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Stonewall Teulon Tribune

VOLUME 7 EDITION 6

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TRIBUNE PHOTO BY JO-ANNE PROCTER
Guest of honour Bob McIvor (middle) makes the ceremonial puck drop to grandson Max McIvor, right, with the Stonewall Blues 'A' team and Bryce Wadge of the Stonewall Blues 'B' team during the opening ceremonies of the 35th annual Stonewall Blues PeeWee Veteran's Cup hockey tournament last Saturday. See story pg. 19.

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

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Lions' quiz night raises \$4,000 for local woman

Crystal Magian is raising funds for an excision surgery in California

By Jennifer McFee

Crystal Magian is one step closer to being able to afford life-changing surgery, thanks to a Stonewall and District Lions Club fundraiser.

Due to endometriosis, Magian lives with pain and chronic fatigue, which continue to plague her even after two ablation surgeries.

In Canada, she will need to go for surgery every two years. However, she has the opportunity to have excision surgery on March 10 in California, which will hopefully improve her health situation. In order to afford it, she needs to fundraise \$40,000.

To help Magian reach her fundraising goal, the local Lions Club hosted a quiz night on Tuesday, Feb. 2 at the Stonewall Legion Hall. In total, 18 eight-person teams competed, and first place went to the team called Sheldon Has a Man Cold.

The Joker Wild winner was Wally Finnbogason, the True/False winner was Jan Brownlee, and the Four Cards winner was Magian, the star of the

evening.

Kerry Slatcher, a member of the local Lions fundraising committee, said as soon as they heard that Magian needed to raise money to make her life pain-free, they knew they needed to help.

"Crystal is a beautiful girl inside and out who would do anything to help someone in need. We really enjoyed helping her," Slatcher said. "We live in such a great community. At the quiz night, we saw so many friends and family come together to help Crystal."

The event, hosted by quizmasters Maria and Robin Allan, brought in \$4,000, which was donated to Magian along with additional anonymous donations.

To date, Magian has raised \$35,000 and is only \$5,000 shy of her total goal. To contribute to the cause, visit her YouCaring crowdfunding page at www.youcaring.com/crystal-magian-434139.

As for the quiz night, Slatcher hopes it will become an annual event. Last



TRIBUNE PHOTO BY LANA MEIER

The Stonewall and District Lions Club presented a cheque to Crystal Magian to help fund her excision surgery. From left to right: Pam Kozokowsky with granddaughter Bella, Len Kolenich, Kerry Slatcher, Ralph Sinclair, Crystal Magian and Mary Boyd.

year marked the first event, raising about \$2,200 for the fire department towards the purchase of Jaws of Life equipment.

Brighten your winter with Chamber's Paint Party

By Jennifer McFee

Are you feeling the winter blues and looking for a chance to paint the town red?

Well, look no further, since the Stonewall Chamber of Commerce will be hosting a Paint Party as one of several new activities this year.

On Tuesday, Feb. 23, budding artists will have the chance to eat, drink and be artsy at Pizza Den Restaurant and Lounge from 7 to 9 p.m. The event is open to everyone, and you don't need to be 18 to attend.

Only 22 seats will be sold at a cost of \$40 per person, which includes all art supplies. Food and drinks will be sold

separately.

Profits will be donated to the Prairie Oak Regional Arts Council Inc. to support local artists.

Tickets are available in Stonewall at Doctor Decal (330 Main St.) or by calling Stephanie at 204-467-5836 or Jenifer at 204-291-7306.

Stay tuned for more Chamber events over the coming months, with some activities open to the public and others exclusively for Chamber members.

In addition to the Paint Party, the Chamber plans to host an educational seminar on social media for small businesses, an interactive networking



event for Chamber members, a summer party, the annual Christmas parade and Christmas dinner.

The goal is to increase awareness of the Stonewall Chamber of Commerce while continuing to promote local businesses, organizations and community groups at the same time. By working with business owners and other hard-working groups, the town can remain a vibrant and growing community.

For more information about any of these upcoming events, contact Stephanie or Jenifer or visit the Chamber's website at www.stonewallchamber.com.



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Canadian Animal Blood Bank in need of doggy donors

By Natasha Tersigni

The Stonewall Veterinary Clinic held its monthly donor day last week for dogs and their owners.

The clinic collects blood from dogs and cats that is used for emergency treatment of pets or other animals.

If dogs have a serious illness or accident, they will need to undergo a blood transfusion just like their human companions. The Canadian Animal Blood Bank works to ensure there is enough blood available for all dogs across Canada who need a transfusion.

The donation clinic has operated out of Stonewall for over two years, and each month, Stonewall has eight spots to fill.

"Dogs are allowed to donate every three months. They have to be fully vaccinated and they give roughly 500 millilitres of blood. It usually is a jugular vein collection in the neck that they do. It is quick and the dog is on the table for 10 to 15 minutes," said Melissa Young, who works at the Stonewall clinic and organizes donors for the monthly blood bank.

"There are a lot of our own clients that don't know that the animal blood

bank exists and they are very excited to learn about it. The blood that the dogs donate goes across Canada."

For dogs to be eligible to donate, they must be healthy, weigh over 50 pounds, be between the ages of one to eight years old and be up to date with all vaccinations. The blood that is collected is used to treat dogs with anemia, parvovirus, infections during surgery, injuries sustained from a car accident and support during cancer treatment.

At the Stonewall clinic on Feb. 2, Jane Guyader's three-year-old Rottweiler Dozer donated blood for his first time. The Balmoral resident has two other dogs that donate as well. She said that since she donates blood with the Canadian Blood Services, it makes sense that her dogs donate as well.

"It is a great way to help out other dogs and you never know if your dog may need a blood donation some day," added Guyader.

For more information on the Canadian Animal Blood Bank collections at the Stonewall Veterinary Clinic, contact Melissa Young at 204-467-2481 or go to www.canadiananimalbloodbank.ca.



TRIBUNE PHOTO BY NATASHA TERSIGNI

Three-year-old Rottweiler Dozer donated blood for the first time on Feb. 2 at the Stonewall Veterinary Clinic. Once a month, the clinic hosts the Canadian Animal Blood Bank, which collects blood from local dogs to help fellow canines across Canada.

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Duo trapped on Lake Winnipeg in blizzard-like conditions

By Jeff Ward

What started as a relaxing Sunday ice fishing turned into a cold, lonely experience for two ice fishermen who became trapped on Lake Winnipeg during last weekend's storm.

Ron Berens and Joey Halldorsson spent all of Sunday night trapped in their truck on Lake Winnipeg after being buried in snow. Their fishing trip began early Sunday morning at 8 a.m. when they left Chalet Beach, southeast of Matlock off Highway 9 for their fishing shack about five miles off of the shore. By the time the pair realized that the storm was gaining steam, it was too late. Berens said they had only travelled about 300 feet before their truck became stuck.

"We realized pretty quickly that we were going to have to spend the night out on the lake," said Berens in a groggy, tired voice Monday afternoon.

"Thankfully, I had lots of fuel so it wasn't an emergency situation. We'd warm the truck up and then shut the engine off for a few hours to conserve fuel. We had food and water, so we weren't in any danger. It was really just more of an inconvenience."

Berens said that many people knew where they were based on the GPS coordinates from his truck. He called his wife and a few friends to see if anyone had a track truck that

could tow them out of the four-foot snow drifts. He said that the tow truck driver from St. Andrews Towing did have a track truck available and would come tow them if it was an emergency.

However, Berens didn't feel like they were in any danger, so he decided to wait until morning. "If it was really an emergency the RCMP would've have come got us with their Ski-Doos right away, but we were fine and I told them not to bother," said Berens.

With fuel in the truck and provisions on hand, the pair decided to tough it out until morning. Visibility was extremely poor and at times not more than 20 feet. Taking a bathroom break meant staying very close to the truck because the whiteout conditions meant that becoming lost was easy. And even if the truck was running, the howl of the wind drowned out any noise the vehicle made.

At around 6 a.m. on Monday morning, the tow truck driver from St. Andrews called to let the pair know that he was on his way. By 10 a.m., they were off the lake and heading home.

"The next time I go out ice fishing, I think I'll pay more attention to the forecast," said Berens.


"THE NEXT TIME I GO OUT ICE FISHING, I THINK I'LL PAY MORE ATTENTION TO THE FORECAST."



TRIBUNE PHOTO BY RON BERENS

After spending all night out on Lake Winnipeg in a blizzard, Ron Berens and Joey Halldorsson were towed back to land by St. Andrews Towing with their four track.

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St. Laurent Firefighter's Ball tickets on sale now

By Jeff Ward

The 5th Annual St. Laurent Firefighter's Ball is planned for Feb. 20 at the St. Laurent Recreation Centre and will have a sports theme this year. All those attending are encouraged to dress up in their favourite sports gear. Hockey jerseys, baseball hats or any sports-themed clothing is welcomed. Prizes will be awarded for the best dressed.

The Firefighter's Ball is the main fundraiser for the fire department and enables the department to purchase equip-

ment or gear to help serve the community and surrounding areas. Last year's ball raised approximately \$5,500.

"It's a nice event to show your appreciation to the firefighters while also having a fun night," said St. Laurent's fire chief Real Fontaine.

"We have a special account where the funds go that we raise and we use it to purchase whatever we deem is important. With some of the funds we raised over the last few years, we were able to purchase a Zodiac boat for any

water-based emergencies."

Fontaine encourages other fire departments to attend as well and says they're all welcome.

Tickets can be purchased at the post office, Interlake Depanneur, the RM office or from any member of the St. Laurent fire department.

There are three different tickets available. Tickets for the dinner and social are \$30, social-only tickets are \$15 or \$10 for those who can't attend but would like to support the event.

Council approves variation request for Lions Manor addition

Stonewall council news in brief

By Jennifer McFee

Stonewall should soon see increased options for seniors housing with two projects ready to proceed.

At the Feb. 3 meeting, council approved an application from Affinity Architecture to vary the maximum height to 60 metres from 45 metres for an addition to the Lions Manor.

To comply with fire-fighting requirements, the four-storey addition would include a sprinkler system plus a standpipe system installed in each of the stairwells to provide hose connections on each floor.

RM of Rockwood Coun. Mark Hidlebaugh said that Rockwood is excited about the addition at Lions Manor. However, on behalf of Rockwood council, he also expressed concern about the building's height and what measures would be taken to address exterior fire rescue or fire fighting for the upper floors. He said that expensive equipment such as a laddered truck or a quint would be needed, and he wondered if that equipment would be considered and, if so, where it would be stored.

The council chamber was filled with other community members for the public hearing; however, no one else

spoke for or against the proposal. However, council did receive two letters expressing concern about parking and traffic flow.

Council approved the variation request with conditions. Construction is expected to begin in June, with a projected completion date of 2017.

"That would change the landscape of Stonewall," said Mayor Lockie McLean after the public hearing.

In another request, the Gabor family applied for conditional use to build a two-family duplex to provide 55-plus housing at the corner of 4th Street East and 2nd Avenue South.

The family had received conditional use approval a couple years ago, but it expired before the project was underway due to a delay for family and business reasons.

Now the Gabors are ready to begin work on the one-level rental property.

"We've already had a lot of people calling us looking for a place to rent and asking if we have any vacancies, if we have another property that they can rent, so we know there is a big demand," said Julian Gabor, whose family owns another successful 55-plus duplex.

Council approved the request with



TRIBUNE PHOTO BY JENNIFER MCFEE

Stonewall council officially welcomed Doreen Steg as the new CAO. From left to right: Coun. Wally Badger, Coun. Sandra Smith, Mayor Lockie McLean, CAO Doreen Steg, Deputy Mayor Clive Hinds and Coun. Jeff Levesque.

conditions.

In other news:

- Stonewall council is looking to enter a parking agreement to charge people a monthly fee to park on town lands such as the Public Works yard. The practice of parking in these areas is already established, but no official rules or agreements were in place. A monthly rate has not yet been determined.

- Council awarded the 2016 tender for supplying and planting flowers to Jaspersen's for \$7,310.

- Council declared Feb. 20 as Kinsmen and Kinettes Day to mark the 96th birthday of Kin Canada. As well, council declared Feb. 14 to 20 Kinsmen and Kinettes week, and they encourage everyone to salute their local Kinsmen and Kinettes.

- Council also announced that Doreen Steg is now the new chief administrative officer of Stonewall.

Election enumerators pounding the pavement in Manitoba

By Dave Baxter

Election enumerators are now going door to door across Manitoba to collect voter information as we get closer to the provincial election coming up this April.

Last week, Elections Manitoba announced that election enumerators began going door to door last Thursday and will continue knocking on doors until March 7.

Approximately 3,000 enumerators will go door to door in Manitoba's 57 electoral districts, compiling a list of

eligible voters and voter information.

