Elementary with Sam– Thursday's 6:00 – 7:00 p.m.

Yoga in Argyle with Carla – Wednesday's 6:00 – 7:30 p.m.

Babysitting course at Warren Elementary with Kelly January 13th 9:00-5:00 p.m.

Contact Info: Kelly Kimball

Phone - 1-204-461-4040

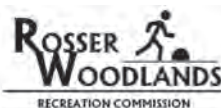
Email - rosserwoodlandsrec@mymts.net

Twitter - @RWRRecComm

Facebook - "Like" Rosser

Woodlands Recreation Commission

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



PROGRAMS IN TEULON

PLEASE SEE COURSE INFORMATION THROUGHOUT THE FLYER FOR THESE CLASSES

First Aid/CPR at Teulon Collegiate –

March 15th & 22nd - 6:00-10:00 p.m.

Babysitting course at Teulon

Collegiate May 5th 9:00 – 5:00

Contact Info: Laine Wilson

Phone – 204-8860505 or 204-861-0341

Email – teulonrockwoodrec@gmail.com



Twitter - @teulonrockwood

Facebook – <https://www.facebook.com/teulonrockwoodrec>

Outdoor community rink opened in Argyle

By Natasha Tersigni

With Santa Claus at the helm, the Argyle Community Skating Rink had their official grand opening on Dec. 20 following Brant-Argyle School's Christmas concert.

The celebration was complete with a lantern walk, horse and wagon rides, hotdog roast and, of course, skating. The event was to kick-off the skating season and to recognize the hard work of community members that volunteer to ensure that outdoor rink is made possible.

"This is a complete volunteer initiative. Ron Watson had been making the ice for the past 15 years and still volunteers with us. After the board dissolved a few years ago, a group of community members volunteered to keep it going and Ron still makes the ice for us," said event organizer Kim Shaw.

The rink is a staple in the community and students from the school use it regularly as part of their physical education classes.

"It is great to have the rink in the community and keep families active during the long winter months," added Shaw.

The rink is located beside the Argyle



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Santa Claus cuts the ribbon at the opening of the Argyle Skating Rink on Dec. 20.

Curling Club and is complete with a warm-up shack.



Esther Havedings and her granddaughter Emory Shaw test out the skating rink.



MPI's Top 5 road safety resolutions for 2018

Submitted

How many road crash deaths are okay? Manitoba Public Insurance is encouraging all motorists to conclude that losing even one Manitoban from motor vehicle collisions is one too many — and is encouraging motorists to resolve to make 2018 the safest-ever year on Manitoba roadways. On that note, Manitoba's public auto insurer has released its Top 5 road safety resolutions for motorists to consider:

1. Drive Sober

The use of either alcohol or drugs while driving is a dangerous mix. Many drivers believe cannabis has no effect on their driving ability. MPI's public awareness and education ef-

forts over the next year will give Manitobans the information they need to make safe decisions when it comes to driving after consuming cannabis and to understand how, similar to alcohol, cannabis and other drugs can impair driving ability.

On average, every year 25 people are killed in an impaired-driving related collisions, and a recent medical study published by the British Medical Journal shows that crash rates for drivers under the influence of cannabis are two to six times higher than for drivers who are not impaired.

Don't become a statistic!

2. Stick to driving: distracted driving can be fatal

Each year in Manitoba, about 28 people are killed as a result of distracted driving. A recent survey of Manitoba drivers revealed that 15 per cent of respondents admitted to using a handheld cellphone while driving, with usage nearly doubling among drivers age 25 to 39.

However, distracted driving is not exclusive to the use of smart phones while driving. Distracted driving is anything that diverts your attention from the road. Distractions take your eyes off the road, hands off the wheel and your mind off the job of driving.

Stay focused on the task of driving!

3. Buckle up. Every time.

On average, 20 people each year are

killed in Manitoba because they were not wearing a seatbelt. Consider the odds: A person is nearly 35 times more likely to be killed and five times more likely to be seriously injured when not wearing a seatbelt. In rural Manitoba, highway speeds increase crash severity, which makes wearing seatbelts even more important, regardless of where you are seated in the vehicle.

Whether a short trip or a long one — seat belts save lives!

4. Watch your speed

Speeding claims about 21 lives yearly in Manitoba, in addition to 600 people injured in speed-related crashes.

Continued on page 16

PartcipACTION 150: And that is a wrap

By Natasha Tersigni

The unfortunate time has come for me to admit defeat. While I have succeeded in half of what I set out to do — profile amazing community groups and teams that are doing awesome things in the Interlake, to learn more about my community and to try a few new activities — I must admit that not all 150 activities are crossed off this PartcipACTION 150 list.

In my time of mourning, I am reminded of the quote “Success is a journey, not a destination. The doing is often more important than the outcome.” There are a number of excuses I could lay onto you, my beloved readers, but I will not as I have another announcement to make.

The title of this article “And that is a wrap” has a double meaning. While it indicates that this is the end of the PartcipACTION 150 series, it is also the end of my time as a full-time employee here at the *Tribune*.

As many of you know I am a reservist with the Canadian Armed Forces. For the last year, I have been trying to balance both career paths. I have come to the very hard decision that the balancing act is too difficult to keep up and I have accepted a full-time position working with the Public Affairs cell with the 38 Canadian Brigade Group. This new position has me working out of Winnipeg but, of course, I like cheap rent and free food so I will still

be calling Stonewall home.

