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Stonewall Teulon Tribune

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Good old fashion fun

TRIBUNE PHOTO COURTESY OF NANCY DILTS
The Inwood community enjoyed a Family Fun Day on Saturday, Jan. 23 at the Dilts family's Simply Living Wellness Retreat near Norris Lake, where guests spent quality time together in a beautiful outdoor setting. Highlights of the day included sleigh rides and a wiener roast.

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



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Two hearts joined by surgery

By Kevin Rollason

Broken hearts usually mark the end of a relationship, not the beginning.

Unless you're Sherene Wright and her fiancé, Russell MacDougall.

The couple, who are holding a social later this month followed by a wedding later this year, had each of their broken hearts mended, not by the passage of time, but through cardiac transplant surgery.

You could say their hearts were pierced by a surgeon's scalpel instead of Cupid's arrow.

And their path that will lead two hearts to beat as one took its first heartbeats inside the cardiac services program at St. Boniface Hospital.

"I never thought I'd find love because of a heart transplant," Wright said.

"Everybody says we should write a book or do a movie. It is pretty unbelievable."

MacDougall said, "I believe that what happens is meant to be."

"This is something meant to be, and the paths we chose before led us here. I'm as happy as I'll ever be."

How rare is this? The couple doesn't know, but just receiving a heart transplant already puts them in rarefied air.

The most recent statistics show only 129 Canadians received heart transplants in 2012, with another 123 on the waiting list for surgery.

The couple first met inside a hospital when the 36-year-old Wright, who received a new heart July 1, 2012, went a few months later to counsel MacDougall, 35, on what it would be like living with a left ventricular assist device (LVAD) to keep him alive while waiting for a transplant. Wright herself had needed the same device before her transplant.

"I went up and talked to him, and I told him how it was going to be," she said.

Wright said the two then saw each other when they regularly began going out with several people in a small



Sherene Wright and Russell MacDougall of Stonewall, both heart transplant recipients, are getting married in September.

exclusive club: people who had undergone or were waiting for transplant surgery.

"We went out for movies in a group, but then about November (2014) Russ asked me for an actual date — just the two of us. We just started dating while he was on the LVAD."

Then, on April 29, 2015, Wright was at work when she got the call from MacDougall. A donor heart was suddenly available, and he was leaving for Ottawa for the transplant.

"I raced to the airport," she said.

MacDougall said he was about to get on the air ambulance to take him to Ottawa when he suddenly turned around and took Wright a short distance away on the tarmac.

It wasn't a change of heart, but a question he wanted to pop to get off his chest before his chest was opened later that day.

"I was prepared; I just wasn't so sure if she was prepared, but she was," he said.

"It had to be done then, and I had to



PHOTO BY RUTH BONNEVILLE

Sherene Wright and Russell MacDougall, both heart transplant recipients, together at their home holding heart-shaped pillows made by MTS volunteers for heart surgery patients.

say it or I would regret not saying it."

"It was quite an emotional day," Wright said laughing.

A few weeks later, MacDougall was transferred back to St. Boniface, but he wasn't discharged from hospital until September.

"I tell him I began planning the wedding while he was still asleep after surgery," Wright said.

There are many things the couple have in common besides their love for each other: they both need to spend almost \$2,000 every three months for just one of their anti-rejection drugs. They both have his-and-her matching chest scars.

And they both had the same nurse caring for them who has now become such a close friend she is part of their wedding party.

That nurse, Jolene Scharikow, said the odds of two people receiving heart transplants and then getting married are so small, she figures "you

have more of a chance of going into a field and hoping for a lightning strike, while even holding a lightning rod, than this happening.

"I don't think it has ever been heard of. It's certainly heartwarming, and everyone loves it who hears about it."

But, besides their love, there is something else the couple is adamant about: organ donation.

Wright said she loves the idea currently being pushed by Manitobans for Presumed Consent to make organ donations the first choice unless you have opted out.

"There are so many people who think they are donors and don't know they have to go online to sign up now," she said.

"Everybody should be part of it. Everybody should just be on the list."

"We wouldn't be here if it wasn't for people who were donors."

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Food Network to feature Summit Café

By Jennifer McFee

A Stony Mountain eatery is about to hit a new summit as it prepares to be featured on TVs across the country.

The Summit Café will be shown on the popular Food Network program *You Gotta Eat Here!* on Friday, Feb. 26.

It's a lot to digest for Nadine Dannenberg, who owns the restaurant with her husband, Carl.

"One of our clients wrote into the show, and when she notified me, I was pleased that she thought we were a strong enough candidate to be on the show so that got us choked up. We were really tickled and flattered," Dannenberg said. "Then we were very surprised when we actually got the call and started the interview process."

Hosted by the charismatic John Catucci, the episode was filmed at the restaurant last summer. Viewers will have their taste buds tempted by three mouth-watering menu items: the BLT with bacon marmalade and French onion soup, the spicy shrimp grilled cheese with lasagna soup, and the pulled pork and mac'n'cheese sandwich special. The show will also feature customer interviews about

other popular menu options.

"It's very exciting and a little nerve-racking to see what we'll be like once we're on TV," said Dannenberg, who plans to watch the episode with a few family members.

"I know the clients did an awesome job with their interviews. I'm not worried about that. I'm more concerned with how I'm going to appear conversing with him while cooking."

With her PVR already programmed, Dannenberg is also prepared for an increase in interest in Summit Café after the episode airs.

"We're not very far from Winnipeg and we do have quite a few clients from Winnipeg already. So we're hoping that means we'll get an additional influx of new customers that we'll have coming the restaurant that will make us a little bit busier than we are now," she said.

"It will be great way to put Stony Mountain on the map."

To view the episode, tune in to *You Gotta Eat Here!* on the Food Network at 8 p.m. CST on Friday, Feb. 26. Since the schedule could change, Dannenberg suggests double-checking the lineup at www.foodnetwork.ca.



TRIBUNE FILE PHOTO BY STEFANIE LASUIK

Barb Hoppensack (left) and John Catucci were at Summit Cafe in Stony Mountain last summer filming an episode of *You Gotta Eat Here!* that will air Friday, Feb. 26 at 8 p.m. on the Food Network.

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TCI administration re-implement ban on hats

By Natasha Tersigni

Students at Teulon Collegiate Institute's (TCI) lesson in real-life democracy is over as the school's administration has reinstituted the ban on hats in the building.

Before the Christmas break two Grade 11 students, Jesse Hancox and Derek Harasymko, presented TCI administration with a petition with the majority of the students in support of wearing hats in the school. Listening to the students, teachers and administration agreed to a one-month trial period in January where students could wear hats in the building, except in the office and gymnasium.

A group of 15 students who wanted the hat ban lifted agreed that during the trial period they would improve

their attendance, grades and behaviour to show that they were serious about the rule amendments.

At the beginning of February Principal Paul Magnan analyzed the data and decided the ban would be reinstated.

"Two weeks ago administration met with the two boys who started the petition. We told them that we would look at the data together with the group of fifteen that we originally met with. The data that we shared back with them looked at grades, attendance and behaviors. The results of the data did not warrant a continuation of the hat trial," said Magnan.

And with that, the decade old hat ban remains in effect at TCI.



TRIBUNE FILE PHOTO BY NATASHA TERSIGNI

Teulon Collegiate Institute Grade 11 students, Derek Harasymko (left) and Jesse Hancox (middle) were at the centre of helping convince school staff, including TCI Principal Paul Magnan (right) to lift the age old ban on hats in the school. However, after one month, the school has gone back to banning hats within the school confines.

Manitoba Canola Growers elects new executive

News Release

The Manitoba Canola Growers Association (MCGA) held their reorganizational meeting last week and elected a new executive for the 2016-17 year.

Chuck Fossay from Starbuck was elected president, Clayton Harder from Narol was elected vice-president, Brian Chorney from East Selkirk was elected secretary, and Jack Froese from Winkler was elected treasurer. These positions take effect immediately.

"I am looking forward to being the president of the MCGA this year,"

says Chuck Fossay, president of the MCGA. "I will do my best to serve the needs of our members."

Brian Chorney was re-elected for a two-year term to the Canola Council of Canada board of directors. Clayton Harder and Jack Froese were re-elected for a two-year term to the Canadian Canola Growers Association board of directors. Chuck Fossay was re-elected for a one-year term to Keystone Agricultural Producers general council.

For more information, please visit www.canolagrowers.com.

Hitting the trails for a good cause

Steeltown Ford event supports the needs of Manitoba's children with disabilities living in rural districts

Submitted

Selkirk businessman and Steeltown Ford dealer principal Jason Sargent and his family and friends will be mounting their snowmobiles on February 18th for their annual ride to raise money for the Children's Rehabilitation Foundation.

The fundraiser, now in its 11th year, is officially called the Children's Rehab Ride for Scott, in memory of Sargent's late brother Scott.

"Scott loved children and all outdoor sports, so we thought this would be a fitting memorial to him," said Sargent. "This year, me, my son Owen and my best friend since kindergarten, Troy Lesuk, will be heading out for two days on the pristine trails of the Riding Mountain National Park."

Children's Rehab Ride for Scott is a snowmobile event that promotes a responsible and healthy sports image

for snowmobilers and helps support the needs of Manitoba children living with disabilities by raising much-needed funds for the Children's Rehabilitation Foundation. All of the money raised from the event will be donated to the Children's Rehabilitation Foundation, as Scott's memorial fund was intended.

"Over the years, I've raised almost \$200,000 for Scott's Memorial Fund, which supports children living with disabilities in the Birds Hill, Selkirk and surrounding areas," said Sargent.

"These generous donations have meant that we're meeting the needs of every child from this area. I feel privileged that I can give back to my community and honour my brother at the same time. My goal this year is to raise over \$30,000 and make this 11th annual event the most successful yet."

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Pastor Jeff Andrews prepares for next chapter

His last sermon at Alive Family Church is set for Sunday, Feb. 28

By Jennifer McFee

Pastor Jeff Andrews is bidding a fond farewell to Alive Family Church as he prepares to open the next chapter of his life.

After five years of pastoring in Stonewall and Teulon, Andrews will soon be moving to Kenora to work as a chaplain at a jail.

"I've worked with men with drug and alcohol addictions, so I've done a lot of crisis counselling. As it turns out, a lot of the guys I worked with were in and out of jail themselves, so it's kind of in my wheelhouse," he said.

"I really enjoy it. It's a great way to make a difference, and we're looking for a change in our lives."

Along with his wife, Kristina, Andrews is looking forward to being back amid the rocks and lakes that he grew up with in northern Ontario. However, the couple plans to return to visit Manitoba, where they have a son living in Winnipeg as well as a daughter and son-in-law in Teulon. Outside the province, they have another son living in Saskatoon.

Reflecting on his time in the Interlake, Andrews commends the people of the church who helped facilitate change. In September, Andrews preached for the final time at the former church building in Stonewall's industrial park before new owners took over the space. Since then, he has enjoyed providing Sunday sermons at the Quarry Park Heritage Arts Centre, where the church now rents the Sunova Auditorium for weekly services.

"I didn't come here with selling the church in mind. But when I first arrived here, I felt very strongly impressed that the building was either the church's biggest liability or its biggest asset. We actually tried to see if it was something we could capitalize on, but as it turns out, it was a liability for us," he said. "Today, churches are changing. It's not

so much the building that's important as the people because the church isn't the building — the church is the people that meet in the building. The thing that I'm most proud of are the people that really were able to make the sacrifices and the changes to let go of the building and to sell it and use the proceeds as a lever to propel them into a new start."

Now Sunday services take place at 10 a.m. in Heritage Arts Centre in a big, bright room lined with walls of windows.

"I could be giving the message and you're able to look out and see people walk their dogs. We saw a guy riding a unicycle one day on the rocks and I was able to work it right in to the message and him as an illustration," Andrews said.

"It was neat because we went from this building that had one window in the sanctuary. It was all artificial lighting and kind of dark and it took a lot of money to keep up. Now, we're in Sunova Auditorium and it's bright and sunny and it's the total opposite."

As Andrews prepares to move on from the community, he's happy to leave the churchgoers with a cheery venue to gather in.

"A lot of the things that have impacted me the most is seeing the faithful people that have stuck by the church. A lot of people were married there or their kids were married in the building. They buried people there," he said.

"They made that sacrifice, and now it's really fun. It's really neat to see them reap the benefits of it. We have this beautiful bright place and we just pay rent. It's so cheerful and I'm so happy for everybody."

He also credits the staff at the Heritage Arts Centre their role in the process.

"It's great that Stonewall has the people and the facilities to be able



TRIBUNE PHOTO BY JO-ANNE PROCTER

Pastor Jeff Andrews is bidding a fond farewell to Alive Family Church as he returns to northern Ontario to work as a chaplain at a jail.

to allow a church to meet and rent a facility like that. It's just so good. It is really a great sign for the community," he said.

