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Stonewall Teulon Tribune

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Outdoor Survival

TRIBUNE PHOTO BY NATASHA TERSIGNI

Teulon Collegiate students from Kelly Klein's Outdoor Wilderness Education class including Bryce, Erik, Dylan and Michael were digging out their quinzee last week. On Feb. 20, in conjunction with Teulon-Rockwood Recreation Commission's Family Day activities, Klein and his students will be at Green Acres Park teaching participants how to build their own quinzees and emergency shelters at 10:30 a.m. and 11:30 a.m., hosting a snowshoeing workshop at 1:30 p.m. and cooking bannock. Other activities taking place at the park include sledding and skating at the arena. The Family Day Fun will run from 10 a.m. to 3 p.m. and is free to attend.

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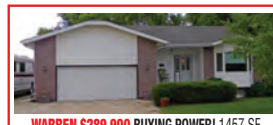
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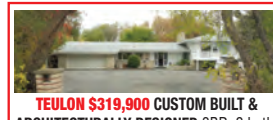
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Bezan talks books and politics with Interlake students

By Natasha Tersigni

Selkirk-Interlake-Eastman Member of Parliament (MP) James Bezan visited local schools and read to students for "I Love to Read" month.

Bezan read from his favourite children's books sharing his passion for reading.

Last Friday, Bezan visited Lightly School on the Clearwater Colony and then École R.W. Bobby Bend School, where he spoke on the importance of reading throughout your entire life. Bezan shared how he uses books to learn about Canadian history, a topic that he not only enjoys but also helps him with his job in Ottawa. In honour of Canada's 150th birthday, he is currently reading the book *Capturing Hill 70*, a non-fiction novel about a Canadian Corps battle on Hill 70 in France during the First World War in August 1917.

Bezan read two books by Canadian author Robert Munsch: *Moose* and *The Paper Bag Princess*.

Following reading time, no questions were off-limits, and students at Lightly School used the visit to quiz Bezan on politics including any plans to be prime minister and his thoughts on Progressive Conservative Party leadership candidate Kevin O'Leary.



"Other than being a television star and getting lucky on a few business deals in the past, Kevin O'Leary has never been part of our party ever. The policies that he talks about do not align with who we are as the Conservative Party. The only thing he does very well is his rhetoric on the economy and taking on Justin Trudeau. What he does on social media he is a pro at and he has a lot of name recognition, but that is where the good attributes stop," said Bezan, who added that he has no plans to run for leadership and is supporting MP Erin O'Toole.

"I get emails from people asking me to run all the time, but I will never run for leader."



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Selkirk-Interlake-Eastman Member of Parliament James Bezan was a guest reader at Lightly School on the Clearwater Colony as part of February's "I Love to Read" month.

Province plans to reduce regulatory red tape to help business

By Jeff Ward

The manager of Community Futures West Interlake (CFWI) said that the provincial government's strategy to lessen the burden or red tape should help to streamline the system for new and existing business owners.

In a statement last month, Manitoba's deputy premier Heather Stefanson committed to reducing the "unnecessary barriers for businesses, local governments, non-profit organizations and all Manitobans."

To accomplish this, the government said that for every new regulation put in place, they must remove a similar administrative burden. The one-for-one rule would cap the growth of regulatory requirements and a more

aggressive two-for-one rule would be enforced until 2021.

CFWI manager Lana Cowling-Mason explained that on the surface, this feels like the right approach and could definitely lead to easier times for business owners in the Interlake.

"If there's a way to make the overall system more streamlined or more user friendly, I think we should move in that direction," said Cowling-Mason.

"Folks that are dealing with the land-use end of things, for instance, have to go through 10 to 15 different agencies for approval. It would be great if there was a way to streamline those regulations."

CFWI helps businesses to survive

and grow by connecting them to experts and resources. They also provide advice to business owners and can help businesses in developing a financial plan. CFWI is committed to economic development in their catchment area, which encompasses all communities along Highway 6 from Woodlands to Grahamdale.

Cowling-Mason said that while some regulations are welcome, there are many that serve to eat up the most precious resource any business owner has, and that is time.

"Part of it is figuring out what people deem as redundant. I think that we should also be doing a better job of communicating what regulations are set out to accomplish, so that business

owners can better understand them. When owners are filling out forms X, Y and Z, they don't always understand what all of that information is being used for," said Cowling-Mason.

The government will have to find a balance between regulations that are a necessary part of owning a business and regulations that are redundant. But Cowling-Mason feels the timing is right for a review of the red tape that so many businesses have to deal with and that if the barrier to entry for new entrepreneurs is reduced in the future, there might be more new businesses popping up in the Interlake.



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Hundreds come out to support Chartrand family



TRIBUNE PHOTO BY NATASHA TERSIGNI

Linda and Vic Chartrand thanked the crowd for their continued support over the last several weeks during a support social held by community members in their honour. On Jan. 8.

By Natasha Tersigni

It was quite evident just how much community support there is for Vic and Linda Chartrand when they were standing in front of a crowd of hundreds Saturday night in Teulon.

A devastating fire destroyed their family autobody business on Jan. 8. The community rallied together to fundraise for the Chartrands to ensure that the family and employees are financially supported while the business is being rebuilt. The business employed two of the Chartrand's sons as well as two additional employees.

On Feb. 11, a support social for the family was held at the Teulon-Rockwood Centennial Centre which raised \$24,500 for the Chartrand family and their employees.

"Words cannot express the gratitude we have for our friends and the community. The support we have received is amazing," said Linda Chartrand.

"Not only was this place our business, but for 35 years, it was our second home. Our grandson Dylan just started working part time and

this is the start of the third generation."

During the social, Vic and Linda thanked the community for their ongoing support and kindness, which began the night of the fire.

"When we got to the shop, the fire department was already there. When we first saw the flames, we thought we would just have some damage and everything would be OK. Unfortunately, it just didn't work out that way," said Linda Chartrand.

Vic and Linda thanked the Teulon-Rockwood Fire Department for working over 12 hours in extreme winter weather to fight the blaze, Frydays and Chicken Chef restaurants for feeding the fire crew, and Interlake Towing and Interlake Excavating for assistance during the fire.

The social was not the only fundraiser held for the Chartrands. Last week, Teulon Collegiate's Helping Hands committee held a bubble soccer event and donated \$1,000 to the family. As well, the Teulon and District Lions Club donated \$750.

Sunova searching for Golf Classic funding recipient

Submitted

A contest has been launched to find a funding recipient for the 2017 Sunova Golf Classic.

The tournament raises \$20,000 to \$25,000 for a community organization, charity or not-for-profit group annually.

Interested organizations are asked to fill out an application on the Sunova website and submit a five-minute video explaining their organization or project. Finalists will be chosen and their submitted videos will be shared with the public for voting.

No video editing skills? No problem — the finalists will have more emotional impact than Hollywood sparkle. The video with the most votes at the end of the campaign will be declared the winner and awarded proceeds from the Sunova Golf Classic.

Proceeds of \$23,000 from the 2016 Sunova Golf Classic were awarded to Siloam Mission.

"We're very excited to see the results of this year's competition," says Ed Bergen, president and CEO of Sunova Credit Union. "Last year, our partnership with Siloam Mission was extremely successful and began a long-term friendship between our organizations. We hope to start another such relationship with our next community partner."

Applications are being accepted until March 1, 2017, on the Sunova Credit Union website, www.sunovacu.ca.

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Komarno artist seeks astrological inspiration

By Jennifer McFee

When it comes to creating her artwork, Wendy Pearce draws inspiration from a spectrum of sources.

As artist of the month at Teulon library, Pearce offers a little bit of everything for the public to peruse — including oil paintings, a carved table, charcoal drawings and a fairy house that would make an ideal home for a four-inch creature.

Originally from the Teulon and Inwood area, she lived in Winnipeg for 15 years before relocating to Komarno about three years ago to raise her children.

A painter by trade, Pearce painted cars for years before moving towards residential painting and eventually getting into painting murals. She learned the art of autobody painting from her former R.B. Russell Vocational High School teacher Jim Loewen, who was the Teulon library's artist of the month for November 2016.

"I actually learned how to paint cars from him. He was pretty open in the class, so we were free to explore. If we wanted to just paint panels and learn bodywork, we could go ahead. But if we wanted to learn to paint murals, power to you," said Pearce, a Komarno resident.

"He really was a very encouraging and uplifting presence. So when

I moved back to where my family's from, Teulon and Inwood area, it was a nice surprise to run into Jim."

Pearce also draws artistic inspiration from her family and the knowledge they passed down to her.

"There is a huge astronomical and astrological aspect to a lot of my art because I read cards for years. My mom and my granny all read cards for people here in the Interlake. My grandma, Annie Gower, read cards and palms for people. A lot of the time, it was just before Bingo on Friday nights in Inwood and Teulon. I ended up inheriting my great-grandfather's palmistry journal, so that's how I ended up becoming a palm reader and working at psychic shops for a few years," she said.

"I was an autobody painter at a couple of different shops and then I was also a palm reader and a psychic at Soul Medicine Psychic Shoppe. I still do local readings for people, and I'm involved in local events in Winnipeg Beach and Teulon. You can find me at different farmers markets and community events. I'm also on the St. Norbert Sanctuary website for offering my services as a palm and card reader as well."

To view some of Pearce's artistic creations, drop by the Teulon library at 19 Beach Rd. throughout the month of February.

"THERE IS A HUGE ASTRONOMICAL AND ASTROLOGICAL ASPECT TO A LOT OF MY ART BECAUSE I READ CARDS FOR YEARS."



TRIBUNE PHOTOS SUBMITTED

Wendy Pearce is Teulon Library's artist of the month for February.

Rockwood council



TRIBUNE PHOTO BY JENNIFER MCFEE

Representatives from Nadi Design spoke to Rockwood council last week about opportunities for "elegant climate change adaptation." They encouraged council to consider climate change when planning for the future of the municipality.



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Local teens take future of Inwood Arena into their hands

Ball hockey tournament this weekend

By Jeff Ward

Two high school students from Inwood are organizing a rally call to help save the Inwood Arena and have already raised more than \$5,000 to keep the doors open.

Sixteen-year-old Graham Moore and 17-year-old Christopher Mott started a Go Fund Me campaign last week and in just 72 hours raised \$5,500 with donations still being accepted.

Both teens wanted to help keep the arena open and are doing everything in their power to make sure the facility is around for many years to come. The monthly hydro bill on the building is \$1,000, according to Moore.

Mott is the one who made the ice and is now maintaining it. He has spent over 100 hours volunteering to make sure there is ice for everyone in the community to play on. There is no ice plant at the arena, so it's all done naturally and by hand.

Both boys are part of a Friday group that plays rec hockey at the rink. However, they are the only group that uses the surface regularly.

"We don't have many skaters that use the ice, so it's hard to make money to actually pay the bills," said Moore.

"Our worst case scenario is that we stay open until the end of this season

but don't open the doors next year. The bank account is dwindling away, and we don't have much money coming in. What we want to see is people renting the ice and getting people interested in using the arena again."

Both Mott and Moore are aware that it's an uphill battle, but they refuse to back down. This is a building they've spent countless hours having fun in, and to them, it's worth fighting for.

The success of the Go Fund Me campaign — www.gofundme.com/help-save-inwood-rink — has shown to both of them that there is still interest in the facility. There are people out there, more than 50 donors now, that want to support the arena.

The boys are also hosting a two-day ball hockey tournament this weekend to help raise even more money for the arena. The tournament begins Friday, Feb. 17 and ends on Saturday.

Participants can register for \$25 and can show up at the arena on Friday at 7 p.m. There will be a full canteen, 50/50 draw and silent auction to help raise money.

"Hopefully, we get more ice rentals after this, which will help make our money last longer. Even if we just get a few more rec teams renting the ice for a few hours a week, that goes a



TRIBUNE PHOTO SUBMITTED

Chris Mott, left, and Graham Moore are raising money to save the Inwood Arena. The two teenagers have raised more than \$5,000 online already and are hosting a ball hockey tournament this weekend to raise more.

long way to helping out," said Mott.

Both Mott and Moore never thought their Go Fund Me campaign would gain so much traction so quickly, but they're very encouraged by the response.

"We really only expected to make a few hundred dollars at the most when

we made it. I don't think many people know that the arena is threatened right now, and now that they're aware they want to support. They all have memories of playing in the arena, and we want everyone to have the opportunity to create their own memories here too," said Moore.



RATEPAYERS OPEN HOUSE

The Board of Trustees of the Interlake School Division invites members of the community to attend a "come and go" Open House to view the PROPOSED 2017-2018 fiscal year budget. Trustees and senior administration will be available to answer questions.

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14A

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Fisherman's luck earns him supper

Hi, outdoor buddies.

Late last week found me sitting and swapping fishing stories with Philip Perkins of Transcona in Shawn MacDuff's ice shack not far from the end of Gimli's harbour. The air of brightness in this shack's high walls, grand ceiling fan and huge windows seemed to complement Phil's story of his happy childhood fishing contests in Pinawa years ago.

Phil was a jolly, energetic, full-faced guy with short brown hair who punctuated every sentence with a short hurried laugh. He loved telling a story about when he, his sister and dad would go boat fishing in the weed banks of the Winnipeg River by Pinawa. Whichever kid caught the biggest jackfish, dad would take them to a sporting goods store and buy them anything they wanted.