I could go on and on and talk about how much I enjoyed my time at the *Tribune* and the people I met. You are reading this column so I am sure you know what true enjoyment that all my stories in the *Tribune*, even the one’s covering Teulon council on a cold winter Tuesday night, have brought me.

When I graduated from journalism school at the University of Regina in 2012, I had one goal in mind: to work for the *Winnipeg Free Press* as a reporter. Following the summer, I had not found a job anywhere and my summer position as a rowing coach was quickly coming to a close fast. I accepted a job as an administrative assistant at a customs broker, which entailed me sitting at a desk for eight hours a day answering phones and responding to emails. It does not come as a surprise to many of you that a desk job is really not my thing.

Rescue came in the form of a *Winnipeg Free Press* classified ad, irony at its finest, that was advertising a full-time reporter/photographer for the *Stonewall Teulon Tribune*. After a quick Google search to find out exactly where Stonewall is, to my surprise only a 45-minute drive from my house in Winnipeg, I fired off my resume and prayed for a response.

Following my submitting an article piece, the publisher Lana Meier had told me that unfortunately she had



TRIBUNE PHOTO BY KRISTA LAMBERT

For the last PartcipACTION 150 activity of the year, I chose activity #99 Hockey. Nothing really gets more Canadian than that, eh?

hired someone else but would keep me in mind for freelance opportunities as they came up. I took that as a sign I should quit my job and drove to Stonewall with a story list in my hand.

A few successful pitches later, I was regularly submitting a few stories a week to the *Tribune*. I gave myself six months before I would get another job and quit this rural gig.

Five years, one move and countless friends later, Stonewall is now my home and this paper is and will always be at the heart of that.

Thanks to Lana and all her staff, the *Tribune* really is a community newspaper, probably one of the last ones of its kind in Manitoba, if not Canada. At a time when papers are closing left and right, and the ones left are often large

corporations in it solely for a profit, the ability for the *Tribune* to thrive is really a testament to the community that I had the pleasure of serving for five great years.

Thank you for making me a part of your community, for embracing my storytelling, for helping my family create a new business in Stonewall and for being a community that understands and cherishes community news. I will still be around town, and I have a feeling down the road, I will still be involved with the *Tribune* in some capacity; what that specifically entails, I have not figured out yet. Plus, I haven’t really run this past Lana, so let’s just keep that between you and me.

> MPI, FROM PG. 15

Weather conditions in Manitoba can also make driving treacherous.

At this time of year, all drivers should be in full “winter driving mode.” Be particularly cautious when travelling on overpasses and bridges. The surfaces on these structures can freeze

quickly due to a lack of ground insulation. Allow more time to stop. Traction is reduced when roads are slippery it takes more time to come to a complete stop. If you don’t have winter tires, it’s not too late to get them.

Drive to road conditions. Speed limits are intended for “ideal” driving

conditions!

5. Watch out for vulnerable road users: motorcycles, pedestrians and cyclists.

Over the first 11 months of 2017, seven motorcyclists and 11 pedestrians lost their lives in motor vehicle-related collisions on public roadways.

As our most vulnerable road users, drivers are encouraged to look twice and give the time and space needed to keep pedestrians, cyclists and motorcyclists safe. For cyclists, this means giving at least one metre of space when passing. Our roadways belong to all road users!

worship *with us*

> FAITH

In today’s world, there are many ways to approach the challenges of life. Some of us are pressured to live only for today, unable to concern ourselves with saving or planning for the future. Other people invest their efforts in what their life will be like at retirement. None of these strategies take care of all our needs. “No man is an island,” so are you willing to ask for help? If we are asked to help, during the holiday season, do we make time to help others?

Early national songs and anthems included lines that implored God to help and protect us on every side. Even *O Canada* still makes the request

“God keep our land.” Wealth, privilege and self-reliance have made requests for help a perceived evidence of weakness or a sign of ulterior motives. This presents two great challenges for the Christian. First, all Christians are commanded to reveal the love and mercy of God by caring for the needs of their neighbour. Jesus instructs us in part two of the greatest commandment, “...love your neighbor as yourself” (Luke 10:27). This is not to be done blindly or ignorantly, but, specifically, for the immediate needs around us (neighbours) as well as to those who have great need across our world. Secondly, see-

Who Is Asking For Help?

ing and addressing the needs of our neighbour is difficult when shame, fear and pride are in the way. Admitting our needs and receiving help does not come to Canadians easily.

Seeing the pain or suffering of others is a life-altering experience. My family has had several opportunities to travel to nations that are less privileged than Canada. Even in the Middle East and North Africa, the obstacles of fear, pride and shame often prevent people who are in great need from asking for help.

The first gift we could offer the world is to pray. “Lord Jesus, let the cruel obstacles that keep people re-

pressed and in bondage in our neighbourhood and around the world be removed that it may be as You prayed...“Thy kingdom come and Thy will be done on earth as it is in heaven.” (Luke 11:2) The second gift may be so easy to give that we have overlooked it. Jesus said to “Ask and you shall receive, seek and you shall find, knock and the door will be opened unto you.” If people are too afraid to ask for help, we should just offer this simple question, “How can I help you?”

