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VOLUME 8 EDITION 5

# Stonewall Teulon Tribune

THURSDAY,  
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## Faraway friends



TRIBUNE PHOTO BY RICARDO BURBANO

Earlier this month, Tribune reporter Jennifer McFee met with students at Escuela Michoacan in Colombia to deliver greetings and gifts from its twin school, Teulon Elementary. The Teulon students had raised funds to buy school supplies for impoverished children in the South American school, creating a connection all the way from the interlake to the Amazon. See story and photos on page 12.

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



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# Balmoral students show off school projects

By Jo-Anne Procter

Balmoral students are more engaged and excited to come to class this year with the addition of two new classes — sewing and graphic communications.

Grade 7 and 8 students Carter Gage, Connor Smith, Caleb Fearn, Owen Forbes and Abby Sargent attended the regular ISD board of trustees meeting Jan. 23 to share what they have been learning this year.

Gage and Smith enjoyed the hands-on aspect of the sewing program and the fact that the end product is something they could wear.

Fearn, Forbes and Sargent currently in the graphic communications program are learning about coding.

The graphic communications class teaches students how to incorporate technology and innovative projects into everyday life. It teaches them a new language, how to use new tools and uses many disciplines of STEM (Science, Technology, Engineering and Mathematics).

Graphic communications teacher Carter McLean explained that coding

is a way to tackle problems using different skills to solve them.

“Learning the language of coding allows you to make computers, Internet and software do what you want it to do,” he said. “Students learn new languages that are needed in the new workforce as a lot of jobs now use coding, which will give these students an advantage.”

Fearn and Forbes described JavaScript coding and block coding that they incorporated into video games they have created.

McLean said students are working on programs to develop apps for the iTunes store and Google Play with the hope that they will be able to publish their apps.

Sargent told board members that the graphic communications class also does a school blog which they post every coding class.

“The blog is like a video with audio and podcasts are just audio into the blog,” she explained. Students also create short films for the school.

The Balmoral students have an active Edu-blog where they post content



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Left photo: Balmoral Grade 7 and 8 students Carter Gage, left, and Connor Smith show off their pajama pants they made in sewing class. Right photo: Caleb Fearn, Abby Sargent and Owen Forbes demonstrate how a coded syphero can be remotely controlled along a tape course from an iPad with a program they developed.

weekly so that students can showcase their work to family and friends.

In other division news, the technology department is looking into leasing, as opposed to purchasing, approximately 240 teacher laptops and backpacks, which are scheduled to be replaced next year. The division will

require an additional \$17,000 from this year's budget for the batteries and backpacks as needed.

If the computers are leased at \$68,000 per year for four years, it will amount to approximately \$272,000, which is \$16,000 more than if the ISD did a one-time outright purchase in this year's upcoming budget.

Included in the four-year lease is a four-year warranty, and at the end of the lease, there is an option to purchase the laptops for \$1 each. After the four years, depending on the shape the units are in will determine if it is worth putting money into them for the classrooms, as they will need hardware and batteries.

The advantage to leasing over an outright payment is that the majority of the costs can be absorbed in the existing budget.

The 2017-2018 school year calendar was approved. There will be 197 school days, which is three more than last year.

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# Kinsmen Krushers announce coaching staff for alumni game

## Submitted

The Montreal Canadiens Alumni are coming to Stonewall to play the Kinsmen Krushers in a fundraising event on March 9.

The Krushers will be made up of players from the Stonewall area, with the addition of Blue Bomber Hall of Fame kicker and co-host of The Big Show on TSN 1290, Troy Westwood.

The coaching staff will consist of longtime Stonewall Flyers coach Wayne Isbister, Memorial Cup winner Laurie Langrell, and former Flyer and Kinsmen member Chris Luellman.

The goal of the game will be to help fund the Kinsmen's drive to build a

splash pad at Kinsmen Lake.

The Krushers and Canadiens are looking for a sell-out to help the Kinsmen reach their goal.

For an evening of entertaining hockey, come down to the Veterans Memorial Sports Complex and cheer on your team.

Since March 9 is closing in fast, be sure to get your tickets early to assure you won't miss out. Tickets are available at Stonewall Home Hardware, Stonewall Family Foods and Sunova's Stonewall branch.

For more information, visit [www.stonewallkin.com](http://www.stonewallkin.com).



# Controlled flaring for new natural gas pipeline

## Staff

Things are heating up for the Manitoba Hydro's Northwest Winnipeg Natural Gas Project.

As sections of the new line are brought into service, crews in the local area have been conducting controlled flaring to remove air from the pipeline.

Through this project, about 50 kilometres of new 30-centimetre pipeline and about seven kilometres of new 15-centimetre pipeline is being installed along a route the runs along the Perimeter Highway north to Highway 6 and also along Provincial Road 236 to Selkirk.

The new pipeline will tie in to existing pipelines at Stonewall and from Ile des Chenes.

The new installation corrects high pipeline velocities in the existing Stonewall pipeline, while also allowing for more accessible inspection and maintenance of the Ile de Chenes line.

Work began about two years ago on the \$23.6-million project, which is one of the largest natural gas pipeline projects in the province since the early 1960s. The purpose is to meet increasing demand for natural gas service north of Winnipeg with a focus on providing additional capacity and improving reliability.

In total, Manitoba Hydro currently maintains about 1,750 kilometres of transmission pipeline and delivers natural gas to nearly 100 communities across southern Manitoba.



TRIBUNE PHOTO BY LANA MEIER

Manitoba Hydro's staff were conducting controlled flaring to remove air from a pipeline along Highway 236 on Jan. 23.

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# Manitoba to streamline farm building code requirements

Practical changes highlighted as part of red tape awareness week

## Submitted

The Manitoba government is supporting the long-term sustainable growth of the agricultural sector by removing unnecessary regulatory requirements on the construction of farm buildings, Agriculture Minister Ralph Eichler announced last Wednesday as part of the province's commitment to Red Tape Awareness Week.

"Our government is listening to Manitoba's farm families and other stakeholders, who have clearly shown how the current code for farm buildings is impractical and costly," said Eichler. "Instead, we will be moving forward with common-sense amendments to the Manitoba Building Code that more closely align with other Western Canadian jurisdictions to ensure appropriate protective measures are in place that also reflect the unique issues related to farm buildings and the farming industry."

The current Manitoba Farm Building Code will be repealed and an amendment will be made to the Manitoba Building Code to add specific provisions for farm buildings. The minister noted this approach will reduce the

red tape burden on those planning to build new farm buildings while still ensuring appropriate rules will be in place related to occupant safety and fire prevention.

The minister noted key changes that will apply to farm buildings will include:

- establishing a "low-human occupancy" building classification for most types of farm buildings, which will recognize lower risks by reducing additional regulatory requirements for items like full fire alarm systems;
- focusing on ways to prevent fires from spreading to neighbouring buildings while still allowing these low-human occupancy buildings to be grouped together to meet operational needs;
- applying only structural requirements for unenclosed farm buildings used for hay storage or livestock shelters;
- removing requirements for fire-rated separations in high-humidity environments where the building materials are unsuitable or in areas where animals are likely to cause damage to them.
- providing more options to meet

entrance and exit requirements;

- allowing flexibility in the direction of door swing to meet operational needs;
- allowing flexibility in requirements related to covering foamed plastic insulation in high-humidity vegetable storage facilities such as potato storage sheds; and
- adjusting emergency lighting requirements to be responsive to the needs of poultry and egg producers.

"KAP is extremely pleased with this announcement because it will result in a renewal of the livestock industry, allowing producers to build new barns and modernize existing ones," said Dan Mazier, president of Keystone Agricultural Producers. "We will now become more competitive with producers in other jurisdictions, where building costs for barns are lower because they don't have this excess regulation. We look forward to working with the province, not only to reduce costs but also to ensure the safety of farmers, employees and animals."

As a result of this change, construction requirements for all buildings will be part of a single regulation, the



Agriculture Minister Ralph Eichler

minister said, adding this approach will also eliminate the need for government to update multiple regulations when new versions of the National Building Code are adopted. The building code requirements will apply to all farm buildings over 600 square metres.

The Manitoba farm building code would be repealed once the new provisions for farm buildings come into effect, Eichler said.

Building codes and other related standards are overseen by Manitoba's Office of the Fire Commissioner. For more information, visit [www.fire-comm.gov.mb.ca](http://www.fire-comm.gov.mb.ca).

## Public Votes needed to proclaim winner in Just Watch ME! video

## Submitted

Rural entrepreneurs need your votes to win cash and business prizes in the 2016-2017 Just Watch ME! video contest.

This year's Top 4 Seasoned Entrepreneurs include a baker, concrete artist,

counsellor and tattoo artist.

These rural entrepreneurs with disabilities or health conditions from Manitoba and Saskatchewan are seeking votes to win the top prize. The first place winner will receive a \$1,000 cash prize as well as business prizes

valued at over \$5,000.

Thanks to the help from the business community, the newly launched ELEVATE business building program, as well as social media, this year's contest saw a record number of entries with 22 rural entrepreneurs submitting videos.

"Rural entrepreneurs were asked to submit a short two- to three-minute video sharing their journey of business success," explains Susan Bater, Entrepreneurs with Disabilities program manager and spokesperson for the contest. "Our panel of business and community leaders judged the videos and our Top 4 entrepreneurs in the Seasoned Category have now moved on to the public voting stage."

Entrepreneurs who have started their businesses less than a year ago are in the Start Up category. This category is judged solely by the panel of judges.

The panel of judges are pleased to announce the Top 4 Seasoned Entrepreneurs for 2016-2017.

Manitoba finalists are Lucy Fouasse

of Lil' Steps Miniatures & Wellness Farm, St. Malo and Carrie Arsenault of Sugar Me Cookie Boutique, Gimli. Saskatchewan finalists are Janie Gaudet of Sweet Crete Decor, Warman and Kimberly Wylie of True U Tattoo & Creationz Inc, Rosthern.

Apryl Harel of Apryl Harel Photography of Steinbach was the 2015-2016 Seasoned Entrepreneur winner, and she was a judge for this year's contest. Harel talked about her judging experience.

"I loved seeing that the contestants believe in themselves and their businesses. I especially enjoyed seeing the return contestants, who haven't given up on their dreams. I am excited to see the outcome and be on the voters' side this year."

Public voting started Feb. 1 at 10 am and will continue until Feb. 14.

To vote for your favourite video, visit [www.justwatchmecontest.ca](http://www.justwatchmecontest.ca).

Votes will be accepted every 24 hours until 10 a.m. on Feb. 14.

The winners will be announced Feb. 17.

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# Local air cadets awarded scholarships to continue pilot training

By Natasha Tersigni

To ensure that two budding pilots from Stonewall's 301 Alan McLeod VC Royal Canadian Air Cadet Squadron continue to take to the skies, the Manitoba Air Cadet League handed out a pair of scholarships to help fund their adventures.

Last week, Manitoba Air Cadet League representative Ian Greaves presented Brandin Hrabinski and Jefferson Holod with Pilot Training Achievement Awards that included scholarship money to be used to continue their pilot training.

This past summer, both Hrabinski and Holod attended the air cadet Power Pilot course in Gimli where the pair earned their Private Pilots License (PPL). While on the course, all their flight time and instruction was paid for through their air cadet power pilots scholarships, but to continue to fly, the pair have to fund their own way.

"I love flying, but it is quite expensive so the scholarship money did help cover some of those expenses. Air cadets did pay for the initial PPL, but there are many more courses and

training beyond the basic licences. I am currently working on my aerobatic rating, being able to do barrel rolls and other stunts," said Hrabinski, who added that he is also building up flying hours to be able to take fellow cadets on familiarization flights.

"In April, we are taking cadets in the squadron on familiarization flights. In order to be a pilot in command, I need a certain number of hours in the air. For me, this is what cadets is all about, and especially a senior cadet, to mentor the younger cadets and to do that in a plane is pretty awesome."

Holod used his scholarship money towards a flight in a plane with a Garmin G1000 integrated flight instrument system.

"The plane had a glass cockpit and really fancy navigation system and I was able to fly it. Right now, I am working towards building my hours for a commercial rating," said Holod.

After graduating last spring from high school, both Holod and Hrabinski have taken the year off school to prepare to apply for the Royal Canadian Air Force with their end goal of being fighter pilots. While the pair



TRIBUNE PHOTOS SUBMITTED

Manitoba Air Cadet League liaison Ian Greaves, left, presented Brandin Hrabinski with the 429 Thunder Birds Award and Jefferson Holod with the Rockwell Collins Award to help with pilot training.

## Rosser council news in brief

By Jennifer McFee

- The RM of Rosser accepted and approved the East Interlake Conservation District levy of \$3,688.81, with half of the payments to be made by April 1 and the other half by Oct. 21.

- Council approved applications for a culvert crossing for 136 Wheatfield Rd. on to Wheatfield Road and Bryan Bay. Whiteland Services Inc. received authorization to remove topsoil at the property.

- A water transmission line is being installed from the Cartier Regional Water Cooperative Rosser Reserve to Stony Mountain Penitentiary, and Cambrain Excavators Ltd. has requested closure of Klompke Road to complete the installation. Council authorized the closure of Klompke Road from Lilyfield Road to the Perimeter Highway 101 from Jan. 20 to Feb. 1,

from Farmer Road to Mollard Road from Jan. 20 to Feb. 10 and from Mollard Road to the Perimeter Highway 101 from Feb. 3 to March 1.

- Council heard from representatives from the South Interlake Seniors Resource Council and the South Interlake 55 Plus. Both organizations are requesting continued financial support from the RM of Rosser for 2017.

- Council unanimously passed third reading to set indemnities and rates for compensation and expenses for members of council and standing committees.

- Council gave first reading to the Rosser CentrePort drainage study by-law, which provides for the protection of the surface water drainage system for the eventual build-out of CentrePort lands within the RM of Rosser.

will be aging out of the cadet program this summer, they both came back to the squadron and took on leadership roles where they are teaching and instructing the younger cadets as a way to give back to the program.

"Cadets has played a major role in my aviation career so far. Over the years, I have taken probably 20 weeks of just straight aviation courses and

training through cadets," said Hrabinski.