"I would like to thank the people of Stonewall and the people of the church for allowing me to serve. To have the privilege of being the one

that would help give them a fresh start is really great, so I'm thankful for that."

Andrews will preach his last sermon at the sunny Sunova Auditorium on Sunday, Feb. 28. After that, retired pastor Ron Hagglund will take over on an interim basis.

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Fish tales of a sturgeon caught while ice fishing

Hi again, good friends.

How about a little break from fishing for jacks, perch or walleye? I put this to you because I ran into Cy Larson in Lac du Bonnet last week and he said that he and his buddy Trevor Solnes had gone lake trout fishing in Pointe du Bois and had caught their limit in no time. Cy mentioned that if you're going to try for trout, then bring a sled to get on the lake because the snow is getting pretty deep.

I sure met a fun family on the Red upstream of Selkirk's Hydro steam plant a few days ago. I was roaming around the ice, just stopping and talking to folks, and I spied this older trailer converted to a fishing shack. I pulled up to it and knocked on the door. Friendly jovial voices inside called to me to come in. Upon entering, I met the nicest couple, Steve and Rachelle Allen from Tyndall, and their uncle Brian Juer from Winnipeg.

These longtime anglers of this area, somewhere in their 40s, were full of fishing stories. After a few pleasant-ries, they told how Steve once had caught something on his line that just hung like a solid weight on his rig. His instincts told him it was too big to come up through the ice hole. Finally, needing to do something, Steve jumped in his truck and ran home that was only about five minutes away to get his underwater camera.

Rachelle, in the meantime, got on Facebook asking if anyone near them could come and help. People gath-



TRIBUNE PHOTO BY ARNIE WEIDL

Brian Juer in Steve and Rachelle Allen's shack on the Red about to get those pickerel ready for frying on the stove.

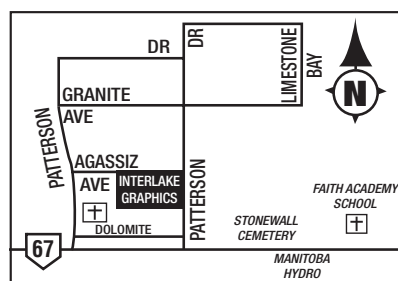
ered around their shack in no time and, upon learning about the problem, sprang into action. Neighbours began drilling holes close to Allen's shack so he could lower his camera into the water. Immediately on the display, there appeared a giant sturgeon caught by its side fin! Working

as a team in a number of holes, they managed to gaff the creature and get it close enough to get the hook out, land it, take a picture and quickly release it.

Rachelle had another story. A while back, they were fishing in the shack

Continued on page 7

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Settlers, Rails & Trails museum announces grand opening

Museum will open in the basement of Argyle Community Centre on Feb. 27

By Jennifer McFee

Argyle's museum is about to mark another milestone by opening to the public on a regular basis in its new venue.

On Saturday, Feb. 27 from 12 to 4 p.m., Settlers, Rails & Trails will host its grand opening event in its new exhibition space in the basement of the Argyle Community Centre.

After that, the museum will be open the first Saturday of every month from 1 to 4 p.m.

Founder Shayne Campbell started the museum when he was 12 years old as a school project, which he showcased in the basement of his school. After he moved on Stonewall Collegiate Institute, he continued to collect and exhibit items on his family's property south of Argyle.

Six years ago, he gifted the museum to the community, and he remains involved as the organization's president

and executive director. The museum is now a registered charity, so it can issue tax receipts and apply for grants.

Campbell is pleased to set up the rented space at the Argyle hall.

"We're excited to have everything in a museum space because we've just done offsite exhibits. Someone would lend us a display cabinet at the school and we've been very happy to have it, but it's not our space. So now we can set things up semi-permanently," he said.

"This is a stepping stone. It's not permanent, but it's going to get us some exposure and it will show the community that we are trying to our best. We're still hoping that something will come for land. We're working on a couple things, so there are

some works in process."

For the grand opening event, three of the museum's collections will be on display. The first collection will highlight the veterans of Brant-Argyle, the second will feature the 100th anniversary exhibit of Brant-Argyle School, and the third will include a portion of the Canadian flag collection, which is the second largest in Canada with more than 1,000 flags.

"About 80 per cent of our collection is in storage and 20 per cent is on display," Campbell said. "Then we're going to rotate so when people do come every couple of months, they're going to see something new."

The museum will also take a hands-on approach, incorporating technology whenever possible.

"We've heard so many people say 'Oh, great, another dusty museum' — and we're not. We're using technology

and hands-on learning. We're hoping to draw crowds and regular tour groups," he said.

"Gone are the days of the 1970s museum where everything is in a cabinet and you can only see it but you can't get close. We've decided to go the opposite route and have hands-on as much as we can and interacting with computer technology as well."

The museum is also gearing up to launch its third history book at the end of March. Entitled *Veterans of the Brant-Argyle Region*, the book will put local veterans in the spotlight. Anyone with information, stories or photos about local veterans of any military branch can contact Settlers, Rails & Trails by phone at 204-467-7784 or 204-290-0013 or by email at argylemuseum@gmail.com.

The two previous history books — which are about Brant-Argyle School's 100th anniversary and the history of railway transportation in the Argyle area — are also available for purchase by contacting the museum.

"WE'RE EXCITED TO HAVE EVERYTHING IN A MUSEUM SPACE."

> FISH TALES, FROM PG. 6

while her cousin Brittany Anderson was outside doing the same. Rachelle caught a big walleye and her excited cries brought Brittany running around the shack to the door where her feet went out from under her and she fell flat on her back.

She lay there moaning for a moment, then crawled to the door, opened it and rolled into the shack saying, "This fish better be worth it." Then, turning her head, she found herself face to face with the largest walleye she had ever seen, prompting her to blurt out, "Yeah, I guess that's worth it."

Rachelle wasn't done yet. She remembered a time last year when her son had to have minor foot surgery. After they left the hospital, he insisted on coming out to the shack to finish off the day fishing. So there they were, mom and son fishing with his foot set high on a chair inside their cozy ice shack, doing what they liked best. Thanks for the great stories, guys.

Last weekend, I was out on the ice at Chalet Beach where the many anglers had made well-travelled roads fanning out to the eastern horizon. Bobbing along one of the trails, I was about five miles out when I saw an ice shack that was more like a house. I made my way up to it and was invited in by Xuejun Yang and his family. Soon after we introduced ourselves, "Young" (that's his nickname) began

telling me of his life-threatening experience here during the latest blizzard. The weather had turned bad very quickly, so he wasted no time in getting in his truck and making for shore, but the fierce wind-driven snow blinded him and he got stuck. With darkness closing in, he knew there was little time to follow his truck tracks back to his shack. So, hunched over and shivering, he retraced his trail to his place then called for help. Soon a customized, high, 4x4 arrived and, using GPS, got him back to land. Boy, that old Lake Winnipeg — she'll bite you good if you don't stay sharp. Bye for now.



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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.
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- Watch for posted warning signs about dangerous ice.
- Watch for notices to remove ice shacks and remove them promptly.

Manitoba 

Teulon to sell Crescent Creek Park to aid in development

By Natasha Tersigni

Teulon council is looking for interested buyers to purchase Crescent Creek Park, a 47 mobile home park for residents 50 years old and older.

In the early 2000s, the town took over the operation and management of Crescent Creek, which is located on the edge of Teulon near Highway 415, from a private developer. With only 14 units, the town developed it over 15 years to make the mobile park what it is today. It was never the town's intention to go into the real estate business, so with the park having the space to develop 25 more units, the town is looking for interested developers to purchase the park and to continue the development and management of it.

"The first developer that built Crescent Creek Park walked away from it, so we inherited it. We didn't want to own it but we sure weren't going to leave it sitting there. We decided if we were going to own, it we would develop it and make it better," said Teulon Mayor Bert Campbell.



TRIBUNE PHOTO BY NATASHA TERSIGNI

Teulon council has put the Crescent Creek mobile home park up for sale with hopes of finding a developer that is interested in growing the development.

"When we took it over, there was 14 units and plans to make it bigger. We developed most of the additional lots ourselves. The previous owners had the plans and designs drawn up, but the majority of the infrastructure we put in. Crescent Creek has been pretty much self-sustaining since we have been operating it."

Although they no longer want to be responsible for management, coun-

cil wants Crescent Creek to remain a mobile home park for residents 50 years old and over and for the rent rates to stay relatively the same.

"We are going to be very diligent in the fact that we want it carried on much as it has been, which I don't know if it will be a deterrent for perspective buyers," said Campbell, who added that the plan to sell the park is in preliminary stages and council is

just looking to see if there is interest out there for private ownership of the park.

"We are going to look at what people will pay for it and what they can do as far as development."

For details on the expression of interest or to submit an offer to purchase Crescent Creek Park, visit teulon.ca.

Teulon CAO and councillor headed to Peru

Teulon council briefs from Feb. 9 meeting

By Natasha Tersigni

As part of his ongoing work with Federation of Canadian Municipalities (FCM) and their exchange program with South America, Teulon CAO Jeff Precourt will be returning to Peru in March. This time, he will be travelling with Coun. Danny Hutchinson.

The program, which is sponsored by the federal government's Department of Foreign Affairs, Trade and Development, has Canadian municipal officials travel to either Peru or Colombia to mentor local officials on issues relating to economic development.

In November, Precourt spent two weeks touring five rural communities in Peru to learn about the communities' municipal government and

infrastructure. On his return visit in March, Precourt and Hutchinson will focus their attention on water issues.

"We are going back to conduct a further assessment on their water system. Danny will go there and meet some of their mayors and council members in preparation for their visit to Teulon in June," said Precourt.

"The FCM convention is in Winnipeg in June, so the Peruvian mayor and councillors will be here for that and at the same time will come to Teulon to tour our town and see our infrastructure and our community. A lot of their towns are rural farm communities, much like Teulon, so when they come to visit Teulon, we will visit farms in the area so they can have a better understanding of Canadian

farming operations."

Remuneration increases

Council passed the first reading of council member remuneration of an increase of \$25 a month at the regular meeting on Feb. 9. Currently the rates are \$460 per month for mayor, \$415 per month for deputy mayor and \$400 per month for councillors. The bylaw also includes an increase from \$15 to \$18.75 per hour for citizen members who sit on council committees. Before the increases become finalized, they must still pass second and third reading by council.

Teulon Medical Clinic

Council received statistics from the Interlake-Eastern Regional Health

Authority regarding the use of the medical clinic that is run by the RHA in the Teulon Hunter Memorial Hospital. The clinic re-opened in November and is currently staffed with two nurse practitioners and a clinic manager who is a registered nurse.

In December, the clinic saw 390 people. Of those patients, 60 per cent resided within a 16-kilometre radius of Teulon and the other 40 per cent travelled to Teulon for their health-care services.

Animal control bylaw

Council passed second and third reading of the new animal control bylaw that will come into effect June 1, 2016. Under the new bylaw, a resident who wishes to own a third dog can do so if they pay an additional \$250 annual kennel fee and receive approval by council. Until this bylaw was passed, residents were only allowed to own two dogs. As well, under the bylaw, annual dog license fees will increase from \$12 to \$17 per dog.

Community Donations

Council approved a \$200 donation for Interlake Women's Resource Centre and \$2,000 donation for the South-west Teens at Risk (STAR).

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STAR offers new programming for at-risk youth

By Natasha Tersigni

With a spike in funding, the Southwest Teens at Risk (STAR) program has been able to expand its programming and offer new services to the clients they serve.

STAR program co-ordinator Danelle Guenther highlighted the work that was done last year and the services that the non-profit organization has been able to introduce thanks to additional funding provided by the RCMP Criminal Forfeiture Fund. Guenther was a guest at the Teulon Council meeting last week.

"We received some additional funding that we had not counted on last year. The goal for us is to continue to find that extra funding to continue these programs. If we don't receive the funding, we will operate as STAR always had and utilize these extra services as we can access the funds," said Guenther.

The non-profit organization has been running in the Southwest Interlake area for the past six years and works to support and assist at-risk youth struggling with addictions, criminal related offences, parenting conflicts, refusal to go to school and mental health concerns. Guenther works with 15 departments and agencies, including the RCMP, Family Services, Interlake-Eastern Regional Health Authority, Manitoba Addictions Foundation and Interlake School Division to create specific plans for clients to address their at-risk behaviours.

With the new funding available,



TRIBUNE PHOTO BY NATASHA TERSIGNI

Southwest Teens at Risk (STAR) program co-ordinator Danelle Guenther presented the 2014-15 report of activities to Teulon council at the Feb. 9 meeting.

Guenther introduced three new programs in 2015: STAR Three C Parent Program, Social Health Restoration Program and Community Reinforcement and Family Training (CRAFT).