Pastor Jonathon Dewey
Cornerstone Church
joncdew@gmail.com

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Stonewall Teulon Tribune sports highlights from 2017

Staff

The sporting world in our area was an extremely busy — and exciting one — this past year as local athletes and teams attained athletic excellence.

Here are some of the highlights from 2017:



Sara Oliver

January

For the second year in a row, Sara Oliver won a Manitoba Junior Women's Provincial Curling Championship.

Marquette's Oliver played second on Laura Burtnyk's Assiniboine Memorial rink, which defeated East St. Paul's Kristy Watling 8-7 in the final. Watling's rink included Stonewall's Jenna Boisvert as third.

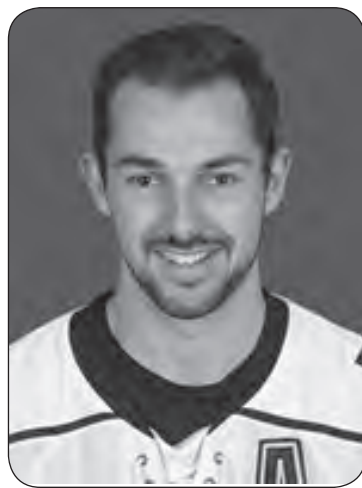
The competition at the Canola Junior Men's Provincial Championship in Winnipeg was real tough.

The Stonewall Curling Club's Thomas Dunlop and his rink of third Emerson Klimpke, second Carson Argan, lead Matt Dunlop, and coach Guy Beaudry, finished out of the playoffs with a 3-4 record in the "Asham" Black Group standings.

In golf, Garrett Malcolm was recognized for his outstanding work once again. Malcolm, a Teulon native, won the PGA of Canada National As-

sistant Pro of the Year award. He flew out to Orlando to receive his prestigious award Jan. 26.

Interlake was well represented at the Western Canadian Badminton Team Championships in Saskatoon.



Brett Stovin

Badminton Manitoba sent their team of three boys and three girls in U19, U17 and U15 divisions. Manitoba's U17 team defeated Saskatchewan to win the bronze medal.

Dale Kinley coached the U17 group, which included Sasha Wiebe (Stonewall) and Emilia Sinclair (Woodlands). Both players are from the Interlake Badminton Club.

The Stonewall Collegiate Rams varsity girls' basketball

team won all four games they played at a five-team Killarney tournament to take top spot.

The Rams rolled to wins over Killarney (37-34), Major Pratt (45-23), Morden (46-36) and Prairie Mountain (50-23).

University of Manitoba Bison men's hockey players Brett Stovin of Stony Mountain and Jonah Wasylak fought back against cancer early this year.

The pair made an initiative to grow their hair out at the start of last season in order to cut — and donate it — to the cancer care foundation at the end of this season.

They raised \$3,755 for the Canadian Cancer Society.

February

There have been many hockey greats recognized over the years as the guest of honour at the Stonewall Blues Veteran's Cup tournament.

And Mike Nugent was the latest one.

Nugent has been an important fixture on the Stonewall Jets as a dedicated equipment manager since 1994.

It's been several years since the Teulon Saints junior varsity girls' basketball team was No. 1 in the MHSAA "A/AA" rankings.

But that's where the Saints

found themselves after the most rankings came out in February. Teulon was No. 2 the previous week.

The Balmoral Judo Club attended the Inner City Open at Tec Voc High School in Winnipeg.

The local club had four members win medals, including Corbin Godard (U12 boys -30/-33kg combined) and Naomi Good (U14 women -57/-63 kg combined) winning gold.

Emily Rogowsky (U16 women -57 kg) and Kaitlyn Barr (U16 women -63/-70 kg combined) each won bronze medals.

In volleyball, Grosse Isle's Tori Studler was named the University of Manitoba Bisons' female athlete of the week for the period ending Feb. 12.

Studler, a 5-foot-11 left side, registered 28 kills, 28 digs, five service aces and 33 points while starting all 10 sets against the MacEwan Grifins.

Hope Blanchette competed very well at the Hal's Harley Davidson 2017 Midwest Twisters Gymnastics Invite in Milwaukee back on Feb. 10-12.

She was awarded four medals and a trophy for placing fifth all around.

The Manitoba AAA Midget Hockey League announced Feb. 21 that Jack Einarson was the CCM Hockey Player of the Week.

In three games during the final week of the season, the Gimli product netted two goals and added five assists.

March

The Warren Merces' Scott Corbett was honoured with the South Eastern Manitoba Hockey League's inaugural Dale Rempel Man of the Year award.

On the court, the Warren Collegiate Wildcats won a sil-

ver medal at the MHSAA "A/AA" junior varsity girls' provincial basketball championship in Winnipeg.

Warren earned the silver after losing 54-37 to Roblin's Goose Lake in the gold-medal game Saturday.

The Teulon Collegiate Saints also played well at provincials, winning the consolation championship after defeating Virden Collegiate 41-37.

In hockey, Teulon's Haylee Tretiak and her Saint Mary's Huskies won an AUS championship for the second consecutive season.

The Huskies defeated the StFX X-Women 3-2 in triple overtime in the decisive Game 3 of their best-of-three Subway AUS Championship.