Enumerators will be wearing a yellow vest and will carry photo ID, which will show their full names and position.

Residents will be asked to give their name, address, phone number, date of birth and gender.

"Having your name on the voters list makes it easier to vote on election day," Elections Canada said in a press release.

The provincial election in Manitoba is set for April 19.

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> ARNIE WEIDL

A trophy-size jackfish

Hi gang. Like most days this winter, it was a warm, grey, overcast morning as Kelsey Greg of Teulon awoke and emerged from her big portable ice shack on the east side of Shoal Lake. She could hear her friends beginning to stir inside the tent but she needed to be outside to take in the fresh air and enjoy the white expanse of the snow and ice that stretched out around her. Soon they would make breakfast together and then start fishing.

The joking and kidding began and continued endlessly between Kelsey and her friends as they sat side by side inside the tent with their baited hooked lines visible in the clear water of their ice holes. Kelsey tensed as a long, slender, dark shadow snaked toward her bait. Then it hit. Her rod nearly tore from her grip as a phantom veered about chaotically trying to escape.

She hung on.

At times it would slow, becoming almost motionless, and Kelsey would begin reeling in. Other times, it would tear away with such force the line would "twang" as it was caught or slipped on the jagged sides of the ice hole. Her friends shouted encouragement as she played the fish.

Finally, the head of a huge jackfish broke the water surface in the ice hole. Furiously, it jackknifed, snapping her line. One of her friends, now so excited, dashed forward without thinking and grabbed the monster by its mouth. With his bare hands, he wrestled the fish from the tight ice hole as blood began to spurt from his fingers. He laid the crazed fish on the ice as Kelsey quickly took care of his



TRIBUNE PHOTO BY ARNIE WEIDL
Kelsey Greg of Teulon shows off her trophy-size jackfish caught in Shoal Lake.

hand. Later, after they settled down, they took pictures of Kelsey's trophy fish and then got right back to more fishing.

It's been a while since we visited anglers around Sugar Island, so I got myself over there last week. As I drove along the line of hard wall ice shacks on a cold, grey morning, I noticed one with a bunch of pickup trucks around it. It was a fairly narrow, long shack.

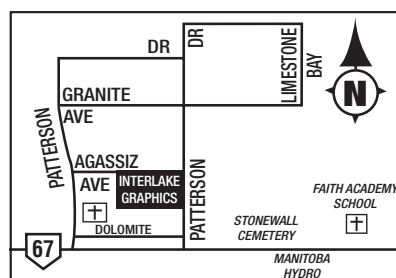
I pulled up, and as I left my truck, I called out to those inside as a young chap opened the door. I could see inside a line of anglers sitting on a bench along one side of the shack. I was invited in by Justin Catellier, his brothers Steve and Darien, along with their friend Tim Kusko, who were

all from just outside of Winnipeg. They were a young happy-go-lucky lot, continuously joking and teasing each other. We were swapping fishing stories when Justin got a bite. His short rod quivered as he reeled in a nice eating-sized pickerel. Tim reached over and grabbed the fish as it wiggled in the air so Justin could get the hook out. The pickerel, then in Tim's hand, slipped from his grip and plopped into Steve's hole. Everyone roared in exasperation at the loss of the fish, but in seconds, Steve's rod began to quiver. There was dead silence, then bursts of excitement as the guys encouraged Steve to land the fish, which he did. Immediately, a good-natured argument broke out as to who owned that twice-caught fish. Both Justin and Steve claimed ownership with "slippery-fingered" Tim, now the red-faced bad guy, in the middle. Amid the heated debate, I said my goodbyes and walked back to my truck, laughing and shaking my head.

Last weekend, I wanted to see if there were more anglers fishing the south end of Lake Winnipeg north of Libau, so I drove up 32E. Even before I got to the creek jump-off spot, there were dozens of truck-trailer rigs parked on the side of the road. I met two fellows from North Dakota, Darren Zinke and Tom Stoe, who said this was their first time trying Libau but that they had fished Gimli last year and had caught the biggest walleye they had ever seen. They said they couldn't wait to get back to Lake Winnipeg this year.

Ah, the pursuit of that special fish. What great fun. See you next week.

Advertising Deadline: Monday 4:00 pm prior to Thursday Publication



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Another rash of break-ins at Twin Lakes Beach

By Jeff Ward

For the second year in a row, a rash of break-ins has taken place at cottages along Twin Lakes Beach.

RCMP members are investigating four reports of break, enter and theft between Feb. 1 and 3, with all cottages having either a door or window forced open to gain entry.

"We're still investigating what has been stolen, but we believe all four to be related," said Sgt. Paquet.

Police also want to remind home or cottage owners to take precautions by having people look after their property while away. They also suggest

getting to know the neighbours and watching out for each other.

"It takes a community effort to prevent these activities," said Paquet.

He also cautions cottage and homeowners to make sure their valuables are not left in plain sight and that leaving on lights can go a long way in preventing break-ins.

Paquet said that there is no connection to last year's events other than them both taking place in the same area.

There were no arrests made during last year's rash of break-ins.



TRIBUNE PHOTO SUBMITTED

RCMP are asking the public to come forward with any information about the break-ins that took place Feb. 1-3 in the Twin Lakes Beach area. Anyone with information is asked to call the Lunder RCMP at 204-762-5088.

Rockwood council news

Council tables decision about temporary asphalt plant

By Jennifer McFee

It was a full house in Rockwood council chambers for a public hearing regarding a portable asphalt plant.

Maple Leaf Construction Ltd. applied for conditional use for a temporary asphalt plant to be located on Wayne and Fran Dziadek's property near roads 6 and 91N.

Dozens of people attended the hearing, with many concerned residents speaking against the proposed project.

Nearby resident Keith Lillies is concerned about pollution control and that the emissions could include pos-

sible carcinogens. His wife, a family physician, expressed concerns about the potential health impacts.

"It's an industrial activity happening in an agricultural area. The pollution is a big part, and because it's happening in my local area, I'm really upset. I know that the asphalt is probably going to be made somewhere, but I bought my property here knowing it's an agricultural area, knowing that there will be hog barns and cattle barns and turkey manure on the fields. Those things we expect," Lillies said on Feb. 8.

"But there will be over 100 trucks a day coming and going, and that's just

the trucks. We're concerned about living in an area that's going to be an industrialized area with that many vehicles."

Lee Tait, who lives less than a kilometre away from the proposed site, is also concerned about the location, the traffic, and the long-term impacts.

"With them bringing in that much traffic and all those people that drove those roads for years, it's just an accident waiting to happen," Tait said. "It's the long term that worries me. Once they're gone, what are they leaving behind?"

Council tabled the decision and will request further information from an

environmental specialist. They are working to arrange attendance from a provincial representative at an upcoming committee of the whole meeting to further discuss some of the questions that arose from the public presentations.

In other news, David Abas applied to rezone a property from urban hold to residential single.

Several people expressed concerns about the result of construction in the quiet neighbourhood. Council tabled the decision.

Council also heard funding presentations from Seniors Resource and South Interlake 55 Plus. Both groups will be considered for funding during budget deliberations.

"BECAUSE IT'S HAPPENING IN MY LOCAL AREA, I'M REALLY UPSET."



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Community mourns former CAO



Interlake communities mourn the passing of Grant Thorsteinson.

By Jennifer McFee

Interlake communities are mourning the loss of Grant Thorsteinson after he died at the age of 62 on Tuesday, Feb. 2.

Thorsteinson served as the chief administrative officer of the RM of Rockwood from June 2010 to January 2015. After that, he was looking to work reduced hours and was offered a job in his own community as the part-time CAO of the newly amalgamated RM of Bifrost.

Rockwood Reeve Jim Campbell said Thorsteinson was an experienced and loyal employee who made many contributions during his time with the municipality.

"I'll always remember him for his sense of humour, his smile and his dedication to his family and his grandkids," Campbell said.

A celebration of Thorsteinson's life will be held on Saturday, Feb. 13 at 2 p.m. at the Arbrog Bifrost Community Hall.

Selling sweets for Natalie



TRIBUNE PHOTOS BY MONICA BALDWIN

Grosse Isle School Grade 5-8 students raised \$2,075 last Thursday at a community bake sale for fellow ISD student Natalie Smith. After reading an article in the Jan. 21 issue of the *Stonewall Teulon Tribune* about six-year-old Natalie Smith of Woodlands, who was diagnosed with cancer on New Year's Eve, Grosse Isle students wanted to help. The students used their phys-ed classes to go door to door within the community, inviting friends and neighbours to the bake sale. The gymnasium was busy with people donating and purchasing baking while others donated cash. Pictured back row, left to right: Hailey Turner, Spencer Roache, Zoey Stairs, Nash McLeod; front row: Vance Hatcher, David Cochrane, Liam Stairs, Magnum Grindle and Brett Tataryn.



Grade 5 students Randy Emms, left, and Chloe Lange sold baking, handmade bookmarks and cancer symbol loom pins.



Pictured left to right, Grade 7/8 students Nik Remillard, Taylor Bizier, Kiera Dowd, Karlie Anderson, Mackenzie Turner, Jade Perrett, Carlen MacFarlane, Johnny Holtmann and Joy McCutcheon.

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Stonewall library celebrating 'I Love to Read Month'

By Natasha Tersigni

To encourage reading during February's "I Love to Read" month, the South Interlake Regional Library in Stonewall has a host of fun activities planned for readers of all ages.

For new ideas on how to spice up where, when and what you read, branch librarian Joan Ransom has created a reading bingo card. When patrons complete an activity on the card, such as "read a book by a Canadian author" or "listen to an audio book," that square gets crossed out.

"It is a great way to encourage people to read. When they complete a line, they can enter their bingo card into a draw to win some of our great prizes," said Ransom.

"We have also partnered once again with local business Beyond Bread for our Golden Ticket activity, which is a play on the golden tickets from Ronald Dahl's famous book *Willy Wonka and the Chocolate Factory*."

Mixing reading with sweet treats, Ransom has hidden a golden ticket in 50 books of all genres throughout the library. Once a ticket is found, the patron exchanges it for a free cookie coupon ticket that is redeemable at Beyond Bread.

Continuing with their theme of celebrating reading, the library's artist of the month is book illustrator Sheldon Dawson from Warren.

"Sheldon is a fantastic artist and has illustrated a variety of books on aboriginal culture. His paintings are displayed throughout the library, and below the display is the book which that painting is featured in. It is a way to show how art is incorporated into books," added Ransom.

To take part in any activity, drop into the library during regular hours.

For more information on "I Love to Read" month at the Stonewall branch, visit sirlibrary.com.



TRIBUNE PHOTO BY NATASHA TERSIGNI

Reading bingo and trading in golden tickets for cookies from Stonewall's bakery Beyond Bread are just a few fun activities branch librarian Joan Ransom has in store for library patrons in Stonewall all month long.

Media spotlight on Ghomeshi trial doing more harm than good: expert

By Austin Grabish

Anna Pazdzierski shakes her head when she hears the reports.

Pazdzierski, the executive director of Nova House, a Selkirk-based women's shelter, worries the media circus surrounding the Jian Ghomeshi trial will discourage victims of domestic violence from coming forward.

"I just hope that this trial doesn't do more harm than good," Pazdzierski said. "The sensationalism bothers me, and how it's being portrayed."

Ghomeshi is on trial in Toronto facing four charges of sexual assault and one of overcoming resistance by choking.

He has pleaded not guilty to all of the charges and is presumed innocent.

Pazdzierski has kept a close eye on the trial since it began.

She said while the Ghomeshi case has triggered a nationwide discussion

about domestic violence, she worries when victims hear reports about witnesses being grilled on the stand, they'll be discouraged from coming forward.

Bombshells were dropped in the former CBC Radio star's trial last week, as defence lawyer Marie Henein revealed provocative emails were sent by Lucy DeCoutere to Ghomeshi after DeCoutere alleges Ghomeshi choked and slapped her in 2003.

Henein repeatedly pounded away at witnesses, testing their credibility on

the stand last week.

Pazdzierski said it's "not uncommon" for victims to message their abusers after the fact, adding many stay with them after being assaulted.

"We see that happening all the time," she said. "We often hear 'Well, why doesn't she leave him?'"

University of Toronto professor Jeffrey Dvorkin said the worldwide interest in the Ghomeshi case has been intensified by today's digital world.

"It's almost like news pornography," Dvorkin said in a release.

Pazdzierski said it's unfortunate it took a national star to get a country-wide conversation about domestic violence started and is reminding victims there's help out there.

"Trust your gut. If you think it's wrong, it's wrong," she said. "There's no excuse for violence."

"THE SENSATIONALISM BOTHERS ME."

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ALL ARE WELCOME



Preschool aged rec program launched in Teulon

By Natasha Tersigni

Helping to beat the winter blues and ensure preschool aged children remain active all year long, one Teulon resident has started a new recreation group in town.