Building off of the success from their parenting group, STAR developed the Three C Parent program, which is a one-on-one program between parents and a trained facilitator focusing on connection, communication and managing conflict between parents and their teen.

"It is a program similar to our already running parent group but it is

designed to be given one-on-one with a parent so they can ask questions specific to their situation. In a way to offer it more efficiently with the least amount of cost, we trained school social workers and Child Family Service workers in our region to deliver the course. The cost to us is only \$10 a booklet to deliver the program because it already falls under the social worker's mandate to work with parents," explained Guenther.

"It takes five to eight weeks for a frontline worker to complete the program with the parent. Everybody who

has taken it so far has said they really enjoyed it and it has helped at home."

Noticing an absence of free counselling services for youth in the Interlake, STAR established their Social Health Restoration Program that provides 12 free counselling sessions in the Interlake for youth to address issues such as grief and loss, attachment, trauma and anger. STAR is able to fund two spots in the program, which allows the youth access to treatment in their community instead of having to travel to Winnipeg or Selkirk.

Helping parents to cope with their youth's addiction, STAR introduces the CRAFT program for parents who have a child that is struggling with addictions and whose child is not willing to seek treatment.

"It is very frustrating for parents. They often don't know what to do. This program is to help re-frame parents' thinking and help them get their child to a place where they are willing to access some sort of addictions services," said Guenther.

"It has been running in Selkirk for quite a few years and it had worked really well. We have contracted with the person that does it in Selkirk and we have two spaces here in the Interlake for any family that wants to use it."

To continue to offer these new programs and expand on STAR services, the organization is relying on additional funding being available.

For more information on any STAR program or services, contact Danelle Guenther at 204-791-4089.

ACC accepting applications for Practical Nursing program

Submitted

Assiniboine Community College (ACC) announced today that effective immediately, applications will be received for the Practical Nursing program offered at its Winnipeg Training Centre.

"We continue to see incredible demand for our Practical Nursing program," said Karen Hargreaves, ACC's Dean of Health & Human Services. "Graduates have very strong career opportunities here in Manitoba, and are helping to meet the demand for skilled workers in the health care field."

Applications will be received for the next six weeks, from February 16 to March 24, either in person or by mail to the college's Admissions & Registrations department at the Victoria Avenue East Campus in Brandon. Any applications mailed or presented

in person to ACC's Winnipeg Training Centre will not be accepted.

All complete applications received in the six-week window will be entered into a lottery selection process. Those interested in applying to study at the Winnipeg Training Centre should visit assiniboine.net/nursing for admission requirements and details on the

random draw process.

This is the first time in two years that the college has opened up applications for its Practical Nursing program in Winnipeg, having been working through a waitlist since March 2013 to fill the program.

The Practical Nursing program has intakes starting every September and January, with 35 seats in each cohort.

The college's two-year Practical Nursing diploma program teaches clinical nursing skills in a laboratory setting as well as applied skills in acute and extended care health facilities, personal care homes, community agencies and private homes. In the last three years, 99 per cent of graduates were employed in occupations related to their training.



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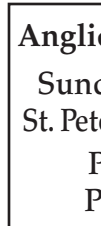
> FAITH



Teulon United Church
11:15 a.m. Teulon
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teulonpastoralcharge@mymts.net



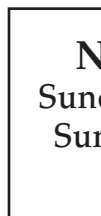
Stonewall United Church
369-1st Ave. N., Stonewall
Service and Sunday School
Sundays 10 a.m.
Phone 467-5469 (office)
www.stonewallunited.ca




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



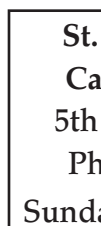
Interlake Full Gospel Assembly
Teulon
Sundays at 11:00 am
Phone 886-2680



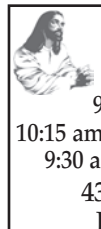
New Life Church
Sunday Service 10:30 a.m.
Sunday school 9:30 a.m.
Teulon 886-3269




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
9:00 am - Traditional Service
10:15 am - Choral Service & Sunday School
9:30 am - Wednesday Morning Prayer
435 1st Ave. N., Stonewall
Phone 467-8466 (office)




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

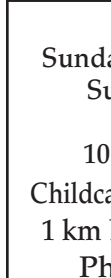
Lilyfield United Church
Rd. 68 & Sturgeon Rd.
Service 9:30 a.m.
Phone 344-5426




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 467-5109



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

Love's Commandment Revealed

FREE LOVE, a term popularized by the Hippie movement in the sixties, had many connotations and inferences. The hope of abandoning Vietnam to the Communists, the desire to allow relationships to be easy and without long term responsibility, as well as the opportunity to participate in the growing drug culture without criminal responsibility were all common goals of this movement. It should be noted that to some degree all of these objectives were or are being accomplished. Do any of these objectives even remotely resemble the Biblical command to "love"?


"John the beloved" disciple of Jesus Christ was the writer of the last books of the Bible; finishing the short books of first, second and third John, as well as the book of Revelation all around 90 -95 A.D. In II John 5b & 6 we read, "... that which we had from the beginning: that we love one another. This is love, that we walk according to His commandments." No kidding! Biblical love requires responsibility, discipline and obedience.

Giving way to secular ideologies like: Communism and extreme socialism, a drug culture or even irresponsible personal relationships removes the requirements of the "Love Commandment." Obeying God and taking responsibility for my actions become completely optional. The government, the police or anyone else can figure how to make things right; "I am free". However, true love takes care of those that are most vulnerable in our world. There is nothing so liberating as giving and caring for others. Yes, the daily cost is great; but, to love others is the greatest gift we can give ourselves.

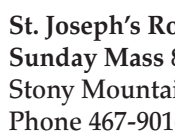
"Love's commandment" is about maturity, decency and faith. Only God can free our world; but, each person that feels God's love, through us, is one step closer to freedom. The freedom to fulfill the commandment "that we love one another."

Pastor Jonathon Dewey
Cornerstone Church of Stonewall
joncdew@gmail.com
www.LifeAtCornerstone.ca


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)
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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

Council discusses zoning bylaw regarding assisted living homes

Stonewall council news in brief

By Jennifer McFee

The public spoke and Stonewall council listened.

After two recent public hearings related to a conditional use application for a residential care facility, many members of the public expressed frustration with the process.

As a result, council plans to update its zoning bylaws to make assisted living homes a permitted use rather than a conditional use.

"That's what we promised and we're going to make it happen," Mayor

Lockie McLean said on Feb. 11.

"We still have a little bit more homework to do, but there's no question whatsoever. At last night's meeting, it was clear all around the table that we want to make this a permitted use in Stonewall."

Some conditions would still apply to the permitted use, he added. For example, there might be a maximum of three assisted-living clients per home, which would also need to comply with all provincial regulations.

McLean said council aims to make

the changes to the zoning bylaw soon.

In other council news:

- Representatives from the South Interlake Seniors Resource Council provided a presentation at the Feb. 10 committee of the whole meeting. The Town of Stonewall usually provides financial contributions to the group, and they will be considered again during budget deliberations.

- Representatives from CFRY Radio 990 AM would like to attend a Stonewall council meeting and take a tour of the town. During his time as mayor, McLean has been providing updates

to the radio station on council meetings and other town happenings.

"We've built up a really good rapport and they've really promoted Stonewall," he said. "They promote the portion of rural Manitoba that Stonewall is in, going as far up as Gimli and Portage la Prairie and all the places in between."

- The Town of Stonewall is hiring an assistant chief administrative officer. A full job description is available on the town's website at www.stonewall.ca or by email at info@stonewall.ca. Applications will be reviewed until a suitable candidate is chosen.

Organizer aims to promote local vendors at Selkirk wedding show

By Lindsey Enns

The organizer behind this weekend's True Love Story Wedding Show hopes to show local brides and grooms that it can be easy to plan a wedding in Selkirk.

"There's so much that Selkirk has to offer if people would just take a look around here before heading south to the city or even the states," Lenora Vincent said. "There's an awful lot of brides that don't even know where to start ... so I think it's important to get these brides staying local and letting them know we got what they need here."

The True Love Story Wedding Show takes place this Saturday from 10 a.m. to 4 p.m. at the Selkirk Recreation Complex.

Vincent, who is also the owner of Cedar House Florist and Gifts, said the event will feature more than 20 Selkirk and area vendors from makeup artists to photographers, a fashion show, live

music and a groom's lounge.

This is Vincent's first year organizing the event after being one of the vendors a couple years ago.

"This year, I decided I was going to take this venture on and do it myself," she said, adding she believes this is Selkirk's second annual wedding show.

Vincent added she tried to keep everything as local as possible this year.

"I gave the priority to people in Selkirk and area first," she said. "Everything you might need or could need for your wedding ... that the brides of the area would benefit from."

Tickets are \$5 at the door but Vincent said free tickets will be given to those who mention they saw this story in the *Selkirk Record*.

"We're just trying to promote this as much as we can this year," she said. "Just getting people in the door is our goal."

Rosser council news in brief

Council approves variances for dog club and development corporation

By Jennifer McFee

- Electra Signs, with permission of owner Rothwell Development Corporation, requested permission to vary the highway commercial identification sign front yard requirement to eight feet from the minimum of 25 feet. The business requested the variance in the hopes of installing a business identification sign structure on the property at 480 Lucas Ave. No one voiced any objections at a public hearing, and council approved the variance.

- Winnipeg Working Dog Club requested permission to vary the front yard minimum to 92 feet from 125 feet, with permission of owners Joy and Don Moore. The dog club would like to place a storage build-

ing on the property to store equipment. No one opposed the proposal at the public hearing, and council approved the variance.

- Selkirk-Interlake MP James Bezan attended the Feb. 9 meeting for his annual visit with council.

- Council decided that if the reeve and deputy reeve are not present for a scheduled meeting, council can appoint one of its members to chair the meeting.

- Council accepted a quote from Advance Exteriors for \$9,382.80 (including taxes for repairs to the public works shop and fire hall).

- The RM of Rosser is providing a \$200 grant to the Rockwood Festival of the Arts. As well, the RM will buy a festival ad for \$50.



Western Livestock Price Insurance Program

Calf Policy Deadline

Calf policies are now available until **May 26, 2016** (settlement in fall 2016). For more information, contact your MASC insurance office or call 204-239-3084.

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Volunteers needed for local youth drop-in centre

By Natasha Tersigni

To continue to operate their evening drop-in centre for teens, Stonewall's Youth for Christ (YFC) organizers are looking for community volunteers to help run programming.

The drop-in centre is open every Tuesday and Thursday evening from 7 to 9 p.m. for youth looking for a safe place to hang out with friends and participate in a variety of activities. Volunteers are needed to assist with programs and socialize with the youth.

"The drop-in evenings are low structure and an opportunity to build personal relationships and connections with the youth by taking part in some activities, talking with them and, most importantly, listening to them and making sure they feel heard. Mostly it is just hanging out with the kids and giving them a person that they can connect with and being a person they can turn to if they need a hand," said YFC Supervisor of Rural Ministries Chris Harwood.

"The drop-in centre fills a void for a lot of youth in the area. Some of the teens that come may not have connec-

tions with friends or a social group that they fit into or maybe the activities they are involved in are over and they are looking for something to do. We meet the need for youth that are at-risk and for kids that just want a place to hang out and come with their friends for something to do when it is cold outside."

YFC encourages anybody to come out and try volunteering and is looking for a minimum time commitment of one evening a month. As a faith-based organization, volunteers will need to sign YFC's statement of faith and community commitments.

"We are looking for adults that want to come and hang out with youth and that really love the idea of being a part of some teenagers' lives. Our volunteers are people that are committed to helping kids change the direction of their lives and help them to become the kind of adults that we want to see more of," added Harwood.

For more information, email Chris Harwood at stonewall@yfcwinnipeg.ca or visit www.yfcstonewall.com.



TRIBUNE PHOTO BY NATASHA TERSIGNI

Stonewall's Youth for Christ drop-in centre is looking for volunteers. Wesley Hodges (pictured left) has volunteered at the drop-in centre for a year and enjoys working with teens, including Devon Markus.

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Teacher and Staff Appreciation Week

Submitted

Next to parents and guardians, teachers have tremendous influence on children's lives

Think of a teacher who showed you kindness, whose influence sticks with you today, who may have helped you choose a career or discover a passion—or who pointed you back on the right path.

"Next to parents and guardians, teachers have a tremendous influence on children's lives," says Manitoba Teachers' Society President Norm Gould. He'll be delivering that message during Canada's Teacher/Staff Appreciation Week, February 14-20.

"The relationship between parents and teachers is really what drives the success of public schools in Manitoba," says Gould. "I'd like to thank the parents of public school children across the province for trusting us to educate their children. And I'm so very proud of our over 15,000 MTS members who teach, guide and in-

spire those students, every day."