"This year is my last year as a cadet as I am aging out the program, and they brought me back to teach ground school, which is a really humbling experience. They trusted me enough to fly a plane and now they want me to teach the future pilots."

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# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

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## Generations of fun, family-friendly fishing

Hi gang. The vastness of the wetland marsh fields east of Riverton has never failed to impress me as I urged Old Red through it last Tuesday on Highway 329 to Sandy Bar on Lake Winnipeg. Melting and then freezing snow had formed deep rigid trail ruts as I came onto the ice. I hardly needed to steer the truck as the wheels followed the grooves, leading me to a group of portable ice shacks with many kids and grown-ups running among them.

When I left my truck, the cool, overcast day had a slight northern breeze, which was carrying the hint of smoke from a campfire by the shacks. I saw a tall, thin, slightly grey-haired chap kneeling and adding more wood to the fire as I approached.

"Hi. I'm Randal Plett from Fisher Branch here with my family for an afternoon of fishing," he lightheartedly offered. About 20 family members surrounded me as I asked Randal if anyone had a fishing story.

"Ask Lyndon, my son over there. He was on a Christian mission to Bulacan by Manila and he saw the locals fishing with a difference," Randal volunteered. Lyndon, a slight, quiet, fine-featured young man with thick brown hair, began relating in a soft tone how the Filipino boys would spear fish with homemade slingshot guns and arrows. He said they would hyperventilate and then, with toilet lids fastened to their feet as flippers, they would dive deep in the clear water to spear two or three fish at a time. Amazing.

Not far from the Pletts, I saw a bright grey hard-wall ice shack with white-trimmed double doors and shutters on the cottage windows. I was eager



**TRIBUNE PHOTO BY ARNIE WEIDL**  
Wyatt Lincez and his son Curtis with a fish the boy caught on the Red River.

to meet the folks inside. As I came up to it, a fellow of average height, built like an athlete with short dark hair, came out the door and put some garbage in a can.

After a few pleasantries, Michael Stobert of Arborg was ready with a story with a bit of help from his friend Ron Barylski of Carman. He said they went boat fishing at the mouth of the Saskatchewan River but only when they were well on their way realized they had forgotten some minnow bait. Making the best of it, they used some pieces of beef and caught a small perch, which in turn they used for bait.

Soon Mike got a strike, and as he brought what appeared to be a pickerel in, he was shocked at its head, which looked like a piranha with huge bulging eyes and gigantic protruding teeth. Not one easily put off, though, Mike landed it and in his words, "I eat it and I'm still here."

You're a brave man, Michael Stob-

ert.

Downstream past Selkirk on the Red last Wednesday, I spent the afternoon driving from one shack to another, talking with our angling pals until I came by a truck where a huge, fit chap was playing tag with his son on the ice, close to their lines in ice holes.

I pulled up and introduced myself to Wyatt Lincez and his young son Curtis. We traded stories and then Wyatt remembered when he was a kid, he was boat fishing with his dad and he caught a big jack. He played the fish well, bringing it to the side of the boat, but a fitting on the gunwale caught his line and broke it. Wyatt was dumbfounded as his dad, for the first time, gave him heck for not being more careful. In time, as Wyatt became a man, he vowed to himself he would never scold his son like that. It wasn't long ago, though, he confided, that when Curtis was landing a fish out of an ice hole, Wyatt was about to start yelling but caught himself. Good job, Wyatt. Yelling doesn't teach. It hurts.

Last weekend, I drove mile after mile past American truck/trailer rigs parked on 35E north of Libau. At one point, I came up to four guys throwing their gear into their side-by-side in preparation of heading onto Lake Winnipeg. During a brief conversation, Brian and Dan Albrecht with David Stoppleorth from Courtenay, N.D., and Nathan Duncan from Leeds, N.D., said there was no other place in North America for big game walleye like Lake Winnipeg.

Thanks, guys. You're welcome any time! Till next week, bye for now.

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# Stonewall resident lives through 100 years of Canadian history

By Natasha Tersigni

As communities across the country begin preparations to celebrate Canada's 150th birthday, one Stonewall resident is preparing for a major milestone of his own. Just a few weeks after Canada turns the big 150, Alan Sheldon will be celebrating his 100th birthday on July 25.

Having lived in Canada for close to two-thirds of the country's existence, Sheldon has certainly watched and contributed to the country that it is today.

When he was born on July 25, 1917, Canada had just finished celebrating its 50th Dominion Day. A few months earlier in April 1917, Canadian soldiers fighting in Europe in the First World War had captured Vimy Ridge, which many historians call a defining moment for the young country as it finally emerged from under the shadows of Britain and was able to show the world that they were a sovereign country capable of greatness.

Meanwhile back in Canada, the war had sparked government spending, which in turn meant a strong economy. Human rights were also taking centre stage as Canadians headed to the polls for a federal election. It was the first time in Canada that women had the right to vote; Manitoba women became the first in Canada to win both the right to vote and to hold provincial office on Jan. 28, 1916.

Rights and luxuries that we may take for granted today were not readily available 100 years ago. On the day of Sheldon's birth, his father did not frantically drive his mother to the city so he could be born in a state of the art medical facility. Instead, the local doctor travelled to Sheldon's family farm in the RM of Rockwood, just half a mile north of the former Grassmere Church, to deliver their first-born son. With very little pre-natal care available, infant mortality was not unusual.

"I had two sisters pass away at birth and my first sister was born in 1913," said Sheldon.

Sheldon spent his childhood going to school and helping his father on the family farm. In his teen years, Sheldon was forced to quit school when his father died and he went to work as a farmhand.

Times were tough for many in North America and the 1930s marked the Great Depression. Between 1929 and 1939, Canada's gross domestic product dropped 40 per cent, and during the peak of the Depression in 1933, unemployment reached 27 per cent. Those who were able to find work were not pulling in big wages and employers definitely were not hindered

by social policies such as minimum wage or fair work conditions that exist today.

"In 1936, I got a job just north of Balmoral working for a potato farmer. Me and Alec McKenzie both worked there for \$20 a month. Potatoes were cheap, I think \$0.15 a bag at that time. The chap I worked for had a root cellar 13 steps underground where the potatoes were stored so they wouldn't freeze and we would have to carry 100 bags of potatoes up the stairs every day," said Sheldon, who after a few years managed to make a decent living working for a widow on her farm near Portage La Prairie.

"I was there for about three months when she handed me my wage packet and it had \$50 in it. In comparison, my mother had a cousin who was married to a druggist who had a drug store on the corner of Portage Avenue and Arlington Street in Winnipeg and he was paying his druggist helper \$50. That druggist had to find a place to live and buy his groceries; I had all of that as well as my wages."

With the outbreak of the Second World War in Europe, many families in Canada were saying goodbye to their young men and women. Sheldon was one of 1.1 million Canadian soldiers that served in Europe from 1939 to 1945. When the troops returned to Canada at the end of the war, they were welcomed home to a new country. The war had kick-started the economy and wages had increased, with an average of \$1 per hour for many workers in cities. While they were serving in the war, the government had put policies in place to protect Canadian soldiers coming back to Canada.

"I was able to purchase my old family farm through the Veterans Land Act, but I had to wait a year. I was offered a job balancing books in Stonewall for \$90 a month, but I put it off because I knew I wanted to farm and knew I could get the land. I couldn't afford to take the whole year off so I worked there before I got the land," said Sheldon.

After working on his farm for over 20 years, in 1968 Sheldon rented out his land and began working for Canada Post in Winnipeg. During Sheldon's personal transition from farm work to city life, the rest of Canada was also facing a time of great change and transformation. The Bill of Rights, specifying the rights of Canadians, became law in 1960. The Canadian flag that is flown today was adopted in 1964. In 1966, Parliament passed the Medical Care Act that ensured all Canadians would have access to qual-



TRIBUNE PHOTO BY NATASHA TERSIGNI

While some are marking Canada's 150th birthday by scouring through books and records trying to recall Canada's history, one Stonewall man does not need to since he has lived two-thirds of it. At 99-and-a-half years old, Alan Sheldon has witnessed this country undergo extreme social and technological changes.

ity health-care services through a universal prepaid government-sponsored scheme. That same year, coloured television began broadcasting in Canada. Prime Minister Trudeau, introduced the Official Languages Act in 1968 making English and French the country's two official languages. The Toronto Maple Leafs won the Stanley Cup for the 13th and last time in 1967.

While working conditions were improving considerably since the 1920s, progress was slow. It wasn't until 1985, just three years before Sheldon retired, that the Pay Equity Act that addressed the wage gap between men and women doing comparable work in the public sector was passed in Manitoba. For subordinates, when it came to their managers, there was very little that could be done with disagreements as The Employment Standard Code, which outlines employee and employer rights and responsibilities, wasn't a law in Manitoba until 1998. For many employees, it was up to them to ensure they were treated fairly — something Sheldon knew firsthand.

"I remember one time we use

to have 15 minutes to balance the books when I worked at the post office. This one day I was \$10 short. The manager called me into his office and told me I was short. I look at the floor and pick-up a \$10 bill and asked him if this is the bill that was missing. You really had to stick up for yourself then," said Sheldon.

From the simplest everyday things, like making telephone calls from a phone hooked up to a wall with the assistance of an operator to now being able to instantly communicate with anyone in the world via a small pocket-sized device, Sheldon has experienced transformation up close and personal. Not too many people can say that they have seen 100 years unfold around them, and he has one theory to being able to do that.

"I guess I am just a little bit stubborn," laughed Sheldon.



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# Warren-Woodlands fire truck coming to Woodlands

By Natasha Tersigni

Woodlands council is planning on moving one of their fire trucks to the public works shop in Woodlands to ensure faster response times and to increase fire protection for residents and businesses. The truck is currently parked at the Warren-Woodlands Fire Hall in Warren.

"One of the bays from the old shop will be used to store the truck. It would certainly increase the level of fire protection for people in the town of Woodlands and in that area. We currently have approximately five to six members of the fire department that live in that area, so rather than them having to drive to Warren in an emergency, there would be a truck right there," said Reeve Trevor King.

The satellite fire station was discussed at the RM of Woodlands council meeting on Jan. 24 when Fire Chief Dean Campbell appeared to discuss a conditional use application for a shipping container to be placed on the Woodlands public works shop property in the northeast corner. Members of the department will use the container for live fire training purposes. The shipping container itself is permitted on the property, but the use falls in the RM's grey area so a conditional use permit had to be applied for.

"The idea behind the shipping container is to present an opportunity for live fire training. Across North America, there has been a concerted effort to increase firefighter safety and the way to do that is by much more realistic training. The whole idea of the shipping container is to simulate a fire inside a building and it gives the firefighters an opportunity to experience what happens with a fire inside of an enclosure," explained Campbell, who added that this would provide local firefighters a place for consistent training and to prepare members for their level one test.

"The whole idea of the container is to have a permanent training space. Sometimes we get lucky and a person will donate a house to us, but that is

few and far between."

Woodlands resident Mike Williams, whose home would be approximately 100 metres from where the shipping container would be placed, attended the meeting to inquire about the use of the container. Williams asked questions regarding what would be burned inside the container, how often the container would be used, and whether wind conditions would play a factor in considering if it will be used for training.

Campbell told Williams and council that the container would be used roughly once a month during the non-winter season, no tires or oil would be burned, and before training started an assessment of the winds would take place to ensure that excess smoke would not blow into town or onto Highway 6.

"There is not much of a fire involved and smoke is kept to a minimal. We have to keep the smoke clean and safe as we are putting our firefighters in the enclosed structure," said Campbell, who added that the proposed site at the public works shop was chosen specifically.

"It is out of the way and the container will be isolated and not affected too much by the winds."

Williams was supportive of the container after obtaining the additional information. Council also seemed to support the conditional use permit; however, they tabled their vote in order to watch videos of similar containers used for training purposes.

## 55 Plus presentation

South Interlake 55 Plus executive director Cheryl Cathers and president Eadie McIntyre appeared before council as a delegation to discuss the non-profit organization's operations over the past year and to request council's annual donation of \$2,000.

The pair spoke to council about 55 Plus's general activities over the past year and specific involvement in the RM of Woodlands. Seven per cent of current 55 Plus memberships are RM of Woodlands residents and the group



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Warren-Woodlands Fire Department Chief Dean Campbell, right, appeared before Woodlands council on Jan. 24 to discuss the placement of a live-training shipping container at the Woodlands public works shop.



South Interlake 55 Plus executive director Cheryl Cathers, left, and president Eadie McIntyre appeared before council to request a \$2,000 donation for the 2017 operating year.

launched a new program in Warren this year.

"After a pilot session of yoga in the fall at the Warren Hall, we began offering a permanent program which started in January. We are hoping that the program is as successful as the fall pilot, and while many of the participating residents are not yet members of the 55 Plus, we hope they will join


down the road," said McIntyre, who added that the organization is looking at offering additional satellite programs in the future.

Council thanked the delegation for appearing and said they will include them in their upcoming budget, with the final amount of their donation being released at budget time.




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# Rockwood council news in brief

By Jennifer McFee

- Cheryl Cathers and Eadie McIntyre from South Interlake 55 Plus provided an update to council on the services and programs they offer in the community. Currently, there are 428 paid members, with 23 per cent of them living in the RM of Rockwood. Since 2013, they have seen a 65 per cent increase in membership from Rockwood residents. For the 2017-18 fiscal year, they are requesting \$6,000 in funding from the RM of Rockwood. They are also requesting that funding for 55 Plus be established as an ongoing annual support.

- Tom Dykstra, Bob Hunter and Darcy Freudenberg spoke to council on behalf of South Interlake Seniors Resource Council. They thanked council for their ongoing support and requested further support in the 2017 budget. They also noted that they are always looking for more drivers, volunteers and board members. The South Interlake Seniors Resource Council needs to increase its current operating budget due to an increase in

rent that they currently pay to the Lions Manor. Their request will be considered during upcoming budget deliberations.

- Norman Baryliski and Mike Thierrien from the provincial government's Mines Branch updated council about rehabilitation work that has been undertaken by the Stonewall Rockwood quarry producers. In 2016, rehab work was done for 28 hectares of land at a total cost of \$773,000.

- Reeve Jim Campbell updated council on a presentation hosted by University of Manitoba students who have been compiling information about the Rockwood quarries.

