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Winter fun

TRIBUNE PHOTO BY JO-ANNE PROCTER

Mother Nature made it easy for families to get outside and enjoy the fresh air with temperatures hovering around zero degrees last Saturday.. Families spent hours sledding, skating and skiing throughout the Interlake. Pictured left to right; Xavier Lamb, Ethan Favreau (raccoon hat), Mi-chaela Fenske, Adelynn Meier and Ava Favreau.

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Vote for Summit Café in Manitoba's Fried Chicken Fest

By Jennifer McFee

A Stony Mountain eatery is hoping to take a bite out of the competition in a fried chicken competition this week.

Summit Café is participating in Fried Chicken Fest, which runs from Jan. 21 to 28. Owner Nadine Dannenberg explains the creative process that went into creating their entry, which is named The Southern Belle.

"With it being January, it's dismal and cold. But when we think of fried chicken, we think of the warmth of the south so we went with a lot of the southern flavours," she said.

"We are using sweet tea to brine our chicken before we fry it. We added pickled peaches and then, of course, we have a little bit of the heat with a red pepper jelly and a roasted garlic mayo on a scallion potato bun. We went with some wonderful southern flavours to brighten up our January."

Fried Chicken Fest, created by Susie Erjavec Parker and Allan Pineda, aims to encourage people to get out and enjoy Manitoba's amazing food scene.

Diners can vote for their favourite

creation at www.FriedChickenFest.ca.

Then coming up from Feb. 1 to 9, Summit Café will continue with the friendly food competitions with its entry in La Poutine Week, which is coming to Manitoba for the first time ever.

The poutine competition is an initiative of Le Burger Week creators Na'eem Adam and Thierry Rassam. They originally launched the event in Montreal and have been expanding to other locations.

Summit Café has created another mouthwatering menu item called Smoky Mountain Poutine specifically for the competition.

"We're doing a Yukon Gold hand-cut fry, which we have all the time. We are then making a smoked chorizo fattie, which is kind of like a meatloaf that you make in a smoker. We're using chorizo sausage, stuffing it with sautéed red peppers and onions, green chilis and we're hoping to make some fresh Mexican cheese in house," Dannenberg said.

"So that gets smoked and then we'll



Smoky Mountain Poutine



The Southern Belle

be serving that cut up onto the poutine. We're using Bothwell old cheddar cheese and jalapeno jack with a side of bacon gravy and roasted tomatoes on top."

Voting will take place on the La Poutine Week website at www.LaPoutineWeek.com.

Summit Café also participated in Le Burger Week in September, drawing droves of diners from Winnipeg and throughout the Interlake.

"These type of social media platforms are always a great opportunity to reintroduce yourself," she said.

"We want to make sure that people are aware of where we are and get the word out there while also trying new things. There are so many fun things going on. It's fabulous."

Summit Café is located at 23 Main St. in Stony Mountain. For more information, visit www.summitcafe.ca or call 204-344-0205.

Jimm's Hill provides family fun for all ages



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Jimm's Hill, which borders the southeast corner of Quarry Park in Stonewall, was a busy place last weekend. Families and friends took advantage of the weather to get outside and enjoy the heat wave. Far left photo: Jen Biernes hauls Lianne and Graeme up the hill. Middle photo: Harlow Meier is excited to ride down the hill with her mom Chelsea while dad Eric watches from the top. Right photo: Chris and Louise Arbez join their children Annaliese and Jackson in the fun.



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A little girl with a big heart

By Jennifer McFee

Instead of asking for presents for herself, a local girl decided to celebrate her seventh birthday by gathering gifts for some furry friends.

Tracy Thibodeau had been talking with her daughter Araya about how lucky they are while also reflecting on the real meaning of Christmas — beyond the gifts under the tree.

“We talked about how our hearts feel so full they spill over and that we should be doing more to share love and kindness with the world,” Thibodeau said.

“Following that conversation, I asked Araya if she thought it was a good idea that instead of getting gifts, that we accepted donations that could help people or animals

that didn’t have full buckets.”

The little girl with the big heart decided to ask her friends to give donations to D’Arcy’s ARC instead of giving her birthday gifts.

At her birthday party, which took place at Laser Jungle in Stonewall, Araya gathered plenty of pet supplies plus \$110 to donate to the animal rescue centre.

“I was worried that she would miss the opening of presents at her birthday party and be disappointed, but it didn’t happen at all. We focused on creating a fun experience for her and her friends, and gifts weren’t even a thought. She was so excited at all the donations and all the animals that she could help,” Thibodeau said.

“She got excited as we talked

about the number of bags of dog food that the donations could buy or how the puppies and kitties could play with their toys. In the car on the way home from her party, I asked her how she felt about not having any gifts and she said, ‘Really good, mom. I want to do it every year. Next year I want to donate to the homeless.’”

The Teulon Elementary School student is also acting as an inspiration to her two older sisters and to her friends, who might also consider making donations for their birthdays.



TRIBUNE PHOTO SUBMITTED

Araya Thibodeau traded in her birthday presents to help out the dogs of D’Arcy’s ARC.

SCI students host annual winter concert



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Music filled the gymnasium while guests of the Stonewall Collegiate bands and choral groups enjoyed several numbers on Jan. 17. Band director Chelsey Novakowski conducted six different bands while choral director Kendra Obach led four choirs. Top photo, the Mass Choir closed the show with Coldplay’s song “Fix You.” Bottom photo, Novakowski conducts her first SCI band concert.

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*Savings are an average and are based on a heating system life of 25 years and energy rates in effect November 1, 2017. Your savings will vary depending on your home and heating needs.



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Interlake Community Foundation stepping out in 2018

Submitted

Interlake Community Foundation board members realized that they may have an image problem at their regular board meeting last November.

"There is generally a lack of knowledge and little understanding of what the ICF is all about," said Bob Beck, ICF chair.

Beck referred to a recent ICF meeting when two local fundraisers and donor recognition professionals from Brooke Recognition came to a board meeting and admitted that they both knew nothing about the foundation. Several board members agreed with this impression, based on their experiences within their communities.

It became clear that outreach and marketing needed a more aggressive path.

"Without people aware of the benefits and effectiveness of the foundation, it will be a continuing challenge to grow our endowment capital fund. With increased promotion and marketing, the seed money will increase so the earnings can do even more annually for charitable and community-growing organizations in the Interlake," Beck added.

The funds sit at just under \$1 million

at present. Gifts made to an endowment fund at a community foundation are permanently invested, with the earnings distributed as grants to support a variety of local charitable projects. The capital is never spent, ensuring a lasting source of support for our community. Current grant applications are being accepted until Feb. 28, 2018.

With the ICF 25th anniversary coming up in 2019, the board started brainstorming on special events to highlight accomplishments while at the same time encouraging more public support. A disciplined game plan quickly emerged as a priority requirement. The ICF normally holds pledge drives, a golf tournament and a grant awards event.

Thanks to facilitation from East Interlake Community Futures, the ICF board undertook a PATH (Planning Alternative Tomorrows with Hope) approach to developing a marketing strategy. PATH creates visual images that are created alongside a facilitation process that clarifies an effective and achievable strategy.

The ICF developed three main areas of focus for spreading the word to individuals, businesses, municipal



TRIBUNE PHOTO SUBMITTED

Interlake Community Foundations workshop participants, left to right: PATH process facilitator Tammy Dziadek, Bob Beck, ICF chair Peggy Linklater, Murray Slagerman, Cheryl McClure, Linda Lamoureux, Ila Buchanan, Lloyd Jensen and Ross Thompson.

councils and the community at large.

Developing a common message about the ICF and its benefits to the communities and region is the first step, followed by outreaching to three priority target groups, heading to-

wards a 2019 anniversary celebration titled Beyond \$1 million-beyond 2019.

"We need to sharpen our corporate message and spread the word," Beck concluded.

SIPD reports lower construction value in 2017

By Jennifer McFee

The South Interlake Planning District issued a higher volume of permits in 2017 but the value of construction was substantially lower than average.

"That suggests that there's lots of activity but lower value activity, with not as many big projects," said SIPD general manager Eric Shaw.

"I think the reason for that is because the activity levels in Rosser CentrePort have been quite low and that's typically where we have some of our bigger projects. We had a down year last year in Rosser, and that is reflected pretty clearly in the value of construction data."

According to the 2017 annual report,

SIPD issued 507 permits throughout the year, which is higher than the six-year average of 428 from 2012 to 2017. One of the main reasons is because of a new procedure that requires most new construction to have both development and building permits.

Despite the high number of permits issued by the SIPD, the overall value of new construction in the area decreased by more than \$2.6 million to \$24,338,788 in 2017 from \$26,966,559 in 2016. In contrast, the six-year annual average of new construction is notably higher at \$37,452,963.

In the RM of Rosser, the total new construction value was \$7,266,528 in 2017, less than half of its six-year an-

nual average of \$18,281,375.

"In Rosser, we had a down year with CentrePort and that really hit us hard with the value of construction," Shaw said.

"For Rockwood, it was a pretty good year and consistent with the last few years in terms of value. Stonewall had a good year and was very busy with the Quarry Ridge Park development. Teulon fluctuates, but they normally have lower construction values relative to the other municipalities in the planning district. In 2016, there were two six-plexes that bumped up the numbers so that was a higher than average year."

In 2017, Rockwood's new construc-

tion totalled just over \$8 million, consistent with the 2016 total of nearly \$8.2 million. In 2017, Stonewall had \$8.2 million in new construction, up from \$5 million in 2016. In Teulon, 2017 brought \$835,000 in new construction, down from nearly \$2.3 million in 2016.

SIPD received 63 development applications last year, up from 59 in 2016. The majority of applications came from the RM of Rockwood (57%), followed by Stonewall (21%), Rosser (12%) and Teulon (10%).

SIPD wrapped up 2017 with a deficit of \$75,027. At the end of the year, the actual revenue was only at 75 per cent of the budgeted revenue. The actual building permit revenues for Rosser CentrePort were \$90,000 less than budgeted and the development permits were \$17,000 less than budgeted throughout the planning district. Stonewall and Rockwood brought in a combined \$12,000 surplus in building permit revenue, which helped to offset the shortfalls.

The 2017 annual report will be available on the redesigned South Interlake Planning District website at www.sipd.ca.

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ALL ARE WELCOME

Personal benefits of yoga

By Jennifer McFee

For many folks, fitness becomes a key focus of New Year's resolutions — but it often falls by the wayside before January is even over.

"At this time of year, countless articles are written on the health benefits of fitness," said yoga instructor Angela White. "People want to lose all those extra pounds put on over the holiday season."

The benefits of exercise abound, including the ability to increase flexibility, boost immunity and improve heart health. At the same time, keeping fit can help reduce chronic pain and regulate adrenal glands. And the impacts extend beyond the physical since exercise has been known to relieve depression and anxiety while also boosting happiness.

One way to tap into all these benefits is by practising yoga.

"Research shows that yoga helps you stretch into all parts of yourself, not just your physical body. Yoga happens on the mat and off the mat. It is a state of mind. When you learn to relax, be mindful and fully aware of your body, you learn to let go. As you let go of things you no longer need in your life, you become lighter — in both body and spirit," White said.

"The pounds shed away as you learn how to love yourself. You learn to become aware of your triggers and how to use this newfound awareness to

develop strength, stability and confidence in body and in your daily life."

No matter what your age or fitness level, yoga is a practice that can work for anyone.

"What is unique about yoga is that it focuses on the breath. If you can breathe, you can do yoga," White said. "Yoga is about connecting the spirit, the body and the mind through this breath."

White speaks from experience, since she has been practising yoga and meditation for more than 20 years. She runs Aloka Yoga along with Marni Daun, offering classes in Stonewall and other local venues.

It's never too late to begin taking care of yourself, so there's no time like the present to get started.

"It doesn't matter how much you move to begin with. The important thing is that you move, get active and care for your body — nourish your body with good food, take time for yourself, smile and enjoy life," White said.

"Commitment and community are key too. When you reach out to the community and spend time together as a group, that 'me too' feeling reaches you and you feel a sense of belonging to something larger than yourself. When people are connected to the collective consciousness, their own vibration is lifted and we feel good being part of it and want to continue."



TRIBUNE PHOTO BY JO-ANNE PROCTER

Yoga instructor Angela White (right), leads fellow yoga instructors in warm up stretches. Pictured front to back: Sarah Todd, Marni Daun and Carla Kummén.

To get started, White recommends committing a reasonable amount of time to exercise, such as 15 minutes per day.

"Make it a habit; start off slow. Commit to something physical even if it seems small. It's more than you were doing yesterday," she said.

"Don't beat yourself up when you fall down. That's a part of life. Get back on track, dust off your knees and keep going."

If you're looking for a way to reach your fitness goals, perhaps you'll find that yoga is the perfect fit.

"Yoga is a great way to connect to our higher selves. Each of us was born with a mission here on earth, a reason for coming here. We all have lives to

experience and each experience helps our soul to evolve," White said.

"Yoga not only helps us take care of our bodies and achieve our goals but helps our minds to view life differently, to take a more positive view of the world where there is no bad and no good, there just is. This acceptance of life opens us up to new possibilities, new ways of living and helps keep us aligned with what we truly were born to do."

Anyone who would like to learn more about yoga and what Aloka Yoga has to offer can visit www.aloka-yoga.com or text 204-513-5139. Classes are listed through Continuing Ed under "Yoga with Marni" or "Yoga with Angela."

Ice maker in training

Three-year-old Tanner Yeo of Marquette is the youngest ice maker in the house. His grandpa Ross MacMillan has been making ice at the Marquette Curling Club for approximately 30 years and is giving his young grandson an early start at learning the tricks of the trade.

TRIBUNE PHOTO BY CALVIN JANKE



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The walleye that didn't get away

Welcome, my friends.

It was a quiet, cool, overcast day early last week as I rumbled slowly past dozens of parked American trucks with trailers on Road 32 north of Libau. Their owners by now were out on Lake Winnipeg fishing, except one. Just ahead a solitary guy was leaning against the box of his truck, drinking a can of Coke. I stopped beside him, rolled my window down and asked, "Have you been on the lake yet?"

His tall, lanky, easy-going nature was evident as he pushed himself away from his truck and slowly came to lean on my door with his forearm. His features were forceful, stately, his smile generous and he spoke in a low voice.

"I got my ATV stuck in a huge snow bank just before the lake's open ice," he explained. "My boys are with me. That's their rig back there. I told them to go have fun because this is probably the only time they'll ever be able to fish here." He shook my hand as he talked, introducing himself as Blake Beckstead of Grand Forks.

After a while, I left for Selkirk and noticed him climbing into his truck in my rearview mirror. Hours later, I called him to ask his sons' names. Tom and Kyle, he said.

"Are you still waiting for the boys?" I asked. "Yeah," he responded, sounding tired. "I want this experience to be special for them."

"You're a heck of a guy, Blake," I told him. "Hang in there."