On one such occasion, his sister caught a humongous jack that netted her a fine fishing rod prize and bragging rights because, come the next spring when they were spring cleaning the boat, she found and kept a half-inch tooth from that jack stuck in the floor carpet.

A few days before meeting Phil, I went visiting anglers on the Red River off Breezy Point. Going from one portable shack to another, I met two young chaps. Drew Wallace was thin with a dark pointed beard and his pal William Henry was a very fit guy who had a warm, subdued, constant smile. We talked of fishing experiences while standing on the ice in a brisk cool wind. Drew's favourite story was about when he was checking the water depth off an interior



TRIBUNE PHOTO BY ARNIE WEIDL
Cameron Bernier with a pickerel he caught while fishing with his father on the Red River by Breezy Point.

rock face by Nanaimo, B.C., with a line and weight. As he was winding it up, at the 25-foot level, he felt a tug. When he brought it all the way up, to his amazement, a jack had swallowed the weight.

I left Drew and William after a bit and carefully walked along over the truck trails of half ice, half hard snow to another tent-shack where I struck up a conversation with Cameron Bernier and his dad Perry, also from Transcona. They had caught a few fish, and Cameron held one up for me to show you. Cameron and Perry spoke with fondness of the fact that they have been fishing together forever. Cameron remembered once when he was very small and they were fishing off the slippery rocks at Seven Sisters when he spied a turtle

swimming furiously between the rocks in the rushing river current. Oblivious to the danger, he went after it and, sure enough, fell into the icy, turbulent water.

He was in luck, though, because a passing stranger saw him trying to grab onto the slimy rocks as his legs flailed about. With one grand move, he bent over and plucked Cam out of the water with one hand. To this day, in his mind, Cameron can still see himself in that cold water amongst those slippery rocks.

One beautiful, warm, cloudy Saturday, I was far out on the ice at Balsam Bay. I was bouncing along between what seemed like streets of shacks when I heard someone shout, "Hey Arnie, how are you doing?"

Off to my left, a shorter fellow heavily dressed and with a scarf that almost completely covered his face waved me to come over. Obliging, I pulled up and met Paul Joyal and his son-in-law Lawrence Bryant from Winnipeg.

Paul's upbeat, fun-loving personality was overwhelming. Holding up a pickerel, he took great joy in telling me that he had been coming out here all winter long and hadn't caught a thing. He told his wife before leaving home today that if he didn't catch anything, he was going to quit fishing for good. Well, that must have changed his luck because he was three pickerel to the good. Apparently, he had just called his wife and told her, "Tonight we're having fish for supper."

Continued on page 7

Stonewall Teulon Tribune

The Selkirk Record

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February events being held at Stonewall library

By Natasha Tersigni

For the next few months, the South Interlake Regional Library's (SIRL) Stonewall branch will be a bustle of activity with events being held for February's "I Love to Read" month, the SIRL's 50th anniversary and the library's wellness series.

Once again, the library has partnered with Beyond Bread in Stonewall for "I Love to Read" month. In keeping with SIRL's golden anniversary theme, 50 golden tickets have been hidden in various library books. Lucky readers will be able to redeem the ticket at Beyond Bread for a cookie.

To continue celebrating their 50th anniversary, SIRL has also launched a bookmark contest. They are encouraging library patrons to stop by the library, grab a contest sheet, and design a unique bookmark. The winner for each category will be printed and distributed this fall. Entries must be dropped off at any SIRL location by March 24.

Following a similar series at the Teulon branch, the Stonewall branch has

launched a Wellness Series.

"We wanted to be able to provide patrons of the library with this information and connect them with local instructors and experts," said organizer Kelsey Dingwall.

All workshops are free and are held at the library with no pre-registration required. The first workshop was held on Sunday and was yoga for adults held by local instructor Gail Spencer Lamm. Other workshops will include:

- Nutrition & Wellness with Carolyn LeClair on Feb. 15 from 1:30 to 2:30 p.m.
- Positive Thinking with Daphne Shepherd on Feb. 16 from 7 to 8 p.m.
- The Art of Breathing with Carla Kummen on Feb. 22 from 1:30 to 2:30 p.m.
- Intro to Meditation with Sarah Todd on March 2 from 7 to 8 p.m.
- Self Care for Moms with Tracy Thibodeau on March 9 from 7 to 8 p.m.

For more information on any event, contact the Stonewall library at 204-467-8415 or visit their website at www.sirlibrary.com.



TRIBUNE PHOTO BY NATASHA TERSIGNI

The South Interlake Library Stonewall branch has launched its wellness series with six more workshops to be held throughout February and March focusing on personal health. The first workshop held Sunday, Yoga for Adults with Gail Spencer Lamm, was the perfect opportunity for one reporter to find her inner Zen and check #27 Yoga off of her ParticipACTION 150 list.

> GET FISHING, FROM PG. 6

Later, when I was pulling off the ice onto the road, I met a young couple out for a walk pulling a sleigh carrying their child. I remember stopping, rolling down my window and jokingly asking, "How do you guys like the 'fishing city' that's been appearing here on the ice every weekend?" They just laughed and shook their heads in

wonder at the spectacle.
See you next week, gang. Bye.

PUBLIC NOTICE

Pesticide Control Program

Public Notice is hereby given that the Province of Manitoba intends to conduct the following Pesticide Control Programs within the provincial roadway right-of-way. The program is needed to control invasive plants and noxious weeds on road allowances within the Municipalities of:

Brokenhead	Ritchot	Alexander
De Salaberry	Rosser	Piney
East St. Paul	Ste. Anne	Reynolds
Emerson-Franklin	St. Andrews	Stuartburn
Hanover	St. Clements	Victoria Beach
Headingley	Springfield	Pinawa
Lac du Bonnet	Tache	Cartier
La Broquerie	Whitemouth	Morris
MacDonald	West St. Paul	Montcalm

The herbicides to be used include: 2-4 D, glyphosate, dicamba, amitrol, clopyralid, dichlorprop, picloram, triclopyr, metsulfuron-methyl, diflufenzopyr, amonicyclopyrachlor, chloresulfuron, iron (as feredta) 2, 4-D choline, acetic acid, non ionic surfaltant, flumiox azin, indaziflam and L1 700.

If you have comments or concerns, the public may send written submissions to the specific control program within 15 days of the publication of this notice.

Manitoba Sustainable Development
Environmental Approval Branch
Suite 160, 123 Main Street
Winnipeg, Manitoba R3C 1A5.



RIVER SAFETY NOTICE

Dangerous Ice Conditions

During Ice Cutting and Ice Breaking Operations

The Manitoba government is preparing for potential spring ice jam flooding.

Ice cutting machines will begin working on or about February 22 on sections of the Red River beginning in the Netley Lake area and will move upstream towards Selkirk. Shortly after the ice cutting machines take to the ice, the Amphibex ice breakers will start operating at the mouth of the Netley Creek.

Dangerous ice conditions may not be obvious but will exist.

Ice fishers, cross-country skiers, snowmobilers and others going on the frozen river must:

- Use caution on the ice.
- Stay away from the ice-cutting and icebreaking equipment.
- Watch for posted warning signs about dangerous ice.
- Watch for notices to remove ice shacks and remove them promptly



Erinview Hall 1- 4 pm Sunday February 19

Open Public Discussion Lake Ranch Eco-Development

We plan to invest our best ideas, and our highest energy into initiatives that address the important components of life – individually, as a community and for our environment.

Become a part of the future.
Bring your thoughts and ideas. If you can't make it and would care to share please call Angela Enright,
204.679.0729

Local writer pens golf book

By Jennifer McFee

A Warren-based writer has taken a swing at writing a golf book, which will hopefully be a hole-in-one success.

Stefanie Lasuik penned her book *We Play Golf* as an independent project for her school program. The 21-year-old is in the final stretch of a joint four-year communications degree with two years at the University of Winnipeg and two years at Red River College.

As part of the program, students could choose their own approach for their independent project, so some of her classmates opted to host music launches or other events. For Lasuik, she set her sight on achieving a life-long dream.

"I always wanted to write a book," she said, "so I used it as an excuse to do something that I always wanted to do."

She decided to focus on golf, drawing on her own personal experience as an avid golfer while also incorporating advice from Manitoba golf pros.

"I looked at what was out there in terms of golf literature and I found that it was mostly golf manuals or stories about famous golfers. When I was very involved in the golf community, people always talked about the game itself. They weren't always talking about famous players," she said.

"They were just discussing this unique sport that is golf and why it is the way it is because it is so much different than any other game. This is a book for the average golfer. Professionals could read it, too, but it's meant to help the average golfer to connect them with their sport."

Although she is now a golf enthusiast, Lasuik did not always enjoy the sport.



TRIBUNE PHOTO SUBMITTED

Stefanie Lasuik is launching her book *We Play Golf* on Feb. 28 at Shooters Family Golf Centre.

"Personally, I've been golfing since I was six, but I actually hated it in the beginning. I wanted to go to the beach — and I talk about that in my book," she said.

"But as I grew up, I realized that this game has so much value. It teaches us so much more. It's like a life lesson where you learn all these things about yourself and you improve yourself by playing golf."

Although Lasuik used to be involved in Manitoba's competitive golf stream, she now mainly golfs for fun, when-

ever she can squeeze it in between her work and school commitments. In the future, she hopes to return to the tournament side.

In addition to golf, Lasuik has tried her hand at a long list of sports including cross-country, volleyball, basketball, hockey, badminton and track.

"I've played a lot of sports in my lifetime, but golf was always different for me. I wouldn't say that golf is the one I loved the most, but it was the one that taught me the most," she said.

"So I wanted to define it or describe it and show exactly what a value it has. I wanted to explore why people can go to a golf course one day and be so frustrated and hate the game but go home and want to go back the next day."

Lasuik also learned life lessons from the experience of writing a book, which certainly wasn't par for the course. She self-published her work so that it would be ready in time for her school deadline, and her goal is to sell 100 copies.

"I had to make a schedule for myself and dedicate so much time a day. Even if I wasn't inspired or in the mood to write, at least I would sit down and give it a try. If I felt good about it, I'd get through several pages in an hour. But some days I just sat down and got through one page or went over previous pages that I had written. It's definitely a discipline," she said.

"It was enjoyable and it was interesting. I always wanted this experience of putting together a whole book on one topic because I'd never written more than 12 pages on one topic before."

Now other golfers will have the chance to benefit from her experience — both in her school course and on the golf course.

"I try to give advice to average golfers. What I was finding with existing books is that there's all these manuals that give you one way to swing, but our swings are so individual that I don't think that manuals are effective," she said.

"So I try to give more general advice that would apply to everybody and help everyone with both the mental sides and the physical sides of the game."

The public is invited to Lasuik's book launch on Feb. 28 at 7 p.m. at Shooters Family Golf Centre at 2731 Main St. in Winnipeg. Refreshments will be available, and the event will feature several giveaways, including a golf bag and other smaller prizes.

Lasuik will be on hand to sign copies of *We Play Golf*, which will be available for \$15. For those who can't make it to the event, books are available for purchase on Lasuik's website at stefanie-lasuik.squarespace.com, and she also plans to leave copies at local businesses.

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PRESENTATION: Thursday, February 23 at 6:30 pm, Gaynor Family Library in Selkirk - R.S.V.P.

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12:00 noon at Smitty's Family Restaurant, 168 Main St., Selkirk, MB

1st PRIZE
Eskimo Quickfish 5
Lic. #68/16
2000 Tickets Printed

2nd PRIZE
Hummingbird Ice 35 Flasher

3rd PRIZE
Eskimo Shark 251-8in-51cc

Tickets: \$2.00 each

Tickets available at:

- Jad's (Arnes)
- Zan's (Arborg)
- Shop Easy (Riverton)
- J & J Fraserwood Store
- Fry Day's (Teulon)
- Gimli Snowmobile Centre
- Tru Hardware (Gimli)
- Gimli Small Engines
- Domo (Winnipeg Beach)
- Ford's Store (Winnipeg Beach)
- #9 Roadhouse (Winnipeg Beach)
- Matlock Store
- Petersfield Hotel
- Petersfield Store
- Clandebye Store
- Smoke n' Fish (Selkirk)
- Big Dollar (Selkirk)
- Westside Honda (Selkirk)
- Selkirk Record (Selkirk)
- Lockport Grocery
- Wavers (Scantbury)
- Sherwood Groceries (Gull Lake/Stead)


For Info Call: 204-641-6110 or 204-641-2210

worship *with us*

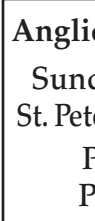
> FAITH



Teulon United Church
11:15 a.m. Teulon
Phone 886-2382
teulonpastoralcharge@mymts.net



Stonewall United Church
369-1st Ave. N., Stonewall
Service and Sunday School
Sundays 10 a.m.
Phone 467-5469 (office)
www.stonewallunited.ca




Anglican Parish of St. Cyprian
Sundays at 10:00 am at
St. Peter Lutheran Church
PTH #7, Teulon
Phone 886-3203



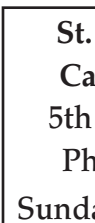
Interlake Full Gospel Assembly
Teulon
Sundays at 11:00 am
Phone 886-2680




New Life Church
Sunday Service 10:30 a.m.
Sunday school for all ages 9:30 a.m.
Teulon 886-3269



St. Peter Lutheran Church
Sunday Service - 10:00 am
PTH #7, Teulon
886-2159



St. John Vianney Catholic Church
5th Ave SE Teulon
Phone 467-9016
Sunday Mass 11:30 am



Anglican Church of the Ascension
Sunday Service 10:15 am
435 1st Ave. N., Stonewall
Phone 467-8466 (office)



Grosse Isle and Rosser United Church Services
Rosser Sunday 9:45 am

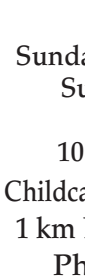
Lilyfield United Church
Rd. 68 & Sturgeon Rd.
Service 9:30 a.m.
Phone 344-5426



Alive! Family Church
Sunday Hymn Sing 10:00 a.m.
Sunday Worship 10:30 a.m. at
Sunova Auditorium, Quarry Park
Interpretive Centre, Stonewall
Phone 467-2870
www.alivefamilychurch.ca



Warren & Meadow Lea United Church Services
Joint Services
Alt. Sundays at 10:30 am
Call 322-5752 for location of service.