Using the model programming of Fit Kids Healthy Kids developed by Sport Manitoba, Rocheen Samorodny has started a local group at the Teulon-Rockwood Centennial that will be held every Tuesday from 10:30 to 11:30 a.m.

Samorodny runs a home daycare and knows there is a lack of options available for recreation and physical activity for children who are not yet in school. After taking the Fit Kids Healthy Kids workshop through Manitoba Child Care Association and introducing the games at her daycare, Samorodny decided to approach the Teulon-Rockwood Recreation Commission about starting a group in town.

"Our programming is really lacking in Teulon and there is just nothing offered for preschoolers other than storytime at the library. Storytime is great, but it is nice to have a change as well. I turned to the recreation commission and they helped with time and location and Sport Manitoba helped me with the equipment," said Samorodny.

"I love how easy, simple and fun these games are that you can play



TRIBUNE PHOTO BY NATASHA TERSIGNI

Fit Kids Healthy Kids is a recreation program for preschoolers being held at the Teulon-Rockwood Centennial Hall Tuesday mornings from 10:30 to 11:30. Nancy and Bentley Hein practise their eye-hand co-ordination with a fly swatter and a bean bag.

with your kids to get them active. The kids have fun and don't even realize that they are learning the fundamen-

tals of physical literacy. Every week, there will be different activities and it will be all about building on skills."

The program, designed for children ages two to six and uses fun, easy-to-setup games to get kids active. Through the different games and stations, children are introduced basic physical fundamentals including agility, catching, co-ordination, dynamic balance, hopping, jumping and throwing.

Along with physical activity, the program offers an opportunity for children and caregivers to socialize. Last week was the first time the group got together, and Samorodny was excited to see 32 children and their caregivers in attendance.

"I was surprised at the turnout because it was the first class, but the response just shows how supported the programs are in Teulon and how much there is a need," said Samorodny, who added that the program will be held until spring break and then it will be reassessed by the rec commission to determine if it will continue.

"This is an introductory program and then I will report back to the recreation board. If it keeps going with this great turnout, I am sure it will continue and I do plan on running it the majority of the year."

The program is free and no registration is required. For more information, contact Rocheen Samorodny at 204-886-2990.

New app lets snowmobilers navigate Manitoba trails

By Dave Baxter

If you're a snowmobiler looking to get around on Manitoba's trails, well, now there's an app for that.

Snowmobilers of Manitoba (Snowman) has teamed up with RiderX to make the more than 12,000 kilometres of trails they have mapped out over 20 years available through the free RiderX app, which was developed by Polaris and can be downloaded on smartphones, tablets and computers.

The app means riders no longer have to carry around paper maps when exploring trails in Manitoba, as well as parts of Saskatchewan and the U.S.

"It will provide information for designated trails all over Manitoba, as well as Saskatchewan and parts of the United States," Snowman president Alan Butler said.

"The app gives you the maps of whatever area you want to be snowmobiling."

Butler said 52 clubs across Manitoba apply to have certain trails designat-

ed as official Manitoba snowmobile trails and are then given funding for grooming, maintenance and signage. Those are the trails that will be available through the app.

He said riders can look at maps right on their cell phones but also map out their routes from home and then have the routes they have selected on their phones while they are out riding.

The app also provides information on where people can find things like gas stations or lodging in various communities, so Butler said it is a "one-stop shop" for snowmobiler information.

The app is useful because more and more snowmobilers are using their sleds to explore, Butler said.

"Likely more than half of today's snowmobilers are really moving around. They go into different areas of the province, as well as Saskatchewan and the U.S."

Snowman has put out snowmobile trail maps for 20 years, but Butler said



TRIBUNE PHOTO BY WAYNE HASTMAN

Snowmobilers in Manitoba can now use an app to navigate the more than 12,000 kilometres of snowmobile trails mapped out by Snowmobilers of Manitoba.

this is the first time they have incorporated smartphone technology into their maps.

The RiderX app can be downloaded on the App Store.

Premier Selinger is setting his sights on spring election

By Natasha Tersigni

After 21 years in politics, including seven as the premier of Manitoba, Greg Selinger is gearing up for the toughest election campaign of his career.

With a number of prominent NDP MLAs announcing they will not seek re-election and with party popularity currently polling in third place with only 23 per cent of decided voters pro NDP, the lowest support since 1988, Selinger is in a dog fight to keep his position and party as the leader in Manitoba.

With the election set for April 19, 2016, and the writ expected to drop in a few weeks, the party is scrambling to receive as much media exposure before the media blackout commences — laws that ban the provincial government and Crown corporations from releasing information during elections. To ensure that Selinger had one last chance to tout his record on spending in support of Manitobans, communications staff offered Selinger up to 30-minute interviews with any media outlets wishing for an interview before the blackout.

With a number of issues consistently making headlines — including RCMP staffing, school funding, doctor recruitment and PST — the *Tribune* sat down with Selinger on Feb. 4 to hear what he had to say on issues that affect local governments and residents the most. Here is what Premier Selinger had to say.

RCMP Staffing

It is no secret the RCMP has been understaffed in Teulon for years. Being told the detachment is facing a hard vacancy, town council has had very little result in lobbying the province to return the detachment to proper numbers. With crime in the town continuing, council has begun to examine other ways to ensure residents' safety, including looking at the feasibility of hiring a private security firm.

Blaming the federal government for poor funding and recruitment, Selinger said that his government has done their best in trying to staff detachments across the province, despite the federal government's poor support to Manitoba.

"The RCMP is controlled by Ottawa, but they are conducting a review in Manitoba right now on how to deploy their detachments. We are supportive of providing good service in rural communities where needed. Our funding has gone from \$110.8 million in 2011-2012 to \$131.6 million, so we have increased our funding, and through their service review, they have to identify where their service is

most needed, said Selinger, who added that the province funds 70 per cent of RCMP in Manitoba.

"The recruitment and training is key. The previous federal government was not big on this and were not advancing this issue, so we are hopeful this federal government will take this issue seriously and move on it."

In August 2015, Selkirk-Interlake MP James Bezan appeared as a delegation at the Teulon council and told councillors that the RCMP is under a provincial contract, and while the federal government recruits and trains the members, it is up to the province to fund and staff detachments. Bezan also said that the federal Conservative government had doubled the number of recruits yearly when they took office from 500 recruits a year to 1,000.

Doctor Recruitment

With attracting and retaining doctors in rural clinics and hospitals an increasing problem for Interlake-Eastern Regional Health Authority (RHA), Selinger said that if his government is re-elected, it will continue to make hiring doctors a priority.

"We said we would recruit and add 200 more doctors in the last four years and we went beyond that and we have recruited 220 more. We have a program to recruit rural and northern people to go into the health-care profession and we look for people that want to receive training and then return to rural or northern practices," said Selinger, who could not say exactly where all 220 doctors were allocated in Manitoba. He suspected the majority are practising in Winnipeg.

Selinger added that his government has worked towards improving health care to rural communities, including establishing QuickCare clinics (including one in Selkirk), opening 16 rural cancer-care programs (including in Eriksdale, Selkirk and Gimli) and providing free drugs to cancer patients who choose to receive their treatments at home in their communities instead of at a hospital.

Lakeside Constituency

With only two and half months left until the election and no NDP candidate for the Lakeside constituency, Selinger is remaining on message and hopeful that a candidate will come forward to run against 13-year incumbent Conservative MLA Ralph Eichler.

"We will have a full slate for the whole province. We always do, and we will run a candidate that will give people a real choice for the future. People in rural Manitoba need to know that we are the party that is most committed to building roads and infrastruc-



TRIBUNE PHOTO BY NATASHA TERSIGNI

Premier of Manitoba Greg Selinger

ture. We are the party most committed to building flood protection for communities and we want to see jobs for young people," said Selinger.

PST

At their fall convention, members of the Association of Manitoba Municipalities passed a resolution to continue to lobby the provincial government to stop taxing municipalities PST on applicable services, supplies and capital projects. Municipalities added that the additional PST they needed to pay on projects is a significant expense to municipalities.

"They are saying it doesn't make sense for municipalities to be taxed by the provincial government, one level of government taxing another. The only point I make is that we allow them to tax us on all of our buildings that we have out there," said Selinger.

"Any money we raise on PST, we give a major chunk back to municipalities for visible improvements such as infrastructure and roads. They are getting more money than they have ever seen in the history of the province and we are willing to increase that."

As for another increase on PST, Selinger said that if re-elected, his government will keep the rate eight per cent until 2023 and another increase is not in the books.

"Our plan is to build up the infrastructure for flood protection. It is a 10-year plan, and then the PST will lapse after that. The Conservatives have said that they will take the PST off in the next term. That means that there is not the money there to do the infrastructure and flood protection that we need. That would be a mistake."

Kurelek presentation

By Jennifer McFee

Mark your calendar for an opportunity to learn more about renowned local artist William Kurelek.

On Friday, March 11 at 1:30 p.m., Meryl Tomyk will provide a presentation called William Kurelek's Easter Story — The Passion of Christ according to Saint Matthew. The event takes place at the Lions Community Centre, located at 5 Keith Cosens Dr. in Stonewall.

Guests will enjoy a presentation focused on Kurelek's paintings from 1957 to 1963. As well, they will have the chance to learn more about the life and legacy of Kurelek, the Ukrainian-Canadian cultural icon who is known as a son of Stonewall.

Everyone is welcome to attend the event. Refreshments will be provided and contributions for a silver collection will be accepted.

Get ready, get set – mush! Hobby mushers set to compete in Inwood

By Patricia Barrett

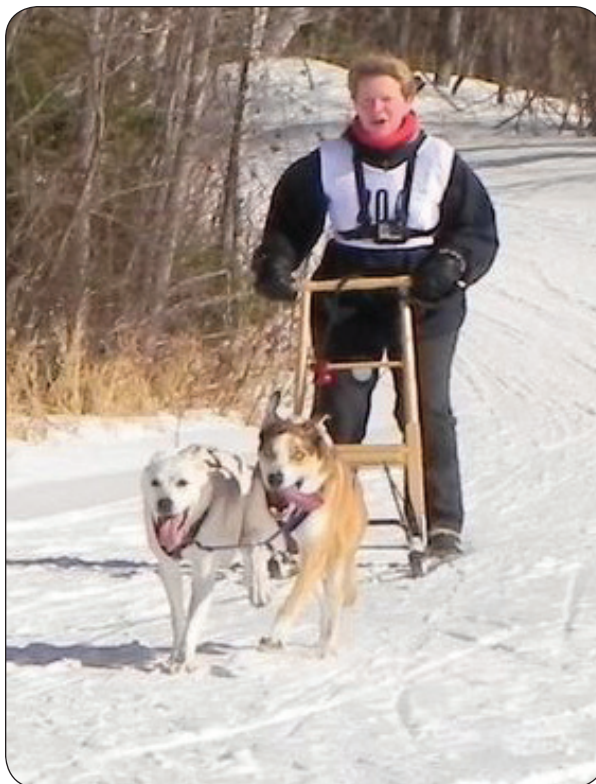
Hobby mushers are gearing up their huskies, German shepherds, border collies, Labradors and other breeds for a day of competition set to take place at Diamond Disc Dogs on Feb. 21 in Inwood.

There will be two types of mushing events: dogs (one or two) will pull sleds or their master or mistress on a pair of cross-country skis (called skijoring).

"It's a race for beginners," said Patricia Tschanen, owner of Crazy Jumpers Dog School & Boarding near Fraserwood. "It's life-risking!"

Tschanen is co-organizing the event with Diamond owner Steve Diamond and Kevin Roberts of Oxford Dogs (Winnipeg). She said some dogs can go as fast as 30 kilometres an hour, pulling either a sled or a skier.