A while back, I ran into a slim, always joking chap by the name of Charlie Reuther from Matlock who gave us this story. He was shack fishing with friends and suddenly got a strike. Whatever was on the line pulled hard in a shivering, jerking motion. Soon the face of a large walleye became visible just below



TRIBUNE PHOTO BY ARNIE WEIDL
Charlie Reuther with his walleye he caught off Calet Beach.

the hole's water. Charlie pulled up on his rod. In a flash, the hook came free of the fish's mouth, shooting dangerously close to his ear, hitting the shack ceiling. The large walleye still in the hole was smacking itself against the ice. Charlie dropped to one knee and grabbed the fish by the gills, landing it. When things settled down, a friend took a picture of Charlie and his prize and passed it on to us to admire. Thanks Chuck.

The same day, I bounced along on the ice from one shack to another visiting with angling folks east of Chalet Beach. In time, I came across a compact dark brown shack. I stopped beside it and called out, "Anybody home?"

A sprightly female voice called out, "Come on in."

Inside a slight lady who said she was Linda Feniuk sat while a white-haired chap, Dave Parliament, stood jigging his line (there's a last name you won't forget). They used to go down to Texas' Padre Island in the winter. Dave began a story after I asked him for one.

Once when he was shore fishing, he caught a gigantic "red fish." There he was on the beach standing over this mound of slimy glistening flesh, looking at it and then down the long road where his house was. He couldn't carry it and he wasn't about to lose all that good food by pushing it back into the water. Then it hit him. He took his shirt off, wrapping the fish in it and dragged it all the way home.

Later in the week, I met a most delightful couple in their shack on the Red by Lockport. Trevor Catchpole was a little quieter than Erika, yet both loved everything about fishing. When I pulled up to their ice shack and knocked on the door, I was greeted by Trevor, a big muscular guy dressed in a T-shirt and summer shorts. Their toasty warm shack had seen many seasons on the ice. Lace curtains covered its big window, while pictures and novelties covered the white foam insulated walls.

Erika, sitting in a folding chair, was ready with a story. When she was a kid in Nova Scotia, her dad had a small plane and they used to fly to different lakes to fish. After returning home from one of their jaunts when they had fished for hours without luck, Erika realized she had lost her expensive watch at the campsite. Though dad was upset, the next day he flew back to the lake, and after much searching, found her watch. When he got home, he came into the living room with a map and asked Erika to look at the name of the lake. She looked down, then up at dad and started to laugh.

The lake's name on the map was "Lake No Good."

Well, I hope your luck is better on the ice. Bye for now.

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letters to the editor

An open letter to the council of the RM of Rockwood:

On Jan. 18, 2018 I received a response to my letter that was presented to council on Dec. 20, 2017.

The letter was in regards to a new quarry being established in the RM of Rockwood and a request for the RM to hold a public meeting prior to signing a new development agreement.

Your considered response is entirely unacceptable on several levels.

Your letter indicates that council has decreed that "resident review may take place". On two prior occasions when it was suggested that public participation take place in the preparation of the development agreement the reeve advised that a legal opinion was required in order to determine if that was acceptable under current legislation. Council now agrees to accommodate public participation. In a phone conversation on Dec. 21 coun. Gaudy confirmed that council has received an opinion from the RM's lawyer.

Your letter states "council believes, based on comments at the public hearing, all concerns should be addressed in the new development agreement." Several issues raised at the public hearings can be addressed in a new development agreement. However, there were several issues related to the total lack of enforcement of the terms and conditions in the existing development agreements that cannot be addressed in a new agreement.

The following enforcement issues represent a few of the concerns raised at both public hearings (Oct. 16 and Sept. 17). These issues cannot be addressed in a development agreement but require the commitment of and action by the RM to address.

The reeve says there is an agree-

ment with the quarry operators to penalize truck operators that do not use designated access routes to the quarries. Although there are several operators that routinely use inappropriate routes to access the quarries this agreement has never been enforced.

On several occasions it appears that the amount of dust leaving the quarries exceeds acceptable limits. However, no one has the equipment necessary to measure dust levels and as a result this regulation is never enforced.

On July 6, 2017 I reported to council that one of the quarries was operating on the weekend outside of allowable hours. I requested that council reply as to what action they would take in this matter. To date, I have received no response but have learned that in order to enforce the hours of operation designated in the development agreement council must first pass a by law defining the penalties to be applied in the event of non-compliance.

At the time of the incident council had not passed such a by-law and to date they have not responded as to whether or not it is their intention to pass the required by-law.

The stated goal is to restore quarry lands to an agricultural standard and although \$4.2 million has been spent on rehabilitation not one acre has been restored to an agricultural standard. Despite the fact that the rehab. program has failed to produce any completed results the RM seems to claim that the program is successful as they require each quarry to submit a rehab plan each year. Unfortunately not all quarries comply with this requirement and it appears to be no follow up to ensure that the quarries undertake the

works they say they will.

It was noted at the hearings that all expenses required to enforce the terms and conditions of the development agreement could be paid out of the infrastructure levy paid by the quarry operators so that there would be no cost to the ratepayers of Rockwood.

These and other concerns will require a commitment from the RM to enforce the terms and conditions in the development agreements and a commitment to provide the necessary resources to enforce the agreements.

The format of the hearings allows residents to present their issues and concerns to council. However, the hearings do not allow council to provide a response to the public regarding their concerns. An open house or town hall meeting as supported by both the residents and Maple Leaf would give council the opportunity to present their response to the public.

Why does council refuse to take this opportunity to present their response?

The last paragraph indicates that copies of the draft agreement will be sent to myself and everyone in "your group" and council will expect a response within five days. Please define "your group".

It is noted that it took council 29 days to respond to a simple straight forward question in my letter presented Dec. 20. In response you expect the residents to review a complex legal document, to organize a town hall meeting, rent space, advertise in the local papers, confirm attendance by council members, confirm attendance by representatives of Maple Leaf Construction, collect and record all

concerns and present a report to council within 5 days.

In an e-mail the CAO indicated that this issue is not time sensitive. Councillor Gaudy confirmed this in a phone conversation on Dec.21, 2017. As time is nor an issue I would therefore say that 90 days is a much more reasonable time frame to prepare a response to council. Also, if anyone involved in the review of the agreement is not available at any time during the 90 day period an extension of time will be required.

Doug Pickell

Judicial rant

Thomas Weber, in his most recent book *Becoming Hitler*, summarizes the reasons for Hitler's ascendancy to power. (Hitler was elected.)

Hitler's rise to power is a cautionary take of what happens when economic volatility and breakdowns feelings of disaffection, as well as imminent national and personal decline, come together. It is about how new radical leaders are made when liberal democracy and globalization are in great crisis and when that crisis is translated into a yearning for a strongman and novel kinds of leaders (Weber).

Combine the above with the use of scapegoats, fan the flames of fear, demonize the other, distort, lie and fabricate. Attack established institutions such as the press (fake news, the press is the enemy of the people). Rant and rave about judicial decision. Sound familiar!

George Shadlock
Stonewall

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South Interlake Seniors Resource looking for funding

By Jennifer McFee

Representatives from the South Interlake Seniors Resource Council spoke to Stonewall council at the committee of the whole meeting on Jan. 17.

Darien Russell and Pat Corbin updated council on the supportive services provided by the Seniors Resource Council, including friendly visiting and phone buddy programs to promote social contact. They also offer the Support Services to Seniors in Group Living program, which is available to people living in Crocus Manor and Lions Manor.

The organization relies on funding to help cover operational and pro-

gram costs. Last year, the Town of Stonewall provided \$5,000 in funding, and the group is seeking continued support this year.

Council will review the request during upcoming budget deliberations.

In other news:

- Council discussed some possible guidelines for the sale of cannabis in the community, with consideration given to making it a permitted use or a conditional use or changing the bylaw.

Discussions leaned towards making it a conditional use, which would trigger a public hearing and allow for input from residents. The conversation will continue at upcoming meetings.



TRIBUNE PHOTO BY JENNIFER MCFEE

Pat Corbin, left, and Darien Russell met with Stonewall council to ask for funding for the South Interlake Seniors Resource Council.

worship *with us*

> FAITH

Seeking and Fishing

...and there, ahead of them, went the star that they had seen at its rising, until it stopped over the place where the child was. (Matthew 2:9b)

And Jesus said to them, 'Follow me and I will make you fish for people.' (Mark 1:17)

In this season of Epiphany our scriptures include the mysterious visit of the Magi and the call of Simon, Andrew, James and John by the Sea of Galilee. In both stories we find wisdom about seeking, following and finding.

The Magi were following a star that appeared in the night sky. We overlook the fact that this star moved. It was not fixed in the sky. Stars can be used for navigation precisely because they are fixed reference points. Amateur astronomers still look for the stars that mark our place in the universe. This moving star allowed the Magi to be drawn away from the place where they usually lived to discover the Messiah.

Rather than being concerned about how a star could possibly move, this story still inspires us precisely because this star did. It invites us to seek out the places where Jesus can be found today. We are still to look for signs that God is leading us to new places of spiritual discovery that take us outside our comfort zone.

In a similar way, the call of Jesus disciples was an invitation to a new way of fishing – fishing for people. We often focus on how abruptly the disciples left their boats and nets behind and followed Jesus. At this time in history, it feels to me like modern-day disciples still have to give up their 'boats and nets' for something new – to reach the people who are waiting to be caught up into the community of God's love.

Like Jesus' call that day, it needs to happen now, not sometime in the future. Even in the winter around here we go ice fishing. We can't just sit back and wait for the spring thaw before we think about fishing for people. Jesus invites us to fish with him, never letting an opportunity go by to discover who is waiting to be caught up in the loving community of God's people.

Rev. Mona Denton

Stony Mountain & Lilyfield United Churches

stonymountainlilyfieldpc@gmail.com

204-344-5426

 at Stony Mountain-Lilyfield Pastoral Charge

When I'm Calling You....

The Lectionary for now has been focussing on stories about how Jesus called his disciples. Last week's scripture focussed on how God called Samuel to be a prophet in Israel.

Is it I, Lord? Can it be? So many folk seem to believe that God is not speaking to them in any personally relevant way. Oh sure, if God is chastising folk, (anyone but us, of course) clearly that is God speaking! But how often do we recognise the call to be like the prophets and to hear and speak God's word to one another?

To speak in a prophetic voice is to invite unknown calamity! Much the safest to turn a deaf ear, or say, as Samuel did, "Is it I Lord?"

I suspect that folk fail to notice how God is summoning them,

- not because that call is not issued

- but because they are either ignorant about how God calls us,

- or because they allow themselves to pass over that call - to

set it aside as it were, and so grow used to ignoring the Word when it comes.

God calls us in many ways. God speaks to us in many forms.

And almost all of them are gentle, almost all of the subtle, almost all of them can be mistaken for something else - that is until we heed those calls - then we discover the power of God

is in them and behind them.

The power behind the call of God is discovered by one who decides to listen to it.

When I answered the Call to Ministry, I and 25 other folk attended several gatherings at the Prairie Christian Training Centre in Ft. Qu Appelle, SK. I recall it as a time of intense personal turmoil, tension, and relief. Many folks relayed they were shunned by life partners, friends and family whose response was primarily, "You!? Called by God??? Are you mad?"

And yet our group persevered. Once one recognizes the Call, and can no longer ask "Is it I, Lord?", one is not afforded the opportunity of ignoring it.

If we are called not just to go to Church, but indeed to BE the Church, then we are also called to speak with the voice of prophets against the prevailing winds of our time...systemic racism, injustice against the poor, issues where restorative justice must prevail so that we may recognise our brothers and sisters in creation, fellow sojourners on the way.

We can't wait until we are perfect, to speak out or to act as prophet.

As Leonard Cohen observed:

"Ring the bells that still can ring

Forget your perfect offering

There is a crack in everything

That's how the light gets in."

May we live into the light

John E Robertson, M.Div Spec/Ed ECHE

Stonewall United Church

A lesson in the history of school districts (1887-1967)

By Jennifer McFee

A retired local teacher continues to make efforts to educate the public, but this time it's through the written word rather than through a classroom lesson.

Sylvia Sweetland teamed up with her sister Charlene Dusyk to write *School Districts of the Libau Area of Manitoba: 1887-1967*.

The 303-page hardcover book provides information about the school districts of Libau, Brookside, Arnhold, Sheffield and Hoey. Each school district is featured in its own section with details about its history, including information on school board trustees, teachers, students, school reports and original copies of petitions and by-laws to establish the district.

In addition, the book includes memories and photos submitted by past students and teachers. The book wraps up with a section about a school reunion held at the South Beach Casino ballroom on July 15, 2017.

For Sweetland, it all began after she received a phone call last November about plans for the school reunion. She met with one of the co-chairs, who wanted to put out a pamphlet for the area.

"I said, 'Why would you go for a pamphlet and not an actual book?'" said Sweetland, a math and calculus teacher who taught at Stonewall Collegiate Institute for 40 years.

"My sister and I have already done two family history books, so I opened my mouth and it became a book."

Between December 2016 and November 2017, the two sisters dedicated more than 6,000 volunteer hours to the project.

Marilyn and Randy Kilpatrick soon got on board. They went down to the archives to get copies or photos of all the school registers, which started in 1915 up until the time when the schools dissolved.

The sisters also poured over records



Sylvia Sweetland holds a copy of *School Districts of the Libau Area of Manitoba: 1887-1967*.

from the Manitoba Archives, the Manitoba Legislature library, the Department of Education library and the Lord Selkirk School division.

"All these schools were incorporated into Lord Selkirk in 1967. We got some information from the historical society in Selkirk. The other information we just obtained from talking to people," said Sweetland, a Rosser resident. "There was a lot of information that we were completely unaware of."

Dusyk, who lives in Regina, completed the historical write-ups while Sweetland compiled the register and other information. During Dusyk's trips back to Manitoba, the sisters put all the information together.

Sweetland extends her thanks to the Libau School Reunion Committee for their help in obtaining information and for buying books to donate to the RM of St. Clements, Red River Historical Society, Happy Thought School Library, Selkirk Regional Library, Lord Selkirk School Division #11 board office and the Manitoba Legislative Li-



Sweetland with Ivan and Elizabeth Bennett. Elizabeth was on the reunion committee.

brary. In particular, co-chair Dennis Anderson was a great help.

Printed by Art Bookbindery, the first batch of 150 books sold out quickly. Sweetland distributed the books on Dec. 13 at the municipal office in St. Clements. A second order should be available at the end of January.

To order a copy of *School Districts of the Libau Area of Manitoba: 1887-1967*, contact Sweetland at 204-633-2092 or sweetcat@mymts.net. The books cost \$48 apiece, which covers the cost of publication.

Teulon council news

Staff

Two teens will provide a youthful perspective at Teulon council meetings.

Samantha Morin and Desiree Griffin-Eros will serve as student councillors. Both students are in Grade 12 at Teulon Collegiate Institute.

In other council news:

- Representatives from Prairie

Rubber Paving spoke to council about their products, which can be used for sidewalks, playgrounds and a range of other applications.

- Representatives from REACT (Rockwood Environmental Action Community Taskforce) and the Rockwood Festival of the Arts made requests for funding.