- Robert Poirier from Q MEC Net explained to council that they are a consulting company that provides emergency management services to municipalities. They would like to be hired by the RM of Rockwood to work with their emergency municipal co-ordinator in the event of any disasters.

- The regular council meeting on May 10 has been changed to May 3.



TRIBUNE PHOTO BY JENNIFER MCFEE

South Interlake Seniors Resource Council requested funding from council.

## Federal government considers taxing health benefits

Staff

Whether you're a worker or a boss, you might be impacted by potential changes to the way the federal government taxes employer contributions to group health benefit plans.

Industry advocacy groups believe that the federal government could announce during the 2017 spring budget that it will begin taxing employer contributions to these health and dental benefit plans. If that happens, the premiums that employers pay for those plans would no longer be exempt from federal taxation.

Russel B. Beirnes, a life insurance broker with more than 50 years of experience in the industry, outlined the

potential impact on employees.

"The government is looking to take away the tax-free exemption for employee benefits paid by employers. In the short term, your T4 slip is going to include the amount of that contribution that the employer is making on your behalf," said Beirnes, who is based between Stony Mountain and Stonewall.

"Employer portions could be between \$100 and \$200 a month, depending on how fancy the plan is. So if your plan is \$100 a month, that's an extra \$1,200 a year that's going to be on your T4."

Beirnes noted that if employees ever go on claim for long-term disability

and weekly indemnity benefits, it's all tax-free as long as they're paying for 100 per cent of those plans. If the employer pays for any part of the cost of those disability plans, then it's all taxable if the employee ever makes a claim.

"We mention this because, even though the employer may be covering 50 per cent of the overall cost of the benefit program, if the employee's contribution is weighted in favour of the disability portion, the employer's contribution may be far greater than just 50 per cent of the two or three health benefits," Beirnes said. "Thus, the employees' taxable portion would be greater than half the actual cost

of the health, dental and vision care benefits."

Several different organizations are encouraging anyone who is concerned about this potential change to contact their Member of Parliament. A website called Don't Tax My Health Benefits ([www.donttaxmyhealthbenefits.ca](http://www.donttaxmyhealthbenefits.ca)) is also set up with an online form that can be sent directly to MPs to outline concerns with the taxation of employer-sponsored health benefits.

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# All curlers welcome for Teulon's drop-in program

By Natasha Tersigni

It is time to dust off those brooms, grab your sliders and head to the Teulon Curling rink for weekly Wednesday afternoon drop-in curling program.

From now until the end of March, the curling club has dedicated Wednesdays for drop-in curling from 1 to 4 p.m. No matter of age or ability, there will be a team for everyone to play on. Drop-in is a great way for curlers who cannot commit to a league to still participate in the sport.

The sessions have been running at the club for the past 15 years and usually go November to the end of March. The drop-in fee to play is \$5.

"It is a great time to get out and meet new people. We have beginners come out and we have curlers with a lot of skill as well. For those who can't get down in the hack, they will stick curl. There is a spot for everyone," said organizer Marilyn Kubinec, who added

while many of the curlers that come out are retirees, there are curlers of all ages that participate in the drop-in games.

"It is a lot of fun and it is a great afternoon. Because it is in the afternoon, we get a lot of older experienced curlers, but we do get curlers of all ages, including stay-at-home moms. We make the teams up on the spot and we mix the teams up all the time so everyone gets to play with someone new."

Teams will negotiate the rules between each other and often times six ends are played with eight rocks. After friendly games, participants get together for coffee and a bit of socializing.

"With four sheets of ice, we are very lucky for a rural club and can get a few games going. My goal is to have 32 drop-in curlers and then have to lock the doors," laughed Kubinec.



TRIBUNE PHOTO BY NATASHA TERSIGNI

Wednesday afternoons, from 1 to 4 p.m., are dedicated to drop-in curling at the Teulon Curling Club. The sessions are a great way for curlers of all ages and abilities to take part in the popular winter sport.

## Snoman celebrates National Snowmobiling Environment Month

Submitted

Snoman (Snowmobilers of Manitoba) Inc. and the Canadian Council of Snowmobile Organizations (CCSO) reminds riders to keep nature beautiful as we celebrate National Snowmobiling Environment Month during February. Through the Snowmobile Responsibly campaign introduced by CCSO, Snoman encourages everyone to take personal responsibility for his or her decisions and actions on the snow this winter.

"Every day, riders make many important snowmobile-related deci-

sions that can impact their personal well-being, that of others and of the natural setting in which they ride," said Yvonne Rideout, executive director of Snoman. "Decisions should be based on obeying applicable laws and rules, using good common sense, riding with care and control, and making smart choices."

Some of the key messages touted by snowmobile organizations are respect sensitive areas, stay on the trail, protect wildlife, embrace new technologies, maintain your sled and leave tracks, not trash.

"Snowmobiling is a good news story because snowmobiles have improved continuously thanks



TRIBUNE PHOTO BY ANNALIESE MEIER

Snoman Inc. and the Canadian Council of Snowmobile Organizations reminds riders to keep nature beautiful as we celebrate National Snowmobiling Environment Month during February.

to oil injection, sound reduction measures, variable height exhaust valves,

direct injection, on-board computers, and new two-stroke and four-stroke engine technologies that comply with EPA requirements," said Alan Butler, president of Snoman. "We ask snowmobilers to refrain from using after market pipes that increase noise and annoy others."

Keeping nature beautiful during each and every ride depends primarily on the personal decisions and actions of each rider, so choose to snowmobile responsibly this winter.

Snoman Inc., a not-for-profit organization, is dedicated to providing strong leadership and support to its member clubs to develop safe and environmentally responsible snowmobile trails to further the enjoyment of organized recreational snowmobiling in Manitoba.

### FOUNDATION FEATURE



#### Selkirk & District Community Foundation Is Accepting Grant Applications For the Western Canada Games Legacy Fund

- The Legacy Fund provides opportunities for promotion and enhancement of leadership and/or sport development with the Selkirk, Stonewall, Beausejour and Gimli area and within the Lord Selkirk School Division boundaries.
- For projects and/or programs from the 18 sports in the 2003 WCSG.

#### Grant Application Procedure

- GRANT GUIDELINES AND APPLICATIONS MAY BE OBTAINED FROM:** Foundation Office: 785-9755 Or 200 Eaton Ave in Selkirk Or email: selkirkfoundation@shaw.ca Or www.sdcf.ca
- APPLICATION DEADLINE:** Tuesday February 28, 2017

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# Glasses collection provides vision for change

By Jennifer McFee

The Lions Club is setting its sight on helping others, and the benefits are clear to see.

With the Lions' Recycle for Sight program, the vision is to collect eyeglasses and lenses that are no longer being used. That way, the glasses can be redistributed around the world to people who might not otherwise be able to afford glasses.

Local contributions are making a difference around the globe, thanks to collection efforts that are ongoing in Stonewall and beyond.

This month, the Stonewall Lions Club donated an impressive total of 306 pairs of glasses and 30 lenses to the Eye Bank. These donations came from four different sites: Ecole RW Bobby Bend School (123 pairs of glasses and three lenses), the Stonewall Legion (36 pairs of glasses), Stonewall Vision Centre (77 pairs of glasses and eight lenses) and Lenscrafters in Winnipeg (70 pairs of glasses and 19 lenses).

Louise Kernested, a member of the Stonewall Lions Club, explained the process for the donated items.

"They're sent off to Calgary where they're all cleaned and the prescriptions are put on them. Then the Lions send them all over the world to peo-

ple who need glasses," she said.

"There are a lot of community people helping and putting the donations together. They go to the poorer countries of the world to people who couldn't afford glasses."

Kernested has seen the impact firsthand since she brought 700 pairs of donated glasses to San Pedro, Belize, several years ago.

"I contacted the Lions Club down there, which accepted them," she said. "Then they publicized it and had an optometrist come in as a volunteer to test their eyes and supply everybody with glasses if we had any that would fit their prescription."

In addition to glasses and lenses, the Lions also accept sunglasses for their non-profit project.

For anyone who would like to make a donation, sunglasses, glasses and lenses can be dropped off locally at Ecole RW Bobby Bend School, the Stonewall Legion, the Stonewall Vision Centre and the Lions Manor.

For more information about this project and other Lions' initiatives, visit the Lions Eye Bank of Manitoba and Northwest Ontario website at [www.eyebankmanitoba.com](http://www.eyebankmanitoba.com) or call 204-772-1899 or toll-free 1-800-552-6820.



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Stonewall Lions Club is collecting glasses, lenses and sunglasses for the Lions' Recycle for Sight program.

## Correction

In the Jan. 26 issue of the *Tribune*, incorrect information was included in the Rockwood council news in brief.

The article incorrectly indicated that Rockwood council authorized owners on Gulay Street in Stony Mountain to pump water from their sump pump into the town water system for the winter months. However, in actual fact, council defeated the resolution. The *Tribune* regrets the error.



**Do you have a suggestion for our news team?**

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**The Interlake Community Foundation, Inc.**

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**The Interlake Community Foundation is accepting applications for 2017 Grants.**

The Foundation provides grants for charitable projects within the areas of: Town of Stonewall, Town of Teulon, R.M. of Rockwood, R.M. of Rosser and R.M. of Woodlands. Grants are made only to organizations registered as charities with CRA. Eligible charitable organizations are invited to apply. Deadline is **February 28, 2017**. For applications and criteria information please visit [www.interlakefoundation.ca](http://www.interlakefoundation.ca) or call 204-467-5634.

We are also accepting grants this year for the Community Fund for Canada's 150th Grant program at [www.cfc150.fluidreview.com](http://www.cfc150.fluidreview.com). There is up to \$10,000 for available for eligible projects that must be based in Canada, must be connected to Canada's 150th anniversary of Confederation, and must work towards the Fund's objectives. See [www.communityfoundations.ca/cfc150](http://www.communityfoundations.ca/cfc150) for info. Deadline is also February 28/17.

## INTEGRITY AUTO

### The Technician's Perspective

Oscar Wilde said, "A cynic is a person who knows the price of everything, and the value of nothing."

I think this quote is very relevant to the auto repair industry today. I want to specifically apply it to a study that found North American vehicles are under-maintained according to the manufacturers' own maintenance schedule. Despite the consumer perspective, auto repair centres are not informing customers of the proper maintenance requirements because they fear being perceived as "overselling".

I know that a modern vehicle is easily capable of a service life exceeding half a million kilometers. I can think of a few of my own clientele that are near or above this. One truck comes to mind that is nearing 900,000 km.

These clients have one thing in common. They all do the recommended maintenance outlined in their owner's manual, and properly repair issues at the time they need fixing.

Here is the critical thing to remember. Per mile travelled, these customers spend SUBSTANTIALLY LESS overall on repairs and maintenance than people who only bring their car in for service when something is broken. This is because with proper maintenance and inspections, small problems can be found and rectified before they turn into big problems.

Back to the quote - A car owner might look at the price of maintenance only, and refuse to do it. The same owner does not know the value of maintenance. The value of maintenance is this: far less unexpected repair bills, tow bills, and missed days of work due to a no-start. Something as simple as a defective block heater cord end (inexpensive) could cause all of the above problems (expensive), yet could have been caught and repaired during a routine oil service.

Ask around, find a repair centre that gets good reviews, then ask if they would provide you with a factory-recommended maintenance schedule for your specific vehicle. Follow it, and be prepared to not only have a long lasting, reliable vehicle, but save money in the process!



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# Muchas gracias to Teulon Elementary

*Tribune* reporter delivers gifts from local students to twin school in Colombia

By Jennifer McFee

Gracias, gracias, gracias!

In a small church in a rural community in Colombia, a large group of elementary school children and their families gathered to express their heartfelt gratitude to Teulon Elementary School.

For the past several years, Teulon Elementary has been strengthening its twin school relationship with Escuela Michoacan, a kindergarten to Grade 5 school with about 115 students and three teachers. It is located in a South American community that is home to a large Indigenous Inga population that has been displaced due to an ongoing violent struggle between different conflicting groups.

In December, the Teulon students dedicated their time to fundraising efforts for their twin school, raising a total of \$480 through a hot chocolate sale, an ornament sale, and by selling Jell-O, oranges and Rice Krispie squares in their school canteen.

During a recent trip to Colombia, my husband and I had the great privilege of using the funds to buy school supplies for the most impoverished students at Escuela Michoacan. We bought the supplies from an independent Colombian wholesaler, which provided further support to their lagging economy.

In total, we were able to provide packages of school supplies to 36 students and we also hosted a small celebration with cake and refreshments for their families. The timing was perfect, since the new school year begins in January in Colombia. Often, children might not attend school at all if their families can't afford to pay for much-needed supplies.

When we presented them with their school supplies, funded by the Teulon Elementary School students, their strong hugs and emotion-filled eyes expressed their gratitude. These sentiments were further articulated in a letter from the Colombian school to its Canadian counterpart.

"Friends of Teulon Elementary School, receive our warm greetings. We are students of the Institucion Educativa Sucre, located in a rural area of Michoacan, municipality of Colon, department of Putumayo, country of Colombia," states a version of the letter translated from Spanish.

"From this far corner of the world, we express our affection and our



gratitude for this unconditional support. We are mostly boys and girls of an Inga community displaced by violence. The help that comes from a distance makes us happy and strengthens us. We can study thanks to your support.

"Words are often insufficient to express our gratitude for the help we have received. We give our heartfelt thanks for such valuable and meaningful help. When gratitude is so absolute, there are no words to express it. From a distance, we send a hug to all of you. We will always remember you and carry you in our soul and our hearts. Thank you, thank you and a million thank yous."

With an eye on the future, the students at Escuela Michoacan look forward to building on their relationship with their amigos at their twin school, Teulon Elementary.

In addition to delivering the items



TRIBUNE PHOTOS BY JENNIFER MCFEE AND ADRIANA BURBANO  
Students from Escuela Michoacan in Colombia express gratitude to their twin school, Teulon Elementary, which raised funds to provide much-needed school supplies.



from Teulon Elementary School, my husband and I also provided school supplies to three more Colombian elementary schools through our personal humanitarian project called The Privilege of Giving. Since 2010, we have aimed to assist an increasing number of school children each year, bolstered by fundraising efforts from our family, friends and other local groups.