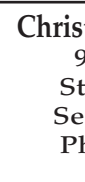
New Life Church
Sunday Service 9:00 & 10:45 a.m.
Sunday Morning Classes
9:00 a.m. - All Ages
10:45 am - Nursery - Gr. 4
Childcare for Nursery School to Gr. 4
1 km East on Hwy 67, Stonewall
Phone 467-5529 (office)




Woodlands Gospel Chapel
Service 7 p.m.
Sundays
Hwy 6 + Rd 82,
Woodlands
Phone 383-5372



Cornerstone Pentecostal Church
Sunday Worship &
Sunday School 10:30 am
Youth Nights - Sundays 6 pm
Thursday Bible Study
& Kids Club 7 pm
308 2nd Ave. N., Stonewall
Phone: 467-9797



Christ Church Anglican
97 School Rd,
Stony Mountain
Service 10:15 am
Phone 489-4847
or 344-5220




Christ the King Catholic Church
Sunday Mass 10:00 a.m.
315-2nd St. E., Stonewall
Phone 467-9016

God loves YOU

Love. Its the topic of the week as we celebrate the biggest commercial display of love, Valentines Day. Its in this week we see how people measure there love for there significant other. Chocolates, flowers, jewelry, the list goes on. For some love is shown through a fancy dinner, or for some its the same as the "Mr Clean Superbowl commercial" and love is shown through one spouse cleaning rather than the one who normally does it. Whatever result we come to most of the time the measure of love is found in materialistic things. Well let me let you in on a pretty awesome fact about God and his love. It's UNCONDITIONAL. It's not earned but freely given. Its not based on the size of the worship or givings we give him. No he simply loves you today. And this unconditional love that he loves you with is also immense. It says in Ephesians 3 " And I pray that you, being rooted and established in love, 18 may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ". May I suggest today that Gods love is so great that we can only grasp not fully know how deep and wide and high it truly is. He not only Loves you today but he loves you so much. An unconditional immeasurable, sacrificial love shown through the sacrifice of Jesus on a cross for our sins that we wouldn't have to perish but have everlasting life. For anyone who has a child you have an understanding of how powerful Gods love is for us if he sacrificed his ONLY son for us. Its a powerful love, but may I conclude today with a reminder that its a powerful love for YOU! God loves you and will always love you!


Nathan Young
Alive Family Church

Balmoral United Church
Sundays 9:30 am
Phone 886-2382
teulonpastoralcharge@mymts.net




Stony Mountain United Church
12 Main St., Stony Mountain
Phone 344-5426

St. Joseph's Roman Catholic Church
Sunday Mass 8:30 am
Stony Mountain
Phone 467-9016



Immanuel Lutheran Church (LCC)
Service 10:30 am
Childrens Sunday School
during Worship
Inkster & King Edward, Winnipeg
Rev Richard Beinert 632-6911



Church of the Annunciation Woodlands
Service
12:00 noon

To participate in this monthly section please call 467-5836

Ratepayer looking for answers from school board trustees

By Natasha Tersigni

The question of how a portable classroom owned by the Interlake School Division (ISD) ended up on a piece of land in the RM of Portage la Prairie continues to remain unanswered by ISD officials.

At least one ISD ratepayer has continued to ask for information regarding the alleged sale and confirmed movement of the classroom with zero results.

During the construction of the new Woodlands School, the ISD moved a portable classroom onto the site to be used as office space for ISD staff members. Once construction on the school was fully completed and students began attending school in September 2015, the refurbished portable classroom was supposed to be disposed of at a local landfill.

After months went by without the classroom appearing at a nearby landfill local residents began asking questions, with some of the questions directed at RM of Rockwood Councillor Mark Hidlebaugh.

Hidlebaugh was informed that the matter was currently being looked into and he did not pursue the issue further. In December 2016, after receiving information that the board had dropped the issue, Hidlebaugh wrote a letter to the ISD Board of Trustees and Superintendent Christine Penner asking for clarification on the portable classroom. Hidlebaugh's questions included what has happened to the classroom? where is it

located? who now owns it? was there a monetary transaction? and how was the classroom moved?

Penner responded to Hidlebaugh saying that all of his questions fall under the Freedom of Information and Protection of Privacy Act (FIPPA) and if he wanted more information he must submit a FIPPA request. Instead of going the route of a FIPPA request, Hidlebaugh wrote the Minister of Education Ian Wishart requesting an inquiry into this matter.

"I wanted to know what the process was to get rid of a building that was paid for by taxpayers and they are going to tell me that falls under FIPPA? That is terrible and it is inexcusable to answer somebody like that," said Hidlebaugh, who is still waiting on a response from the Minister of Education.

"I find it very, very odd actually that through this whole process (the division) has taken the attitude that everything falls under FIPPA; it is as transparent as looking at a piece of steel. They take the position that they don't have to tell us anything and quite frankly I find that insulting. Not only as a councillor in the RM of Rockwood but as a resident that pays taxes here."

The *Tribune* found that the portable classroom is now located on Provincial Road 26 W in the RM of Portage La Prairie.

Despite having physical evidence that the classroom was now located in another RM, ISD Board Chairperson Alan Campbell did not provide any



TRIBUNE PHOTO BY NATASHA TERSIGNI

A photo taken on Feb. 5, 2017, shows the mobile office that was owned by the Interlake School Division and used as a construction office during the Woodlands School construction is now located on 26 W Road in the RM of Portage La Prairie.

additional details regarding the portable classroom.

"Please make your request through FIPPA," wrote Campbell in an email when asked if the classroom was disposed of or if it was sold and if there are any corresponding financial statements related to the disposal or sale of the portable classroom.

"The school trustees know where the (portable classroom) is and that is about all I can say right now," said ISD Trustee John Hueging who like all trustees signed a confidentiality agreement when he took office that he would not discuss items that are talked about in-camera. While he is still bound by the agreement, he feels that taxpayers need to know what is going on and how the division is operating.

"This is public money."

Typically, in-camera meetings only occur when there is a personnel matter or an issue in the preliminary planning stages. While the board is allowed to discuss matters in-camera, the Manitoba Public Schools Act dictates that no final decision can be made in-camera and all resolutions must be presented at a public meeting.

No records of a motion approving the portable classroom to be moved off of Woodlands School property has been found by the *Tribune*.

For Hidlebaugh, the issue of the classroom is not about the money, but the principle.

Stonewall mayor pleased with steady population growth

By Natasha Tersigni

They say slow and steady wins the race, and that is what Stonewall's mayor Lockie McLean is hoping for.

Last week, Statistics Canada released their 2016 population data that was collected during last year's census. That data is used to update communities' population count and determine growth or recession. The last time population statistics were released was in 2011, so these new numbers reflect the growth, or decline, of a community over the last five years.

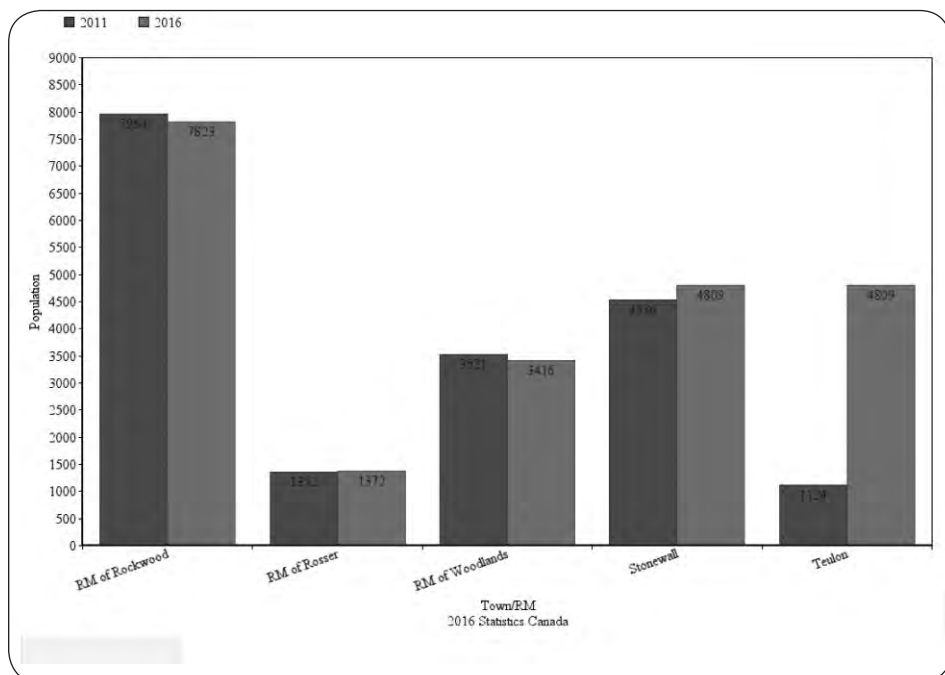
In the South Interlake, it is not all growth and prosperity that is being reported. The RM of Woodlands population declined three per cent and the RM of Rockwood's declined two per cent. Growth occurred in the RM of Rosser at one and a half per cent and Teulon edged out Stonewall in growth with 6.8 per cent over Stone-

wall's six per cent growth rate.

McLean is happy with Stonewall's growth rate, which is up from 2011's three per cent rate.

"The rate of growth is strong in the last five years, and I think that is good because you need that added tax base. As I look around the province, I am glad we are not one of those communities that are growing at double-digit pace," said McLean, who added that steady, not rapid, growth is best for a community.

"Stonewall is a big town now and we are going to hit 5,000 people in a year and a half to two years. When you grow, you can lose some of that small-town charm and I am certainly in no hurry to see Stonewall the size of Selkirk."



Continued on page 12

Statistics Canada releases 2016 population data.

PHOTO SUBMITTED

Happy retirement to long-time nursing professional

By Jennifer McFee

After nearly 37 years of work in the local health-care industry, Margaret Medwid is now nursing her transition to retirement.

Well-known throughout the district as a nurse and then a nurse manager, Medwid worked her final shift on Dec. 31, 2016. Since then, she has taken a few moments to reflect on her long and varied career.

For the 70-year-old woman, her employment aspirations began more than six decades ago.

"As a child, I always admired nurses and dreamed of becoming one," she said.

She began to follow her dreams in 1968, when doctors Beryl and Maurice Bishop hired the eager young worker as their receptionist. Medwid held the position for the next eight years before taking steps towards the next stage of her career.

"During this time, I realized it was now or never, so I applied to take the RN course at Grace Hospital in Winnipeg," she said.

At that time, she drove to the Grace Hospital each day. Her children were still young, since Karmelle was only five years old and Kristopher was two and a half. Medwid felt that they sacrificed a lot, along with her husband Jim, to help her progress with her nursing career.

After she graduated in 1980, Medwid got a job as a general duty nurse at the Teulon Hunter Memorial Hospital. At that time, the bustling 20-bed hospital had four doctors on staff with an active surgical program and an emergency room that was open 24 hours a day. The hospital had its own board, administrator, director of nursing and department heads.

"As a rural nurse in a small rural facility, I had the opportunity to work as a scrub nurse in the OR, work in the emergency, assist in the delivery room. It was very common to have four babies in the nursery at a time," she said.

"There is nothing more satisfying than being able to help the people of your own community."

Medwid had the chance to teach CPR and HCA courses and provide instruction to the volunteer ambulance crew.

"As an RN in a rural facility, you never know what's going to come through the doors, whether it be a heart attack, car accident, stroke or emergency delivery, so you have to be maintain all these skills," she said.

She knew that if she wanted to go into management that she'd need



Margaret Medwid graduated from nursing in 1980.

more education, so Medwid decided to study Nursing Administration in the Health System at the University of Manitoba in 1989.

That same year, she applied to work in the community as a case co-ordinator for home care.

"This job taught me how important it was to integrate health-care services between hospital and community," she said.

In 1991, she realized seniors were driving seniors to their medical appointments, and some of them shouldn't have been behind the wheel. With support from Coun. Bill Docking and the Hospital Foundation, and with provincial grants, Medwid was instrumental in the process of obtaining the first handivan for Teulon. The local municipal councils offered their support, and Medwid remains a member of the long-standing Handivan Committee, which is currently applying for funding for a third smaller handivan.

Adding to her busy year, Medwid applied for the head nurse position at Teulon Hospital in 1991 and soon moved up as director of nursing, staying in the position until 1998.