Gould says there's nothing more fulfilling for teachers than to watch a student grasp a concept in the middle of an "aha" moment. "We live for that. To a teacher that's what it's about."

"You know, William Butler Yeats once said, 'Education is not the filling of a pail, but the lighting of a fire.' Those are the fires you don't want anyone to put out."

But it can be a tall order, says Gould. Students come with emotional, intellectual and physical challenges that require intense preparation and sensitivity on the part of their teachers. "And teachers know the toll that poverty and hunger take on a child's ability to learn."

Gould says teachers appreciate the parents, guardians and other individuals who'll be expressing their thanks this week. "Even a simple 'hi' at the grocery store, is appreciated," he says. "Bottom line is, we're grateful to be on the same team."

Métis culture celebrated with Louis Riel Family Fun Day

By Jeff Ward

Attendees at the 2nd annual Louis Riel Family Fun Day in St. Laurent, braved frigid temperatures to be a part of the event celebrating Métis culture.

The event, organized by the Father Guy Lavallee Michif Local, featured a sponge hockey family tournament as the central event last Saturday. A roaring fire and hot chocolate helped to keep everyone warm in between games.

The evening featured a social party at the St. Laurent Recreation Centre, which included live music from the band Crossroads and a 50/50 raffle and other prizes.



TRIBUNE PHOTOS BY JEFF WARD AND JULIETTE LAVALLEE

Pictured clockwise from top left: A windchill of -35 C wasn't enough to keep hockey players off the ice at the R2G2 gravel pits last weekend; Corinne, Caitlin and Josh took part in the sponge hockey tournament; Jacqueline Leclair won the best decorated toboggan; the roaring fire and hot chocolate helped keep festival-goers warm during a bitterly cold Louis Riel Family Fun Day in St. Laurent; Nicole and James Leclair warm up with hot chocolate.

Stonewall Kinettes to celebrate National Day of Kindness

By Natasha Tersigni

For the fourth year in a row, members of the Stonewall Kinettes Club are celebrating National Day of Kindness on Feb. 20 by performing random acts of kindness in the community.

This year, the Kinettes are baking goodies for the clients and staff at Stonewall's Association for Community Living (ACL).

"Every year, we have been doing something for a community organization or group, and this year, we chose ACL. In the past, we went to the hospital and Rosewood Lodge and gave carnations to the residents and patients. Another year, we donated homemade cookies to the food bank," said Stonewall Kinette Jean Burchuk, who said the response from recipients

has been great with past initiatives.

Along with spreading cheer and goodwill to their neighbours, the Kinettes are hoping others will take part in Kin Kindness Day and do something nice for a fellow community member.

"You don't have to spend any money to be kind to someone, and it goes a long way," said Burchuk, who added that a random act of kindness can be anything from shovelling a driveway for an elderly neighbour or buying a coffee for someone in line behind you.

To endorse the day, Town of Stonewall Mayor Lockie McLean signed a proclamation declaring Saturday Feb. 20 to be Kinsmen and Kinettes Day and declaring Feb. 14-20 Kinsmen and Kinettes Week.



TRIBUNE PHOTO BY NATASHA TERSIGNI

To celebrate national Kin Kindness Day on Feb. 20, members of Stonewall Kinettes are completing random acts of kindness throughout the community, including baking treats for clients and staff at Stonewall's ACL.

Sunova launches search for golf classic funding recipient

Contest application deadline March 1, 2016

Submitted

A new contest has been launched to find a funding recipient for the 2016 Sunova Golf Classic. The tournament raises approximately \$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



TRIBUNE PHOTO SUBMITTED

Proceeds of \$26,000 from the 2015 Sunova Golf Classic were awarded to Manitoba Underdogs Rescue for the purchase of the Sunova Canine Cruiser, a rescue vehicle to transport injured and homeless animals.

Strategies for achieving financial independence!

Separate your savings from your investments Before you begin to invest for a long-term financial goal, you'll need to save for an emergency fund - up to six months' worth of your salary. Then you are prepared for an unexpected expense such as a major car repair, a leaky roof or loss of employment. Otherwise, you may need to tap into your investments that are intended for retirement.

Budget based on your income, not on your desire Plan to spend less than you earn and don't take on debt that cannot be serviced by your future income. Budgeting is based on your income, not on your past spending habits. Total your monthly expenses such as housing, utilities, food, clothing, child-care, transportation and debt repayment. This sum should not exceed 75% of your after-tax income.

Invest by paying yourself first You will beat the habit of procrastination if you focus on paying yourself first. A rule of thumb: save 10% to 20% of every paycheck.

Use beneficial debt to build equity Minimize and pay off consumer debts - monies borrowed to purchase cars, clothing, vacations, stereos and other gadgets that decrease in value. Debt to get an education or mortgage a home is acceptable debt.

Diversify your investment portfolio A properly diversified portfolio will hold several types of funds including a good proportion and mix of equity funds balanced with bonds and cash. Equity funds should differ in terms of what sector of the economy they invest in, such as agriculture, technology, mining, or finance. Though each fund would hold many stocks, make sure they are diversified among the various sectors. One sector may gain while another may lose some value, balancing out over time. Equity funds can also diversify by country (such as holding domestic, US and global funds); investment style (such as growth funds, or value funds); or company size (such as small, mid, or large cap).

from the Sunova Golf Classic.

"This is very exciting for Sunova," says Ed Bergen, President and CEO of Sunova Credit Union. "As our organization expands, we're able to grow our charitable contributions as well. This contest opens the funding opportunity up to organizations that we maybe haven't even heard of before."

Proceeds of \$26,000 from the 2015 Sunova Golf Classic were awarded to Manitoba Underdogs Rescue for the purchase of the Sunova Canine Cruiser, a rescue vehicle to transport injured and homeless animals.

Applications are being accepted until March 1, 2016 on the Sunova Credit Union website, www.sunovacu.ca.



How to organize your finances when you lose your job

When you lose your job, it is imperative to be well organized in order to avoid going into debt. Here are some steps to take if you find yourself in this situation.

- Apply for employment insurance (EI) if you qualify based on the number of hours worked at your previous job. This should be done as quickly as possible because you will not start receiving your benefits until several weeks after you have applied. Check whether you can make other claims, such as credit card balance insurance, and find out if you are entitled to severance pay or vacation pay.

- Carefully review your severance package, if one is offered, before signing it. Seek legal advice if necessary and make sure you understand all the conditions and the impact of this package on your EI benefits. Severance pay is taxable, so make sure you put aside some money to pay your income taxes; the automatically deducted amount may be insufficient.

- Set a budget, because you may need to reduce your expenses. This means separating essential expenses (rent, groceries, etc.) from the unessential items (movies, coffees, restaurants, etc.), then cutting down on the latter. Do not use your credit cards or lines of credit, as it could make your situation worse. If necessary, consult a credit counsellor or financial advisor.

Obviously, you'll need to start looking for a new job. If you are considering early retirement, make sure you have the means. Service Canada offers various tools, including the Job Bank, to facilitate your search.

Visit the Financial Consumer Agency of Canada website at www.fcac-acfc.gc.ca for more information.



Apply for EI as quickly as possible because you will have to wait several weeks before receiving your first benefits.



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Dance ensemble adds class, style to bingo

By Dave Baxter

A local dance ensemble is hoping to put a new spin on an old event later this month.

The Troyanda Ukrainian Dance Ensemble is a Selkirk based semi-professional dance troupe has been performing across Canada and all over the world for the past 35 years.

Renée LeNeveu, who represents Tyoyanda and dances with the ensemble, said that for many years a regular bingo in Selkirk was their main fundraiser and it was a way to raise money, but also a way to stay connected with the community.

"We ended up having to stop that because attendance was down," LeNeveu said. "It wasn't sustainable anymore, and it was really sad for those who attended it regularly."

"We perform all over the world, so it was a nice way to stay close and connected to Selkirk, which is our home base."

The ensemble is now bringing bingo back but in a whole new way.

"This year we decided to try something different because we still have

a lot of bingo equipment from the old days," LeNeveu said.

The Mad Men Black Tie Bingo Event will have a formal dress code and be themed after the hit television drama "Mad Men."

The event will start with a cocktail hour with hors d'oeuvres that will be followed by traditional bingo games and end with a dance party featuring DJ turbulence and a perogy late lunch.

There will also be silent auction prizes and a grand prize draw.

"It's a way to bring back that bingo tradition, but make it a fun and different event and get some new folks interested in what we're doing," LeNeveu said. "We hope to get new people to see who we are and support their local dance ensemble."

The ongoing operation costs of the ensemble can get very expensive, LeNeveu said.

"We do fundraising and there are some arts and culture grants and community donors, but we are constantly searching for funds to pay for things like costumes and travel."



SUBMITTED PHOTO

The Troyanda Ukrainian Dance Ensemble will hold a black tie fundraising bingo event in Winnipeg on Saturday, Feb. 27. The Selkirk based semi-professional group performs across Canada.

The ensemble decided to hold the event on the north side of Winnipeg to bring together people from the Tri-S area.

The Mad Men Black Tie Bingo will take place on Saturday, Feb. 27 at the Red River Community Centre at 293

Murray Ave. in Winnipeg starting at 7 p.m.

Tickets are \$60 and can be bought at the Ubuntu Cafe in the Gaynor Family Regional Library in Selkirk, or by emailing info@troyanda.com.

Knights host poker tournament fundraiser



TRIBUNE PHOTO COURTESY OF JESSE NUGENT

Winners pictured left to right, fourth place - James Michasiw, third place - Neil Stewart, second place - Marnie Stewart and first place - Melody Savage.

Staff

The Stonewall Knights of Columbus held a poker tournament at Christ the King Church in Stonewall on Feb. 5.

There were 42 people who attended the poker night. All money raised during this event will go back into the Stonewall and Interlake communities.

The Knights' next fundraiser is a Texas Hold Em evening on March 5 at 7 p.m. in the Christ the King Church basement. The first 72 entrants will be accepted. Free snacks, cash bar and great prizes. Contact Ken de Smet to register at 204-467-8635 or email kdesmet@shaw.ca.

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Coffee house coming to Stonewall

By Jennifer McFee

Music lovers, take note — a brand-new coffee house event is tuning up to begin in Stonewall.

On Saturday, Feb. 27 at 7 p.m., the event will take place at Stonewall's Oddfellows Hall.

Organizer Alvin Unrau said he used

to attend a similar event in Argyle, which inspired him to start something up closer to home.

"I thought, 'Why not give people the opportunity to get on stage and sing some songs here in town?'" he said.

He has scheduled five 30-minute acts, beginning with music from Un-

rau and a group of fellow musicians to start the evening off.

The event isn't a fundraiser, but a \$5 donation is encouraged to cover the costs of hosting the event. Free coffee and snacks will be provided, and if anyone would like to contribute snacks of any kind, they will gladly be

served.

"It's just simply to give the singers a chance to sing and to give the people in the community an evening out that's cheap," Unrau said.

"We're hoping for a really good turnout, and if it goes well, we'll do it again."

February is

PET DENTAL HEALTH Month



Your pet's dental health is serious business

PREVENTION

Do you brush your teeth at least twice a day? Great! Do you take care of your four-legged friend's teeth as well? Uh-oh. You can learn about the importance of good oral hygiene and veterinary checkups for your animals during February, Pet Dental Health Month.

Just like human beings, pets eventually develop plaque and tartar if their teeth are not brushed properly. Moreover, an estimated 85 per cent of domestic animals aged four years and older suffer from oral diseases.

Implement a dental care routine as soon as your new pet arrives in your home. This will prevent the spread of bacteria that can contribute to the development of serious disorders, including bacteria-caused problems in the vital organs. Buy a toothbrush and toothpaste specifically made for the type of pet you have at a veterinary clinic or specialty store. Dental rinses and foods designed to optimize oral health are also available. Ask your veterinarian about what's best for your pet.

CLINICAL EXAMINATION

Do your pet's teeth seem healthy at first sight? Don't put his or her oral health out of mind just yet. Bacteria can often be found under your pet's gums, which could result in various health problems. Make an appointment with your vet today for a complete dental examination. If necessary, this professional will descale the teeth, which is a delicate teeth-cleaning procedure performed under general anesthesia.

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INSIDE > OUTSIDE > UPSIDE DOWN

Jets flying in the MMJHL playoff push

By Brian Bowman

The Stonewall Jets didn't show the St. Vital Victorias much love on Valentine's Day.

Cody Melo and Chase Faulkner each scored twice while Max Smith also tallied in the solid road win.

Stuart Fleury made 27 saves for the victory. The only Vics' players to beat Fleury were Brendan Reichardt (two) and Raymond Allard.

Stonewall outshot St. Vital 36-30 and just four minor penalties were called the entire game.