The Interlake Ice, meanwhile, finished with a 1-1-1 record at Hockey Manitoba's Rural Bantam "AAA" Female Provincials in Garson.

After finishing the season in first place, the Stonewall Blues PeeWee girls' A1 team captured Hockey Winnipeg's City Championship with a 2-1 victory.

Stonewall won the best-of-five final in four games.

A pair of local players — Brooke Riley and Hope Anderson — celebrated a hockey championship.

Both were members of the Silvertips, who won the Manitoba Women's Junior Hockey League championship after beating the Northern Stars 2-1 in their best-of-three final series.

Those who attended the Chicken Chef Mixed Provincial Curling Championship at the Stonewall Curling Club certainly got their money's worth.

The great weekend of curling action culminated in an exciting final as East St. Paul's Dean Dunstone edged Sean Grassie 5-4 in an extra end.

The Interlake Blue Jays were



Interlake Badminton Club

Continued from page 17

approved to rejoin the Manitoba Junior Baseball League this past season. The decision became official at a MJBL meeting March 27.

Interlake was very well represented at the Canadian Ringette Championships in Leduc, Alta. The Manitoba Magic U16 AA team won the consolation banner after a 7-5 win over a team from Whitby, Ont.

Several players on the team reside in the Interlake.

April

The Stonewall Collegiate Rams had a pair of players recognized at the Winnipeg High School Hockey League banquet in Winnipeg.

Carson Ouelette has a little bit more cash at his disposal after winning the \$3,000 Dave Hill Bursary. The three-year Rams' veteran capped off a nice high school hockey career by winning the bursary.

Meanwhile, Brendan Labossiere was the Rams' winner of the Travis Price scholarship. Each team voted on their winning student-athlete for this award.

For most players, competing in a western Canadian hockey championship is a once-in-a-lifetime occurrence.

But for the Arborg Ice Dawgs' Corbin Pasternak of Stonewall and Jordan Liske, it was an experience that they had three different times in their junior hockey careers.

In Rob Martell's NHL officiating career, he made a lot of calls on the ice. But it was Martell's turn to receive a call in April.

Martell was one of the new-

est Manitoba Hockey Hall of Fame members, entering the Hall's Class of 2017 as an official.

Annaliese Meier of the Sturgeon Heights Huskies was a big winner at the Winnipeg Women's High School Hockey League awards banquet on April 12.

The offensive dynamo from Stonewall was recognized as the Winnipeg Free Press Division's top scorer and most valuable player for the second consecutive season.

Meier led all WWHSHL scorers last season with 36 goals and 60 points in just 21 regular-season games.

Thomas Dunlop ended his season the way every curler wants to before enjoying the summer. He won his final bonspiel of the season.

The Stonewall skip cruised to the Elmwood MJCT title after a dramatic 7-6 extra-end victory over Brett Walters.

After enjoying the elation of winning the MMJHL championship two seasons ago, the Stonewall Jets experienced the pain of losing a league final after a 5-1 loss to the Raiders Jr. Hockey Club.

With that win, the Raiders won the best-of-seven series in six games.

May

The rural team of Dale Kinley (Stonewall) and Katherine Lee (Brandon) defeated Kyle Grymonpre and Katherine Desautels 2-1 by scores of 17-21, 21-15, 21-17 to win the mixed doubles provincial badminton championship.

At the high school level, the Stonewall Collegiate Rams' varsity badminton team won the Zone 5 banner for the second consecutive year.

Stonewall finished the two-day tournament with 44 points, two ahead of the Teulon Collegiate Saints.

Teulon Collegiate would later make a major impact at the MHSAA Badminton Provincials in Brandon.

The Saints won their third consecutive A/AA aggregate provincial banner after finishing the two-day competition with 35 points. That was ahead of Warren Collegiate (20) and Grand Rapids (18).

Team Manitoba swept the 2017 National Aboriginal Hockey Championships in Cowichan, B.C. by winning gold in both the male and female divisions.

Justin Nachbauer scored the game winner in overtime to lift Manitoba to a thrilling 6-5 win over Ontario in the male final.

In the female gold-medal game, Manitoba blasted Saskatchewan 7-0. Stonewall's Bianca Zak made 21 saves for the shutout win.

On the diamond, the Stonewall Collegiate Rams won the consolation side of the W.C. Miller Aces Baseball Classic.

Stonewall defeated the Virden Bears 12-8 in the consolation final. It was a battle between a pair of third-place teams from their respective pools.

The Stonewall Collegiate Rams' fast-pitch team, meanwhile, had a great showing at the Garden Valley Invitational tournament.

Amber Schneider picked up the victory as Stonewall defeated the Garden Valley Zodiaks 5-2 in the B-side final.

The Manitoba High Schools Athletic Association presented several sports scholarships.

Carson Ouellette of Stone-

wall Collegiate was one of those winners. He was the male recipient of the Alexander Josephson Memorial Scholarship while Portage's Bailey Grantham was the female winner.

The Tire Recycle Urban Athlete of the Week was Brendan Labossiere of the Stonewall Rams' baseball team.

Labossiere, a 5-foot-10 pitcher/centre fielder, led the Rams to a Zone 5 baseball championship.

June

The Rams were one win away from claiming a MHSAA provincial fast-pitch championship.