Throughout this period, supportive hospital auxiliaries raised funds for equipment such as IV pumps, oxygen concentrators and much more.

"During these years, services started to become centralized. No longer could we maintain all present services," she said, noting that all surgeries were done at Selkirk General Hospital and all deliveries were done in Selkirk and Ashern.

When regionalization occurred in 1997, Medwid realized that there would not be a director of nursing at each facility. So the following year,



SUBMITTED PHOTOS

She retired on Dec. 31, 2016.

she applied and earned the position of clinical services manager for the Interlake region and was awarded Teulon and Stonewall hospitals and Goodwin and Rosewood lodges.

Stonewall Hospital's nursery became a palliative care family room, and Teulon Hospital also underwent changes to include a similar room.

The Southwest District Palliative Care Committee formed, and Medwid continues to be a member. This growing committee provides financial support and purchases equipment for palliative care patients in the community and in both hospitals.

"The communities' support of both Hospital Foundations, the support from the Stonewall Ladies Hospital Auxiliary, the Lions and the Stonewall Legion has been phenomenal," she said.

In 2004, Medwid chaired the Teulon Hunter Memorial Hospital 100th Anniversary Committee, which hosted events such as a dinner, dance and parade.

Then in 2012, Medwid's career path changed again after the Interlake health region amalgamated with North Eastman. She applied for a job and was hired to serve Stonewall and Teulon Acute Care Facilities.

"At this time, acute care and long-term care were supported with different administration. Each time policies and procedures had to be rewritten so all staff in each facility were following the same protocols," she said. "The Interlake Eastern Regional Health Authority is huge, so jobs are huge. As a manager, I constantly had trouble filling all vacancies, especially RN positions."

Looking to the future, she expressed concern about the state of health-care

in the area.

"The senior population is living longer. There is not enough personal care home beds. Each facility has at least one-third of their beds filled with patients awaiting a nursing home bed," she said.

"Patients who come through ER who have lived in a community forever have to be transferred to wherever there's an available bed in the region."

Due to a lack of physicians, the majority of emergency work is done in Stonewall, Selkirk, Ashern and Pine Falls, she added.

"Teulon has only one physician and the acute care beds are, for the most part, filled by patients awaiting nursing home placement," she said.

"Stonewall's ER is always open 24-7 with approximately 7,000 visits per year. I identified a lot of ER patients come from Teulon. Teulon has an equipped emergency room and staff, so Teulon could take the pressure off of Stonewall's ER by seeing Stonewall's scheduled procedures such as IV antibiotic therapy, dressing changes, et cetera."

Due to this situation, Medwid and CRN Karen Campbell wrote a proposal to change Teulon's ER into a minor treatment area. Patients would be given appointments for their treatment and would get in and out without a long wait at Stonewall's hospital. Over time, Medwid hopes that the proposed changes would provide some relief for Stonewall's emergency room.

Now that Medwid has moved to a new chapter of her life, she hardly plans to sit idle. She will remain involved with the Handivan Committee, and several other committees have already asked her to commit to their causes as well. Travel plans are also in the works, and she looks forward to making more memories with her family, who have all supported her throughout her successful career.

Based on her experiences, Medwid encourages anyone who is interested in a nursing career to never give up and not let anything stand in the way.

"I fortunately chose a career I loved and never looked back. I have had a great nursing career and have met and worked with a lot of awesome people who have enriched my life. There is nothing greater than being an RN in a rural area," Medwid said.

"I thank the communities for all the support they have given to both facilities over the years. I wish them well in the future."

Certainly, the communities wish Medwid well too.

Local charity provides second chance to senior dogs

By Jennifer McFee

Every dog has its day, and a Stony Mountain charity is dedicated to giving that chance to senior canines.

Judy Smith founded Before the Bridge Senior K9 Rescue nearly five years ago, and through her organization, she rescues senior dogs ages seven and up. The furry friends come from all over, including some from Winnipeg Animal Services and others who have been relinquished by their owners.

There is no upper age limit for the pets. The oldest dog Smith has rescued was 17 years old — and now two years later, the dachshund-cross is still going strong in his West St. Paul abode.

"I decided to specialize in senior dogs because I used to foster for Hull's Haven Border Collie Rescue. She asked me to take a senior that was a stray and found wandering a lonely road north of Teulon," Smith said.

"I really didn't want to take this old gal because I thought I'd have her for a couple of months and then she'll pass. But I took the dog because somebody's got to care for these seniors. So that planted the seed."

Smith ended up permanently fostering the schnauzer-cross named Asker, who died four months later. However, Asker is never far from Smith's mind and her heart, since the cute canine is the face featured on the Before the Bridge logo.

Since the organization opened, they have found homes for more than 800 dogs, with anywhere from 25 to 40 dogs in foster care at a time. They are always in need of people who would like to foster dogs, particularly medium-sized or large animals.

"We provide everything for our fosters — the food, the bowls, the bed, the collar, leash, tags. That goes with the dog," Smith said.

"And when the dog gets adopted, that also goes with the dog so then our fosters are not out of pocket for anything. All they provide is the love."

A strong volunteer force is essential to the cause, since volunteers drive dogs to the vet and showcase them at adoption events twice per month. Partnerships with Pet Value on Pembina Highway and PetSmart on Leila Avenue are also instrumental to the organization's success.

Smith takes pride in never asking for



TRIBUNE PHOTO BY LANA MEIER

Before the Bridge Senior K9 Rescue, located in Stony Mountain, has several upcoming fundraisers to help care for its senior dogs.

money; however, Before the Bridge relies on donations of money and supplies. For donated items, the current wish list includes black leashes, collars (small, medium and large), halters (small, medium and large), dog dishes, dog beds, paper towel and bleach.

Charitable receipts are sent out immediately for monetary donations, and Before the Bridge hosts ongoing fundraisers to cover veterinary costs. Each senior dog is brought up to date with shots, dental care and heartworm testing. On average, the vet costs for each dog is between \$250 and \$550. Permanent fosters, who are deemed unadoptable, are on daily medications that cost \$650 per month.

On Sunday, Feb. 12, a group of people gathered at Summit Café in Stony

Mountain for a Valentine rib dinner fundraiser for Before the Bridge, bringing in \$2,004 after expenses.

Other upcoming activities include an adoption event at on Feb. 25 from 11 a.m. to 3 p.m. at PetSmart at 1-1050 Leila Ave. in Winnipeg.

A spring craft sale will be held at the Viscount Gort on April 9 from 10 a.m. to 3 p.m., and adoptable dogs will be in attendance. Tickets are on sale now for a wine raffle, which will be drawn at 2 p.m. at the event.

Plans are also in the works for a paint night, with the location and date to be announced soon.

For more information about Before the Bridge Senior K9 Rescue, call 204-295-0955, visit www.beforethebridge.ca or follow the organization on Facebook.

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> POPULATION GROWTH, FROM PG. 10

Over the past few years, Stonewall's council has taken steps to ensure that as the town grows, funding is in place to support the infrastructure. One of the major items that council passed was the Capital Lot Development fees put in place for new construction in Stonewall.

"We have made sure that when the growth does come, we have money coming in from the developers to put into the reserves. We are not just growing the town for the sake of growing; we are growing it wisely. We will

have money in our reserves to cover the cost that the added growth will have in infrastructure," said McLean.

Provincially, the data shows that Manitoba has increased its population by over 70,000 people between 2011 to 2016 — the largest growth experience since 1961. It is also the first time in 80 years that Manitoba's growth has outpaced the national average. Over the past five years, the largest growth in Manitoba occurred in the towns of Niverville (30 per cent), Ste. Anne (30 per cent) and Neepawa (27 per cent).

Excitement builds for Lions Manor expansion project

By Jennifer McFee

Work is underway for the Lions Manor expansion project, with residents scheduled to move in this fall.

Bill Ridgeway, chair of the Stonewall and District Lions Manor board, said builders have been working on the rafters, and the framing is completed up to and including the fourth floor. This week, they will likely be sheeting in the roof on the fourth floor area of the east-west section.

For the north-south section, which heads out towards the Crocus parking lot, work is about two to three weeks behind. However, the project began about six weeks behind the anticipated start date, so Ridgeway said they have gained back a lot of the lost time. The framing is nearly done for the entire second floor.

"It's going fast because all of the walls that come in are already pre-built. They're just lifted into place and nailed in — and that includes the interior walls as well," Ridgeway said.

The cost of the project is between \$12 million and \$14 million with 71 one- and two-bedroom suites in the new addition. The existing building contains 123 suites, and Ridgeway said there is very little difference between the new and the existing units.

The self-contained suites all come with their own kitchen, bathroom, washer, dryer and balcony.

In the summer, another courtyard will be created in the same style as the existing one, complete with similar light posts and walking paths. The parking lot is also expected to be complete before the move-in date.

Since it is a life-lease project, tenants at the Stonewall Lions Manor pay a deposit that is held in trust until they move out or it goes into their estate.

The deposit is \$50,000 for a one-bedroom suite and \$60,000 for a two-bedroom suite. Half of the deposit is due within a few days of signing up, and the remainder is due 30 days before the move-in date.

Unlike a condo, the tenants do not own their units nor do they pay condo fees, but they do pay rent.

"People are scheduled for moving in in the fall," Ridgeway said. "We're down to only having one

suite left in the new build that's available. Right at the moment, we also have one available in the existing building."

If anyone is interested in a one-bedroom suite, they should contact Stonewall and District Lions Manor at 204-467-8531.

"WE'RE DOWN TO ONLY HAVING ONE SUITE LEFT IN THE NEW BUILD THAT'S AVAILABLE."



TRIBUNE PHOTO BY LANA MEIER

Construction is underway for the Lions Manor expansion.

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New fertilizer system crops up at Marquette Coop

By Jennifer McFee

A new fertilizer system is cropping up at the Marquette Coop that will save time and improve environmental impacts.

Installation is underway for the new declining weight volumetric system, which features a blend and output capacity of 200 tonnes an hour — a significant improvement over the old system's 25 tonnes an hour.

Calvin Janke, general manager of Marquette Coop, said this initiative is the largest project and expansion that they've ever undergone. In total, the investment is more than \$1 million.

"It's by far the most precise way to blend and, on our end, to sell fertilizer," he said.

"It's really fast, and environmentally, it's the most efficient."

The new system consists of three 150-tonne bins and two 200-tonne bins, Janke explained.

"It's an addition on to our fertilizer plant, which was a shed-style plant. Now we can basically we charge these bins from either the plants or externally with a truck with a 100-foot leg," he said.

"Our shed was a 2,000-tonne shed, so now it's increased our capacity by about 25 per cent. Up to two years ago, we had lineups as long as five-and-a-half hours long. Now our line-

ups should be a maximum of about 20 minutes."

Previously, the external blender was a vertical blender that would hold a maximum of 12 tonnes. The new blend hopper holds 25 tonnes, so it's more than twice as big.

"Now once these bins are charged, the operator is doing blends from inside a control room compared to individually doing blends with a bobcat dumping into the blender so many kilograms," Janke said. "This figures it all out. You punch a blend into the system, and then the system automatically does it."

Janke expects that the new system should be up and running by about March 15.

"It's for our entire community and our entire membership. We encourage people to become members, but anybody can use it," he said.

"About 25 per cent of the business that we do in Marquette is with fertilizer. The rest is petroleum and seed and ag chem and farm hardware."

Paul Heller, president of the board of directors for Marquette Coop, said that the new fertilizer system will have a huge impact on the community.

"The beauty of that system is that when people come in for blends, we can have a lot more accuracy when it comes to them getting the blend that



TRIBUNE PHOTO BY JOELLE ZACHARAI

Marquette Coop is installing a new declining weight volumetric system, which should be operational by mid-March.

they want on to that particular field for that particular variety of crop that they're growing," Heller said.

"It shows the community that we're

going to be there for years down the road and that we're serious about serving the customer base that we have right now."

St. Laurent hires new emergency co-ordinator

By Jeff Ward

The new Municipal Emergency Co-ordinator (MEC) for the RM of St. Laurent believes the RM is more prepared than they've ever been for a po-

tential flood scenario.

Paul Belair had his first official day as MEC on Feb. 6 and said that he's just looking to get his feet wet and absorb as much information as he possibly can before the spring.

He explained that the top priority for him and council is to formalize a proper emergency plan and to review all government procedures and plans.

Belair, a St. Laurent resident for 30 years, was evacuated during the 2011 flood, having to spend six months away from his Laurentia Beach property before being able

to return.

"I'm really crossing my fingers for this spring, but the best thing for any community is to be prepared for anything, and that's what I'm here to do," said Belair.

"This job is all about taking care of our neighbours and the people all around us. I think St. Laurent is a lot better off right now that we were in 2011 and 2014. Many property owners have lifted their homes, and our roads have been built up as well. At least we're prepared if anything does happen this year."

According to the province's flood outlook, the Interlake can expect moderate flooding this spring. Belair said that he knows the community quite well and he's willing to work

with anyone and everyone to make sure the community is as safe as possible and that all of the emergency procedures are in place.

"The challenge for me right now is just learning all of these new things, and thankfully I have a few months to get up to speed and take in some seminars," said Belair.

Over the next few weeks, Belair will be looking to establish an Emergency Preparedness Committee but needs to focus on the procedures first.