Last Friday, the Jets had a great effort in a 5-4 home win over the first-place Raiders Jr. Hockey Club.

Adam Blight scored his second goal of the game – and 16th of the season – just 58 seconds into the third period for the game winner.

Derek Walker and Reed Langlois scored for the Jets in the first period and then Blight and Eric Swanson tallied in the second.

Blight's first goal came with the man advantage while Swanson scored as Stonewall was shorthanded.

Devin Manness scored for the Raid-

ers in the first period and then Elisha Bambridge, Tanner Magalas and Manness tallied in the second. Magalas currently leads all MMJHL players with 31 goals and 68 points through 39 games.

Hunter Ploszay made 38 saves as the Jets were outshot 42-21.

On Feb. 10, the Jets were derailed 5-1 at home by the Transcona Railer Express.

Former MJHL forward Devon Schade gave the visitors a 5-0 lead with a natural hat trick in just 5:39 of the second period.

Jordan Weier made it 1-0 in the first period and then Dylan Betteridge put Transcona up two goals early in the second.

Mackenzie Johnson scored the Jets' lone goal midway in the second period, assisted by Robert Smith.

Stonewall, now 20-16-2 and in sixth place in the 10-team MMJHL standings, will play the third-place Pembina Valley Twisters in Morris this Friday (8 p.m.) and then will host the second-place Charleswood Hawks on Sunday (7:30 p.m.).



TRIBUNE PHOTO BY LANA MEIER

The Jets' Derek Walker scored in the first period of Stonewall's 5-4 home win over the first-place Raiders Jr. Hockey Club last Friday.

City Midget, Bantam Lightning lose games

By Brian Bowman

The Interlake Lightning lost a pair of games in City Midget action last weekend.

Interlake played well in a 5-3 loss to the Warriors on Friday and then was defeated 8-0 by the Selects on Sunday in Warren.

Sheydon Mousseau scored a hat

trick for the Lightning against the Warriors. The Lightning forward now has nine goals on the season.

Blaze Senden, Tristan Prystupa, Erik Asselin, Nolan Tonn and Rhys Bremner drew assists on Mousseau's goals.

The Lightning played the Warriors last night (no score was available) and then the Interlake will conclude its

regular season on Sunday against the Hawks at Garden City. Game time is 1:30 p.m.

In Bantam play, the Lightning lost 9-1 to the Selects last Friday and then were downed 7-3 by the Sharks on Sunday.

Ayden Manningway, Austin Adair and Jagger Bonkowski scored for

the Interlake against the Sharks. Zak Barkman, Kai Studler and Keenan McPherson assisted on those goals.

No goal scorer for the Lightning was available from the Selects' game.

Interlake will wrap up its regular season this Sunday when it plays the Hawks at the Maples Multiplex. Game time is 6 p.m.

Friday, Feb. 19 Stonewall Jets vs Pembina Valley Twisters
7:30 pm at Morris Rec Complex

Sunday, Feb. 21 Stonewall Jets vs Charleswood Hawks
7:30 pm at VMSC

Tuesday, Feb. 23 Stonewall Jets vs St. James Canucks
7:30 pm at St. James Civic Centre



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McEwen wins 2016 Viterra Championship

Locals curl real well at men's provincials

By Brian Bowman

This year's Viterra Championship in Selkirk decided a winner before the final was even played.

In a very odd twist, Mike McEwen-Fort Rouge punched his ticket to the Brier in Ottawa because the other team reaching the final - national junior champion Matt Dunstone - had already committed to the World Junior Championship in Denmark.

Both take place at the same time this year.

But McEwen, who had lost five previous provincial finals, actually earned his berth to the Brier on Sunday.

McEwen and his crew doubled Dunstone's young guns, which includes Sandy Hook's Colton Lott, 4-2 in a game that came down to the final shot in the 10th end.

Despite the loss, Dunstone's rink gained invaluable experience as they prepare for the World Championships. Dunstone played 10 games over the five days in Selkirk.

And they were very good.

Dunstone posted an impressive 7-3 record, which included an 8-4 win over defending-champion Reid Carruthers-West St. Paul Sunday morning.

Meanwhile, Jared Kolomaya's Stonewall rink finished with a 2-2 record. Kolomaya's rink defeated Dauphin's Ray Baker 11-1 on the evening of Feb. 10 and then was edged 6-5 by Thistle's Scott Ramsay the following afternoon.

Kolomaya bounced back nicely from that close loss, crushing Granite's Mark Lukowich 9-1 that evening.

Kolomaya's appearance at the provincials would end, however, with an 8-4 loss to Fort Rouge's Hayden Forrester. Kolomaya's rink includes Neil Kitching, Kennedy Bird and Daniel Hunt.

Granite's Taylor McIntyre (whose rink includes Stonewall's Sam Good) opened play with a tough 7-6 loss to Fort Rouge's Tyler Drews. McIntyre bounced back in a big way, though, to beat Morris' Lorne Hamblin 8-3, Arborg's Kyle Foster 10-4, and



Bryan Galbraith checks the line on the final rock during the 5-3 win over David Bohn's rink Friday afternoon.

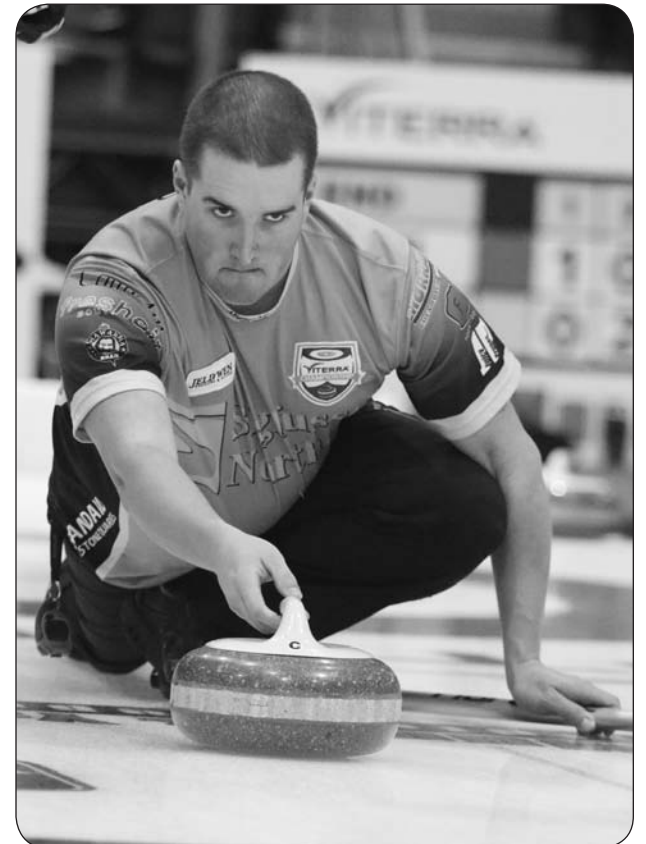
Carberry's Kelly Marnoch 7-1.

McIntyre then lost 5-3 to Dunstone on Friday to be eliminated.

Bryan Galbraith of Rosser also did plenty of curling last week with Dennis Bohn's Assiniboine Memorial rink. Bohn defeated Dauphin's Greg Todoruk (8-6), David Bohn (9-2), lost to McEwen (5-3), and then beat David Bohn again (5-3) before losing to William Lyburn (6-4) and Dunstone (7-1).

The 2016 Viterra Championship all-star team was announced Saturday prior to the evening playoff draw. The all-star awards are selected each year by the members of the Manitoba Curling Media Association in attendance at the championship.

The 2016 Viterra Championship all-stars are: Lead - Braden Zawada - Team Lyburn, Second - Derek



TRIBUNE PHOTOS BY LANA MEIER
Balmoral's Sam Good delivers a rock during this year's 2016 Viterra Championship.

Samagalski - Team Carruthers, Third - BJ Neufeld - Team McEwen, Skip - Matt Dunstone.

It is the third all-star recognition for Neufeld, who was named to the team in both 2010 and 2015, and the first for Zawada, Samagalski, and Dunstone.

Meanwhile, Justin Richter, third on David Bohn's Granite team, was selected as the 2016 Viterra Championship recipient of the Pat Spiring Award.

The award was established three years ago by CurlManitoba and the Curling for Life Endowment Fund in tribute to the memory of the popular Spiring.

The award recognizes a curler who represents Spiring's love of the game of curling combined with ability and attitudes of fair play and sportsmanship.

Midget 'AA' female Blues defeat first-place Victorias

By Brian Bowman

The Stonewall Blues handed the St. Vital Victorias a rare loss last Saturday.

Stonewall was hardly in the loving mood just before Valentine's Day as they gave the first-place Victorias just their third regulation-time loss this season after a hard-fought 2-1 victory.

"Those kids played awesome," said Blues' head coach Peter Mandryk. "We were down 1-0 going into the third. Those kids find a way to get a win most often - there's no quit in those kids."

Laura Kilbrei and Loren Blight scored for the Blues in the third.

With that impressive win, Stonewall is now 15-9-0-2 and in third place in the six-team league with 32 points.

That's just two points behind the Saints (17-9) and 11 back of the Victorias (20-3-0-3).

"We've played very solid since Christmas," Mandryk said. "Our goal was to be peaking at playoff time and we're certainly headed into the right direction. The kids have picked it up a bunch and they're all working very well."

"I'm pretty pleased with what's going on right now and, if circumstances work out, we might even get second place."

The Blues have been very good in recent games, compiling a 4-1 record in their past five games. Stonewall has now scored 70 goals and allowed 54 this season.

Many of the games have been close and tightly-contested.

"It's a very tight league and all of the teams are close," said Mandryk, noting his club has a short bench with just two lines. "It's been very competitive and it seems like anyone can beat anyone on a given night."

Stonewall will conclude its regular season with a couple of road games this weekend. The Blues will play the Twins on Saturday evening and then the Saints Sunday afternoon.

Stonewall would love to end the regular season on a winning note.

"If we win and Steinbach does us a favour and beats the Saints and we finish with the same record, we might slide into second," Mandryk said.

Merces, Maroons battling in SEMHL playoffs

By Brian Bowman

The Warren Merces are showing that the regular season means very little.

And the playoffs are, in fact, an entirely new season.

After winning just two of 20 regular-season games, the Merces came out and shocked the second-place Altona Maroons with a 5-4 road victory in Game 1 of their best-of-five South Eastern Manitoba Hockey League first-round series on Feb. 11.

"We played pretty well and did what we thought we could do against them and it paid off," said Merces' head coach Gerry Minaker Monday afternoon. "Although, they did put a scare into us at the end."

Warren came out flying in the series opener, grabbing a 2-0 lead by the 6:50 mark of the first period.

Justin Crockatt opened the game's scoring at 3:54 and then Brady Nichol made it 2-0 just a few minutes later.

Altona's Dane Crowley cut the deficit in half with a power-play goal at 13:59 of the first period but the Merces responded with three goals in the first 8:01 of the second.

Kyle Luschinski scored a pair of goals and then Crockatt added his second of the game to put Warren ahead 5-1. Brendan Luschinski assisted on Crockatt's goal and finished the game with three points.

But this game was far from over.

Angus Klassen scored at 14:55 of the second and then Crowley and Ty Dittmer potted goals to pull Altona to within 5-4. Dittmer's goal came with 5:05 left in the third.

"We got into some penalty trouble which kind of broke our system and lines down a little bit," Minaker said. "That's what we learned from that game. If we can stay out of the box and keep the lines going with some consistency, then we'll be fine with them. But when that gets broken down, then it's trouble."

Ben Lobb made 24 saves in the win. Lobb has been very good in the first two games of the series, said Minaker.

In Game 2 of the series in Warren, Altona evened the series with a 4-0 victory.

"We didn't seem to create as much," Minaker said. "We had a bit of a neutral-zone trap going in Game 1, which kept turning them back, but we didn't seem to do it as effectively in Game 2."

"The score was 4-0 but it was a close hockey game – they just took advantage of their chances and we didn't."

Matt Dyck scored the only goal of the first period and then Nick Doyle made it 2-0 with a power-play goal midway in the second.

Early in the third, the Maroons sealed the win with goals from Doyle and Angus Klassen. Doyle's second goal of the game came just 46 seconds



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Merces' Brady Nichol scored the second goal in Warren's 5-4 win over the Altona Maroons on Feb. 11.

into the period and then Klassen scored 57 seconds later.

Jayme Janzen posted the shutout while Lobb took the loss.

Game 3 of the best-of-five series was played Tuesday in Altona but no score was available at press time. Game 4 is set for tonight in Warren. Puck drop is 8 p.m.

"We have to be better at home,"

Minaker stressed. "And I hope we get some fans out on Thursday. It helps us at the gate and it gets the guys motivated to keep going."