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JANUARY 31, 2018

APRIL 9 & 10 SPEECH ARTS	Stonewall New Life Church
APRIL 12 (Day & Evening) & 13 CHORAL (Day)	Stonewall Q.P. Heritage Arts Centre
APRIL 14 & 15 VOCAL	Stonewall New Life Church
APRIL 16-17-18-19 & 20 PIANO	Stonewall United Church
APRIL 19 BAND (Day)	Stonewall Collegiate
APRIL 19 INSTRUMENTAL (Evening)	Stonewall New Life Church
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New doctor brings naturopathic medicine to Prairie Zen Clinic

By Melissa McIvor

If you're seeking a second opinion on conventional medical treatments, you now need look no further than the Prairie Zen Massage - Holistic - Wellness Clinic in Stonewall.

On Jan. 16, Prairie Zen hosted around 85 curious attendees at Parochial Hall for an informative session to introduce the newest member to their team, Dr. Victoria Baldwin, and her services in naturopathic medicine.

"Naturopathic medicine is a distinct primary care system that blends modern scientific knowledge with traditional and natural forms of medicine," explained Baldwin. "It is based on the healing power of nature and it supports and stimulates the body's natural ability to heal itself." It also places strong emphasis on coaching patients on how to maintain a healthy lifestyle that will allow them to "live optimally."

Baldwin noted that naturopathic medicine

isn't limited to one age demographic or category of illness. "Naturopathic medicine treats all forms of health concerns from pediatric to geriatric, from irritated systems to chronic illness, and from physical to psychological," she said.

To treat her patients, Baldwin has a wide variety of natural and traditional techniques in her arsenal, including botanical medicine, clinical nutrition,

hydrotherapy, homeopathy, naturopathic manipulation, traditional Chinese medicine and acupuncture, lifestyle counselling, health promotion and disease prevention. She can also make referrals to other health-care practitioners when appropriate.

Baldwin estimated that she is one of only 30 naturopathic doctors in Manitoba and one of around 2,400 across Canada. Born and raised in Warren,

Baldwin completed her education at the University of Manitoba and at the Canadian College of Naturopathic Medicine in Toronto. She joined Prairie Zen in December 2017 with a determination to heal those in her community.

"My vision is to show others how to reconnect to themselves through natural methods, to set the stage for deeper healing to occur," she said.

Baldwin's first-time patients can expect a thorough medical assessment that lasts about an hour. During this time, Baldwin said she will take a detailed history of current

and past health concerns, conduct a physical exam and order appropriate lab tests to make an assessment and diagnosis. Baldwin works closely with her patients to create a personalized treatment plan to help achieve their health goals.

Naturopathic doctors are able to offer these extended visits because their services are not covered under provincial health-care plans, which frees

"IT IS BASED ON THE HEALING POWER OF NATURE AND IT SUPPORTS AND STIMULATES THE BODY'S NATURAL ABILITY TO HEAL ITSELF."



TRIBUNE PHOTO BY MELISSA MCIVOR

Six members of the Prairie Zen team hosted an information session about naturopathic medicine at Parochial Hall on Jan. 16. Pictured left to right: Vanessa Middleton, RMT; Breanna Figur, RMT and owner of Prairie Zen; Dr. Victoria Baldwin, ND; Benita Guenther, RMT (Pathfinder Massage Therapy); Cindy McKay, reflexologist; and Sonya Warga, marriage and family therapist.

them from the often restrictive time constraints imposed on doctors practising conventional medicine. Baldwin explained that many extended health insurance plans in Canada cover naturopathic treatment. Insured patients are encouraged to contact their employer or individual insurance broker to determine if they are covered and to request that their policies be extended to include naturopathic services if they do not already do so.

Baldwin joins the team of 11 at Prairie Zen, including five registered massage therapists (RMTs), two family

therapists, one reflexologist and two beauty technicians.

"We're very excited to have her with our business and in our community," said Prairie Zen owner Breanna Figur.

Baldwin is accepting new patients. If interested in naturopathic treatment, Baldwin offers free 15-minute office meetings to discuss your concerns and to see if naturopathic medicine is right for you. To make an appointment, contact Prairie Zen at 204-467-5905 or book online at <https://prairiezen.clinicsense.com/>.

Livestock manure regulations to take effect in 2018

Submitted

Changes to the Livestock Manure and Mortalities Management Regulation (LMMMR), which take effect Jan. 1, 2018, have been approved and implemented to provide clarity and modernize regulations, Sustainable Development Minister Rochelle Squires announced.

"Our government recognizes the important balance of maintaining strict environmental oversight while supporting sustainable growth in the livestock industry," said Squires. "Following extensive consultations, the Department of Sustainable Develop-

ment has taken steps to modernize regulations without compromising our commitment to environmental protection."

Changes to the regulation will improve clarity for both producers and department officials, while maintaining some of the country's strictest regulatory requirements and environmental protection measures for livestock operations. Pig operations will now be subject to the same robust legislation as other livestock sectors.

These amendments align with recent changes to The Environment Act under red tape reduction legislation

and continues to balance environmental protection with economic development, the minister noted.

Manitoba conducted extensive public and industry consultations in the process of developing changes, which include:

- empowering front-line staff to respond more quickly, and reducing notification and processing steps for permits;
- increasing transparency by placing more information on the public registry;
- harmonizing setbacks from surface water courses with the Nutrient Man-

agement Regulation and removing in-season nitrate limits;

- improving variance options to enhance biosecurity measures for industry;
- levelling the playing field by clarifying permit requirements for seasonal feeding areas and outdoor confinement areas for small pig operations; and
- monitoring of operations such as livestock drinking water samples based on risk, rather than mandatory samples for all large operations.

Comfort care bags provide some solace in difficult times

By Jennifer McFee

As families attend to their loved ones during the last moments of life, they can seek a little solace through a new initiative rooted in comfort and care.

The South West District Palliative Care board has provided full funding for comfort care bags filled with items to help families and caregivers during difficult times.

Originating from Quality Palliative Care in Long Term Care, the local project is an adaptation of a similar initiative launched by staff and management at Ontario-based Bethammi Nursing Home and Hogarth River-view Manor.

Sandra Milotte, palliative care volunteer co-ordinator and community liaison for the Interlake-Eastern Regional Health Authority, said the comfort care bags are only available to people in an acute-care setting.

Thanks to the regional funding provided by the South West District Palliative Care board, the comfort care bags are now available in 10 different acute-care hospitals: Stonewall, Teulon, Eriksdale, Ashern, Gimli, Pine Falls, Beausejour, Arborg, Pinawa and Selkirk.

"They're a supportive resource that could be offered to family members and caregivers who are attending the bedside of their loved ones who may lack their own support system during that time. Their loved one is at the end of their life and the family is holding vigils, so they don't want to leave," Milotte said.

"The palliative care program identified a gap in support measures for those families and caregivers in the acute-care setting during those last hours of their loved one's life. It's

one way that the staff members or volunteers can offer support and let the families or caregivers know that they're in their thoughts."

Each comfort care bag contains a journal, peanut-free snacks, instant coffee, tea, toothettes, mouthwash, hand lotion, a deck of cards and reading resources from the Canadian Hospice Palliative Care Association.

"The bags are put together with care by local palliative care companion volunteers. They, along with myself, will monitor those bags to remind the staff that they are there," Milotte said.

"They're also recording any feedback. We'd really like to provide South West District Palliative Care with positive feedback from the staff or families. It's amazing and moving that they have funded this on a regional level."

Milotte extends her gratitude to all the volunteers for their contributions, noting that more volunteers are always needed.

"We really, really value our volunteers," she said. "They've been pivotal in making sure to get the message out there that these kits are an available resource."

The palliative program is provincially funded through Manitoba Health, and people can access it through the regional health authority.

"Traditionally, there was a lot of fundraising to ensure services were in place," Milotte said. "Although we really welcome and are happy to receive donations, we don't use the donations to fund positions. They go to purchase extras like this and to support the volunteer network."

The comfort care bags aren't just for families and caregivers whose loved ones are in palliative care; instead,



TRIBUNE PHOTO SUBMITTED

The South West District Palliative Care board has provided full funding for comfort care bags to help families and caregivers during difficult times.

they're available for any end-of-life situation.

"There are lots of people who aren't receiving palliative care services who are at the end of life," Milotte said. "It's for any family who has a dying loved one in the hospital."

For more information about the palliative care program, contact Tammie-Lee Rogowski at 204-785-7756 or trogowski@ierha.ca.

For more information about volun-

teer opportunities, contact Milotte at 204-785-7542 or smilotte@ierha.ca.

Additional information is also available on the Interlake-Eastern Regional Health Authority website. Visit www.ierha.ca and click on the "Care in your community tab" followed by "Additional services in communities." Under this heading, information is available on palliative care as well as volunteer opportunities.

Aurora Recovery Centre nurse sheds light on life after rehab

By Justin Luschinski

There are hundreds of stories about seeking help for an addiction. But what happens after you rehabilitate?

A recent blog post on the Aurora Recovery Centre's website helps highlight the challenges that come after conquering an addiction. The post, entitled "Life After Rehab" written by LeAnne Price who works as a nurse in the centre's detoxification management unit, talks about how she and her family continue to deal with their rehabilitation.

Price said that her addictions continue to affect her family, but she's proud of her daughter for tackling the problem head on.

"I found myself sober with a life I

knew very little about. My children were five, six and 11 years old at the time, and I was determined that they would not be naive to the cunning, baffling world of addiction," Price writes. "I took my children to the AA meetings that I attended regularly — after all, they had been with me during the 'bad' years of my addiction, so they should also see how to find help and recover.

"Who knew at that time I would sit beside one of my children on their path to recovery 17 years later."

Price goes on to discuss how she's proud of her child for going into rehab and regards it as a brave decision. According to her, it's tough to admit when someone has a problem like

that and that "the bottom line is that recovery isn't easy."

Ian Rabb, director of business operations at Aurora Recovery Centre, says the important step to rehabilitation is creating a strong support structure.

"When you go into treatment, you think it's about relieving yourself of your drug or alcohol problem. But in reality, the drinking was hiding a problem you've had your whole life," Rabb said. "You need a strong support structure. Part of the treatment is the after-care. Become active with the recovery community ... I talk about addictions as 'soul cancer,' and you have to work to help those feelings go away."

Rabb has been sober for 16 years and

says that all he does is "I wake up sober, and I go to sleep sober every day." He said that drug addiction is a daily fight, and it takes a lot of soul searching and personality fixing to get over.

Aurora Recovery Centre is a privately run 24-7 facility that offers individualized treatment based on a 12-step program and offers treatment for alcohol and drug abuse, depression, anxiety, eating disorders as well as gambling and sex addiction.

Along with offering various services, including one-on-one counselling, the centre is also home to a medical detox program.

For more information about the centre, visit aurorarecoverycentre.com.

Stonewall Legion looking to boost membership in 2018



Tim Williams

By Natasha Tersigni

The Royal Canadian Legion Branch 52 will put a greater emphasis on recruiting new members this year while Stonewall Legion members continue to support the many initiatives and events that make the organization a staple in the community.

Nationally, The Royal Canadian Legion was established following the First World War to support veterans and their families returning to Canada. The Stonewall Legion formed in 1927 as a place for local veterans, serving military and RCMP members to gather and socialize. Even today, the core of the organization is to support those military roots and throughout the year the legion holds events such as the annual Decoration Day parade and service, Veterans Dinner and Dance, Remembrance Day Service and initiatives such as the Poppy Drive to pay respect to veterans.

Over the years, while remaining true

to the values of why the legion was created, the local branch has evolved and continues to take on additional fundraising and community service efforts. As the legion continues to grow, new members are needed to support efforts and help and continue the tradition.

"We are really focused on trying to get younger people involved and to do that we need to remove the stigma that it is for older people as even younger serving military and RCMP members are hesitant of joining the legion. To achieve that over the last few years, we have started new weekly events in the clubroom to try and drive membership numbers up, and we are proud that almost every day of the week there is something different offered," said president Tim Williams.

"We are trying to create the clubroom as place for everybody in the community."

Weekly evening events encouraging

people to stop by the legion include Bingo on Monday, Chase the Queen on Wednesday, crib nights on Thursday, meat draws on Friday and the new dart league on Saturday.

This year will be the last for president Williams who has served at the legion's helm for four years. While he will be stepping down in the fall, he will spend the next few months trying to find ways to attract new members.

"When I became president I was 47 years old and that is the youngest president the legion has ever had. I really want to see younger community members step up and take a lead role with the legion and not only by becoming members but by sitting on the board as well," said Williams.

"The legion is an important community organization that needs to stay relevant, and to do that we need a strong, active membership base."

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Donation for palliative care



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Stonewall and District Health Centre Staff Association presented the South West District Palliative Care (SWDPC) board with a cheque for \$7,336.81 last Thursday. The association dissolved a short time ago, and with monies left in their account, members felt that SWDPC would benefit greatly from their donation. SWDPC supports the southwest region of the Interlake by purchasing specialized equipment, providing services, and palliative care training and education. Recently, the SWDPC purchased mattresses and sleeper chairs for Goodwin and Rosewood Lodge.

Pictured left to right: former Staff Association chairpersons Linda Jensen and Kim Mushaluk and members of the South West District Palliative Care board Doris Hunter, Carol Morgan, Nancy Dumas and Lois Borkowsky.

Fundraising continues for Rosser Central Community Club

By Jennifer McFee

The Rosser community is making great strides towards reviving its local community club.

Rosser Central Community Club's executive committee envisions the creation of a regional facility that could be enjoyed by people of all ages from Rosser and beyond. Currently, the club is voluntarily and temporarily closed for curling due to required fire code upgrades.

Efforts are underway to raise funds for capital costs and to generate revenue to keep the building open. A fundraising gala dinner, held on Dec. 30 at Meadows Hall, raised more than \$11,000 for the cause.

"We would like to send a huge thank you to everyone who supported us for the gala, whether that was by attending, donating a prize, buying a support ticket, helping with preparation and/or cleanup," said club president Jessica Beachell. "We appreciate everyone's continued support."

The group has also received the first draft of conceptual drawings for the renovation plan.

"We're going through that now and probably trying to scale it back a little bit," said Beachell.

"We will need to do some quotes

and we'll also need to do a feasibility study and finish the business plan before we can go further with anything, so we're working on that as well."

After those tasks are complete, they'll host another community meeting to provide information to the public.