He said that he is open to hearing from people in the community who want to be involved. If anyone out there wants

to contact him to volunteer, they can do so at 204-739-8164.

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"I THINK ST. LAURENT IS A LOT BETTER OFF RIGHT NOW THAT WE WERE IN 2011 AND 2014."

Thousands raised in joint community centre CFRY talent night

By Natasha Tersigni

Beautiful songs from talented musicians filled Meadow Lea Hall on Saturday evening for CFRY's Radio Amateur Talent Night.

The event was a joint fundraiser for the hall and the Lake Francis Community Centre and brought in \$9,746 from both pledges and business sponsors. Meadow Lea Hall is raising money for an outdoor digital sign and the Lake Francis Community Centre is hoping to purchase a storage locker.

Fourteen different acts entertained the crowd throughout the evening. Judges handed out awards to the performers following the performances.

Selkirk's Jayden Ramgotra won first place for the most talented individual and was also named CFRY's Most Promising Performer. The trio of Rol-



lie Gillies, Anna O'Neil and Sara Hadfield placed second, and sisters Katelyn and Rebecca Myskiw came in third.

For those who did not have a chance to

donate during the talent show, pledges are being accepted until Feb. 27. They can be mailed to the Lake Francis Community Centre Inc.; Box 36; Lake Francis

TRIBUNE PHOTOS BY NATASHA TERSIGNI

MB; R0C 1T0 or Meadow Lea Hall; Box 240; Marquette MB; R0H 0V0.

Volunteers wanted for Spirit of Caring course

Submitted

During critical times of suffering, trauma or loss, spiritual health can play a vital role in helping patients find their peace, inner strength and courage. It is during these moments of uncertainty that patients may need to regain their spiritual focus, recover their sense of purpose and reconnect with their beliefs.

Interlake-Eastern Regional Health Authority's spiritual health services program is looking for volunteers to walk alongside residents and patients of personal care homes and acute care hospitals with hope, respect, care and compassion. The Spirit of Caring course is a nine-week course that prepares volunteers to accompany and support people in a health-care setting.

Marion Magnusson, regional spiritual health services co-ordinator serving the west side of the regional health authority, explained spiritual care offers holistic healing. It is the activity of devoting presence, attention and respectful listening to people in helping them discern the meaning in life now — in this time and place, perhaps in the midst of a health crisis.

"It is through learning about spirituality that your own perspective on life will change. You will grow in understanding more about yourself in the diversity of expressing who we are as human beings," said Magnusson. "Our awareness of the cultural lens we wear will develop a broader scope to embrace the spiritual in all faith communities. Additionally, you will learn how to be available to another, to be

quiet with another and to listen without having to respond to be fully present with another."

Participants are invited to learn practical applications of spirituality in a variety of situations in health care, including how to recognize, respect and support a spiritual need, and how to attend to spiritual distress, conflict and dilemma in themselves and others. Participants will also explore the diversity of spiritual traditions, beliefs, cultures and many more themes.

Bonnie Murray, a spiritual health volunteer with the regional health authority, said the course was a commitment well worth her time. She learned from the co-ordinators, guest speakers and the class group through discussions of different perspectives and life experiences.

"I personally came away with a clearer understanding of spirituality and the importance of caring for our own spirit/self as well as that of others," said Murray. "Spiritual care in the health system is so very important because that is usually when people are their most vulnerable. While we aren't expected to have all the answers or fix anything for them, being an empathetic and supportive presence is what we can do for them."

The course is a pre-requisite for spiritual health services volunteers. It runs from March 23 until May 25 as follows: Stonewall: March 23 and 30, April 27 and May 4, May 25; Beausejour: April 6 and 20, May 11 and 18; Thursdays from 3 to 5:30 p.m.

The deadline to register is Feb. 28. There is a \$100 fee (no cost for spiritual health services volunteers).



TRIBUNE PHOTO SUBMITTED

Marion Magnusson, regional spiritual health services coordinator

For details and to register, contact Marion Magnusson at 204-641-1379 or mmagnusson@ierha.ca.

St. Laurent business aims to align your energy and balance your soul

By Jeff Ward

Heart Song, a small home-based business in St. Laurent, and its owner Priscilla Bradley aim to help her customers find balance in their mind, body and soul through Reiki.

Bradley is a Reiki healer and has recently turned her passion into a new business.

Reiki healing is a form of alternative medicine developed in 1922 by Japanese Buddhist Mikao Usui. Reiki practitioners use a technique called palm healing to manipulate the universal energy in the body to encourage emotional or physical healing.

Bradley said the idea to start her business came to her in a series of dreams over many years, though it took time to put together the mental puzzle that formed while she was asleep. Bradley has been a Reiki healer for more than 20 years, helping members of her own family. She said that she's benefited herself from the teachings as well.

Her work is a series of seven sessions that help people tap into their own chakras and focus the spiritual energy inside of them. Each session costs \$50 and lasts approximately 90 minutes.

"I don't wave any magic wands, but I can really help people stay in their own heart," said Bradley.

"I can help people deepen their connection to their heart and create more balance for them. When we open ourselves up to more kindness, more heart, all of those good attributes become more expansive. It feels like nothing can go wrong."

Bradley explained that those who request her services need to take ownership of their experience once they leave. She can only give them the tools, but it is up to the individual to use them in day-to-day life.

The metaphysical nature of Bradley's business won't appeal to everyone, and she's OK with that. She's not trying to convince anyone that this is the right path for them, and there is a certain level of openness clients need to have to take part.

"I picture it in my mind as the guard at the gate, this little protective part of all of us that isn't going to let anything bad happens to us. This is more for people who have tried other spiritual frameworks and it hasn't worked out for them. Perhaps they'll read this and it will resonate with them," said



TRIBUNE PHOTO SUBMITTED

Priscilla Bradley is using her talents as a Reiki healer to help people find their inner peace and to begin a healing process using their body energy.

Bradley.

Bradley said that she is in good health and believes that part of that has to do with Reiki and her own

meditation keeping her strong.

Her Reiki sessions are one-on-one and available by appointment by calling 204-739-3500.

ParticipACTION 150: Hope needs a little love

By Natasha Tersigni

To cross another activity of my list, I travelled to the Blackbird Ranch Rescue and Rehab for activity #34 Horseback riding.

The rescue, located eight kilometres north of Stonewall on Highway 7, is currently home to over 30 horses that have been neglected or injured and have nowhere else to go.

Kim Lyons and Corrine Nykorak are the volunteers and owners of the not-for-profit rescue. They spend many of their weekends travelling to horse auctions throughout the province to find horses that are in poor health and destined to end up on a butcher's slab.

Once horses come to the ranch, they are treated for any health issues and trained to be around other horses and people. When ready, which can take anywhere from a few months to a few years, the horse will be adopted out to a forever home.

On Saturday, I had the opportunity to ride Hope, an 18-year-old broodmare. Hope was saved from a meat auction, and before coming to the rescue, she was used only as a brood-

mare and was never ridden. Having been at the rescue for two and half years, Hope is ready to find a forever home and owners that can give her plenty love and attention.

"When we bought her at the auction, the owner came up to us and said he would give us a colt and take her back, and the only reason she was at auction was because the ground was too frozen to bury her. She is so quiet and doesn't know too much because she was just used as a broodmare," said Nykorak, who added that over the years, Hope is now socializing and able to be ridden.

"The best home for Hope is an owner that can give her a lot of time. She was very standoffish when she first came here, but she is socializing and now knows love."

Someone who can spend a lot of time with the beautiful horse will be the perfect owner. For anyone interested in adopting Hope or any other horse from Blackbird Ranch Rescue and Rehab, visit their website at bbrequine.weebly.com.



TRIBUNE PHOTO BY JO-ANNE PROCTER

With help from Hope, a horse currently fostered at Blackbird Ranch Rescue and Rehab, I was able to check off activity #34 Horseback Riding on my ParticipACTION list. Hope, an 18-year-old broodmare, is a very gentle, docile horse looking for a forever home.

get inspired

> MEAL IDEAS

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Salmon yogurt spread



6 servings / 5 min
Prep 5 min / Cook 0 min
With protein from both yogurt and salmon, this snack is sure to hit the spot when hunger strikes. Try it as an

appetizer too!
Ingredients
1/4 cup (50 mL) Canadian Mozzarella cheese, shredded
1/2 cup (125 mL) 2% plain Greek-style yogurt
1 can (7 1/2 oz/213 g) salmon, well drained
1/4 cup (50 mL) red onion, finely chopped
2 tbsp (25 mL) fresh dill, finely chopped
2 tsp (10 mL) Thai Red Curry Paste
Directions
In a medium bowl, mix all ingredients together.
Serve with crackers or toasted bread.

Artichoke Hummus



Prep time: 10-15 minutes
Servings: 4
1 can (14 ounces) Progresso Artichoke Hearts, drained
1 can (15 ounces) Goya Chick Peas, drained and rinsed
1/4 cup canned Swanson Vegetable Broth
1/4 cup tahini paste

2 tablespoons lemon juice
1 clove garlic, crushed
1 tablespoon chopped Italian parsley, plus more for garnish
1 teaspoon kosher salt
1/4 teaspoon cracked black pepper
1/4 teaspoon ground cumin, plus more for garnish
olive oil
In food processor, combine all ingredients and pulse until smooth. Season to taste with additional salt and pepper, if necessary.
Transfer to serving bowl and garnish with drizzle of olive oil, fresh parsley and dash of cumin.
Serving suggestions: Serve with toasted French bread slices, cut veggies or pita chips.

Tropical Mango Guacamole

Recipe courtesy of Ricardo Muñoz Zurita, Azul Restaurantes, Mexico City
Makes: 4 servings

1 ripe mango, diced into 1/4-inch cubes
1/4 cup jicama, diced into 1/4-inch cubes
1/4 cup red onion, finely chopped
1/4 cup garlic, finely chopped
2 tablespoons fresh lemon juice
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper



2 ripe avocados, peeled
2 tablespoons cilantro, chopped
1 tablespoon red pomegranate seeds, for garnish (optional)
In medium bowl, mix mango, jicama, onion, garlic, lemon juice, salt and black pepper. Set aside.
In another bowl, add avocado and mash until soft. Add mango mixture to avocado and mix. Top with cilantro and pomegranate seeds, if desired, and serve with tortilla chips.

Holding a Grudge

"RESENTMENT IS LIKE TAKING POISON AND WAITING FOR THE OTHER PERSON TO DIE."
MALACHY MCCOURT

A grudge is a feeling of deep-seated resentment or ill will. It forms when we are unhappy with what someone did or did not do. They did not act or respond in the way we expected or wanted them to. We are angry, upset, and often choose to distance from the one who has offended us.

Often the "offender" has no idea that we have taken offence. They did not act intentionally to hurt us, and indeed might be surprised to find that we have disappointed them.

If we find ourselves upset and disappointed often with the behavior of others, we must consider the possibility that we may be somewhat codependent. Codependency is when we are psychologically dependent on others. Our wellbeing or mood is unduly related to the behavior of others. We are like a puppet on a string. If others please us, we are up, if they displease us we are down. Codependents also tend to take things very personally.

This naturally creates trouble in



friendships and relationships. It has been said that we create as much harm when we take offence as when we give offence. When we take offence we are judging another for not living up to our standards, or not meeting our needs.

It is not the responsibility of others to fill our emotional needs. The more we take responsibility for our own emotional fulfillment, the less upset we are with others and the less we try to control their behaviors.

When we are tempted to hold a grudge, it can be helpful to look at all the many ways the individual has shown their caring for us in the past, rather than focusing on the one that, to our mind at least, they missed.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books, cds or MP3's, visit www.gwen.ca

Lentil Soup with Bacon

Prep time: 5 minutes
Cook time: 20 minutes
Servings: 2
2 slices bacon, diced
1 medium red onion, diced
1 large garlic clove, minced
1/2 teaspoon ground cumin
1 can (15 ounces) lentils, drained
1 can (14.5 ounces) Swanson Vegetable Broth
1 can (14.5 ounces) Del Monte Diced New Potatoes, drained
1 can (14.5 ounces) Del Monte Sliced Carrots, drained
1 can (8 ounces) Del Monte Cut Green Beans, drained
In medium saucepan over medium-high heat, cook bacon until crisp, about 5 minutes. Remove to paper towels to drain. Reserve.
In drippings remaining in skillet over medium heat, cook onion and garlic until tender, about 5 minutes, stirring occasionally. Add cumin; cook

1 minute.
Add lentils, vegetable broth, potatoes, carrots and green beans; over high heat, heat to boiling. Reduce heat to low; simmer 10 minutes uncovered to blend flavors, stirring occasionally.
To serve, sprinkle soup with reserved bacon.



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INSIDE > OUTSIDE > UPSIDE DOWN

Teulon Cross Country Ski Club heating up winter

Submitted

The Teulon Cross Country Ski Club travelled to the International Peace Gardens recently to participate in the Manitoba Provincial Cross Country Ski Championships.

Four local families attended and both parents and children participated.