Including the students at Escuela Michoacan, we handed out school supplies to a total of 90 children. The goal is to encourage students to stay in school, since education will help to pull them out of poverty and provide more opportunities throughout their lives.

If anyone would like more information or to get involved, please contact me, Jennifer McFee, at 204-461-5352 or [jen@stonewallteulontribune.ca](mailto:jen@stonewallteulontribune.ca).





# In-service day camps offer needed childcare for Teulon parents

By Natasha Tersigni

For many working parents, school in-service days can be stressful.

Finding the occasional childcare for those one or two days a month is not an easy task and some are even forced to take time off work. To make it easier on parents in the Teulon area, one innovative high school student has decided to launch a day camp for in-service days.

Grade 11 Teulon Collegiate student Samantha Morin has partnered with the Teulon-Rockwood Recreation Commission to offer a day camp for school-aged children on all Interlake School Division in-service days. The program started in November and even included a weeklong winter break camp in January over the holidays.

"I was approached in early November and asked if I wanted to run these camps and I agreed because I love working with children. On every day that there is no school because of an in-service, I will be at the Teulon-Rockwood Centennial Hall running a camp," said Morin, who has been babysitting in the community since she was 12 years old. Morin plans to attend university to complete a degree in early childhood education.

"I plan different activities and

themes for each day. We had a science day and a craft. The camps have been really fun and the kids are able to go to a variety of different activities to keep busy and entertained."

Both Morin and rec commission director Beth Hutchinson have said the response for parents has been very positive.

"Parents have said they have trouble finding babysitters in the community and this is something they can rely on all the time," said Morin.

"We ran a day camp program throughout the summer, so these in-service camps are an extension of that. There is definitely a need in the community and people had expressed interest in having a day camp for in-service days when parents really don't have another option," added Hutchinson.

To continue with the success of the day camps, Morin has decided to offer childcare through the Green Acres Art Centre (GAAC) during the evenings of community events. The first evening camp will be held the night of the Rec Commissions Trivia Night, Feb. 4, at Teulon's Green Acres Art Centre.

"Supervising will be me and three to four of my friends who have all babysat before. We have crafts, games



TRIBUNE PHOTO SUBMITTED

The Teulon-Rockwood Recreation Commission has partnered with local high school student Samantha Morin, centre, to offer day camps on all Interlake School Division in-service days as well as spring break.

and movies planned for the night," said Morin.

The in-service day camps cost \$20 per child per day and are held at the Teulon-Rockwood Centennial Centre on all of the Interlake School Division in-service days. To register, call the Teulon Rockwood Recreation Commission at 204-861-0341 or email teu-

lonrockwoodrec@gmail.com.

The evening babysitting service at GAAC will be offered for children ages 4 to 11 on Feb. 4 with drop-off at 6:30 p.m. and pick-up at 11 p.m. Cost is \$10 per child and pre-registration is required by phoning 204-886-3192.

# Dream Wedding Expo shines spotlight on local vendors

By Kaitlin Vitt

Instead of flipping through magazines or scrolling through Pinterest, local brides- and grooms-to-be had the chance to see their wedding planning options in real life over the weekend.

"Having the connection and meeting people and getting interactive — I think it's a key point to planning," said Amanda Magnusson, organizer of the Interlake Dream Wedding Expo. "I can understand that it's stressful, and talking with other brides, stuff like this is helpful."

Twenty-eight vendors took part in this year's expo last Saturday and Sunday at the Selkirk Rec Complex.

Magnusson said there isn't one major wedding trend this year, but she has seen lots of gold, pink and sparkles when it comes to colour palettes.

"It's all about personal taste," she said.

This was her first time planning a major event, and she said her goal was to connect local businesses with brides and grooms.

Guests browsed the booths, checking out the options for wedding music, makeup and food.

At one table, Al Sideen drew caricatures — an option to have done of guests at a wedding.

Sideen said expo guests came in waves — at times, only a couple people walked through the hall, but only a few minutes later, there were multiple groups of people. But he said he thought the event went well overall.

"It's just an attitude of gratitude," he said, handing out wall calendars that featured his art to guests.

Ashley Irwin, who is getting married in September, attended the expo to get ideas for a beauty stylist, bartend-

ing service, a dress and flowers.

"It's pretty overwhelming," Irwin said about planning her own wedding. "So much to do. So much to co-ordinate."

Although she is still figuring out the best practices when it comes to wedding planning, she has learned a few things along the way.

"Try to have fun with it, even though it's hard to," she said. "And make it about what the two of you want, rather than everyone else."

Magnusson said she hopes to make the wedding expo an annual event and she's already started planning next year's expo.



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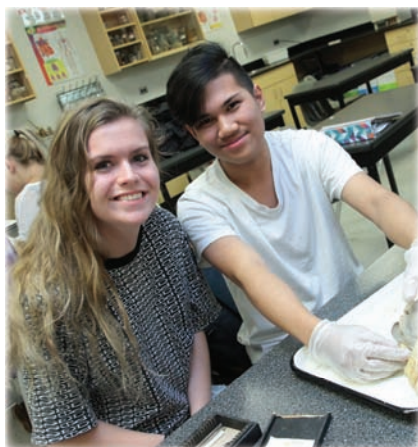
# SCI's Day of Busking



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Stonewall Collegiate students raised money for the Stonewall Food Bank while filling the school's halls with music and entertainment last Friday. The SCI Human Rights group organized the annual Day of Busking. Nine students showcased their talents playing musical instruments, singing and juggling while collecting donations for their efforts. The event also acted as a preview of some of the talent that will be performing at the Human Rights group's annual Coffee House at the end of March. Left to right: A crowd formed to watch the multi-talented Grade 12 student Sidney Lockhart perform; Grade 10 student Marcus played his guitar and Grade 10 student Aiden Mulvihill juggled while riding a unicycle.

## St. James-Assiniboia School Division Senior Years Information Evenings February 13-16, 2017



St. James-Assiniboia School Division's Senior Level schools offer high quality academic education and technology courses in safe facilities. Our four collegiates are holding Information Evenings on the following dates for parents and students to meet teachers and learn more about the different types of programs available. All Information Evenings begin at 7:00 p.m.

**St. James Collegiate**  
1900 Portage Ave., 204-888-4867  
**Monday, February 13**

**Westwood Collegiate**  
360 Rouge Rd., 204-888-7650  
**Wednesday, February 15**

**Collège Sturgeon Heights Collegiate**  
2665 Ness Ave., 204-888-0684  
**Tuesday, February 14**

**John Taylor Collegiate**  
470 Hamilton Ave., 204-888-8930  
**Thursday, February 16**



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Non-resident students are welcome. Students living outside the Metro area must register by May 15, 2017 to be considered for registration. Students who live within city limits must register prior to September 30, 2017.

Call the School, the Division Board Office at 204-888-7951, or visit our schools online at [www.sjsd.net](http://www.sjsd.net) to learn more. Registration forms will be accepted on Friday, February 17, 2017 at 8:00 a.m.

## Lieutenant-Governor requests nominations for volunteer service awards

Deadline to nominate Feb. 10

### Submitted

Lt.-Gov. Janice C. Filmon is requesting nominations for the Lieutenant Governor's Volunteer Service Awards, which are presented annually to six worthy individuals who represent the north, rural and urban areas of the province. The awards will be presented at the annual Volunteer Awards banquet held during volunteer week on April 25 at the RBC Convention Centre.

The awards recognize individuals who have embodied the spirit of volunteerism and have made a lasting and meaningful contribution to his or her community. The Lieutenant Governor's Make a Difference Community Award will be presented to one overall winner who best represents

these qualities of volunteerism.

This award was originally established by former lieutenant-governor Peter M. Liba in 2000 and has been supported by all lieutenant-governors who followed.

"Our province is blessed to be rich with the spirit of volunteerism. In every community large and small, Manitobans give so much of their time, talent and creativity to impact and enrich the lives of others and make a difference in this world," said Filmon. "I encourage you to recognize a worthy volunteer by nominating them for this award."

To nominate an outstanding volunteer, go to [www.volunteermanitoba.ca](http://www.volunteermanitoba.ca). Nominations must be received by Feb. 10.



# Manitoba Public Insurance releases third quarter financial results

## Submitted

Manitoba Public Insurance reported a net loss of \$3.6 million for the nine months of its fiscal year ending Nov. 30, 2016 — a decrease of \$14.5 million over the same time period last year. This includes net loss to the basic insurance line of business of \$31.2 million in the first nine months of the 2016-17 fiscal year.

Total earned revenue for the first nine months was \$896.3 million, which is an increase of \$48.5 million from the same period last year, primarily attributed to increases in motor vehicle premium revenue as the result of the number of motor vehicles insured, and the value of these vehicles.

"The overall financial picture was affected by an increase of \$158.0 million in total claims costs compared to the same period last year, while an increase of \$101.8 million investment income helped offset these increased costs," said Heather Reichert, vice-president, finance and chief financial officer, MPI.

Total claims costs included a \$98.5 million increase in bodily injury claims and a \$56.8 million increase in physical damage claims compared to the first nine months of last year. The bodily injury increase is primarily due to the interest rate adjustment on unpaid claims; however, an increase in collision claims is also negatively im-

pacting claims costs.

On Dec. 15, 2016, the Public Utilities Board released its ruling on the corporation's rate application for the 2017-18 fiscal year. Effective March 1, 2017, overall average basic insurance rates will increase by 3.7 per cent for the 2016-17 year. This marks only the third time in the past 10 years that Manitoba Public Insurance will be increasing rates overall for Manitobans.

"The corporation acknowledges that the overall 3.7 per cent increase in premiums ordered by the Public Utilities Board will mitigate the risk of continuing to rely on interest rate forecasts of the five major Canadian banks but that if interest rates con-

tinue to under-perform against the projections the board has ordered the corporation to use, the corporation will continue to remain financially vulnerable," said Reichert.

"The corporation also remains concerned that failure to establish an appropriately sized rate stabilization reserve for the basic compulsory insurance program based on standard industry practice will continue to make it difficult to protect vehicle owners from large premium increases or the potential need for a rate stabilization reserve rebuilding fee in the future."

## Never lose a vehicle in your 'blindspot' when driving

By Melanie Paterson of Driving Unlimited

Did you realize that cars don't actually have blind spots? We create them ourselves by improperly adjusting our side mirrors.

By adjusting our side mirrors to see the side of our vehicle, they are too tight to the car, not seeing the side lanes and, thus, creating a spot that the mirrors miss on each side of the car.

The proper technique is to adjust your side view mirrors out far enough that you do not see the side of the vehicle when you are sitting in driving position.

Lean your head on the left side win-

dow and adjust your left side mirror so that you can see just a tiny slice of your vehicle. Then lean towards the centre console of the vehicle and adjust the right-side mirror so you can just see the side of the vehicle.

When you sit back in your driving position, you now are seeing the lane next to you and not your car. This way, you will keep passing vehicles in your mirror for longer, and by the time a vehicle starts to disappear out of your mirror, you will see it in your peripheral vision.

You will never lose a vehicle in your "blindspot" ever again.

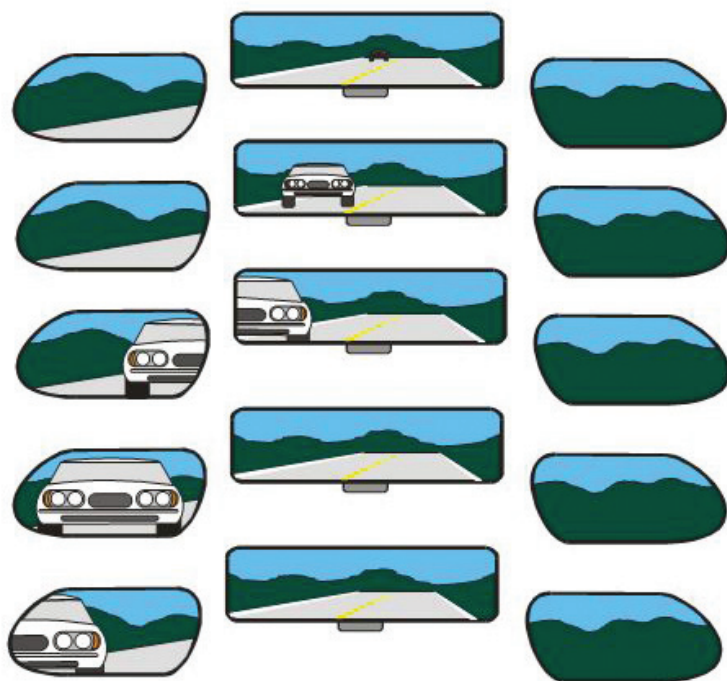


ILLUSTRATION COURTESY OF MELANIE PATERSON

Avoid losing a vehicle in your blindspot with a few tips from Mercedes.

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[hydro.mb.ca/heating](http://hydro.mb.ca/heating)

The costs shown above to buy, install and run are averages and will vary depending on your home, specific heating needs, and other conditions. Cost to run is based on a November 1, 2016 natural gas rate of \$0.2454/m³ and an electricity rate of \$0.0793/kWh.



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FEBRUARY IS **PET DENTAL HEALTH** MONTH

# Unleash a smile

Best Smiles



Mickey of Stony Mountain

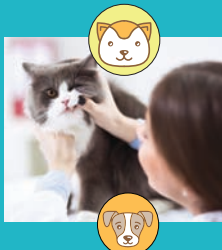


Widgeon of Stonewall

## Keep your pets' teeth healthy by applying these five tips

For us humans, having dental problems usually means having cavities, but the situation is different for our pets. Fido and Mittens are more prone to gum infections, which can lead to tooth loss among other complications. An accumulation of bacteria in animals' mouths can end up in their bloodstream and eventually infect their organs. Since February is National Pet Dental Health Month, here are a few tips to ensure that your four-legged friends' pearly whites are in top condition.

1. Brush your pets' teeth every day. Get your pets used to having their faces touched while they're young. Then, have them taste pet toothpaste and slowly introduce the toothbrush, progressively lengthening the duration of each dental care session. You only need to brush the outside of their teeth as their tongue moves enough to prevent tartar build-up on the inner surface. Remember to reward your pets after each session!
2. Feed your pets quality food. A healthy diet is the key to healthy teeth — for your pets and for you!
3. Give your pets something to chew on. Chewy toys and treats help dislodge tartar.
4. Be aware of symptoms. Bad breath, red or bleeding gums, the loss of a tooth or even a change in your pet's eating habits can all indicate a dental health issue.
5. Visit your vet. It's a good idea to bring your pets to the veterinary clinic for a dental checkup once a year, even if you take good care of their teeth — some parts of their mouth are hard to reach with a toothbrush.