But Stonewall had to settle for silver medals after a tough 11-1 loss to the Portage Collegiate Institute Saints in the provincial final in Mitchell.

Stonewall Collegiate gave the Boissevain Broncos a pretty good battle in their MHSAA baseball provincial quarterfinal game. But, in the end, Boissevain ended Stonewall's season with a 9-2 win.

The Manitoba Junior Hockey League's annual Bantam draft took place and Stonewall proved to be a popular choice among teams as three players were selected.

Defenceman Carter Bateman was picked in the third round (33rd overall) by the Steinbach Pistons while goaltender Chris Fines was selected in the fifth round (51st overall) by the three-time defending MJHL-champion Portage Terriers.

Two picks later, defenceman Nicholas Finnson was selected by the OCN Blizzard.

The Manitoba High Schools Athletic Association and McDonald's Canada announced

the winners of the 2017 McDonald's Leadership Awards.

The local winners included Teulon Collegiate's Kailen Ledochowski and Stonewall Collegiate's Carson Ouellette. Ledochowski boasted an impressive 97 per cent academic average while Ouellette had a solid 94.4 average.

Warren Collegiate was outstanding at the MHSAA track and field championships. Warren's 28 track athletes and six relay teams captured the school's 10th consecutive "AA" aggregate team banner and its first category banner in 11 years.

Several Wildcats' athletes won medals against the top high school track and field athletes in Manitoba.

High school coaches rarely get enough recognition for all of the hard work they do for student-athletes. But one local teacher/coach received the recognition she so richly deserved.

Warren Collegiate's Lee Stewart received a certificate of recognition for her long-time contribution to high school sports at the MHSAA general meeting in Brandon in June.

July

One would be hard-pressed to find a more exciting football game than the one played between the Interlake Thunder and North Winnipeg Nomads at Investors Group Field.

With a league title at stake, the Thunder won the junior girls' football championship after a thrilling 71-63 overtime victory.

Aaron Cockerill was the hometown hero at the

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Annaliese Meier

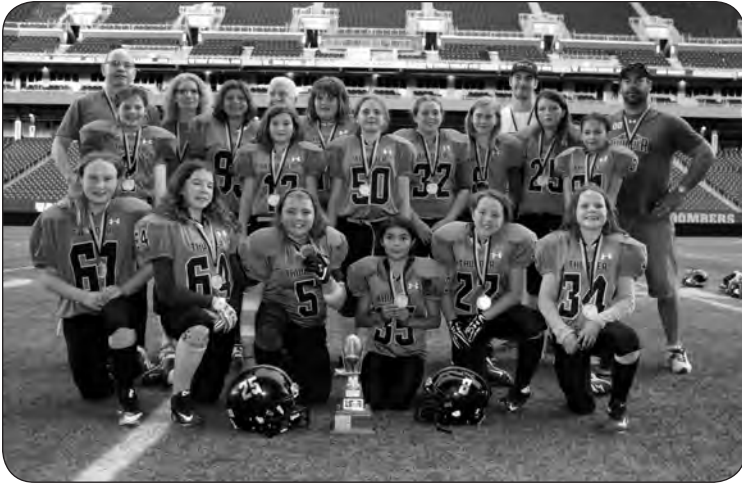


Stonewall Blue Jays



Warren Wildcats track and field team

Continued from page 18



Interlake Thunder junior girls football team



Zoe Oughton

\$175,000 Players Cup at Pine Ridge Golf Club in Winnipeg. And he had plenty of heroics on the golf course.

The fan favourite from Stony Mountain was outstanding all week, wrapping up his four rounds with a tidy par on the 18th hole to finish at an impressive 4-under in front a massive crowd of family and friends.

The annual Manitoba Junior Baseball League all-star game took place at Shaw Park.

The Interlake Blue Jays were represented by five players - Martin Knutson, Baily Proctor, Derek Petrasko, Brennan Cheasley and Emerson Klimpke — who were selected to play in the game.

Jacee Turner of Rosser was one of the 23 players selected to Team Manitoba's Youth Girls' Select program that competed at the 2017 National Team Challenge Cup in Richmond, B.C., from July 20-23.

The talented 16-year-old is a 5-foot-eight right-side hitter that can really punish a volleyball.

Team Manitoba claimed

the silver medal after defeating Saskatchewan 33-8 at the Football Canada U16 West Challenge in Lethbridge.

Manitoba, whose roster includes St. Andrews' Brandyn Linklater and Warren's Connor Henry, led Saskatchewan 19-1 at the half.

The Interlake Blue Jays knew the Carillon Sultans would be a tough opponent in their Manitoba Junior Baseball League best-of-three first-round playoff series.

And they were tough.

Carillon swept the series in two games, winning 10-0 at home and then 5-4 in Stonewall last week.

Our American friends received some great lessons in the sport of field lacrosse from a group of talented Manitobans in late July.

True Manitoba Lacrosse, which included Selkirk's Josh Poponick and Stonewall's Seth Mandryk, dominated their U.S. counterparts by winning a pair of tournaments in two different states.

The Manitoba contingent, which is a travel team, won a tournament on the prestigious University of Notre Dame campus in South Bend, Ind. and then headed west to win another event in Eden Prairie, Minn.

August

The Interlake Orioles were just three outs away from reaching the 15U "AAA" baseball provincial final.

But those three outs proved to be very tough to get.