Results from the Feb. 11 Classic: 1km Atoms - Alex Moss fifth, Graham Tinker eighth; 2.5km Pee Wee Girls 1 - Shannon Bodnarus first, PeeWee Girls 2 - Mary Tinker second, PeeWee Girls 3 - Hayden Turner second; 5km Midget Boys 1 - Liam Tinker third, Midget Boys 2 - Bryce Bodnarus sixth, Juvenile Boys 1 - Cole Turner 10th; 10km Master Women 2 - Bonnie Tinker first, Master Women 3 - Karen Klassen second, Master Men 3 - James Moss third; 5km Citizen - Don Bodnarus fifth and Marlene Bodnarus sixth.

Results from the Feb. 12 Free Technique: 1km Atoms - Alex Moss third; 2.5km PeeWee Girls 1 - Shannon Bodnarus first, PeeWee Girls 2 - Mary Tinker second, PeeWee Girls 3 - Hayden Turner first; 5km Midget Boys 1 - Liam Tinker second, Midget Boys 2 - Bryce Bodnarus sixth; 5km Citizen James Moss - second, Marilee Moss - third, Cole Turner - fourth, Karen Klassen - fifth, Bonnie Tinker - seventh and Don Bodnarus - ninth.

The Teulon Cross Country Ski Club also participated in the Falcon Combined ski event on Jan. 28-29 at the Falcon Ridge Ski Resort.

Saturday was the Provincial Sprint Championships where the athletes skate skied an 800-metre loop or a 1.2-kilometre loop. The format was a



Alex Moss chases Paul Wiens in the Atom division race at the Feb. 11 Classic. Moss finished third.



James Moss tried out the biathlon which involves skate skiing and shooting targets.

king's court where the first loop ranks your starting position in the heats. Then there are three heats to determine the final placings.

Results Saturday: PeeWee Girls 1 - Shannon Bodnarus second, PeeWee Girls 2 - Mary Tinker fourth, PeeWee Girls 3 - Hayden Turner third, PeeWee Boys 2 - Nicholas Palmer fourth, Midg-



TRIBUNE PHOTOS BY MARILEE MOSS

Teulon Cross Country Ski Club medal winners from the Manitoba Provincial Cross Country Ski Championships on Saturday.

et Boys 1 - Liam Tinker fourth, Midget Boys 2 - Bryce Bodnarus fourth, Juvenile Boys 1 - Cole Turner seventh, Master 2 Women - Marilee Moss second, Master 3 Women - Karen Klassen second, Master 3 Men - James Moss third, and Master 4 Men - Iain Palmer second.

Sunday was a day to give biathlon a go. It was the first time trying out bi-

athlon for all of our athletes. Biathlon involves skate skiing and shooting targets.

Results Sunday: Developmental Girls 11-14 - Hayden Turner third, Developmental Boys 11-14 - Cole Turner fifth, Developmental Men 19+ - James Moss first; Developmental Women 19+ - Marilee Moss third, Karen Klassen seventh.



Tori Studler

Studler selected as Bisons' female athlete of the week

Staff

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

Studler, a 5-foot-11 left side, registered 28 kills, 28 digs, five service aces

and 33 points while starting all 10 sets last weekend against the MacEwan Griffins.

In the first match last Friday, Studler had a team-highs 13 kills and 15 points while tying for a match-high 16 digs in a 3-2 (20-25, 25-14, 14-25, 25-21, 15-17) road loss.

The next match Saturday saw the third-year veteran register a team-high in kills with 15 (.262 hitting percentage), points (18) and accumulated digs (12) in another 3-2 (25-21, 22-25, 22-25, 25-18, 12-15) loss.

Hawks fly past Jets in first-place battle

By Brian Bowman

In the playoffs, special teams are often the difference between wins and losses.

And it was the difference Sunday in a regular-season clash between the Stonewall Jets and Charleswood Hawks. Charleswood scored a pair of third-period power-play goals in a 4-2 home win.

"We had three power plays in the first (period) and I think we hit two crossbars," said Jets' co-coach Matt Figur. "It was a real good game, back and forth, the entire time."

Mike Lorange gave the Hawks a 1-0 first-period lead and then Rob Cairns put the home side up two goals with a power-play marker early in the third.

Jets' forward Clay Tait cut that lead in half but Charleswood's Zach Heisinger scored a pair just 1:58 apart (the second goal coming on the power play) to put the home side ahead 4-1.

Robert Smith then closed out the game's scoring with a shorthanded goal at 15:29 of the third.

Charleswood was 2-for-4 with the man advantage while Stonewall was 0-for-4.

"We put a lot of emphasis on our special teams in practice," Figur said.

"The opportunities and puck possession were totally there for us on the power play. On the penalty kill, we have to simplify things. The puck needs to come out (of our zone) when we have the opportunity to get pucks down 200 feet.

"A lot of times we're putting it right on their defenceman's stick or we're shooting it off the glass and (the puck) is being knocked down by them. It's been situations like that when it ends up in the back of our net."

With Sunday's win, the Hawks now have 55 points to sit in first place in the MMJHL standings. That's two points better than the Jets, but Stonewall does have two games in hand.

On Feb. 7, the Jets flew past a pretty good St. James Canucks' team 4-1 in Winnipeg.

"It was a great road win," Figur said. "Tuesday nights are not usually our best nights with guys in school and working and stuff."

Stonewall's Kyle Doak and St. James' Nick Stire traded goals and then Jets' forward Branden Meier scored the eventual game winner at 13:34 of the second period. It was Meier's first goal of the season.

Aiken Chop and Devin Muir then



TRIBUNE PHOTO BY LANA MEIER

Jets' goaltender Hunter Ploszay faced 27 shots on goal during Stonewall's 4-1 win over the St. James Canucks on Feb. 7.

closed out the game's scoring in the third. Andrew Bayduza and Stephen MacKenzie both had two assists in the game.

Hunter Ploszay made 25 saves for the win.

Stonewall (26-10-1) will be busy this week with three games in just five days. The Jets hosted St. Boniface last night and then will play at the St. Vital

Vics tonight.

On Sunday, Stonewall will host the Transcona Railer Express. All three games have 7:30 p.m. start times.

"Those are teams that are below us in the standings and those are games that we recognize that we have to win if we want to get the first-place spot in the league," Figur stressed.

Stovin, Wasylak cut hair, raise money for Canadian Cancer Society

Staff

University of Manitoba Bison men's hockey players Brett Stovin and Jonah Wasylak recently donated their hair — and raised \$3,755 — for the Canadian Cancer Society.

Both second-year players had been growing their hair for the 2016-17 season and had it cut last Thursday. They originally had a goal to raise \$500, but that amount was quickly surpassed by a multitude of donations.

The mission of this outreach, said a press release, was to create awareness throughout the University of Manitoba student population as well as the other residents of the province of Manitoba that cancer is something families deal with 365 days a year.

"We recognize that many people only focus on cancer awareness during certain months of the year, but if your family has been affected by cancer, you understand that this chronic illness never fully disappears from your minds," said Stovin, a Stony Mountain product, in a Bisons' media release.

"Jonah Wasylak and I launched a fundraiser to cut our hair and (raise) money to donate to Cancer Care Society."



TRIBUNE PHOTO SUBMITTED

Manitoba Bisons' hockey players Brett Stovin, left, and Jonah Wasylak cut their hair and raised \$3,755 for the Canadian Cancer Society. Receiving the cheque for Canadian Cancer Society is Jill Somers.

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Stonewall Jets vs Transcona Railer Express
Sunday, Feb. 19 - 7:30 pm @ VMSC

Stonewall Jets vs Pembina Valley Twisters
Wednesday, Feb. 22 - 8:00 pm @ Morris Rec Complex



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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Rams wrap up regular season, prepare for playoffs

By Brian Bowman

The Stonewall Collegiate Rams split their pair of Winnipeg High School Hockey League home games last week.

After the Rams edged the Westwood Warriors 3-2 on Feb. 8, Stonewall was defeated 5-3 by the Springfield Sabres.

"We played really well in the Westwood game and got ourselves a 3-0 lead early," said Rams' head coach Andrew Michaluk. "We stuck to what we were doing and held on. Westwood was the stronger team and outplayed us but we stayed with our game plan and were able to get that (win)."

Against Westwood, Joshua Eardley gave Stonewall a 1-0 first-period lead and then Seth Mandryk made it 2-0 in the middle frame.

Seth McMahon put the home side up three goals but Westwood made the game interesting with late goals from Seth Robinson, on the power play, and Dylan McCaughan.

Tanner Greenwood earned the win in goal.

No scoring summary from the Springfield game was on the league website at press time. The Rams played a lot better against the Sabres, said Michaluk, compared to a loss to Springfield earlier in the season.

"(The game) showed how much we have come along since the start of the year," said the Rams' head coach. "At the beginning of the year, Springfield basically dominated us but now we're able to compete with them throughout the whole game."

Stonewall wrapped up its regular season Tuesday with an important road game at Fort Richmond. The Rams, who were in seventh place heading into their regular-season finale, were a single point behind the Centurions in the Winnipeg Free Press Division No. 2 standings.

"It's really important for us to give ourselves a chance for sixth place instead of seventh place," Michaluk noted.

The bottom four teams in the 10-team division have to play a one-game playoff (seventh vs. 10 and eight



TRIBUNE PHOTO BY JO-ANNE PROCTER

Rams' forward Brendan Labossiere, 13, celebrates with his team after scoring in Stonewall's 5-3 loss to the Springfield Sabres last Friday.

vs. nine) to see who advances to the post-season.

The Winnipeg Free Press Division

No. 2 playoff schedule had not been released by press time.

Ice post 2-2 record at Bantam 'AAA' Showcase

Staff

The Interlake Ice finished with a 2-2 record at a Hockey Manitoba Bantam "AAA" Showcase last weekend in Pilot Mound.

Interlake started the tournament Friday with a 4-1 win over Norman. The Lightning, which held period leads of 2-0 and 3-1, received goals from Ellen Marshall, Brenna Barylski, Jorja Wheddon and Megan Humeniuk.

Kennedy Cummings replied for Norman. Dana Beck posted the win in goal.

Interlake then improved its record to 2-0 after a solid 4-0 shutout over the Yellowhead Chiefs. The Lightning scored twice in the first period and then added a pair of insurance markers in the third.

Barylski (two), Emma Pool and Wheddon scored in the win. Jaylynn Miller earned the shutout.

Interlake then saw its offence suddenly dry up with a 4-0 loss to the Eastman Selects on Saturday and a 3-0 defeat to Pembina Valley on Sunday.

Interlake posted a 5-5 record in three separate showcase tournaments this season. The other two showcase events were held in October and December.

In league play, the Ice has a 4-17-0-3 record and 11 points to sit in eighth place in the nine-team league heading into this week's action.

Interlake played St. Norbert on Monday evening but no score was available. The Ice will then play the Rangers Saturday (7:30 p.m.) at Eric Coy Arena.

Interlake will host the Titans on Sunday (5:30 p.m.) and the Predators Monday (7:15 p.m.). Both games will be played in Stonewall.



TRIBUNE PHOTO BY PATTI HACAULT

Ice goaltender Jaylynn Miller watches as teammate Jacey Ledochowski clears the defensive zone during Interlake's 4-0 win over Yellowhead.

Hawks swoop past Flyers in Game 1 of playoff series

By Brian Bowman

The Stonewall Flyers were thinking upset Monday evening against the Notre Dame Hawks in Game 1 of their best-of-five South Eastern Manitoba Hockey League playoffs.

Instead, the result was a predictable one.

The first-place Hawks flew past the last-place Flyers 6-1 – scoring three first-period goals and then opening up a 5-0 lead by the 12:25 mark of the second.

Steve Clark (two), Cale Jefferies, Dan Lesage, Colin Grenier, and Jason Yuel scored for Notre Dame. Codi Lashiewicz replied for the Flyers.

Game 2 of the series will go tonight (8 p.m.) in Notre Dame while Game 3 will be played in Stonewall on Saturday afternoon (1:30 p.m.).

If necessary, Game 4 will be played in Stonewall on Tuesday, followed by Game 5 in Notre Dame Thursday. Both of those games will start at 8 p.m.

Last Saturday, Stonewall had a great effort in a solid 4-0 home win over the Winkler Royals to end its regular season.

Brock Couch scored twice and Bretton Fewchuk made 31 saves for the shutout. Braydon McDonald and Matt Varnes netted the Flyers' other goals.

Varnes, MacDonald, Couch and Ryan Elliot each finished the game with two points.

The Warren Mercs, meanwhile, started their first-round series with the Morden Redskins this past Tuesday. No score from that game was available at press time.

Neither was the playoff schedule for the remainder of the Warren/Morden series.

Warren wrapped up its regular season last Sunday with a 2-1 home loss to Morden.

Tyler Peers and Juha Keinanen scored for Morden. Matt Jacobucci replied with a third-period goal for Warren, assisted by Matt Murphy.

On Saturday, Warren whipped the Altona Maroons 7-3.

Kyle Luschinski (two), Brendan Luschinski (two), Reid McLeod, Wes Pawluk, and Jacobucci scored for the Mercs. Dylan Hykawy, Darrin Husak, and Cliff Betchen each finished the game with three assists.

Travis Bosch made 26 saves for the win.

Caleb Suderman, Dale Butland, and Tyler Dittmer scored for Altona.

The Mercs finished the regular season in fourth place with a 10-8-3-0 record and 23 points.



TRIBUNE PHOTO BY JO-ANNE PROCTER
Flyers' goaltender Brett Fewchuk had a shutout in his team's 4-0 victory over the Winkler Royals last Saturday in Stonewall.