DOES YOUR PET HAVE A BAD CASE OF

## Dog Breath?

Bad breath, pawing at the mouth, and difficulty eating or chewing food are just a few of the symptoms of poor oral health. Ignored, they can lead to gum inflammation and periodontal disease. Periodontal disease affects 85% of adult pets. Ensure your pet enjoys good dental health by scheduling a dental exam today.

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## Top Eight Dental Facts About Cats:

To follow up with Dr. Brown's article on dog dental health, we have created an article highlighting the health of our feline friends. Dr. Wiebe, Dr. Brown and Dr. Kahlon assess the mouth's of feline patients everyday, and are asked many similar questions regarding oral health.

**1) When should I expect my new kitten to start developing teeth?** Kittens have their first teeth grow in when they are between the ages of 2-3 weeks. These are the incisors (the small teeth on the front). All baby teeth will have started growing by 6 weeks. All adult teeth should be beginning to grow by 6 months of age.

**2) How many teeth does my kitten/cat have?** Kittens grow 26 teeth, and adult cats have 30 teeth total. This is far fewer teeth than a dog (an adult dog has 42!).

**3) Why we assess your cat's mouth as part of our physical exam:** Let's face it, looking at your cat's teeth at home is not going to be your favorite activity, nor your cat's. Vets have a great team at the clinic that can safely look inside your cat's mouth. We are generally looking at gum health, oral hygiene, the way the teeth lay next to one another, any broken or dead teeth, and any abnormal growths or masses inside the mouth. This is only one piece of the puzzle when it comes to dental health!

**4) My vet wants to put my pet under anesthesia to fully assess oral health. Is this necessary?** Yes! Unlike in humans, animals will not sit still for their teeth to be cleaned below the gum surface. In fact, without anesthesia, it would be dangerous to try this, and could end up severely hurting your pet. We also have the fantastic ability to assess tooth health below the gum-line using dental x-rays. 80% of dental disease is below the gums! Even sedated patients will bite (and potentially break) dental x-ray equipment, and anesthesia is necessary.

**5) My cat has a broken tooth, does this hurt?** This answer depends on how far the tooth is broken. If the pulp (the sensitive part of the tooth) is exposed, then yes, it will feel similar to how we feel when we break a tooth this way. Ouch! Your vet will be able to assess if the break is a painful one, and can remove that tooth for your feline.

**6) My cat's teeth are falling out! What is happening?** Cats can actually suffer from severe "cavities" that begin eating the tooth away from the root, and eventually consume the whole tooth, causing it to fall out. Dental x-rays can catch these early on, and your vet can remove these teeth. This condition is very painful, and there is no way to prevent it.

**7) "My vet recommended pulling some teeth in my cat. This makes me uncomfortable, as I know she needs her teeth to chew her food."** You are not alone in this thought. However, if your vet is recommending removing a tooth, it is only because the tooth is causing more damage than it is helping. Often these teeth are very painful, and your cat avoids chewing with the tooth. Once painful teeth are removed, your cat's appetite will actually increase, and many owners have noticed they become more playful and energetic!

**8) I have heard that eating kibble prevents dental disease in cats. Is this true?** To some extent, kibble, or more specifically, "dental kibble" will help delay some tartar buildup, but in no way will it prevent dental disease. Brushing your cat's teeth, or having them in for frequent cleanings will be the only way to truly maintain their dental health.

**Stonewall Veterinary Hospital is offering a 10% discount for the month of February for your pet's dental procedures. Call today to schedule your pet's visit!**



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# get inspired

> MEAL IDEAS

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## Orange coconut cookies



12 servings / 30 min  
Prep 10 min / Cook 20 min  
Ingredients  
1 cup (250 mL) large flake oats  
3/4 cup (175 mL) chopped and pitted medjool dates  
1/3 cup (75 mL) unsweetened coconut  
3 tbsp (45 mL) hulled pumpkin seeds  
3 tbsp (45 mL) canola oil  
1/2 tsp (2 mL) grated orange rind  
Directions  
In a food processor, pulse together oats, dates and coconut until dates

are broken up and mixture sticks together. Remove to a bowl and stir in pumpkin seeds, oil and orange rind until well combined.

Using a heaping tablespoon (15 mL) roll into a ball and shape into a 2 inch (5 cm) by 1/2 inch (1 cm) thick round. Place onto parchment paper lined baking sheet.

Bake in 325 °F (170 °C) oven for about 20 minutes or until golden and firm. Let cool before eating.

Tip: Store at room temperature to keep the cookies slightly crisp on the outside. For a chewier and soft cookie, refrigerate in a resealable bag or container.

Sweet bite: If your kids are fans of chocolate you can omit pumpkin seeds and substitute 2 tbsp (25 mL) mini chocolate chips in these cookies.

## Red Velvet Cupcakes



Servings: 12  
1 cup canned beets, drained  
1/2 cup reduced-fat buttermilk, divided  
1/2 teaspoon white vinegar  
1/2 teaspoon vanilla extract  
3/4 cup, plus 2 tablespoons, unbleached all-purpose flour  
6 tablespoons unsweetened natural cocoa, plus 1-2 tablespoons for decorating  
1/2 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon ground cinnamon  
1/2 teaspoon kosher salt  
1/3 cup canola oil, chilled  
3/4 cup sugar  
1 large egg, cold  
Cream Cheese Frosting:  
2/3 cup confectioners' sugar  
4 tablespoons reduced-fat cream cheese

1/2-1 teaspoon vanilla extract  
Heat oven to 350 F. Drop paper liners into 12-cavity muffin pan.

Working knife up and down in measuring cup, coarsely chop beets. Place beets in blender, add 1/4 cup buttermilk and blend until beets are finely chopped. Add remaining buttermilk, vinegar and vanilla and blend to puree. Set beet mixture aside.

In small bowl, combine flour, 6 tablespoons cocoa, baking powder, baking soda, cinnamon and salt, and set aside.

In medium bowl, combine oil and sugar. With hand mixer on medium speed, mix until sugar is evenly moistened. Add cold egg and beat on high until mixture resembles mayonnaise and sugar is almost completely dissolved, 90 seconds. Add beet mixture and beat until combined. Sift dry ingredients into bowl and mix, either on low speed or by hand until combined with wet ingredients.

Divide batter evenly among lined muffin cups, filling them about two-thirds full.

Bake cupcakes 28-30 minutes, or until tops feel springy. Immediately transfer cupcakes to wire rack and cool completely before frosting.

Ice cupcakes, using about 1 tablespoon frosting for each. Place remaining cocoa in strainer and sprinkle over frosted cupcakes. If desired, let cupcakes sit at room temperature to allow frosting to set, about 2 hours.

Note: Frosted cupcakes can sit at room temperature for up to 12 hours.

To make Cream Cheese Frosting: In small bowl, work sugar and cream cheese together with wooden spoon or hand mixer until combined. Mix in vanilla.

Note: Frosting is best when refrigerated 8 hours or overnight, loosely covered, before using. It keeps in refrigerator 5 days.

## If you really loved me



"LOVE COMES WHEN MANIPULATION STOPS; WHEN YOU THINK MORE ABOUT THE OTHER PERSON THAN ABOUT HIS OR HER REACTIONS TO YOU."

DR. JOYCE BROTHERS

Sometimes in love relationships a comment is made that begins with, "If you really loved me you would....". When I work with couples I suggest that they remove that phrase from their relationship vocabulary because it creates nothing but trouble.

The phrase is manipulative, whether intended to be so or not. The recipient is immediately put into a bind: either do what the person wants even if you do not want to, or be accused of not loving the partner.

Common sense tells us that we can really love someone and not want to do something they want. It is also

possible for someone to do what we want and not truly love us. So there is no consistent correlation between loving someone and doing what they want.

Generally one who uses the "if you loved me" phrase believes it is the partner's job to keep him or her happy. If the partner pleases me, then I feel loved. If not, then I do not feel loved. This is a tremendous responsibility to put on another. Usually low self-esteem is at the bottom of this, so the individual constantly needs "proof" of being loved.

This leads to controlling behavior—controlling through guilt. The irony is that this control may result in getting the behaviors we want, but they are coming through coercion, not from love.

It is okay to ask for what you want. It is also okay to express disappointment when you do not get what you hoped for. For a healthy relationship and clear communication, just keep the faulty "if you really loved me" equation out of it.

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](http://www.gwen.ca)

## Mini Popcorn Balls with Chocolate 'Fondue'

Prep time: 25 minutes  
Servings: 12  
1 bag Orville Redenbacher's Smart Pop! 94 Percent Fat-Free Butter Microwave Popcorn  
nonstick cooking spray  
1/4 cup stick butter or margarine (1/4 cup = 1/2 stick)  
1 package (10 ounces) marshmallows  
1/2 teaspoon vanilla extract  
1 1/2 cups light chocolate syrup  
colored candy sprinkles (optional)  
Prepare popcorn according to package directions. Remove all unpopped kernels. Spray large bowl with nonstick spray; add popped corn.  
In medium saucepan over medium

heat, melt butter. Add marshmallows and vanilla. Heat 5 minutes, or until marshmallows melt, stirring frequently. Pour over popcorn; mix well with spoon sprayed with cooking spray. Moisten hands with water before shaping popcorn mixture into 24 small balls, about 1/3-cup popcorn mixture each.

In small saucepan, heat chocolate syrup over medium heat 5 minutes, or until warm, stirring occasionally. Transfer to small, fondue-style pot.

Use wooden skewers or fondue forks to pick up popcorn balls and dip into chocolate and sprinkles, if desired.



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TRIBUNE PHOTO BY KAITLIN VITT

## RBC community leadership award winner



TRIBUNE PHOTO SUBMITTED

Stonewall resident Michael Obsniuk accepts a \$1,000 donation on behalf of Foundation for Prader-Willi Research Canada from RBC community leadership winner Jaclynn Saunders. A fundraising walk is planned for May or June for Prader-Willi Syndrome (PWS), which is a genetic disorder that occurs in approximately one out of every 15,000 births. For more information about PWS, visit [www.fpwr.ca/about-prader-willi-syndrome](http://www.fpwr.ca/about-prader-willi-syndrome).

## Snowshoeing just one way to enjoy winter at Oak Hammock Marsh

By Kaitlin Vitt

Dave Mousseau straps on a pair of snowshoes for his first time and heads out onto the hard-packed snow at Oak Hammock Marsh Interpretive Centre.

He steps slowly at first, but after only a couple of steps he starts running.

"I used to run all the year round. I also used to wipe out a lot too," Mousseau said. "You could be thinking you're running along a nice hard-packed snow, and then bang you hit the ground so fast and so hard."

He's interested in snowshoeing as an alternative to winter running, which is why he took part in a snowshoe workshop at a workshop at Oak Hammock Marsh last Saturday.

Before trying it out for themselves, snowshoe students attended a presentation by Dusty Molinski, Oak Hammock Marsh's public programs co-ordinator.

"Winter can be long," Molinski said. "You can be cooped up, and getting outside can be hard sometimes, but I think snowshoes are a good way to just get out there and do something."

"It opens up winter."

Modern snowshoes — small, plastic with jagged teeth on the bottom — look quite a bit different than the traditional ones, which are up to twice the length, wooden and with leather straps.

"They are this real connection to the past," Molinski said. "Even though today we have a lot of modern looking

snowshoes, the principle of it — staying on top of the snow — is the same as the old snowshoes that First Nations people invented long ago."

Snowshoes help spread your body's weight over a greater surface area than your boots. Although you may hope you will walk perfectly on snow without sinking at all, that likely won't happen.

"They're not magic," Molinski said.

Snowshoes can be made out of various materials such as wood, plastic, leather, and nylon, and come in different shapes — some more round and others more oblong. They range in price — you can find used ones starting at \$30 or new ones up to \$400.

Molinski went over the snowshoeing technique, which is basically just walking, but you have to be careful of tripping on your shoes, or someone else's.

Your heel comes off the ground but your toe stays attached to the snowshoe. The entire snowshoe doesn't come off the ground instead it drags behind a little.

If you do fall, untangle your feet and put them flat on the ground before you try standing up again, Molinski said to the workshop attendees last Saturday.

This was Oak Hammock's Marsh expanded snowshoe workshop for the year, but snowshoes are available daily to rent.

For a full list of upcoming workshops and winter activities, visit [oakhammockmarsh.ca](http://oakhammockmarsh.ca).

## worship *with us*

> FAITH

"But Moses said to God, 'If I come to the Israelites and say to them, "The God of your ancestors has sent me to you," and they ask me, "What is his name?" what shall I say to them?' God said to Moses, 'I AM WHO I AM.' He said further, 'Thus you shall say to the Israelites, I AM has sent me to you'" (Exodus 3:13-14).

What is your name? This is our perennial ice-breaker, the initial question we ask at each first encounter. The primary step in establishing any kind of relational connection, whether with people or things, involves sharing, uncovering or providing a name. In our creation story, name-giving was the very first task and privilege given to Adam (which means "earth person" or human), who gave a title to every kind of living, growing thing that sprung from the imagination of the Creator (Genesis 2:19-20).

How do you like to be called? For

whom are you named, and how many names do you have? What does your name mean, and what are its origins? What other names or titles do people use to address you? We are name-givers.

In every human culture, people receive and give all kinds of names: family names, nicknames, pet names, religious and ceremonial names. And every society has its own set of titles for formal occasions. More than a simple label, a name is a gift with the power to describe, define, decorate and unwrap a relationship. Names allow for familiarity and set the boundaries between individuals and groups. Personhood requires a name. Even people whose identity cannot be traced are provisionally called "Jane" or "John Doe." This explains the deliberately dehumanizing effect of attributing numbers or classifications to people confined in camps or

## Named, Claimed and Known

prisons. As relational beings, we are hardwired for connection.