The North Winnipeg Pirates scored three runs in the top of the seventh inning to secure a wild 6-4 comeback win over the Orioles in the provincial

semifinals in Morden.

The Interlake Blue Jays impressed a lot of people with their return to the Manitoba



Adam Kirk

Junior Baseball League this past season.

And some of that recognition came to the forefront at the MJBL's annual awards banquet.

The Blue Jays' Adam Kirk was named the league's top manager. Kirk guided Interlake to a 7-16-1 record to finish seventh in the eight-team league.

Several Interlake players had the opportunity to compete at the U16 western fast-pitch championships in Brandon.

The Manitoba Angels' roster included local players Jordan Crooks, Miranda Holod, Rikki Frost-Hunt, Ellen Marshall, Sarah Dowsett and Taryn Jackson. Their batgirl was Sara Jackson.

Team Manitoba won their final game of the season — and it resulted in a bronze medal — at the 16U Girls' Invitational Baseball Championships in Vaughn, Ont.

Manitoba took home the bronze after edging Nova Scotia 5-4 in a thriller.

Interlake coaches included Darrell Humeniuk and Rod Ledochowski while the players were Jamie Johnson, Jacey Ledochowski and Megan Humeniuk.

Sticking with baseball, Team Manitoba found out the hard way that home field isn't always an advantage.

Manitoba finished with an 0-4 record at the 21U Women's Invitational Tournament held in Stonewall.

Interlake players included

Kaitlyn Holod, Jamie Johnson, Jade Ledochowski, Brittney Langlais, and Laura Kilbrei.

September

The Elmwood Giants put a scare into the Stonewall Blue Jays during their Winnipeg Senior Baseball League best-of-seven championship series.

But, in the end, the better team claimed the league championship.

Down 3-0 in the series, Elmwood won two straight games before Stonewall capped off the series win with a convincing 8-3 victory at Fines Field on Sept. 12.

The Warren Collegiate Wildcats reached the final of their varsity boys' home tournament before losing 2-0 to Gabrielle Roy.

The host team lost sets in the final by scores of 25-16 and 25-12.

The Stonewall Collegiate Rams won the Zone 5 boys' golf banner by a wide margin over the seven-team field.

Stonewall combined to shoot a 266, based on its top three scores at the one-day event at the Bel Acres Country Club.

Ryan Brown led the Rams with a solid 86, followed by Scott Yeo (87), Seth McMahon (93) and Andrew Everitt (101).

The Rams then placed ninth out of 16 teams at the MHSAA provincials.

Stonewall Collegiate didn't look out of place one bit at the MHSAA rural boys' soccer championships in Niverville.

Stonewall had a real nice effort in reaching the consolation semifinals where they lost 2-1 to McGregor.

Hockey Manitoba an-



Trevor Procter



Olivia Cvar

nounced the 2017 U18 Team Manitoba roster for the Women's National Championship that took place last month in Quebec City.

On that roster were Stonewall's Olivia Cvar and St. Andrews' Hailey Karbonik. Karbonik plays defence for the St. Mary's Academy prep team while Cvar is a forward for the Balmoral Hall prep squad.

It was a banner day for the Stonewall Collegiate Rams at the MHSAA cross-country provincials in Winnipeg.

The junior varsity girls were tops with 33 points in the A-AAA category, well ahead of Sanford's 58 while both the varsity boys and junior varsity boys' placed third in their respective divisions.

The Stonewall Flyers return to the South Eastern Manitoba Hockey League was a short one.

After leaving the SEMHL for the 2015-16 season to play in the Manitoba Senior Hockey League, the Flyers returned to play in the SEMHL last season.

But the Flyers didn't ice a team anywhere this season.

The Warren Collegiate Wildcats won the Garden Valley junior varsity girls' volleyball tournament.

Warren swept Steinbach Christian in the final, winning sets by 25-18 and 25-14. The Wildcats took a commanding lead in the first set and never looked back.

Woodlands' Trevor Procter and Lunder's Troy Fortin, along with the Warren Seniors (1974-79), are among the Manitoba Baseball Hall of Fame 2018 inductees.

Procter and Fortin will be

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joined by Faron Asham, Doug Freeth, Andrew Collier, Jason Mateychuk and Terry Mayert in the individual category.

The Warren Seniors will be inducted in the Small Community category while the Brandon Marlins (1999-2008) and Morden Mohawks (1993-2000) will go in the Major Teams category.

It takes one tough hombre to be a bull rider.

And Tyson Salmon was the toughest of them as he was crowned the 2017 Manitoba Bull Riding Champion in Brandon at the end of October.

November

The Western Hockey League an-

nounced that Kamloops Blazers' winger Jermaine Loewen has been named the WHL On the Run Player of the Week for the week ending Nov. 5.

Loewen, a 6-foot-4, 221-pound product of Arborg and former Interlake Lightning, recorded five points (four goals, one assist) in a pair of games that week for the Blazers.

It's rare for a Manitoba-born player to play any type of college ball in the U.S.

It's even rarer when that baseball is at the Division I level.

But that's the level where Stonewall's Ryan Humeniuk will be playing at next season as he makes the transition from Indian Hills Community College in Iowa to the University of Louisiana-Monroe Warhawks.