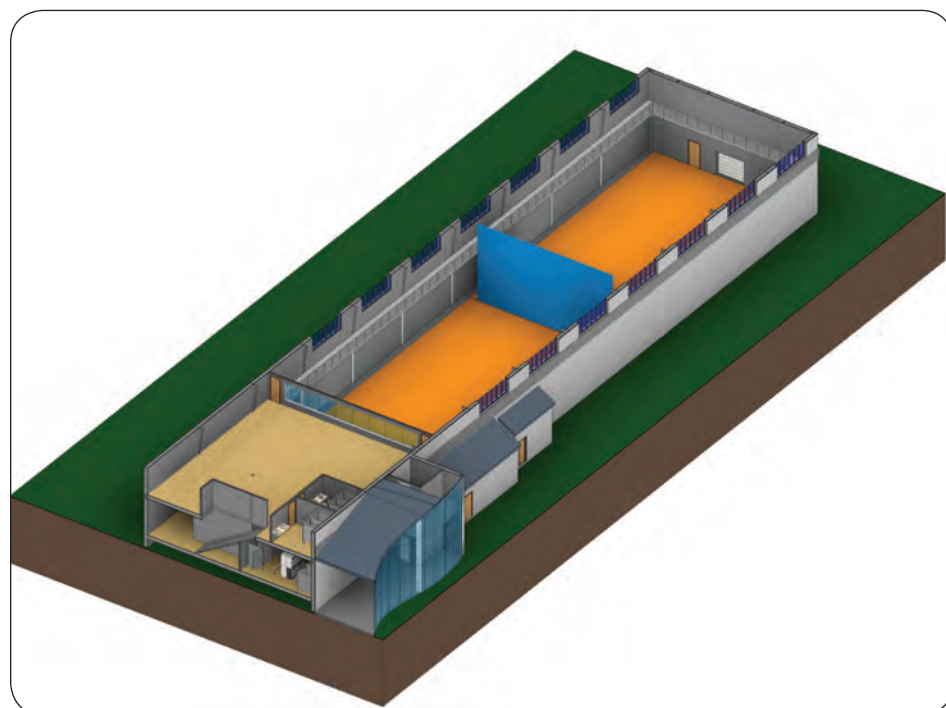
For now, the fundraising efforts continue with a raffle for a trip to Churchill, which needs to be taken between July 1 and 31, 2018. The prize features two round-trip flights via Calm Air, courtesy of Advance Exteriors. The lucky winner will enjoy three nights' stay courtesy of The Tundra Inn, as well as a variety of tours and a ride aboard a tundra buggy. Danica's Village is providing a \$200 gift card for the Tundra Bar and Grill plus two mugs.

Tickets cost \$10 each and will be available from executive members and at the RM of Rosser office.

The draw will take place April 14 during the club's next event, which will be a spring square dance at the Holtmann barn. The family-friendly event will feature a local fiddle player and square dance teacher, as well as kids' games and a mouthwatering meal of pulled pork on a bun.

For more information or to buy a raffle ticket, contact Beachell at 204-996-6663 or jessicabeachell@gmail.com.

"WE'RE GOING THROUGH THAT NOW AND PROBABLY TRYING TO SCALE IT BACK A LITTLE BIT."



TRIBUNE PHOTO SUBMITTED

Preliminary conceptual drawings are now available and are subject to change. Feedback can be provided to club president Jessica Beachell.



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Musical talents shared at free concert



TRIBUNE PHOTOS BY LANA MEIER

Talented musicians performed at the Rockwood Festival of the Arts Gala concert last Sunday at Stonewall's New Life Church. Guests were greeted by Kira Hatcher who also recited a number of poems. The free concert showcased local talent including Colton Carlson, Zuri Cook, Isla Gemmill, Nick Black, Ian Cherniak, Ethan Schick, Carolina Nagy, Lisa Highmoor, Gavin Leduchowski, Claudia Campbell, Debbie Fleury and Ashley Teichrib. President Fleury is hoping to encourage others to come out and enjoy the 63rd year of the Festival that starts April 9.

Selkirk-Interlake Eastman MP wraps up a busy 2017



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By Lindsey Enns

The year 2017 was another busy one for James Bezan.

The Conservative Selkirk-Interlake-Eastman MP says getting new infrastructure projects off the ground and finalizing trade deals were among his highlights for the year.

Last year also marked Bezan's second consecutive year as the Conservatives' defense critic, which he says was another "successful" one.

"We were successful in reversing some bad decisions by the government in particular when they took away the danger pay for our troops that were out fighting ISIS ... and in Iraq and Syria," he said. "We were able to get that pay reinstated as well as making sure all future deployments whenever our troops are out there are getting the danger pay that they deserve."

"They're taking on incredible risks. Their families also take on a lot of hardship because their loved ones are away."

Bezan called it a "critical win for our troops."

In regards to issues at the local level, Bezan said he continues to fight for the things that matter to his rural constituents, including what he calls the "Liberals attack on small business."

"Largely, it's agriculture that drives a lot of rural economy in the riding, and if we are forcing more and more people off the family farm and forcing businesses to shut down, then it ultimately could be the death of our small communities and I just can't let that happen," he said. "So I'll continue to fight. I'll continue to educate people ... we have a few months to educate people on how dangerous this is."

Bezan also announced in late 2017 that he plans to seek re-election in 2019.

"I have the support of my family. I've enjoyed and am honoured to be the member in Parlia-



TRIBUNE PHOTO SUBMITTED

Selkirk-Interlake-Eastman MP James Bezan said 2017 was another busy year for him and he doesn't show any signs of slowing down.

ment and carried the conservative banner in the last five elections and believe that I still have more to contribute and have the confidence of our leader Andrew Sheer," Bezan said during an earlier interview. "I still believe that there's a lot of things in the riding that I've been successful carrying forward to Ottawa and I believe there's more that need to be done."




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FROM THIS DAY
forward

Four good reasons to get married during the winter

The idea of getting married during the winter might sound rather bold, if not outright grim. But winter weddings actually have quite a few up-sides! Here are just a few.

1. Lower costs

Getting married in the wintertime will save you money. How? For one, you'll be purchasing your attire at a

slow time of the year for merchants. What's more, florists, decorators and caterers may be more willing to negotiate.

2. Scheduling flexibility

It'll be a lot easier to secure reservations for your big day: churches, reception halls, caterers and entertainers are all usually less busy during the winter.

3. Seasonal magic

Get inspired by the magic of winter to add a special touch to your wedding. Turn heads by making a grand entrance aboard a horse-drawn sleigh or a dogsled, and have your photographer capture the wedding party under sparkling, frosted trees.

4. Cozy memories

Treat your guests to the coziest of weddings by serving them hot beverages by the fire or giving them warm blankets as a gift.



Weddings

around the world

Traditions and customs to discover

EVERYTHING RED

A tribute to the cult of the sun, traditional Chinese weddings are filled with red. Accessories, clothing and flowers all feature a bright crimson hue to symbolize happiness, prosperity, success and luck.

LUCKY CHARMS

The four tokens of luck that many brides carry on their wedding day — something old, something new, something borrowed and something blue — have their origin in an Old English rhyme. A fifth item that didn't make it into the mainstream was also included in the original poem: "a sixpence in your shoe."

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Interlake writer moves to Ukraine to study dance, culture

Kaitlin Vitt is a writer from St. Andrews who has been a Ukrainian dancer for 19 years and an instructor for five years. In 2010, she joined Troyanda Ukrainian Dance Ensemble based in Selkirk. Since then, her group has travelled and performed in Canada, Croatia, Hungary, Austria and this year she has spent months studying dance and culture in Ukraine. Below is Kaitlin's first person account of her journey through Ukraine so far.

By Kaitlin Vitt

Thousands of people packed up their lives to immigrate to Canada for a new start during the first wave of Ukrainian immigration 126 years ago. Today people still make the journey to begin their new lives.

I did the opposite. In August, I moved to the home of my ancestors for 11 months to study Ukrainian dance, language and culture.

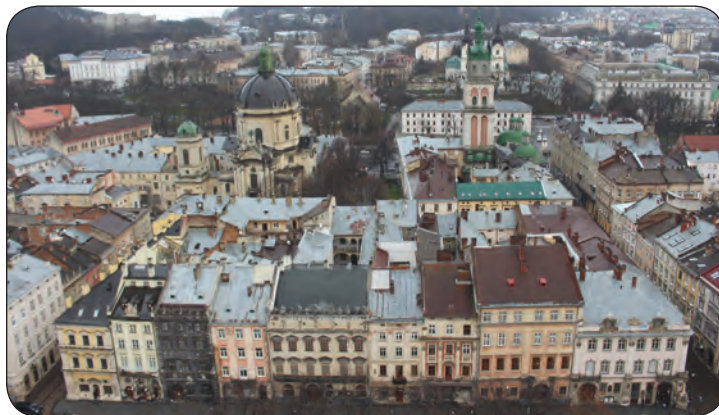
I'm here with six other Canadians as part of Cobblestone Freeway Tours and Ukrainian Dance World's inaugural dance immersion program. I started the journey with my dance group, Selkirk's Troyanda Ukrainian Dance Ensemble, touring around Ukraine for two weeks. Now, as part of the immersion program, I'm living in a new city every two months training with dance groups in each city.

Ukraine isn't at the top of everyone's travel list, some perhaps thinking not much has changed since Soviet times or that the fighting in the east is country wide.

I first visited Ukraine in 2014. In 2013, former president Viktor Yanukovich backed out of a Ukraine-European Union agreement and people protested in Ukraine's capital, Kyiv, leading to the Euromaidan Revolution. After calls for his resignation, Yanukovich eventually fled to Russia, but protests against the government continued.



PHOTO COURTESY OF EVGANY KRAWS AND TRIBUNE PHOTOS BY KAITLIN VITT
Above left: Kaitlin Vitt of St. Andrews, pictured centre, performs at the Lviv opera house with Troyanda Ukrainian Dance Ensemble in August 2017 as part of the International Ukrainian Dance and Culture Festival. Above right: The Trade Unions Building in Kyiv, now covered with the Freedom is Our Religion banner, was fire damaged during the Euromaidan Revolution. Below left: Visitors can climb 400 stairs up to the top of Lviv's city hall for a birds-eye view. Below right: Hundreds of people demanding political reform protest outside the parliament building in Kyiv on Oct. 19.



Even though it was a short time after the protests started, I felt safe when I visited in 2014, and the same goes for today.

But sometimes it is still evident that I'm in a country with political unrest. A week into my time in Kyiv, a car-bomb exploded, killing one person. It

was a targeted attack, but it happened during rush hour on a popular route so anyone could have been affected.

Then in mid-October, protestors camped outside the parliament building in Kyiv in what the Kyiv Post called the biggest demonstration since Euromaidan. Two days earlier, I went for

a walk in the same area, but instead of Ukrainian national guards and hundreds of protestors, I saw families and musicians spending time in the warm fall weather.

The fighting in the east is ongoing.

Continued on page 19

A splashy affair with a delicious dinner for a good cause

By Staff

A four-course dinner event made a splash with more than 100 diners who gathered at the Quarry Park Heritage Arts Centre last weekend.

On Saturday, Jan. 20, the Stonewall Kinsmen hosted a fundraising dinner created by Loaf and Honey catering company. The event raised funds for the splash pad project while also honouring past and present Kinsmen members. At the same time, the service organization aimed to generate interest from potential new members.

The Kinsmen and Kinettes served the meal, and Derrick McCandless and Jeremy Dueck provided musical entertainment.



TRIBUNE PHOTOS BY JENNIFER MCFEE
Dustin Peltier, left, and Rachel Isaak of Loaf and Honey catering prepared a four-course meal for diners at the fundraising event.

Linda Crockatt serves up the main course of beer-braised short ribs.

get inspired

> MEAL IDEAS

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Cheeseburger Mac

- 1/2 teaspoon salt
- 1/2 teaspoon chili powder
- 1 1/2 cups water
- 1 cup milk
- 3 tablespoons tomato paste
- 1 1/2 cups whole-grain dry macaroni

1 cup shredded low-fat cheddar cheese

In large skillet over medium high heat, heat oil. Add turkey, onion and peppers. Cook 7-10 minutes, or until turkey is cooked through.

In small bowl, mix paprika, sugar, salt and chili powder. Add to turkey and stir. Add water, milk, tomato paste and pasta. Mix well. Bring to boil, reduce heat and simmer 10 minutes, or until pasta is cooked and liquid is absorbed. Remove from heat and top with cheese.

Recipe courtesy of Produce for Kids
1 tablespoon olive oil
1 pound lean ground turkey
1 small onion, finely chopped
1 cup mini sweet peppers, chopped
1 1/2 teaspoons paprika
1 teaspoon sugar

Pressed Pepperoncini-Pork Sandwiches



- 1/4 cup finely chopped red onion
- 2 garlic cloves, minced
- 1 1/2 tablespoons canola oil
- 1 1/2 tablespoons cider vinegar
- 1 1/2 teaspoons dried oregano
- 1/4 teaspoon dried pepper flakes
- 3 slices ultra-thin sliced Swiss cheese, cut in half

Hollow out top and bottom halves of bread, leaving 1/2-inch thick shell.

Place pork on bottom half of bread. In bowl, combine pepperoncini, tomato, onion, garlic, canola oil, vinegar, oregano and pepper flakes. Spoon pepperoncini mixture and any accumulated juices on top of pork and top with cheese.

Cover with top half of loaf. Press down firmly to flatten sandwich and allow flavors and juices to absorb. Cut filled loaf crosswise into four equal pieces.

Servings: 4
12 ounces crusty French bread, unsliced
4 leftover pork chops from Pork Loin Chops with Sweet Balsamic Mushrooms recipe
2/3 cup pepperoncini slices
1 plum tomato, chopped



Becoming a Survivor in Tough Job Environment

tion that will ultimately be better for you. Instead of resisting the change, try to embrace it, having faith that everything will work out for the best. At times like these, we are forced to rely on our own inner resources, and, I believe, we are being tested to develop faith in ourselves, rather than in people or institutions outside of ourselves.

We are being asked to believe in ourselves, and to carry that confidence out into the world, where it will work for us. Consider the difference in the energy you put out when you see yourself as a valuable asset that an employer would be fortunate to acquire, as opposed to a depressed soul who has been wronged by the world. An effective strategy which assures good "mental hygiene", is to sit down with pen and paper and begin formulating your vision of your ideal work. Never mind, for now, if such a job exists.

Imagine that you have the power to create your own job, and write down specifically what you would be doing, how you would dress, what kind of hours you would keep, what your earnings would be and so on. Then hold this image in your head, refining and updating it as you get new ideas. Let this be your dream, and focus on it as if it were already coming to you. It might not be your very next job, but you might be surprised to notice yourself making the choices that begin to move you in that direction. You also might find yourself living your dream long before you thought.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books, CDs or MP3's, visit www.gwen.ca. Follow Gwen on Facebook for daily inspiration.

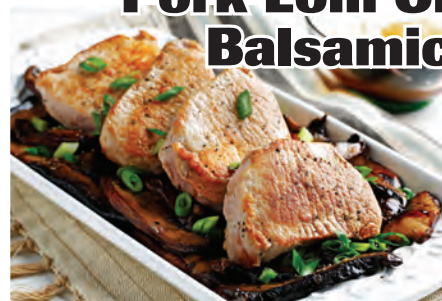
These are difficult times. It seems that more and more people are being faced with layoffs at work, and are having to rebuild their lives. It's tough to accept the idea that the company you've worked for, or the profession you've chosen, is not going to provide for you in the way you had hoped. It is discouraging, and it's easy to lose faith in our world, and in ourselves.

There may be many choices that have to be made, ranging from whether to look for another job, or to create your own, to whether or not you can afford to keep the house. Your sense of security at every level feels challenged. There is one important choice, however, that ultimately affects all of the others. You can choose to be a survivor rather than a victim. Now, it is natural to feel victimized at first. There will be anger, grief and a sense of loss.

It's all right to feel all of these emotions and to express them, but to stay with them too long is counterproductive, and will hinder you from getting on with your life. If you get stuck in the victim mentality, you will remain a victim. Ultimately, it is not what happens to us that determines the quality of our lives, so much as how we interpret and react to what happens. It has been said that what we think about expands, and that our thoughts create our reality.