Giving a name and being named reflects our deep desire to know and to be known in relationship to everyone and everything else. Names help map our lifelong quest for identity, offering us a lineage — a past and a future. Through genealogy, we can identify our origins, locate our tribe or clan and explore our family. A name also offers us a home, a place to belong. Imagine the depth of alienation felt by undocumented or displaced people, whose names only serve to further ostracize them as foreigners or outcasts.

God has called each and everyone of us by name (Isaiah 43:1), just as he called Moses (Exodus 3:6) and Samuel (1 Samuel 3:10). In doing so, God has not only imbued us with unimaginable dignity, God has also invited into an intimate personal

relationship with Him. A relationship of friendship, companionship, empowerment and, above all love. How shall we respond? In gratitude? In humility? In reciprocity? Hopefully all of the above. But if God has called my neighbour by name as well, should I not also therefore see in him or her dignity? Should I not also engage them in love and compassion? Of course. And in so doing, another aspect of the mystery of God's name is revealed. For YHWH, "I am who I am," the One who simply Is, dwells within me, within my loved ones, within those in my community, within every human person. And so the call to unity, to respect and celebration of the human family is ever clearer and more beautiful.

Fr. James deBeer



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Jets topple Twisters in key MMJHL matchup

By Brian Bowman

The Stonewall Jets had a tough test in their road game last Saturday against the Pembina Valley Twisters.

But the Jets passed that test with flying colours — winning 6-4 — and were rewarded with sole possession of first place in the Manitoba Major Junior Hockey League standings.

"I was looking forward (to the game) to see how we matched up with (Pembina Valley)," said Jets' co-coach Brock Couch. "We hadn't played them since (mid-December) and this was our first time going out there."

Six different Stonewall players scored in the win. A good sign for a Jets' team that looks loaded with talent up front.

After Pembina Valley's Fraser Mirreles opened the game's scoring at 8:46 of the first period with a power-play goal, Stonewall's Chase Faulkner quickly answered just 37 seconds later.

Faulkner's goal was his team-leading 29th of the season.

Eric Swanson gave the Jets their first lead of the game late in the first period and then Clay Tait put the Jets ahead 3-1 early in the second period.

But the Twisters tied the score with goals from Brendan Keck and Bryce Dusik, on the power play.

Stonewall responded nicely, though,

as Robert Smith scored a shorthanded goal midway in the second period and then Stephen MacKenzie and defenceman Bradley Dawson tallied to start the third.

Dawson's goal was his first of the season and a nice reward for the steady, stay-at-home defenceman.

"It was his first goal in his (MMJHL) career," Couch said. "He's been on the team for three years and it was his first goal. It was nice to see and it was a beautiful shot."

Mirrlees then closed out the game's scoring at 11:02 of the third.

Stonewall outshot Pembina Valley 50-30 as Hunter Ploszay earned the win. He now has a 17-7 record with a 2.77 goals-against average and .914 save percentage.

With the victory, Stonewall improved its record to 24-9 and the Jets now have 48 points. That was one point ahead of the second-place Charleswood Hawks (21-8-5).

"It's nice to see us (in first place) with 12 games left," Couch said. "This is the way that we want to be playing heading into playoffs. We just have to bring the same effort each night, get consistent, and more and more defensive."

"I think we'll be in good shape for playoffs."

Charleswood hosted the fourth-



TRIBUNE PHOTO BY LANA MEIER

Jets' defenceman Bradley Dawson scored his first goal in his MMJHL career Saturday night in Stonewall's 6-4 win over the Pembina Valley Twisters.

place St. James Canucks on Tuesday but no score was available at press time.

The Jets had two games in hand on the Hawks heading into last night's

home game against St. Vital. Stonewall will then visit Ft. Garry/Ft. Rouge on Friday and St. James on Tuesday.

Both games have 7:30 p.m. start times.

## Nugent to be honoured at Veteran's Cup tournament

By Brian Bowman

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

Mike Nugent is the latest one.

"It's an honour for us to recognize Mike for his passion and contribution to hockey in Stonewall," said Kevin Boughton, the Veteran's Cup tournament chair. "He's volunteered in the community in many different capacities."

Nugent has been an important fixture on the Stonewall Jets as a dedicated equipment manager since 1994. He started when the Jets were part of the old SIHL and is now with the club as they look to repeat as MMJHL champions.

Last year was a pretty special one for Nugent.

"I think it's the coolest thing in the world," Nugent said earlier of the Jets winning the league title.

Nugent brings a lot of special qualities to his position as the Jets' equipment guy. He has a contagious smile and a love for the game to go along with an incredible work ethic.

The Jets' players — both current and past ones — have the utmost respect for Nugent.

Current Jets' co-coach Brock Couch was lucky to have "Nuge" as an equipment manager during his stellar MMJHL career.

"I first met him when I started with the Jets," said Couch. "And I had the pleasure of driving him to

almost every game for four years. I got to know him really well and he has a good outlook on life."

The 36th-annual Veteran's Cup tournament will begin Friday and continue through Sunday at the Veteran's Sports Complex and Ice Palace. Action will begin Friday at 8:30 a.m. and will feature 22 teams in three divisions.

Stonewall will be represented with a team in each division.

Boughton is excited for the upcoming weekend of hockey.

"It's a huge event," he said. "It's an iconic tournament and it's known for its competitiveness, organizational standards, and excitement for players, coaches and



TRIBUNE FILE PHOTO

Mike Nugent, centre, will be recognized as this year's guest of honour during the opening ceremonies of the Stonewall Blues Veteran's Cup tournament at 11:30 a.m. on Saturday.

Continued on page 21



# Lightning zapped three times on home ice

By Brian Bowman

Home ice could not turn around the fortunes of the Interlake Lightning Midget Provincial team.

Interlake lost all three games in Teulon last week — getting outscored 16-5 — in Manitoba AAA Midget Hockey League action.

The Lightning was swept in the three games after a 4-2 loss to the Yellowhead Chiefs.

Brian Mentuck gave Yellowhead an early 1-0 lead with a power-play goal but Interlake forward James Maxwell tied the score about nine minutes later. Darian Murdock and Evan Palmer assisted on Maxwell's goal.

Yellowhead's Jaxon Heeney and Ryder Richmond scored just 50 seconds apart late in the first period for a 3-1 lead and then the Chiefs went up three goals as Mackenzie Belinski tallied midway in the third.

Jack Einarson pulled the Interlake to 4-2, though, with a goal at 14:48 of the final frame, assisted by Codey Behun and Maxwell.

Riley Buhay stopped 44 Yellowhead shots.

Last Saturday evening, the Lightning lost 5-3 at home to the Parkland Rangers.

Behun gave the Lightning a 1-0 first-period lead and then Corbin Mariash

tallied early in the second.

But Parkland would tie the score at 2-2 before the second period ended as Kurtis Luke and Bradyn Smelski tallied.

Interlake regained the lead with a goal from Erik Asselin early in the third but the Rangers took over the game with three straight goals.

Dustin Mozdzen, Luke (on the power play), and Brayden Delvenne scored for the Rangers.

Parkland outshot Interlake 51-35. Buhay was busy, making 46 saves.

On Jan. 25, the Lightning was topped 7-0 by the Winnipeg Thrashers in Teulon.

The Thrashers, which held period leads of 2-0 and 5-0, received a hat trick from Curtis Rebeck and singles by Gabriel Comeau, Trent Halfdanson, Reid Robertson, and Jacy Kennedy.

Winnipeg outshot Interlake 60-28 as Buhay made 53 saves.

Interlake (9-25-0-0-3) will hit the road for a pair of games this weekend. On Saturday, the Lightning will visit Parkland in Dauphin and then will battle Brandon on Sunday afternoon.

The Lightning has just seven regular-season games remaining this season. Just two of those games are at home.



TRIBUNE PHOTO BY ANNALIESE MEIER

St. Laurent's Erik Asselin scored for the Interlake Lightning early in the third period Saturday night to give his team a 3-2 lead before Parkland scored three more for the win.

## Saints No. 1 in MHSAA 'A/AA' junior varsity girls' bball rankings

By Brian Bowman

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

But that's where the Saints find themselves after the most recent rankings came out last week. Teulon was No. 2 the previous week.

"We've had a pretty good season so far," said Saints' co-coach Jason Darragh Friday afternoon. "We're a young team, all Grade 9s, but the girls have been working hard in practice."

Teulon recently defeated the Warren Collegiate Wildcats 37-36. Warren is

currently the second-ranked "A/AA" junior varsity girls' team in Manitoba.

"I think that's why we are in the one spot," Darragh said. "It's been a good season."

Teulon started its season playing in a "AAAA" University of Manitoba tournament. The Saints were the lone rural team at the tournament.

"We had some tough competition," Darragh said. "But we had some great games and ended up beating Westwood."

The Saints later played in a Carman tournament and then, more recently, in Neepawa.

In Neepawa, Teulon lost to eventual-tournament champion Thompson 45-21 in its first game and then rebounded nicely to win the B-side of the tournament.

In exhibition action last Thursday, Teulon soundly defeated the Gimli Lakers 55-12.

"We played really well on defence," Darragh noted. "We really worked hard on picking off passes and our transition game was good."

Looking ahead, Teulon will play Gimli and Warren once again in exhibition games and will travel to MacGregor for a tournament Feb. 10-11.

The Saints will then host an eight-team tournament Feb. 24-25. Some of the top-10 teams in the province are expected at the Teulon tournament.

The Saints will use those games to improve their skills before they compete in the Zone 5 championship from Feb. 28 to March 1 in Gimli.

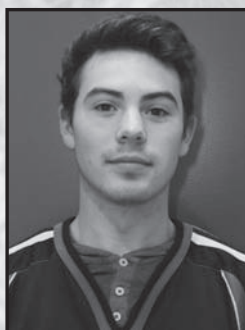
"We still have lots to do in practice," Darragh said. "There's lots of learning going on and the girls are improving, I would say, every day. We've seen a real difference even from the beginning of January to now."

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#### Ryan McMahon #25

Forward  
Born: 1998  
Height: 5'9"  
Weight: 155 lbs.  
Shoots: right  
Hometown: Stonewall

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Friday, Feb. 3 -

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### Stonewall Jets vs St. James Canucks

Tuesday, Feb.

7:00 pm @ St. James Civic Ctr



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



# Bantam Lightning get better throughout the week

Staff

The Interlake Lightning's Bantam "AAA" games got a whole lot closer as last week wore on, but they still could not come up with a victory.

Interlake started the week with a 12-0 loss to the Monarchs last Thursday and then was defeated 8-5 by the Eastman Selects the next night in Stonewall.

Carter Bateman (two), Austin Adair, Nathaniel Murdock, and Nicholas Finnson scored for the Lightning against the Selects.

Adair and Cody McMillan each finished the game with two points apiece.

On Sunday, the Lightning were nipped 4-3 by the Yellowhead Chiefs in Warren. No scoring summary was posted on the league website at press time.

Interlake will be busy this week with three games. Tonight, the Lightning

will battle the Hawks at the Maples Multiplex. Game time is 7:15 p.m.

The Lightning will visit the Chiefs Friday (7:30 p.m.) before hosting the Rangers on Sunday (3:30 p.m.) in Warren.

In recent City Midget action, the Lightning lost 7-3 to the Warriors last Sunday and then 9-2 to the Selects on Monday.

Greg Paseschnikoff led the Interlake with a goal and two assists against the Warriors while Brandon Abraham had a goal and an assist. Kyle Melo scored the Lightning's other goal.

No scoring summary was available for Monday's game.

The Lightning played the Eastman Selects last night and will host the Hawks tonight (7:15 p.m.) in Stonewall. Interlake will then take on the Warriors on Sunday (1 p.m.) at Notre Dame Arena.



EXPRESS PHOTO BY LANA MEIER

The Lightning's Carter Bateman scored twice in Interlake's 8-5 home loss to the Eastman Selects last Saturday.

## Stonewall curlers finish strong

Staff

Fifteen U18 teams competed for cash at the Stonewall Pharmacy Junior Bonspiel this past weekend.

The Walter rink representing the Morris Curling Club won the 'A' event after defeating R. Wiebe of St. Vital 7-2. Stonewall's Dunlop rink defeated Springfield's Smith rink 7-3 to win the 'B' event and the Zacharais rink from Altona went on to beat J. Friesen of Morris 7-3 to capture the 'C' event.

In the U14 division twelve teams participated in the bonspiel. Josh Maisey and his rink from Winnipeg Beach defeated Blake Good and his team of Riley Nichol, Autumn Good and Rena Kathler of the Stonewall Curling Club 7-5 to win the 'A' event.

The Howard rink representing Pembina beat Stonewall's Carter Ives and his team 7-3 to win the 'B' event.

West St. Paul Rutter rink defeated Stonewall's Perrie rink 7-2 to win the 'C' event.



Blake Good's rink lost 8-6 in the A-side final to Joshua Maisey.



TRIBUNE PHOTO SUBMITTED

The Dunlop rink from the Stonewall Curling Club won the U18 'B' event at the Stonewall Pharmacy Junior Bonspiel after beating the Smith rink 7-3 in the final. Dunlop lost their first game to the Sabourin rink from St. Vital to bump them to the B side and then went on to defeat the Anderson and Watkins rinks. Pictured, Darrel Argan presents a \$300 cheque to Matt Dunlop, Carson Argan, Emerson Klimpke and skip Thomas Dunlop.



Carter Ives was defeated 7-3 in the B-side final.



Gabriel Perrie and his team lost 7-2 in the C-side final.

### > NUGENT, FROM PG. 19

spectators.

"It's a huge event for our community."

The tournament committee would like to remind fans and players that the event is meant to be fun and to promote fair play.

"We want them to have respect for teammates, opponents, and the officials," Boughton said.

Boughton wanted to extend a huge thank you to the Town of Stonewall, the sponsors, and all of the volunteers for making the Veteran's Cup tournament possible.

Boughton also wanted to send out a special thanks to the Stonewall Legion as "we honour the war veterans for their bravery, dedication, and commitment."



# Manitoba misses playoffs at junior women's curling nationals

By Brian Bowman

Manitoba's Laura Burtnyk missed the playoffs at the 2017 Canadian Junior Women's Curling Championship in Victoria.

Burtnyk's rink — which included second Sara Oliver from Marquette — finished with a 2-4 record in Pool "A".