The Warren Wildcats had an outstanding run at the MHSAA "A/AA"

junior varsity girls' volleyball championship in Killarney.

Warren was very good as it reached the championship game before losing 2-0 (25-19, 25-17) to Gilbert Plains.

December

Joe Rosser made the rare switch from lineman to middle linebacker this past season for the Interlake Thunder Midget football team.

And the change was a good one as Rosser enjoyed a standout season for the Thunder this past season and was honoured with the league's most valuable player award.

The Stonewall Collegiate Rams' varsity volleyball seasons ended at the MHSAA "AAA" provincials in Brandon.

The boys reached the quarter-finals

where they lost 2-0 to Brandon's Neelin High School. Neelin won the match with set wins of 25-17 and 25-17.

In girls' action, Stonewall failed to make the playoff round after going winless during pool play.

Warren Collegiate did a great job hosting the MHSAA "AA" varsity volleyball championships.

And the Wildcats also did a great job on the court.

Both Warren teams battled their way to third-place finishes at the provincials to conclude outstanding seasons.

The Canada West conference named its Three Stars of the Week for the period ending Dec. 3 and University of Manitoba Bison Brett Stovin was named the second male star.

Stovin, 23, was the first Manitoba male athlete named to the 2017-18 conference weekly honour.

Melsted honoured with soccer officiating award

By Brian Bowman

Alex Melsted has found success in an occupation that is not always adored by fans and players.

The 18 year old Stonewall native was honoured with the Top Youth District Referee award for 2017, which was handed out by the Manitoba Soccer Referee Association.

She received the award on Nov. 11 at the MSRA awards night. The prestigious award is a great way to acknowledge a talented, young soccer official.

"It was very nice and it's a good accomplishment for me," said Melsted from her home last month. "It's heartwarming, I guess, to say someone's recognized me and my work."

Melsted is a former Stonewall Collegiate Rams' player who now chases down soccer balls with a women's team in Winnipeg. She has also played for the Manitoba Blizzard.

She started officiating "about four or five years ago" and admits it was a tad difficult early in her officiating career.

"There's a lot of information that you don't really know as a player," she reasoned. "Starting out as a ref, there's a lot that you need to learn and a lot that you have to get used to, especially with everyone yelling at you sometimes, which doesn't help."

So, what's it like to be a person with the whistle that's going to make en-

emies with one team on nearly every call.

"I've heard that many of times," she laughed. "But I think it motivates you to ref and referee more."

Melsted really enjoys the sport of soccer and being a part of it as an official. She has had the privilege of being coached by some great soccer minds like the legendary Charlie Cooke, Darryl Lindsay and Jim Zinko.

"I love playing the sport, I love coaching, and (being a ref) is just another part of the game that I get to be a part of now," she said.

Becoming an official is quite a contrast to being a player.

"It's quite (rewarding), I think," she said. "It's nice to be in control and I get to talk to the players and coaches. I get to teach (the players) as well if I'm officiating younger ages."

Lisa Sansregret, the Manitoba Soccer Referees Association president, had some kind words for Melsted and her contributions as a soccer official.

"Alex Melsted is a referee who is dedicated to her assignments and is wonderful to work with," she said. "I have had the pleasure of working with Alex for the past three seasons, originally indoors as a referee assistant."

"Alex is a great young person to work with who is always on time, is



TRIBUNE PHOTO SUBMITTED

Stonewall's Alex Melsted, right, was honoured with the Top Youth District Referee Award for 2017.

interested in her games, and shows up dressed professionally and ready to go."

sports & recreation

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Bison women's hockey team No. 1 in Canada

By Brian Bowman

For the first time in Bison women's hockey history, Manitoba is ranked No. 1 in Canada in the latest U SPORTS Top 10 poll.

Manitoba vaulted from the fourth spot all the way to No. 1 after a home weekend split with UBC on Dec. 1-2.

Winnipeg Beach's Rachel Dyck was in goal for the Bison as they skated to a 2-1 overtime win over a very good UBC team in Game 2 of the series.

"It's obviously pretty cool (being No. 1) and it was obviously a goal for us all going in but we didn't really expect it," said Dyck, who now has a 6-2 record this season.

"We're just going one game at a time and we keep on winning."

The Bisons lead the Canada West conference with a 10-4-2-0 record (good for 34 points as three points are awarded for a regulation win).

"(It's been great), not just because of our record, but the way that our team is," said Alison Sexton, a Stonewall product in her first season with the Bison. "It's been great to be a part of."

A big part of Manitoba's success has been the play of the Interlake players. The Bison, as a team, have a great mix of offensive and defensive players.

Besides Dyck and Sexton, Manitoba also has Warren forward Mekaela Fisher and Stonewall goalie Devan Johnson on its team this season.

It says a lot about the opportunities for Interlake girls to play elite hockey while growing up. That's not always the case in rural areas across Canada.

"It's pretty cool to play with girls that grew up in the same area," Dyck said. "For me, right off the bat when I start-

ed when I was 12, I had the opportunity right away to play with other girls on a girls' team. That's kind of rare because a lot of girls grow up playing with guys."

Dyck said Interlake girls were part of a very good hockey program growing up. They had a lot of exposure playing in U.S. tournaments and across Canada in front of scouts, she said.