"Sometimes the dogs take over and they just drag you along," said Tschanen, who has been training



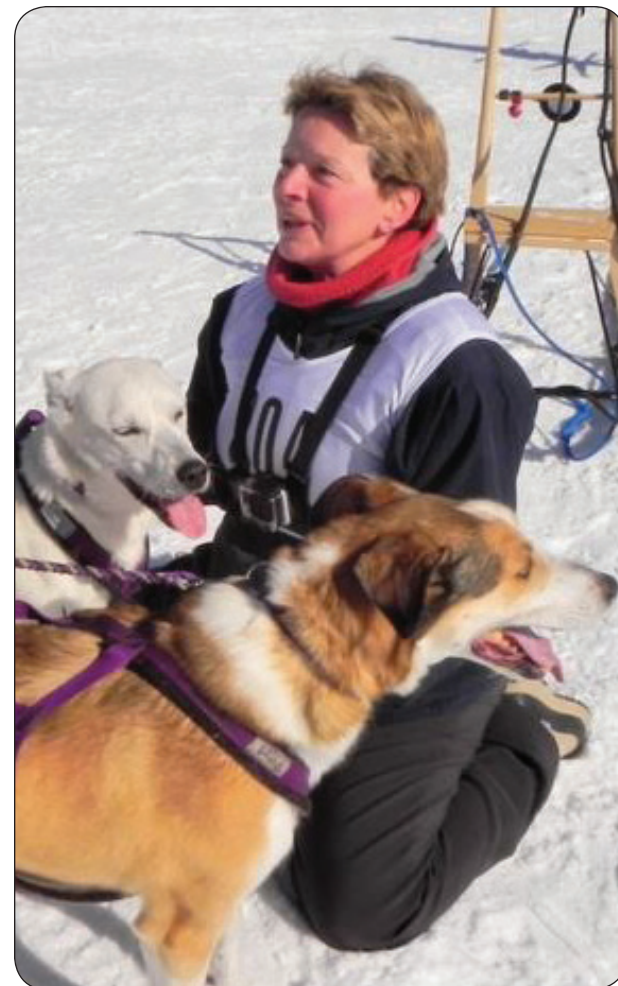
Tschanen is looking forward to the Snow Motion event.

dogs for 30 years and holds a number of certificates, including pet first aid. "You're going to kill yourself, but it's fun."

The rule in dog mushing is to not let go of the sled. Her two sled dogs once dragged Tschanen herself.

"I was so sure we were going straight when they decided to turn left," she said. "I got thrown off but held onto the sled."

She said the dogs are so enthusiastic about mush-



TRIBUNE PHOTOS SUBMITTED

Crazy Jumpers Dog School & Boarding owner Patricia Tschanen is co-organizing a dog mushing competition to be held in Inwood on Feb. 21.



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Special: After 6:00 pm Youth \$2 and Adults \$5
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ing that they don't care whether you're on the sled.

She has seen dogs return from a course with no mushers and has seen people on their backs in the snow.

"Mushing dogs is all about the stories to tell afterwards," said Tschanen.

There will be a number of spectator areas set up along the racing trails at Diamond Disc, and people are also welcome to watch from Diamond's loft in his barn. There will be coffee and doughnuts on hand to take the chill out of the day.

"Not often do we have a race like this in the Interlake," said Tschanen. "Snow Motion in Winnipeg [a sled and skijoring club] used to have a race at Bird's Hill."

Last week, Tschanen hosted a lunch for 21 people at her dog training facility and then drove to Diamond Disc in Inwood for a practice run.

The event takes place Sunday, Feb. 21 at 11 a.m. Winter sports helmets (for participants) are strongly recommended.

Directions to Diamond Disc Dogs are as follows: From Teulon on Highway 7, turn left (west) on Highway 17. Continue north through Inwood, passing a golf course and roads 103 NW, 104 NW and 105 NW. Turn left (west) on Road 106 NW and drive 1.7 kilometres until you see a driveway on the left side of the road with a large stand of evergreen trees.

For more information about the event, call Patricia Tschanen at Crazy Jumpers at 204-641-4663.

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A celebration of love... with the family

Even though Valentine's Day is traditionally a time spent together as a couple, it's important to remember that this day represents the celebration of love in all its forms. So, this is the perfect day to profit from one of those rare occasions when all the family can be together.

As a way of putting a bit of spice into this special day, you could start by organizing a program of activities. First of all, if your children are still young enough to love creating things, a short card-making session would be perfect. Valentine cards can be made and distributed among family,

friends, neighbours and people at work. After that, head for the kitchen to concoct your family's favourite dishes. It's not necessary to start making complicated recipes which will only mean a lot of stress for you. Keep things simple and offer them something which they'll appreciate without you having to spend hours in front of a hot stove!


Then, just before sitting down to enjoy all the great food, get your family involved in all the fun of a treasure hunt, searching high and low for little chocolates. Take this opportunity to write short, personalized notes to everyone, underlining the love which unites you all. And lastly, head out to the video store to rent the latest family comedy. Cuddled comfortably under warm covers all the family can profit from these precious moments of closeness which are so rare in our hectic world.



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> MEAL IDEAS

Raspberry lemon muffin magic



Ingredients

1 cup (250 mL) all-purpose flour
1 cup (250 mL) whole-wheat flour
1 2/3 cup (400 mL) lower fat shredded Canadian brick cheese or 3/4 cup (175 mL) regular shredded Canadian brick cheese
2/3 cup (150 mL) quick-cooking rolled oats
1 tbsp (15 mL) grated lemon rind
2 tsp (10 mL) baking powder
1/2 tsp (2 mL) baking soda
1 egg
1 1/4 cups (300 mL) 1% buttermilk



2/3 cup (150 mL) brown sugar
3 tbsp (45 mL) vegetable oil
2 tsp (10 mL) vanilla extract
1 cup (250 mL) fresh raspberries or frozen raspberries
Directions

Preheat oven to 375°F (190°C). Spray a 12-cup non-stick muffin pan.

In a large bowl, combine all-purpose and whole-wheat flour, Canadian Brick cheese, 1/2 cup (125 mL) oats, lemon rind, baking powder and baking soda. In another bowl, whisk together egg, buttermilk, 1/2 cup (125 mL) brown sugar, oil and vanilla extract. Pour over dry ingredients and lightly incorporate. Gently stir in raspberries.

Spoon into prepared muffin pan, smoothing tops. Sprinkle with remaining oats and sugar. Bake for 20 to 25 minutes or until tops are firm to the touch. Let cool in pan for 10 minutes. Transfer to rack to cool completely.

Rockin' Red Velvet Trifle



Makes 8 servings

1 packet hot cocoa mix with 20 to 25 calories
2 tablespoons mini semi-sweet chocolate chips
1/2 cup moist-style devil's food cake mix

1/2 cup moist-style yellow cake mix
1/4 cup fat-free liquid egg substitute
1/2 tablespoon red food coloring
Dash of salt
4 ounces fat-free cream cheese
2 tablespoons Jell-O Sugar-Free Fat-Free Vanilla Instant pudding mix
2 tablespoons Splenda No Calorie Sweetener (granulated)
1/4 teaspoon vanilla extract
1 8-ounce container Cool Whip (thawed)
4 cups chopped strawberries

Preheat oven to 350 F. Spray an 8-inch by 8-inch baking pan with nonstick spray.

Place the cocoa mix and 1 tablespoon chocolate chips in a glass. Add 1/4 cup very hot water, and stir until mostly dissolved. Add 1/3 cup cold water. In a large bowl, combine the cake

The Skill: Maintaining Control of Your Eating and Drinking While Socializing

PART 2

It helps if you reinforce your sense of competence and confidence before you go to the social event. If you tell yourself, "I'm a strong, healthy person and I plan to stay that way," in the hours leading up to the event, you'll walk into the party feeling empowered to stick with your healthy approach to eating. Exercising before the event can also make a difference: Besides burning calories ahead of time, physical activity can make you more responsive to your body's hunger and satiety cues and help you organize your eating behavior better while you're socializing. Exercise also relieves stress and anxiety, so if you're susceptible to social jitters, a workout can help you arrive at the scene with a clear head and be less prone to eating for emotional reasons.

It may seem counterintuitive, but eating something, preferably with protein (perhaps a hardboiled egg or a piece of cheese and an apple), and drinking some water beforehand can help take the edge off your hunger and fortify your resolve when you arrive. Once you're there, start with lower-calorie foods (vegetables or a broth-based soup, for example) so you have better control with other items. You could also offer to bring a dish to the party and make a beautiful platter of crudities with a low-fat dip or a colorful fruit salad. That way, you'll know there will be at least one item that's healthy and low in calories, something you know

you can indulge in freely. And the hosts will appreciate your contribution because it means one less dish for them to plan and prepare.



Consciously eat slowly, chewing your food thoroughly, and pause periodically to gauge how satisfied you are. Make an effort to eat more slowly than everyone else at the table or gathering. If you're the last person to start eating and the last to finish, you'll enjoy the food more (by savoring the flavors) and you'll be satisfied with less (and less likely to take second helpings). Given your timing, your hosts may not even notice how much you are (or aren't) eating.

At any social event, it helps if you remind yourself that the real reason you're there is to see people you know and perhaps meet some new ones; the food really is secondary. Staying mindful of this helps curb the impulsive eating that can be easy to do at parties. It also helps to remove the focus from food altogether by identifying specific people you want to meet or talk to. That way, you can have a good time, regardless of what you do or don't eat.

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

Brenda Stafford - Juice Plus - Team Pursuit - find us on FACEBOOK

mixes, egg substitute, food coloring, and salt. Add cocoa mixture, and whisk until smooth.

Pour batter into the baking pan, and sprinkle with remaining 1 tablespoon chocolate chips.

Bake until a toothpick inserted into the center comes out mostly clean, 26 to 28 minutes.

Let cool completely, about 30 minutes in the pan and 30 minutes out of the pan on a cooling rack.

Meanwhile, in a medium bowl, stir cream cheese until smooth. In another medium bowl, combine pudding mix

with Splenda. Add vanilla extract and 1/4 cup cold water, and vigorously stir until mostly smooth and slightly thickened. Add cream cheese and 1 cup Cool Whip, and stir until uniform. Cover and refrigerate.

Cut cake into 1-inch cubes.

In a large glass bowl or trifle dish, evenly layer half of the cubed cake. Spread all of the pudding mixture over the cake layer. Evenly top with half of the strawberries.

Continue layering with remaining cubed cake, Cool Whip and strawberries.

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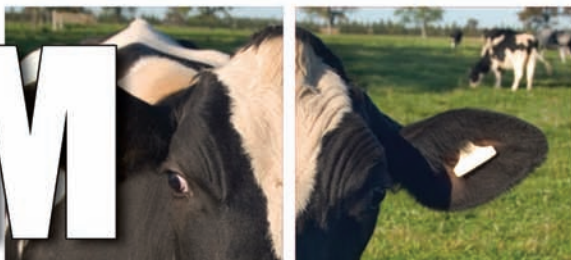
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Your FARM



Here, there, everywhere

There was a time I'd travel all over attending farm meetings, soil conservation events, company product introductions, commodity group get-togethers, summer and winter fairs, and community hall sing-alongs.

I think I've had a meal in, spoken at, and talked to farmers in just about every large and small hall, upstairs curling rink public room, and chamber and town council rooms that existed at that time.

Still, I can't be everywhere at once. Which is why last month I attended the Banff Pork Seminar and last week the Manitoba Swine Seminar, but I had to miss Ag Days in Brandon.

However, travelling via Skype around the world, connecting with almost 4,500 people on Twitter and over 5,000 on LinkedIn is making travelling a little less time consuming and costly, to say the least.

However, with the big events like the BPS, Ag-Days, and now Crop Connect this week, it is good to see so many of the groups and farmers in one place.

CropConnect runs for two days in Winnipeg and includes the Manitoba Canola Growers Association, Manitoba Corn Growers Association, Manitoba Flax Growers Association, Manitoba Pulse & Soybean Growers, Manitoba Oat Growers Association, the National Sunflower Association of Canada, and Manitoba Wheat and Barley Growers Association.

The event offers a wide range of speakers, access to crop specific information, a trade show, a banquet, and the AGMs for all seven participating organizations.

Wow, what a gathering of people all in one place, giving one the opportunity to hear, see, touch, look at the different products, talk to so many old friends, and meet new ones, many

whose grandfathers I know quite well, too.

Over the years, while my goal and purpose remain the same, the method of covering and reporting have changed.

I pick and choose as to which speakers I want to hear, and what are the points I want to make as I ask that person questions during one-on-one interviews.

It will be interesting as to what the attitude of the industry-wide event will be with the oil price saga affecting everyone to some extent, as well as the volatility in the Canadian looney creating a volatility in the commodity prices. I'm told, tacking on the exchange to the cost of the top of the line John Deere tractor, a farmer is looking at \$700,000 to \$850,000 Canadian.

As one hog farmer told me in Banff: were it not for the weak Canadian dollar, the hog prices in the last quarter

of 2015 would have wrecked causing great havoc once again for the hog industry.

However, the 40 to 42 cent advantage making the cost of that JD tractor almost out of site, also kept hog producers from losing a tonne of money.

The grain, pulse and oilseed croppers also gain the benefit on the price, but when selling to a local hog farmer or to the feedmill, there is a saw-off, too.

The demand for food and the crops farmers product, the livestock they raise continues as the world population increases.

The key is to get it to the people who need it most, and they often have corrupt governments that makes that more difficult, and often they can't really afford to pay what it costs to produce, market, and transport that crop to where it needs to go.

And yet land prices for now, after skyrocketing in the last five years, seem to stay at that high level, and farmers keep on growing, raising, and producing what the rest of us need to sustain us.