"Every game, with the exception of our Alberta game, was last rock," said Oliver Monday evening. "(Games) literally could have gone either way. We just ended up on the wrong side of the inch, you could say."

Burtnyk started play with a convincing 9-2 win over the Northwest Territories' Zoey Walsh. Manitoba then lost 7-4 to Saskatchewan's Kaitlyn Jones before beating PEI's Lauren Lenentine 8-3 later that evening.

At 2-1 after three games, Manitoba looked to be in good shape. But a victory would elude Manitoba's talented

rink the rest of the way in Pool "A" with the playoffs at stake.

Manitoba saw its record dip to 2-2 after an 11-6 loss to Alberta's Kristen Streifel and then Burtnyk was defeated 7-6 by Newfoundland and Labrador's Brooke Godland in a key matchup between 2-2 teams.

The Newfoundland loss was a tough one, Oliver admitted.

"We had control the whole Newfoundland game but their skip kept making incredible shots, which caused us to lose," Oliver lamented. "Their skip made incredible shots, which bailed them out."

Manitoba then appeared to be on its way to a victory — with a 6-4 lead after seven ends — in their next game against Nova Scotia's Kristen Clarke.

Clarke scored three in the eighth end and then the two teams traded singles with the hammer in the next two ends of an 8-7 Nova Scotia victory.



TRIBUNE PHOTO SUBMITTED

Pictured left to right: Ontario skip Hailey Armstrong, Ontario third Grace Holyoke, Sara Oliver and Manitoba lead Rebecca Cormier.

But the TSN turning point in the game was, oddly enough, when Manitoba scored four in the sixth end.

"We were actually sitting seven and she made an incredible freeze to cut us down for a draw for four," Oliver said. "If she wouldn't have made it, we probably would have had a hit for eight."

"She made a beautiful shot to save her (team)."

In seeding pool play, Manitoba cruised to lopsided victories over New Brunswick (8-5), Yukon (11-2) and Nunavut (18-2). The wins were a nice way for Manitoba to finish at nationals, but Oliver said the team was confident that they should have had a

better result.

"We're definitely a little bitter," Oliver said. "We thought we could have done better. Like I said, we were on the wrong side every time. But once we knew we were on the seeding pool, we made it our goal to just win out — and we accomplished that."

On a personal note, Oliver was deservedly awarded a team all star for the second position. Oliver had an 81 shooting percentage with a plus six.

"It was good for the week," Oliver said, noting she was an all star last year as lead. "And the plus six means I beat my opponents by five or more per cent."

## Warren bonspiel winners



TRIBUNE PHOTOS BY NADINE COOLIDGE

Nine teams competed in the Warren Ladies Bonspiel Jan. 20-22. The first-event winners were, from left, Ina Laird, Linda MacMillan, Barb Riddell and Karen Rouse.



The second-event winners were Wendy Proctor, Tara Lee Koss, Casey Tully and Alicia Erickson.

## Female Bantam all stars



TRIBUNE PHOTO BY DIANA LEDOCHOWSKI

The Interlake Ice Bantam 'AAA' all star representatives were Teulon's Jacey Ledochowski, Eriksdale's Emma Poole and Arborg's Brenna Barylski. Team White won the game 4-1.



# Merces' offence red-hot in pair of victories

By Brian Bowman

The Warren Merces had a pair of really good offensive games last week.

More importantly, the Merces also picked up a pair of key victories.

Warren whipped Winkler 8-5 last Friday and then silenced the Stonewall Flyers 7-2 on Saturday in South Eastern Manitoba Hockey League action.

In Saturday's win, Warren took period leads of 2-0 and 5-1.

Brock Genyk led the Merces with two goals and an assist while Reid McLeod also tallied twice. Trent Genyk scored once and had two assists while Bryn Lindsay and Kyle Luschinski each chipped in with a goal and an assist.

Soren Fredrickson scored a second-period goal for the Flyers and then Patrick Dawson tallied late in the third.

Travis Bosch made 28 saves for the win. Derrick Peitsch stopped 35 Warren shots.

In Friday's game, the Merces overcame a 5-2 second-period deficit to score six unanswered goals.

Dylan Hykawy netted a hat trick to go along with two assists while Kyle Luschinski (two), McLeod, Wes Pawluk and Brock Genyk also tallied.

Pawluk, Bryn Lindsay and Trent Genyk each finished the game with three points.

Cody Friesen (two), Ryan Wiebe and

Craig Cornelsen replied for Winkler. Bosch made 42 saves for the win.

With the two victories, Warren improved its record to 9-5-3-0 and the Merces now have 21 points. That leaves the club in sole possession of fourth place in the seven-team league.

Warren will travel to Carman to play the Beavers on Saturday and then will host Notre Dame next Tuesday.

Stonewall, meanwhile, was defeated 7-3 by the Beavers in Carman on Jan. 24.

Codi Lashewicz led the Flyers with a goal and two assists. Matt Varnes and Brett Harvie scored Stonewall's other goals.

The Flyers (4-13) will visit Altona tonight and Notre Dame on Saturday. All of the games start at 8 p.m.

The Flyers will then wrap up their regular-season schedule with a pair of home games.

## Flyers to host reunion

In off-ice news, the Flyers will be hosting a reunion June 16-17 in Stonewall. The first day (a Friday) will feature an afternoon of golf and a meet-and-greet. The following day will consist of a supper and dance at the Stonewall Legion Hall.

Anyone who has been involved with the Flyers in any capacity is welcomed to participate. Further updates



TRIBUNE PHOTO BY LANA MEIER

The Merces' Brock Genyk led Warren with two goals and an assist in their 7-2 win over the Stonewall Flyers Saturday night.

on the cost will be determined once the menu for the supper and golf has been finalized.

Anyone interested can contact Bob Howard (204-467-5945), Bob Isbister (204-467-8268), Wayne Isbister (204-

383-5645), Kent Klimpke (204-467-7719), Eric Snell (204-344-5780), Mark Kinsley (204-467-1923) or Andrew Kirk (204-467-7656).

For more information, see facebook.com/stonewallflyershc.

## Cheerleading dynamo



TRIBUNE PHOTO BY ASHLEE WATTS

Stonewall's Lyla Watts, left, and Stony Mountain's Samantha Marquart represented Winnipeg Dynamite Cheerleading at the Double or Nothing Competition at the University of Manitoba this past Sunday. Both girls placed first competing as Flyers for the Dynamite Cherry Bombs, winning the Youth Level 1 Team competition trophy. Watts also received a gold medal in the Specialty Division competing as a Flyer in the Dynamite Level 2 Stunt Group. Both girls are looking to continue their success at their next competition on Feb. 12 at the U of M.

## Cameron national bound



TRIBUNE PHOTO BY CONNIE LALIBERTE

Former Stonewall Curling Club member Kate Cameron, second from left, helped lead Team Englot to an 8-6 win over Darcy Robertson in the Manitoba Scotties Tournament of Hearts final on Sunday. Englot and her crew will now represent our province at the nationals in St. Catharines, Ont., next month.



# Implementing habits, not goals for a successful new year

By Natasha Tersigni

Several statistics suggest that 80 per cent of people that are reading this article and had set a New Year's resolution have probably already abandoned it.

Heading into the second week of January is often when those New Year's resolutions that you thought up before the ball dropped at midnight have started to become a distant memory. Earnest plans of becoming a healthier new you in 2017, dropping a few pounds and adopting good eating habits have quickly fallen to the wayside as busy work and family schedule starts to take over.

For fitness coach Brent Lohmer, who owns and operates Fitness Revolution in St. Boniface, the January rush to get into shape followed by people "falling off the wagon" by February is nothing new for him. The Stonewall Collegiate grad works with his clients so they can meet their weight loss goals while adopting a positive lifestyle change that they can maintain for the long haul.

When working with his clients, Lohmer doesn't focus on their goals or the end outcome they want to achieve; rather, he works with them to develop habits that will lead actions. Those actions will help to successfully accomplish goals.

"It is important to have a goal, and many people focus on the SMART (Specific, Measurable, Attainable, Realistic and Timely) goal setting process. While it is important to have an end goal, you want to reach in a spe-

cific amount of time, the goal itself is an outcome. If you focus too much on that outcome, there are a lot of variables that can prevent you from being successful. You need to focus on things you can control, and what you can control is your actions and the habits you do every day," explains Lohmer.

If one of his clients wanted to lose 10 pounds by March, the attention would be only daily actions and habits that will positively affect the end goal. These actions can include anything from eating more slowly, eating five servings of vegetables a day or working out three times a week.

"I give my clients one new habit to work on for two weeks, and for those two weeks, they need to own that action. If they don't successfully complete that habit, we just extend the duration. If they do incorporate that habit successfully, we will then work on implementing an additional action for the next two weeks," said Lohmer, who warns that it is important for people to be realistic and honest with themselves when trying to implement a new habit. He gets people to ask themselves what the probability is that they will be able to implement their new habit. If the answer is anything less than nine out of 10 or 10 out of 10, then he modifies the habit.

"A lot of times, people set themselves up for failure, and one big way is taking on more than they can handle. If you give someone one habit to do, they will have an 80 per cent success rate. If they are given two new habits, the success rate drops down to 35 per



TRIBUNE PHOTO BY NATASHA TERSIGNI

Fitness coach Brent Lohmer knows how often people set New Year's resolutions related to health and fitness goals and do not successfully reach them. Having been in the industry for a number of years, he has several tips on how to develop lifestyle habits.

cent, and with three new habits, the rate is at five per cent."

Continuing to work with his clients so they can meet their goals is not Lohmer's only resolution for 2017.

Last year, he left his position with Sport Manitoba to start his own business. Since then, his company Fitness Revolution has begun operating out

of Morfit Training Centre in Winnipeg, where he works with semi-private groups and classes to implement a variety of fitness programs. He plans on continuing to work towards his personal focus and work with his clients, which include people of all ages and athletic abilities.

## Seniors rocked at Stony Mountain bonspiel



TRIBUNE PHOTOS BY AUDREY KLIMPKE

The Stony Mountain Senior Curling Club held their annual bonspiel Jan. 24-26 with 11 teams participating from Stonewall, Stony Mountain, Selkirk and East St. Paul. Winning the first event was the Craig Ross rink from Stonewall, who defeated Ed Rootsart from Stony Mountain. Randy Urbanski from East St. Paul defeated Bill Smith, also from Stony Mountain, to win the second event, while Stonewall's Ron Fraser captured the third event after beating Randy Dewar from Selkirk. Far left photo: first event winners Alice Meier, Henry Meier, Bill Good, Craig Ross; middle photo: second-event winners Gerald Zalusky, Bernie Kisiloski, Orest Byblow, Randy Urbanski; and the third event was won by Therese Dandeneau, Tom Woodward, Woody Sewell and Ron Fraser.



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Age 55+ Apartments Inwood Seniors Lodge - bachelor & 1 bdrm. suites, RGI & capped rent, meal program & activities on site. Call Tina for more info 204-278-3534 or email: [inwoodm@highspeedcrow.ca](mailto:inwoodm@highspeedcrow.ca)

## HOUSES FOR SALE

Immediate possession available. 1638 sq. ft. RTM. 2.5 baths, cathedral ceiling, island kitchen. \$189,000. Floorplan online at [wgiesbrechthomes.ca](http://wgiesbrechthomes.ca). Custom builds also available. Call 204-346-3231 or email [wilbert@wghomes.ca](mailto:wilbert@wghomes.ca) for more information.

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## MOBILE HOMES

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## THE RURAL MUNICIPALITY OF ROCKWOOD PUBLIC NOTICE

The Rural Municipality of Rockwood hereby gives notice that the Balmoral Waste Transfer Station has a change in the Days of Operation.

Balmoral Waste Transfer Station will be open the following days, effective February 3, 2017:

Sunday 10:00 a.m. – 5:00 p.m.  
Monday 10:00 a.m. – 5:00 p.m.  
Tuesday 10:00 a.m. – 5:00 p.m.

Council,  
Rural Municipality of Rockwood

## take a break > GAMES

### SUDOKU

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

Level: Intermediate

### Fun By The Numbers

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

### Here's How It Works:

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

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

Sudoku Answer

E	H	I	E	S	E	N	S	S	I										
L	O	T	O		I	N	E	I	T	O	W	E							
V	L	N	R		J	Y													
O	O	N	E	I	O	E	O	S	I	O									
O	E	N	I	V		N	W	V	O		S	B	O						
I	T	V				T	E	E	H		V	L	O						
						I	B	V	H	O		V	I	V	B				
S	E	S	I	H	V					S	H	O	O						
E	H	V	H	S						O	I	B	V						
N	O	L	S		O	E	E				E	S	T	E					
I	S			S	I	H	I			O	N	I	B	V	H				
O	N		H	E	H	L	V			O	O								
N	E	O	V	T						O	L	L	O						
O	O	N	E	T	O	O	E	H			O	I	B	V					
						S	W	T	V	S									

Crossword Answer

## CLUES ACROSS

1. Baseball team
5. Hymns
11. Actor Jared
12. Fragrance
16. \_\_\_ Von Bismarck, Iron Chancellor
17. Nordic God
18. Weighed down
19. Coppola's mob epic
24. Nanogram
25. Famed street artist
26. Identifier
27. 23rd letter of the Greek alphabet
28. In addition
29. Micturated
30. Shock
31. Accept
33. Allotment
34. Eras
38. Emerges
39. Cape Verde capital
40. \_\_\_, United Arab Emirates capital
43. Small amount
44. Back of the foot
45. Pakrit language
49. Home of "60 Minutes"
50. Condemn
51. Ailed
53. Elevated railroad
54. Rebelliousness
56. Ancient Greek city
58. Clothing company (abbr.)
59. Member of the cabbage family
60. Softens or smooths
63. Mass of coagulated liquid
64. Problems
65. Irish Republic

## CLUES DOWN

1. Dress
2. Deadly
3. Says aloud
4. PT Anderson film "\_\_\_ Nights"

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																			
53					54						55								
56		57							58						59				
60							61	62							63				
															65				

5. Teacher (abbr.)
6. Anesthetized
7. Anno Domini (in the year of Our Lord)
8. \_\_\_ and behold
9. French young women (abbr.)
10. Scorch
13. Notre Dame
14. Express disapproval
15. Cars need these
20. Not off
21. Unit of mass
22. You
23. Concealed
27. Parent-teacher organizations
29. Approximately 3.14159
30. Chinese conception of poetry
31. Satisfaction
32. College degree
33. Formerly Ceylon: \_\_\_ Lanka
34. Effeminate

35. Something to solve
36. Horses like these
37. Intelligence organization
38. Blood type
40. Exhibition
41. Poisonous plant
42. Aluminum
44. Possesses
45. Penetrate with a sharp instrument
46. Ring-shaped objects
47. Speaks at church
48. Form in the mind
50. Selectors
51. Probability of default
52. 2001 Spielberg film
54. Where to get a sandwich
55. Newts
57. Modus operandi
61. Exists
62. Politico-economic union

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# Announcements

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## TOOLS

Demo saws for sale c/w full Husqvarna warranty: Husqvarna 550XP, 50cc, 16" bar, \$614.99; Husqvarna 545, 50 cc, 16" bar, \$619.99. Used saws for sale 30 day warranty - Husqvarna saws: 562XP, 62cc, 18" bar, \$599.99; 550XP, 50cc, 16" bar, \$599.99; 51, 49cc, 16" bar, \$199.99; 351, 49cc, 16" bar, \$199.99; 435, 41cc, 16" bar, qty. of 2, \$179.99. Jonsered saws: 2045, 44cc, 18" bar, \$174.99. Echo saws: CS4400, 59cc, 16" bar, \$184.99. Stihl saws: MS170, 30cc, 16" bar, \$174.99; 018, 31cc, 16" bar, \$174.99. Poulan saws: 2250, 36cc, 16" bar, \$149.99. Call Countryside Home Building Centre 1-204-372-8501.