In the other SEMHL series, Portage is taking on Winkler while Morden is battling Notre Dame.

Carman had a first-round bye after finishing in first place during the regular season with a 17-3 record.

Flyers widen first-place lead in MSHL

By Brian Bowman

The Stonewall Flyers are proving, without a doubt, that they are the best team in the Manitoba Senior Hockey League this season.

The Flyers improved their record to a league-best 13-1 after a convincing 8-2 home victory over the second-place Gimli Wolves on Saturday in Stonewall.

Regan Stire and Brock Couch led the Flyers with two goals and an assist apiece while Brett Harvie, Connor Appleyard, Dan Stewart and Connor Lockhart also tallied.

Appleyard finished the game with four points. Derek Gagnon scored both Gimli goals on Flyers' netminder Justin Harris.

On Feb. 9, the Flyers downed the Beausejour Beavers 5-3 in Stonewall.

Beausejour's Nick Stelmack

gave the visitors a 1-0 lead early in the first period, but Stonewall came out flying early in the second.

Matt Varnes, Adam Kirk and Appleyard scored by the 11:29 mark of the middle frame to give the Flyers a 3-1 lead. Varnes now has 19 goals and leads the MSHL in points with 46.

Beavers' forward Cody Waterman made it a one-goal game, though, at 5:53 of the third before Couch (shorthanded) and Stire closed out the game's scoring.

Harris made 35 saves for the win. The Flyers hosted the third-place Lac du Bonnet Blues (8-6) on Tuesday but no score was available.

Stonewall will then conclude its regular season Friday when it hosts the last-place Lakeside Phantoms (0-14). Game time is 8 p.m.



TRIBUNE PHOTO BY LANA MEIER

The Flyers' Regan Stire potted two goals for Stonewall in their 8-2 win over the Gimli Wolves last Saturday.

Rams iced by River East in high school hockey playoffs

By Brian Bowman

The Winnipeg High School Hockey League regular season is a fairly long one, stretching over several months.

But the playoffs lasted just over 24 hours for the Stonewall Collegiate Rams this season. The Rams were swept 2-0 in their best-of-three first-round series with the River East Kodiaks last week.

River East took a 1-0 series lead after a 4-1 home win on Feb. 9 and then edged the Rams 3-2 in Stonewall the following day.

In the home loss, Stonewall led 2-1 in the third period before River East struck twice on the power play. Kyle Schroeder tied the score at 7:49 of the third and then Roy Ellis scored the game winner with 3:59 remaining in regulation time.

"The second period was probably one of our best periods that we've played all year," said Rams' head coach Kyle Nixon. "We outshot them and were able to get on the power play

and score a power-play goal. One of the things that we talked about in the intermission was being disciplined because the refs have a tendency to even that stuff up a little bit.

"But I didn't think that was the case – it wasn't a reffing issue at all. We just made some undisciplined decisions and it ended up hurting us in the end."

After a scoreless first period, Brayden Sul scored to give River East a 1-0 lead but the Rams went ahead 2-1 on goals by Brett Munroe and Austen Ewanek. Ewanek's goal came on the power play with 2:17 left in the second period.

"We were excited after the second period, for sure," Nixon said. "When we went out for the third, we had full intentions of winning. But a couple of tough decisions put us on the penalty kill and we killed most of their opportunities."

In the series opener, the teams were tied at 1-1 when River East's Denton Smith scored the game winner on a deflection with 6:55 remaining in the third.

Just 11 seconds later, Schroeder made it 3-1 with a lucky bounce and then Chase Beach Ducharme added a shorthanded goal at 18:44 of the third.

The Kodiaks took a 1-0 first-period lead on a goal by Schroeder and then the Rams' Seth McMahon tied the score with 25 seconds left in the second.

The two playoff losses last week ended a tough season for the Rams in the win column. But the squad improved quite a bit over the course of the season, competing in the elite Platinum Promotions Division.

"I felt all year, for the most part, we



TRIBUNE PHOTO BY JO-ANNE PROCTER

Rams' goaltender Curtis Beck makes a save during SCI's 3-2 playoff loss to the River East Kodiaks last week.

were in games," Nixon stressed. "But we just couldn't get that goal or other teams would catch a break. We just struggled to score goals all year and that was the problem in the playoffs, too."

Stonewall won both of its league games last month and, throughout the season, often kept pace with some of the top high school teams in the province. The Rams did a very good job improving as a hockey club throughout the season.

Stonewall also did a very good job coming to the rink with positive attitudes on a weekly basis, said Nixon.

"They were real good kids," Nixon praised. "You come to the rink and you struggle to win and those things can make a team give up or become undisciplined or not take the game seriously."

"But that never happened. You're fortunate to coach good kids – and we had that, for sure."

The Rams will lose seven players from this year's team due to graduation. That is a lot of talent leaving the program, so Stonewall's future in the Platinum Promotions Division may be up in the air for next season.

"We're going to have some tough holes to fill, for sure," Nixon admitted. "And every year, it's getting harder and harder for us to compete in the top division."

"Our record, obviously, wasn't great this year, even though we were in a lot of games, but you lose those guys next year and the fact our school is a lot smaller than where it was five or six years ago."

"It's just tough to replace those bodies."

Harvey commits to Olds College



Mallory Harvey

Submitted

The MFMHL is pleased to announce that Interlake Lightning forward Mallory Harvey has committed to attend school at and play hockey for Olds College.

Old College is located in Olds, Alta. The Broncos play in the ACAC (Alberta College Athletic Conference) and the Womens Hockey is in its first year of operation.

Harvey is in her first season with the Lightning and third overall in the MFMHL, having played for the Eastman Selects the two previous seasons. Harvey currently leads the Lightning in scoring and over her three seasons in the MFMHL has scored 15 goals and added 11 assists while, for her career, has scored 21 goals and added 21 assists.

Harvey, who is known for her speed and aggressive style of play, has been a significant role player for both the Lightning and Selects over the past three seasons.

Provincial bound

The Marquette Curling Club hosted the largest stick curling bonspiel in Manitoba with 50 teams taking part. Unfortunately, Mother Nature wasn't cooperative and the finals were played a week later. Wayne Davies (left) and Lloyd Simonson claimed the title by winning the A-event. Cole Janke and Brianne Anderson won the B-event, while Barry Proctor and Jim Sorenson won the C-event. Bob Thiessen and Scott Darrach won the D-event. Davies and Simonson will now compete in the 2016 Manitoba Stick Curling Championships at the Assiniboine Memorial Curling Club in Winnipeg Feb. 19-21.

TRIBUNE PHOTO BY CALVIN JANKE



sports&recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Lightning struggle against elite teams

By Brian Bowman

With games against the top three teams in the Manitoba AAA Midget Hockey League on their schedule last week, the Interlake Lightning knew they were in for a tough ride.

And that ride definitely got bumpy. Interlake lost all three games – getting outscored 27-7 — after getting blitzed 14-4 by the Winnipeg Wild on Sunday in Teulon.

The Wild scored five first-period goals and then added seven more in the second period.

Goal scorers for the Wild were Ben Coppinger (three), Riley Stotts (two), Andrew Esposito (two), Noah King, Caiden Daly, Griffin Leonard, Brendan Keane, Jesse Gibbons, Brendan Arnold and Dylan Cassie.

Preston Phillips scored for the Lightning in the second period and then Jordan Woytowich, Jordan Kristjanson and Riley Vautour tallied in the third.

Last Saturday evening, the Lightning were topped 7-2 by the Winnipeg Thrashers in Teulon.

Kristjanson scored in the first period and then Woytowich tallied in the third.

Kyle Wiltshire (three), Jonathan Morrow (two), Nate Hooper and Brendan Kochanski scored for the Thrashers.

On Feb. 10, the Lightning lost 6-1 to the first-place Eastman Selects in Beausejour.

Noah Basarab scored the Lightning's lone goal on the power play just nine seconds into the third period. The goal was assisted by Vautour and Woytowich.

Eastman, which held period leads of 2-0 and 5-0, received goals from Montana Onyebuchi, Rylan Hoffman, Mike Berard, Brad Goethals, Owen Blocker and Kolten Kanaski.

Goethals leads the league in both goals scored (41) and points (74).

Interlake (8-34) will conclude its regular season with a pair of road games against the last-place Norman North Stars in Thompson this weekend. The two teams will hook up Saturday night and then Sunday afternoon.



TRIBUNE PHOTO BY LANA MEIER
The Lightning's Jackson Kicenko makes a pass during Interlake's 7-2 loss to the Winnipeg Thrashers last Saturday.

Manitoba Hockey Standings									
MANITOBA JUNIOR HOCKEY LEAGUE									
	GP	W	L	OTL	PTS	GF	GA		
Portage Terriers	56	48	6	2	98	260	114		
Steinbach Pistons	53	40	10	3	83	215	123		
Winkler Flyers	51	36	12	3	75	221	129		
Virton Oil Capitals	53	32	20	1	65	172	123		
Winnipeg Blues	53	27	18	8	62	186	151		
Swan Valley Stampers	53	22	25	6	50	159	177		
OCN Blizzard	52	23	27	2	48	162	188		
Selkirk Steelers	51	20	29	2	42	172	221		
Dauphin Kings	53	18	32	3	39	154	221		
Waywayseecappo Wolverines	53	14	35	4	32	135	226		
Neepawa Natives	52	10	40	2	22	110	273		
MANITOBA MAJOR JUNIOR HOCKEY LEAGUE									
	GP	W	L	OTL	PTS	GF	GA		
Raiders Jr. Hockey Club	39	28	8	3	59	154	106		
Pembina Valley Twisters	38	22	11	5	49	155	125		
St. Vital Victorias	39	21	14	4	46	146	130		
St. James Canucks	39	22	16	1	45	147	135		
Stonewall Jets	38	20	16	2	42	145	130		
St. Boniface Riels	39	17	19	3	37	134	152		
Transcona Railer Express	38	16	20	2	34	134	160		
River East Royal Knights	39	15	20	4	34	118	139		
Ft.Garry/Ft.Rouge Twins	39	7	30	2	16	91	193		
KEYSTONE JUNIOR HOCKEY LEAGUE									
South Division									
	GP	W	L	OTL	PTS	GF	GA		
Selkirk Fishermen	34	26	6	2	54	140	94		
St. Malo Warriors	34	21	10	3	45	162	128		
Lundar Falcons	34	16	13	5	37	148	137		
Arborg Ice Dawgs	34	17	15	2	36	149	131		
North Winnipeg Satellites	34	11	22	1	23	120	165		
North Division									
	GP	W	L	OTL	PTS	GF	GA		
Peguis Juniors	34	28	4	2	58	295	119		
OCN Storm	34	27	6	1	55	271	123		
Cross Lake Islanders	34	15	19	0	30	224	216		
Fisher River Hawks	34	8	25	1	17	174	267		
Norway House North Stars	34	1	33	0	2	90	393		
SOUTH EASTERN MANITOBA HOCKEY LEAGUE									
Quarter Final C (Best of 5)									
Altona Maroons vs Warren Mercs									
Tue Feb 16 @ 8:00pm in Altona									
Thurs Feb 18 @ 8:00pm in Warren									
MANITOBA SENIOR HOCKEY LEAGUE									
	GP	W	L	OTL	PTS	GF	GA		
Stonewall	15	14	1	0	28	111	50		
Gimli	16	9	7	0	18	108	74		
Lac du Bonnet	14	8	6	0	16	92	63		
Beausejour	15	7	8	0	14	71	78		
Lakeside AAA MIDGET HOCKEY LEAGUE									
	GP	W	L	OTL	PTS	GF	GA		
Eastman	43	40	0	1	83	228	86		
Wild	41	34	5	1	70	185	78		
Thrashers	41	30	9	1	62	196	97		
Yellowhead	41	27	8	1	60	145	99		
Central Plains	42	23	13	2	52	142	112		
Brandon	41	21	19	0	43	118	125		
Parkland	41	19	18	0	42	161	163		
Kenora	42	19	21	2	40	151	177		
Southwest	42	18	20	1	40	130	141		
Pembina Valley	42	8	30	1	20	93	190		
Interlake	42	8	34	0	16	106	228		
Norman	42	3	37	2	8	110	269		
AAA CITY MIDGET HOCKEY LEAGUE									
	GP	W	L	OTL	PTS	GF	GA		
Winnipeg Monarchs	33	25	6	0	52	178	84		
Winnipeg Hawks	34	21	11	1	44	150	123		
Eastman Selects	35	19	15	0	39	105	94		
Winnipeg Warriors	33	18	12	3	39	114	102		
Winnipeg Sharks	35	15	15	2	35	134	139		
Interlake Lightning	34	0	32	1	2	59	198		
Yellowhead Chiefs	0	0	0	0	0	0	0		
Parkland Rangers	0	0	0	0	0	0	0		
AAA BANTAM HOCKEY LEAGUE									
	GP	W	L	OTL	PTS	GF	GA		
Winnipeg Monarchs	33	28	4	0	57	223	70		
Winnipeg Warriors	31	25	2	2	54	209	69		
Eastman Selects	31	18	11	1	38	156	118		
Winnipeg Hawks	32	14	16	2	30	119	116		
Winnipeg Sharks	31	10	19	2	22	102	159		
Interlake Lightning	34	5	29	0	10	78	229		
MANITOBA FEMALE MIDGET AAA HOCKEY LEAGUE									
	GP	W	L	T	OTW	OTL	Pts		
Yellowhead Chiefs	28	20	2	-	4	2	50		
PV Hawks	28	19	5	-	3	1	45		
Central Plains	28	18	6	-	2	2	42		
Westman Wildcats	28	17	5	-	1	5	41		
Winnipeg Avros	28	10	11	-	4	3	31		
Eastman Selects	28	7	19	-	1	1	17		
Norman Wild	28	4	22	-	1	1	11		
Interlake Lightning	28	1	26	-	-	1	3		
MANITOBA HIGH SCHOOL HOCKEY									
Price Division									
Play-offs Round 1 Series									
Warren Wildcats vs. Fort Richmond									
Tue Feb 16 @ 4:15pm @ Warren Arena									
Thurs Feb 18 @ 3:40 pm @ Fort Richmond									
STATS AS OF TUESDAY, Feb. 16									

Argyle Ladies Bonspiel



TRIBUNE PHOTO BY PAM DESROCHERS
The annual Argyle Ladies Bonspiel was held Feb. 5-7. The winner of the A-side event was the Wanda Tully rink, which included Theresa Klus, Wanda Tully, Shawna Gibson and Kathy Holod. The B-side event ended in a tie between Tracy Dunstan and Suzanne Otte. The C-side event was won by the Virginia Crockatt rink.