"All of the coaches growing up were great," she noted. "It was a good environment and a good organization that allowed us to (enhance) our skills and it obviously has paid off."

Sexton, meanwhile, started her university career with the Merrimack Warriors, located near Boston. She has really enjoyed her time back home playing for Manitoba.

"I grew up playing with a lot of the girls that I'm playing with now," Sexton said. "Girls that I played spring hockey with, I'm now playing with at U of M, so it's great to get back to that."

"I think the competition (in Canada) is just as good, if not better (than the U.S.). There is a lot of glamour around Division I sports but, honestly, CIS or U Sports is great. Playing hockey here is great and I love living at home."

The Bisons enjoyed a lengthy holiday break and will resume Canada West action against the No. 2 Alberta Pandas this Friday and Saturday in Edmonton.

It will be an epic showdown between the two top teams in the country.

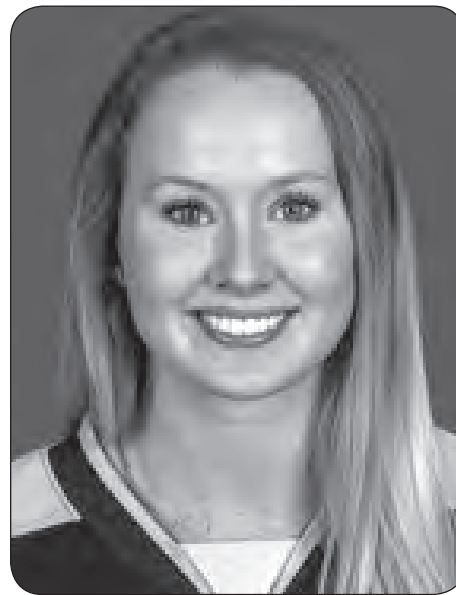
"Going to Alberta has been tough for us," Dyck admitted. "Every year we go to the playoffs, we've had to go there and play them and we haven't had much success.



Devan Johnson



Mekaela Fisher



Allison Sexton



Rachel Dyck

"If we get some good results (against Alberta), then that will definitely boost our confidence."

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SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer



CROSSWORD

CLUES ACROSS

1. Make ale
5. Residue
8. Female parent
12. Succulent plants
14. OJ's judge
15. Czech river
16. Embarrassing predicament
18. NHL legend Bobby
19. Sunfish
20. One who acclaims
21. On the __: running away
22. Oklahoma's "Wheat Capital"
23. The Golden State
26. Merrymake
30. Siberian nomads
31. Pock-marked
32. Baleen whale
33. Leaf-footed bug genus
34. Treasure
39. Tanzanian shilling
42. Changed
44. Intestinal pouches
46. Walked in a celebratory way
47. South American mountain chain
49. Jai __, sport
50. Consumed
51. Firm
56. Pubs
57. Leafy drink
58. Cured
59. Northern wind of France
60. Tax collector
61. Respite from the sun
62. American spy Aldrich
63. Central Standard Time
64. Myanmar ethnic group

CLUES DOWN

1. Crush
2. Razorbill genus

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

3. "Full House" actress Loughlin
4. Bluish green
5. Garlic mayonnaise
6. Attacks repeatedly
7. Secretion
8. Special instance
9. A handsome youth loved by Aphrodite
10. Tree genus in the mahogany family
11. Israeli city
13. Formed a theory
17. Remove
24. Type of light
25. Repeats
26. Certified public accountant
27. River in eastern France
28. Returned material authorization (abbr.)

29. Special __: military group
35. Ribonucleic acid
36. Not even
37. Power transmission belt
38. Doctor of Education
40. Type of nerve
41. Types of tops
42. Large primate
43. Flooded, low-lying land
44. Gritty
45. Gets up
47. Stake
48. Not the most
49. Swedish rock group
52. Expresses pleasure
53. Expression of boredom
54. Queen of Sparta
55. Where Adam and Eve were placed at the Creation

Classifieds

Stonewall Teulon Tribune

Announcements

MISCELLANEOUS

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OBITUARY

Robert Allen (Bob) Bird

December 6, 1932 - December 15, 2017

Dad passed away peacefully on Friday, December 15 at home with his wife Edith at his side. He will be fondly remembered and greatly missed by his wife of 65 years Edith; children Lynn (Gary), Laura (Ken), Christine (Peter), Mark (Lisa) and Andrea (Alex). Dad was extremely proud of his 13 grandchildren and six great-grandchildren and was a wonderful Dad, grandpa and great-grandpa.

Dad grew up in the Weston area of Winnipeg and met Mom at one of the local dances at the riding club where he worked. He worked at the Manitoba Telephone System for 37 years until his retirement when he started a few years of bee-keeping. He built the house in Rosser where many barbeques rounded out the family football and volleyball games, bocce tournaments and the annual firework display. He loved having his family around him and cherished the times sitting on the carport watching whatever game broke out on the lawns he would keep trimmed so they were always ready. He lived his life with integrity and was always there to lend a helping hand to anyone in need.

Dad's family would like to thank the wonderful Stonewall home care and palliative care staff for their compassion and understanding which allowed him to remain at home until the end.

Memorial service was held on Thursday, December 21st.

THERE IS A LINK DEATH CANNOT SEVER,
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Applications are to include a complete resume and three references. Deadline for receipt is January 10, 2018, 4:00 pm.



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