## HELP WANTED

Stonewall Veterinary Hospital is seeking a highly motivated, reliable, well qualified, fun and energetic front office receptionist to join our team. Schedule flexibility is a must, you will be required to work days, evenings and weekends. Customer service skills, communication, phone and computer skills and ability to work with a team is a must. Prior veterinary experience is preferred, but willing to invest in the right individual. This is a full-time position, with health benefits, uniform allowance, continuing education and more. Send resumes with references attention Stacey Klippenstein, email: [gmt.stonevet@mymts.net](mailto:gmt.stonevet@mymts.net) or mail: Stonewall Veterinary Hospital, Box 1010, Stonewall, Mb, ROC 2Z0.

## HELP WANTED

Growing local mortgage business looking for a hard working, detail oriented, personable individual who loves a challenge, to work out of the One Link Stonewall office 4A-408 Main Street. Previous mortgage experience a must. This position can be structured in many ways, from a licensed assistant to an independent mortgage broker. If interested in talking further in confidence, please contact me 204-479-6064 or [sheleys@onelinkmortgage.com](mailto:sheleys@onelinkmortgage.com)

## HELP WANTED

Woodlands Childcare Inc. is looking for a part time staff to join our growing Centre and fun-loving team. The position involves working in a team environment to provide quality child care. Eligible candidates must be reliable, outgoing, fun-loving, enthusiastic and 18 years of age or older. Please send resume and cover letter to: Woodlands Childcare Inc., 91 Porteous Avenue, Box 270, Woodlands, MB ROC 3H0 or [woodlandschildcare@gmail.com](mailto:woodlandschildcare@gmail.com)

## BOOKKEEPING

Prairie Bookkeeping Services provides bookkeeping solutions for small business and also prepares and files personal income tax. Please call Darrel 204-998-4789 or email [priariebookkeeping@outlook.com](mailto:priariebookkeeping@outlook.com)

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## UPCOMING EVENTS

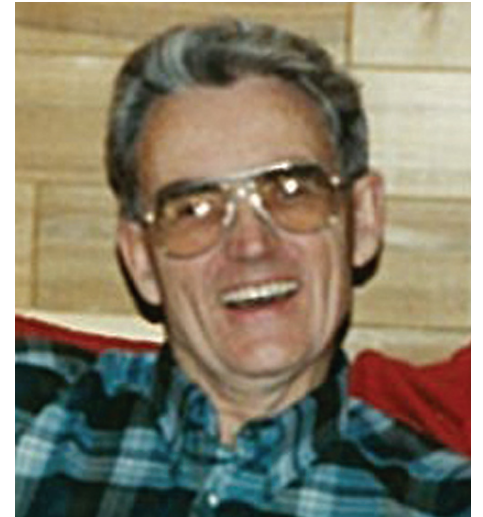
Whitewood Birthday Bash 2017: June 30, July 1 & 2, 2017. Canada's 150th & Whitewood's 125th. Get on our contact list: Email us at [whitewoodbirthdaybash2017@gmail.com](mailto:whitewoodbirthdaybash2017@gmail.com)

## HAY

Round hard core bales of alfalfa, brome & timothy. Horse & cattle hay avail. Ph 204-467-5078 or 204-461-0722.

## ANNOUNCEMENT

### IN MEMORIAM



F.E. "Peter" Penniston  
1928 - 1998

The good advice he gave to us,  
His eyes that shone with laughter;  
So much of him that never dies,  
But lives on ever after.

-Lovingly remembered,  
Ilene and family

## HAY

Small square bales Alfalfa June Courtney Grass, also Alfalfa Courtney Grass. Ph. & leave message 204-482-5101.

## NOTICE TO CREDITORS

IN THE MATTER OF: The Estate of Jeanette Alice Jackson, late of the Town of Stonewall, in Manitoba, deceased.

All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, ROC 2Z0 on or before the 13th day of March, 2017.

DATED at Stonewall, Manitoba this 26th day of January, 2017.  
**GRANTHAM LAW OFFICES**  
Solicitor for the Executors

IN THE MATTER OF: The Estate of Opal Agnes Langrell, late of the Town of Stonewall, in Manitoba, deceased.

All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, ROC 2Z0 on or before the 13th day of March, 2017.

DATED at Stonewall, Manitoba this 25th day of January, 2017.  
**GRANTHAM LAW OFFICES**  
Solicitor for the Executors

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## TOWN OF STONEWALL

UNDER THE AUTHORITY OF THE PLANNING ACT  
**NOTICE OF PUBLIC HEARING**

Regarding the Town of Stonewall Zoning By-law No. 6/16

Dated: January 13, 2017

From: Town of Stonewall

Re: Alterations to the Town of Stonewall Zoning By-law No. 6/16

Please let this notice serve as confirmation that alterations to the Town of Stonewall Zoning By-law No. 6/16 were made after the Public Hearing held on November 2, 2016.

Therefore, in accordance with the requirements under The Planning Act, if alterations are made to the Zoning By-law after the Public Hearing was held, a second public hearing must be held to receive representations from any person on the alterations made to the by-law.

A Public Hearing with respect to By-law No. 6/16 will be held as follows:

**HEARING** Town of Stonewall Council Chambers  
**LOCATION:** 293 Main Street, Stonewall, MB  
**DATE & TIME:** Wednesday, February 15, 2017, at 6:35PM

A copy of the alterations made to the above by-law and supporting material may be inspected at the South Interlake Planning District, 285 Main Street, Stonewall, Manitoba or the Town of Stonewall town Office located at 293 Main Street, Stonewall, Manitoba during normal office hours (8:30 AM to 4:30 PM), Monday to Friday. Copies may be made and extracts taken therefrom, upon request.

**For Information Contact:** Eric Shaw, General Manager  
South Interlake Planning District, 285 Main Street,  
Stonewall, MB, ROC 2Z0  
Phone: 204-467-5587

Note: Property Owners are responsible for notifying lessee



## SHOP LOCAL



## THE RURAL MUNICIPALITY OF ROCKWOOD INVITATION TO QUOTE 2017 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 2017 construction and maintenance season.

Quotation packages including submission documents are available at the Municipal Office, or from the RM's website, [www.rockwood.ca](http://www.rockwood.ca).

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

**Deadline for proposals is 4:00 p.m. (CST) Friday, February 17, 2017**

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



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# Announcements

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## OBITUARY



### Edna Bernice Fines

Peacefully on January 25, 2017 Edna passed away at her home in Rosewood Lodge, Stonewall.

"Nan" will be lovingly remembered by her sons Gordon (Linda) of Stonewall, and Greg of Birds Hill, as well as her eight grandchildren and 12 great-grandchildren. Shari (Dave) Cam and Bryce; Roshelle (Joe) Thomas and Duncan; Curtis (Carolyn) Sarah and Madison; Ryan (Tricia) Brooke-Lyn, Christopher and Grace; Matthew (Cassie) Rowan and Evrit; Cassandra (Brian) Lucas; Victoria (Devon); Halle; sisters-in-law Emmie Campbell, and Bea Fines.

Edna was predeceased by her husband, Lloyd, of 60 years in 2005, daughter Lois in 2006, and son-in-law Ross in 2002.

She was born to Gordon and Anne Campbell and raised along with her sisters Dorothy, Shirley and brother Albert (Buck) in the Greenwood area. Edna often spoke of the great relationship she

had with her siblings while growing up on the family farm. She would work in the barn, the fields or the yard but refused to milk cows. That was Dot's job. She spent many hours in the company of her Dad who was the main fiddle player for dances and parties in the area. She played baseball and other sports, but particularly enjoyed a sleigh or wagon ride to town with dad.

Mom's mother Anne was a wonderful character and is probably responsible for Edna's own patience and good sense of humor.

Edna and Lloyd were married in 1944 and farmed together until retiring to their house in Balmoral and then to Sprucewood Manor, also in Balmoral.

Knitting was a productive hobby and many new babies got their start in a pair of Edna's booties. While she enjoyed the time spent with her friends volunteering in Balmoral, whether it be the church, fall supper, curling rink, Memorial Hall, or wherever they were needed, there was nothing better than a Saturday night at the Balmoral Ladies Bonspiel. Europe, Florida, and around Canada were places they went, with many miles travelled to fairs or shows, or just to check out the countryside. A gathering at the Williams, Lillies, Stewarts, Pauls, Slaters, Lattas or others around town was a must attend even if you had to take the Skidoo.

In her widowed years, Edna began to need more help and we are most thankful for her homecare workers who enabled her to stay in her home much longer than would have been possible on her own. A huge thanks as well to all the caring staff at Rosewood Lodge whose consistent and loving care allowed Edna to spend her elder years with dignity.

Funeral service will be held on Monday, February 6, 2017 at 1:00 p.m. at the Balmoral United Church, in Balmoral, MB. Interment will take place at Victoria Cemetery.

In lieu of flowers a donation could be made to Balmoral United Church, Box 115, Balmoral, MB, R0C 0H0, or Rosewood Lodge, 513 1 Ave N, Stonewall, MB R0C 2Z0.

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



### Carl Boonstra

October 10, 1932 – January 27, 2017

Peacefully with his family at his side, our Dad passed away into the arms of Jesus at the age of 84. He was greatly loved and will be missed by his wife Pearl (nee Polet) of 62 years; six children: George (Henny), Murray (Pauline), Elaine Halischuk, Bev (Peter) Pastoor, Linda (Jan) Eisses and Allan (Catherine); 17 grandchildren: Brenda, Carl (Danielle), Angela (Patrick), Michael (Leslie), Albert (Kristy), Derek (Nicole), Diana (Rob), Crystal (Niels), Eddie, Cameron, Spencer, Hannah, Dexter, Nico, David, Ava, and Charlotte; and 21 great-grandchildren; his siblings Anne Haarsma, Bert, brother-in-law Ernie Boklaschuk, as well as Polet brothers/sisters-in-law, numerous nieces, nephews and friends. Pre-deceased by son-in-law Eddy Halischuk, sister Grace Boklaschuk and sister-in-law Janis, and brother-in-law John Haarsma.

Dad was born October 10, 1932 to George and Pearl, immigrants from the Netherlands and enjoyed a loving childhood with his siblings on the farm. Dad and Mom married in 1955 and shortly after Dad himself built their first house, including plumbing but water hook up occurred four years later after their 4th child was born. Life on the farm was not always easy. Dad appreciated his Meadows community friends who were always willing to lend a helping hand.

Dad took great pleasure and pride in working over 40 years milking his dairy cows and grain farming on the Meadows farm, which he and his brother Bert owned along with Mom and Auntie Janis. After retirement Dad would go most days to the farm to help out and offer advice to his nephew's Rob and Brian who took over the farm. Even well into his 80's Dad would help out on Murray's strawberry farm, George's farm and on the farm in Meadows.

Dad's greatest treasure was his family. He was so proud of all his children and grandchildren's accomplishments. He loved helping them with building projects, camping with the whole family at Andy Lake for 34 years and listening to their stories. He had the greatest laugh and always made you feel he had time for you. All the grandchildren and great-grandchildren called him "Chicken Grandpa" because he had a ceramic chicken that would lay candy eggs. Dad wrote a book "Memories Of A Farm Boy Growing Up On The Prairies", for his family. He was very sociable, had many close friends and always wanted people over for coffee time.

Dad was never one to sit still. He and Mom enjoyed many winters in Arizona and have made lifetime friends there too. Dad loved woodworking and was part of the woodshop group in Arizona and built his own shop at home. He made many beautiful creations to give away. Dad, always willing to help, volunteered with the Canadian Food Grains bank, rebuilt houses after disasters in Honduras, Grand Forks and Grand Point and served as a Trustee in the Interlake School Division.

Dad's faith and trust in the Lord has always been his guiding light. He was a lifetime member of the Christian Reformed Church where he served as both an Elder and Deacon for many years. Dad wrote a message to his loved ones, he wanted to be remembered for "faith in God, dedication to and love for my family. Good work ethic and love for my country & the freedom we enjoy".

The family wishes to thank Dr. Kerry Graham, all the incredible staff of palliative care, Quarry Ridge Pharmacy and the staff of Doctor Evelyn Memorial Hospital in Stonewall.

A funeral service was held at Covenant Christian Reformed Church, 653 Knowles Ave. Winnipeg on Wednesday, February 1, 2017 at 2:00 pm.

Then I heard a voice from heaven say, "Write: Blessed are the dead who die in the Lord from now on." "Yes," says the Spirit, "they will rest from their labour, for their deeds will follow them." Revelation 14:13

In lieu of flowers please consider donating to CancerCare Manitoba.

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