Classifieds

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

METAL RECYCLING

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

HOMES FOR SALE

2 show homes ready for spring delivery! 1584 & 1638 sq. ft. RTMs. Pictures, floor plans available at wgiesbrechthomes.ca. Custom builds also available. For additional information 204-346-3231 or wilbert@wghomes.ca

PROPERTY WANTED

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

HELP WANTED

Well established heavy construction company in Winnipeg is seeking an Equipment/Material Coordinator. More details found at the Government of Canada Job Bank position #272737.

HELP WANTED

Bakery Front Server Wanted - Beyond Bread bakery in Stonewall is looking for an energetic, mature person with great customer service abilities to work the front counter. Responsibilities include serving customers and packing products. Experience in food/restaurant industry is an asset. Hours of work Tuesday to Friday 9:30 to 5:30, with option for Saturday work. Please e-mail resumes to beyondbd@mymts.net or drop-off at 368 Main Street.

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

BUSINESS OPPORTUNITY

Get free vending machines. Can earn \$100,000 + per year - all cash. Protected territories - locations provided. Full details call now! 1-866-668-6629 or visit our website WWW.TCVEND.COM

EPR Stonewall

An Independent Member Firm of EPR Canada Group Inc.

We require an **Administrative Assistant** to join our professional accounting office in Stonewall. We are looking for strong team player skills and secretarial experience. If you have an outgoing personality, are organized, motivated, mature and friendly, we want to hear from you!

Duties include: providing administrative support to all team members (including other administrative staff); courteously receiving all in-bound calls, emails and visitors; assisting with the organizational workflow of staff; other duties as required.

We offer training, professional growth, and a competitive compensation package. If you are seeking a challenging and rewarding career with a great team, **please forward your resume to carol@eprstonewall.com.**

Town of Teulon

a great place to come home to

RECREATION DIRECTOR Teulon-Rockwood Recreation Commission

The Teulon-Rockwood Recreation Commission is accepting applications for a Recreation Director. This position reports directly to the Recreation Commission Board.

The Recreation Director is responsible for the planning, implementing, and managing a broad range of community recreation services and facilities; encouraging maximum community involvement and coordination with other community organizations.

A post-secondary education in recreation with a minimum of three years related experience is required. This experience shall include personnel management, recreation facility management and program planning. Excellent leadership skills and an ability to effectively communicate with the public and stakeholders as well as use of a vehicle for business purposes are necessary. The successful candidate must provide a criminal record check and a child abuse registry check. First Aid and CPR is an asset and would be required once employed by the Commission.

Qualified candidates are invited to submit resumes by **February 29, 2016 at 5pm** stating experience, education, related work references, expected salary and all other pertinent data to:

Teulon-Rockwood Recreation Commission
Box 69, Teulon, Manitoba R0C 3B0
Or by e-mail to teulonrockwoodrec@gmail.com

More information about the Town of Teulon and this exciting career opportunity can be found by calling (204) 861-0366.

We thank all applicants for their interest, however, only those candidates being considered for an interview will be contacted.

Do you have a suggestion for our news team?

Is there someone you would like to see recognized in the newspaper for their accomplishments - athletic, academic or community service.

Call 204-467-5836



PUBLIC NOTICE

Sale of Crescent Creek 50+ Manufactured Home Park

www.teulon.ca or Call (204) 886-2314

Deadline: March 4, 2016 at 5pm

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

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

**RM OF ROSSER BY-LAW 16-15
Being an AMENDMENT to the
ROSSER CENTREPORT ZONING BY-LAW 10-14,
as amended
to RE-ZONE Pt. Parcel E Plan 50401
in Pt. SE ¼ 20-11-2E
from CENTREPORT RURAL ZONE
to "I1" INDUSTRIAL CENTRE ZONE**

HEARING LOCATION: RM of Rosser Council Chambers
0 077 E PR 221, Rosser, MB

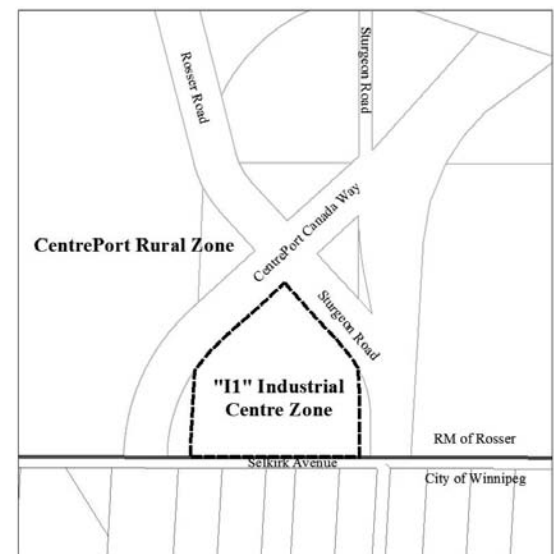
DATE and TIME: Tuesday, March 8, 2016 at 10:45 a.m.

GENERAL INTENT and PURPOSE: To re-zone Pt. Parcel E Plan 50401 in Pt. SE ¼ 20-11-2E from CentrePort Rural Zone to "I1" Industrial Centre Zone to establish commercial and retail uses.

AREA AFFECTED: This by-law shall apply to Pt. Parcel E Plan 50401 in part of SE ¼ 20-11-2E as identified on the map appearing on the back of the Hearing Notice.

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

A copy of the above proposal and supporting material may be inspected at the location noted above during normal office hours, Monday to Friday. Copies may be made and extracts taken therefrom, upon request.



SCHEDULE "A"

Attached to By-Law No. 16-15 of the R.M. of Rosser, amending Appendix A, Zoning Map 2 of the CentrePort Zoning By-Law No. 10-14

Legend

Area to be re-zoned
Municipal Boundaries
Assessment Parcels

CentrePort
Zoning Amendment
Pt. Parcel E Plan 50401
Pt. SE ¼ 20-11-2E

Date: November 26, 2015

From: CentrePort Rural Zone
To: "I1" Industrial Centre Zone



NOW HIRING!

Food & Beverage Manager / Head Cook

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

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

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

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

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

Classifieds

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

Stonewall Teulon
Tribune



2016 GRASS CUTTING/ MAINTENANCE TENDER

The Town of Teulon invites tenders for grass cutting and maintenance services in Teulon's Crescent Creek Park area during the months of May through October 2016 on an as-required basis.

Crescent Creek Park contains grassed common areas, the Crescent Creek Recreation Centre yard, 15 manufactured homes lots that require mowing and 42 manufactured homes that require fertilizer (twice annually).

Interested bidders are invited to submit their tender on the Grass Maintenance Tender Form (available at the Teulon Civic Office or www.teulon.ca) showing tender prices for mowing and fertilizing and the type of equipment to be used. This will be a term contract starting May 1, 2016 and ending October 31, 2016.

Deadline: Feb 24, 2016 at 5:00 pm.

For more information call 204-886-2314



THE RURAL MUNICIPALITY OF ROCKWOOD PUBLIC NOTICE

The Rural Municipality of Rockwood hereby gives notice that any party who deposits snow upon a highway, or the shoulders thereof, may be in contravention of the Highway Traffic Act, which reads as follows:

"A person who drops, throws, or deposits upon a Highways any substance or thing likely to injure a person, animal, or vehicle shall immediately remove it or cause it to be removed."

As the practice of cleaning private lanes and driveways and leaving snow on the road and/or shoulders creates hazardous driving conditions, the Rural Municipality of Rockwood will take whatever action is necessary to enforce the above-mentioned section of the Act.

NOTE: The term "highway" applies to all roads and streets within the Municipality, both Provincial and Municipal.

Council,
The Rural Municipality of Rockwood

CAREER TRAINING

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

VOLUNTEERS

The College of Midwives of Manitoba (CMM) is seeking Public Representatives. Public reps may NOT be members of another regulated health care profession in Manitoba. Kathy Kirby, Administrative Officer (204) 783-4520/Email: admin@midwives.mb.ca

MISCELLANEOUS

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

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

take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

	X	E	L			D	V	S
D	E	L	V	T	U	G	E	R
N	V	T	S	I	E	R	U	S
R	E	T	V	E	G	H	S	I
I	D					T	V	N
E	R	V	R	H	S	I	W	O
W	O	N	E	S	W	B	D	H
B	O	B	T	L	V	V	R	O
O	V	T						
W	E	T	S	A	S	H	S	S
V	N							I
S	U	N	V	T	E	T	N	E
T	V	H	E	H	T	N	I	T
N	O	I	T	V	I	T	W	H
D	D	V						

Crossword Answer

CONT. ON NEXT PAGE



CROSSWORD

CLUES ACROSS

1. UN Sec-Gen Hammarskjold
4. Sum up
7. Shame & disgrace
12. Favorite Dr. Seuss
15. About earth
16. Lockjaw
18. 14th Greek letter
19. Durham school
20. Sodium
21. Ancient Olympic Site
24. Used to be United
27. Audio sound network
30. Girls actress Dunham
31. 1000 calories
33. Mekong people
34. Floor covering
35. Moroccan capital
37. Curtsy
39. Cheer
41. Database mgmt. system
42. Enough (archaic)
44. Release for a price
47. Similar
48. Not frequently experienced
49. Doctor
50. King Cole, musician
52. Lady Spencer
53. Nauseated
56. More
61. Stevenson classic
63. Uncontrolled
64. Homesick
65. Law

CLUES DOWN

1. A continuous tube
2. Wet nurse
3. Rural France vacation retreat
4. Greek capital
5. Synthetic hormone
6. Qatar capital
7. Of she
8. Maya of Vietnam Veterans

			1	2	3			4	5	6							
			7					8	9	10						11	
12	13															14	
15										16							17
18										19						20	
21		22	23		24	25	26			27			28	29			
30					31				32		33						
	34				35					36			37		38		
		39		40		41							42			43	
44	45				46		47						48				
49				50		51									52		
53		54	55						56	57	58	59	60				
	61								62								
		63															
			64								65						

Memorial

9. Not out
10. Tip of Aleutian Islands
11. Ling, Chinese mountain range
12. NW Netherlands resort island
13. One who acclaims
14. Adjust for functioning
17. U.S. Revolutionary Adams
22. Bury
23. Adventure stories
24. Swedish krona
25. Several carangid fishes
26. Spiritual leader of a Jewish congregation
28. Cavalry-sword
29. Mahogany family genus
32. In a way, goes away
36. Thyrotropin

38. Axe killer Lizzie

40. Solomon Islands capital
43. Eerie
44. Root mean square (abbr.)
45. A nearly horizontal entrance to a mine
46. Assembled
51. Racketeer
54. Grand, vintage
55. Cognizances
56. Hair product
57. Iranian monetary unit
58. This (Spanish)
59. Jeopardy's Trebek
60. Small amount
62. Atomic #44

get inspired

> MEAL IDEAS

THE Marketplace
AT STONEWALL 467-8469

Baked almond chicken



Ingredients

- 2 tsp (10 mL) vegetable oil
- 6 tbsp (90 mL) sliced almonds
- 4 small boneless skinless chicken breasts, (about 1 lb/500 g)
- 3 tbsp (45 mL) cornstarch
- 2 tbsp (25 mL) sugar
- 1/4 tsp (1 mL) pepper
- 1 1/2 cups (375 mL) 1% milk
- 1 tbsp (15 mL) Dijon or honey mustard
- 1 tsp (5 mL) grated orange zest
- 2 tbsp (25 mL) fresh orange juice

Directions

Preheat oven to 425 °F (220 °C). Place oil in 13 x 9-inch (33 x 23 cm) glass baking dish. Stir almonds into baking dish to coat with oil; spread into single layer. Bake for about 5 minutes, watching closely, or until golden. Transfer to bowl; set aside. Place chicken smooth side down in baking dish. Bake, uncovered, for 10 minutes or until evenly white on outside.