Interlake Badminton Club a smash hit at recent tournament

Staff

The Interlake Badminton Club's registration numbers have been very good this season.

And the talent of those players has been equally impressive.

The local badminton club is fresh off a tremendous performance at a four-day Winnipeg Winter Club tournament.

"This was the second biggest tournament of the year next to (the provincials)," said Interlake Badminton Club head coach Dale Kinley Tuesday afternoon. "It was probably the best showing that the Interlake group has had there."

Some of the highlights from the tournament featured Chris Wiebe from Stonewall winning his U17 boys' singles and doubles events while Emalia Sinclair won the U17 girls' singles and doubles events. She also was tops in the B-side of the mixed doubles division.

Noah Koslowsky was the runner-up in the U17 boys' singles and won the

mixed doubles event along with Micah Reimer.

Kinley was impressed with his club's performance and the number of badminton players that they had competing at the tournament. He estimated that the Interlake club has about 50 members this year and they are all improving significantly.

"They have really been improving over the past year," Kinley said. "A lot of them are really getting into (the sport)."

Kinley also noted some players are also joining the club from outside of the Interlake.

Last week's tournament was really good for the local club as they prepare for the Interlake Open in Selkirk on Feb. 24-26. The Manitoba provincials will then be held March 17-19.

In May, Wiebe, Steinbach's Koslowsky and Teulon's Mark Shinnie of the Interlake club will be heading east for the nationals in Moncton. Players do not have to qualify for nationals, Kinley noted.



TRIBUNE PHOTO SUBMITTED
Badminton finalists, pictured left to right, back row, Liam Proven, Chris Wiebe, Noah Koslowsky, Justin Levesque, Mark Shinnie, Ethan Lindsay-Corbel and coach Dale Kinley; front row Anicka Esau, Emalia Sinclair, Sasha St. Pierre, Micah Reimer, Paisley Poirier and Serenity Poirier. Missing from the photo Kaiden Bell-Land.

Bantam weekend action Female Midget action



TRIBUNE PHOTO BY ANNALIESE MEIER

The Lightning's Rhett Woods scored Interlake's second goal in their 3-2 road loss in Thompson last Saturday. Interlake also played the Wolves the following day and lost 7-5. The Lightning will host the Brandon Wheat Kings at the VMSC this Saturday at 8 p.m.



TRIBUNE PHOTO BY LANA MEIER

Interlake goaltender Kerigan Dowhy kept it close, making 78 saves in the Lightning's 3-0 home loss last Saturday against the top seeded Westman Wildcats.

Local players have good runs at Viterra Championship

By Brian Bowman

Mike McEwen's Fort Rouge rink is headed to the Brier once again.

The defending-provincial champion edged West St. Paul's Reid Carruthers 8-7 in the Viterra Championship on Sunday in Portage la Prairie.

Trailing 5-4, the turning point in the final came in the eighth end when McEwen scored four to take an 8-5 lead. He then held Carruthers to singles in the ninth and 10th ends.

McEwen reached the final after downing Granite's Trevor Loreth 8-2 earlier Sunday. It was McEwen's fourth consecutive year playing in the Manitoba final.

Carruthers, meanwhile, won six consecutive games, including a huge 4-2 victory Saturday over McEwen, to earn a berth into the final.

McEwen's rink, which includes third B.J. Neufeld, second Matt Wozniak, and lead Denni Neufeld, will now compete at the nationals in St. John's, Nfld. from March 4-12.

Locals curl well

Dennis Bohn's Assiniboine Memorial rink, which includes Stonewall's Neil Kitching, Warren's Daniel Hunt, and Rosser's Kennedy Bird, opened

action with an 8-2 drubbing of Burntwood's Travis Graham.

Bohn then lost 11-4 to Pembina's Taylor McIntyre before rebounding with an impressive 9-2 triumph over Dauphin's Rob Fisher.

Bohn continued with his red-hot play with wins over East St. Paul's Travis Bale (8-7) and McIntyre (7-5) before losing 7-2 to McEwen on Friday morning.

McEwen scored three in the first and then took a 5-1 lead after three ends. After Bohn scored one in the fifth, McEwen ended the game with a pair in the sixth.

Lyburn eliminated Saturday

Stonewall's Jared Kolomaya, meanwhile, was the second on William Lyburn's Granite rink.

Lyburn was knocked out of the provincials on Saturday after an 8-5 extra-end loss to Carruthers and a 6-5 defeat to Loreth.

Lyburn began action with convincing wins over Brandon's Jim Renwick (8-2), Fort Rouge's Hayden Forrester (7-1) and Fort Rouge's Shawn Grassie (11-7) before edging Assiniboine Memorial's David Bohn (4-3).

Tourney champs



TRIBUNE PHOTO SUBMITTED

The Teulon Collegiate Saints junior varsity girls' basketball team won a MacGregor tournament last weekend after defeating the hosts 42-31 in the championship game. Teulon earlier beat Ste. Rose 44-20 in a quarter-final matchup and Virden 48-34 in the semifinal.

Pictured left to right, back row: Heather Tataryn (coach), Jubilee N, MacKenzie G, Piper L, Olivia S, and Jason Darragh (coach). Front row: Brianne G, Jessica M, Taylor T.

Annual men's bonspiel held in Warren



TRIBUNE PHOTOS BY VERNE MANKEWICH

Fourteen teams competed in the annual Warren Men's Bonspiel last weekend. Far left photo, left to right: The Johnson rink, which included Bud Johnson, Larry Johnson, Kris Johnson and Kerry Johnson (missing Mark Peltz) won the first event defeating Ron Weatherburn's rink in an extra end. Middle photo, Lawrie Hogg, David Green, Walt Stewart and Peter Van Kemenade defeated Larry Weatherburn's team to win the second event. The rink of Jordan Smith, Brad Van Hulle, Jordan Knutson and Connor Griffin defeated Tyson Langrell's team to capture the third event.

Marquette hosts stick 'spiel bonspiel last weekend



Marquette Curling Club volunteers and members hosted 48 teams at their eighth annual stick curling bonspiel last weekend. After four days of curling, Warren Johnson and Brad Childe of the St. Vital Curling Club won the 'A' side, defeating Ross MacMillan and Blair Myskiw in the final. Far left photo, left to right: Johnson and Childe with Marquette club member Darren MacMillan. Pictured second from left, 'B'-side champions Greg Didyk and Darren Lust. Pictured second from right 'C' side Murray McRae and Jeff MacMillan won the 'C' side. Alvin and Edith MacMillan captured the 'D' side.

TRIBUNE PHOTOS BY CALVIN JANKE

Local trio competes at HDT provincial competition

Staff

Local curlers were on target last Sunday at the Hit, Draw, and Tap (HDT) provincials in Portage la Prairie.

Stonewall's Lauren Brown and Sarah Daher, along with Stony Mountain's Jace Lafournaise, represented the region.

Brown won the 11-13 age division while Daher was tops in the 9-10 competition. Lafournaise represented the region in the 6-8 age category.

HDT is a youth skills competition where kids age 6-13 compete as individuals. HDT groups kids into three different age categories to perform

three different shots — a hit, a draw and a tap.

The difficulty of the skills is modified based on the age of the child.

CurlManitoba announced the inaugural HDT championship during the 2016-2017 season.

Curling clubs across Manitoba were encouraged to host a HDT competition as part of their junior curling programs. Winners progressed to a sport region competition and then the sport region winners advanced to the provincial competition held in conjunction with the Vitterra Championship.



TRIBUNE PHOTO BY STU BROWN

Stonewall's Lauren Brown, left, and Sarah Daher, middle, along with Stony Mountain's Jace Lafournaise, represented the region at the HDT provincial competition in Portage la Prairie last Sunday. Brown and Daher won their respective age groups.

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

Sudoku Answer

S	W	H	V	T	V	S	B	N	H	C	S	
S	L	V	E	D	E	H	E	V	N	I	W	Y
E	H	G	V	B	E	T	O	O	V	S	W	
H	E	O	V	E	L	I	V	O	E	S	O	
O	T	I	S	W	E	O	R	E	S	I	N	
H	V	L	E	B	N	O	L	V	O	Y	E	
S	V	H	V			A	C	O	I	G	I	
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I	W	H	E	T	O	E	S	E	S	I		
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E	N	I	T	O	E	E	T	O	I	E		
E	O	V	H	V								

Crossword Answer

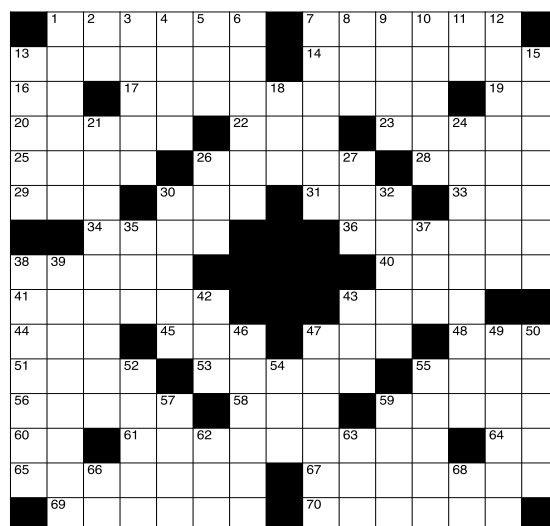
CLUES ACROSS

- Package
- Wear away
- Joins a leaf to a stem
- Worsen
- Promotes international cooperation (abbr.)
- Your folks
- Publicity
- Moves up
- Dept. of Labor
- Physicist Enrico
- Whitney and Manning are two
- Human foot (pl.)
- Coral is an example
- Extended error correction
- Small amount
- Dash
- The greatest of all time
- Middle Eastern country
- Ravine
- Cup-like cavity
- Chemical substances
- Extremely stupid behavior
- He built Arantea
- Beverage beloved by Brits
- Cereal plant
- Signal
- A bar bill
- Comedienne Faris
- Preface to a book
- Stores grain
- In a way, medicated
- Small island (British)
- An Indiana-based hoopster
- Measures width of printed matter
- Riders use this to transport goods
- Once more
- Thin layers
- Says again
- Cleans thoroughly
- Warnings

CLUES DOWN

- Relating to male organ
- Indicates position

CROSSWORD



- Covers with frost
- Makes a soft murmuring sound
- Wood
- Type of fuel
- Confused
- Where you go at night
- Canadian flyers
- Type of birch tree
- Beloved Welsh princess
- Coated
- Smooth substance of crushed fruit
- Improves intellectually
- A sign of assent
- Island-based Italians
- Pragmatic
- Peter's last name
- A bag-like structure in a plant or animal
- Mexican city
- Sir Samuel __, Brit. statesman
- Summer Olympics were just

- here
- Fiddler crabs
- Southern military academy
- Tumors
- Speaks incessantly
- Sacred sound in Indian religions
- Transactions
- Et-
- Reminders
- Doesn't interest
- Norse gods
- Canola is one type
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Interlake School Division invites applications for the following Educational Assistant position:

- **ROSSER SCHOOL – 3.0 hrs/day**
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 - **ÉCOLE R.W. BOBBY BEND SCHOOL – 3 hrs/day**
 - **TEULON ELEMENTARY SCHOOL – 3.0 hrs/day**
- Apply directly to the school.** 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 22, 2017, 12:00 noon.



Administrative/Customer Service Clerk Part Time Position Interlake Regional Campus (Saskatoon, Manitoba)

This competition may be used to establish an eligibility list of qualified candidates for future, term, part-time or regular vacancies. Applicants are to clearly demonstrate how they satisfy the selection criteria in their written submissions. Applicants must identify the competition number they are applying for in the subject line of the email.

Red River College is a leader in applied learning and innovation. Our talented team of employees is passionate about education, innovation and student success. We offer competitive salaries, extensive benefits, and the opportunity for personal and professional growth in a rewarding career.

Duties: Reporting to the Manager of the Interlake Campus, the main responsibility will be to provide prompt, friendly, professional, efficient customer service both in person and over the phone and via email. Responsibilities include but are not limited to; providing general information and respond to enquiries from prospective students, existing students, staff and general public to assist them in meeting their career/educational goals. Determining student needs and refer them to appropriate resources when necessary, to provide routes or pathways to help students achieve their career/educational goals. Processing program applications, course registrations, accurately inputting data and sending out appropriate correspondence in a timely and professional manner. Calculating and processing simple and complicated financial transactions including tuition, test services and application fees. Producing transcripts, confirmation of enrollment and other various reports and forms. Assisting student with online account related issues (password reset, account creation, procedures, etc.). Work hours will include day and evening coverage.

Qualifications: Required:

- Education in office administration or business; an equivalent combination of training and experience will be considered
- Extensive front line customer service experience
- Extensive experience and proficiency with MS Office Applications (e.g., MS Word, Excel, and Outlook)
- Experience working with confidential records and knowledge of Freedom of Information Personal Protection Act (FIPPA)
- Experience providing courteous customer service to diverse groups (with flexibility in adapting to the needs of a customer service driven environment)
- Effective written communication skills
- Demonstrated verbal communication skills
- Excellent interpersonal skills (with both internal and external collaterals)
- Excellent organizational and multi-tasking skills
- Ability to recall vast amounts of information, policies, and procedures
- Ability to work independently with little supervision
- Ability to prioritize work, meet deadlines and work under pressure
- Values Diversity, Equity, and Inclusion
- Commitment to lifelong learning

Assets:

- Experience using the College's information systems (Colleague and Recruiter)

Conditions of Employment

- Candidates must be legally entitled to work in Canada
- This position may be required to work evenings.