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Tribune Stonewall Teulon

Pulse crops a boon to producers, consumers alike

By Harry Siemens

Lentils, while it doesn't have the acres in Manitoba that farmers have in Saskatchewan, are still a great source of protein for meals across the world.

According to the federal government's latest outlook on this ever-increasing crop, Canadian lentil exports for the August to November period totalled a record 1.36 Mt—65 per cent more than the amount exported during the same period in 2014.

India imported the largest portion to date at 0.7 MT, followed by Turkey and Egypt as other top markets.

Total Canadian lentil exports for 2015-16 are forecast to rise to a record 2.4 MT due to strong world import demand.

The supply of lentils in Canada is estimated to be marginally lower than last year as lower carry-in stocks more than offset the increase in production.

With lower supply and an increase in exports and domestic use, carry-out stocks are expected to fall and continue to support prices throughout 2015-16.

The overall average price range is forecast a record \$970-1,000/t due to record prices for both red and all green lentil types.

Chandra Shekhar, farm and business writer for the *Hindu Times* in India and pulse crop consultant, says when asked whether things are happening in the Indian pulse crops: "A lot is happening. India has had two back to back weather events in 2015 that reduced harvest size."

Last spring, India's pulse crops were damaged by unseasonal rains and hailstorms, Shekhar says.

"We had a two million tonne crop loss. Following that, during July to September 2015, the country faced El Nino induced dry conditions that reduced the crop harvest in September/October 2015 despite higher planted acreage."

As a result, domestic prices escalated rapidly in India.

"The Indian government came under pressure from consumer groups and media," Shekhar says. "So stock limits were imposed, pulse cargoes (held beyond the stock ceiling) were seized, and investigations into unethical trading practices initiated. Because of drastic government action, speculators have now turned cautious, prices have cooled a bit, aided by continuing imports."

Brennan Turner, president of Farm-Lead.com, when presented with Chandra's comments, says India imported close to 4.0 million tons during

Continued on page 18



Working in retirement: what impact does it have on your pension?

Would you like to continue working after retirement, either to increase your income, which you feel is insufficient, or to remain physically and socially active? Are you wondering if this decision will affect your pension?

First of all, you should be aware that you can receive your pension (either the Canada Pension Plan or the Quebec Pension Plan) even if you are still employed. However, you may be required to continue contributing to the plan. Similarly, if you meet the income requirements, you are also entitled to your Old Age Security (OAS) pension. However, your OAS pension may decrease if you earned more than \$72,809 in 2015 after your retirement.

If that is the case, it might be better for you to delay receiving

your OAS pension until your income is lower in order to avoid paying all or part of the OAS recovery tax. If you are able to support yourself without benefitting immediately from the OAS, you can choose to defer this benefit until 60 months after the date of eligibility. This will increase the amount you receive when you finally make your application. For each month you delay your first payment, you will increase your pension by 0.6 per cent, up to a maximum of 36 per cent at the age of 70.

In short, depending on your financial needs, you can work while receiving your pension and take full advantage of your retirement. You can find more information on the Financial Consumer Agency of Canada's website at www.fcac-acfc.gc.ca.

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We can help you to re-evaluate your investment strategy and advise you as we develop a balanced plan that is best suited to your overall investment needs. Retirement planning must ensure the best use of capital with minimization of tax during the investment growth stages, as well as during the period when you will depend on your investments to create wealth as it transfers to income. As time passes, so does your opportunity to build a strong financial future. Will your financial stability be based on our government's pension plan? Did you know that its maximum benefit covers only 25% of the average Canadian's wage? If you are to build an investment portfolio, and a significant net worth, will you personally try to determine how to purchase stocks among the international markets, analyze investment funds, and sidestep economic pitfalls as you invest all by yourself? It is important that an advisor analyze your current fiscal resources, in order to define appropriate financial strategies that are best suited to your current and future personal priorities, retirement goals

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Steelers share passion for hockey and reading

By Natasha Tersigni

Teulon Elementary School students had a visit from a few special guests last week when Selkirk Steelers players came to class in honour of "I Love to Read" month.

Three players from the Manitoba Junior Hockey League team — goaltenders Brett Friesen and Hayden Dola and defenceman Logan Jackson — along with the team's mascot Beamer spent the morning reading hockey-themed books to students.

During their visit, the Steelers answered questions from students, spoke about the training and commitment needed to play in the MJHL and shared a few of their favourite books. In keeping with the sports theme for the month, Winnipeg Blue Bomber players will be reading at the end of February as well.

All month long, schools throughout the Interlake School Division will be hosting a variety of guest readers and special events in conjunction with I Love to Read month, an annual month-long provincial initiative that encourages reading, writing and sharing in the joy of literacy.



TRIBUNE PHOTO BY NATASHA TERSIGNI

Selkirk Steelers' goaltender Hayden Dola was a guest reader at Teulon Elementary on Feb. 2 to help kick-off "I Love to Read" month at the school. Pictured, left to right, Sarah, Hayden, Jesse and Michael.

worship *with us* > FAITH

"A Tale of Four Pastors"

For my last *Tribune* article ever, let me tell you about four pastors. The first one is Pastor Clyde. He's patient and long suffering. He's in for the long haul — a plodding workhorse of a man, dependable and (generally) unflappable. He's not big into change. Next is Pastor Leo. He's a man on a mission: a task-oriented, visionary leader. Leo is not as concerned about position, being liked or popular as much as he is about leading people where they need to go — sometimes even if they don't really want to go there! Next, we have Pastor Calvin. He values education, sound teaching and learning highly. At his finest, he highlights the very important distinction between teaching people the Bible and teaching the Bible to people. At his worst, he neglects basic people skills, becoming about as exciting and personable as drying paint. Finally, we have Pastor Art. He's a lively, entertaining chap and people love him. Art can talk the leg off a chair and plays a room like no one else. At his best, he's like the otter at the zoo — people can't take their eyes off of him lest they miss something. At his worst, he's like the otter at the zoo ...

All are fine pastors. All have faults but all are also divinely gifted. And whether you've got a (predominately) "Clyde," "Leo," "Calvin" or "Art," please love and support them, and cherish the special gifts they bring to the church.

Me? I'm mostly a "Leo." My mission here was to change the name of the church, its leadership structure and policies, to update the church, and perhaps most importantly, lead the church out of the murky waters of debt and onto the bright, dry land of a fresh re-start. (We've certainly come a long ways from the days of the chocolate brown push-button phone in my office ...)

All that to say, today Alive! Family Church is alive and well! I may be moving on, but that faithful little church is still here, waiting with a smile and a firm, welcoming handshake, to greet you Sunday mornings at Quarry Park!

Thank you, goodbye, and God bless!

Pastor Jeff Andrews

Alive! Family Church

www.alivefamilychurch.ca

Métis issues discussed in upcoming public forum

By Jeff Ward

The Father Guy Lavalee Michif Local Inc. is holding a public consultation forum to discuss issues facing Métis people in St. Laurent.

Paul Chartrand will facilitate the forum on Sunday, Feb. 14 at Ecole Communautaire Aurele Lemoine at 2:30 p.m. with input being passed along to various levels of government.

There will be several presentations along with group discussions. Chartrand says that over the last 30 years, there's been an increasing awareness of the situations that many indigenous people face here in Canada. Aboriginal constitutional reform and the United Nations Declaration on the Rights of Indigenous Peoples are just a few of the topics that will be discussed. He says that through consultations like this one, the people of St. Laurent can have the opportunity to have their voices heard.

"And it's time to contribute our share and share the views of the local people to the government," said Chartrand.

"What we have in Canada are emerging legal issues that are being developed by the courts

that have to do with the rights of indigenous people. It's important that these laws are created with our input in mind, which is one of the main reasons we're holding the forum."

Chartrand is a retired lawyer and professor of law, and he says that with his background, he'll be able to explain some of the more complex issues. He said the discussion will be broad and ultimately led by those who show up and share what they feel are important issues. Chartrand is treating this like a fact-finding mission, and he wants to fill the school with people willing to share their ideas and concerns.

The forum is free to attend, and Chartrand says he wants to see the community come out and start an important dialogue.

"We're going to take the advice of the local people, and our mandate is to present those views to all levels of government. So the more people we have come out, the stronger the information we pass on will be," noted Chartrand.

Anyone interested in attending can register with Jacinthe Lambert at 204-646-2684.

> PULSE CROPS, FROM PG. 17

April-December 2015 and further imports of 1.5 million tonnes for January-March period are projected.

"So, India's imports have expanded by least one million tons this year and Canada has been a major beneficiary with large supplies of yellow peas and lentils," says Turner.

He says, plain and simple, India has had two below average pulse crops and so needed to import more grain to accommodate their growing demand. Intervention by the Indian government has stabilized the volatility of the market a bit, hence the lower prices in Canada recently.

"Those prices undermined a little by the appreciation of the Canadian Loonie from its drop below 70 cents USD," says Turner.

"There's expected to be a gap of roughly 6-7 MMT between domestic production and domestic demand of pulses in India this year, hence the obvious required increase in imports."

He says, overall, the market outlook for pulse crops remain solid, with lentil prices expected to maintain an average price in 2016 near two times their 10-year average, with pea prices not far behind.

The real question, though, is with El Nino conditions evaporating, monsoon rains seen by India in June-September will be more critical than ever to a pulse grower's marketing plan, as those rains will help determine the field conditions that Indian farmers can plant crops into, he adds.

Prices could fall back on optimism for better pulse production in India in 2017.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Veteran's Cup celebrates 35 years of hockey

By Jo-Anne Procter

Fans from across the province filled the stands at the Veteran's Memorial Sports Complex in Stonewall this past weekend.

Twenty-four teams took to the ice to compete in the 35th-annual Stonewall Blues PeeWee Veteran's Cup hockey tournament, which hosted three divisions of eight teams.

Opening ceremonies were held Saturday with Dave Wheeler, morning show host from 92 CITI-FM and City TV, acting as master of ceremonies.

Wheeler introduced bagpiper, Braden Norberg, who led the Royal Canadian Legion Stonewall Branch #52 Colour Party, guest of honour Bob McIvor, sponsors, committee members and welcomed teams, and the Ecole Bobby Bend School choir, which sang O' Canada.

The Veteran's Cup is one of the longest running PeeWee hockey tournaments in Manitoba due to the support of major community sponsors. Local Legion president, Tim Williams, said the Stonewall Branch and Ladies Auxiliary are proud to be a major sponsor of the prestigious event.

"This tournament has always been successful in the past," Williams said. "This is due to the great amount of hard work and dedication by these committees. We would like to wish the players and coaches the best of luck (and) also remind them there are winners and losers in all sports."

"But, in this case, you are all winners in our eyes."

Stonewall Mayor Lockie McLean brought greetings from the town and boasted that the Vet's Cup is the biggest sporting event in Stonewall. He personally has had the pleasure of being a parent - and fan - at past Vet's Cups.

With recent topics in the media on what goes on in hockey arenas across Canada, Wheeler articulated that one thing that is the same across the country is the passion of the hockey players, parents, coaches, referees, and everybody who steps foot inside of a rink.

"Please don't let the story be what goes on outside of the ice surface," Wheeler pleaded. "Let's make sure the main story is what happens on the ice surface and it's the kids that are



Dave Wheeler, 92 CITI FM's morning show host, Emceed the opening ceremonies.

playing hockey on the ice, not the parents playing up in the stands."

Guest of honour sponsor, Jeff Meier of Commercial Comfort, presented a humbled Bob McIvor, a longtime coach and fan, with a recognition plaque. McIvor was thanked for his dedication and for teaching kids the love of the game.

McIvor took a moment to thank the organizing committee for the great recognition. He coached his son Jason in the very same tournament approximately 32 years ago.

"I just remember good competition and having lots of good fun," he recalled. McIvor was looking forward to watching his son coach his grandson, Max, over the weekend.

In closing, tournament chairperson Jodie Ponton thanked sponsors, Dave Wheeler, the choir, Bob McIvor for his contributions to minor hockey over the years and continued support in cheering on local teams. She congratulated the committee on making sure the tournament was a success and passed on the torch to Nikki Morton. Morton will be tournament chair for the 2017 tournament.

"Most of all to you all, the players, coaches, parents and fans, thank you for participating, cheering and making this a great tournament weekend," she exclaimed.

On a personal note, Ponton said she has never been more proud to be a hockey mom.

"I truly love everything about this



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Stonewall Legion Branch #52 president Tim Williams commended the volunteer committee for their dedication to the annual tournament and wished the teams good luck.