Maybe it's true and maybe it isn't, but why take chances visualizing a negative, limited future? Instead of viewing a setback as the end of life as you knew it, try viewing it as the universe gently nudging you in another direc-

Pork Loin Chops with Sweet Balsamic Mushrooms



In large skillet over medium-high heat, heat 1 tablespoon canola oil. Cook pork chops 4 minutes on each side, or until internal temperature reaches 160 F.

Reserve four pork chops in refrigerator to make Pressed Pepperoncini-Pork Sandwiches.

In skillet over medium-high heat, heat remaining canola oil; tilt skillet to coat bottom lightly. Cook mushrooms 4-5 minutes, or until tender and juices begin to release, stirring occasionally. Stir in garlic and 1/4 teaspoon salt; cook 15 seconds, stirring constantly. Place over pork chops; cover to keep warm.

To pan residue, add vinegar, water, Worcestershire sauce, sugar and remaining salt. Bring to boil over medium-high heat and boil 1 1/2-2 minutes, or until reduced to 2 tablespoons, scraping bottom and sides of skillet. Drizzle sauce over pork and mushrooms. Sprinkle with onions.

Servings: 8
8 boneless center-cut pork loin chops (4 ounces each), trimmed of fat
1/2 teaspoon ground black pepper
2 tablespoons canola oil, divided
12 ounces sliced portobello mushrooms
2 garlic cloves, minced
1/2 teaspoon salt, divided
2 tablespoons balsamic vinegar
2 tablespoons water
2 teaspoons Worcestershire sauce
1 teaspoon sugar
2 tablespoons chopped green onions
Sprinkle both sides of pork with pepper.

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February 2018 Calendar of Events!

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February Events:

- Feb 1 Travel Club meeting @ 10:00 am
- 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 Polo Park Shopping Trip

- Feb 14 Luncheon – Heart & Stroke Awareness
 - Feb 15 Casino Trip – Club Regent Casino
 - Feb 21 One Stroke Painting @ 12:00 pm
 - Feb 23 Bus Trip: The Winnipeg Mint @ 9:00 am
- UpComing Events:**
- Mar 1 CVITP Drop Off Begins
 - Mar 5 Cribbage Tournament @ 1:00 pm
 - Mar 6 Needle Felting Class
 - Mar 14 Shamrock Luncheon @ 12:00 pm

February is HEART AWARENESS MONTH Hot Luncheon

Wednesday, February 14 @ 12:00 Noon

Door Prizes Provided by Manitoba Heart & Stroke

Everyone Welcome!



One Stroke Painting Class

**Wednesday, February 21st
12:00 – 3:00 pm**

**Project: Tile Painting – Barn Scene
Pre-Registration Required**



NEEDLE FELTING CLASS

Instructed by Local Artist: Kathryn Jack

Tuesday, March 6th 1:00 pm

Project: Bunny Sculpture

Learn to transform loose wool into a small wool sculpture.

Pre-Registration Required



South Interlake 55 Plus Cribbage Tournament

Partner Play

**Monday, February 5th
1:00 pm**

**Prizes - Refreshments
Everyone Welcome!**



BUS TRIPS:

Hop, Drop & Shop

Tuesday, February 6 @ 10:00 am

Shopping @ Polo Park

Thursday, February 8 @ 9:30 am

Club Regent Casino

Thursday, February 15 @ 10:00 am

Registration Required!



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South Interlake Seniors Resource - Stonewall

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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.

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Eating Alone? Join us for a once-a-month "POTLUCK PLEASURE AND FELLOWSHIP" Tuesday, February 20th @ 5:00 Church of the Ascension Parish Hall 435 – 1st Ave. N. For transportation, please call 204-467-2234 or 204-467-2207

FEBRUARY IS HEART HEALTH MONTH

Raising awareness is important when it comes to preventing Cardiovascular Disease

Prevention is key Many risk factors for heart disease and stroke are in your power to control. Here are some heart-healthy tips on diet, exercise, stress and more.

Eat Well Eating a healthy, balanced diet is one of the most important things you can do to protect your health.

Get Moving Everyone needs to be active to be healthy. Being active helps to prevent heart disease. This can be as simple as walking every day.

Maintain a Healthy Weight Achieving a healthy weight is an important step in promoting your heart and brain health. It isn't easy; weight loss is a challenging goal and should be met with a positive attitude and patience. But it is worth it in the end!

Stress Long – term stress can increase your risk of heart disease and stroke. Recognizing your stressors is an important step. The next step is to find out how to cope with your stress. Managing your stress will help you feel better every day and lower your risk for illness.

For more information call 204-467-2719

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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.

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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.

Manitoba road fatalities second lowest in 35 years

Submitted

With 73 people killed last year in 65 fatal collisions, 2017 was one of the safest years on Manitoba public roadways since 1982, based on preliminary analysis released by Manitoba Public Insurance (MPI). Results were second only to 2014 when 68 fatalities were reported.

"While it is very positive that road fatalities in 2017 were the second lowest in the last 35 years in Manitoba, the fact that 73 lives were lost is a stark reminder that much work still needs to be done to change the driving culture within our province," said Ward Keith, vice-president of Business Development and Communications, CAO, MPI.

"We must remember that behind these numbers are mothers, fathers, sons, daughters, grandparents, good friends and co-workers. Road safety is very much a partnership between

motorists, other road users, and road safety agencies within our province."

Based on preliminary data from 2017, there were 65 fatal collisions on public roadways in Manitoba which resulted in 73 deaths a 32 per cent decrease from 2016 when 107 deaths were reported.

Although the full analysis of motor vehicle collisions in 2017 is still in progress, preliminary data shows that impaired driving, distracted driving, speed and not wearing seat belts continue to be primary contributing factors in fatal collisions, which once again demonstrates that the majority of these tragic losses could have been prevented.

Included in the 73 losses were seven motorcyclists and 11 pedestrians. There were no cyclists killed in 2017, according to the preliminary counts.

Recently, MPI put out a call to action, asking all road users to make 2018 the

safest year in history on Manitoba roadways. The province's public auto insurer, in partnership with MADD Canada, has also launched an awareness and education campaign providing Manitobans the information needed to make safe decisions when driving after consuming cannabis and to understand how, similar to alcohol, cannabis and other drugs can impair driving ability.

"To stay safe on our roads and not put other road users at risk, all drivers need to think about road safety every time they get behind the wheel," said Keith. "Buckling up all the time, driving to road and weather conditions, not driving when impaired by alcohol or drugs or while distracted are all simple reminders that can help to prevent being involved in a collision. They can also literally make the difference between life and death."

Safety tips which could save a life:

1. Have a plan before you head out for an evening of partying — especially if you expect to be drinking or consuming drugs. Take a cab home or have a designated driver selected beforehand.

2. If you must text or answer the phone, pull your vehicle over to a safe area. Texting while driving takes your eyes off the road and significantly increases the chance of being involved in a collision.

3. Never get into a vehicle with a driver who has been drinking or consuming drugs. It could be the last thing you do.

4. Speed kills. Be aware of the posted speed limit and drive to road and weather conditions.

5. Buckle up — every time. Whether you're a driver or passenger, and no matter how short your trip is. It takes one second and could very well save your life.

> UKRAINE, FROM PG. 16

Though it's concentrated in certain areas of the country, like Donbas and Crimea, every day I read about the latest happenings and can't help but feel connected since it's happening on the same soil I live on today.

During the immersion program so far, I've lived in Kyiv and Lviv. I will also live in Chernivtsi and Lutsk.

Living in Ukraine is a dream for me, but I understand locals don't always feel the same way about their country — though I'm looking for any reason to stay, they may be looking for opportunities to leave.

The minimum wage is \$150 Canadian per month, and though some goods such as groceries are considerably cheaper than in North America, talking with a few locals, \$150 can be barely enough to get by.

So why would I ever want to stay? Perhaps it's part of the "you want what you don't have" mentality.

I see the problems with Ukraine, but living here also makes me aware of problems within my own country — the desire to own the biggest home, the need for the most expensive cell phone and the lack of quality food (which I didn't realize was a problem until I tasted Ukraine-made food).

I still have lots to experience and learn here — including the language, which is very slowly happening.

For more information about my travels, visit the Facebook page "Our Year in Ukraine" or check out my personal blog, kaitlinvitt.com/ukraine.

SERVICE CLUBS - Serving our Communities					
<p>Royal Canadian Legion Branch No. 52</p> <p>\$33-\$38 member/year depending when dues are paid. The Royal Canadian Legion is dedicated to the service of veterans and their dependents, as well as to raise funds for the community. The Legion is open to all Canadian Citizens. Meetings are held on the 2nd Tuesday of the month at Stonewall Legion Club Room.</p>	<p>South Interlake Ag Society</p> <p>Janice Rutherford 467-5612 Hwy #236 and Rockwood Road \$10/member/year</p> <p>It encompasses the needs of the three municipalities that it serves — Rockwood, Rosser and Woodlands. Monthly meetings are held the 3rd Tuesday of each month at 7:30 at the Ag grounds.</p>	<p>Teulon Women's Institute</p> <p>Phone 886-2216</p> <p>Fee: Nominal membership may apply</p> <p>Motto: "Home and Country"</p> <p>The TWI has approximately 14 members that work hard to raise money throughout the year to donate to local and regional charities and community projects. Meet 3rd Tuesday of the month 7:30pm Farview Place Teulon. New members always welcome.</p>	<p>1 Snow Goose Bay on Hwy 220 Stonewall, Manitoba 1-888-50MARSH (62774) ohmic@ducks.ca oakhammockmarsh.ca</p> <p>The Oak Hammock Marsh Interpretive Centre is a non-profit organization. Its mission is to foster public awareness and knowledge of the inherent values of wetlands and associated ecosystems, and to encourage public support for their conservation through innovative education and outreach programs.</p>	<p>Quarry Toastmasters</p> <p>Brenda 467-5088</p> <p>We have moved. Come join us for a visit or two. Quarry Toastmasters will be at the Chicken Chef in Stonewall 7:15-8:45 pm on Tuesday night. Our group helps you with speaking in front of people, grow's confidence, how a meeting should be run. We have an agenda, slow steps to get you to do speeches. We support each other and we also have fun.</p>	<p>Kin Clubs of Stonewall Motto "Serving the Communities"</p> <p>Kin Canada is a dynamic volunteer organization enriching our communities through service while embracing national pride, positive values, personal development and lasting friendships.</p> <p>Kinsmen President Chad Sheppard 204-461-2023</p> <p>Kinette President Leona Palmer 204-467-7655</p>
<p>Teulon & District Agricultural Society</p> <p>Lana Knor, President 467-0740</p> <p>The Teulon & District Ag Society meet on the fourth Thursday of each month from February to November at the Agricultural Building at 7:30pm. The Ag Society sponsors the Teulon & District Ag Fair and the Annual Teulon Pumpkinfest.</p>	<p>Interlake Community Foundation, Inc. 204-467-5634 www.interlakefoundation.ca</p> <p>The Interlake Community Foundation provides the citizens of Rockwood, Rosser, Stonewall, Teulon and Woodlands with the opportunity to invest in the future of their community and region forever. The Foundation pools donations in a capital fund that remains in perpetuity. The income generated from the capital is distributed as grants to registered charities in the region. Grant applications are due by February 28th of each year.</p>	<p>Stony Mountain Stonewall Masonic Lodge #12</p> <p>Call 204-467-2788 for Information</p> <p>Stony Mountain Stonewall Masonic Lodge #12 is the oldest organization in Stonewall (1880) and part of the oldest and largest fraternity in the world. Although a belief in one God is necessary to join, Freemasonry is non-secular and prohibits discussion of religion and politics in its Lodges. Freemasonry focuses on the reinforcement of morality into the daily lives of our members and of charity, a giving back to our communities through our Lodges and by our charitable activities as well as in our personal lives, which we believe makes GOOD MEN BETTER. Monthly Meetings 2 B 1 ASK 1</p>	<p>Stonewall Ladies Auxiliary</p> <p>Committed to the wellbeing of our community and raising funds for the ongoing mutual support provided by the Stonewall Legion Branch #52. Meetings are held on the second Thursday of the month. New memberships are welcome. Yearly membership fee 10.00. Volunteers often required for events at the Legion hall.</p>	<p>South Interlake Seniors Resource Council Inc. Darcy or Corinna @ 467-2719 sisrc@shaw.ca</p> <p>SISRC is a non-profit organization that offers services for seniors and those with disabilities. These services include; Transportation; Mobility Aid Lending Service; Caregiver Support Group; Health Education Presentations; Resource Information/Form Completion; Telephone Buddy/Friendly Visiting; Handy Helper/Housecleaning. We also distribute the ERIK (emergency response information kit) and we are Lifeline Representatives.</p>	<p>The Liliane Baron South Interlake Breast Cancer Support Group Claudette 886-2393 Joyce 467-2473</p> <p>The group is a non profit grass roots organization founded by women in the South Interlake Area diagnosed with breast cancer. Our mandate is to assist others who may find themselves with a similar diagnosis and to provide a variety of support, assistance and friendship where needed within the confines of privacy, respect and caring. The group meets for positive encouragement and support on the third Tuesday of each month at 7PM at the office of LJ Baron Realty, Main Street in Teulon. Anyone seeking information or services is always welcome.</p>
<p>Knights of Columbus Stonewall</p> <p>Dave Couprie 467-9548 \$40/member/year</p> <p>The Knights of Columbus raise funds for charities within the community. The Knights are open to all Catholic men, 18 yrs or older. Meetings are held 1st Monday of the month September through June at the Christ the King Church in Stonewall.</p>	<p>South Interlake 55+ Inc</p> <p>467-2582 www.si55plus.org \$20/member/year si55plus@mts.net</p> <p>This non-profit organization provides education and activities for persons age 55 plus. Many activities and events are held on a regular basis. Newsletters are published monthly and available to pick up at the 55+ Centre in Stonewall.</p>	<p>Stonewall & District Lions</p> <p>Ralph Sinclair 622 Centre Avenue, Stonewall 467-9600</p> <p>Motto: "We Serve"</p> <p>Membership is open to anyone over eighteen with an interest in providing assistance to those people or projects in our community in greater need than ourselves. Meetings are every 4th Wednesday of the month at 7:15 pm September thru June.</p>	<p>Independent Order of Odd Fellows Stonewall Lodge #49</p> <p>Larry O'Dell 467-8882 Ross Thompson 467-2438 www.ioofmb.ca</p> <p>Yearly nominal membership fee</p> <p>The Odd Fellows Lodge is a fraternal organization based on the fatherhood of God and the brotherhood of man. We do charitable work through various projects in the local community, the province and internationally. We seek to elevate the character of man and thereby make the world a better place to live. Meetings every 1st and 3rd Monday of the month at 8:00pm at the Odd Fellows Hall.</p>	<p>Stonewall & District Health Centre Ladies Auxiliary</p> <p>Marg Bond 467-8732</p> <p>The auxiliary's goal is to raise funds for the purpose of enhancing the care and comforts of patients, residents and clients served by the Health Centre. Meetings are held the first Monday of each month at Rosewood Lodge. New members welcome.</p>	<p>Grosse Isle Women's Institute</p> <p>Phone 204-467-9376</p> <p>Motto: "Home and Country"</p> <p>The GIWI has approximately 14 members that work hard to raise money throughout the year to donate to local and regional charities and community projects. Meet 2nd Tuesday of the month 7:00pm Grosse Isle Hall. New members always welcome.</p>
<p>Warren Horizons District Lions Club</p> <p>President: Irene Tully 204-375-6522</p> <p>Meetings are held the first and third Wednesday of each month at the Warren Fire Hall Sept. thru June.</p>		<p>Warren & District Lions</p> <p>President Stu Bangle 204-322-5381</p> <p>"We Serve"</p> <p>Membership is open to anyone over 18 interested in giving something back to their community through direct action, meeting humanitarian needs, encouraging peace, and promoting international understanding. Meetings are held the 1st and 3rd Wednesday of the month at 7:00pm at the Warren Fire Hall from Sept-June.</p>			

sports & recreation

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Wildcats, Rams win WHSHL games



TRIBUNE PHOTOS BY LANA MEIER

Pictured left to right, Seth McMahon, Ryan Brown, Bryce Allary, Nick Prystupa and Matthew Fossay all represented their high schools at the WHSHL all-star day last Sunday at the Bell MTS Iceplex.