We seek diversity in our workplace. Aboriginal persons, women, visible minorities and individuals with disabilities are encouraged to apply.

Competition Number: 2017-009
Closing Date: February 21, 2017
Salary Range: \$20.50 - \$28.06 per hour
Apply to: Red River College e-mail: humanresources@rrc.ca

We thank all applicants for their interest, but only those selected for an interview will be contacted. Red River College provides accommodations to applicants with disabilities throughout the hiring process. If an applicant requires an accommodation during the application or selection process, Human Resources will work with the applicant to meet the accommodation needs.

For more information and other employment opportunities, visit <http://blogs.rrc.ca/hr>.



Instructor, Carpentry - Term Position Peguis Fisher River Campus (Fisher River)

"This competition will be used to establish an eligibility list of qualified candidates for future vacancies."

Applicants are to clearly demonstrate how they satisfy the selection criteria in their written submissions and must identify the competition number they are applying for in the subject line of the email.

Red River College is a leader in applied learning and innovation. Our talented team of employees is passionate about education, innovation and student success. We offer competitive salaries, extensive benefits, and the opportunity for personal and professional growth in a rewarding career.

Duties: Instruct both the theoretical and practical aspects of carpentry in the Carpentry Certificate program. Topics include hand tools, machines, concrete, framing, stairs, finishing, surveying, blueprint reading, drafting and the Canadian Building Code. Duties include: safe supervision and guidance of students, maintaining student records, student evaluation, development and adherence to the delivery schedule within an allocated time, attendance at scheduled meetings, ensuring curriculum content is consistent with parent program, maintain lab and classroom setup, plan for material and supply needs and other professional duties related to instruction.

Qualifications: Required:

- Valid Inter-Provincial Journeyman's Certificate in Carpentry
- Significant, current and related industry experience in the commercial and/or residential aspects of the trade
- Experience using a variety of hand tools and machines
- Experience reading blueprints
- Excellent oral and written communication skills
- Effective Interpersonal skills
- Demonstrated leadership skills
- Ability to work independently as well as in small to large group settings
- Ability to use conflict resolution techniques to facilitate positive outcomes
- Ability to present material to diverse groups with the use of appropriate technology
- Ability to demonstrate values of Red River College: Learning, Respect, Inclusiveness, Integrity, Healthy Environment and Contribution to Community
- Values Diversity, Equity, and Inclusion
- Commitment to lifelong learning

Assets:

- Experience with the application of the Canadian Building Code
- Curriculum development experience
- Experience teaching adults
- A network of contacts within industry
- Proficiency with MS office software (Word, Excel, Outlook, PowerPoint)

Conditions of Employment:

- Candidates must be legally entitled to work in Canada
- This position may be subject to audiometric assessments

We seek diversity in our workplace. Aboriginal persons, women, visible minorities and individuals with disabilities are encouraged to apply.

Competition Number: 2017-014
Closing Date: February 24, 2017
Salary Range: \$30.52 – \$45.33 per hour

*The successful candidate with a Masters or PhD in a related field will receive an Educational Supplement of \$2,725 or \$5,450 per annum respectively pro-rated on an hourly basis.

Apply to: Red River College by e-mail at humanresources@rrc.ca

We thank all applicants for their interest, but only those selected for an interview will be contacted. Red River College provides accommodations to applicants with disabilities throughout the hiring process. If an applicant requires an accommodation during the application or selection process, Human Resources will work with the applicant to meet the accommodation needs.

For more information and other employment opportunities, visit <http://blog.rrc.ca/hr>

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UPCOMING EVENTS

South Interlake Ag Society invite you to "Beat the Winter Blues" at our Spring Fling Dinner on Saturday, March 4, 2017 at the Red Barn (Hwy 236 & 75N). Cocktails 5:30; Dinner 6:30. \$25. Info: 204-467-8789; 204-633-2238.

Stonewall Odd Fellows Lodge is hosting a Soup and Bunwich Lunch on Sunday, Feb. 19, 2017 between 11:30 and 1:30. Admission \$10 at the door or call Larry 204-467-8882.

HEALTH

Canada Benefit Group – attention Manitoba residents: do you or someone you know suffer from a disability? Get up to \$40,000 from the Canadian Government. Toll-free 1-888-511-2250 or www.canadabenefit.ca/free-assessment

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ANNOUNCEMENT

BIRTH ANNOUNCEMENT



Nisa Irene
Margaret Kentner and Hennie Van Gerwen
are happy to announce the birth of their
great-granddaughter
Nisa Irene on October 16, 2016.

ANNOUNCEMENT

BIRTHDAY



Coffee Time
Milton Good is having Coffee and Cake
in celebration of his
60th Birthday
on Sunday, February 19th
from 2:30 – 4:30 p.m.
at the Anglican Church Hall
435 1st Ave. North Stonewall
(behind Town of Stonewall building)
No gifts please
Just the pleasure of your company
Hope to see you there!

ANNOUNCEMENT

CARDS OF THANKS

It's difficult to find words to adequately thank my wonderful children, grandchildren, my mom, siblings, my close friends and neighbours for always being there for Grant and I from the very beginning of our "journey" to Grant's final day and peaceful rest. Always a shoulder and a helping hand. Thanks also to his brothers for their regular visits and outings with Grant. And for the support I knew was always there. To staff at Rosewood and Teulon Hospital, the kindness, caring and compassion you showed both of us was so appreciated. Grant was always treated with dignity and respect. Thanks to Dr. Pinniger and Dr. Graham as well! God bless you all!!

-Brenda Hollier

ANNOUNCEMENT

IN MEMORIAM

Gordon Kenneth Reed
September 17, 1942 – February 16, 2015

Remembering you is easy,
We do it every day;
Missing you is something,
That will never go away.

-Lovingly remembered by,
Lena, Donnie and Sabrena,
Debbie and Brad
and grandchildren
Riley, Cameron, Mhea, Avery
and Conner

ANNOUNCEMENT

IN MEMORIAM



Pat Bond
Loving and kind in all her ways,
Upright and just to the end of her days;
Sincere and true, in her heart and mind,
Beautiful memories she left behind.
-Husband Glen and family
Derek, Michelle, Glenda and Shawn and Sara

REPORTER/PHOTOGRAPHER

Are you a natural born storyteller with an eye for photography and interest in social media?

The Selkirk Record is currently seeking a full time Reporter/Photographer to join its multi-award winning weekly community newspaper with an average circulation of 16,500 copies.

We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories in Selkirk and surrounding areas.

The successful candidate must be able to track down breaking news and dig for original story and creative feature ideas that keep the communities we cover informed.

Qualifications:

- A post-secondary degree/diploma in journalism or equivalent experience in a related field
- Self-starter with the ability to exercise solid news judgement
- Active on social media and familiar with Canadian Press style
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner
- Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
- Exceptional organizational, written and verbal skills is imperative
- Knowledge about Selkirk and its surrounding communities would be an asset

Please forward your resumé, writing and photography samples to:

Lindsey Enns

Editor, The Selkirk Record

Email: news@selkirkrecord.ca

Deadline to apply is Monday, February 27.

The Selkirk Record



OBITUARY

Ruth Burse (nee Tanchak)
1946 – 2017

It is with heavy hearts that the family announces the sudden passing of Ruth Burse on February 12, 2017.

Ruth will be sadly missed by her loving partner Martin Cox; children, Terese (Ron), Nicole (Andy); and grandchildren, Chantelle, Cameron, Allison, Elisee. Ruth is also survived by her siblings Bobbie, Joannie (Art), Glenn (Sandra), Debbie (Garry) and Howard Burse. Ruth was predeceased by her brother Ronnie.

Throughout her life Ruth enjoyed spending time with family and friends shopping, dancing and spoiling her grandkids. Ruth also enjoyed volunteering her time with several organizations. Ruth and Martin enjoyed travelling and spending quality time together.

A funeral service will be held at MacKenzie Funeral Home, 433 Main Street in Stonewall, Friday, February 17, 2017 at 2:00 p.m., with a viewing

starting at 1:00 p.m.

In lieu of flowers, the family requests donations to CancerCare, 675 McDermot Ave, Winnipeg, MB R3E 0V9.

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OBITUARY



Astrid Maria Procter (Nee Simonson)

It is with great sadness that the family of Astrid Maria Procter of Woodlands, Manitoba, announces her passing after a lengthy and courageous battle with Alzheimer's on Sunday, February 5th, 2017, at the age of 81.

Astrid will be lovingly remembered by her husband of 51 years, Fred and their children Pat, Randy, Trent, Trevor (Michelle) and, daughters-in-law Jo-Anne and Erin. Astrid will also be fondly remembered by her eight beautiful grandchildren, Paige, Nevada, Robert, Dawson, Brody, Lucas, Payton, and Charlie. Astrid is survived by her siblings, Viola, Ted (Joy), Carl (Edie), Dorothy (Ken), Lloyd (Betty), sisters-in-law, Winnifred and Peggy; and many nieces and nephews. Astrid was predeceased by her parents, Torger and Martha Simonson, brothers Gordon, Doug (Sherry) and Gary, nephew Wesley, father and mother-in-law, Jim and Marge

Procter and sister-in-law Edith Hjalmarsson.

Astrid was an incredibly hard working woman, who worked tirelessly to help support their family farm. She was an avid lover of sports, especially when her children and grandchildren played. She enjoyed making her ceramics and took much pride in her gardens, which were always so beautiful. Astrid was always happiest when her home was filled with her friends, family and especially her grandchildren. The delicious meals she always generously prepared kept everyone coming back for more! It was not uncommon to see Astrid on the floor playing mini sticks or doing a puzzle with her grandchildren, they were her pride and joy. Astrid loved her community of Woodlands, where she lived her entire life. She was a member of the Woodlands Legion, an avid Tuesday night bingo player, and in the last years of her life she enjoyed the company of the residents of Oak Park Estates.

A Memorial Service to celebrate and remember Astrid will be held on Saturday, May 27th at 1:00 p.m. at the Woodlands Hall, Woodlands, Manitoba, Shirley Williams officiating. Interment will follow at Woodlands Cemetery.

Very special thanks to the amazing staff at Rosewood. You are all angels on Earth. Thank you to Dr. Graham for his excellent care and compassion he showed Astrid and our family. Battling a long disease like Alzheimer's is difficult and we all truly appreciate the love and support of our friends and family.

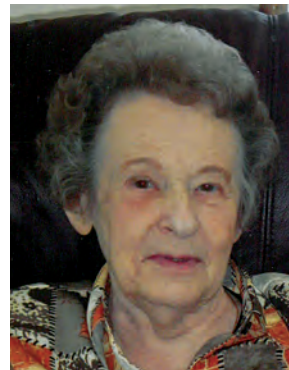
Those who so desire may make memorial donations in memory of Astrid to the Alzheimer's Society of Manitoba 10-120 Donald Street, Winnipeg, Manitoba, R3G 4G2 or Canadian Cancer Society (Canadian Breast Cancer) 375 University Ave, 301 Toronto, Ontario M5G 2J5.

"The best medicine for humans is Love, if that doesn't work increase the dose."

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OBITUARY



Annie Eileen Margaret Murray

Peacefully on February 7, 2017 Annie Eileen Margaret Murray passed away at Rosewood Lodge Personal Care Home in Stonewall at the age of 92 years.

She will be forever missed by her sister Edna Fisher. Eileen and Edna spoke daily on the phone and when Eileen was admitted to Rosewood Lodge they were able to see each other every day. She will also be missed by her niece Darlene (Lloyd) as well as great nieces and nephews Michelle (Lyle) and Kyle (Kezia), Lisa (Dennis) and Aiden and Murray (Kristin) and Grace. Eileen will also be remembered by her nieces and nephews and their families, Bonnie (Don) Hosack, Sandra (Doug) Wallis and Rick Rawson, all of Ontario. She was predeceased by her parents, sister Nora Rawson and brothers-in-law, Earl Rawson and Bill Fisher.

Auntie Eileen was viewed by her nieces and nephews as more of a "fun friend" than an aunt and so we called her Eileen. Eileen was always there with us to celebrate our accomplishments and milestones. She never missed a Sunday family supper, our birthdays or a Christmas and was a large part of our lives growing up. Eileen loved animals and they loved her - growing up our pets always knew that Eileen could be counted on for a pat and a treat. Eileen's home was a great place to visit. There were always homemade cookies to eat and card games to play. Never did you leave her place without a chocolate bar for the road. Eileen enjoyed to travel and had travelled throughout Europe, Canada and the U.S. When Eileen returned from a trip you could count on presents and souvenirs for all of us. Eileen had very gentle and quiet demeanour. She was never one to be the center of attention but her presence was always felt with her kind smile and we will all miss her very much.

Thank you to Stonewall Home Care, Dr. Pinniger, Tudor Home, Dr. Graham and Rosewood Lodge for Eileen's care over the years.

As per Eileen's request, no formal service will take place and a private family interment will take place at a later date.

In lieu of flowers, donations in Eileen's memory can be made to The Canadian Cancer Society, Heart and Stroke Foundation or The Winnipeg Humane Society.



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