TRIBUNE PHOTO SUBMITTED

The Stony Mountain Flames defeated Warren 2-1 in the 'B' Division final after beating Grunthal 6-3, Portage 5-4 and Minnedosa 7-0 during the round robin. Pictured goaltender Dominick Iwankow; front row, Tristan Yasinsky, Kyler Spraggs, Nolan Van Den Bussche, Noah Dannenberg, Aaron Zdrill; back row, Ethan Chesworth, Reid Byle, Kaiden Kendel, Chris Vinck, Brody Stovin, Regan Hoess, Cole Emberly; Kevin Van Den Bussche, Korde Bakkum, Brad Emberly (coaches). Missing from the photo Connor Littlepage and Ashlee Hodge-Hirschfield.

game, even the disgusting hockey smells," she said. "And, as a goalie mom, that is saying quite a lot. I am so grateful for the friendships, support, memories, life lessons, and work ethic that come with playing hockey that each of you takes home every day."

In the gold-medal game of the 'A' division, the River East Royals defeated the Transcona Regents 4-1 while the Stonewall Blues won bronze after defeating the Morden Hawks 7-5.

The 'B' division medal games were close with the Stony Mountain Flames

defeating the Warren Jr. Merces 2-1. The Grunthal Red Wings won the bronze after defeating the Morden Hawks 3-2.

In the 'C' division, the Lac du Bonnet Lightning claimed gold as MacDonald was unable to make the game due to inclement weather. Stonewall was awarded silver medals after defeating the Selkirk Steelers 12A3 by a 3-1 score.

The Steelers were awarded bronze medals.

Rams start playoffs, Wildcats playing great defensively

By Brian Bowman

The Stonewall Collegiate Rams will be going into their Platinum Promotions Division hockey playoffs with an upset clearly on their minds.

The 10th-place Rams were considered the underdog against the River East Kodiaks in their best-of-three series based on their two wins in 22 games during the regular season.

River East (8-12-0-0-0-2) finished seventh in the 11-team division.

Games 1 and 2 of the series were played Tuesday and Wednesday this week. At press time, it was not known when, if necessary, Game 3 would be played.

The Rams closed out their regular season Feb. 3 with a good effort in a 2-1 overtime loss to the College Jeanne Sauve Olympiens.

Ryan Marchand scored a shorthanded goal in the first period for the winners and then Brett Lefko netted the game winner in overtime.

Carson Ouellette replied with a second-period goal for Stonewall, assisted by Brendan Labossiere.

The loss was a tough one for the Rams. But the result was much better

than the 10-0 defeat that the Rams suffered to the Vincent Massey Trojans the previous day.

Vincent Massey, which held period leads of 3-0 and 8-0, received goals from Jack Cowell (four), Zach Bailey (two), Brett Bailey, Nolan Libbrecht, Ryan Crocker and Matt Marion.

In Price Division play, the Warren Collegiate Wildcats blanked the first-place College Beliveau Barracudas 2-0 last Friday in Winnipeg.

Landen Mann scored both of Warren's goals in the third period. The first goal came on the power play early in the third while the second was into an empty net with just two seconds remaining in the game.

On Feb. 2, Warren blanked Windsor Park 4-0 as Brendon Burnett and Wyatt Hagen each scored twice.

Braydon Weatherburn posted both shutouts.

Warren (7-10-0-0-0-3) hosted Pierre Elliot Trudeau Tuesday and then played Louis Riel yesterday but no scores were available at press time.

The Wildcats playoff schedule was not known at press time.



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Wildcats' Wyatt Hagen (9) scored twice in his team's 4-0 win over Windsor Park on Feb. 2.

Interlake Lightning lose pair of road games

By Briana Bowman

Northern road trips in Manitoba are never fun to take in February.

And they become that much worse when a team has to come home after a pair of tough losses.

The trip home was not a fun one for the Interlake Lightning Sunday after they were defeated 7-4 by the Yellowhead Chiefs in Manitoba AAA Midget Hockey League play in Shoal Lake.

Interlake trailed just 4-3 heading into the final period but was outscored 3-1 in the game's final 20 minutes. The Chiefs' final goal came with just three seconds left in the game into an empty net.

Codey Beaulieu led Interlake with

two goals while Evan Klyne-Geisler and Riley Vautour added singles.

Mackenzie Belinski (two), Brian Mentuck, Josh Belcher, Tucker Scantlebury, Blake Mervyn and Ryan Heino scored for Yellowhead.

The Chiefs outshot the Lightning 54-17.

The Lightning started the weekend Saturday afternoon with a disappointing 9-1 loss to the Parkland Rangers in Dauphin.

Parkland blew the game wide open with five third-period goals. The Rangers completely dominated the game, outshooting Interlake 58-20.

Noah Basarab scored the Lightning's lone goal midway in the first period,

assisted by Nicholas McCarten and Vautour.

Bradley Marshall scored five times for Parkland while Riese Gaber (three) and Dustin Mozdzen also tallied.

Interlake (8-30) visited the first-place Eastman Selects last night but no score was available due to Tuesday's press deadline.

The Lightning will have another two very tough games this weekend when they host the Thrashers on Saturday (6 p.m.) and the Wild Sunday (2 p.m.) in Teulon.

Interlake will then wrap up its regular-season schedule on Feb. 20-21 when it visits the Norman Northstars in Thompson.

Portage pushes past Mercs

By Brian Bowman

The Warren Mercs wrapped up their regular season Friday with a 6-4 home loss to the Portage Islanders.

Warren had no answer for Islanders' forward Anders Strome, who finished the game with three goals and two assists.

Former Merc Eric Delong had two goals and an assist for the winners while Tanner Blight scored Portage's other goal early in the third period.

Jared Walker led Warren with two goals and an assist while Reid McLeod chipped in with a goal and two helpers. Tyler Medeiros scored the Mercs other goal.

Warren finished their South Eastern Manitoba Hockey League regular season in last place with a 2-15-1-2 record and seven points.

The playoff schedule had not been released at press time.

The Stonewall Flyers, meanwhile, had last weekend off before they battled the Beausejour Beavers on Tuesday (no score was available).

Stonewall is in first place in the Manitoba Senior Hockey League with an impressive 11-1 record.

The Flyers will host the Gimli Wolves (8-6) on Saturday. Game time is 8 p.m.

Wildcats winning on basketball court

By Brian Bowman

The Warren Collegiate Wildcats had several outstanding performances on the basketball court last weekend.

Warren's varsity girls won their second consecutive tournament championship after a hard-fought 37-30 win over Carman in the finals of a MacGregor tournament.

The Wildcats prevailed on the strength of their second line's contributions with some of their starters in foul trouble.

To reach the final, Warren whipped the Treherne Tigers 62-35 and MacGregor 57-14. Warren is currently ranked No. 3 among "AA" schools in the province.

Warren's junior varsity girls' basketball team, meanwhile, reached the tournament final of the Falcon Invitational at Immanuel Christian last weekend.

Warren lost the final 50-46 to the Westgate Wings.

The Wildcats won their first two

games against Ste. Anne (45-27) and Gimli (50-32) to place first in their pool and advance to the championship game.

Both Wildcats girls' basketball teams hosted zone rival Gimli on Tuesday. Warren's top-ranked junior varsity squad will then be in MacGregor this weekend.

In varsity boys' action, Warren finished third at a Stonewall tournament this past weekend with wins over Teulon and Norway House.

Saints solid in winning B-side tourney title

By Brian Bowman

The Teulon Saints varsity girls' basketball team won the B-side championship at the Ste. Anne Invitational tournament last weekend.

In the final, Teulon defeated the Pinawa Panthers 45-40. The game was a very close contest from start to finish as Teulon outscored Pinawa 11-8 in the fourth quarter to secure the victory.

Kyra Wiebe had a tournament-high 25 points, followed by Kailen Ledochowski (nine), Christine Kilpatrick (four), Ale Mejicanos (three), Samantha Morin (two) and Jolene Hancox (two).

Teulon lost its opening game of the

tournament 61-40 to the Shevchenko Sabres. The Sabres led 40-35 with seven minutes to go in the fourth but went on a 21-5 run to end the game.

Scoring for Teulon were Wiebe (20), Ledochowski (nine), Mejicanos (eight) and Kilpatrick (four).

In the B-side semifinal, Teulon defeated the Green Valley Pirates 41-35. Unlike the previous game, Teulon played an energetic fourth and outscored Green Valley 15-3 to erase a six-point deficit.

Wiebe, once again, led the Saints in scoring with 15, followed by Katrina Carter (11), Ledochowski (eight), Mejicanos (four) and Kilpatrick (three).

Inner City Open champs



SUBMITTED PHOTO

The Balmoral Judo Club had three members compete at the Inner City Open at Tec Voc High School last weekend. Naomi Good was first in the U14 girls' under-44kg division while Sarah Robertson was second in U14 girls' under-44 kg. Graham Schmautz was third in Senior Men's Novice under-66 and -73 kg combined.

There were competitors from Ontario, Saskatchewan and Manitoba. Pictured, left to right, are Schmautz, Robertson, and Good.

Badminton nationals



TRIBUNE PHOTO BY LANA MEIER

Manitoba took home all the consolation prizes except for men's doubles at the 2016 Yonex Sr. Canadian Badminton Championships in Winnipeg last weekend.

Manitoba's consolation champions included Stonewall's Dale Kinley, pictured here, and Haley Nakonechny (mixed doubles), Winnipeg Beach's Hanna Rebizant and Haley Nakonechny (women's doubles), Melissa Liew (women's singles), and David Harrison and Rylan Ramnarace (men's doubles).

Kinley also competed in men's doubles at the nationals, pairing up with Teulon's Mark Shinnie. The local duo was the lone Manitoba representative to win their opening game at nationals.

Stonewall's Andrew Martin also competed at nationals.

Sinclair, Wiebe a smash at Eastman Open

Staff

Emalia Sinclair and Christopher Wiebe of the Interlake Badminton Club both came home with first-place finishes at the 2016 Yonex Eastman Open in Steinbach, which was held Jan. 29-31.

Sinclair combined with Traytaen Halcrow (Grand Rapids) to defeat George Easton (Grand Rapids) and Paisley Poirier (Lac du Bonnet) 2-1 by scores of 21-15, 22-24, and 21-16 in U15 mixed doubles.

Sinclair also placed second in U15 girls' singles after losing to Mackenzie Ftoma from the Whitemouth Badminton

Club 2-0 by scores of 22-20 and 21-19.

On the boys' side, Wiebe and Sarah Miller of the Identified Player Program defeated Noah Koslowsky (Steinbach) and Anicka Esau (Identified Player Program) 2-1 by scores of 21-14, 14-21, and 21-12 in the U17 mixed doubles final.

In U17 boys' doubles action, Wiebe and Noah Koslowsky of Steinbach placed second after losing 2-1 (16-21, 21-5, and 21-19) to Eugene Kakewash and Dreyson Walker (Grand Rapids) in the final.

Friday, Feb. 12
Stonewall Jets vs Raiders
7:30 pm at VMSC

Sunday, Feb. 14
Stonewall Jets vs St. Vital Victorias
7:30 pm at St. Vital Centennial Arena



www.stonewalljets.net

COME AND CHEER ON THE INTERLAKE'S MANITOBA MAJOR JUNIOR HOCKEY TEAM - YOUR STONEWALL JETS



MANITOBA HIGH SCHOOL HOCKEY							
Platinum Promotions Division	GP	W	L	OTL	PTS	GF	GA
Oak Park	22	19	1	1	60	103	36
St. Paul's 1	22	17	1	1	58	114	33
Vincent Massey	22	15	2	2	53	112	38
Lord Selkirk	22	14	5	1	46	73	49
Garden City	22	10	8	2	36	61	70
Kelvin	22	5	8	2	30	64	70
River East	22	8	12	0	26	62	79
Sturgeon Heights	22	6	13	2	21	37	91
College Jeanne Sauve	22	4	14	1	19	50	75
Price Division	GP	W	L	OTL	PTS	GF	GA
College Beliveau	20	15	3	2	47	93	42
Louis Riel	20	12	5	0	41	104	58
Linden Christian	21	11	4	4	41	99	78
Murdoch MacKay	20	11	5	1	40	104	59
Pierre Elliott Trudeau	21	12	6	0	40	88	56
John Taylor	20	12	7	0	38	115	74
Sisler	19	8	9	0	28	86	87
Warren	20	7	10	0	24	70	76
Fort Richmond	20	5	12	0	21	73	96
Windsor Park Collegiate	21	3	16	1	12	77	137
SJR2	20	0	19	1	1	19	165
STATS AS OF TUESDAY, Feb. 9							

Teulon Curling Club annual men's bonspiel winners



TRIBUNE PHOTOS BY KIM DERBOWKA

The Teulon Curling Club held their annual men's bonspiel Jan. 29-31 with 17 rinks participating. The A-side winner (left photo) was the Brandon Radford rink with Devon Wiebe, Hugh McFarlane and Austin Pearson, who defeated the Jim Hardy rink including John W. Pawluk, Alan Campbell and Devon Dola. The B-side winners (middle photo) Trevor Buchanon, Riley Holod, Rick Holod, Jeff Meier and missing from photo Ryan Holod. The B-side runner up was Larry Peterson, Vic Peterson, Dave Peterson and Mike Peterson. The C-side winners were Ray Smith, Clint Eskilson, George Williams and Mike Strick, who defeated Ray Christiuk, Scott Baldwin, Bert Poirier and Jeff Friesen.