By Brian Bowman

It was a great Monday for both local high school hockey teams.

The Warren Collegiate Wildcats and Stonewall Collegiate Rams earned 6-3 wins in Winnipeg High School Hockey League action.

Warren doubled up Pierre Elliott Trudeau as Jayden Allary, Nick Prystupa and Kyle Melo each had two goals and an assist for the winners.

Mathew Brown, Chris Wootton, and Jayden Rioux were the only Pierre Elliott Trudeau players to beat Wildcats' goaltender Nicholas Peixoto.

On Jan. 16, Warren edged Louis Riel

4-3 as Prystupa scored the game winner in overtime.

Melo had tied the game at 3-3 with 4:44 remaining in the third period.

After a scoreless first period, Warren's Reid Weatherburn and Louis Riel's Mathieu Chateaufneuf traded second-period goals.

Bryce Allary scored a third-period goal for Warren while Noah Desrosiers and Diego Chinchilla-Chaput replied for the visitors.

Peixoto, once again, posted the victory.

Warren hosted John Taylor on Tuesday but no score was available. The

Wildcats will then have a rematch with John Taylor today at the Bell MTS Iceplex. Game time is 4 p.m.

The Rams, meanwhile, played a great game in doubling the Westwood Warriors on Monday in Winnipeg.

Stonewall, which led 3-2 after two periods, received a two-goal and two-assist effort from Brandon Abraham.

Easton Ewanek also had a strong game for the Rams with two goals and an assist. Seth Mandryk and Adrian Klimpke scored Stonewall's other goals.

Graeme Shingleton, Cam Brakel and Tanner Mullian replied for Westwood.

Gavin Love earned the win in goal.

With the victory, Stonewall now has 12 points which vaults them into 12th place in the 13-team Winnipeg Free Press Division.

The Rams will wrap up January with three games in less than a week. Stonewall plays Glenlawn at St. Vital Arena today (4:15 p.m.) and then will host Fort Richmond on Friday (4 p.m.).

Stonewall will then hit the road next Wednesday to battle Shaftesbury at Varsity View. Puck drop is 4:30 p.m.

Local hockey players to celebrate Stonewall Blues Day

By Brian Bowman

For the first time ever, Stonewall will be hosting a Stonewall Blues Day this Saturday.

Scott and Erin Hunnam came up with the idea to host the one-day event after seeing other clubs hold similar days in their communities.

"The reason behind having the day is to just celebrate hockey in Stonewall," said Scott Hunnam in an email.

Eight Stonewall Blues' teams will be

involved this year by playing games at either the Ice Palace or Veterans Memorial Sportsplex.

In the future, organizers hope to be able to increase the number of local teams and activities.

"With the help of our ice convenor, Dave Underwood, we tried to schedule as many Blues' home games on Stonewall Blues Day as was possible," Scott Hunnam said.

Besides the games, a free family

skate is scheduled from 11:15 a.m. to 12:30 p.m. (no sticks or pucks will be allowed). Some Stonewall Jets' players will be in attendance at the skate while free hot chocolate and Timbits will be provided.

The Jets will later wrap up the day with a Manitoba Major Junior Hockey League home game against the St. James Canucks. Game time is 7 p.m.

"I feel it is very important to have the junior players involved," Scott

Hunnam said. "Our Stonewall Blues' players really look up to the Stonewall Jets' players.

"Eight of our initiation players have been picked to go on the ice for the Stonewall Jets' game in the evening. They will get to skate a couple laps and then stand with the Stonewall Jets during the national anthem."

Players are asked to wear their Stonewall Blues' jerseys to the family skate and at the Jets' game.

Mercs extends streak to eight wins

By Brian Bowman

The Warren Mercs continue to play some great hockey.

Warren extended its win streak to eight games after a solid 4-0 home win over the Morden Redskins in South Eastern Manitoba Hockey League action last Friday.

Trent Genyk scored a power-play goal at 18:19 of the first period and

then the Mercs' Bryn Lindsay and Brendan Luschinski tallied in the second.

Lindsay's goal was his team-leading 12th of the season while Luschinski's tally was a shorthanded marker at 16:11 of the middle frame.

Was Pawluk then added a third-period goal to secure the win.

Brock Genyk finished the game with

two assists. Travis Bosch posted the shutout while improving his record to a league-best 10-2. He has an impressive 2.62 goals-against average and a .887 save percentage.

With the win, Warren improved its record to 11-3 and they are a perfect 8-0 on home ice this season. The Mercs were tied for first place in the seven-team with Notre Dame after Friday's

win — each with 22 points — but the Hawks hosted Portage on Saturday evening (no score was available).

The Mercs will travel to Portage la Prairie this Saturday (8 p.m.) to play the Islanders. It will be the first of four straight road games for Warren.

Warren's next home game isn't until Feb. 10 when it will host Portage to wrap up its regular season.

Midget Lightning lose three lopsided games

By Brian Bowman

The Interlake Lightning Midget Provincial hockey team has had better weeks this season.

Interlake lost all three Manitoba AAA Midget Hockey League games last week — getting outscored 28-4 in the process.

The Lightning made it three losses in just five days after they were defeated 7-2 by the Eastman Selects in Beausejour.

Eastman led 2-0 after the first period and then 4-0 after 40 minutes.

Spencer Morrison led the Selects with two goals while Burke Heide had

a goal and two assists.

Hunter Sexton, Troy Beauchemin, Dallon Wilton and Matthew Smith also scored for Eastman.

The Selects' Blair McGowan finished the game with three assists.

Marcus Dewey and Shane Bear replied with third-period goals for the Lightning.

Both teams scored a power-play goal.

Eastman outshot Interlake 37-18 as Justin Powers earned the win in goal.

Last Saturday night, Interlake was defeated 7-2 by the Pembina Valley Hawks.

The Hawks dominated very early, scoring four times before the game was 4:26 old and then led 5-1 after the first period.

Dylan Fontaine and Corey Soorsma scored for the Interlake.

Kolton Shindle, Tristan Day, Sven Schefer, Spencer Kaminsky, Tyson Allison, Jayden McCarthy and Michael Hlady answered for Pembina Valley.

On Jan. 17, the Lightning were whipped 14-0 by the Winnipeg Wild.

Winnipeg scored three times in the first period, added six goals in the second, and then tallied five more times in the third.

The Wild outshot the Lightning 52-19.

Eric Fawkes (three), Ryan Gottfried (two), Mason Waite (two), Mitchell Joss (two), Jackson Klewchuk, Kaden Bryant, Mikol Sartor, Kyle Bettens and Luc Benedictson scored for the Wild.

Interlake (8-25-0-2-0) played the fifth-place Winnipeg Thrashers Wednesday evening but no score was available.

The Lightning will host the Parkland Rangers on Saturday (7 p.m.) and then Eastman Sunday (2 p.m.).

Southwest Cougars skate past Lightning in Bantam play

By Brian Bowman

The Interlake Lightning could not recover from a 3-0 deficit in a 5-2 loss to the Southwest Cougars in Bantam "AAA" action Sunday in Warren.

Braeden Lewis gave Southwest a 1-0 first-period lead and then the visitors went up three goals as Avery Kirkup and Cody Gudnason tallied to start the second.

But the Lightning battled back with goals from Jacob Plett and Kaydyn McMahon just 1:25 apart midway in the middle frame.

Interlake's Michael Crave, Colby Bear and Lane Bond each had an assist on those goals.

The Cougars put the game out of reach, though, with third-period goals by Lewis and Kirkup.

On Jan. 16, the Lightning lost 6-4 to the Winnipeg Monarchs at the Bell MTS Iceplex.

Winnipeg snapped a 4-4 third-period tie with goals from Dean Gorchynski and Carter Halamander, who had a hat trick in the game.

Interlake's Ashton Fisher and Logan Resch scored first-period goals and

then Kaden Stewart and Resch tallied in the second.

Brett Tataryn had two assists for the Lightning while Plett, Cole Emberly and Tyson Barylski each had a helper.

James Hooton and Ethan Clements scored the Monarchs' other goals.

Interlake will resume league action Feb. 2 when it hosts the Winnipeg Hawks in Gimli for a 7 p.m. game.

The Lightning will then play the Central Plains Capitals in Portage la Prairie the following day. Game time is 1:15 p.m.

In City Midget action, the Lightning lost 8-2 to the Monarchs on Sunday in Teulon.

The scoring summary was not posted on the league website at press time.

Interlake also dropped an 11-0 decision to the Warriors on Saturday.

The Lightning hosted the Eastman Selects this past Monday and then played the Monarchs last night but no scores were available.

Interlake will battle the Hawks this Friday at the Seven Oaks Sportsplex. Puck drop is 7:30 p.m.

Manitoba Hockey Standings

MANITOBA JUNIOR HOCKEY LEAGUE																			
GP	W	L	OTL	PTS	GF	GA	GP	W	L	OTL	PTS								
Kenora	34	11	19	0	26	109	131	Interlake	32	8	22	2	18	81	154				
Steinbach Pistons	43	33	8	1	68	201	98	Norman	34	3	30	0	7	96	245				
Portage Terriers	41	27	11	1	57	172	109	AAA CITY MIDGET HOCKEY LEAGUE											
Virden Oil Capitals	41	27	12	2	56	183	128	GP	W	L	OTL	PTS	GF	GA					
Winkler Flyers	41	26	15	0	52	142	107	Monarchs	25	22	2	0	45	167	53				
Selkirk Steelers	41	23	14	3	50	146	133	Hawks	25	17	7	0	35	131	73				
OCN Blizzard	41	22	14	5	49	150	135	Selects	24	16	6	0	34	117	84				
Winnipeg Blues	40	19	16	4	43	146	153	Warriors	25	11	14	0	22	90	114				
Neepawa Natives	41	18	20	2	39	153	164	Sharks	24	7	14	1	17	61	104				
Swan Valley Stampeters	39	16	18	5	37	118	139	Lightning	25	0	24	0	1	31	169				
Dauphin Kings	43	10	31	1	22	99	196	AAA BANTAM HOCKEY LEAGUE											
Waywayseecappo Wolverines	43	6	34	2	15	103	251	GP	W	L	OTL	PTS	GF	GA					
MANITOBA MAJOR JUNIOR HOCKEY LEAGUE																			
GP	W	L	OTL	PTS	GF	GA	Sharks	27	21	3	0	45	148	60					
Raiders Jr. Hockey Club	32	26	2	4	56	133	60	Monarchs	26	20	5	1	41	141	68				
Charleswood Hawks	31	23	5	3	49	89	52	Hawks	26	20	6	0	40	179	71				
Transcona Railer Express	31	21	8	2	44	133	89	Selects	22	17	4	0	35	115	45				
Stonewall Jets	32	18	12	2	38	99	83	Lightning	28	7	21	0	14	82	163				
St. James Canucks	32	16	13	3	35	110	97	Warriors	25	4	20	0	9	63	142				
Fl.Garry/Fl.Rouge Twins	32	16	15	1	33	95	85	MANITOBA FEMALE MIDGET AAA HOCKEY LEAGUE											
Pembina Valley Twisters	31	13	16	2	28	124	126	GP	Reg W	Reg L	T	OTW	OTL	PTS					
St. Vital Victorias	31	13	18	0	26	103	139	Winnipeg Avros	23	13	5	-	5	-	36				
St. Boniface Rielis	32	10	19	3	23	90	121	Yellowhead Chiefs	22	10	7	-	3	2	28				
River East Royal Knights	32	2	29	1	5	46	170	PV Hawks	22	12	8	-	1	1	27				
KEYSTONE JUNIOR HOCKEY LEAGUE																			
GP	W	L	OTL	PTS	GF	GA	Westman Wildcats	20	10	6	-	1	3	25					
Central Division	GP	W	L	OTL	PTS	GF	GA	Eastman Selects	23	11	10	-	-	2	24				
Peguis Juniors	26	20	2	1	41	183	74	Central Plains	23	7	12	-	1	3	19				
Arborg Ice Dawgs	24	15	5	4	34	106	79	Interlake Lightning	21	2	17	-	1	7					
Fisher River Hawks	26	3	21	2	8	64	208	MANITOBA HIGH SCHOOL HOCKEY											
GP	W	L	OTL	PTS	GF	GA	Winnipeg Free Press #2												
North Division	GP	W	L	OTL	PTS	GF	GA	Division	GP	W	L	OTL	PTS	GF	GA				
OCN Storm	26	21	3	1	43	226	98	Sanford	16	13	2	0	41	50	19				
Cross Lake Islanders	25	10	15	0	20	160	149	St. Paul's 2	18	9	2	1	37	45	29				
Norway House North Stars	26	4	21	1	9	91	281	Steinbach	16	11	3	1	35	62	39				
South Division	GP	W	L	OTL	PTS	GF	GA	College Bellevue	18	10	5	2	34	65	52				
Selkirk Fishermen	25	20	2	3	43	126	70	Shaftesbury	17	8	6	0	30	59	53				
St. Malo Warriors	23	12	8	3	27	100	77	Fort Richmond	19	7	6	2	30	61	56				
Lundar Falcons	25	11	11	3	25	111	110	Kildonan East	19	7	7	2	28	59	59				
North Winnipeg Satellites	24	9	14	1	19	95	116	Glenlawn	17	6	6	2	25	66	59				
SOUTH EASTERN MANITOBA HOCKEY LEAGUE																			
GP	W	L	OTL	PTS	GF	GA	Westwood	18	6	7	2	25	72	76					
Notre Dame	14	10	2	1	22	69	50	J.H. Bruns	20	3	10	1	21	66	82				
Warren	13	10	3	0	20	68	39	College Jeanne Sauve	15	5	6	2	20	39	34				
Morden	14	8	6	0	16	58	44	West Kildonan	17	2	13	0	10	29	70				
Carman	15	6	8	0	13	61	71	Stonewall	20	3	17	0	9	32	77				
Altona	12	5	6	0	11	46	50	MANITOBA HIGH SCHOOL HOCKEY											
Portage	13	5	7	0	11	39	46	Price Division	GP	W	L	OTL	PTS	GF	GA				
Winkler	15	4	11	0	8	49	90	Murdoch MacKay	20	18	2	0	54	113	43				
AAA MIDGET HOCKEY LEAGUE																			
GP	W	L	OTL	PTS	GF	GA	Leo Remillard	19	16	2	0	50	115	46					
Brandon	34	29	3	0	60	177	77	Pierre Elliott Trudeau	18	12	5	1	37	65	43				
Wild	33	28	3	1	58	191	70	Louis Riel	19	7	8	2	27	69	70				
Bruins	33	23	8	1	48	141	99	John Taylor	19	7	10	1	24	63	73				
Eastman	34	21	9	2	46	142	111	Linden Christian	19	7	10	2	23	56	93				
Thrashers	34	20	13	1	41	127	130	Sisler	18	4	11	0	17	73	84				
Pembina Valley	33	17	13	2	37	128	129	Warren	17	3	13	0	11	65	90				
Yellowhead	33	17	15	1	35	116	105	Lorette	19	3	16	0	9	47	124				
Southwest	33	16	16	1	33	105	111	STATS AS OF TUESDAY, JANUARY 16											
Central Plains	33	12	16	2	29	125	140												
Parkland	34	12	19	1	27	111	147												

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Blues garner hardware at female hockey tournament



TRIBUNE PHOTO BY TAMMY BOUGHTON

Stonewall Minor Hockey hosted 28 teams in six divisions at their annual female hockey tournament this past weekend with 49 games played. The Stonewall Novice girls 'White' team defeated Brandon's Source for Sports Storm 2-1 to win gold. Pictured back row, left to right: Coaches Dallas Minnie, Kevin Boughton, Jason Sugimoto; middle row: Katie Hallock, Sydney Boughton, Abi Minnie, Payton Farthing, Sophia Potter; front row: Jordyn Chetyrbok, Julia Harrisko, Eleanor Sugimoto, Olivia Hagen and Sophie Fumerton. Missing from the photo is Emma Boonstra.