Meanwhile, in saucepan whisk together cornstarch, sugar and pepper. Gradually whisk in milk until smooth; whisk in mustard, orange zest and half of reserved almonds. Cook over medium-high heat, stirring, for 3 to 5 minutes or until steaming and starting to thicken. Remove from heat; stir in orange juice.

Turn chicken smooth side up in dish; pour sauce over top. Bake, uncovered, for about 8 minutes longer or until chicken is no longer pink inside. Sprinkle with remaining almonds.

Citrus Herbed Chicken with Asparagus



Prep time: 10 minutes

Cook time: 20 minutes

Serves: 4

- 1/4 cup flour
- 2 tablespoons grated Parmesan cheese
- 1/2 teaspoon Garlic Powder
- 1/4 teaspoon McCormick Black Pepper, coarse ground
- 1 pound thin-sliced boneless skinless chicken breasts
- 1 tablespoon oil
- 1 1/2 cups chicken stock
- 1 teaspoon Basil Leaves

- 1 teaspoon Oregano Leaves
- 1 pound asparagus, trimmed and cut into 1-inch pieces
- 2 tablespoons lemon juice

In shallow dish, mix flour, Parmesan cheese, garlic powder and pepper. Reserve 2 tablespoons. Moisten chicken lightly with water. Coat evenly with remaining flour mixture.

In large nonstick skillet, heat oil on medium heat. Add 1/2 of the chicken pieces; cook 3 minutes per side, or until golden brown. Repeat with remaining chicken, adding additional oil, if necessary. Remove chicken from skillet; keep warm.

In medium bowl, mix stock, basil, oregano and reserved flour mixture until well blended. Add to skillet along with asparagus. Bring to boil. Reduce heat to low; simmer 3-5 minutes, or until sauce is slightly thickened, stirring frequently. Stir in lemon juice. Return chicken to skillet; cook 2 minutes, or until heated through.

The Skill: Standing Up to Food Pushers

At first blush, this may seem surprising, but peer pressure with food is actually quite common – and yet a bit mystifying. After all, you don't just get into any car and drive it, presumably you drive only your own car. You probably don't routinely use a coworker's lipstick or handkerchief. And you probably don't let anyone else decide what you will wear on a given day, whether you will take an umbrella, or whether you will use perfume or deodorant. So the idea that someone else would make food related decisions for us is just plain odd. But somehow we find it acceptable to let other people decide what, when, and how much we eat.

Since time immemorial, human beings have shown each other love and affection with treats, foods, and feasts. Parents love their children with French fries, lollipops, and ice cream. Mothers and grandmothers from many different cultural backgrounds often lavish love in the form of copious servings of food – with a side dish of guilt if you complain about eating it all. There are starving kids in China, you know! (In fact, there are, but overall, China is succumbing to the global obesity epidemic as it modernizes.) Meanwhile, at family gatherings, office lunches, or other social events, people may encourage you to eat more than you're inclined to and/or more than you should. Often it's because that's what they're doing, and they want you to join them.

One solution is to try to raise the bar. Instead of succumbing to peer pressure, tell people about your resolve to eat more healthfully and ask them to support you in your efforts. Remember: The majority of adults in the United States is overweight and many are dealing with a chronic health problem (such as hypertension or diabetes) that's related to those excess pounds, so you may have a positive influence on those in your social circle. In-

stead of letting other people undermine your resolve, inspire them to join you in your quest for better nutrition and better health and to enlist valuable support from one another. There's no rule that says only unhealthy eating habits can be contagious, so why not spread your healthy dietary approach to friends and loved ones?

If this tactic doesn't work, you can always shift gears and go to plan B: Set firm limits when people push rich dishes or second helpings by explaining that you're making an effort to eat more lightly so you can lose weight, reduce your cholesterol, or lower your blood pressure, for example. That way, you won't say anything negative about what they're eating or offering but you can stand your ground on health reasons. Sometimes people are more willing to accept a health-related reason for changing your eating patterns than a weight-related one. Somehow seems less open to negotiation.

If you feel obligated to have the cake or whatever is being served because the host went to a lot of trouble or the occasion is a big deal, you can give the impression that you're indulging: Eat one or two bites so it looks like you're joining in, then push your plate aside. Or you can say it looks fabulous but you can't eat another bite of anything after the delicious meal you just enjoyed, and ask if you could take home a piece for the next day. At that point, whether you eat if or give it away will be your decision, no pressure.

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

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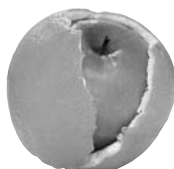
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ANNOUNCEMENT

BIRTHDAY

Friends and family are all welcome to come celebrate **Drew Lambert's 95th Birthday** on Sunday, February 28, 2016 from 2 - 4:30 p.m. Lions Manor Common Room (off main entrance) Stonewall, MB.

ANNOUNCEMENT

BIRTHDAY



Happy Birthday to **Eva Paulsen** who will celebrate her 105th birthday on February 18th

HAY & FEED

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ANNOUNCEMENT

IN MEMORIAM



Donald Smith
April 6, 1943 - February 23, 2001

Our husband, father and grandfather. He'll always be remembered. As a man both strong and good; Who gave his best for others, And who did the best he could. He'll always be remembered, For the joy and guidance he brought; As a proud man who made a difference, And a man who meant a lot.

-Forever loved by Eileen, Roger, Lisa and Jordan, Dean and Linda

ANNOUNCEMENT

IN MEMORIAM

Pat Bond

The years may wipe out many things, But this they'll wipe out never; The memory of those happy days, When we were all together. We think of her in silence, Her name we oft recall; But there's nothing left to answer, But her picture on the wall. Just when her life was brightest, Just when her hopes were best; God called her from among us, To a home of eternal rest.

-Glen, Derek, Michelle, Glenda, Shawn, Sara

ANNOUNCEMENT

IN MEMORIAM

Bryan Good

As years go by
Silent thoughts of good times forever
Memories will never fade.

-Forever loved and missed, Yvonne

ANNOUNCEMENT

IN MEMORIAM

Bernice (Judy) Gulay
February 23, 1999
In loving memory of my beloved wife who passed away peacefully seventeen years ago

I did not know that morning,
What sorrow the day would bring;
The bitter grief, the shock severe,
To part with one I loved so dear.
You bid no one a last farewell,
No chance to say goodbye;
You were gone before I knew it,
And only God knows why.
It broke my heart to lose you,
But you did not go alone;
For part of me went with you,
The day God called you home.
Our family chain is broken,
And nothing seems the same;
But as God calls us one by one,
Our chain will link again.
You'll always live in my heart and memories,
Until we meet again someday.
-Lovingly remembered and sadly missed today and always by your loving husband Arnie

ANNOUNCEMENT

IN MEMORIAM



Edith Carman
March 22, 1944 - February 21, 2015

We did not know that day,
God was to call your name;
In life we loved you dearly,
In death we do the same.
It broke our hearts to lose you,
You did not go alone;
For part of us went with you,
The day God called you home.
You left us beautiful memories,
Your love is still our guide;
And though we cannot see you,
You are always at our side.
Our family chain is broken,
And nothing seems the same;
But as God calls us one by one,
The chain will link again.

-Love,
Maurice, Dianna, Tracy and families

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OBITUARY



Yvonne Bruce
(nee Buors)

December 16, 1951 – February 7, 2016

It is with incredible sadness that we announce the recent passing of Yvonne, 64 years of age, after she succumbed to illness at the Health Sciences Center. She fought with calm dignity, revealing unimaginable reservoirs of strength that kept us hopeful for so long.

Yvonne is survived by daughters, Kim (Bobbie) and Kelly (Dwain); grandson, Laine; granddaughter, Camryn; mother, Therese; all of her brothers, sisters and their families along with her mother-in-law, Marcelline; brothers and sisters-in-law and their families. She was predeceased by her beloved husband of 42 years, Douglas; father, Julien; father-in-law, Frank; brother-in-law, Gerry; nephew, Shane and great niece Oryanna.

Mom is most remembered for her sharp sense of humor and extremely quick wit. The measured thoughtfulness that she employed in everything - especially matters of the heart, revealed her tremendous intelligence, her fierce love and unparalleled generosity. Mom loved all things Anne of Green Gables, had a great passion for music, loved her adventurous tours with Laine, loved the reflection of Camryn as her "mini-me" and never met a crossword she couldn't finish but truly, no words could adequately sum up the magnitude of her exquisite character.

Mass of Christian Burial was Celebrated Friday, February 12, 2016 at 11:00 a.m. in Christ the King Roman Catholic Church, 315 – 2nd Street East, Stonewall, Manitoba.

A special thank-you to Dr. Eric Jacobsen for doing all he could for Mom.

In lieu of flowers, the family requests that memorial donations in Yvonne's name be made to the Health Sciences Center Foundation.

"Rest peacefully. You are my sunshine."

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OBITUARY

Laury (Laureen) Drohomereski
(nee Skwarek)

It is with great sadness we announce the peaceful passing of Laury (Laureen) Drohomereski (Skwarek) of Stonewall, (formerly of Teulon) Manitoba on February 9, 2016. Our beloved Mom and Baba, will be profoundly missed by, her son Russ (Rita), daughter Shelley and the greatest joys of her life, her grandchildren: Tanner, Alynne, Cordell, Sydney and Jayden, step-granddaughter Samantha (Aaron) and step-great grandson Owen. She is survived by her brother Ron (Judy) Skwarek and numerous family members and friends.

Mom was predeceased by her best friend and husband Ron; her parents Mike and Bernice Skwarek; and her son-in-law Kerry Lockhart.

Born December 3, 1943 in Silver, Manitoba, at home with her grandmother as midwife she often reminded her brother she was no hospital born sissy. Moving to Winnipeg at a very young age, she hated the confinement of the city and would spend every possible moment at her grandparent's farms.

Mom and Dad married in 1962 and soon after moved to their farm home near Teulon, where they raised their family together. There her love of animals was ever present; from all of the livestock she tended to while Dad was away at different jobs, to all of the stray and wild animals that everyone who knew her would bring for her to nurse back to health and release back to the wild if possible, and of course keep as a pet if not.

Affectionately called "Cooker" by Dad, the name soon stuck with all of our friends who were often at our home growing up. The love and warmth of her beautiful smile made all who knew her feel welcome in our home. Always too much amazing food on the table, and oh could she bake!

Mom worked with the strength of many men on the farm, looking after 10,000 laying hens from dawn till dusk seven days a week while tending to home and garden for many years and somehow still always had time for us, and have adventures with us. Mom loved gardening, and to her any flower was beautiful, the dandelions her grandkids brought her the most special.

Being Baba to all of her grandchildren was her greatest pride. She loved each of them for their individuality. From crawling around anywhere they wanted to go when they were small (or big) to sitting and discussing their varied interests as they grew up, she was always there for them. Teaching them many things, always current on what was in the news; to reminding them how things used to be done, always with a cup of coffee in hand - and don't get her started on politics. Above all she enjoyed teaching them to enjoy life, silly was good, being too careful was confining, and always having a smile on your face was the way to approach every day and life itself. Baba wasn't only Baba to her grandchildren, but in the five years she lived in Stonewall became Baba to many friends of her grandchildren, and each held a special place in her heart.

Mom and Dad led their family by example; they were the greatest team to watch find a solution to any problem. Mom, at a slight 5'2", never let her size stop her from completing any chore or task without help from others. She would come up with many ingenious approaches to moving the heaviest objects or fixing anything... and if all else failed could be heard saying; "Maybe if we whap it?"

We will love you forever, and miss your strength, guidance, humour and encouragement moving forward without you. You taught us the strength of our love for each other will help us move forward one day at a time. As you always said "It's not goodbye - it's I'll see you".

Following Mom's wishes a private family gathering will be held.

Donations can be made to the Winnipeg Humane Society, 45 Hurst Way, Winnipeg, MB R3T 0R3 if so desired.

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