Stonewall Pharmacy Junior Bonspiel a rockin' success

Staff

The Stonewall Pharmacy Junior Bonspiel was played in Stonewall last weekend, attracting an astounding 31 teams.

Stonewall's Blake Good placed second in his 14-and-under pool of four teams and finished in the prize money. At 10 years of age, this was Good's first bonspiel as skip.

Meanwhile, Stonewall's Team Dunlop — which consisted of Thomas Dunlop, Emerson Klimpke, Carson Argan and Matt Dunlop — competed in the U18 age group.

Dunlop's rink, which will participate in the U18 provincials in early March, competed well before losing in the A-side semifinal to Ryan Wiebe. Wiebe later advanced to win the event and the A-side championships.

Team Wiebe had to play the A-final against last year's A-champion, J. Peters from Morris.

Other U18 winners were: B-side - A. Friesen of Elmwood Curling Club and C-side - Team Magura of Springfield.

In the 14-and-under A-final, Team Loewen of St. Vital won this year's championship.



TRIBUNE PHOTO BY DARREL ARGAN

Stonewall's Blake Good skipped his first bonspiel last weekend, placing second in the their pool in the 14-and-under division of the Stonewall Pharmacy Junior Bonspiel. Pictured left to right: Theyne Kathler, Rena Kathler, Autumn Good and Blake Good.

Viterra Championship information

VENUE DETAILS

Location
Selkirk Recreation Complex
Feb. 10-14

Ticket Prices

VIP Weekly Pass (includes end zone seating) \$99
Regular Weekly Pass \$60
Daily Pass \$20
Youth (17 and under) \$5

Evening Draw only (after 6 p.m.) \$10
For more information, or to order tickets by phone, call 785-8300 or TOLL FREE 1-877-523-5909.

Special Promotions

Wednesday - Opening Ceremony
Special
After 6 p.m. - Adults admission \$5 and Youth \$2

Autography session 7:45 8:15 p.m.

Friday - Live Band
Vintage Groove in the Last Shot Saloon, 9 p.m. to 1 a.m.

Admission free with curling daily ticket

Saturday - Asham Stompers
Performing live in the Last Shot Saloon, 4:30 to 5:30 p.m.

Admission free with Curling daily

ticket

Sunday - Valentine's Day Special
"Love on the Rocks" - Couples get in 2 for 1 (\$20/couple)

Door Prize - A dozen roses

Draw Times

Wednesday: 8:30 a.m., 12:15 p.m., 4 p.m., 8:15 p.m.

Thursday and Friday: 8:30 a.m., 12:15 p.m., 4 p.m., 7:45 p.m.

Saturday: 9 a.m., 2 p.m., 6 p.m.

Sunday: 9 a.m., 2 p.m.

Host Committee Contacts
Garry Dola (gndola@gmail.com)

Interlake Ignite 16U red-hot in ringette

By Brian Bowman

The Interlake Ignite U16 "A" ringette team has been skating rings around the competition all season.

Interlake improved its Winnipeg Ringette League record to 14-1 after trouncing Kirkfield Westwood 7-1 on Saturday evening at the St. James Civic Centre in Winnipeg.

Ignite assistant coach Rebecca Fox said team chemistry has been a major key for their club this season.

"All of the girls get along really well in the dressing room and on the ice it shows," Fox said last weekend. "The attitudes have been really positive this year and the girls encourage each other a lot."

The Ignite's lone league loss was a hard-fought 4-3 decision to the Park City Wildcats on Jan. 31. Despite that defeat, however, Interlake has been dominant most of this season.

The Ignite has scored a league-high 95 goals while giving up a league-low 30. The Ignite seem to have that innate ability to know where their linemates are going to go on the ice.

"Honestly, as a coach it's hard to pick out things for them to work on because they are very good at so many things," Fox said. "They have really good speed and, in the offensive zone, each line creates their own plays."

Defensively, the Ignite have been very good in allowing an average of

just two goals allowed per league contest.

"Our goalie (Shelby Mitchell) has been one of our strongest players," Fox stressed. "She's amazing and everyone loves her. She's quiet on the bench and in the dressing room, but on the ice, you can always hear her screaming — she really gets into it."

The Ignite have girls on their team from several areas in the Interlake while the majority are from Stonewall, according to Fox. The girls have done a tremendous job gelling as a team and will be looking to continue their fine play when they wrap up their regular season this Sunday against Kirkfield Westwood.

That game will be played in Stonewall at 10:15 a.m.

The Winnipeg Ringette League does not have a playoff but the teams will compete in the provincials, which will take place in Morris from Feb. 18-21.

Interlake is, obviously, the favourite to win the provincials this year. If the Ignite does win the provincial championship, they will then head west for the westerns in beautiful Richmond, B.C.

"The (girls) are really determined to win (provincials)," Fox said. "At the beginning of the season, we said our goal was to get to westerns. We're really excited going into provincials — I really think we can do it."



TRIBUNE PHOTO BY LANA MEIER

The Ignite's Olivia McCowan had a goal and an assist in her team's 4-3 loss to the Park City Wildcats on Jan. 31.

Marquette curling club honours national champions

By Natasha Tersigni

With 50 teams and 97 games on two sheets of ice, the Marquette Curling Club hosted the largest stick curling bonspiel in the province last weekend — not bad for a community with a population of 50 residents.

The popularity of the bonspiel shows just how stick curling is growing in Marquette and surrounding communities. The adapted game, which has curlers using sticks to throw the stones instead of sliding, is played with two-person teams, six rocks, six ends and is attracting curlers of all ages and abilities.

"We have had stick curling at this club for the last five years. We have children as young as 10 to players up to the age of 86 stick curling, so it is great," said bonspiel organizer Calvin Janke.

"It is more of a seniors' sport because the people who used to curl in the past can't slide and get down into the hacks. This way, they can still get out and enjoy the rink and curl with

their grandchildren."

During the tournament two of the club's members, Ross MacMillan and Jim Rouse, who won the Canadian 2015 Stick Curling Championships, were honoured. The duo won the national title last year at the Assiniboine Memorial Curling Club in Winnipeg, finishing with an impressive 8-2 record. The pair will be traveling to Vernon, B.C., to defend their title at the nationals March 21-23.

Canadian Stick Curling Association president Ernie Oliver, originally from Marquette, presented the champions with a banner to be hung in the club. Oliver has seen the sport grow rapidly in the last few years and contributes the sports success to rural clubs.

"It is a great sport and any age can play it. We had guys in their 90s play and it brings people back to their community and it supports the community. The Marquette club was closed for years and now it is better off than it has ever been since it was built in 1951," said Oliver.



TRIBUNE PHOTO BY NATASHA TERSIGNI

The 2015 national stick curling champions Ross MacMillan, left, and Jim Rouse (far right) were presented with a banner from Ernie Oliver (second from the left) of the Canadian Stick Curling Association during last weekend's bonspiel at the Marquette Curling Club. Also pictured is Jim Sorenson, second from right.

The next big bonspiel on the stick curling circuit is the 2016 Manitoba Stick Curling Championships at the

Assiniboine Memorial Curling Club in Winnipeg from Feb. 19 to 21.

Classifieds

Stonewall Teulon
Tribune

Book Your Classified Ad Today - Call 467-5836 or Email igraphic@mts.net

METAL RECYCLING

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

STEEL BUILDINGS

Steel Building Sale ... "Really Big Sale - extra winter discount on now!" 21X22 \$5,190; 25X24 \$5,988; 27X28 \$7,498; 30X32 \$8,646; 35X34 \$11,844; 42X54 \$16,386. One end wall included. Pioneer Steel 1-800-668-5422 www.pioneer-steel.ca

SENIOR HOUSING

SomerEstates now accepting waiting list names. Affordable, quiet county living in Somerset, MB. Two bedroom 55+ condo/attached garage/appliances. \$60,000-70,000 Life Lease with \$1100 monthly fees. Contact: Denis 204-744-2805 denissavard@mymts.net or Donna 204-744-2114 donhow64@gmail.com.

Life-Lease Suites, 55+ Virden Kin Place, Mb. MFS ENTERPRISES. Newly renovated, heated parking, beside hospital and shopping. For more information contact John 1-204-851-1042.

APARTMENT FOR RENT

Apartment for rent in Teulon - Newly renovated 1 bedroom suite centrally located in the town of Teulon. Within walking distance to all amenities. \$610 per month, includes heat, hydro, parking. Laundry on site. Call or text Kirt at 204-886-7717. Available March 1st.

MOVING SALE

Moving sale - household items & furniture. Sat., Feb. 13, 10 - 4 p.m. at 82 Dufferin Dr., Stony Mountain.

PROPERTY WANTED

Property wanted for small hobby farm - family looking to relocate to the country. Would consider house and/or acreage in the RM of Woodlands, Rockwood or Rosser. Please contact 204-781-4637.

HELP WANTED

BOOKEEPER REQUIRED IN SELKIRK AREA. PST, GST, SOURCE DED., A/P, A/R AND MONTHLY P & L, ETC. EMAIL RESUME jtruth@live.ca

HELP WANTED

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

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Great Canadian Dollar Store franchise opportunities are available in your area. Explore your future with a dollar store leader. Call today 1-877-388-0123 ext. 229; www.dollar-stores.com.

CAREER TRAINING

Healthcare Documentation Specialists are in huge demand. Employers want CanScribe graduates. A great work-from-home career! Train with Canada's best-rated program. Enroll today. www.canscribe.com. 1-800-466-1535. info@canscribe.com.

MISCELLANEOUS

Province-wide classifieds. Reach over 400,000 readers weekly. Call 204-467-5836 or email classifieds@mcna.com for details.



NOW HIRING! Food & Beverage Manager / Head Cook

Reporting to the Director of Golf, the successful candidate will have overall responsibility for all food & beverage operations and management. We require a hands-on person whose responsibilities involve training and supervising service personnel to assure member and guest satisfaction through proper food and beverage service.

The successful candidate will be responsible for:
-Training, supervising, scheduling and evaluating all food & beverage service staff.
-Ensuring professional, responsive and friendly service to members & guests.
-Developing, documenting and ensuring that standard operating policies and procedures are followed.

All submissions are welcome, however only those candidates under consideration will be contacted.

To apply, please respond with, qualifications and experience you would bring to the position and a resume.

Shawn Coe, Director of Golf
Teulon Golf & Country Club
Teulongc@mymts.net

HOUSE FOR SALE Stonewall



Stonewall - 2 bdrm, 1 bath 1250 sq ft. home for sale on quiet street. 50 x 100 lot, central air, gas furnace. Many upgrades including shingles, siding, flooring & a 22 x 28 two car heated garage with in floor heat. \$240,000.

Call 1-204-467-1872 or
1-204-479-9223 for more info.



Interlake School Division invites applications for the following Temporary Educational Assistant position:

WARREN COLLEGIATE

• Full-time (5.5 hours per day)

Apply to: Mrs. Laura Perrella, Principal
Warren Collegiate
Tel: 204-322-5586
Email: lperrella@isd21.mb.ca

Applicants must have a minimum of a Grade 12 education. Rate of pay will be as per the current I.A.N.T.E. Collective Agreement. Employment to commence as soon as possible.

Applications are to include a complete resume and three references. Closing date for receipt of applications is February 17, 2016, 4:00 p.m.



TOWN OF STONEWALL ASSISTANT CAO

The Town of Stonewall is seeking applications from qualified individuals for the position of Assistant Chief Administrative Officer (CAO).

Reporting to the CAO the Assistant CAO manages and directs the Administration & Finance Department of the Town in accordance with direction from the CAO and the policies and objectives of Council.

Annual salary will commensurate with education, qualifications and experience. Excellent pension and employee benefit package.

The preferred applicant must possess a working understanding of municipal accounting, capital financing and budgeting and strong management, administrative, analytical, communication and interpersonal skills. Applicants must be enrolled or willing to enroll in the Manitoba Municipal Administrators' Certificate program and have a minimum of five (5) years' experience in a municipal environment.

A detailed Job Description and information on the Town of Stonewall can be obtained on the Town of Stonewall website at www.stonewall.ca or by email at info@stonewall.ca.

Qualified persons are invited to submit a detailed resume including three references, marked CAO, to the undersigned. Applications will be received until a suitable candidate is chosen.