TRIBUNE PHOTO BY KRISTA BARKER-DELAINE

The Stonewall Atom A2 girls fell to the Bulldogs 4-1 to earn silver in their division. Pictured back row, left to right: Coaches Eri Mackenzie, Jamie Dowsett, Jason Darragh; middle row: Gabby Noren, Ella Fumerton, Colby Darragh, Scarlett Dowsett, Thalissa Lavallee-Thang; front row: Alexis Petrie, Kassie Siwack, Morgan Walker, Adria Vandersteen; missing from the photo is Izabelle Boonstra.



TRIBUNE PHOTO BY KELLY FARMER

The Stonewall Atom A1 girls won bronze after defeating the Comets 7-0. Pictured back row, left to right: Coaches Michelle Myers, Jason Sugimoto, Jeff Morden, Colin Hudon; middle row: Samantha Boonstra, Georgia O'Neill, Reese Farmer, Kenzi Porter, Jordan Hudon, Ali Thompson, Kaelyn Morden, Sierra Slatcher; front row: Rhea Myers, Jacy Baldwin, Jane Sugimoto, Ruby Harrisko and Reese Fidler.



TRIBUNE PHOTO BY KELLY FARMER

The Stonewall PeeWee A2 girls won bronze, defeating the closely matched Eagles 2-0 in the final. Pictured back row, left to right: Andrew Kirk (coach), Allannah Priemski, Rayne Chartrand, Alexis Rulen, Brooke Farmer, Melody Debreuil, Eva Kerbrat, Ali Charison, Reghan Kirk, Keira Willey, Greg Safiniuk (coach), Kate Farmer; front row: Shelby Joynt, Shaelynn Wait, Madelyn Fidler, Autumn Palson, Carly Safiniuk, Abigail Dorsch. Missing from the photo are Danielle Munroe and Trevor Farmer (coach).

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Jets soar to comeback road win over Twisters

By Brian Bowman

The Stonewall Jets pulled off a fantastic comeback victory on Saturday night.

Trailing 5-3 in the third period, Brendan Burnett scored a pair of goals — his third and fourth on the season — to tie the score and then the Jets won the game 6-5 in a shootout.

“To get a character win like that at this time of year is good for the dressing room (and) good for the team, in general,” said Jets’ co-coach Matt Figur.

Burnett came up big when the Jets needed a couple of goals. Getting that secondary scoring is also very welcomed by a Jets’ team that, at times, has had trouble putting the puck in the net this season.

“He has been playing consistent

hockey for us the entire season,” Figur said of Burnett. “He hasn’t gotten as many points as you would probably want but those are two big goals that he got for us.”

After the first nine players failed to score in the shootout, Stonewall’s Chase Faulkner ended the game when he beat Twisters’ goalie Griffin Dyck.

Andrew Bayduza and Brendan Labossiere scored first-period goals for Stonewall while Braeden Beernaerts and Alex Tetrault replied for Pembina Valley.

Jeremie Goderis and Brendan Keck tallied to give the Twisters a 4-2 lead before Stonewall’s Carson Ouellette and Pembina Valley’s Elijah Carels traded goals midway in the middle frame.

Both teams fired 53 shots at the

opposition goal as Hunter Ploszay earned the win.

On Jan. 16, Stonewall slapped around the last-place River East Royal Knights 14-4.

“Obviously, River East isn’t a strong team in the league this year but (it was huge) for us to get 14 goals,” Figur said.

Bryce Stovin scored the Jets’ first three goals of the game and later added three assists. Labossiere also had a hat trick while Sam Mandryk scored three times to go along with two assists.

Stonewall, which held period leads of 6-1 and 10-2, also received goals from Ryan McMahon (two), Ouellette, Foster Bytheway and Faulkner.

Aiken Chop had a game-high five assists.

Stonewall outshot River East by a whopping 61-16 margin as Curtis Beck earned the win. Beck now has a 10-4 record and a sparkling 2.35 goals-against average.

The Jets are now 20-12-2 and have 42 points to occupy fourth spot in the 10-team league. Stonewall trails only the Raiders Jr. Hockey Club (58 points), Charleswood Hawks (49) and Transcona Railer Express (47).

Transcona defeated St. James 3-1 on Sunday night and has played one less game than Stonewall.

Stonewall is back on the ice tonight to play the St. Vital Victorias in Winnipeg and then Stonewall will host the St. James Canucks on Saturday.

Both games start at 7:30 p.m.

Young guns rock the house



TRIBUNE PHOTO BY CALVIN JANKE

In its 65th season, the Marquette Curling Club hosted 20 teams at its annual Winter Classic Bonspiel Jan. 10-14. The Riley Janke team, made up of 14 and 15 year-olds, was the youngest team to ever capture the A-side trophy at the spiel. The Dwayne Lecoq team won the B-side, while Bruce MacMillan’s team captured the C-side. The D-side was won by the Gary Wilkenson team. Pictured left to right: Gerrit Boonstra, Tyler Hogg, Riley Buchanan and Riley Janke.

Manitoba champs



TRIBUNE PHOTO BY BONNIE MCRAE

The Wayne Oliver rink went 7-0 defeating Randy Neufeld in the final to win the Manitoba Open HALFspiel this past weekend. Pictured left to right: Wayne Oliver, Brandi Forrest, Hailey Ryan, Sara Oliver and Asham representative.

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Stonewall Teulon
Tribune

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50' x 150' vacant lot for sale. Located on very quiet street. No building restrictions. Build your own custom home.
Contact
204-461-1142

Building For Sale \$249,000

Commercial retail outlet located at 359 Main Street, Manitowish (former Co-op food store). The 5,300 square foot building includes approximately 3,200 square feet of retail space, 2,100 square feet of warehouse and a basement of approximately 3,200 square feet. The building includes modern refrigeration fixtures and shelving to operate a food store, but the vendor is open to selling the building without the equipment and fixtures. A full appraisal report is available for inspection. Contact Dale or Curtis at 204-744-2228 for more information or to arrange viewing.

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Call 204-467-5836 or Email igraphic@mts.net



**THE RURAL MUNICIPALITY OF ROCKWOOD
INVITATION TO QUOTE**

2018 HOURLY EQUIPMENT RATES

The Rural Municipality of Rockwood is inviting quotes for hourly rental rates of various equipment, for the purpose of establishing pay rates for the 2018 construction and maintenance season. Quotation packages including submission documents are available at the Municipal Office, or from the RM's website, www.rockwood.ca.

Quotations may be submitted to the Rural Municipality of Rockwood, Box 902, Stonewall, Manitoba, R0C 2Z0.

**Deadline for Quotation Packages is 4:00 p.m. (CST)
Friday, February 9, 2018**

Ian Tesarski, Director of Operations
Rural Municipality of Rockwood
Box 902, Stonewall, MB R0C 2Z0
Phone: 204-467-2272 Fax: 204-467-5329
Email: ian.tesarski@rockwood.ca

METAL RECYCLING

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

RECYCLING

Buying scrap metal, cars, tractors, combines, farm scrap, any metal material, any farm machinery. Ph Lonnie at 204-886-3407 lve. message or cell at 204-861-2031.

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Call **467-5836** or Email igraphic@mts.net

STEEL BUILDINGS

Steel Building Sale ... "Really big sale is back - extra winter discount on now!" 20X23 \$5,798. 25X27 \$6,356. 30X31 \$8,494. 32X33 \$8,728. 35X35 \$11,670. One end wall included. Pioneer Steel 1-855-212-7036 www.pioneersteel.ca

APARTMENT FOR RENT

Age 55+ Apartments -INWOOD SENIORS LODGE bachelor & 1 bedroom suites. RGI & capped rent. Meal program & activities on site. Call Tina for more info 204-278-3534 email: inwoodm@high-speedcrow.ca

SHOP LOCAL

APARTMENT FOR RENT

Farview Place Teulon. Spacious 1 bedroom suite available Feb. 1st. Beautifully well maintained building. Very friendly atmosphere, on site laundry, lounge area for get together/activities. Manager and maintenance on site. For inquiries, please contact Laura at 204-886-2760.

FARMLAND FOR SALE

Farmland for sale, Selkirk area, 77 acres. Legal Description NE42-0-14-4E. Call 204-485-7195 for more information.

CUSTOM PAINTING

Custom powder coating. Call for pricing. Ph 204-981-7857.

SERVICES

Worried about your credit card balance? Let us eliminate your credit card debt with rates from 2.2%. Bad credit OK (OAC). Call today toll-free 1-800-581-8288 (LIC #4733142)

HELP WANTED

Medical Transcription! In-demand career! Employers have work-at-home positions available. Get online training you need from an employer-trusted program. Visit: CareerStep.ca/MT or 1-855-768-3362 to start training for your work-at-home career today!

REMEMBER YOUR LOVED ONES IN THE TRIBUNE

take a break > GAMES

SUDOKU

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

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!

Sudoku Answer

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

Crossword Answer

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

X CROSSWORD

CLUES ACROSS

- Warm-blooded vertebrates
- Semitic peoples
- Supervise
- Historical German territory
- Sweat
- The Wolverine State
- China
- Violent disturbances
- A way to commemorate the dead
- Midway between east and southeast
- Bird genus
- Trim
- Disparaged
- More coherent
- Abnormal rattling sounds
- Healthy appetizers
- Partner to "shocked"
- French pianist Pascal
- Jokes
- Marks to omit print
- Tall
- Coverage
- "A Death in the Family" author
- Role of highlights
- Fixed-radio access
- Partly digested food
- "Lamb Chop" puppeteer Lewis
- In support of
- Aluminum
- Reduction in value over time
- Running events
- Portuguese region
- Slovenly women

CLUES DOWN

- Wiped up
- Opposed to
- Macon, GA, university
- Wife

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

- Small viper
- Polynesia garland of flowers
- Saw-like
- Maltese-Italian composer Girolamo
- Moved faster than walking
- Commercial
- Covered with mud
- Marksmen
- Buenos
- Tailless amphibian
- Belonging to a thing
- Mars crater
- Most fair
- Citrus fruit
- Awkward
- Brews
- Beloved late broadcaster Craig
- All alone
- Copies
- Poster
- Symmetrical
- Grew older
- Makes tractors
- Not the front
- State as fact
- Long, narrow cut
- Worked hard for
- Indicates position in a box score
- Tax
- "Lookout Weekend" singer Debbie
- Unhealthy
- Imam name Khan
- A woolen cap of Scottish origin (abbr.)
- The Golden State

Classifieds

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HELP WANTED

HOTLINE cook req'd. Seeking part time breakfast, lunch & dinner cook. Must have some kitchen experience. Call **CRAVINGS RESTAURANT** 204-467-9078 or cravingsrestaurant@hotmail.com

Truss Designer - Prairie Truss is seeking an individual with excellent organizational and computer skills, knowledgeable in the construction industry, and willing to work alongside the senior truss designer. Truss design knowledge is an asset but not require as training will be provided. Send resume with qualifications and references to careers@prairie-truss.com

ADULT EDUCATION

Adults Only - Reading, Writing and Math upgrading classes. Free! Free! Free! Afternoons and evenings. Selkirk Adult Learning Program, call Marcey at 204-482-7525 or email mcherniak@lssd.ca

BABYSITTING

2 teenage sisters, ages 14 & 16, available to babysit after school & weekends. Can hire together or individually. We both have our babysitting course certificates. References avail. upon request. Phone 204-899-4946 after 4 p.m. weekdays or anytime on weekends.

BOOKKEEPING

Prairie Bookkeeping offers bookkeeping solutions to small business 204-998-4789.

INCOME TAX

Prairie Bookkeeping offers personal & small business income tax preparation. Certified to efile with CRA. 204-998-4789.

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2003 Freightliner Argosy 550 Cat 6NZ engine 18 speed trans. 390 rearends 244 " wheelbase. Owner retiring. Can include enclosed headache rack and all equipment. 204-867-7787

HIKE METAL, a busy ship and boat building company in Wheatley ON is seeking candidates with the following skill sets: Welders/Fitters/Fabricators (aluminum preferred), Outfitters/Millwrights/Riggers, Spray painters, Pipe Fitters & Plumbers

Attributes Required: Dexterity, Proficiency, Reliability, Aptitude, Initiative and Versatility

Employment Perks: Competitive wages, Benefits Pkg., Days, and a Creative Work Environment

To apply, please email: frank@hikemetal.com or call 519.825.4691

RCMP D.S.A. POSITION

Town of Stonewall

THE TOWN OF STONEWALL IS SEEKING APPLICATIONS FROM QUALIFIED INDIVIDUALS FOR A PERMANENT FULL-TIME POSITION OF RCMP DETACHMENT SERVICE ASSISTANT.

UNDER THE SUPERVISION AND DIRECTION OF THE STONEWALL RCMP DETACHMENT COMMANDER, THE RCMP DSA PERFORMS VARIED ADMINISTRATIVE DUTIES IN THE PREPARATION OF FILES, CORRESPONDENCE AND REPORTS, DATA ENTRY AND PROVIDES ASSISTANCE TO THE PUBLIC OVER THE TELEPHONE AND IN PERSON.