Doreen Steg, CMMA
Chief Administrative Officer
Town of Stonewall
Box 250
293 Main Street
Stonewall, MB R0C 2Z0

Phone (204) 467-7979
Fax (204) 467-7999
Email dsteg@stonewall.ca

We thank all those persons who apply, however only those granted an interview will be contacted.



Betel Home Foundation

80 bed personal care home in Gimli, Manitoba is accepting applications for the following positions:

RN 1.00 Permanent Day/Night
RN 0.40 Permanent Day/Evening
RNs Casual

LPNs Casual

Nursing applicants may qualify for up to \$6000 NRRF grant for rural/long term care nursing

Certified Health Care Aides - Casual

Please forward your resume to:
Margaret Worth
Director of Resident Care
Betel Home Foundation
Box 10, Gimli, MB R0C 1B0
mworth@ierha.ca
Phone 642-5556 ext 22355

RURAL MUNICIPALITY OF ROSSER UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING

On the date and at the time and location shown below, a **PUBLIC HEARING** will be held to receive representations from any person(s) who wish to make them in respect to the following matter:

THE RURAL MUNICIPALITY OF ROSSER BY-LAW NO. 15-14

Being a By-Law of the Rural Municipality of Rosser to adopt a new Zoning By-Law to replace the existing By-Law 4-85.

LOCATION: Rural Municipality of Rosser Council Chambers
0077 E PR 221
Rosser, Manitoba

DATE & TIME: Thursday, February 18, 2016
7:00 pm

GENERAL INTENT OF BY-LAW NO. 15-14: To adopt a new Zoning By-Law for the Rural Municipality of Rosser, as per Part 5 *The Planning Act*, that:

- Divides the municipality into zones;
- Prescribes permitted and conditional uses for land and buildings in each zone;
- Prescribes general development requirements for each zone having regard to any permitted or conditional use for each zone; and
- Sets out the procedure for applying for, and issuing development permits, non-conforming certificates, zoning memoranda and other similar documents, including the classes of minor development, if any, that do not require a development permit.

AREA AFFECTED: The new Zoning By-Law will apply to the Rural Municipality of Rosser, excluding CentrePort lands

FOR INFORMATION CONTACT: Roberta Van Caeyzeele, Acting Manager
South Interlake Planning District
Box 1219, Stonewall, MB, R0C 2Z0
Phone: 204-467-5587
Fax: 204-467-8383
Email: info@sipd.ca

A copy of the above by-law may be inspected at South Interlake Planning District, 285 Main Street, Stonewall, Manitoba or the Rural Municipality of Rosser located at 0077 E PR 221, Rosser, Manitoba during normal office hours (8:30 to 4:30 pm), Monday to Friday. Copies may be made and extracts taken there from upon request.

Note: Property owners are responsible for notifying lessee.

Classifieds

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

Stonewall Teulon
Tribune

MISCELLANEOUS

Starter kit for straw bale home/building. 269 flax "tow" bales, approx. size of bales 21"x22"x50". Sufficient bales for a 40x40 building w/10' walls (E.O.E) bales are "load bearing" & huge "R" value. \$16 per bale FOB the farmyard. James 204-782-5590.

Space in heated shop for rent near Stony Mountain. Price depending on space required & usage & length of time. 16'x14' O.H. door & heated floor. James 204-782-5590.

MISCELLANEOUS

Batteries for everything. Automotive, farm, construction, ATV, marine, motorcycle, golf carts, phones, tools, radios, computers etc. Reconditioned, obsolete and hard-to-find batteries. Solar equipment. The Battery Man. Winnipeg. 1-877-775-8271 www.batteryman.ca

Reforestation Nursery Seedlings of hardy trees, shrubs & berries for shelterbelts or landscaping. Spruce & Pine from \$0.99/tree. Free shipping. Replacement guarantee. 1-866-873-3846 or www.treetime.ca.

MISCELLANEOUS

Sawmills from only \$4,397 - make money & save money with your own bandmill - Cut lumber any dimension. In stock ready to ship. Free info & DVD: www.NorwoodSawmills.com/400OT 1-800-566-6899 Ext: 400OT.

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See polar bears, walrus and whales on our Arctic Explorer Voyage next summer. Save 15% with our winter sale for a limited time. Call toll-free: 1-800-363-7566 or visit: www.adventurecanada.com. (TICO#04001400)

UPCOMING EVENTS

South Interlake Rockwood Ag Society Annual Dinner, Sat. March 5, 2016 at the Red Barn. Cocktails 5:30; Dinner 6:30. Tickets \$25. Donations for brown bag auction would be appreciated. Info: JoAnn 204-467-5778 or Diane at 204-633-2238.

Separated - Widowed - Divorced. Beginning Experience (BE) is a non-profit, peer support grief resolution program helping single-again persons deal with the natural grief process and offers an op-

UPCOMING EVENTS

portunity for turning pain from loss into an experience of positive growth. We offer a weekend retreat, 2 times per year in Winnipeg. NEXT WEEK-END RETREAT TO BE HELD MARCH 4-6th, 2016. FOR MORE INFORMATION - please call 1-204-275-3090 or visit www.beginningexperiencewinnipeg.ca BE also offers a week-end retreat for young adult children (14-24 years) who have been affected by their parents' separation, divorce or death. For more information please call: 1-204-295-8866.

HEALTH

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

POTATOES FOR SALE

Potatoes - Red, Yellow & Russet. Onions, cabbage, beets, turnips, parsnips & honey. Deer feed, \$9; black oil sunflower seeds, \$21. Interlake Potato Farm, phone 204-886-2676. 1 mile N. of Teulon on #7 & 1 mile E. on Rd. 95N.

FARM PRODUCE

Fresh honey for sale. Ph 204-461-1267.

HAY & FEED

Large round hardcore bales of hay. Asking \$25/bale. Call 204-467-5078 or 204-461-0722.

HAY & FEED

Alfalfa hay, 5x6 bales, 1st & 2nd cut. Ph 204-633-4783 or 204-792-2918.

Quantity of net wrapped round bales alfalfa grass, suitable for beef cows; also, round bales of wheat straw. Ph 204-375-6622.

1st cut for sale, Alfalfa grass mix, 300 rounds available, 5x5 bales, 4 1/2 cent/lbs. 1100 - 1200 lbs. Mesh and twine. Contact 1-204-886-7267.

take a break

> GAMES

SUDOKU

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

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

Sudoku Answer

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

Crossword Answer



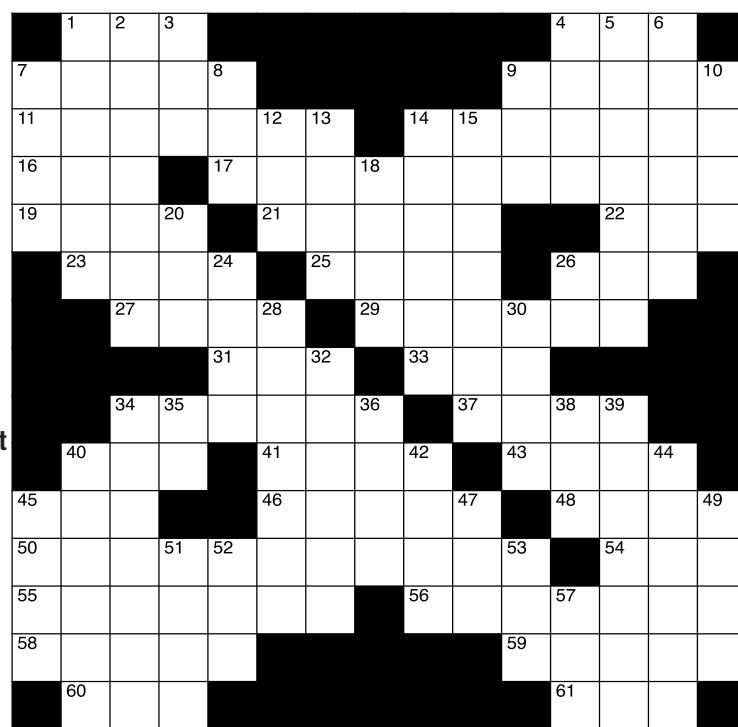
CROSSWORD

CLUES ACROSS

- Basics
- Paper container
- Diving ducks of N America having a bluish-gray bill
- Spruce
- Sacred choral composition
- Ear lobe decoration
- S Am. wood sorrel cultivated for its edible tubers
- Wolf drama series
- Straight, bowling or bobby
- Cotton growing region in W. Central India
- Tax saving retirement account
- Expresses pleasure
- Synoptical
- Peseta
- Oceans
- Weekday
- Octagonal motif in rugs
- Beam out
- Escargots
- Mother of Apollo in ancient mythology
- Fed
- A sleeveless garment like cloak but shorter
- Yugoslavian River
- Patti Hearst's captors
- Representational likeness
- Plundered
- Clothier
- ___ de Janeiro
- Peaceful relations
- Replaced union workers
- African people of Senegambia
- Every 24 hours
- 1/100 yen
- Summate

CLUES DOWN

- Gum arabic
- Crazy, loco, wacky



- Unconnected
- Whirring sound
- Tartness
- A group of individuals
- Bard
- Buddy
- Not an amateur
- North-central Indian city
- Chit
- Reverences
- Inspire with love
- Endocrine gland
- Biblical name for Syria
- The woman
- Heroic tale
- Daddy
- Killing yourself
- In a way, discolors
- Artiodactyls

- Resistant to change
- Northeast
- Watering places
- A way to pave
- Value excessively
- Poplar trees (Spanish)
- Elk Grove High School
- Abroad
- Author George Bernard
- Old world, new
- Tiny insectivorous W. Indian bird
- British School
- Moroccan coastal region
- Radioactivity unit
- Sheep sound

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ANNOUNCEMENT

CARD OF THANKS

A sincere thank you to our relatives and friends for the many acts of kindness shown to us since the loss of our mother, grandmother and great-grandmother, Sieny Moerman. Our thanks to the staff at Rosewood Lodge for their care and compassion shown to our mother and our family. Special thanks to Bev Ward for officiating at the service, to organist Barb Riddell, the soloists Meg and Kijra and to the ladies and men who prepared and served the lunch and helped with the hall set up. All the cards and memorial donations are much appreciated. We will always remember your love and support.

-Margaret, Esther and Bob

ANNOUNCEMENT

CARD OF THANKS

We would like to thank our friends and relatives who attended our 70th Wedding Anniversary party. We would like to thank you for the beautiful flowers, cards and gifts we received. Also, a big thank you to our Legion friends and to our musicians for the great music. A big thank you to all our workers for their help, you know who you are. We would like to thank our family for the family dinner at The Keg. Thanks again and God Bless.

-John and Sophia Klimpke

ANNOUNCEMENT

ENGAGEMENT



James and Kelly Bezan are pleased to announce the engagement of their daughter Cortney Christine Gwen to Peter James son of Jim and Lenore Skrabek of Teulon. Their wedding is scheduled for July. A wedding social to celebrate their engagement will be held on March 26, 2016 at the Teulon Rockwood Centennial Hall. A bridal shower is planned for May 29, 2016 in Teulon.

ANNOUNCEMENT

IN MEMORIAM

In loving memory of
Ronald King

November 16, 1933 - February 14, 2006

We do not need a special day,
To bring you to our mind;
Memories you left with us,
Are precious, loving and kind.
They bring a smile, perhaps a tear,
Of countless times together;
Those we love don't go away,
They live in our hearts forever.

-Shirley and family

ANNOUNCEMENT

IN MEMORIAM

Gordon Reed
In Loving Memory of
our Husband, Dad, Grandfather
February 16, 2015
Forever in our hearts.

-Missed by Lena,
Don (Sabrina), Debbie (Brad)
and grandchildren,
Riley, Cameron, Mhea, Avery
and Conner

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ANNOUNCEMENT

IN MEMORIAM



Ronald Pull

January 8, 1940 - February 11, 2007

Time slips by but memories stay,
Always remembered day by day.
Laugh, hugs and times together,
Precious memories we'll have forever.

-Love Mary Ann,
Denis, Brenda and family

ANNOUNCEMENT

IN MEMORIAM



Marian Burchuk

May 27, 1939 - February 10, 2011

Your life was a blessing
Your memory a treasure...
You are loved beyond words
And missed beyond measure...

-Remembered always,
Peter, Shannon, Elanna, Rob and Lisa
Dale, Skyler and Coco

OBITUARY

Grace Annette Scott

April 13, 1923 - February 6, 2016

Grace died peacefully, on February 6, 2016 at Tudor House Care Home in Selkirk.

Grace was predeceased by her husband William Edgar Scott in 1974, and her son Brian James Scott in 2005.

Thank you to the wonderful staff at Tudor House.

A graveside service will be held on Friday, February 12th at 11:00 a.m. at the Stonewall Cemetery.

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