THE PREFERRED APPLICANT WILL HAVE EDUCATION AND EXPERIENCE IN OFFICE ADMINISTRATION AND DATA ENTRY, COMPUTER WORD PROCESSING, PUBLIC RELATIONS AND GOOD INTERPERSONAL SKILLS. A JOB DESCRIPTION FOR THE POSITION MAY BE OBTAINED BY CONTACTING THE UNDERSIGNED.

QUALIFIED APPLICANTS ARE INVITED TO SUBMIT A DETAILED RESUME, MARKED RCMP DSA, TO THE UNDERSIGNED NO LATER THAN 4:00 P.M. THURSDAY, FEBRUARY 8TH, 2018.

APPLICANTS WHO ARE SELECTED FOR AN INTERVIEW SHALL BE SUBJECT TO A SECURITY CLEARANCE CHECK.

Wally Melnyk, CAO
Town of Stonewall, Box 250, 293 Main Street, Stonewall, MB, R0C 2Z0
Phone (204) 467-7979
Fax (204) 467-7999
Email to info@stonewall.ca

We thank all those individuals who apply, however, only those selected for an interview will be acknowledged.

UPCOMING EVENTS

SAT. MARCH 3, 2018 - S.I.R.A.S. Annual Spring Dinner at the Red Barn (Hwy 236 & Rd. 75N), cocktails 5:30 dinner 6:30, \$25, auction/entertainment, tickets & info 204-467-8789 or 204-881-1204; **SAT. MARCH 10, 2018 CRY 920 AM RADIO & S.I.R.A.S. "TALENT NIGHT"** at the Red Barn 8 p.m., admission \$3, to be a contestant & info. call Alvin 204-467 8489 or Diane 204-633-2238.

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- Must have your own tools

We have been in business for 48 yrs and do have an employee benefit pkg and We pay for yearly training.

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by Phone 204-482-3960 or email: selkirkautobody2@mts.net

VIDIR MACHINE INC. MARKETING ASSISTANT

Established in 1979, Vidir (www.storevertical.com) is a worldwide leader in the design, manufacturing, and installation of automated vertical storage and retrieval systems. We are currently in the process of hiring a Marketing Assistant to assist with the growing demands of an increasing market.

Successful Candidate must :

- Have 1 to 2 years' experience in sales, marketing or manufacturing communication/writing within a business to business function;
- Have extensive working experience with MS Office applications including Word, Excel and Powerpoint
- Knowledge and working experience preferred with Adobe Creative Suite, specifically Adobe InDesign and Photoshop
- Ability to originate and develop creative designs/graphics
- Knowledge of digital marketing tools and social media
- Research skills and the ability to draw upon data from disparate sources
- Ability to multitask, plan and prioritize workload/attention to detail
- Good communication skills both verbal and written
- Demonstrates ownership and accountability to achieve set targets

Competitive Salary with benefit package offered.
Deadline for resumes January 31, 2018. Please include 3 references.

Please email resume, to hr@vidir.com. For a full job description and requirements, please refer to our website, www.storevertical.com

Only those selected for interviews will be contacted.
www.storevertical.com

REMEMBER YOUR LOVED ONES WITH A MESSAGE IN THE TRIBUNE

ANNUAL PUBLIC NOTICE

Additions to the Voters List and/or Personal Security Protection Requests

Town of Stonewall

In accordance with Section 36 of *The Municipal Councils and School Board Election Act* (MCSBEA), the Town of Stonewall Voters List is open for changes or revisions.

- Any person who is eligible to vote in municipal elections in the Local Authority of the Town of Stonewall can have his or her name added to the Voters List, or have any information about the voter on the Voters List corrected.
- Any person can request to have his or her name and address obscured from the Voters List.

A person whose name has been obscured will receive a Personal Security Certificate and identification number. In a civic election, that person may only vote by Sealed Envelope Ballot and cannot vote in person at the regular or advance voting places.

To implement the above, a written request must be submitted to the Senior Election Official, in person, by e-mail, fax or mail to:

Name of Local Authority: Town of Stonewall
Address: Box 250, 293 Main Street, Stonewall, Manitoba
Phone: 204-467-7979
Fax: 204-467-7999
E-mail: info@stonewall.ca

The next General Election takes place October 24, 2018.
Wally R. Melnyk, Senior Election Official
Questions? Call 204-467-7979

NOTICE OF PUBLIC HEARING

To Close a Portion of Public Road

By-Law No. 6/2017

The Town of Teulon hereby gives notice pursuant to Section 290 of The Municipal Act (Manitoba) regarding a Public Hearing to receive public representation on a proposed by-law to close a public road.

The Public hearing will be held on Tuesday, February 13, 2018 at 7:05 p.m. in the Council Chambers at the Town of Teulon Civic Centre, 44 Fourth Avenue SE, Teulon, Manitoba.

The intent of the proposed By-Law is to close a road described as all that portion of Main Street Plans 1155 and 10336 WLTO, contained within the limits of a plan prepared by Peter William Philip Isaac MLS, on file in the WLTO as Deposit No. 1815-2017 in the SE ¼ Sec. 21-16-2EPM. A sketch identifying the area as Parcel "A" and Parcel "B" appears below.

The purpose of the Public Hearing is to allow any interested person to make a representation, ask questions or register an objection. Information and documents concerning the matter and the procedures to be followed at the hearing are available for review at the municipal office of the Town of Teulon at 44 Fourth Avenue SE in Teulon, Manitoba during regular office hours.

Doreen Steg, CMMA
Chief Administrative Officer
Town of Teulon

Classifieds Stonewall Teulon Tribune Announcements

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NOTICES

The Warren Curling Club thanks everyone who purchased and sold Grey Cup tickets in 2017. The winners are: First Quarter: A-Abby Cassidy; B-Bernie Elskamp & First Quarter Reverse: A-Pat Irving; B-T. Borthistle. Second Quarter: A-Scott Anderson; B-Bob Kerner & Second Quarter Reverse: A-Tammy Hueging; B-Glen Worth. Third Quarter: A-Tanner Warren; B-Unsold & Third Quarter Reverse: A-Wendy Proctor; B-Kevin Young. Final: A-Kerry Johnson; B-John Holland & Final Reverse: A-Wendy Seidal; B-I. Petrie.

CELEBRATE THE SPECIAL MOMENTS!

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

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Stonewall Teulon Tribune
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Stonewall, MB
Estate & Moving
Sat Jan 27, 2018 @ 10AM
Consignment Sale
Sat Feb 3, 2018 @ 10AM
New Canopy Buildings * New Tire Machine & Balancer * New Pallet Racking * New 35 HP Kohler Engines * Tools & Hardware *
Annual Spring Gun Auction
Sat Mar 24, 2018 @ 9:30AM
Call to Consign - Pick Up / Trucking Available!
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(204) 886-7027
www.mcsherryauction.com

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Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewall Elk Products Ltd., 204-467-8428 or e-mail stonewoodelk@hotmail.com

FARM PRODUCE

Local honey for sale. Sold in various sizes, 1 kg. & up. Call 204-461-1267.

HAY FOR SALE

Small square prime Alfalfa June Courtney grass, small square prime Alfalfa, and small square Oat straw. Leave message call 204-482-5101.

FARM EQUIPMENT

For sale: 430 Farm Aid mixer wagon with poly liner; new cylinders; new unloading conveyor. Excellent cond. Shredded. Reasonably priced. Call 204-981-7315.

ANNOUNCEMENT

BIRTH ANNOUNCEMENT



Ava Alexandria Waluk
Chris Waluk and Kara Lee Woods of Teulon, Manitoba announce the birth of their daughter
Ava Alexandria Waluk.
Ava arrived at 2:45 p.m. on Thursday, November 23rd, 2017 at Selkirk Hospital. She weighed 5pounds 9ounces and measured 18.5 inches long. Ava joins her big sister Christina Waluk.

ANNOUNCEMENT

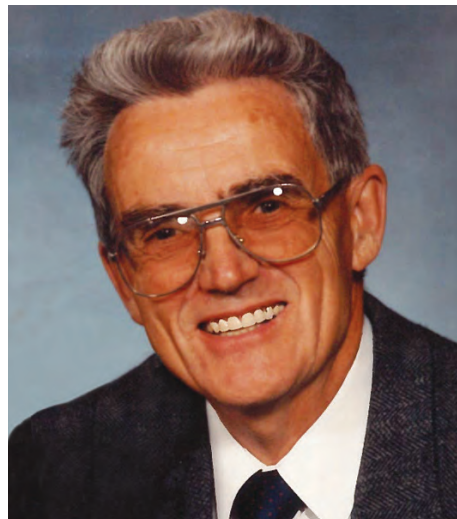
CARDS OF THANKS

Betty-Anne Fairlie
As I retire, I would like to express my thanks to both the Interlake School Division (1993 - 2018) and the Stonewall Pharmacy (1995 - 2018) for my years of employment. Both employers were very flexible and accommodating. I have enjoyed working with the Interlake School Division staff and students, as well as the staff at the Stonewall Pharmacy. These work opportunities would not have happened without the wonderful, kind handivan drivers who transported me to Warren and Stonewall as needed.
Thank you to all.

-Betty-Anne Fairlie

ANNOUNCEMENT

IN MEMORIAM



F.E. Peter Penniston
1928 - 1998

We hold you close within our hearts,
And there you will remain;
To walk with us throughout our lives,
Until we meet again.

-Lovingly remembered,
Ilene and family

ANNOUNCEMENT

IN MEMORIAM



Byron Morton
March 17, 1944 - January 20, 2014

May the winds of love blow softly,
And whisper so you can hear;
We'll forever love and miss you,
And wish that you were here.
For all that life has given us,
And all that's left to do;
We'll know no great treasure,
Than the days we had with you.
Rest in Peace.

-Lovingly remembered by
Rita and family

CELEBRATION OF LIFE

William James Millar

Our friend, Jim, died December 6, 2017
Please join us to remember him at a
Come and Go Reception
on SUNDAY, January 28th, 2018
From 1:00 p.m. to 3:30 p.m.
at Balmoral Community Hall, Balmoral
Formalities commence at 2:00 p.m.
RSVP or for more information contact:
celebrate.jim204@gmail.com

OBITUARY

Neil William Kotelko

January 20, 1957 - January 15, 2018

With family at his side, Neil gave up his courageous battle against cancer at 10:35 pm on Monday, January 15, 2018 at the Health Sciences Centre, Winnipeg.

Neil attended Warren Elementary School and Warren Collegiate and he loved Little League Ball when he was growing up. While still in high school he drove a tanker truck on weekends, picking up fresh milk at farms in the Interlake and delivering it to dairies in Winnipeg. His first full time job was with Standard Aero in Winnipeg, and he worked for Manitoba Hydro at Rosser Station for a few years, but his real passion in life was long-haul truck driving. Throughout his life, he hauled semi loads of groceries for Western Grocers to Thunder Bay, Thompson and Estevan, Kitchen Craft products to Texas and Florida and FedEx packages to Toronto and most recently Edmonton. He completed his last FedEx run to Edmonton just a month ago.



Neil married Gaylene Johnson of Ste. Rose du Lac in 1990. This marriage produced two wonderful children, a son Ian (Robyn) and a daughter Chenoa. Besides his children, Neil is survived by his partner, Elaine Bowman (Ruby, Melissa, Christine, four great-grandchildren, Daryl, Corinne, Blair and Brandy); his parents Bill and Pat Kotelko; his brother Perry; his sister Yvonne (Ron) as well as nephews, nieces, uncles, aunts, cousins and many friends.

Cremation has taken place as per Neil's wishes and a private family celebration of his life will be held at a later date.

In lieu of flowers, donations may be made to Cancer Care Manitoba in Neil's honour.

Interlake Cremation & Memorial Services
204.482.1040

Remember Your Loved Ones with an Announcement in the **Stonewall Teulon Tribune**

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1968-2018

50TH YEAR IN THE AUCTION BUSINESS!

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HAVE A NEWS TIP OR AN INTERESTING STORY?
CALL 204-467-5836

Meyers Auction
10 am Sat Feb 3
Meyers Auction Site
Arden, MB
2 Estates
Coins & Currency
Furniture, Household
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Bradley Meyers
Auctioneer
204-476-6262
Pictures & listing at
www.meyersauctions.com

Announcements

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OBITUARY



Tom Peter Priestley
Tom Priestley of Teulon, MB. and resident of Winnipeg, beloved son of Lorna and Richard Priestley, suddenly died at the age of 57 years.

Left to mourn his loss are his mother Lorna; brothers Bob and family, Jim (Kelly) and family, David and family and Douglas (Katherine) and family. Also Uncle Harold, Aunt Stephanie and many nieces, nephews, uncles, aunts and cousins.

He was predeceased by his father

Richard, uncle Norman and grandparents Pete and Mary Stepushyn.

Tom was born in Winnipeg and grew up and went to school in Teulon. Tom worked with the City first as a lifeguard, then joining the Assiniboine Zoo – as a zookeeper. He loved working with the animals – camels, monkeys, deer, musk ox, bears etc. He also loved working with the exotic birds where he worked for 20 years. Later he worked at can-services, recreation store for 15 years until his death.

Tom's constant companion was his dog Jasmine, who led him to meet many friends on his walks in the dog parks.

Tom will be greatly missed for his wisdom, great political debates, views on sports, his discussions on or advice on everything from buildings to foods; as well his technical knowledge on everything like computers, where he could always be depended on for his help. Together we could have saved the world.

Thank you to his co-workers and all his friends. He will be greatly missed by all who knew him. As per family, cremation has taken place and a memorial service will be held at a later date.



KEN LOEHMER
FUNERAL SERVICES
204-886-0404

OBITUARY



Hannah Steinke

May 14, 1998 – January 17, 2018

Peacefully and comfortably sleeping next to her mom on January 17, 2018, our beautiful Hannah left us for a better place. Hannah is survived by her loving parents, Doug and Niki Steinke and her wonderful sister, Alia.

Hannah was predeceased by her aunt Kimberly Steinke, her grandmother Barbara James and her cousin Erica Riedel.

She will be missed by her grandparents, John and Alice Steinke, Gerry Smokal, her great-grandmother Eva Hill and numerous aunts, uncles and cousins that she loved very much.

Hannah was born on May 14, 1998. From that day forward, we were changed. She taught us countless lessons and made this world a better place with her happy disposition, amazing smile and contagious laugh. Although Hannah had her challenges, she lived her life on her own terms and decided when she would or would not do things. She was predictably unpredictable and whenever we thought we had figured her out, she would show us that she was just toying with us and much smarter than we could ever be.

Although Hannah was only on this earth for 19 years, we take comfort in the fact that she was loved beyond measure. She was hugged and kissed and valued every day. She was a ray of sunshine in this, sometimes dark, world. We will miss her wonderful sense of humour and her need to hear the same jokes over and over and laugh as though it was the first time she heard them.

There will be a celebration of Hannah's life on Friday, January 26, 2018 at 1:00 p.m., at MacKenzie's Funeral Chapel in Stonewall, Manitoba. As a tribute to Hannah's love for pyjamas, the family asks that you feel free to wear your comfiest pair. It's not mandatory, but Hannah would have loved it.

Thank you to our family and friends that have held us up when we thought we couldn't stand anymore.

A special thanks to Dr. Maharaj for bringing her into this world and for his ongoing care. We'd also like to thank the EMTs for all they did.



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